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MARTIN FULLER – SEEING DIAMONDS IN A DIFFERENT WAY *By Gale Curcio*

Fuller has not only made a career out of being a gemologist, but he is renowned throughout the area for his gemology and appraisal expertise. The Smithsonian often calls him to appraise items, including the Hope Diamond. He also spent three years helping to appraise Madeleine Albright's pin collection.

50

SMILE AND SAY CHEESE *By Allison Chase Sutherland*

We can go further than our Bries and Camemberts to find cheeses of great variety across the Mediterranean, which, in turn, add flavor and distinction to many dishes. These soft-ripened cheeses are of course integral in French gastronomy, but exploration will lead us to many as yet little-known but truly sumptuous cheeses all over the Mediterranean basin.

79

THE 2014 NO-SHOW HOME SHOW

Spring is usually the time we look to renew our surroundings, so we thought we would share some names of selected area professionals eager and qualified to help. Here are some companies that should be on the top of your list.

90

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MARCH // APRIL 2014

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A LETTER *from the* PUBLISHER

MARCH // APRIL 2014



IT'S TYSONS. *Just Tysons.*

Kudos to VDOT! When my alarm went off at 5:30 am on February 13th, my wife said to “relax, we have a foot of snow outside.” I was at my desk at 9:30 that morning and truly impressed with the job of our area snow teams to bring us safe roads so quickly. Thanks!

Spring is here, and with it comes the job of refurbishing, rebuilding and home improvement projects. In our “No-Show, Home-Show” section, we give you a few names of selected home improvement professionals to consider if you’re planning any home improvements.

Martin Fuller sees lots of diamonds and other jewels—a different way. Often sought out by the Smithsonian for his expertise, he appraised the Hope Diamond and Madeleine Albright’s pin collection. A great story by Gale Curcio. Thanks Gale.

Nia Tavlarides Stratos works magic with colors. We love her work—we hope you enjoy it too.

Stroke survivor Allison O’Reilly’s story is a must read for everyone. Keith Loria spent some time with her and brings us the tale of surviving and coming back. Thank you Allison and Keith.

Smile and say “Cheese” says Allison. She brings us the many flavors of the Mediterranean basin.

New developments everywhere, Harris Teeter in Falls Church, Arbor Row in Tysons and so many others. Navid, Gale and Marcia on the beat. Exciting stuff.

We added a section for our friends in Falls Church. “The Little City” has so many wonderful small and interesting shops, we gave them a few pages to entice you. Stop by and say hi.

Cindy, Keith, Richard, Judy, Jessie, Amy, Linda, Lauren, Hillary and Gale give us so much more this issue, they never cease to amaze us with some interesting reading.

We hope you enjoy reading this issue as much as we enjoyed bringing it to you. Our thanks to our many new advertisers and contributors that makes this community adventure possible.

Women rule at VivaTysons. (And I imagine everywhere else too). Lucky me, I get to work with so many true professionals...mostly all women.

Enjoy the Spring.

Cheers!



On the Cover: *Tanglewood Conservatories created a detailed set of architectural drawings for the structure and worked with Surrounds Landscaping to assure that all of the details were carefully considered. Surrounds built the foundation for the green house and Tanglewood then came and erected the glass and wood along with all of the mechanical functions.*



(Above) Deanna Reina, Gail Curcio, Johnny Hanna, Christy Jones, Laura Zeinoun, Mary Jeanne Cincotta and Kari Cannistraro at VivaTuesdays at Seasons 52.

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Selected EVENTS

MARCH // APRIL



MARCH 6

EDGAR MEYER &
MIKE MARSHALL

The Barns at Wolf Trap
8pm | \$40-\$48

Remarkable classical and crossover double bass player (Meyer) shares the stage with an adventurous mandolin and guitar master (Marshall) whose global repertoire ranges from bluegrass and classical to Brazilian folk and jazz.

MARCH 7

DIE WINTERREISE
RYAN MCKINNY,
BASS-BARITONE
KIM PENSINGER
WITMAN, PIANIST

The Barns at Wolf Trap
8pm | \$35

Wolf Trap Opera Company alumnus Ryan McKinny has been praised for his "elegant and articulate" vocalism (OC News) as well as a powerful voice that "drips with gold" (Opera News). He joins Wolf Trap Opera's Kim Witman for a special performance of Schubert's emotional tribute to lost love.

MARCH 8

ENTER THE HAGGIS

The Barns at Wolf Trap
7:30pm | \$25

Experimental roots-rock stalwarts push the boundaries of Celtic music with vigorous performances and inventive albums.

MARCH 9

THE OAK RIDGE BOYS

The Barns at Wolf Trap
3pm & 7pm | \$55

Grammy-winning legends who have generated more than 40 country and gospel albums, featuring hits like "Elvira," "Bobby Sue," and "American Made."

MARCH 11

LOU NEELEY

Maplewood Grill
8pm-10pm

Lou is a vocalist who does jazz blues and ballads with a touch of soul performing every Tuesday, 8pm-10pm. He plays the piano, keyboard and a great guitar.

MARCH 12

PAUL BYROM

The Barns at Wolf Trap
8pm | \$35

Suave tenor of Celtic Thunder fame who performs romantic

crossover pop including Irish ballads and Broadway favorites.

MARCH 13

TERRY LEE RYAN

Maplewood Grill
8pm-10pm

The Maplewood Grill is proud to present New Orleans' own Terry

Lee Ryan, pianist and vocalist, performing on Thursdays & Saturdays, 8pm-10pm. 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!



R.S.V.P.

MAR
5

HABIB KOITÉ

The Barns at Wolf Trap
8pm | \$35

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7:30pm | \$15

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MARCH 14

SOLAS

The Barns at Wolf Trap

8pm | \$22-\$25

Hailed as "one of the world's finest Celtic-folk ensembles," (The Washington Post) this quintet's diverse repertoire includes topical original songs as well as treasured Irish classics like "The Wind that Shakes the Barley."

MARCH 15

SOUTHSIDE JOHNNY & THE POOR FOOLS

The Barns at Wolf Trap

7:30pm | \$30

New Jersey's Southside Johnny and his band of road-worn troubadours lead a rollicking journey through America's musical landscape with covers of heavyweights such as Bob Dylan, Muddy Waters, and Emmylou Harris.

TEITUR, FULL BAND

Jammin' Java

7pm | \$15

Ten years after the release of Teitur's first album, Poetry & Aeroplanes, he has come full circle returning both to home, on the Faroe Islands in the far North Atlantic, and to his musical roots to record his sixth album Story Music, with which he says he set out to challenge the conventions of pop songwriting.



Courtesy of WolfTrap

BALLROOM DANCE

Colvin Run Dance Hall,
10201 Colvin Run Road, Great Falls

8-9pm Cha-Cha lesson

9-11:30pm dance | \$15

DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. 703-759-2685 or www.colvinrun.org.

MARCH 16

DAVID WILCOX

Jammin' Java

5pm | \$25

Cleveland-born David Wilcox's lyrical insight is matched by a smooth baritone voice, virtuosic guitar chops, and creative open tunings, giving him a range and tenderness rare in folk music.

THE CHIEFTAINS

George Mason University Concert Hall

4pm | \$30-60

Begin your St. Patrick's Day celebrations at the Center for the Arts with these Celtic music pioneers. These six-time Grammy Award-winners take our stage for the first time in a lively concert that captures the profound beauty of the Emerald Isle. This legendary band has collaborated with countless stars of the music world including The Rolling Stones, Madonna, Doc Watson, and Luciano Pavarotti; and has performed for both Pope John Paul II and Queen Elizabeth II.

MARCH 20

TOM PRINCIPATO BAND

The Barns at Wolf Trap

8pm | \$25

Fierce blues and high-energy rock fueled by a local, Wammie Award-winning guitar star.

OMAHA DINER: CHARLIE HUNTER, SKERIK, BOBBY PREVITE & STEVEN BERNSTEIN

Jammin' Java

7:30pm | \$22

Omaha Diner is many things: the world's definitive virtuoso of the seven-string guitar, the pioneer of saxophonics, a recipient of the 2012 Guggenheim Fellowship for composition, and a Grammy nominee. Omaha Diner is at home in all situations in and beyond the world of music - not only scoring one of the films of legendary director Robert Altman, but performing in another one as well.



Courtesy of WolfTrap



MARCH 6
The Barns, Wolftrap

EDGAR MEYER

MARCH 21

PEARL AND THE BEARD
GENERAL ADMISSION
SPECIAL GUEST:
BOMBADIL

The Barns at Wolf Trap
8pm | \$22

Indie darlings weave creative lyrics, driving rhythms, and uncommon rock instruments—including a glockenspiel and cello—into a tremendously magnetic performance.

MARCH 22

COLVIN'S DANCE FOR EVERYONE

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, waltz and more. No partner or prior dance experience required.

NOAH GUNDERSON

Jammin' Java
8pm | \$15

In an era of social media and perceived self-importance, Noah Gunderson is in many ways the antithesis of his time. Noah's newest EP, called Family, pays homage to the people who have shaped his life—rather than the self-aggrandizing so common to the often homogeneous world of

singer-songwriters. Fittingly, a member of Noah's family, his sister Abby Gunderson, plays violin and sings vocal harmonies on the EP. Her soft voice and lush string accompaniments compliment beautifully what are a magnetic and emotionally charged group of songs.

GERSHWIN, BY GEORGE!
CITY OF FAIRFAX BAND
Fairfax High School
3501 Rebel Run
8pm | \$15 senior, \$20 regular

In 1914 a sixteen year old named George Gershwin quit high school to become a "Tin Pan Alley song plugger." One hundred years later, we celebrate this American icon's contribution to the world of music, in an all-Gershwin program. The program includes "An American in Paris," "Cuban Overture," an original setting of "Three Preludes" and a selection of his most popular songs. Pianist Anna Maria Mot

tola takes the stage accompanied by CFB with her rendition of "Rhapsody in Blue." There is a pre-concert "Tea with George" Event - Chat/Tea and Pastry with Music Director Robert Pouliot.

MARCH 26

CRYSTAL BOWERSOX
The Barns at Wolf Trap
8pm | \$24-\$28

American Idol runner-up whose rock sound is "bluesy and soulful, with a voice incapable of artifice" (The Washington Post).

MARCH 27

RED MOLLY
The Barns at Wolf Trap
8pm | \$22

"Crystalline vocals and caramel harmonies" (The Boston Globe) from an Americana trio whose repertoire encompasses bluegrass-infused ballads and jazzy Western swing.



MARCH 26
The Barns, Wolftrap

CRYSTAL BOWERSOX

Courtesy of WolfTrap



MARCH 28

BRENTANO QUARTET
A LATE QUARTETThe Barns at Wolf Trap
8pm | \$35

The Brentano Quartet, recently featured on the motion picture *A Late Quartet*, will perform an evening of Beethoven, including the iconic Op. 131. Ticketholders will be invited to a private screening of the movie on Sunday, March 23 at 3pm.

JOSH GARRELS

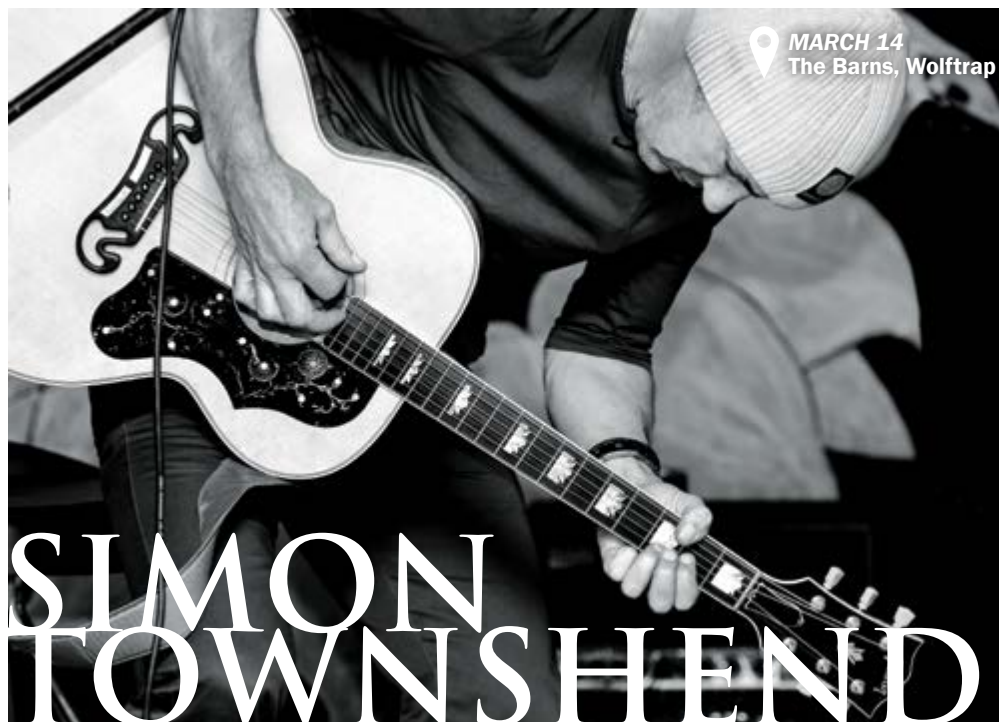
Jammin' Java
7pm | \$20

Josh Garrels has spent more than a decade crafting music that cuts clean through. Resting in the space between accessibility and honesty, Garrels' songs wrestle with and celebrate the mystery of faith with authenticity and heart. Cultivating a genre-blending mix of folk and hip hop, Garrels' music explores themes of compassion, hope, longing, and liberation.

MARCH 29

WE ARE THE IN
CROWDJammin' Java
7pm | \$14

Originally a studio project between Tay Jardine (vocals) and Jordan Eckes (guitar/vocals) and Mike Ferri (bass) there was an obvious chemistry that they felt could be better translated through a full-band sound. When Rob Chianelli and Cameron Hurley joined on drums and guitar, respectively, the Poughkeepsie, NY, natives found their niche in the sort of straightforward, brutally honest pop songs that only those in the throes of young adulthood could convey.

MARCH 14
The Barns, Wolftrap

Courtesy of WolfTrap

MARCH 30

AN EVENING WITH
ALEX DE GRASSI AND
ANDREW YORK

Jammin' Java

7pm | \$25

Two leading innovators of the guitar, Alex de Grassi and Andrew York, join forces to fuse the sounds and traditions of steel and nylon into a unique duo program. Juxtaposing original compositions, improvisation, and unlikely arrangements of everything from Monk to Piazzolla to the Police, their duo performances take audiences for a ride through astonishingly diverse terrain.

KEYBOARD
CONVERSATIONS*
WITH JEFFREY SIEGEL:
THE ROMANTIC MUSIC
OF CHOPINGeorge Mason
University Concert Hall
7pm | \$19-38

Jeffrey Siegel presents a showcase of the beloved piano works by Frédéric Chopin. Mr. Siegel and his delightful "concerts with commentary" series has a large following of devotees – both aficionados and neophytes alike – who are drawn to his immense talent, his sparkling wit, and his illuminating insight into the great composers.

APRIL 3

LINDA EDER

The Barns at Wolf Trap
8pm | \$44-\$48

Dazzling Broadway star of *Jekyll & Hyde* and dramatic interpreter of pop standards and show tunes.

APRIL 4

BANDHOUSE GIGS'
GEORGE HARRISON
TRIBUTEThe Barns at Wolf Trap
8pm | \$25-\$27

"Here Comes the Sun" with a tribute to the Beatles' lead guitarist driven by a talented cadre of Washington, D.C.-area artists who will recreate his melodic playing and revisit his successful solo career.

APRIL 5

FORTUNATE YOUTH

Jammin' Java
10pm | \$12

Fortunate Youth is a collaboration of South Bay reggae standouts. Rising from various bands, they've created a phenomenal six-piece masterpiece bringing more fire to the stage than ever



before. Combining rootsy vibes and unique bass lines united with multiple harmonies, boisterous guitar solos, and heavy keys separates Fortunate Youth from every other mainstream reggae band. With their high energy approach and positive stage presence they provide an unforgettable show to every music fan. Fortunate Youth's objective is to ensure a performance that leaves you feeling euphoric and curious of what might happen at the next show.

BALLROOM DANCE

Colvin Run Dance Hall,
10201 Colvin Run Road,
Great Falls

8-9pm Foxtrot lesson

9-11:30pm dance | \$20

Live music from The Family playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome. 703-759-2685 or www.colvinrun.org.

APRIL 9

SIMON TOWNSHEND

The Barns at Wolf Trap
8pm | \$24

Stellar rock with an acclaimed guitarist/vocalist of The Who (Townshend) whose music features "irresistible chorus hooks" (The Washington Post).

APRIL 10

AL STEWART

The Barns at Wolf Trap
8pm | \$25-\$28

A key figure in the British folk revival of the '60s and '70s who crafted historic rock hits "Time Passages" and "Year of the Cat."

AN EVENING WITH PIERRE BENSUSAN

Jammin' Java

7:30pm | \$22

There is a sense of something both playful and serious in his work, an unparalleled sense of freedom in his compositions and his improvisations. His "manner" of playing defies classification - crossing world, classical, jazz, traditional, folk and more. None can be isolated as simply "Brazilian", "Arabic" or "French"; rather, they represent our world in its current state, a world sharing itself, fusing cultures together in ways we have never experienced.

TERRY LEE RYAN

Maplewood Grill

8pm-10pm

The Maplewood Grill is proud to present New Orleans' own Terry Lee Ryan, pianist and vocalist, performing on Thursdays & Saturdays, 8pm-10pm. 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!

APRIL 11

THE GOLDBERG
VARIATIONS PAMELA
FRANK, VIOLIN
NOBUKO IMAI,
VIOLA CLEMENS
HAGEN, CELLO

The Barns at Wolf Trap

8pm | \$35

Noted soloists Pamela Frank, Nobuko Imai, and Clemens Hagen present J.S. Bach's masterwork in a clever and respectful arrangement for string trio.

AN EVENING WITH WILLY PORTER

Jammin' Java

7:30pm | \$20

"How To Rob A Bank," the latest release from esteemed guitarist/singer-songwriter Willy Porter, showcases his continued growth as a songwriter and recording artist. Porter offers a rich blend of salt and sugar with tracks that move easily from rough-hewn electric edges into soulful irony with equal aplomb.

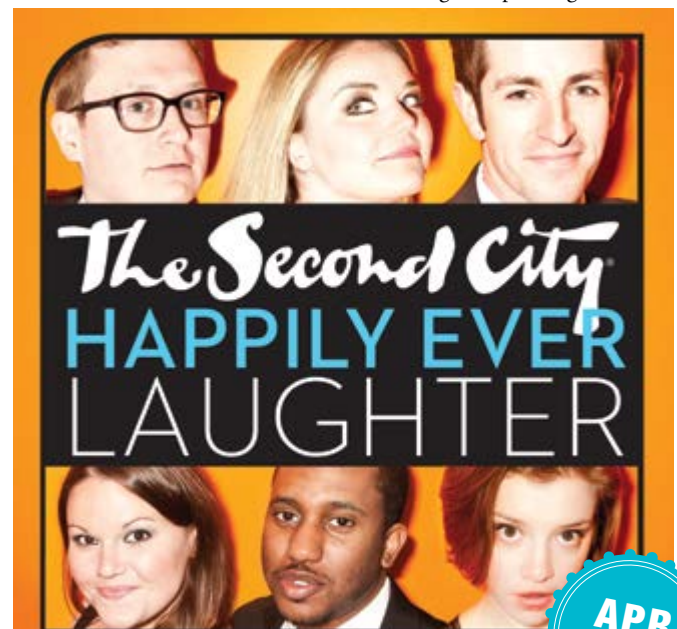
APRIL 12

DISAPPEAR FEAR,
FULL BAND

Jammin' Java

7pm | \$18

From the Opera House in Sydney, to the Open House in Jerusalem, SONiA (Rutstein aka disappear fear) writes and performs captivating love songs and confronts the hypocrisies and biases of our culture with a positive message of openness and optimism. Having performed in Israel/ Palestine and in many parts of the world, SONiA's Judaic roots live in the colors of her songs and paintings.



R.S.V.P.

APR
12

THE SECOND CITY HAPPILY EVER LAUGHTER

The Barns at Wolf Trap

8pm | \$25-\$27

Chicago's legendary improv troupe serves up an uproarious revue of sketches and songs playing off everything from celebrities to the morning headlines.



MARCH 8
The Barns, Wolftrap

Courtesy of WolfTrap

ENTER THE HAGGLS

APRIL 25

HAWAIIAN SLACK KEY GUITAR FESTIVAL
FEATURING:
DENNIS KAMAKAHI, LT SMOOTH,
PAUL TOGIOKA
AND OTHER SLACK KEY MASTERS

The Barns at Wolf Trap
8pm | \$25-\$30

Melodic island music with uncommon tunings and finger picking by Hawaii's finest players.

APRIL 26

TOM PAXTON

The Barns at Wolf Trap
7:30pm | \$24-\$28

With an exceptional flair for songwriting, this folk guitarist plays insightful, topical songs of his celebrated 50-year career.

CHAMPIONS 4CHILDREN 5K RACE/WALK AND FUN RUN

Lake Fairfax Park
1400 Lake Fairfax Drive, Reston
7:30 -8:30 Registration
9:00 – 5K Race Starts
9:15 – Walker and ½ mile Fun Run Starts | \$10-40

SafeSpot Children's Advocacy Center of Fairfax County Champions4Children 5K Race/Walk is raising funds to re-open a permanent center where the needs of abused and neglected children could be addressed. Go to www.prracing.racebx.com to register early for \$30 or \$10 for children under 12. Walk-in registration for the day of the race is available.

APRIL 13

KIM RICHEY
Jammin' Java
7pm | \$18

Two-time Grammy-nominated Kim is a storyteller; a weaver of emotions and a tugger of heartstrings. Tender, poetic and aching with life's truths, Kim's songs transport you to her world, where words paint pictures and melodies touch the soul. And then there's her voice. Pure, arresting and honest, her voice makes you take notice.

APRIL 16

REINHARDT LIEBIG
Maplewood Grill

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

APRIL 17

TERRY LEE RYAN
Maplewood Grill
8pm-10pm

The Maplewood Grill is proud to present New Orleans' own Terry Lee Ryan, pianist and vocalist, performing on Thursdays & Saturdays, 8pm-10pm. 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!

APRIL 19

BALLROOM DANCE
Colvin Run Dance Hall,
10201 Colvin Run Road,
Great Falls
8-9pm Viennese Waltz lesson
9-11:30pm dance |
\$15 for the evening
DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire

is ballroom casual, everyone is welcome. 703-759-2685 or www.colvinrun.org.

APRIL 21

THE MILK CARTON KIDS
The Barns at Wolf Trap
8pm | \$25

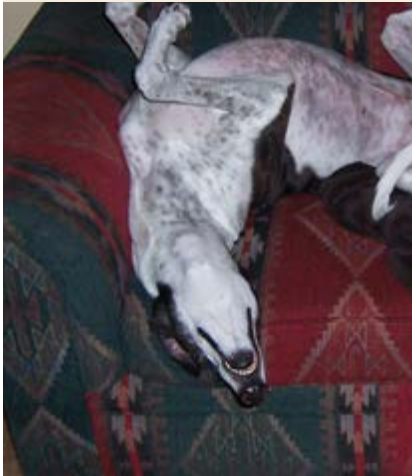
"Gorgeous contemporary folk" (NPR) with soothing guitar melodies, witty deadpan banter, and sincere lyrics.

APRIL 24

JOHN MCCUTCHEON
The Barns at Wolf Trap
8pm | \$25-\$27

Guitar and hammered dulcimer master known for folk ballads such as "Christmas in the Trenches" and poignant topical pieces such as "Hail to the Chief."

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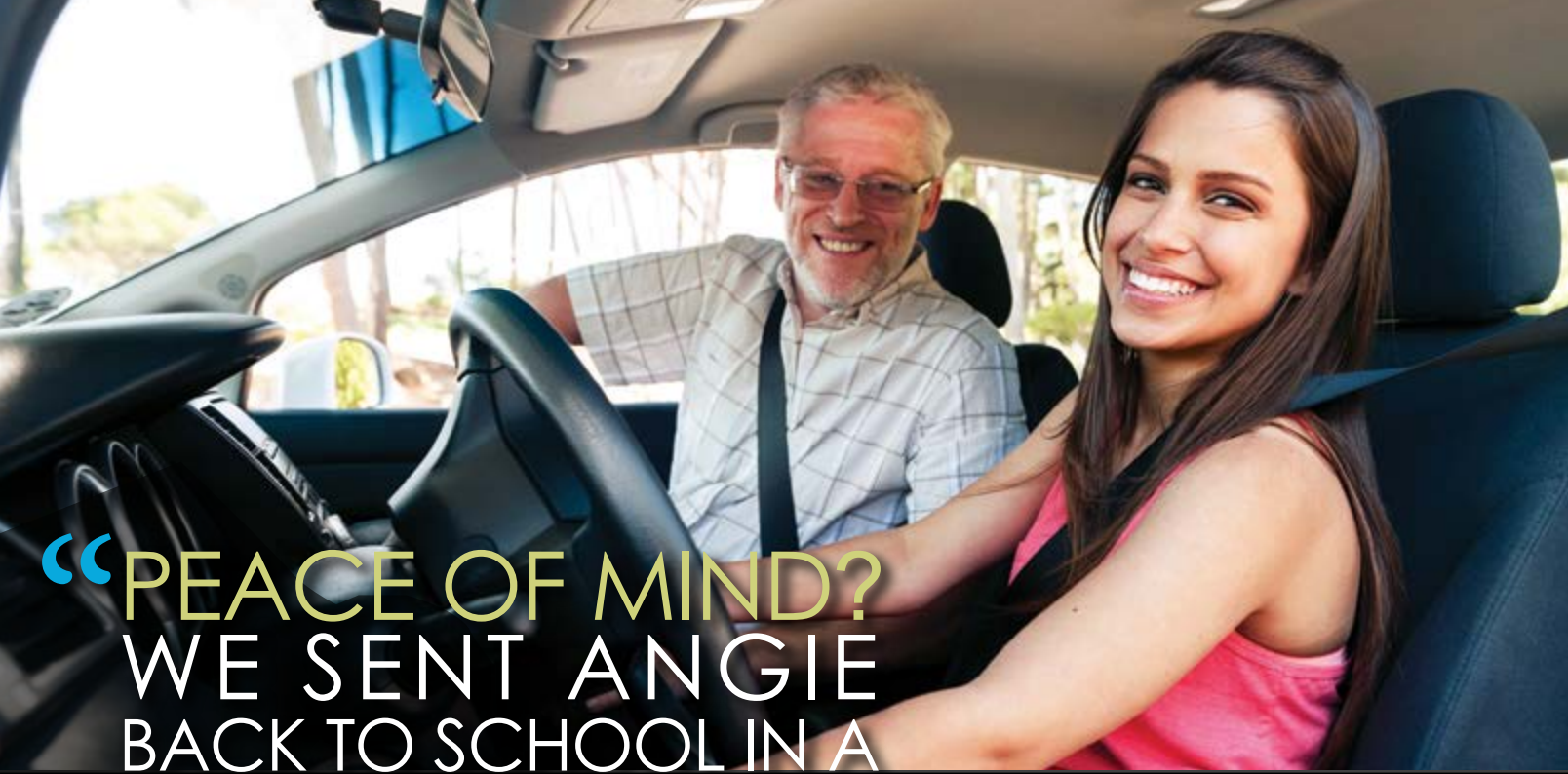
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MONDAYS

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 selection 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.

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.

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.



R.S.V.P.

APR 21

THE MILK CARTON KIDS

The Barns at Wolf Trap

8pm | \$25

“Gorgeous contemporary folk” (NPR) with soothing guitar melodies, witty deadpan banter, and sincere lyrics.

**\$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.

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 away with drinks and your closest friends.

JAZZ FRIDAYS**Entyse, Wine Bar & Lounge | 8:30pm**

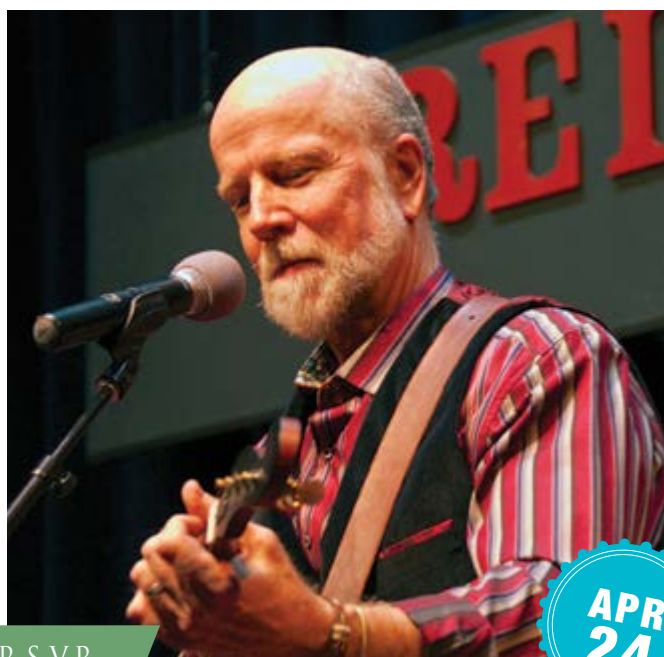
Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live Jazz Entertainment, The Christopher Linman Jazz Ensemble.

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.



R.S.V.P.

APR 24**JOHN MCCUTCHEON****The Barns at Wolf Trap
8pm | \$25-27**

Guitar and hammered dulcimer master known for folk ballads such as "Christmas in the Trenches" and poignant topical pieces such as "Hail to the Chief."



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.

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 & GREET

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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Arts & Theatre EVENTS



CREATIVE CAULDRON • GREAT FALLS FOUNDATION *for the* ARTS
the ALDEN THEATRE • GEORGE MASON UNIVERSITY • 1ST STAGE *in* TYSONS

MARCH 8

JOFFREY BALLET:
AMERICAN LEGENDS
George Mason University
Concert Hall
8pm | \$25-50

The Center is honored to welcome one of the world's most well-known dance companies whose dance proudly reflects and represents the diversity of America. This sterling company takes our stage to present American Legends featuring Interplay, choreographed by Jerome Robbins, Nine Sinatra Songs with choreography by Twyla Tharp, and more.

MARCH 11

GREAT ESCAPES

Vienna Art Center
115 Pleasant St. NW,
Vienna VA 22180
10:00 am - 4:00 pm |
Tuesdays - Saturdays

Drop by the Art Center to see a new exhibition every month. March features "Great Escapes." On the horizon are the annual High School exhibition and a new member exhibition.

MARCH 13

CHICA BRUNSVOLD
Vienna Art Center
115 Pleasant St. NW,
Vienna VA 22180
10:00 am - noon

The public is invited to enjoy light refreshments and meet nationally known artist Chica Brunsvold as she creates her fantastical paintings on yupo paper.

MARCH 14

ALICE IN
WONDERLAND
Creative Cauldron
7:30 PM

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

The White Rabbit, The Cheshire Cat, The Caterpillar, the Mad Hatter, the Queen of Hearts... all your favorite characters will be there as our Learning Theater Ensemble puts their acting skills to the test in this classic Lewis Carroll tale. Our story will be told through the inventive musical stylings of Matt Conner and the over-the-top creative set and puppet designs of Margie Jervis.

So bring the whole family for a mad, mad day at the cauldron and enjoy our fresh new look

at one of the most famous and enduring children's classics of all time.

MARCH 15

CHRISTOPHER K.
MORGAN AND ARTISTS

The Alden Theatre

8pm | \$27

CKM&A returns for its third dance season at The Alden with an evening of mixed repertory. On the program will be the company premiere of Christopher K. Morgan's 2013 work Selective Sync (originally commissioned by American University) and the world premiere of Dissolving. Dissolving artfully explores themes of water pollution and conservation, incorporating locally accumulated and collected rainwater into the performance. Choreographed by Morgan, and in collaboration with guest choreographer Dance Exchange Resident Artist Matthew Cumbie, the work features an original score by composer Jonathan Kolm. Other CKM&A repertory will complete the program.

MARCH 25 ANNUAL CHILDREN'S PRINTMAKING WORKSHOP

Patrick Henry Library's
Conference Room
101 Maple Avenue E,
Vienna VA 22180
4:00 - 5:00 PM | Free

A dozen local artists will assist children ages 7 - 12 as they print a fish, create relief prints, mono-prints, and other prints. Contact the Children's Librarian to register: 703-938-0405. The event is co-sponsored by the Vienna Arts Society and Patrick Henry Library.

MARCH 28

THE CRIPPLE
OF INISHMAAN

1st Stage in Tysons | 8pm

Excitement ripples through the sleepy Irish community of Inishmaan that is abuzz with the news that a Hollywood filmmaker plans to shoot a movie on a neighboring island. When young "Cripple Billy" lands a screen test, the oddball citizens of Inishmaan mount a heartbreakingly hilarious campaign bursting with dark madcap humor and touching devotion. Tony Award-winning McDonagh creates a quirky, sincere, and scathingly funny fable of the slender line between cruelty and kindness.



MARCH 29

"MISS NELSON IS MISSING!"

A COMEDY BY JEFFREY HATCHER BASED ON THE BOOK BY HARRY ALLARD AND JAMES MARSHALL

The Alden Theatre

3pm | \$10

Presented by local student actors, the play tells the story of Miss Nelson who can't control her crazy classroom because she's just too nice. But when she disappears, her replacement is the hard-as-nails, detention-loving, recess-cancelling, homework-overloading substitute teacher Viola Swamp! With the Big Test approaching, the kids suddenly realize how much they miss Miss Nelson and they'll do anything – including hiring a private eye – to solve the mystery of her disappearance and bring her back. Ages 6+.

APRIL 5

MOSCOW FESTIVAL BALLET:
ROMEO AND JULIET &
CHOPINIANA

George Mason University

Concert Hall

8pm | \$28-56

This renowned company from Moscow brings two of the most romantic classical works to our stage in the grand tradition of Russian ballet. Romeo and Juliet is Shakespeare's classic tale of young star-crossed lovers falling victim to family hatred. This tragic love story is illuminated by Petipa's brilliant choreography and Tchaikovsky's majestic score, and complemented by resplendent costumes and stunning sets.

APRIL 8

MUSIC TO MY EARS

Vienna Art Center

115 Pleasant St. NW, Vienna VA 22180

10:00 am - 4:00 pm | Tuesdays - Saturdays

Drop by the Art Center to see a new exhibition every month. April features "Music to My Ears". The Art Center also holds classes and workshops for adults and children.

Check the website www@ViennaArtsSociety.org, or contact the Art Center Director, Lu Cousins, at 703-319-3971 for information.

APRIL 11

VIRGINIA OPERA:
CARMEN

George Mason University

Concert Hall

8pm | \$44-86

Virginia Opera presents Georges Bizet's sultry tragedy about opera's most famous femme fatale. Thrilling audiences for well over a century, this classic story follows Don José and his ill-fated obsession with the alluring gypsy, Carmen. When Carmen tosses aside the naive soldier for the handsome toreador, Escamillo, José's jealousy destroys them both.

APRIL 12

"WE'RE GOING
ON A BEAR HUNT"

The Alden Theatre

2pm | \$15

Michael Rosen's award-winning book "We're Going On A Bear Hunt" is brought vividly and noisily to the stage in director Sally Cookson's fun-filled adaptation set to Benji Bower's versatile lively score. Join our intrepid adventurers on their quest to find a bear; as they wade through the gigantic swishy swashy grass, the splishy splashy river and the thick oozy, squelchy mud! Expect catchy songs, interactive scenes and plenty of hands-on adventure - plus a few special surprises! Ages 4+.

APRIL 18

ROALD DAHL'S WILLY WONKA

Vienna Community Center

8PM | \$14

Roald Dahl's Willy Wonka, featuring a memorable score by Leslie Bricusse (Jekyll & Hyde, Doctor Dolittle) and Anthony Newley, follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding five golden tickets in five of his scrumptious candy bars. Whoever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. Four of the five winning children are insufferable brats: the fifth is a likeable young lad named Charlie Bucket who takes the tour in the company of his equally amiable grandfather. The children must learn to follow Mr. Wonka's rules in the factory—or suffer the consequences.

APRIL 26

CATSKILL PUPPET
THEATRE PRESENTS
"LION'S WHISKERS"

The Alden Theatre

2pm | \$15

A delightful musical adaptation of a traditional Ethiopian folktale, this show features a charming cast of human characters as well as our favorite African animals! When lonely Minya marries a widowed man with a son, she goes to a Wise Man for advice. He tells her that in order to win the heart of the little boy she must first pluck three whiskers from a Wild Lion! In doing so she not only finds the courage to tame the lion, but also the secret to gaining the love of her new family. Ages 4+.

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Depiction of the new development.



Stefan K. Gassner, Development Manager, Rushmore Properties, shows a depiction of the new development.



Stefan K. Gassner, Development Manager and Peter Kearney, president, Rushmore Properties, present an update on Harris Teeter to members of Falls Church Chamber of Commerce.

GROUND BREAKING FOR HARRIS TEETER IN FALLS CHURCH STARTS THIS MONTH

McLean Chamber Briefed at The Italian Cafe

“Our Little City is Getting Larger,” said Lindy Hockenberry, City of Falls Church Planning Commissioner, about the Mixed-use Development coming to the Falls Church City Center at 301 West Broad Street.

“I am pleased to work with Rushmore [Properties] – it was a very wonderful process to work with them,” said Hockenberry.

Hockenberry was one of many guests who attended the McLean Chamber of Commerce luncheon at The Italian Café in January. Presenting an update on the development were Stefan K. Gassner, Development Manager and Peter Kearney, president, both from Rushmark Properties.

“We are thrilled to get started with this project,” said Kearney. “We were concerned at first that there would be opposition to a large mixed-use development.”

While there were some legitimate concerns with neighbors, Kearney said that those have been mitigated. And while it was a long process for permitting and approval, Kearney said that they were pleased with the cooperation provided by Falls Church staff and politicians.

Demolition of the existing post office is scheduled for early March with a Ground Breaking Ceremony in late March. They hope to begin leasing apartments in the summer of 2015 with the first move-in occurring in fall of 2015.

Much of the focus was on the opening of the Harris Teeter Store in Spring 2016. Gassner said this is one Harris Teeter’s largest stores (60,000 square feet) and will have a large selection of ready-made food to go. When a member of the chamber asked if they would be healthy items, Gassner said

that would be up to Harris Teeter.

The apartment building is a major component of this mixed use property. With 288 residential units, the current unit mix is: studio apartments (580 sq. ft.) - 11%; one-bedroom (750 sq. ft.)- 56%; and two-bedroom (1,170 sq. ft.)- 33%. Six percent will be set aside for affordable housing. Cost for units will range from \$1500 to \$2800 and all units will have a stacking washer-dryer.

Gassner spoke about the buffer plan, which will consist of evergreen trees around the back of the building. There will be a pedestrian walkway and residents of Winter Hill will have access to Broad Street through one of the buildings.

Interestingly, Gassner said that ‘pets are encouraged.’ Studies show that people with pets are less likely to move out.

301 West Broad will be LEED certified, certification to be determined. An additional 3,470 square feet of ancillary retail will also be available.

There were several questions from the audience. Bob Hull, Annandale Campus and Community Outreach Specialist for NOVA, asked if the bus stop would remain and the answer was yes.

Somebody asked if they would resume the shuttle bus that used to run from Falls Church Center to the Metro and Kearney said he wasn’t sure. A question was asked if the Burke & Herbert bank would be part of the development and Gassner said that it is a stand-alone building and will stay as such for now. Other questions focused on the tax rate.

For more information visit www.rushmarkproperties.com/#development. ❖



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Convergence, by Nia Tavlarides Stratos



BY KEITH LORIA

ALWAYS *an Artist*

"I always say that I don't think you become an artist, you are born one, said Nia Tavlarides Stratos."

Stratos is a mixed media artist based in Washington, D.C., who found her love for art early in life and was thankfully allowed to express herself in her home.

"My parents were awesome about letting me do that," said Stratos. "I had mushrooms on my wall one year and lime green checkers another. I was always creating from very young."

In fact, Stratos sold her very first painting when she was just eight years old.

"I used to enter contests and submit to lots of different places, and as I grew older, I expanded to juried exhibitions and things like that," said Stratos. "I always took every art course I could and worked on my art whenever I could."

While attending Woodrow Wilson High School, Stratos received a scholarship to study art at the Smithsonian – she chose print making as her focus. She also elected to study metal shop instead of home-economics, because she wanted to explore sculpture and metal in her art.

"I was an entrepreneur from very early on. I would design jewelry and sell it to my friends and I used to draw album covers," said Stratos. "I always loved to create and share my talent and eventually, learned to make money at it."

Stratos attended the University of Maryland and studied art and design. During that time, she did a variety of different jobs that were design-oriented, including working as a make-up artist, holding jewelry trunk shows and being a director and fashion stylist at different publications. Eventually, she entered the advertising field.

"I did fall in love with that kind of work because it was extremely creative," she said. "There was a lot of strategy required and after working for two small firms, I started my own firm, which I had for many years. That was a different kind of art, creating an image to sell a product."

It was about 10 years ago when Stratos went back to painting and made the decision to try and pursue it professionally. She knew that it could be a "now or never" point in her life. She quickly got her work in a couple of galleries and submitted work around the area.

"I always paint with my imagination. I am never quite sure when I begin a painting, how it will end. People often



Nia Tavlarides Stratos



ask me when I know I am done, it is just an instinct," she said. "I paint feverishly, feeling each movement and step away to 'feel' my results. The artwork is complete when I have nothing left to say and can happen in an instant."

Stratos loves to paint to music and applies the paint in rhythm to what she is hearing. She has various techniques of application but never limits herself to specific tools or materials.

"I work with all my senses. I am inspired by the simplest things and rarely have 'Artists Block,'" she said. "Color excites and inspires me. I love to transform the images in my head to paper, canvas or other surfaces."

The artist believes that she is greatly influenced by her Greek heritage and a great deal of her work incorporates a Greek title and a Greek feel in her work.

Stratos' work can currently be seen in "Color of Joy: An International Perspective," on display at Ronald



"I always paint with my imagination. I am never quite sure when I begin a painting, how it will end. People often ask me when I know I am done, it is just an instinct. I paint feverishly, feeling each movement and step away to "feel" my results. The art work is complete when I have nothing left to say and can happen in an instant. "

—Nia Tavlarides Stratos

Reagan Washington National Airport until May 30. The exhibit, part of the Metropolitan Washington Airports Authority Arts Program, also features Christine Kiley.

Nearly 60 works of art border the pedestrian walkway, in the airport's Gallery Walk art corridor which is near the underground walkway connecting Terminal A with the parking garages.

The "Color of Joy—An International Perspective" showcases art from around the world in many artistic styles: abstraction, expressionism, impressionism and collage. Stratos says it is presented as geometric forms, florals, landscapes and compositions arranged and grouped according to color.

"I work in a lot of mixed-media, work on canvas, work on paper and I incorporate a lot into the product—pieces of glass, wire, metal," said Stratos. "I love to work with iridescent pigment. Many times people look at my art and cannot believe that the same person did all of it."

Stratos is also represented by the Aaron Gallery, with locations in downtown D.C. and Chevy Chase, Md.

For more on the artist, visit www.niastratosfineart.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.

Evolution, by Nia Tavlarides Stratos





BY KEITH LORIA

THE OAK RIDGE BOYS

Return to Wolf Trap

One doesn't need to be a country music fan to appreciate the incredible harmonies of the Oak Ridge Boys. That is why over the last four decades, the group has registered 12 gold, three platinum and one double platinum album.

Although the original Oak Ridge Boys began in the 1940's in Knoxville, Tenn., singing country and gospel in nearby Oak Ridge, the current lineup of lead singer Duane Allen, tenor Joe Bonsall, the bearded baritone voice of William Lee Golden and Richard Sterban singing bass has been together since 1973. Together, they have more than a dozen number one singles and over 30 Top Ten hits, including iconic singles such as "Elvira," "American Made" and "Y'all Come Back Saloon."

"The fact that we love doing what we do is such an important part of our longevity, and even after all these years, we are still having fun doing it, too," said Sterban. "We love

taking our music live to our audiences. Also, the creative process is very important to the Oak Ridge Boys, reinventing ourselves with new music and creating a new energy."

On Sunday, March 9, the Oak Ridge Boys will head to Wolf Trap on their two customized Prevost buses to play a venue Sterban calls one of their favorites.

"We used to play every year, but it's been a couple of years now so it's going to be great to come back there," said Sterban. "It's a great atmosphere there with everyone on the lawn cheering and the acoustics make it a great place to do a show. It's a real honor for us."

Expect plenty of hits when the Boys come to town, as Sterban previews a great evening of family entertainment, with something for everyone.

"We try to include as many hits as possible, but we also bring out some new music as well to bring that energy, and we also do a gospel song or two as tribute to where we have come from," he said. "Being near Washington, D.C., we are very patriotic guys, so we will sing some songs that honor our



country and our troops and veterans.”

Of course, there are certain songs the Oak Ridge Boys have to do.

“I think the country music police would bust us if we didn’t do ‘Elvira,’” said Sterban. “We have so many songs and we kind of pride ourselves on the fact that very rarely we will do the same show twice to keep it interesting for us.”

On April 15, the Oak Ridge Boys will release its first-ever live album, “Boys Night Out,” on Cleopatra Records.

“We had never done that before. We recorded a whole series of our shows live, went and listened to them all, and picked the best parts of each show and mixed them together to make one great live compilation,” said Sterban. “After we picked the songs, we went into the studio and tweaked the vocals a bit, but not too perfect, so we could keep the live sound.”

Even though it’s taken this long for a live album, there’s little the band hasn’t done or accomplished in the industry. They’ve won numerous Grammy, Dove, CMA, and ACM awards and garnered a host of other industry and fan accolades.

They’ve even played for a Who’s Who list of dignitaries, including King Gustaf of Sweden; Her Royal Highness Princess Caroline of Monaco; Her Royal Highness Princess Anne of Great Britain; President and Mrs. Jimmy Carter; President and Mrs. Ronald Reagan; President and Mrs. George H. W. Bush; President and Mrs. Bill Clinton; and President and Mrs. George W. Bush.

Looking ahead, the Oak Ridge Boys have no plans on slowing down and will continue to provide some of the best music in the country.

For more information, call 703-255-1900 or visit <http://www.wolftrap.org>. ♦

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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BY CINDY PAVELL



Side Plank:

- As with the previous plank, this exercise also requires a good amount of strength in the shoulder joint; it is crucial that you do not allow your shoulder to shrug towards your ear.
- Be sure your elbow is right under your shoulder joint; this will protect your rotator cuff and offer you stability.
- Line your body up in a straight line...shoulders, hips, knees, and ankle joint in a straight line. Do not allow your hips to roll backwards.
- Feet are flexed and stacked.
- Either lift up and hold (10 seconds - 1 minute) or do repetitions where you are lifting up and down (5-20 repetitions). Do what you can do.
- Side planks are working the oblique abdominal muscles. If you cannot feel these muscles (side of torso closest to the floor), your set up is not correct.

The plank requires using more muscle fibers at once than the classic crunch. Even if you can barely lift yourself up, keep telling your body to “lift” and you will eventually be able to lift. Perform repetitions first and then move to the holding of each position. Your shoulder joint and arms are also challenged in these positions. When in doubt, don’t. If something feels wrong to you, it probably is wrong. If you have questions, feel free to contact me. As always, **THE DETAILS MATTER!** ♦

AUTHOR: Cindy Pavell, M.S. has been a Health Educator and Fitness Specialist since 1988. Join Cindy on Facebook, connect on LinkedIn, follow Cindy on Twitter @cefitwell, watch Cindy on Youtube. Cindy welcomes any questions, suggestions for topics, and/or feedback, cpavell@cox.net • www.fitness-pluswellness.com.

Want Strong Abdominals? PLANK!



Straight Arm Plank:

- Pay attention to the details.
 - Your shoulders and arms must be stable and strong enough to perform this exercise proficiently.
 - Begin on your hands and knees with your body weight evenly distributed from front to back
 - Once you lift up into this stance,
- lock out your arms and legs.
- Do not let your shoulder blades move towards each other.
 - Keep your neck straight; don’t let your head drop lower than your torso.
 - Stay on the balls of your feet, not just the toes.
 - Tilt or tuck your pelvis under. You are removing the arch in your lower back. Bring the pelvis towards rib cage. **YOU SHOULD FEEL YOUR ABDOMINALS A LOT!**
 - If you feel this in your lower back, you are in the wrong position or your abdominal muscles cannot hold this position.

Straight Arm Side Plank:

- Of the three types of plank, this is the most advanced.
- Everything is the same as the Side Plank, except you are now holding up your entire body weight with one arm. Great strength and balance is required.
- Head is straight and all joints are in a line.





Sergio Bonaroti

What's the Secret?

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–Fresh cracked pepper

Combine the olives, capers, lemon juice, olive oil and anchovy paste and pepper. Mix well. Enjoy

Yield: 1 cup

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Back Row (left to right): Gosia Habib, Luise Estelle, Dr. Xiaochun Zhang, Jules Feledy and Marisol Zenteno. Front Row (left to right): Nuha Handoush, Elda Diaz, Supreet Sohi.

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Why Dieting is the WORST WAY *to* LOSE WEIGHT

BY GAIL SANEZ

Have you ever gone on a diet and either didn't lose any weight or actually gained weight instead? A new United Kingdom (UK) survey found that nearly a third of women have seen an increase on the scale after going on a diet, gaining an average of four pounds. It may sound counter-intuitive, but in my private practice as a certified personal trainer and nutrition consultant, I've seen it happen! Has this happened to you? I'm here to explain to you the top five reasons a diet can actually expand your waistline:

1. A diet can cause your body to get thrown out of balance.

Crash diets can offer rapid weight loss, however, there is no guarantee that the lost weight will not come back. Many diets are too strict leading your metabolism to a screeching halt! For example, cutting fat too low can cause a surplus of carbs your body isn't able to burn, which then get stocked away in your fat cells. Anytime you eat more than your body needs, even unlimited "allowed" foods, excess food feeds body fat. Be careful not to view weight loss as merely drinking plenty of water to fill up on and avoiding food.

Focus on a balanced and scientific meal agenda for a healthy lifestyle.

2. Diets don't allow for wiggle room.

Many people think that staying off sweets for a day or two is "positive cheating" which will help with weight loss. This "on" or "off" mentality is the number one thing that makes dieting unsustainable. If you overeat, ask yourself why? Did you binge because you were starving? If so, the diet is failing you, not the other way around. Weight loss can only happen with behavior modification such as portion control, understanding principles of healthy eating, and consistency. Your approach should feel like something you can stick with. In my experience, clients who emotionally eat need to address the underlying issues. Doing so is often the key to losing weight and keeping it off!

3. You're "forced" to eat foods you don't like.

There's nothing worse than having to gag down foods you can't stand because the diet demands it - this only leaves you with feelings of resentment and deprivation. "You are what you eat" has a very powerful meaning. When you eat healthy and get the right nutrients the type



of food you eat goes down easily. The palate also goes through changes in terms of its relationship with food. Cravings diminish and your body learns to live with what it needs and not what it desires.

However, if you are still feeling unsuccessful with this tactic, try another approach. I had a client who loved sandwiches yet ditched them for eating salads – that left her unsatisfied. After a few days of feeling disgruntled she gave up and went back to eating sandwiches – feeling guilty yet satisfied. The real problem was that she was eating sandwiches designed to feed an Olympic athlete – not a petite woman working at a desk. Once we readjusted the portion size she was able to enjoy her custom-created sandwiches and finally get the results she was working for.

4. Diets are filled with fake foods.

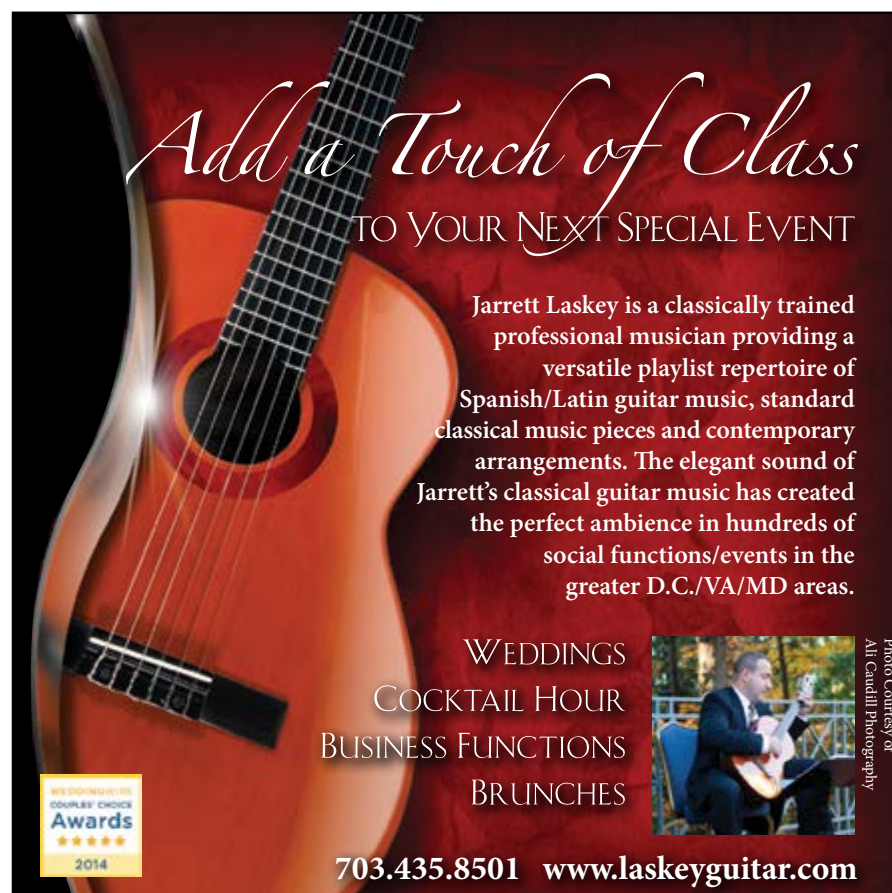
Most processed “diet” foods are laden with artificial additives and fortified with nutrients that really aren’t nutritious. These foods rarely taste good, are too skimpy or leave you feeling satisfied – leaving you to your food fantasies. For the same number of calories that is in a diet frozen dinner, you can eat an abundant portion of veggies stir fried in a light soy sauce over a small bed of brown rice topped with sliced chicken or shrimp. Pre-portioned meals are convenient but if they lead you to extra snacking then they are ultimately working against

you. So be sure to make extra stir-fry to serve as leftovers!

5. Diets ban foods you can’t give up.

Balance can seem like a boring word, but it’s actually very astounding! Balance means having your cake and eating it too. We all have at least one food we can’t live without. According to a UK study, the top five foods people find hardest to resist are: chocolate, potato chips, cheese, bread and wine. In fact, the more you avoid a certain food the more it tempts you leading you to backslide and eat it excessively. Allow yourself to eat your favorite foods at least once a week. For example, if you’re going to a restaurant and you want to get dessert cut the carbs and fat substantially out of your dinner and concentrate more heavily on veggies and lean protein. If you’re used to an all-or-nothing approach this may seem challenging but by assessing your choices on a regular basis the outcome is much more advantageous than going on frequent wild eating sprees. Balancing food groups in a sustainable way through portion control is the proper way to eating healthy! ♦

AUTHOR: Gail Saney is a NASM and Parrillo Certified Personal Trainer with over 10 years of experience. She is also a Parrillo Certified Nutrition Consultant. Gail started out her athletic career as an elite gymnast, under the training of Tatiana Perskia and landed her way on the U.S. National Team at the age of 13. She followed her passion to become a personal trainer and help others achieve their fitness goals. For more information visit www.GailChic.com



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DESPERATELY *Seeking Help?*

Spring is right around the corner and thoughts of summer are creeping in. Thoughts that might be more like worries about how will I fit into my shorts or bathing suit. Your New Year's resolutions are probably long gone (sorry to say), buried in the sand with all those other good intentions. So now what are you going to do?

You could try one of the latest fads like going on a quick weight loss program where you drink only shakes and eat only prescribed packaged products. You could also try a "detox cleanse" with lots of raw kale. You could skip breakfast and lunch and only eat dinner... but none of these are sustainable or likely to have long lasting results.

There is no need for desperation or panic because spring is a time of renewal, rebirth, and optimism. The world wakes up with color, fragrance, and sunshine. Here are some suggestions to greet the warmer months with a mega-watt smile, a healthy heart, and a body to match.

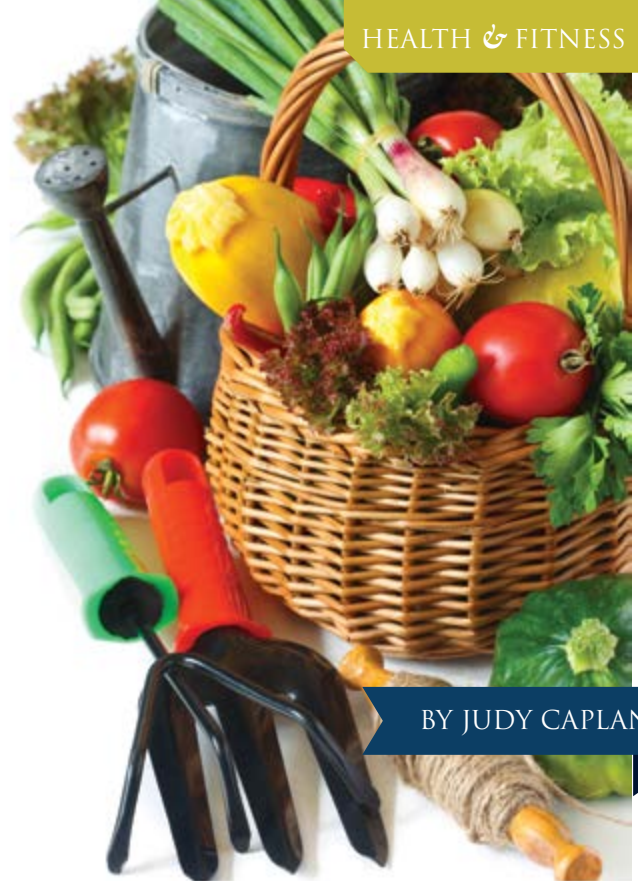
1. No fad diets. Find a Registered Dietitian Nutritionist (RDN) in your area who specializes in weight loss and disease prevention. RDN's have an undergraduate degree in human nutrition (many have master's degrees and specialty certificates) and have passed a national exam similar to MD's certifying competence. RDN's are up on the latest scientific studies and can differentiate fact from fiction.

No matter whether your needs range from medical nutrition to vegetarian, pescetarian, flexitarian, Paleo, gluten free, dairy free, or fasting, an RDN can help you create a healthful plan.

2. Don't like vegetables? Well hello! Get to know them because they are about to become your new best friend. Vegetables are "nature's pharmaceutical company." They contain nutrients and antioxidants that prevent disease. Best of all they are low in calories, colorful, tasty, and full of fiber and water. They are not messy; you can even eat them in the car or at your desk. If you think you don't like them, give them another try.

• Vegetables are everywhere: salads, side dishes, vegetarian entrees, smoothies, even chips, and available cut up raw in containers in grocery stores and quick marts. No more veggie excuses.

3. Watch those carbs. It is not enough to just eat whole grains; you still have to limit the number of carb servings each day to lose weight. Where do carbs come from? Breads, pasta, rice, crackers, cake, candy, cookies, French fries, sodas, fruit juice, and alcohol.



BY JUDY CAPLAN

- Try your favorite sandwich between two large lettuce leaves.
- Scoop out the middle of bagels and subs.
- Bake spaghetti squash instead of boiling pasta.
- Use fruit to satisfy your sweet tooth.
- Drink water (buy a Soda Stream).
- Cut down on the booze. That means wine too.

4. Start moving. Exercise is the key to long term weight control. Without it you will be much less likely to keep the weight off. Plus exercise feeds the brain with endorphins increasing well-being and making you more likely to stick with your commitments. Exercise is a good addiction!

- Join a gym.
- Sign up for a race.
- Start walking.
- Plant a garden.
- Dance, dance, dance.
- Play tennis, squash, and soccer.
- Do yoga or Pilates
- Purchase a standing desk.
- Walk the golf course.

Success comes from the combination of small changes. Pick one or two things you feel you can easily do. By the first day of summer don't be surprised if someone marches right up to you desperately seeking your help on how to look as awesome as you do! ♦

AUTHOR: Judy Caplan is a registered dietitian with a private practice in preventive health in Vienna, VA. Her latest books are available on iTunes and at www.gobefull.com.

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Around TOWN

LOCAL EVENTS · FUNDRAISERS · CHARITIES · AND MORE ACROSS THE TYSONS AREA

“IN THE BAG” EVENT RAISES MONEY FOR RED CROSS SERVICES

Annual luncheon nets over \$106,000



The fourth annual “In the Bag” charity event in support of the American Red Cross in the National Capital Region was attended by over 240 people and raised over \$106,000 for the Red Cross through a silent auction of designer, celebrity, and

vintage purses and raffle items, including an autographed Michael Kors handbag.

The three-hour sold out luncheon event was organized by a steering committee of 41 local businesswomen and the event chair, Brenda Blisk, CEO of the Blisk Financial Group. Blisk, who founded the event in 2010, commented on the luncheon: “It was a big success, and everyone had an absolutely great time. There is no event like it.”

A highlight of the event was the featured speaker, Dr. Inge Guen, who spoke about her inspiring work with wounded soldiers at the Walter Reed National Military Medical Center.

The money raised will support the services of American Red Cross in the National Capital Region. These services include disaster relief, first aid training, and assistance to military families.

2014’s “In The Bag” Event is scheduled for November 5, at the McLean Hilton from 11 a.m. to 2 p.m. ♦



Distinguished Chef Yiannis Baxevanis cooks at Nostos in Vienna. *From left to right:* Yiannis Baxevanis, Eugema Markesinis, George Soldatos and Peter Pagonis



At Left: Crighton Schneck and Debbie MacDougall enjoy the moment for the camera at the Joker’s Wild Casino Night for the benefit of Cystic Fibrosis Foundation.

At Right: Judy and Carl Riedy, Co-Chairs of the Joker’s Wild Benefit for Cystic Fibrosis. This was the 18th benefit chaired by the Riedy’s.





BEST TREES FOR HOMEOWNERS

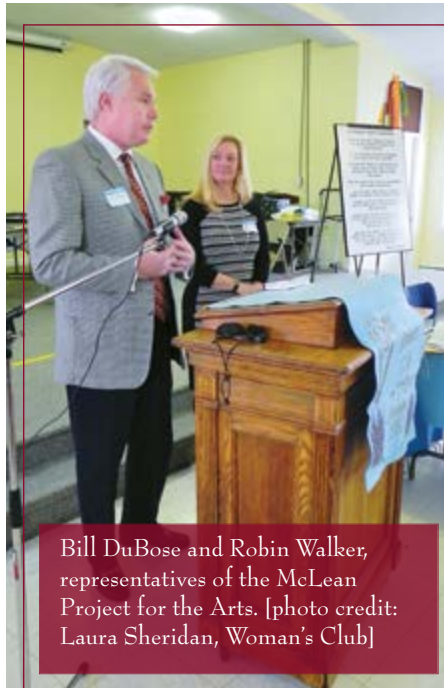
& Small Businesses

Please join us on March 13, 2014, 7:30pm – 10pm for this informative talk as we educate homeowners and small businesses on tree benefits, selection, and maintenance. The talk will be held at The McLean Community Center Community Hall at 1234 Ingleside Avenue, McLean, Virginia 22101.

Dr. Jim McGlone, Urban Forest Conservationist with the Department of Forestry in Northern Virginia, will discuss the economic, health, environmental, and aesthetic benefits of trees. His talk will offer an intimate look on the most durable and underutilized native trees for homeowners and small businesses and he will highlight trees that should not be planted in our region and explain why. Additionally, his talk will provide detail tips on how to plant a tree and identify common mistakes we all make in planting trees.

Program participants will be invited to meet with county and non-profit representatives who can provide additional guidance and information on tree selection and maintenance. Additionally, participants will be encouraged to sign up for raffle give-a-ways.

This event is sponsored by the McLean Citizens Association (MCA), the Greater McLean Chamber of Commerce (GMCC), McLean Trees Foundation (MTF), and Fairfax County Tree Stewards. ♦



Bill DuBose and Robin Walker, representatives of the McLean Project for the Arts. [photo credit: Laura Sheridan, Woman's Club]

THE WOMAN'S CLUB OF MCLEAN DONATES

to the MPA

At its monthly meeting on February 4, The Woman's Club of McLean presented its annual donation of \$1,500 to the McLean Project for the Arts (MPA) through the project's representatives Bill DuBose and Robin Walker, who expressed their gratitude for the contribution. The club also sponsors and supports MPA's exhibits of children's art at the McLean Community Center. The donation is one of many that the club plans to make this year with funds obtained from its annual Holiday Homes Tour. ♦



MCLEAN CHAMBER *Board of Directors Winter Gala*





MARTIN FULLER - *Seeing Diamonds in a Different Way*

BY GALE CURCIO

"Becoming a gemologist is not something that your guidance counselor points you to," said Martin D. Fuller, master gemologist and owner of Martin D. Fuller Appraisals.

Yet, Fuller has not only made a career out of being a gemologist, but he is renowned throughout the area for his gemology and appraisal expertise.

The Smithsonian often calls him to appraise items, including the Hope Diamond. He also spent three years helping to appraise Madeleine Albright's pin collection.

Fuller became interested in gemology when he worked part-time for Melart Jewelers. At the time, he was studying Science at Northern Virginia University (NOVA). He started thinking, "What a great way to apply Science. By becoming a gemologist, I could incorporate all of the facets of science – mineralogy, geology and chemistry."

Becoming a gemologist would not be an overnight process. Fuller realized that he needed to learn the art of making and repairing jewelry so he left Melart to work for a goldsmith named Trygve Nupen, the goldsmith who did all the repair work for Melart.

Whereas jewelers now do many of their own repairs in house, all of the repair work in the 1980's was sent out to a goldsmith. Nupen came to the United States for the last step in the European training to becoming a Master Goldsmith, wherein one leaves their country and works in another country for a year. Nupen worked in New York and fell in love with the States. When the time came that he could bring his family here, he did so, opening a shop in the Willston Center in Falls Church.

At first, Fuller was designing jewelry and helping with the shop. As the only English-speaking worker in the store, Fuller became the liaison between the customers and Nupen.

When Fuller first started in the business, the industry was in a tizzy because cubic zirconia had just been introduced into the market.

"You couldn't tell the difference between the two," said Fuller. Some jewelers were switching out diamonds with cubic zirconia and the customers didn't realize.

"It took a few years to come up with the machinery to test the stones," said Fuller. "We started using thermal conductivity testers."

Fuller said that Nupen loved "toys" – as such, his shop was well equipped with the latest microscopes and other items.



Shown here with Madeleine Albright (left of Martin) are: Dr. Brenda Forman; gemologist Audrey Hagedorn; gemologist Martin Fuller; Joanna Smith; gemologist Katharine Taylor; designer Carol Tuter. They are all affectionately known as "The Pinheads" and worked together for three years on the book and museum collection.

Drive in Tysons Corner 27 years ago and has been there ever since.

Over the years, customers started coming directly to him and he was referred by many of the jewelry stores for whom he had done work. This allowed him to eventually give up his work at the larger stores and focus on his own business.

It bothered Fuller that it took so long to get appraisals done, and after a while he asked Nupen if he could help with the appraisals. And so he started developing expertise in appraising. He also occasionally got some bench time to design and repair jewelry.

While working with Nupen, he heard about how beautiful Norway was. After 10 years of working with Nupen, he packed up and traveled in Norway for two years.

Fuller did not go back to college, saying, "That was my school," referring to his 10 years of working with Nupen. However, when he returned from traveling, he got his certification from the Gemology Institute of America.

"Being a gemologist doesn't make you an appraiser," said Fuller, who also studied valuation science with the American Society of Appraisers.

He then opened his own appraisal business. He traveled throughout Virginia and Maryland appraising jewelry at the larger jewelry stores. He carried a portable lab and wrote up his appraisals on a Memory Typewriter.

His first office was 25 square feet – located in the back of a bakery in Reston, VA. He moved to the space that he currently occupies on Jones Branch

Fuller said that synthetically grown diamonds are the latest threat to their valuation. "It requires very special equipment to detect these [fake] diamonds."

Fuller continues to keep up to date with the latest equipment and said that technology has more and more impact. An appraisal that used to take 20 minutes now takes an hour and costs a couple hundred dollars – compared to \$35 in years past.

Another thing that has changed over the years is that the testing for color, cut, clarity and carat weight is much more standardized. Years ago, this wasn't standard and jewelers and customers worked on 'Old World Trust' but that didn't always work so well.

Fuller said that the Washington area was very mobile and diamonds came in from all over the world. With people

moving so much, there was even more demand for appraising.

With his expertise, Fuller has become the 'go-to' person for appraisals. He studied the Hope Diamond on three separate occasions. The first time he was asked to determine if the Hope Diamond was related to two other blue diamonds that had come available (they were not). He was also called upon to remove the Hope Diamond from its original setting when Harry Winston had a contest to replace the setting for the 50th anniversary of the Hope Diamond. One other time, he was asked to make sure that the Hope Diamond was indeed the same one that turned up in London after it had been stolen from French King Jean Louise XV.

A few years ago, Fuller was asked to analyze Madeleine Albright's pin collection. Fuller said that it took about three years to analyze her immense collection, which ranged in value. About 200 of them are currently on display in a special selection – and a book, "Read My Pins," has been written about the famous pins.

Fuller said that synthetically grown diamonds are the latest threat to their valuation. "It requires very special equipment to detect these [fake] diamonds."

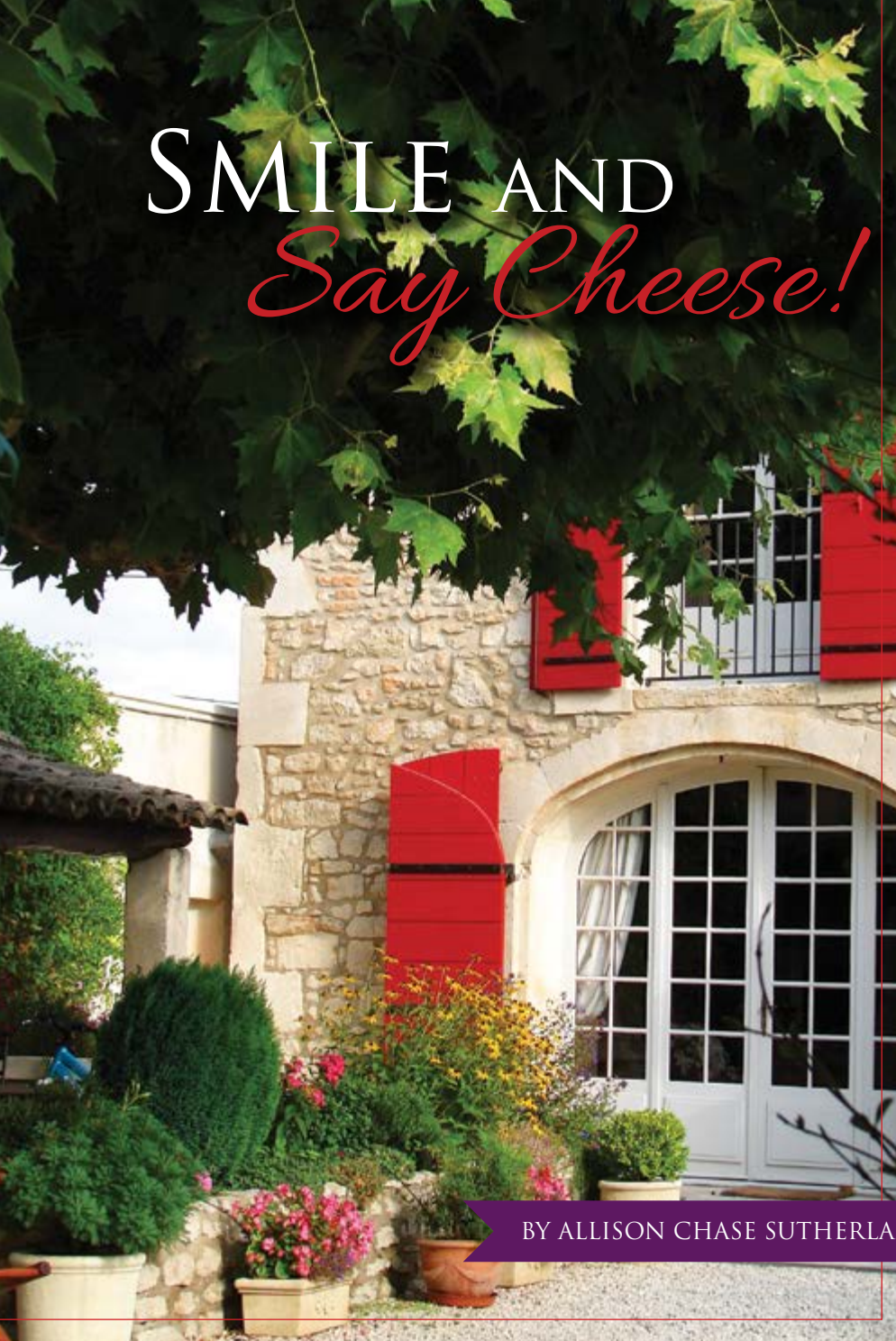
The price of rubies has risen due to the ban of Burmese rubies and jade. When asked about the recent popularity of brown diamonds, he said, "Those used to be used as cutting stones, but somebody renamed them and figured out how to make them more valuable."

The color of the rarest diamonds in the world – red.

Martin Fuller Appraisals is located at 7921 Jones Branch Drive, Suite 311. To schedule an appraisal, call 703-442-6690 or visit www.martinfullerappraisals.com ♦

AUTHOR: Gale Curcio is the director of Curcio Communications. She brings both her editorial and marketing talents to VivaTysons.

SMILE AND *Say Cheese!*



BY ALLISON CHASE SUTHERLAND



The view to the courtyard from my quaint little Sunflower Cottage – le Mazet aux Tournesols – with its Provençal tile roof chez Laurence.

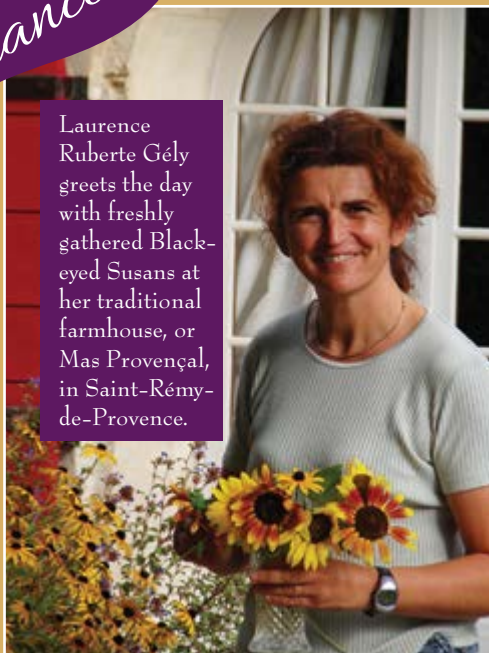
France, but very often they serve as an appetizer, like tapas in Spain, or they can be integrated into savory sauces for pasta in Italy and Sicily.

Cheese-making, a rural undertaking, brings forth images of a rustic, pastoral, bucolic scene. Herbs drying from the rafters, coarse bread, thick stone walls that have lasted since the 12th century, combine with the aromas of the kitchen wafting through open windows, fields of tall grass dancing in the breeze, the lively chatter of the farmyard, the strong Mediterranean midday sun. The life of

a shepherd is a solitary but peaceful one. You will find these herdsmen hidden among the craggy cliffs and olive groves and almond orchards, where the sun bears down on them, until the coolness of the night returns, and they may rest. In the crisp morning air, the jingle of sheep bells as the shepherd leads them to the fountain whets our appetite for the cheese they produce. Our journey will discover the cheeses of these three Mediterranean countries with oftentimes great historical similarities in the times of the ancient Greek and Roman Empires as well as the rugged individualism and distinctive cultural identities they possess today, particularly in the countryside where we will venture forth. Buon viaggio!

According to ***Food & Wines from France***, cheese dates back to about 9000 B.C. when animals were first domesticated. Sumerians, Egyptians, Chaldeans and the ancient Greeks loved cheese. There is a story that Napoleon was so thrilled when he tasted his first Camembert that he jumped up and kissed the waitress. But we can go further than our **Bries** and **Camemberts** to find cheeses of great variety across the Mediterranean, which, in turn, add flavor and distinction to many dishes. These soft-ripened cheeses are of course integral in French gastronomy, but exploration will lead us to many as yet little-known but truly sumptuous cheeses all over the Mediterranean basin. Often cheeses are served as a separate course, as in

Laurence Ruberte Gély greets the day with freshly gathered Black-eyed Susans at her traditional farmhouse, or Mas Provençal, in Saint-Rémy-de-Provence.



CROQUE MONSIEUR or Croque Madame?



Cantal Cheese

The gastronomic innovation of the French is widely recognized, and one of the most important elements of the French meal is the cheese course, usually served toward the end. This depends on whether the extensive French meal should consist of six or seven or eight courses. Following the cheese course, one might be presented with fresh fruit, such as strawberries laced with Gran Marnier, and possibly dessert, a fresh fruit tart or sorbet in the summer months. On my last visit, Laurence Ruberte Gély of Saint-Rémy-de-Provence said to me, “Allison, j’ai acheté du fromage. Il faut aimer!” meaning in this case, “Allison, I bought a lot of cheese. You better like it!” Pas de problème!! My new discovery that time was **Morbier**, divided into its two layers, the morning and evening milkings separated by cinders.

One of the finest cheeses in France, **Cantal**, is a semi-hard cheese produced from cow’s milk in Auvergne, an agrarian region of central France where shepherds and their flocks roam the countryside. *Food & Wines from France* notes that Cantal was already a well-known cheese when Pliny the Elder spoke about it in ancient Rome. It is, in fact, thought to be France’s oldest cheese and one of the oldest in the world.

Toward the Swiss border, one will chance upon the wonderfully flavorful **Emmenthal** and **Gruyère**, a semi-hard cheese often used melted in fondue. Another welcome encounter of these cheeses in France is melted decadently into the tasty Croque Monsieur, a ham and cheese sandwich with a bit of béchamel or white cream sauce – with a French twist. That is, the bread is French toast. Sprinkled with a bit of black pepper, this innovation turns a sandwich into a delicacy. By adding a sunny-side-up egg on top — Croque Madame. Et voilà!

CROQUE MONSIEUR et Croque Madame!



(Per person)

For the béchamel, or white sauce:

1 tablespoon butter
2 tablespoons milk
1 tablespoon flour
Salt

For the “French” toast batter:

1 egg, beaten
1 tablespoon milk

For the sandwich:

2 slices of bread
2 slices of ham
1 slice of Emmenthal or Gruyère cheese
Ground black pepper
(1 extra egg for Croque Madame)

Prepare béchamel or white sauce as follows. Place butter in skillet to melt at medium heat. Add milk and flour and a pinch of salt and stir. Allow to thicken into a white sauce and set aside. Assemble sandwiches with ham, cheese, ground pepper and béchamel, (white sauce). For Croque Madame, prepare sunny-side-up egg, and add to sandwich. Beat egg with 1 tablespoon of milk. Dip sandwich in egg mixture, coating evenly. Place sandwich in skillet and cook until golden brown and cheese melted. Enjoy!



Maria "Recipe" Repice gives a welcoming smile at her enticing villa in Andalucía in sunny Spain.

Going Tápás!



Manchego Cheese

The foremost cheese in Spain is the semi-hard **Queso Manchego** from the La Mancha region of Spain.

Maybe even 'the man' himself ate this cheese.

But even if Don Quixote was not so fortunate,

we can savor the flavor of Queso Manchego, straight from Spain.

Queso Manchego is often cut into cubes, lightly floured, optionally coated with egg and bread crumbs, and fried in Spanish olive oil, (Spain being one of the top producers of olive oil), and accompanied by coarse bread and a glass of Amontillado Sherry. Queso Manchego's robust flavor lends itself to grating as well, or melting over dishes "au gratin."

The lovely and talented Maria "Recipe" Repice simply likes to slice it into slender triangles accompanied by either sliced baguettes or the crunchy bread known as Picos Sevillanos, and leisurely enjoy it in the afternoon as a tapa, or appetizer, in the sun-drenched region of Andalucía in the south of Spain. This land is scattered with olive groves and sultry, undulating mountains that she views from her irresistible poolside outdoor kitchen decorated with Spanish ceramic

tiles, where the family enjoys dining al fresco, shaded by a café-style umbrella on the patio — and where she gave me my first lessons in Andalucían cooking. No one has yet to equal her gazpacho. One day, she really must open her poolside cooking school. People will be lining up. There could be no more delightful chef — and no more spectacular setting. Ahh! So delight in the Andalucían ambience and delicious Iberian fare — a la casa de María!

In this picturesque region, the scent of orange blossoms fills the air in the springtime. Its whitewashed stucco villages with terra cotta roofs and geranium-filled flower boxes contrast starkly with the mysterious Moorish Alcazabas of Grenada, such as the Alhambra, with intricate mosaics, arabesques, and fountains, and the grandiose palaces of the conquistadores in Sevilla. It is tempting to follow in Washington Irving's footsteps and visit the Alhambra, where he so vividly wrote his memoirs, (and adventures!) Just allow the romantic Spanish music to transport you to rhythms of the flamencos and serenatas of Sevilla. Or venture to the Basque region for my two favorite flavorful, salty Spanish cheeses — Catalanian goat's milk **Garrotxa**, aged in caves, and the sheep's milk **Idiazabal**, often paired with quince jam, from high up in the Pyrenees. ¡Sabrosísimos!

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



The red and yellow ochre façades of the streets of Sevilla with La Giralda, minaret-turned-bell tower, in the distance.

Appenine Appetite

Along the spine of the Appenine mountains of Italy, the sheep and goats graze in the fields and produce, with the help of the shepherds, some of the finest and most flavorful cheeses in the world. One of these cheeses is **Auricchio Provolone**, which is delicious with wine biscuits and a glass of Grignolino or Barbera from Piemonte. You might also try the sharp Italian **Asiago** cheese, which is delicious with freshly-baked Italian bread. Milder cheeses, such as **Buffalo Mozzarella**, or any fresh mozzarella, combine for a refreshing summer appetizer with fresh basil leaves and slices of vine-ripened Roma tomatoes drizzled with olive oil.

Perhaps my favorite cheese is the Sicilian **Pecorino Siciliano Pepato**, produced from sheep's milk with peppercorns interspersed throughout in small villages all over Sicily. While participating on an archaeological excavation in Morgantina, Sicily, I made the acquaintance of Ines Scopazzo Tuttobene, daughter of a Sicilian

shepherd, and I returned to live with them (and their sheep) the following summer in Aidone in Central Sicily. These sheep would produce the freshest **Ricotta** I have ever tasted. Eaten fresh as fresh can be and actually still warm, in its own whey, ricotta is served for breakfast (at 6:00 a.m.) with long, slender, crunchy, baton-like bread called Toscanini, after the famed conductor.

Papa Filippo was proud of his cheese. The lines on the face of this shepherd drew his existence in the hot Sicilian sun, tending his flock for decades, and

producing the quality of cheese that can only come from the experience of a lifetime. I became acutely aware of the value of this cheese, not only the reverence for its flavor and utility, but its true importance in Sicilian society. We would wield a very large wheel of this cheese into town in the morning, and we would return with bread and lettuce and crates of fresh peaches — just for me. In essence, in rural Sicily, cheese is currency.

This cheese is similar to **Pecorino Romano**, or the more commonly found **Locatelli Romano**. Hard salty cheeses of this type (including the milder cousin **Parmiggiano** or Parmesan from the Parma region or **Grana Padano** from Piemonte) can be incorporated into all kinds of sauces for pasta — Alfredo and other creamy cheese sauces (invent your own) and the famous northern Italian Pesto Genovese, from Genoa, where Christopher Columbus, (né Cristoforo Colombo) was really from. You will find a statue of him in this ancient port city.

Virtually all of these cheeses can be found at Whole Foods in Vienna or McLean. This purveyor of fine gourmet items boasts an impressive array of cheeses from around the world, and the staff is very helpful and knowledgeable. This market is a great place to begin your exploration, especially the bit basket where you can acquire small quantities so as to make your own discoveries. So smile — and say cheese! ❖



Even Ines's niece Tiziana has her own pet goat. Really more like a puppy.



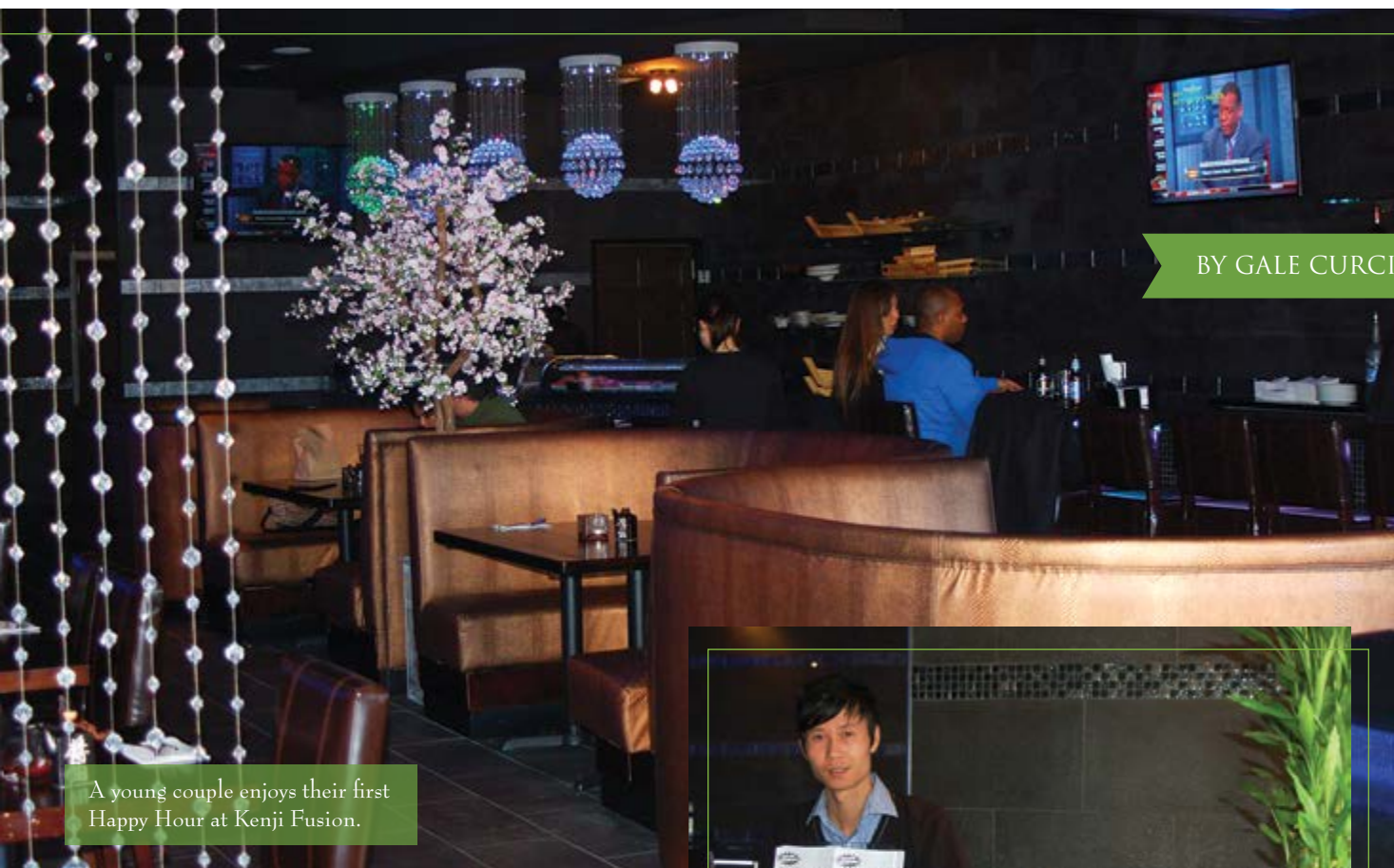
Ines Scopazzo Tuttobene exudes the warmth of the Sicilians. When it was finally time to part, she said, "Don't forget us, Alice, (ah-lee-chay) and don't forget Aidone." Impossible, bella amica.



Asiago Cheese



Papa Filippo handcrafted the finest Pecorino Siciliano Pepato from his ancient stone hut overlooking the valley.



A young couple enjoys their first Happy Hour at Kenji Fusion.

BY GALE CURCIO

Photos by Gale Curcio



Johnny Yee opened his third Asian restaurant in Bailey's Crossroads.

KENJI FUSION

Transforms Space at Bailey's Crossroads

What happens when you turn a Dollar Store into an Asian restaurant? You get the most unique use of space in a shopping center – and a great menu as well. At Kenji Fusion, chefs prepare food with Japanese, Chinese and Malaysian slants.

Don't let the outside fool you. While there is little to distinguish this restaurant from the outside, just take the time to step inside. A modern and chic-styled restaurant has

surprises from every angle. From the grand chandeliers to the sushi bar to the wood paneled cocktail bar – no detail is missed.

Not only will you be pleasantly surprised by the ambience, but the food is art in both its presentation and its flavor. This restaurant is ideal for date night, happy hour or an inexpensive lunch. Enjoy a quiet dinner in one of the artfully-designed booths, or enjoy music and drinks at the bar.

Owner **Johnny Yee** is no stranger to the restaurant business. He opened his first restaurant in Rio Grande, New Jersey eight years ago. It was a small family style Chinese restaurant called China Pavilion. Yee sold that restaurant, and opened



a 3,300 square-foot Asian Fusion restaurant. Located in Millville, New Jersey, it is called **Kawa Thai and Sushi**. Six months later he opened another restaurant in Hamilton, New Jersey called **Kenji Fusion**.

Yee moved to Virginia, and last September, he opened another **Kenji Fusion** – this one is located in Bailey's Crossroads.

In addition to the full bar, there is a very nice party room that can hold up to 50 people. Lunch Portions (served with soup or salad) are served from 11 a.m. to 3 p.m. Monday through Saturday. Kenji Fusion delivers within a three-mile radius of the restaurant.

Happy Hour is from 4-7 p.m. every day and features drink specials. There are some very interesting drinks, like the Lychee Martini. DJs play pop music from 10 p.m. to 2 a.m. on Fridays and Saturdays.

A young couple was visiting last month for their first Happy Hour and said, "This is great – we will definitely be back."

The menu is extensive but there are some dishes that are more popular than others. These include: Pad Thai; Kung Pao Chicken; Thai Basil Chicken; Drunken Noodle; Thai Fried Rice; Grand Marnier Shrimp; Wok Basil Shrimp and Scallop; X.O. Seafood Delight; and Yellow Curry Shrimp.

On the appetizer list, Chicken Lettuce Wraps; Fried Calamari; and Crispy Crabmeat Balls are popular, while the Thai Tom Yum and Thai Kha Gai soups are in demand.

The full sushi bar with sushi chef is very popular and brings in sushi lovers from all over.

Kenji Fusion VA - Bailey's Crossroads is located at 3539 S Jefferson Street, Bailey's Crossroads, VA 22041. For more information, call 703-575-8811 or visit <http://www.kenjifusionasianbistro.com>. ♦



Johnny Yee designed the space, making use of tile and stone to create a unique space.





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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. \$\$\$

ARGIA'S

124 N. Washington St, Falls Church
703.534.1033

www.argias.com

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.

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. \$

DOGFISH HEAD ALE HOUSE

6220 Leesburg Pike, Falls Church
703.534.3342

www.dogfishalehouse.com

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.

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. \$\$

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Ristorante Bonaroti






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The Bonaroti Restaurant family extends warm wishes to all during this season of warmth, love, and hope.

Since 1982, Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons and enjoys the praise of visiting dignitaries and the stars.

Open on Sundays for dinner starting January 13th
featuring half-priced wines by the bottle.

428 East Maple Ave, Vienna
703.281.7550 | BonarotiRestaurant.com

**HAANDI FINE INDIAN CUISINE**1222 West Broad St. Falls Church
703-533-3501www.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 RESTAURANT6387 Leesburg Pike, Falls Church
703-532-0940

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

IDYLWOOD GRILL**& WINE BAR**2190 Pimmit Dr, Unit B, Falls Church
703.992.0915www.idylwoodgrill.com

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.

IRELAND'S FOUR PROVINCES105 West Broad Street, Falls Church
703.534.8999www.4psva.com

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.

JV'S RESTAURANT6666 Arlington Blvd. Falls Church
703-241-9504www.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 CARAQUENA300 West Broad St. Falls Church
703-533-0076www.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 RESTAURANT6218-B Wilson Blvd. Falls Church
703-536-2633www.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. **\$**

OPEN KITCHEN7155 Leesburg Pike, Falls Church
703.942.8148openkitchen-dcmetro.com

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

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**Karl Anthony**

Jazz Jam Monday 8-10:30



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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. \$\$

OPEN ROAD GRILL AND ICEHOUSE

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

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. \$\$

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 barbecue chain offers hickory smoked pulled pork, brisket, pulled chicken, and catfish. Don't miss their award winning ribs. \$



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★★ 8201 Greensboro Dr • Tysons, VA 22102 • 703.288.3232 • www.bennigans.com ★★



SAIGON CAFÉ

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

www.saiгонcafe-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 a extensive vegetarian menu.

SEA PEARL

8191 Strawberry Ln, Falls Church
703.372.5161

www.seapearlrestaurant.com

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.

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. \$\$

TRIO GRILL

8100 Lee Highway, Falls Church
703-992.9200

www.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. \$\$

FAIRFAX

CHUTZPAH DELI

12214 Fairfax Town Center, Fairfax
703.385-8883

www.chutzpahdeli.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. \$

CYCLONE ANAYA'S

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

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. \$\$



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(703) 319-3131

110 Lawyers Road, NW, Vienna
(intersection of Maple Avenue)
www.plakagrill.com



MATCHBOX VINTAGE PIZZA BISTRO

2911 District Ave. Fairfax
571-395-4869

www.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. **\$\$**

SANTINI'S NEW YORK STYLE DELI

2975 Chain Bridge Rd. Oakton
703-766-6666

www.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. **\$**

GREAT FALLS RESTAURANTS

BRX AMERICAN BISTRO

1025 Seneca Rd
703.433.9050

www.brixgreatfalls.com

BRX offers Great Falls and neighboring communities a place where you can take your family or meet with your friends for some quality time and good food and drinks. **\$\$\$**

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. **\$\$\$**

L'AUBERGE

332 Springvale Rd, Great Falls
703.759.3800

www.laubergechezfrancois.com

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. **\$\$\$**

MCLEAN RESTAURANTS

AMOO'S HOUSE OF KABOB

6271 Old Dominion Dr, McLean
703-448-8500

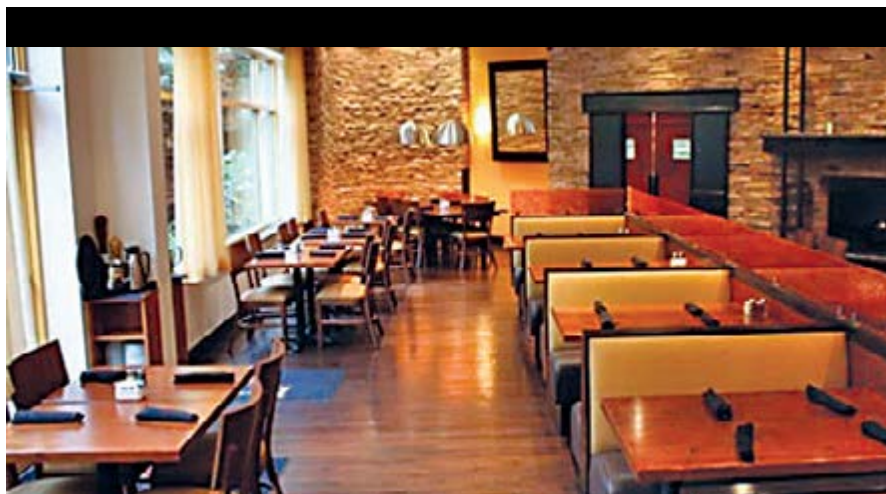
www.amoosrestaurant.com

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 zerehkh 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. **\$\$**

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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

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. \$\$

BOULEVARD CAFE & CATERING

8180 Greensboro Dr, McLean
703.883.0557

www.boulevardcafecatering.com

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.

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.



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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. \$\$

CAFÉ OGGI

6671 Old Dominion Dr, McLean
703.442.7360

www.cafeoggi.com

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.

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.

EVO BISTRO

1313 Old Chain Bridge Rd, McLean
703.288.4422

www.evobistro.com

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!

FLEMING'S PRIME STEAKHOUSE AND WINE BAR

1960 Chain Bridge Rd. McLean
703-442-8384

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.

GREENBERRY'S COFFEE CO.

6839 Redmond Dr. McLean
703-821-9500

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. \$

HARTH AT HILTON MCLEAN TYSONS CORNER

7920 Jones Branch Dr. McLean
703-761-5131

www.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. \$\$

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. \$\$\$

JOE'S SIMPLY AMAZING BURGERS

6710 Old Dominion Dr. McLean
703-288-0288

www.joesburgersmclean.com

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LEBANESE TAVERNA

1840 International Dr. McLean
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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. \$\$

LOST DOG CAFE

1690 Anderson Rd, McLean
 703.356.5678

www.lostdogcafe.com

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.

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. \$\$

MYLO'S GRILL

6238 Old Dominion Dr. McLean
 703-533-5880

www.mylosgrill.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. \$\$

O'MALLEY'S PUB

1960 Chain Bridge Rd. McLean
 703.893.2100

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. \$\$



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. **\$**

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. **\$\$**

SILVER DINER

8101 Fletcher St. McLean
703-821-5666

www.silverdiner.com/restaurants/tysons

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

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 Parmesan Truffle Fries. **\$\$\$**

THE PALM RESTAURANT

1750 Tysons Blvd. McLean
703-917-0200

www.thepalm.com/Tysons-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. **\$\$\$**

VINO VOLO

1782 International Drive McLean
(703) 506-6785

www.vinovolotysons.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.

MERRIFIELD RESTAURANTS

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-helds") are among the fare offered at this restaurant meant to be a place to meet with friends, family, or coworkers.

FOUR SISTERS RESTAURANT

8190 Strawberry Ln., Merrifield
703-539-8566

www.foursistersrestaurant.com

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OVVIO OSTERIA

2727 Merrilee Dr. Merrifield
703-573-2161

www.ovvioosteria.com

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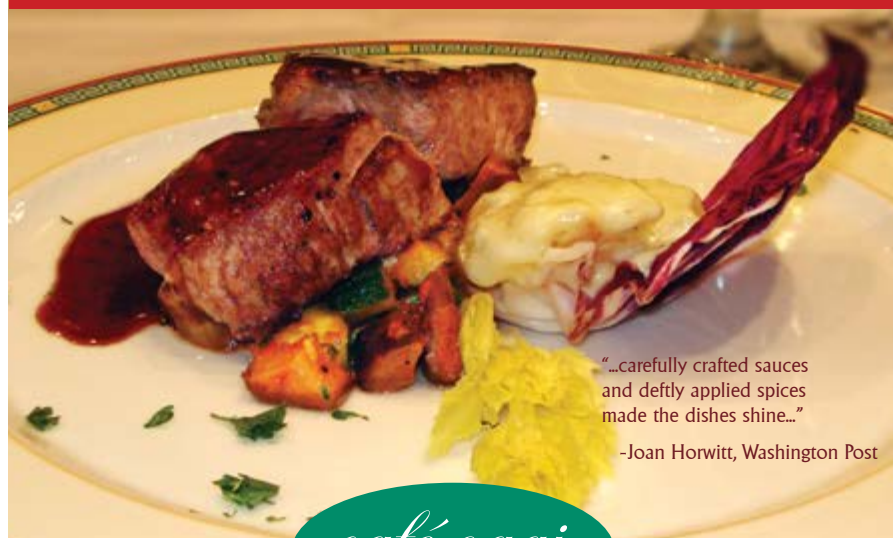
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www.anitascorp.com

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111 Church St, Vienna

703.255.7212

www.bazinsonchurch.com

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703-356-7305

www.bjsbrewhouse.com

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Each issue of *LMN* "Illuminates and Celebrates" services and professionals who have demonstrated excellence in their fields offering our readership the latest and best practices for looking and feeling their best. Harnessing the wealth of information available to our editors by area practitioners, beauty consultants and advisors, doctors, dentists, and writers-*LMN's* mission is to put our area's best beauty values at the finger-tips of those seeking your services.



Home Grown and locally owned, *VivaTysons* is published by longtime resident Johnny Hanna, and a team of writers, illustrators, and artists who appreciate the hard work and sacrifices of our area's special professionals, merchants and service providers.

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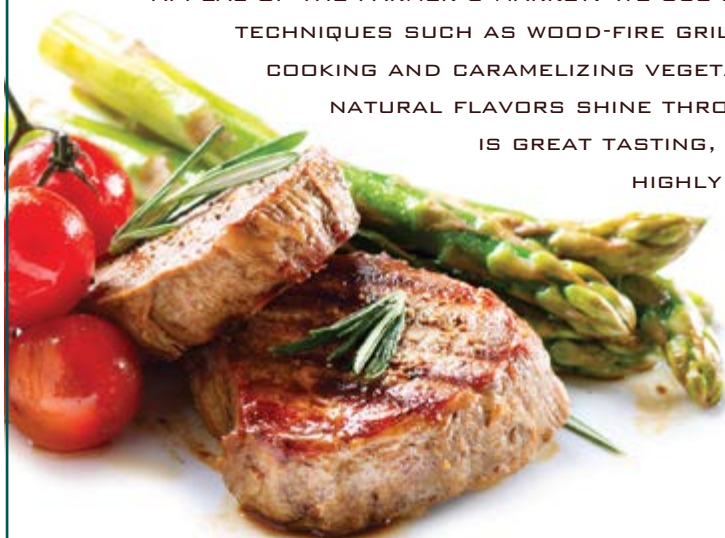
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pazzopomodoro.com

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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. \$\$

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www.shamshiry.com

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BY JESSIE BIELE



Tara Thai Spring Rolls

that make customers come back for more.

Boonyaket has been working at Tara Thai since it opened in Falls Church in 1997. She worked her way through the ranks to become the restaurant's general manager. She is recognized by longtime customers and values that relationship with customers.

"I love the feeling they bring to us," said Boonyaket. "They call us family."

She recalls the snowstorm that hit the D.C. area three year ago. While

Complete with an ocean-themed interior, the restaurant focuses on seafood dishes, like the fresh soft shell crab; shrimp and garlic sauce; and rockfish wrapped in a banana leaf. The restaurant is well-known for its Pad Thai and curries.

many other businesses were closed, the restaurant stayed open so locals could walk over and get fresh Thai food.

Tara Thai in Falls Church offers family-style Thai dishes, ensuring that each dish is authentic. Complete with an ocean-themed interior, the restaurant focuses on seafood dishes, like the fresh soft shell crab; shrimp and garlic sauce; and rockfish wrapped in a banana leaf. The restaurant is well-known for its pad Thai and curries. Their spicy ka pow dishes are a hit with customers, and for vegetarians, a spicy pow jae is made with vegetables.

TARA THAI FALLS CHURCH

Blends New with Traditional

When planning what customers want to see on the menu at Tara Thai Falls Church, General Manager Bow Boonyaket views it from the perspective of the customer, studying what other restaurants are doing.

"I make sure our restaurant is updated and I see what people like and what's on trend," said Boonyaket. "I look at myself as a customer. I would want freshness and cleanliness and provide quality dishes."

Honoring her loyal customers is her way of ensuring that Tara Thai Falls Church offers a variety of Thai and Asian fusion cuisine. She likes to concoct special dishes



Popular dishes also include the Thai garden rolls; grilled chicken rolled in a fresh wrap and served with peanut sauce; seafood madness, consisting of crispy tilapia and seafood sautéed in a hot chili paste and mushroom and sprinkled with crispy basil leaves; and drunken noodles. For dessert, Tara Thai offers fresh homemade mango cheesecake and mango sticky rice.

Lunch specials are offered daily and include a spring roll and savory Thai vegetable soup. Catering and delivery service is also offered, and Tara Thai hosts special events.

Happy hour is offered at the bar Monday through Friday from 5 to 7 p.m. Cocktails and mocktails made with fresh fruit and mixes are served at the bar and mixed with care. Specialty cocktails like the Tahitian Mai Tai (rum, fresh orange juice, and lime juice) will transport you to a tropical island.

Boonyaket also takes pride in Tara Thai's wine selection and wine dinners, offered seasonally.

"The thing I know best is selecting wine to pair with Thai dishes," said Boonyaket. She is taking classes and working her way through classes offered by the Court of Master Sommeliers. Locally, she pioneered the pairing of wine with Thai cuisine. Her wine dinners feature winery representatives from wineries such as Ampedoss, Millbrandt Vineyards, and Bonneau Winery. They are a huge hit with customers.

If you're looking for a family-friendly neighborhood Thai restaurant with something for everyone, be sure to check out Tara Thai.

Tara Thai is located at 7501 Leesburg Pike in Falls Church. For more information, call 703-506-9788 or visit www.tarathaifallschurch.com. ♦

AUTHOR: Jessie Biele is a freelance writer who enjoys sampling new dishes from the area's best restaurants and writing about them. Her work has appeared in *RunWashington* magazine and Falls Church Patch. Her favorite cuisines are Thai and Mexican foods. Learn more about her at www.jessiebiele.com.



SATAY

(Appetizer)

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(Soup)

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(Dessert)

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MAPLEWOOD GRILL

Transforms Space in Shopping Center

Paul Kuchler was told from a very young age that cooking is “all in the details.”

It is this philosophy that is reflected in his work as the head chef of Maplewood Grill in Vienna, VA. Paul Kuchler, 34, has been the restaurant’s head chef for the last 12 years and has learned many lessons while working his way through the ranks in the restaurant’s kitchen.

The restaurant was formerly known as Le Canard, one of D.C.’s premier French restaurants. The new restaurant has changed dramatically since it opened six years ago.

Marcel Kuchler, Paul’s father, is the chef and founder of the restaurant. “It’s been reinvented and modernized to be more contemporary and casual,” he said.

Le Canard was open for 25 years in the Danor Shopping Center. When the recession hit, the Kuchlers realized the restaurant ‘exceeded its life expectancy.’

“The recession was a wake-up call,” said Paul. “People weren’t looking to put on a suit and tie and go out to a formal restaurant anymore. It was in dire need of something.”

The Kuchlers decided to change their direction and in 2009, the Maplewood Grill opened and quickly became a neighborhood restaurant. According to Marcel, the restaurant focuses on serving American cuisine with French touches and German fare.

When one dines at Maplewood Grill, they are greeted by Marcel working the



Crab & Shrimp Poppers

host stand. Servers and bartenders are friendly and attentive. Menu offerings are made fresh, including the dressings and marinades. The shrimp and crab poppers are a savory starter, a huge hit with diners. The grilled lollipop lamb chops are tender and served with creamy tzatziki sauce. Each night, Paul creates hearty dinner specials like grilled elk chop with potatoes au gratin, brussels sprouts and chestnuts, lingonberry and rosemary infused bordelaise.

Maplewood Grill is famous for its hearty lobster rolls and hamburgers, which are a must-try. If you have dietary restrictions, Maplewood Grill offers a gluten-free menu and vegetarian and vegan options. If you're not too full from dinner, be sure to try the trio of crème brulee, the Moorenko's organic ice cream trio, or fresh carrot cake (made by Paul's wife, Noel) served with butter pecan ice cream.

The bar at Maplewood Grill offers craft beers on tap, including high quality breweries like Great Lakes and Goose Island. Power Hour, the restaurant's version of happy hour, is offered daily with select appetizers from \$5 to \$9 and discounted wines and beers. Maplewood Grill's piano bar is a hit with patrons, featuring musicians performing everything from jazz standards to blues six nights a week. Sunday brunch is offered weekly, featuring a Bloody Mary bar. And for those hosting large parties, Maplewood Grill offers catering.

What's the secret to the Maplewood Grill's success? "Consistency," said Paul.

"It's about being a good person. We give our employees a lot of responsibility and a little latitude. We treat employees very well, like a small family. Many have been there for years."

"We've been in the area for almost 30 years," Paul continued. "We've seen a lot of restaurants come and go, but we're still here. The quality of the food hasn't changed, it's a neighborhood restaurant."

Maplewood Grill is located at 132 Branch Road S.E. in Vienna. For more information, call 703-281-0070 or visit <http://www.maplewoodgrill.com>. ♦

AUTHOR: Jessie Biele is a freelance writer who enjoys sampling new dishes from the area's best restaurants and writing about them. Her work has appeared in *RunWashington* magazine and Falls Church Patch. Her favorite cuisines are Thai and Mexican foods. Learn more about her at www.jessiebiele.com.

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MAGAZINE



BY JEANNINE BOTTORFF



I selected the zingy Clay Pot Ginger Chicken. This dish consists of tender, sliced breast of chicken cooked with ginger, onions, scallions, and chilies and served with steamed rice. If you like ginger, you will love this!

One of our family's favorite is Pho; gigantic bowls of soup with noodles, meat and vegetables. My husband ordered his usual, the Pho Tai, a broth layered with flavors from an assortment of herbs, spices and aromatics and topped with paper-thin slices of eye of round beef. Pho is always served with a platter of basil, bean sprouts and hot sauces to dress up the soup as you wish. It warmed us from our nose to our toes – a bowl of perfection on a chilly day!

What I love about Vietnamese cuisine is the balance between sweet and savory, the contrast of hot and cold and the explosion of flavors on your tongue; ranging from the simplicity of noodles to the complexity of hot chilies and plum sauces. What I loved about Viet Aroma is that they embrace all these traditional foods but present them in a way that feels familiar.

While I will continue to frequent my favorite Vietnamese restaurant, but I now have another choice on my list. Go to Viet Aroma and see, smell, and taste for yourself! ❖

Viet Aroma
165 Glyndon St. SE
Vienna, VA 22180
703-865-6664
www.vietaromava.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!

Smell of Success: VIET AROMA

I am a loyalist. My family has gone to the same Vietnamese restaurant for our “fix” for about eight years, stepping out occasionally to try new ones but never finding one we like as much. So, trying Viet Aroma was exciting but also made me wonder if it would hit the spot like our favorite.

Viet Aroma is found in a popular Vienna strip mall right next to a bakery. Once inside, we found a cute little place that finds a balance between traditional and fun with its friendly staff and pho-eating contest!

We were quickly seated and began looking for our favorites on the menu. What we found were fresh, simple selections. Viet Aroma has followed the lead of many Thai restaurants in having made the food descriptions fun. This helps those new to this cuisine to feel comfortable ordering just about anything on the menu, but still traditional enough that those more familiar feel they are getting the real deal.

We started with their Rock ‘N Roll Sampler. This hot appetizer platter includes crispy spring rolls, shrimp stuffed summer rolls, deep-fried dumplings and tofu stuffed with shrimp. Most of these are familiar to most people who are Vietnamese cuisine aficionados, but also great for those who are less than adventurous.

My daughter ordered the Grill Your Way - your choice of any two grilled meats: chicken, lemongrass beef, pork or shrimp. Your selection is served over vermicelli, cucumber, carrots and shredded salad with dipping sauces. She chose the chicken and beef. Both were marinated and grilled until deeply caramelized and smoky. The hot meats contrasting with the chilled vegetables and chewy noodles were tasty and satisfying.

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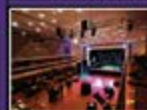
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BY KEITH LORIA

O'REILLY COMES OUT *of the Darkness*

Allison O'Reilly was going through the motions of a typical day in October of 2010 when the 49-year-old McLean resident experienced something that would change her life forever.

"I had a brain stem stroke and was locked-in for two-plus months. It is very rare," she said. "I was at the National Rehabilitation Hospital (NRH) in DC for four months. I didn't know what was going on at first and why it was happening to me. It was a nightmare and I did not know when I would wake up. It was a normal weekend and then poof, everything changed."

In the hospital, O'Reilly was fully aware, but locked-in; unable to do anything. For those unaware, Locked-In Syndrome refers to a very rare outcome (only a few hundred cases are known worldwide) of stroke, caused by a stroke in a small but important area of the brain. It is different from other strokes in both its location and severity and the disorder leaves individuals completely mute and paralyzed.

"I had a trachea and feeding tube; no pressure in my finger tips, and could not communicate or move anything. All I could do was to blink my eyes," she said. "The hardest part was not being able to do anything and knowing it—losing your independence and relying on others for everything."

Therapists constantly worked to loosen up her arms and legs, re-establish motion and maintain muscle tone. The engineering department even rigged up a special device so that with one little move of her head, O'Reilly could summon help. And everyone—including the janitor who mopped the floors—talked to her all the time, to reach the person locked inside.

One day, O'Reilly uttered "I love you" to her husband Kevin, her first words in months. Then, she started moving again. Intensive therapy, combined with her fierce will to get better, let her return home to McLean four months later.

Based on her terrible experience, O'Reilly has reached out to other stroke survivors and has written a new book, "Out of the Darkness," as a way to help others.

"I want something good to come from something terrible. People kept saying I was a miracle and I wanted to help other people," said O'Reilly. "The book is for the medical community as well. More and more young people are having strokes and many doctors don't know what to do with young people."

In her case, O'Reilly's husband was told to take her to a nursing home without the doctor ever meeting her, simply looking at her chart.



"You are in shock when a tragedy like this happens and you feel alone," she said. "The book is to help if this happens, as well as, be motivational to others. I hope it helps people if it happens in their family, helps the medical community and helps other stroke survivors be motivated to be their best and never give up hope."

O'Reilly says you never know how strong you really are until something like this happens and she thanks her husband and loving friends for helping her get her will to get her life back.

To order the book, visit www.outofthedarknessbook.org. ♦

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.

Dr. Anthony Avedisian

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204 Mill St NE #G,
Vienna
703.255.5571
www.judtile.net

KITCHEN & HOME REMODELING

Daniels Design and Remodeling

11216 Hunting Horse Drive,
Fairfax Station
703.239.2700
www.danielsremodeling.com

Sun Design Remodeling Specialists, Inc

5795 B Burke Centre Pkwy,
Burke
703.425.5588
www.sundesigninc.com

Glickman Design Build

14516 Pebblewood Dr, N.
Potomac, MD
301.444.4663
www.glickmandesignbuild.com

Nouvel Kitchen and Bath

8466-B Tyco Road, Vienna
703.992.9019
www.nouvelusa.com

Tyson's Design Center

8453 E Tyco Road, Tysons
703.556.9000
www.cabinets@bullseyewood.com

Mid South

Building Design, Inc.

7940 Woodruff Court,
Springfield
703.321.8500
www.msbs.net

Terranova Design & Remodeling

8543-Q Tyco Road, Vienna
703.761.0604
[www.terranovalkitchen
andbath.com](http://www.terranovalkitchen
andbath.com)

Bowers Design Build

6715 Whittier Ave, McLean
703.506.0845
www.bowersdesignbuild.com

WINDOWS/DOORS/ EXTERIORS/ROOFS

Prince William

Garage Door, Inc.

9102-G Industry Drive,
Manassas Park
703.366.3164
[www.princewilliam
garagedoor.com](http://www.princewilliam
garagedoor.com)

Home Exterior Energy

446 Maple Ave E, Vienna
703.242.1750
www.homexteriorsenergy.com

Pond Roofing, Inc.

2987 Prosperity Ave, Fairfax
703.573.8000
www.pondroofing.com

CARPET & UPHOLSTERY CLEANING

Ayoub Carpet Services

3856 Dulles South Court,
Chantilly
703.255.6000
www.rugcare.com

PLUMBING/HEATING & COOLING

Long's Corporation

11215 Lee Hwy, Fairfax
703.323.1776
www.longscorp.com

John Nugent & Sons

1387 Chain Bridge Road,
McLean
703.291.4465
www.nugentsons.com

CroppMetcalf Services

8421 Hilltop Road, Fairfax
703.698.8855
www.croppmetcalf.com

LANDSCAPING

NRC Landscape Construction

P.O. Box 217, Vienna
703.926.4113
www.iwantpavers.com

Surrounds Landscape

Architecture & Construction

21580 Blackwood Court,
Sterling
703.430.6001
www.surroundslandscaping.com

Sislers Stone

7139 Lee Hwy,
Falls Church
703.532.0169
www.sislerstone.com

INTERIOR DESIGN

The Sanctuary

109 Church St NE,
Vienna
703.865.6477
[www.sanctuaryinterior
designbuild.com](http://www.sanctuaryinterior
designbuild.com)

POWER WASHING DECK AND SIDING

Elite Pressure Washing

Manassas, VA
703.583.9274
www.washmydeck.com

MAID SERVICE

The Maids

9518 Lee Hwy, Fairfax
703.691.7999
www.maids.com

GLASS SERVICE

Vienna Glass Co.

7873 Coppermine Drive,
Manassas
703.938.8721
www.viennaglass.com

FURNISHINGS

Urban Mattress

229 Maple Ave E, Vienna
703.261.4585
www.urbanmattress.com

HOME BUILDERS

Bukont Homes

921 Glyndon Street, Vienna
703.472.8650

Stahl Homes

450 Druid Hill Rd NE, Vienna
703.399.9897
www.zm3group.com



Sun Design, Inc

Sun Design, an architectural design-build remodeler, transforms fine Northern Virginia homes with award-winning design and a team of the most skilled craftspeople in the industry.

Whether the project is making the most out of existing square footage, adding more space, or a combination of both, Sun's sparkling reputation has been built on re-imagining homes through the creative use of light and space.

The Sun Design approach is based on close collaboration with the client—from the architectural plans and design decisions to the best materials and outstanding workmanship.



We work closely with our clients to reinvent their living areas with minimal impact on busy lives. The ultimate goal is to create beautiful homes that will enhance quality of life for years to come.

6862 Elm Street, Suite 330, McLean, VA 22101 | 703.425.5588 | www.sundesigninc.com

Daniels Design & Remodeling

Daniels Design and Remodeling creates award-winning remodeling in the Northern Virginia area.

In 2013, Daniels Design and Remodeling received Houzz's 2013 'Best Of Houzz' Award, the 2013 GuildMaster of Excellence Award, Multiple COTY (Contractor of the Year) Awards and an Angie's List 2013 Super Service Award. For 17 years, we have listened to our customers' needs and dreams; designing and building projects that exceeded expectations.

Through years of experience, we crafted a process that carefully and artfully guides our clients through the design and construction process. We provide outstanding customer satisfaction, delivering dreams on-time and on-budget.



Daniels Design and Remodeling is a fully licensed and insured local Virginia business committed to being innovative and excelling in all aspects of residential remodeling and customer satisfaction.



11216 Hunting Horse Dr, Fairfax Station, VA 22039 | 703.239.2700 | www.danielsremodeling.com



Glickman

DESIGN | REMODEL | BUILD

Russ Glickman is the founder of Glickman Design Build, LLC, a home remodeling company that has been designing, remodeling and building DC area homes for more than 30 years.

Russ is a master builder with a heart of gold and a passion that produces exquisite results for his clients. Almost born with a hammer in his hand, Russ helps his clients articulate their dreams and needs for their homes and translates them into reality. Glickman was recently

named one of the 'Top 50 Remodelers in the Nation' by Remodeling Magazine. Glickman was also named Washingtonian Magazine 'Top Remodeler' and 'National Remodeler of the Year' by the National Association of the Remodeling Industry (NARI).

With 40 National and Local Awards under his belt, Glickman draws upon his lifelong passion for building to create innovative living spaces that improve the quality of life for all of his clients.

As a father of a child with Cerebral Palsy, and having been a primary caretaker for an aging parent, he is well-versed in the unique needs of families where physical disability is part of their day-to-day life. Russ has developed a passion to serve this community and anyone who wishes to remain in their homes for life.

Glickman specializes in luxury kitchens, baths, additions, major renovations, multi-generational homes, aging-in-place, universal and accessible designing, remodeling and new custom home building.

With 40 National and Local Awards under his belt, Glickman draws upon his lifelong passion for building to create innovative living spaces that improve the quality of life for all of his clients.

Call or email Glickman today to begin transforming your house into the home you want.

14516 Pebblewood Dr, North Potomac, MD 20878 | 301.444.4663 | www.glickmandesignbuild.com

Bukont Homes

Bukont Homes, founded by Vienna resident Steve Bukont, has built hundreds of homes and projects since 1990.

They are the town of Vienna's "original redeveloper" of high quality unique homes that are designed to each client's needs. Each Bukont home is created in a period architectural style with attention to quality and detail in the tradition of a time when craftsmanship and design mattered most.

Steve's personal commitment to each of his clients extends from all stages of design and product selection through permitting, construction, and post-occupancy customer service. Bukont Homes also has long standing relationships with some of the best locally owned companies in the trades, and directly employs their finish carpenters. "Some of our employees have been with the company over 20 years and many of their trades are done by second and third generations of the same family," says Steve.



After twenty years in business, Bukont Homes' primary focus is custom homes in their Vienna community, and they still never do the same plan twice.

921 Glyndon Street, Vienna, VA 22180 | 703.472.8650

Home Exteriors Energy Consultants

Home Exteriors Energy Consultants believes that their customers' needs are of the utmost importance.

The entire team is committed to meeting those needs, and they partner with only the most energy efficient products available on the market. All windows, doors and siding materials are tested and energy star rated to meet the highest standards available today. Priding themselves on their unique approach to getting their customers the best price possible, they have the manufactures practically bidding on customers' jobs to get their business, and as a result, you are guaranteed the best value for your dollar on every one of their energy efficient products, weather it's siding, windows, doors or roofs. As a result, a high percentage of their business is from repeat customers and referrals.

Owner Mark Horner invites you to visit their showroom at 466 Maple Avenue in Vienna to talk directly to him—thus saving you even more.



"To this date, Home Exteriors Energy Consultants has never received a complaint against us and as far as we are concerned, we never will."
—Mark Horner, President



466 Maple Avenue E, Vienna, VA 22180 | 703.242.1750 | www.homexteriorsenergy.com



NRC Landscape Construction

NRC Landscape Construction is a family owned and operated, Design and Build firm.

Established in 2003 by Nick Hanna, NRC has grown to be the premiere installer of Concrete Pavers, Retaining walls and stone.

With over 10 years of experience in the landscaping industry and a passion for perfection, NRC's reputation for quality and value is well documented by testimonials throughout Northern Virginia.

NRC is fully Licensed and Insured in the state of Virginia and a certified installer with EP Henry, Techo Bloc, Luck Stone and Owens Corning.

With tens of thousands of square feet installed all over Northern Virginia, NRC's reputation for functionality and artistry is summed up by a fellow contractor: "Nick is an artist first and a contractor second."

Vienna, VA 22183 | 703.926.4113 | www.iwantpavers.com



Once your space has been "Corganized," you'll be more efficient and be able to devote more time to the things in life that matter to you.

Do you feel overwhelmed with disorganization and clutter? Are you frustrated that you can't locate certain items? Are closets overflowing or is your desk covered in piles of paper? Do you think about becoming more organized but can't find the time? If you need to reclaim your valuable space and time, then Corganized is your solution to help you become more organized and efficient.

We specialize in the following: Bedrooms/Closets/Storage Rooms, Kitchens/Pantries, Children's Rooms/Play Areas, Basements/Garages/Laundry Rooms, Filing Systems/Paperwork, Small Business and Employee/Work Space Organization, and Downsizing.

Courtenay helped me sort, clear, organize and each day left with a carload of items to be donated to various organizations, charities. While we made an incredible amount of progress, we also had fun going through all my things! —Maryann, VA

Corganized gets to the core of your clutter and finds solutions to efficiently manage your home or office to suit your needs and lifestyle. Begin Corganizing this spring with a complimentary initial assessment.

McLean, VA 22102 | 703.915.3491 | www.corganized.com | courtenay@corganized.com

Urban Mattress

At Urban Mattress Vienna, the goal is to provide the right product for your sleeping needs in a low-pressure, relaxing and informative environment. They carry a wide variety of Eco-friendly latex, foam and spring mattresses, including Vi-Spring, Tempur-Pedic, Urban Organics and many others often made from 100% organic and natural materials.

Offering free delivery, often the same day, locally owned and operated Urban Mattress of Vienna places a huge value on giving back to the community it serves. 2% of every purchase goes to our area local non-profits. You can rest easy—The experience and dedication to of Nathaniel Hoelk his staff of knowledgeable salespeople is your assurance that you've made the best choice for your bedding needs.



Offering free delivery, often the same day, locally owned and operated Urban Mattress of Vienna places a huge value on giving back to the community it serves.

**URBAN
MATTRESS**

229 Maple Ave E, Vienna, VA 22180 | 703.261.4585 | www.urbanmattress.com

Pond Roofing & Exteriors

Pond Roofing has provided Northern Virginia residents quality roofing & exterior services since the company was established in 1964 by Bob Pond.

Family-owned and operated, the mission of Pond Roofing is to provide outstanding craftsmanship and customer service and focus on problem resolution and client satisfaction. Pond maintains long-term relationships with their prior customers—and has put on second and third-generation roofs for second and third-generation families. Pond Roofing continually updates the certifications of its installers to ensure that your every project is installed according to the manufacturer's warranty requirements. Pond estimators are experienced in solving problems and very thorough in their inspections. Pond builds strong relationships with their suppliers to get customers the best pricing on top quality materials.

Always working responsibly with regard to the environment, their workmanship is 100% guaranteed. Pond is a Class-A licensed and fully insured contractor.



Pond Roofing has consistently been rated as one of Northern Virginia's top roofers by Washington's local consumer magazine. Over 90% of their business is generated through referrals or repeat business.



2987 Prosperity Ave, Fairfax, VA 22031 | 703.573.8000 | www.pondroofing.com



Bullseye Wood Specialties LLC

Bullseye Wood Specialties LLC is a custom cabinetry and millwork company with a reputation for high quality workmanship and outstanding customer service provided at reasonable prices.

Centrally located in Tysons, Virginia, they design, produce and install custom cabinetry throughout your home. Known for transforming ordinary kitchens into dream kitchens, they also create custom bars,

entertainment centers, libraries, luxury baths, mud rooms and more. Customers come to Bullseye Wood almost exclusively through word of mouth. However, many are repeat clients who return for additional remodeling jobs.

"We take careful note of how our clients use their space—what works and what doesn't—and then we design a space that not

Bullseye's talented craftsmen actually fabricate and finish the cabinetry in their shop which is located in the heart of Tysons, directly behind the showroom. "Everything happens right here," says shop foreman Keith McDonald. "Since we are local, we can supply millwork or replacement items at a moment's notice."

only meets but exceeds their needs," said Mary Spence Smith, co-owner. "If we design a gorgeous kitchen but our homeowner has no place to store their often used electric mixer, then we haven't done our job." The Bullseye team strives to deliver very practical but also beautiful designs.

Their highly skilled craftsmen have been on board for 25 years. With their shop and showroom conveniently located in the heart of Tysons, Bullseye Wood offers quick turnaround and fast delivery. They are also authorized dealers for Sub-Zero, Wolf and TOTO.

Clients are encouraged to visit their showroom in Tysons to see how Bullseye Wood can improve the quality of their lives by enhancing the functionality and beauty of their home.

8453 E Tyco Rd, Tysons, VA 22182 | 703.556.9000 | www.bullseyewood.com | facebook.com/bullseyewood

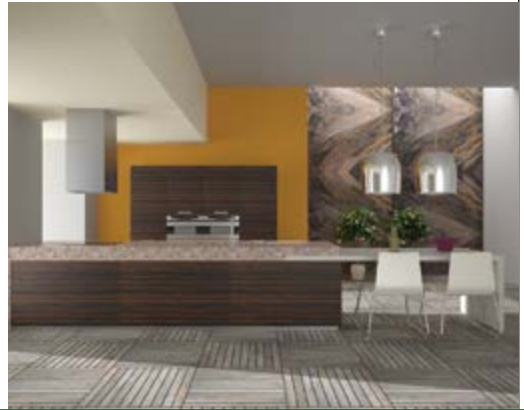
Nouvel Kitchen & Bath

Nouvel Kitchen and Bath offers functional and ergonomic designs including kitchen and bathroom cabinets, closets, and a unique selection of tile and countertops.

Today, *Nouvel Kitchen & Bath* represents several European manufacturers in the US market. Owner Andrey Veretenov saw the need for middle to upper-end and contemporary, frameless European style cabinetry. He brought exquisite Italian cabinetry by Merx and Canti Cucine and Spanish vanities by Salgar to the Washington metropolitan area. *Nouvel Kitchen & Bath* just opened in November 2013 and has already won **“Best Kitchen Display”** in the Home & Remodeling Show at the Dulles Expo Center in Jan 2014.



Nouvel's German hardware utilizes every inch of kitchen spaces. "Unique custom design with a contemporary touch" describes Nouvel Kitchen & Bath.



8466-B Tyco Road, Vienna, VA 22182 | 703.992.9019 | www.nouvelusa.com

Prince William Garage Door

Locally owned and operated Prince William Garage Door, Inc. has been replacing and repairing garage doors for over ten years with the finest quality workmanship and the most cost-effective performance available today.

Priding themselves on the ability to offer their customers the best quality doors and high levels of service at unbeatable prices, they offer a variety of garage doors in steel, wood, and composite materials with or without glass.

Along with the industry's highest quality doors and service comes a complete selection of door control products including Keyless Entry Systems, LiftMaster door openers, and expert installation for worry free entry. Free estimates and in-home consultations are your assurance that Prince William Doors should be on your shopping list when selecting your next efficient and safe garage door.



"We base our business on referrals from previous customers and are eager to earn your referrals and recommendations. We look forward to working with you on all of your garage door needs, now and in the future."

9102-G Industry Dr, Manassas Park, VA 20111 | 703.336.3164 | www.princewilliamgaragedoor.com



Sanctuary

INTERIOR DESIGN BUILD

“Every client is extremely important to me,” said Hillary Staats, owner of Sanctuary Interior Design Build. “That is why I do everything I can to make each one feel as though he or she is my only client.”

Hillary Staats has cultivated Sanctuary Interior Design Build’s reputation for top-tier service and exceptional design consultation. Staats manages the

entire design process, from blueprint to completion, and ensures that every detail of each project is implemented to the absolute satisfaction of the client.

Staats fell in love with design from the age of ten and has wanted to make spaces beautiful ever since. She launched her career after receiving

When Staats opened the doors of Sanctuary Interior Design Build in May 2010, she was thrilled to be able to share two decades of design experience as well as her passion for turning clients’ visions into reality.

a degree in Interior Design in 1987 and going on to work at several interior design firms in Great Falls and McLean. Her eclectic style and impeccable taste have led her to collaborate with a diverse array of clientele—from upscale, luxury homeowners purchasing furniture from White House vendors – to those simply seeking to add special touches to their living spaces for comfort and style.

Staats regularly spends time in New York and London, and frequently travels overseas, and at times with clients, to seek out new and interesting products from a plethora of international vendors.

Born in Virginia as a fourth generation Washingtonian, Hillary currently resides in Vienna, Virginia with her husband, Tommy, and their four children. In her spare time Hillary indulges in her other passions—gardening, cooking and making everything beautiful in her own sanctuary.



109 Church Street NE, Vienna, VA 22180 | 703.865.6477 | www.sanctuaryinteriordesignbuild.com

Stahl Homes LLC

Through sustained daily effort and an outlook on enduring quality and livability, Stahl Homes LLC, in conjunction with ZM3 Group, Inc., has developed a reputation of building premier residences in the Vienna area.

Personalizing a custom Vienna home is often a once-in-a-lifetime endeavor. At Stahl Homes LLC, they recognize this fact and make every effort to educate and inform clients before, during, and after this undertaking. Their priority on personalization and customization far surpass the cookie cutter, three-choice process many builders offer in today's "maximize profit" production home landscape. "Let's look over several floor plans and façade styles. Let's add a bath, move a wall, design that awesome kitchen. Make it functional, make it flow," said Mark Stahl.

"All towards a discerning eye on value and practicality. A personal, flexible approach is the Stahl Homes difference. "It all starts with a phone call, said Mark. "Give us a call and let's talk more about your ideas."



With Stahl Homes, clients experience a knowledgeable, professional, and organized understanding of the complete development process from design to construction to move-in.

450 Druid Hill Rd. NE, Vienna, VA 22180 | 703.399.9897 | www.stahlhomesllc.com

Capitol Kitchen & Bath

Transforming Homes One Project at a Time

Capitol Kitchen & Bath has more than 25 years of experience in the business and says "Invest in good design. It is the best money you will spend. If the plan isn't right, no matter how nice your cabinets or countertops are, your investment will be undermined."

A family-owned and operated business serving the DC, MD and VA metropolitan areas, they are dedicated to providing professional service and work hard to ensure that their clients' needs are being met on time and on budget.

No job is too large or too small. From small guest baths to oversize masters, Capitol Kitchen & Bath specializes in beautiful bathroom design and installation. As a full-service general contractor, Capitol Kitchen & Bath handles the entire project from concept through completion.



They can install a new toilet, vanity or fixtures but their kitchen and bath design professionals can also do a complete makeover. This includes tearing out cabinets, countertops and flooring – or removing an adjoining wall – whatever it takes to get the job done.

2840 Hartland Road, Falls Church, VA 22043 | 703.204.0535 | www.CapitolKitchenBath.com

KraftMaid[®]
Cabinetry



At Mid South Building Supply, Inc., we draw on over 40 years of KraftMaid expertise for everything down to the subtlest decorative detail. The result? A kitchen that expresses who you are in everything about the way it looks, feels and performs. Visit today.



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FOR OVER 40 YEARS.

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Bring in your contractor or we will refer one to you

WWW.MSBS.NET : M-F 7:30-4:00 S 8:00-12:00



2014 *Realtor* PROFILES

Our Real Estate Market is the envy of the nation. So, it comes as no surprise that so many of our area Realtors are celebrated in national magazines and newspapers for their accomplishments and dedication to the industry. Here are a few for your consideration.





Lilian Jorgenson

Lilian Jorgenson has been selling residential real estate in Northern Virginia for almost 30 years. During that time she has averaged over one sale every week and has accumulated over 1.1 Billion Dollars in sales. In 2012 she was the number one individual sales agent in Long and Foster Realtors. The 2013 rankings have not yet been announced but in 2013 Lilian sold 71 homes for over \$81,000,000.

Lilian works with tireless energy, radiant charm and a detailed knowledge of the market to help her clients buy or sell quickly, efficiently and pleasantly.

Lilian's continued success is due largely to her constant joy in working with people and their homes. Lilian can be reached at the Long and Foster office in McLean Virginia.



1311-A Dolley Madison Blvd., McLean, VA 22101 | 703.407.0766 | www.lilian.com



The Belt Team

"Changing Lives For The Better—
One Family At A Time"

The Belt Team's reputation for integrity, unparalleled expertise & stellar results make them the indispensable real estate team of choice in Northern Virginia. Whether you're buying or selling, we use creative, outside-the-box thinking, along with market knowledge and expertise gleaned from 40+ years of experience in the Northern VA real estate market. We have built our business one satisfied client at a time. It's why we're ranked and known nationally as one of the top teams in the country. AND why every client review rated us with "Five Stars" (out of five!). Yesterday's values combined with today's technology result in a bright future for YOU. Let our teamwork make YOUR dream work!

Our listings sell faster and for more money than average. And our buyer clients prevail in a most competitive market.



(703) 242-3975 | www.TheBeltTeam.com | www.BeltTeamRealEstate.com

Gloria Adams

Trustworthy, Neighborly, Tenacious! Top Producer Gloria Adams has been listing and selling homes in the upscale markets of Fairfax for over 15 years building a reputation for service that exceeds one's expectations. Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two presidential campaigns,

A life member of the Multi-Million Dollar Club and NVAR Top Producer, Gloria invites your inquires whenever she can be of assistance in helping you with your real estate needs.

solidifying her grasp for the markets she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

TTR | Sotheby's
INTERNATIONAL REALTY



6723 Whittier Ave, McLean, VA 22101 | 703.356.6645 | www.facebook.com/gloriaadams

Shirley Buford & Associates

Shirley Buford & Associates provides the best "state of the art" real estate service possible to each client they represent. In their work as Life Member Top Producers NVAR, Shirley and Corbett Buford are accomplished and dedicated real estate professionals. Shirley Buford & Associates promote the best interests of their clients in all of their present and future real estate needs, and in those of their friends and acquaintances. Their clients become their friends and their friends are the best source of business.

They bring untiring integrity, loyalty, caring, and creativity to every aspect of their relationships and business.

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Long and Foster Realtors 1355 Beverly Road, Suite 109 McLean, VA 22101
Shirley Buford: 571-238-7800 | Corbett Buford: 703-244-8882 | www.TeamBuford.com



Casey Margenau

With more than 30 years in sales and over \$2 billion in real estate sold, Casey Margenau uses his seasoned expertise to ensure the financial success of his clients. Casey's marketing strategy has always been about doing more and embracing new technologies. For example, Casey uses YouTube to post home walk-throughs, which allows buyers to get a feel for the home from the comfort of their couch. Casey also promotes properties using other social media sites such as Facebook, Twitter, and LinkedIn,

Casey's marketing strategy reaches buyers locally, regionally, and internationally.

which allows for targeting like never before. Casey is the only agent in Northern Virginia to advertise directly to international buyers via print and digital advertisement.

1307 Dolley Madison Blvd., McLean, VA 22101 | 703.827.5777 | www.margenau.com

CaseyMargenau
Fine Homes & Estates



Ginger King

When Experience Counts! For Ginger King, your decision to sell your home is more than just a decision; it's an emotional one. That's why she feels it's so important to choose the right real estate representative, one who's not just a sales person, but one who will take the time to learn your needs and care about them. As your full-service representative, she serves as Marketing Manager, Transaction Coordinator, Community Consultant, Experienced Negotiator and your trusted Adviser. "Walking

Ginger offers a no-obligation consultation to discuss all of your real estate needs.

with you through every part of the transaction and offering you complete services from relocation, property management, mortgage and title services and home warranty selection. My goal is to become YOUR Real Estate Professional for Life," says Ginger.



361 Maple Ave West, Suit 100, Vienna, VA 22180 | 703.477.8793 | www.ginger.king.pcragent.com

Chris Fraley

Luxury Home Specialist Chris Fraley has been listing and selling Tysons area luxury properties for over fifteen years. As a McLean native, Chris prides herself on the knowledge and command she has of our area amenities, history, schools, and neighborhoods. Employing the latest in technology allows Chris to provide the latest trends and offer unparalleled services for all your real estate needs.

"I look forward to helping you select the home of your dreams by taking time to listen to your needs and desires."
—Chris Fraley

Whether buying or selling, she brings to the table an expertise few others can offer.

Always a top producer in her office, a conversation with Chris is a must before "making your next move."



McLean, VA 22101 | 703.217.7600 | www.chrisfraleyhomes.com

The Lyons & McGuire Team

The Lyons & McGuire Team has been helping clients with all their real estate needs in Northern Virginia and Maryland for more than 20 years. Their unique expertise in buying, selling, banking, land use and zoning, custom building, and remodeling empowers these long-time area residents to help you with it all! Their proven system for selling homes includes a comprehensive marketing program that begins with staging, professional photography, and interactive floor plans to provide a top-notch internet presence for all their listings. Among the top producing Realtors year after year and the #1 Team in the Keller Williams Great Falls office, the Lyons & McGuire Team is sure to exceed your expectations.

Buyers and Sellers alike will benefit from their extensive knowledge of the area, vetted service provider recommendations, high level of service, and tireless problem solving and negotiating skills.



774-A Walker Rd, Great Falls, VA 22066 | 703.406.9009 | www.TeamGreatFalls.com

Joan Stansfield

A 25-year resident of the DC area, Joan is uniquely qualified and familiar with serving the Nation's Capitol. Having served four presidents, she has earned her 'platinum stripes' for diplomacy, loyalty and negotiations. Stansfield Signature Real Estate is dedicated to spoiling clients at all stages of life. For those buying their first home, relocating, investing, PCSing, down-sizing or upsizing, or even going through divorce...expect a caring, concierge-style

Joan's high standards, commitment, and passion for people are pervasive throughout her growing team, which has resulted in a highly successful, 95% referral-based business.

approach that ensures world-class service! Whether it's a luxury home, or a low-priced condo, Joan aspires to build invaluable and lasting human connections, showering her clients with an array of gifts, services, and appreciation events all year long.

6820 Elm Street, McLean, VA 22101 | 703-919-7761 | www.stansfieldsignature.com

Stansfield & Signature
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Tehmina Khan



HARDEN
honors MFG
Founder with the
"Tehmina" Sofa

BY RICK MUNDY

CAMERON'S COFFEE & CHOCOLATES

A Shop with a Mission to Help Others

I just wanted an afternoon coffee. What I got was a heart-warming experience.

It had been a long day of Christmas shopping – long lines, stores that didn't have the item I wanted, not much time left to wrap things up. Christmas spirit was ebbing.

I found myself in Fairfax Circle Shopping Center near Artie's and noticed a small coffee shop new to the plaza. It was called Cameron's Coffee and Chocolates and I decided to check it out.

Once inside the cheery shop, my cares melted away. Here was a group of young women and men happily greeting guests, taking orders and serving with a smile. A tall young lady was working the cash register as another woman gave assistance. The tall girl was Cameron Graham; the other woman was her mother.

Cameron is intellectually disabled and the idea for Cameron's Coffee and Chocolates was developed by her parents, Jim and Ellen Graham.

No doubt many readers have met Cameron. She worked for seven years at Giant in McLean and had a regular following of customers. While her employers were very supportive, ultimately she needed a different environment. When her breaks came, she had difficulty feeling like she was a part of a group. It was important for her to be part of a bigger community.

Add to that the fact that Cameron was aging out of the special education program offered by Fairfax County Schools. She had really enjoyed her work in the catering department. Becky McDermott, her teacher, always had the ability to get more than was

expected of her students. Her father, Jim, said, "People will do as much or as little as asked. Becky always asked for more and Cameron always stepped it up."

Faced with these challenges, Jim and Ellen spent about six to eight months researching opportunities to help their daughter build a future. And maybe help other young men and women with cognitive challenges as well.

"We want to build an environment to support young people with special needs who are just getting started after school," said Jim. "There are many, many good people in Northern Virginia who have given their time and resources to help our daughter and others. These kids can return the kindness as they become productive workers in the community. They CAN make a difference, they CAN support themselves, and they CAN help others. It was our job to find a business that could give Cameron and her friends the right fit."

They looked and they saw the good, the very good, and the ugly. Some were terrific, others were make-work jobs, or manual labor jobs relegated to back rooms. These were not wrong – any job can be a good first step – they just were not what the Grahams sought.

"We were looking for jobs where the workers could be productive, could be safe, and could work collaboratively."

In a perfect world they would have access to the public, they would be able to interact with the public and with each other, and they would be able to feel the pride that comes from making a product.

When you begin an enterprise to serve the needs of others, you quickly discover all kinds of support of your efforts.

Longtime friend Don Brown invited the Grahams to visit Chilmark Chocolates on Martha's Vineyard where they have been employing intellectually-challenged workers for 25 years. The Grahams immediately knew this operation would become a part of the new business. Cameron and Ellen worked at Chilmark's for 10 days who were also helpful with



Cameron Graham proudly holds the sign to their new store.

ingredients and products. Brown continued his support by helping to promote the business and get funding.

Landlord Glen Rosenthal embraced the Grahams' work, helping to get everything in place at the shop and even placing Christmas orders for his clients. King Arthur Flour became a willing supplier, offering this small outfit the pricing normally reserved for much larger clients and also helped pick out products that would sell well in this area.

Vicki Morgan did design work, creating the perfect atmosphere for the shop. Jim's business partner, Justin Dudley and his wife, Robin, were also instrumental in getting the enterprise off and running. A Wall of Fame honors all who have given their time, talent, and resources to make Cameron's a huge success.

The doors opened in October, 2013 and "things have really taken off." They offer coffee, chocolates, bakery products and more. Cameron's is open seven days a week and business is strong. They make chocolate at least five days a week with a weekly yield of more than 100 pounds using quality chocolate, toffee, and nuts. In fact, every creation is of high quality. They bake daily, offering chocolate chip cookies, muffins, scones and more. There are even gluten-friendly Fridays. (They don't say gluten-free because the facility does use wheat in several products.) The underlying principle is to build a viable business with a great product.

"People may come out to support what we're doing, but they will keep coming back if they enjoy our products," said Cameron.

The shop currently employs four

disabled workers with plans to double that number by the second quarter. When asked about the perception of their work life, Jim replied, "People might underestimate how the disabled see themselves. These young people understand that they are making a product, selling that product and that their paycheck is a function of their effort."

On the day that the first paychecks were handed out, it was one of those "gotcha" moments when one dad said, "Do you appreciate the fact that this is

The shop currently employs four disabled workers with plans to double that number by the second quarter.

the first time my 25-year-old child has received a paycheck? In fact we went to the bank, opened an account, and then my child took me out to lunch."

Jim added, "It's the same with every parent – their #1 hope is for their children to have independence, to be able to make it on their own. The parents of disabled children are no different. We got business cards for everyone. The first thing they do is hand folks their card and tell people to 'come see us at the chocolate shop.'"

Having returned from her Special Olympics basketball tournament where she scored a basket, Cameron strides over with a smile and a hearty handshake. She is anxious to join the discussion. What does she like about the shop?

"I like Jennifer, the store manager," she said. "She helps us do stuff." She also enjoys restocking the Grab-and-Go display and dipping the toffees in chocolate. She's not, however, fond of

checking the bathroom for paper. Wendy is the job coach and makes the daily production list. Everyone has assigned tasks each day and if someone isn't there for a day their absence is felt. Cameron does the Grab-and-Go, Maddie does the chocolate case, and Tom is in charge of breaking down boxes and collecting the trash. These hard workers are assisted by Cindy, a parallel worker, and assistant store managers, Lydia and Justina.

Ask Best Buddy Patrick Bazin (Bazin's on Church) about Cameron and her potential and he launches into high praise.

"Cameron and I have known each other for seven years. She has great enthusiasm about cooking and life and loves dealing with people. We did a Best Buddies dessert event on a yearly basis and you could tell what great pride she took in her work. The last year she presented her chocolates. Her parents are super and I knew she would be successful at her adventure. Like me, she gets paid for doing her hobby. She's a very good soul and I am proud to have her picture with me in the entrance of the restaurant."

Cameron's Coffee and Chocolates is located at Fairfax Circle Shopping Center, 9639 Fairfax Boulevard, Fairfax, VA. For more information, call 703-278-2627 or visit www.CameronsChocolates.com and www.every1canwork.com. ❖





BY RICK MUNDY

JOHN HERITAGE

Thanks for Bringing Us EARTH DAY

All of John Heritage's earliest memories have connections to the natural world around us – the animals, the land, rivers, lakes and oceans.

Although born in Washington, D.C., John spent his first 13 years near Petersburg, VA. His dad was a federal prison warden — in fact it was a prison inmate who taught Heritage his ABC's — and the family moved often.

He speaks of sitting at the edge of the woods before the school bus arrived, to watch the squirrels and rabbits romping in the leaves. There were hikes on Sunday mornings, visits to the field where a bald eagle was often sighted, and copperheads were avoided.

When the family moved to Milan, MI, Heritage and his friends hitchhiked to the University of Michigan football games and climbed over the fence, outrunning security, to watch the games. Winters kept Heritage outside as he recalls ice-skating on the Milan Lake while enjoying campfires on the shore.

Another move took him to McNeil Island in Puget Sound. His group of teenagers traveled by ferry to high school. They went trolling and deep fishing for humpy and king salmon, swam in the Sound, hiked on Mount Rainier and dug clams by the Pacific.

In short, Heritage “had a ball” growing up and developed a true appreciation of the environment as he matured. He found a true love for writing at the Missouri School of Journalism at the University of Missouri. Graduating with honors, he headed south to Atlanta. It was early in the civil rights movement and Heritage wanted to cover the important issues. He wrote for the *Atlanta Constitution* where he married Roselyn, the “newsroom sweetheart,” and in 1963 they moved to Washington, DC, when he received a Congressional fellowship from the American Political Science Association. He quickly got Potomac fever and would be drawn back to the Hill for bigger issues in due time.

First he headed back to Atlanta to cover political races. From there he was recruited by the executive editor of the *Minneapolis Tribune* to cover the environmental quality beat. Often he was the only reporter at environmental meetings although he was aware of the increasing pollution that was invading the once-pristine Minnesota. He and a news photographer created a nine-part series entitled “Assault on the Land” which came close to winning a Pulitzer Prize.

In 1967, he returned to DC. Heritage had friends working on Hubert Humphrey's presidential campaign, and was recruited to be press aide. He recalls Chubby Checker singing “Gimme that vote for Hubert Humphrey” [Heritage sings] at numerous campaign stops. Although saddened over Humphrey's defeat, Heritage commented, “At least Nixon created the EPA (Environmental Protection Agency) by executive order in 1970.”

Post-Humphrey, Heritage became environmental aide and legislative director to Senator Gaylord Nelson. In September 1969 the senator called Chuck Conconi, his press secretary, and Heritage into his office and said, “See what you can do about having environmental teach-ins on college campuses around the country on the same day next spring.” Thus began the first Earth Day which occurred just seven months later.

Heritage discovered energy and creativity he didn't know he possessed. On behalf of Sen. Nelson, he persuaded *Time*, *Newsweek* and the *New York Times* to buy-in to the idea. Heritage's passion is evident as he talks of the 20 million people who participated that first year and recognizes how Earth Day, founded by Senator Nelson, has continued for over 40 years. Heritage is “heartened by the ability of our country to respond” to the challenging pollution problem. He is quick to point out, “It wasn't Gaylord Nelson or John Heritage who made the event - the country was ready. It was a peaceful demonstration of concern.”

Just 32 years old in 1970, Heritage can be proud of his contribution to the world and the environment. His parting thought is indicative of the poet he has been for many years: “It is a wonderful opportunity to be on this earth and to have the chance to live life as you best can.”

We invite our readers to read the Washingtonian Magazine Voices blog in April to read Heritage's first-person account of his personal life journey these past 40 years. ❖

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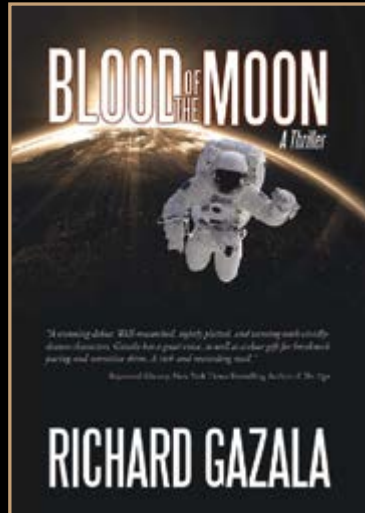
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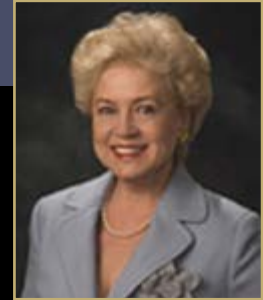
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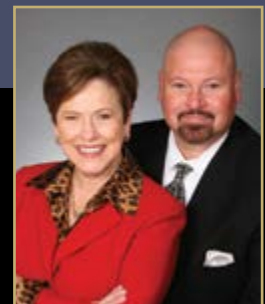
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AMONG ENEMIES

Counter-Espionage for the Business Traveler

BY LUKE BENCIE

Sleeping on overseas flights can be hazardous to your health – not because you might crash, but because somebody might take the opportunity to hack into your computer – taking with them valuable information about your personal data and company secrets.

Think that this doesn't happen? Think again. Local author Luke Bencie has not only experienced this threat but he is now making it his mission to inform overseas business travelers about these risks.

For the past 15 years, Luke Bencie has traveled to more than 100 countries on behalf of the U.S. Government as well as for the private defense industry. He has experienced first-hand the threat of espionage. He has seen the lengths to which foreign intelligence services and other hostile global competitors will go to steal American business secrets.

His new book, *Among Enemies*, describes “one side of what has become, along with terrorism, the biggest threat to the economies of free nations since the Cold War.”

The book is filled with anecdotal examples called ‘Insider Tales’ of real-life stories about people who have been hacked, threatened and infiltrated. It gives a checklist with tips for protecting your electronic devices and even some ‘low-tech counter-espionage from the Old School.’

One of the officers that Bencie worked with placed Rice Krispies under the floor mat in front of the desk in his room. He said, “If the grains were crushed when he returned, he’d know someone had been there.”



To illustrate the significance of cyber-threats, Bencie includes a quote from FBI Director Robert S. Mueller III. Speaking before the RSA (cryptography and information security-related) Conference in March, 2012, he said, “We are losing data, we are losing money, we are losing ideas and we are losing innovation. Together we must find a way to

stop the bleeding.” ♦

AUTHOR: Bencie currently serves as Managing Director of Security Management International, LLC, a security-consulting firm in the Washington, D.C. area. Prior to establishing SMI, Mr. Bencie was a Senior Security Consultant for Raytheon Company in the Intelligence and Information Systems Division. He frequently lectures to defense contractors, U.S. Government agencies and Fortune 500 companies on how to protect themselves and their intellectual property from espionage while traveling abroad. He lives in Northern Virginia. For more information visit www.amongenemies.com.

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2014 *Gadgets*

BY LAUREN SIMMONS



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THE *Flight House*

by Richard Gazala

CHAPTER 4 – THEY ARE ALWAYS WATCHING

When this evening was younger and a badly frightened Kashmira Jones was begging for my help at the party, the storm wielded thunder and rain mercilessly. Later the storm holed up in ragged, steely clouds, venting its wrath only with occasional thrusts of lightning to remind Selene her reign over earthly nights was pervious to challenge by other potent masters. So for a time the storm held its breath in the blackened sky and watched, wagering against Sarah Carson and me evading the Bunny Man's hungry axe. It was a good bet—other than Sarah nobody had survived a showdown with the Bunny Man in a century, if ever, and her first escape happened before time whiled away a handful of decades whittling her vigor. Now the old woman had survived two such deadly encounters, and jagged spears of silvery rain stabbed at us against the windshield to underscore the storm's displeasure with our improbable longevity. The storm was a bad loser. But the storm knew as well as I did, this night's end lurked far from here.

Sarah huddled with me in my car. We were parked in a deserted lot under lightless windows of a venerable funeral home in Vienna. Unspoken but agreed between us was what security the handful of suburban miles separating us from the spectral maniac's haunted bridge in Clifton may grant us was irresolute at best. Our adventure at the bridge may have been brave. It may have been foolhardy. As is often true of such enterprises, it was actually some balance between the one and the other, depending upon the relative safety of the observer's physical and philosophical vantage points. And what was just as certain was that our deed stirred some foul being less impetuous souls than ours would have been content to strand dormant.

I suppressed a grim chuckle. Maybe. But where's the fun in that?

I looked at Sarah. Shadows from rain streaking down the windshield gushed into deep cracks that endless lonely years

had engraved on her face. There was no traffic in sight, but a distant wail weaved itself into the wet night. It was impossible to tell if the plaintive moan came from a siren or a saxophone. I asked again but Sarah refused again my offer to drive her home. Instead she wondered aloud why we were loitering behind a closed funeral parlor in the middle of the night. I answered with a single light tap on the car horn, and pointed to one of the half-dozen dim windows on the building's second floor. In a few moments, a long, skinny face pressed against the glass. The face peered toward my car, and then disappeared. A minute later gentle yellow light glowed from a transom window above heavy, wooden double doors that crowned a flight of red brick steps rising from the rear parking lot into the mortuary. One of the doors slowly swung open, spilling light on the timeworn steps. The skinny face's young proprietor stood just inside the open door, and beckoned us to come inside. He wore a black tee shirt. A white eye glared from the shirt's center, encircled by gothic lettering that warned, "They are always watching."

Sarah and I wiped our feet on a thick doormat emblazoned with "Kommen & Verlassen Memorial Funeral & Cremation Services, Est. 1861." We stood in a foyer, on burnished wide-plank hardwood. The floor shone under soft light sprinkled by an ornate crystal chandelier hung on an antique silver chain that snaked up to a coffered ceiling high overhead. Subdued oriental runners in shades of deep blue carpeted a long hallway with unlit wall sconces leading toward the front of the building. More vintage hardwood, in the form of heavy treads and risers bordered by carved balusters and a thick handrail, ascended to the second floor. Though the foyer smelled lightly of lilies and mahogany, the perfumed air couldn't entirely dispel the building's vaguely clinical, antiseptic atmosphere.

I made introductions between Sarah and Alfie Flynn. "Cheerful, as always," I added, gesturing at the all-seeing tee shirt. Alfie ran a lanky hand through his long, thick curly

brown hair and waved at the night before pulling the door shut behind us. He shrugged. "You learn quick in this business that it's raining all over the world, all the time. It gets too scary if you think about it too much, so I wear the shirt sometimes. Better than having the shiniest pair of shoes in the graveyard, you know. And anyway, I think it's kinda funny." He slid a gleaming brass latch to lock the doors. "Gotta keep what's in in and what's out out, till the time's right, right?" He winked at Sarah.

Sarah shuffled closer to Alfie. Her nose nearly touched the silkscreened eye while she scrutinized him, all the while glowering like an irritable tax assessor scowling at a flophouse. Taking a step back she lifted her walking stick, aimed it at the tee shirt's eye, and turned to me. "You came here to see him?" she asked.

Alfie retreated a step, and favored Sarah with a small bow tinged with a hint of insincerity. "No, ma'am. It's my boss he came to see. I'm not much more than a glorified intern at this establishment. The unskilled labor."

I shook my head. "False modesty is unbecoming," I said to Alfie. Then I told Sarah, "When he's not working here, Alfie is a gifted paranormal investigator. He's an avid history buff. He's great with technology. He's even better with his senses. And he doesn't scare easily."

Alfie winked. "Plus, my rates are reasonable."

"Then if not him," Sarah said to me, "who are you here to see?"

Alfie studied at Sarah in the pale light. "Hold on a minute..." he said under his breath, before turning to me. "This is her. Sarah Carson."

I nodded.

Alfie didn't bother trying to camouflage his excitement. "You survived the Bunny Man. In 1950."

"Yes. But it was 1949," Sarah corrected. She leaned on her walking stick and let her eyes wander up the chandelier's chain to the ceiling before refocusing her gaze on Alfie's eager face. "The first time."

Alfie stared at Sarah a long moment. His eyes widened as comprehension dawned, before turning to me and grabbing my shoulders. "It worked? You saw him tonight?"

"We saw him," I said. "Up close. Too close. We barely avoided his axe."

"Then we have to go back," Alfie said. "Right now. Before it's too late and he disappears again. I'll grab my gear."

A silky voice came from the darkness at the top of the stairs. "You'll do no such thing. If these good people lived through an onslaught at that damnable bridge, they got away only because the Bunny Man wanted them to, not of their own accord." The woman behind the voice started down the stairs, black high

heels clicking solidly on the stately wooden treads. An elderly woman, tall and slender with gray hair in a tight bun, emerged into the feeble light trickling from the chandelier onto the staircase. She wore a calf-length maroon skirt and matching jacket over a pearly, high-necked blouse. She stopped halfway down the stairs and said, "Alfie, please go set the coffee service in the conference room. We have much to discuss tonight with our guests." Then she clasped her hands in front of her and stood motionless on the stairs, looking at Sarah for a long moment, saying nothing, before descending the rest of the stairs.

"Hello, Florence," I said, giving the woman a small hug and quick kiss on the cheek before presenting her to Sarah. "This is Florence Verlassen. She's the owner of this place."

Sarah extended a hand from beneath the gray shawl that was still damp from the storm. Florence took Sarah's hand and held it. She closed her eyes. Eyes still shut tightly, Florence moved her thin lips to Sarah's ear. They were trembling. Tears began to fall down Florence's wrinkled cheeks. They twinkled in the chandelier's light.

I'd known Florence Verlassen a long time. Under unfortunate circumstances I met her shortly after I moved to Vienna, many years ago. I'd never known her to be anything but utterly reserved, painstakingly prim and proper. She always carried herself as would a Victorian gentlewoman; not as a woman who would permit herself to cry in front of a complete stranger, much less to press her lips against that stranger's ear and divulge what I heard her say.

I had leaned toward the pair of women. If I wasn't eavesdropping, it certainly felt that way to me.

Florence's whisper sounded brittle. "I feel I owe you an apology, Sarah. Not for anything I've done, you understand. But for a grievous injustice done by my family, to your family. I want you to know that I am deeply and truly sorry."

"I'm afraid I don't understand," Sarah said.

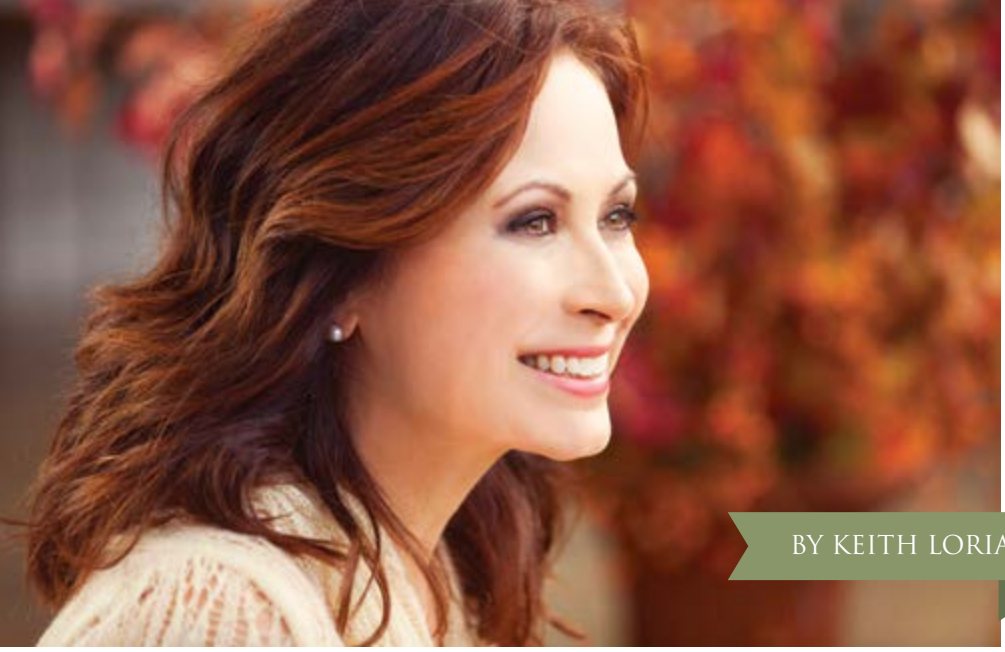
"My father..." Florence breathed. "My father has done evil, hurtful things. He has done them to you."

"To me?"

Florence nodded. The words clutched in her throat before they tumbled into Sarah's ear. "My father is the Bunny Man."

To be continued... ❖

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BY KEITH LORIA

LOVELY *Linda*

It all began with “The Theme From Ice Castles.”

The popular tune introduced the music world to vocalist Linda Eder in 1987, as she dazzled audiences and the judges on the TV show “Star Search” winning for an unprecedented 12 consecutive weeks.

“There are people who wanted the fame and the driving force of it, but for me, it was the love of music and just the love of singing that led me to the show,” said Eder. “When you are on stage and you get the reaction that you do, you want more of it, and to get more, you need to be more successful.”

Success wasn’t a problem for Eder. Soon after her last appearance, Eder went on to a leading role on Broadway in “Jekyll & Hyde.” A legion of “Jeckies” —named for the musical’s fans —will forever love Eder for her run as Lucy in the acclaimed musical.

“I remember that opening night, after so many years of struggling to get the show to Broadway and then I burst out in tears at the curtain call,” said Eder. “It was just overwhelming relief to finally be there. It was amazing.”

Not that Broadway was the goal for the self-described childhood “ham.”

“Growing up in Minnesota, I didn’t consciously think about Broadway. The idea of being successful was to play Carnegie Hall,” said Eder. “It’s pretty amazing that I have done that a few times and accomplished a childhood dream.”

Since becoming a mom about 14 years ago, Eder temporarily stepped away from the time demands of the “Great White Way” (Broadway).

“Broadway is tough because you are so locked in with eight shows a week,” said Eder. “Once I had my son, I didn’t feel like it was something I could do and be a good mom. I would have been hitting the road once he got home from school and not getting home until midnight. It’s not an easy lifestyle if you’re a mom.”

Not that Eder has been out of the spotlight. She has performed in intimate concert halls throughout the country and Europe and recorded more than a dozen top-selling albums, including a top Christmas album this past year.

“I’m so happy that people still want to make records with me. I’m not a radio artist,

so it has always been amazing to me that I have been able to make all these records through the years,” she said. “I’m stunned by it to some extent, but I’m not going to complain.”

On Thursday, April 3, Eder will be playing the Barns at Wolf Trap, performing standards, theater classics and some of her favorites.

“It’s a mixture of everything. I have really grown my horizons over the last bunch of years and I really do all kinds of music,” Eder said. “It’s fun and I have a band that can play it all. It ranges from Broadway to country pop to jazz and goes all across the board.”

“There are people who wanted the fame and the driving force of it, but for me, it was the love of music and just the love of singing that led me to the show,” said Eder.

Looking ahead, Eder plans to continue playing concert halls and envisions other parts coming down the line.

“I might go back and take a part in a musical if the right part came along. It’s not the driving force right now,” she said. “As for television, I don’t want to pick up and move to California. If something came along and it was New York-based, I would consider it. My focus is still on balancing being a mom with my career, so I would rather do guest spots.”

Just like those early days on “Star Search” Eder says that she just enjoys singing and performing and hopes that there’s plenty left to do in her career.

“I’d like to hope my career has longevity,” Eder says. “I’ve already been in this business for a long time and the fans are loyal and I truly appreciate it all.” ♦

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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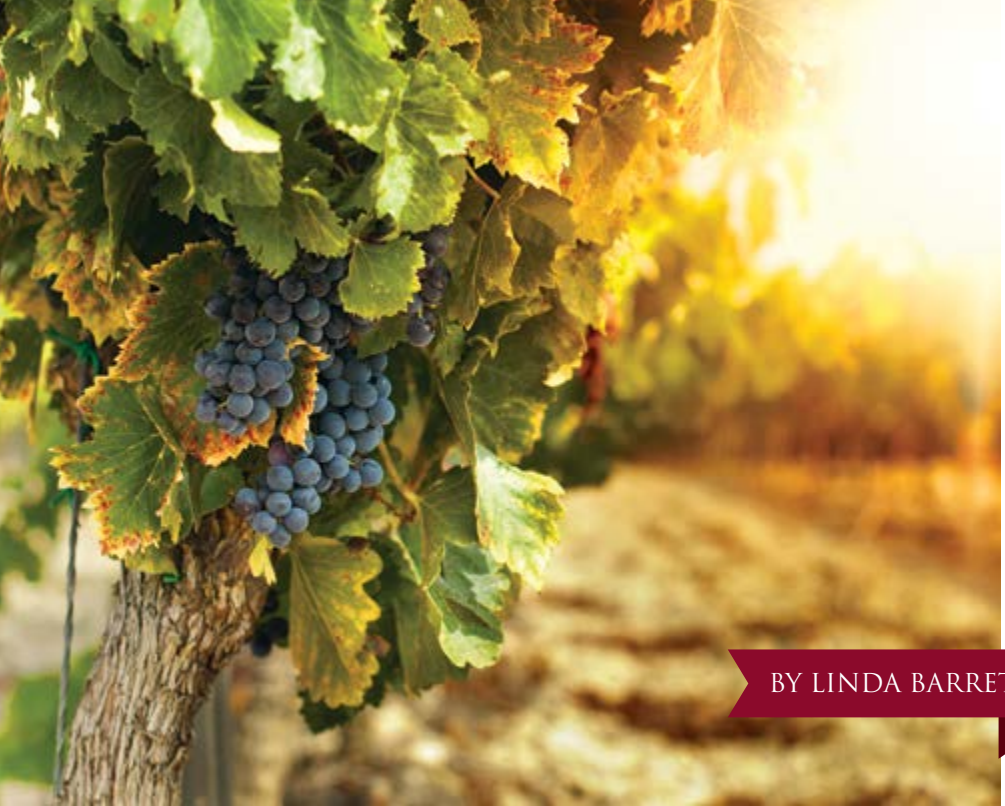
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BY LINDA BARRETT

the first-ever statewide blended red wine, a vintage appropriately named ‘1813,’ to celebrate the [Executive] Mansion’s Bicentennial Anniversary and further benefit Virginia wine and wine tourism.”

The former First Lady assembled a team of Virginia wine experts and supporters to assist with the project to ensure that the Mansion grapes would produce quality fruit and the ‘1813’ wine would represent the best Virginia has to offer. They included Luca Paschina, Barboursville Vineyard’s general manager and winemaker, nationally-renowned viticulturist and vineyard consultant Lucie Morton, Matthieu Finot, King Family Vineyards’ winemaker, Emily Pelton, Veritas Vineyard & Winery’s winemaker, and Virginia Secretary of Agriculture and Forestry Todd Haymore.

The Mansion grapes were harvested in August 2012 and the combined grapes were aged for eight months in French oak barrels and then assembled with juice from 2010 and 2011. McDonnell was very involved in the process and through a tasting process, chose the blend she wanted to use. The blend includes Viognier and Nebbiolo grapes along with the Chambourcin and was fermented using small-scale batch production methods.

Virginia’s ‘1813’ was designed to bring together several important pieces of the Commonwealth’s history and the history of the Executive Mansion, the nation’s oldest continually-occupied Governor’s Mansion, according to McDonnell. It ties together with our Jamestown roots and honors the first resident of the Executive Mansion, James Barbour, as well as his close friend and third governor Thomas Jefferson, widely credited with being the godfather of the Virginia wine industry from his attempts to grow grapes and make wine at Monticello in the late 1700s and early 1800s.

1813 bottles of ‘1813’ were produced, but none will be sold. They are utilized by the Virginia Wine Board to market and promote further the Virginia wine and wine tourism industries on statewide, national, and international fronts.

‘ACTE 12’ ENCOURAGES VIRGINIA WINE PRODUCTION

VIRGINIA’S EXECUTIVE MANSION AND OTHERS

Step Up to the Challenge

The First Representative Assembly of the New World met at Jamestown Island in 1619 to establish and enact laws that would govern the new colonies.

As the twelfth of their early laws—Acte 12—the Governor and Counsel dictated that: “Every householder doe yearly plante and maintaine ten vines, untill they have attained to the arte and experience of dressing a Vineyard, either by their owne industry, or by the Instruction of some Vigneron. And that upon what penalty soever the Governour and Counsell of Estate shall thinke fit to impose upone the neglecters of thise acte.”

At the beginning of former Governor Bob McDonnell’s administration, he pronounced that he would make the promotion of Virginia wine and wine tourism key components of his overall economic development and jobs creation agenda, and stated that he wanted Virginia to be the East Coast capitol of wine and wine tourism.

But it was Maureen McDonnell who took the project to heart, stating that she would do her part in planting her ten vines. Ten Chambourcin vines were planted at the Executive Mansion’s garden in Richmond.

According to the bottle’s label, “With great care and assistance from Barboursville Vineyards’ Luca Paschina and Virginia Wine Board members, the 2012 Mansion harvest was combined with fruit from vineyards around the Commonwealth to create

WILLIAMSBURG WINERY ACTE 12 CHARDONNAY

The Williamsburg Winery created a wine to honor this early dictate with its “Acte 12 of 1619 Chardonnay,” which has been winning awards since its first bottling in 1989, when it won the Governor’s Cup.

“We first created our Acte 12 Chardonnay in the 1980s through a conceptual approach based on our winery,” explains Williamsburg Winery owner Patrick Deffeler. “I was a refugee from the large corporation world and created a mission that we would be an agricultural organization. I thought that living on a farm would be an ideal concept for my two young teenagers to approach life the hard way. So I put them to work when they were 16 and 14 with the first planting of the Chardonnay on the farm.”

“The second reason is that we wanted to be part of an historically-relevant area because I am a history buff,” he continues. “When I was young my parents dragged me to see every place and cathedral in Europe. When I came to Williamsburg in 1961 I was thrilled by the Colonial style and what Williamsburg represents. That’s why I named this the Williamsburg Winery.” The farm, known as Wessex Hundred, was originally called “Archer’s Hope,” named for the co-captain of the Godspeed, Gabriel Archer, who settled on it and was subject to the Twelfth Acte of 1619.

“With the Acte 12 Chardonnay, we pay homage to our history,” he continues. “Historical references can be found through the Winery, including in their little country hotel, Wegmore Place. “Each of the 28 rooms each named after a Provence of Europe, including Tuscan, Venetian, Burgundy and Aquitaine.”

With a paid wine tasting at Williamsburg Winery, visitors can tour an onsite wine museum that Deffeler created. You’ll find 18th-century wine bottles, the evolution of the wine bottle from early days to the modern wine industry, a tutorial on how corks

are made, and artifacts from the original settlement including a wine bottle, pottery, and a photograph of a skeleton found in an unmarked grave on the property.

“We have the world’s largest collection of 17th-century wine bottles,” Deffeler says, over 300 bladder/tavern bottles in all, purchased as a collection. The mouth-blown bottles were made in Holland and recovered from a ship sunk in a river in Guyana (now Surinam).

RESOURCES

- Virginia Wine Board, www.virginiawine.org
- The Williamsburg Winery, www.williamsburgwinery.com
- Potomac Point Winery, www.potomacpointwinery.com

VIRGINIA WINE SALES REACH AN ALL-TIME HIGH

“Originally, it was thought that grapes would be the predominant cash crop in the New World, until they discovered tobacco,” says Annette Boyd, Director of the Virginia Wine Board. Now as Virginia is solidifying its place among wine-producing states, it is

only fitting to celebrate the 200th anniversary of its Executive Mansion with a special vintage of its own. “It’s not only a great story; it’s tied so many things together for us.”

Sales of Virginia wine reached another all-time high in 2013, increasing by more than five percent over 2012. In-state sales of Virginia wine increased by almost 3% and sales through Virginia wineries increased approximately 6%. International sales grew by more than 74%.

Virginia currently ranks fifth in the number of wineries in the U.S., with more than 230. See a complete listing on the Virginia Wine Board website, www.virginiawine.org, or in the new 2014 Wine Guide.

The next time you visit a Virginia winery, keep in mind that there are deep, deep roots to our earliest beginnings. Look around the tasting room, and you might just see a bottle of ‘1813’ wine displayed. I spotted one at Potomac Point Winery. ♦

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.

Wines used in creating ‘1813’



1. Merlot 2010 Breaux Vineyards
2. Merlot 2010 Chatham Vineyards
3. Octagon 2010 Barboursville Vineyards
4. Merlot 2011 King Family Vineyards
5. Nebbiolo 2011 Barboursville Vineyards
6. Chambourcin 2012 James River Cellars Winery
7. Chambourcin 2012 Executive Mansion Vineyard
8. Petit Verdot 2012 Silver Creek & Seaman’s Orchards
9. Petit Verdot 2012 the Vineyard at Point Breeze
10. Petit Verdot 2012 Veritas Vineyard & Winery
11. Viognier 2012 Barboursville Vineyards



YOU'VE ARRIVED...

But Are You Really Here?



In this day and age of social media, smart phones, smart watches, multi-tasking, information overload and overbooked schedules... how present are you?

When was the last time you really felt present?

As a Leadership Coach, or more precisely a Presence Coach, Katherine Virdi works with leaders to help them become more aware of how they show up to others. She works with her clients to identify strengths and areas of improvement through an Executive Presence Audit. By increasing her clients' self-awareness of their presence, they become more effective leaders.

Being present is truly a gift that everybody can give to his or her significant other, child, boss and employees. The next stranger that one meets may have a very important part in one's life. The list is endless. At the turn of the New Year, Virdi noticed that when people (even some celebrities!) were asked what their New Year's resolution was — she heard

"The most precious gift we can offer others is our presence..."
said Thich Nhat Hanh,
Vietnamese Zen Buddhist monk,
teacher, author, poet and
peace activist.

the words "I want to be more present" more than once!

What does your presence say about you? Many times, we are given feedback about our presence, i.e. "you seemed nervous" and "you seemed timid in your presentation" etc. but we don't know what to do with the information or how to fix it.

As individuals, Virdi believes that people crave to be heard, be present, be listened to and appreciated. It is often hard to put into words how to describe great presence — you know it when you see it, and you miss it when it is gone.

"Our presence is our calling card. In some cases it enters the room before we do and remains long after we are gone," said Virdi. ♦

Katherine Virdi is the President and Founder of Coaching Presence, www.coaching-presence.com, a woman-owned company specializing in Leadership Coaching and Human Resources Consulting with specific focus on the intricacies of Leadership, Communication, Connection and Presence.



Katherine Virdi

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author Isaac Asimov says, “Self education is, I firmly believe, the only kind of education there is.”

DU is based on a quadmester system, with rolling starting dates. But students cannot register late for a cloud-based-learning class. They are required to work through the course as a core group through a structured program where work must be done in a timely manner.

WHY DULLES UNIVERSITY IS DIFFERENT

The beauty of cloud-based learning is that it adapts itself to the working professional and offers the ability to do business globally. Today’s employee must be prepared for the technology of how business is done internationally, and classes at DU enhance certain skills students don’t normally get through online learning: skills to collect, collaborate, and communicate while learning.

“Young adults today have barriers in front of them that may deny them access to higher education,” Avery explains. “And a big one is cost.”

“With many universities raising fees, it’s not unusual to pay \$50-to-\$60,000 for a Master’s of Business Education (MBA) degree,” he continues. “At Dulles University, students can pay approximately \$7,000 for an MBA taught by professors who are the best in the field. We maintain a high-quality standard and pay our instructors a real salary to do an outstanding job working with our students.” Dulles University also offers scholarships to assist students and, from time to time, special course pricing.

“I believe we truly put the student first, whereas many colleges and universities focus on the needs of the staff and faculty. I remember orientation with my children where someone stood up in the front of the group and told them to look to their left and their right to point out that one of those students would not be there at the end of the year. To me, this tells students the school will fail 33% of all incoming freshmen. We aren’t like that. We want to see all our students succeed in completing their education.”

DULLES UNIVERSITY OFFERS A *New Way of Cloud-Based Learning*

Here in Northern Virginia, education matters, and today’s workforce is raising the bar by bringing a higher level of education and experience into the workplace.

To advance in their careers, or even just to keep up with peers, professionals are going back to school to earn higher degrees and professional certifications. And they are turning to online, cloud-based learning, such as that offered by Dulles University.

Founded in 2010, Dulles University opened in 2011 in Tysons Corner to serve our area’s hardest-working professionals and organizations. It was started by Dr. Fay Avery, who serves as President as well as Founder. After 47 years in education at the community college, junior college and university setting, he knew there was a better way to learn, and he took the opportunity to establish a college that would meet the goals and expectations he had for a new learning experience.

“For many years, colleges and universities felt that “telling” students was the way to teach,” Avery says. He offers a favorite quote to define what he means: “‘Tell me and I’ll forget, show me and I may remember, but involve me and I will remember.’ Change the word ‘remember’ to ‘learn’ and you have our philosophy.”

President Avery chose to form the school as a non-profit entity so that the focus would be on the student and not the profit—a highly unusual model. At DU, they believe the student is the most important and that it’s not the role of the professor to teach. Rather, professors here facilitate the learning process. This way the student becomes engaged and involved in learning, and develops his or her own critical thinking skills.

“Today’s student is much smarter, more tech-savvy, and more open to change, because change is a constant now,” Avery says. “Dulles University, by providing cloud-based learning is able to help them prepare for change as a constant in their lives.”

The key to the future of learning is SOLE: a Self-Organized Learning Environment, where a successful student can work independently, be self-motivated, employ good time management skills, be well organized and learn good communication skills. Noted



LIMITED-TIME REDUCED TUITION

For a limited time, Dulles University is offering tuition scholarships to assist students, and has reduced course fees to an all-time low. Tuition includes books, testing, and access to the library, and the student only pays the application and registration fees. Email to info@dullesuniversity.org or call 703-552-1236, ext. 1002 for more information.

Students can earn Bachelor's degrees and Master's degrees, and Dulles University is the only school of its type to offer a Doctorate of Business Administration (DBA). It offers a seamless path for students to go from their Bachelor's degree through to their DBA.

Dulles University's uniqueness is not so much in the content of its courses, but in its way of teaching through personally-designed practicums. They help students to go "beyond the textbook" through undergraduate, graduate and post-graduate degree programs individually tailored to merge curriculum with business skills that offer new challenges, new responsibilities, and new rewards for each student's career. Students learn the latest skill sets and management systems in their planned profession from industry experts.

As Avery explains, "Instead of writing a book or dissertation, students do a project relevant to the "now," dealing with a specific aspect of business like marketing or operational management. They work under a project director who is an expert in that field, and when students finish, they not only have the background information for working knowledge of a real project tried in the community, that graduate has something tangible to offer to an employer."

Classes introduce students to the global community and its diverse populations and perspectives from people in other areas, as they often contain students from around the world. There is also the opportunity for students to study abroad after they complete their studies.

CERTIFICATION AND LICENSING TRAINING

In addition to online learning, Dulles University provides local training for certifications and licenses through its on-site Center for Professional Excellence which houses its PMP certification program and its Center 4 Security Emergency Management (C4SEM), among others.

CLASSROOM AND CONFERENCE RENTAL

Community organizations and businesses can also rent out the classroom-style training facility for their own meetings or training, and various groups meet here regularly. The available space consists of two meeting/classroom-style rooms and one conference room, and guests enjoy free parking in the adjacent garage.

JOHN FOSTER DULLES

If the name Dulles University sounds familiar, it's because John Foster Dulles was the inspiration. Other than having an airport named after him, Dulles was one of the first Secretaries of State to be heavily involved in establishing the international trade agreement, and performed a lot of outreach on behalf of the U.S. to rebuilt Germany and other European countries following WWII. Since Dulles University reaches globally, it seemed fitting to name it after this local Medal of Freedom winner.

The conference room is lined with photographs and artifacts of Dulles' life, as well as a collection of his works, a portrait and a framed Time magazine cover. Interestingly,


Dulles was on the cover of Time three times during his diplomatic career. This fall, DU will hold a dedication ceremony to John Dulles.

Dr. Avery sums it up his vision of Dulles University by saying, "We want to promote quality education and be active members in our community." He invites anyone to learn more about Dulles University by visiting the website at www.dullesuniversity.org or coming by to see the space itself.

Dulles University

1934 Old Gallows Road, Suite 510,
Vienna, VA 22182
703-552-1236
info@dullesuniversity.org
www.dullesuniversity.org ♦

AUTHOR: Linda Barrett 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.



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BY KEITH LORIA

THE REAL ESTATE *Appraisers' Best Friend*

Ask any of the 83,000-plus real estate appraisers what their least favorite part of the job is, and you can bet that a majority of the answers will involve preparing and typing up the data they collect on the jobs.

That's why after witnessing several real estate appraisers complain about this task, entrepreneur Hemans Jindal decided it was the perfect opportunity for a new venture.

Jindal started ieIMPACT, a San Jose, Calif.-based company which provides accurate, hand-typed appraisal reports quickly and effectively for the busy real estate appraiser.

"I realized I could help real estate appraisers looking to outsource their data entry work and at the same time, help many highly educated Indian people looking for jobs," he says. "By matching them together, I created a common platform where both sides could benefit."

What began in 2007 with one client and one worker has grown into 80 employees and more than 1,000 customers. In its first two years, ieIMPACT helped over 200 real estate appraisers in valuation of over two million residential houses in the United States. Since 2009, ieIMPACT has completed approximately 100,000 appraisal reports, including Single Family Homes URAR 1004, Condo 1073, and Multi-Family Houses 1025.

"We work for real estate appraisers like their in-house assistant. Our data entry agents enter their 2-10 pages of data in each report, which takes between 1-4 hours per report," Jindal says. "Appraisers are paid typically \$200-\$600 for each report and an appraiser cannot afford to spend their time on just doing the data entry. This process saves appraisers' time and hence increases their productivity."

A software engineer for 10 years, Jindal received his MBA from UC Irvine and in his career has worked for a diverse array of companies, including Yahoo, NEC and Conexant. He credits his passion for helping non-tech industries with technology and innovation as what drives him.

The secret to success, Jindal says, is in making the process easy, reliable and valuable for all the stakeholders.

"First, appraisal forms data entry is a very complicated process and outsourcing or teaching it to somebody else is a difficult process," he says. "Secondly, outsourcing needs to be reliable for time critical tasks where turnaround time is very short. Third,

variability of the real estate industry is large and capacity planning is not an easy task. ieIMPACT solved all of these three major problems."

To make this process easy, ieIMPACT website was designed in such a way so that any non-tech person can place an order for data entry just like placing an order on Amazon. The website utilizes state-of-the-art amazon cloud services to provide a fast, secure and reliable experience.

The service can help any residential real estate appraiser hired by banks and mortgage lenders to provide the valuation reports of real estate for the purpose of loans as per federal and state regulations provided by as Fannie Mae, Freddy Mac and Veteran Affairs boards.

"We guarantee our service to our customers to be 100 percent reliable with 100 percent satisfaction. We are not here for short-term success," Jindal says. "We separate ourselves from the competition by providing stringent quality measures, employees retention, reliable and secure access to service, faster customer service, low prices, and innovative yet easy to use features using our website."

The service supports all software platforms such as a la mode, ACI, Bradford, SFREP and Narrative 1. All ieIMPACT employees are trained for U.S. real estate standards regularly and a customer service center is all U.S. based to minimize the communication gap between customers and data entry agents.

As for its future, Jindal believes ieIMPACT has reached only 10 percent of its market potential and knows there's a lot of room to grow. Although he sees his service potentially helping others—such as insurance agents or those in the legal field—he wants to continue his focus on working with the appraisers and making life easier for them.

"Our focus remains on the needs of our clients," he says. "We set out to be the best and most reliable company doing this and we feel we are achieving those goals." ♦

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.

THE *Chesapeake Bay* FLOTILLA

BY CAROLE HERRICK



Most do not realize that during the War of 1812, America's seat of government was invaded by an enemy force. This occurred on August 24, 1814, following an afternoon battle at Bladensburg, Maryland. At dusk, that evening, British troops entered the capital city of the United States and set the Capitol building, White House and other public buildings ablaze. The following day British soldiers continued their destruction and withdrew that night, August 25, 1814, without American resistance.

Usually the summary of the war ends here, including an often inaccurate account of Dolley Madison's "act of bravery" regarding the full-length portrait of George Washington. This is the first in a series of articles to help readers better understand the events that led to the invasion of the City of Washington. It is one of the most shameful episodes in American history, but its importance to the young nation was significant. At that time America was, in a sense, 15 separate states. The burning of the capital, followed less than a month later with Francis Scott Key's "Star Spangled Banner," and, after that, an American victory at New Orleans (even though the peace treaty had been signed) unified the nation.

In June of 1812, the Americans declared war with Great Britain because of British impressment of American sailors, their seizure of Yankee commercial ships, and their continuing support of Indian unrest along the frontier. The British had been involved in the Napoleonic Wars since 1803 and now found themselves also at war with the United States. Fighting

a two-front war proved challenging and expensive; the British were unable to put adequate resources into their fight in Northern America. However, things changed on the Continent in April of 1814 when Napoleon was defeated, abdicated, and exiled to the island of Elba. This gave the British an opportunity to turn their full attention across the Atlantic with the intent to put an end to the insurrection there.

On June 26, 1814, President James Madison received intelligence from Albert Gallatin and James Bayard, two ministers abroad, alerting him that discussions in London contemplated an attack on America's capital. Madison quickly convened his cabinet on July 1 to adopt measures to protect Washington City. The following day the 10th Military district was created to protect the nation's capital. Its command was awarded to General William Winder, an inexperienced officer who had served briefly on the Canadian front before being captured at the Battle of Stoney Creek. Winder was a political appointee rather than a military one, and proved to be an unfortunate choice. He was not knowledgeable about military matters; his occupation was that of a Maryland lawyer. The general spent a great deal of energy and time riding about the countryside inspecting fortifications, terrain, and looking at potential enemy landing sites. He wrote copious reports. Yet, very little changed regarding the safety of the capital or the other towns within his command.

Nevertheless, Winder's main obstacle in preparing to defend America's capital was not so much his lack of experience, but his direct superior, Secretary of War, John Armstrong, who was stubbornly convinced that the British would not attack Washington City. For the Americans, the war was costly. Armstrong insisted that it was unnecessary to spend funds

to train and equip militia forces for an event that would not happen. How wrong he was.

Fears of a possible assault upon the nation's capital were not new. The prior year, 1813, the Royal Navy conducted raids on coastal towns throughout the Chesapeake Bay region. Enemy ships brazenly ascended the Potomac, sounding the river. District residents were nervous, but the British did not come. Life continued as usual and preparations to defend the District of Columbia did not take place.

During the winter months, the British kept a low profile in the Chesapeake Bay, but in the spring of 1814 they resumed their coastal raids. However, this time they encountered an adversary in Commodore Joshua Barney whose fleet of gunboats and barges, known as the Chesapeake Bay Flotilla, engaged British Naval forces at Cedar Point and St. Leonard's Creek. On June 26, during the latter engagement, the flotilla escaped up the Patuxent River. The British blockaded the exit, trapping Barney's fleet, and continued harassing the port towns in the Chesapeake.

Then in mid-August, 1814, the British ships began gathering in the Chesapeake Bay under the command of Vice-Admiral Alexander Cochrane. A three-point plan for the possible invasion of the City of Washington was put in motion, starting on August 17. First, Captain Peter Parker would lead a small force of two ships to the upper Chesapeake; second, seven ships were ordered up the Potomac River under the command of Captain James Gordon; and third, the main part of the force, consisting of about 4500 infantry and 1000 sailors/marines, was sent up the Patuxent River. On August 19, British regulars, under the command of General Robert Ross, began marching along the Patuxent's west bank in unison with sailors/marines rowing up the river, under the command of Rear Admiral George Cockburn. Their immediate objective was Barney's 17 gunboat flotilla which remained trapped in the Patuxent River.

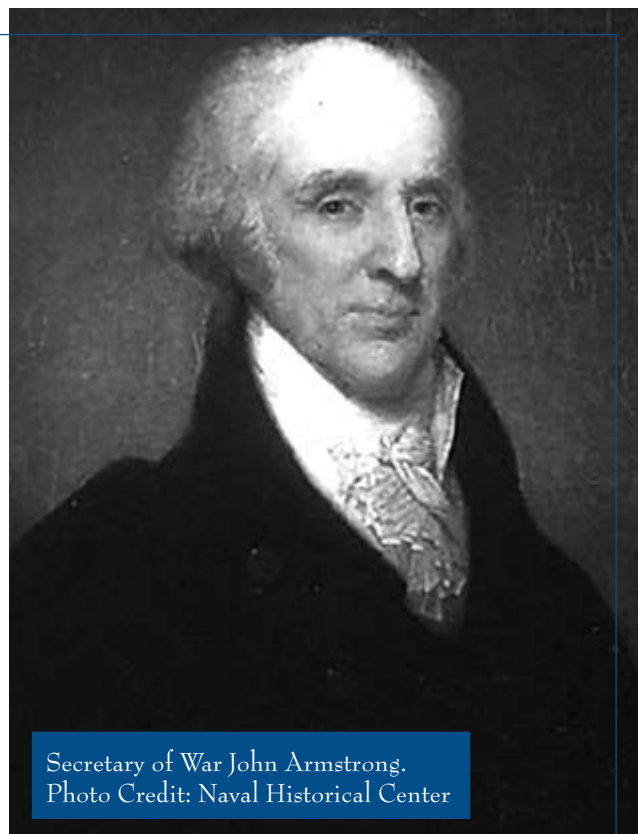
While the Americans were not caught off guard by the invasion, they were unprepared. Winder had not yet improved protection for the nation's capital or the remainder of the District of Columbia, plus he was having difficulty collecting militia forces. As the enemy moved up the Patuxent River closer to Washington, he focused on "battle preparations," rather than implementing plans that impede or stop their advance. Unfortunately, Armstrong arrogantly remained adamant that the British would not attack the nation's capital city.

On August 22, the Redcoats found Barney's gunboats at Pig Point, Maryland. The Naval Secretary William Jones had ordered Barney to blow up the gunboats if the British reached them. Understanding that his flotilla was doomed, Barney left the boats before the enemy arrived, taking most of his flotilla men to join Winder's forces gathering at the Wood Yard. A skeletal crew remained and once the enemy was sighted, the Americans blew up the gunboats before the British could seize them. The way was now open for a British assault upon America's capital.

To be continued..... ❖



Commodore Joshua Barney.
Photo Credit: Naval Historical Center



Secretary of War John Armstrong.
Photo Credit: Naval Historical Center



DREAM INTERPRETATION AND OTHER *Mystical Interpretations*

BY GALE CURCIO



Marty Gegner

When Marty Gegner was a teenager, she had a frightening dream that told her not to leave the house. The nightmare seemed so real and frightened her so much her mother, who believed in the power of dreams, encouraged her to stay home from school until the fear lifted. It took two days.

The second night after the dream she was supposed to attend a bridal shower. The bride and her three bridesmaids (her sisters) were going to pick her up on the way.

"I decided not to go because of the fear that arose each time I tried to talk myself into going," said Gegner. "I 'knew' I was not to leave the house even though I didn't know why."

On the way to the bridal shower her friends were hit by a train while crossing railroad tracks at a blind intersection; all but one died. The lone survivor was critically injured and remains profoundly handicapped. Gegner did not hear of the accident until the next morning after I woke up feeling 'normal.'

Gegner said, "At the funeral every detail was exactly as I had dreamed it except for one thing; I was not in a coffin as I had been in my dream. My dream, and my mother, had prevented it from becoming a reality."

Profound? Powerful? A gimmick? For years people have tried to determine the significance of dreams – Gegner has made a career out of it by working as a **Certified Dream Facilitator**. She has over 25 years of experience interpreting dreams. Certified by The Haden Institute and the Marin Institute for Projective Dream Work, she is currently a faculty member of The Haden Institute Summer Dream Conference as well as an active member of the International Association for the Study of Dreams and the American Tarot Association.

Gegner, however, wasn't always a dream facilitator. Living in California, she had a very different life. As a make-up artist, she did make-up for Good Morning America and other shows for over 10 years. As a result, she got to meet many stars. Her favorite was Julia Childs, for whom she did all of her videos, commercials and Good Morning America segments. She kept in touch with Childs until she passed away in 2004.

"Julia Childs was an amazing person," said Gegner. "She was very kind and helped me to see that you could start over later in life."

Gegner also enjoyed working with Tom Selleck and said, "I expected him to be arrogant but he was one of the most humble people I worked with."

Hesitating to mention artists that she did not enjoy working with, she did say, "The soap opera stars – they were the ones that were the snots."

Gegner planned to continue doing make-up when she and her husband moved to Vienna, VA in 2004. Fate intervened when her eye started hemorrhaging and the retina in

her right eye detached. Recovering from the surgery, she had a lot of time to think and realized that this injury was pointing her in a new direction.

She started an intensive two-year program for **Dream Leader Training** at the Haden Institute in Asheville, NC. When she received her certificate, she started working at Terra-Christa in Vienna, VA. It wasn't long before she opened her own business, **Dream Work Consulting**, on Maple Avenue. She is currently located on Nutley Avenue.

Given that she did a lot of 'hurry up and wait' in the make-up business, Gegner said that she had a lot of time to sit back and watch people interact. Not just the stars, but also the crew members.

"It was interesting to see how they interacted," said Gegner. "You could see how patterns come out to the forefront.

Gegner's current work is all about patterns. Whether she is interpreting dreams, reading tarot cards or doing reiki, she can see patterns. When these patterns are destructive, she helps people 'evolve' patterns.

"Patterns never change but they do evolve," she said. "When you work with one's pattern of thinking, it can be helpful or hurtful."

It is these hurtful patterns that need to be dealt with. Gegner spoke about one client who came to her on a Friday afternoon – she was suicidal. Gegner spent some time with her and was able to convince her to wait until Monday [to commit suicide].

Fortunately, the client waited, and Marty was able to work with her in conjunction with mental health professionals to get her back on track.

Another client had very bad nightmares. She was abused in her early life and was very angry and not very communicative.

"It took three years to help her find her self-worth," said Gegner. "She expanded her career and I saw her smile for the first time in two years. It was a work in progress and was amazing to watch."

"I have been privileged to work with Marty Gegner for years. Her ability to see into people's dreams goes beyond mere intellectual wisdom.

"She has a honed gift to see beneath the surface and to suggest layers of meaning that are not so obvious," said Forbes Blair, author and teacher. "There are few people whose insights I trust on matters of the mind and spirit. Marty Gegner is among them".

Kathryn Weill, Celtic Heart, LLC, said, "Marty is the

ultimate dream work guide. She is both analytical and intuitive as she guides and facilitates you to finding the true meaning of your dreams, layer by layer.

"She is sensitive, caring and generous in her analysis. During my dream work sessions with Marty I have been enlightened and inspired, I have even felt goose bumps during those amazing aha! moments."

Gegner admitted that things don't usually get quite so dramatic. She also doesn't have prophetic dreams (like the one that saved her life) on a regular basis but she had had at least three other prophetic dreams that were very important.

For two weeks, she dreamt that her husband was in the hospital. She pleaded with him to see a doctor even though he had no symptoms. It turned out that he had a shredded mitral valve and needed immediate heart surgery. The doctor said that he wouldn't have lived if he hadn't come in when he did.

Gegner also dreamed about 9-11. Unfortunately, she didn't have enough information from the dream to do anything about it. She dreamt about two towers that were shattered and the dream conveyed that something so profound would happen that "life on earth was going to change."

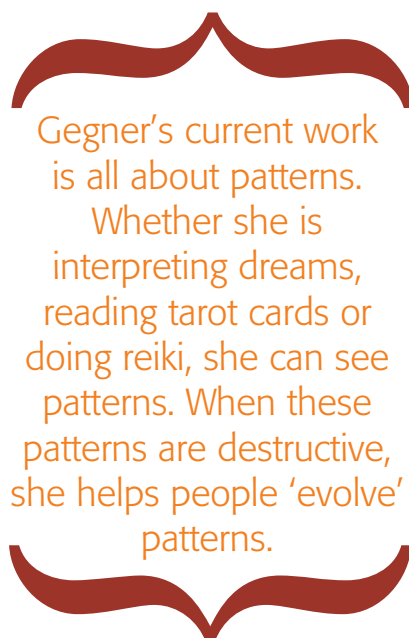
Another time, she had a vision of a young girl. She was blonde, wearing a tank top and her hands were tied and her mouth was gagged. She was lying in dirt with some leaves. The dream mentioned "Angela's Crest," which Gegner remembered from her time living in California.

She contacted the police and described the woman. It turned out that somebody with that description was reported as missing. Gegner was able to provide other landmarks and the body of the woman was found.

Gegner was upset that she was dead, and said "After doing it, I didn't want to do it again. It's too much responsibility and it's not something I can control."

Jeremy Fuller, who is a renowned author and dream facilitator, said "Marty's generous, kind, skillful, and generously creative approaches to dream work make her a superb companion and guide on the path to deeper awareness, self-knowledge, and spiritual development. I am particularly moved by her facilitation of dream inspired art, and her sensitive grasp of the archetypal levels of the Tarot. She has a deft ability to apply both of these ways of working to nurture and illuminate dreams."

With Tarot cards Gegner helps clients work with images. "It's all about you – and the cards are different for every



Gegner's current work is all about patterns. Whether she is interpreting dreams, reading tarot cards or doing reiki, she can see patterns. When these patterns are destructive, she helps people 'evolve' patterns.



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Reflexology

person. There is a universal archetype but each card represents different things to people.”

The King of Sword card (reversed) shows a hurtful pattern and if it’s a case of somebody who uses words to hurt people, they can work on one’s pattern of thinking.

“Tarot cards and dreams can be quite confusing. This makes it important to have a qualified and experienced guide to help you navigate this mystical, magical, marvelous world,” said Gegner, who works with clients on both an individual basis as well as in groups.

“I enjoy teaching, but also like working [with clients] one on one,” said Gegner. “I will always do both.”

Reiki (pronounced Ray Key) is becoming more and more popular. It uses the natural energy of the universe to funnel through the body.

Gegner is a certified Reiki practitioner and teacher. Reiki is effective because it releases blocked energies, relieves stress, and helps alleviate pain. Reiki works to re-establish the natural state of health as it relaxes the body, mind, and spirit. A Reiki treatment takes about an hour. During that time you are fully clothed and relax on a warmed Reiki table.

Just by placing a light touch on the body the body, mind and spirit are balanced. It doesn’t take the place of medicine, but can be used as a healing

modality in conjunction with more traditional methods. Gegner said that most clients feel the effects the first time and while some clients do reiki on a regular basis, others come back when they feel the need.

When used in conjunction with Chakra, Reiki is especially effective. “Different notes affect different parts of the body,” said Gegner. “The bowl can’t change its notes but the body adapts to its vibration. You wake up feeling very refreshed.

Reflexology is a natural healing art, based on the principle that all parts of the body have a corresponding ‘reflex’ point in the feet and hands. Applying pressure to these points stimulates a healthy response in the glands, organs, spine and nerves, empowering the body’s natural drive toward balance.

Gegner’s clients come from all over the Washington, D.C. area to experience a Tarot reading, Dream Interpretation Consultation, as well as Reiki, Chakra Balancing, Crystal Bowl Vibrational Therapy, and Reflexology sessions. Many of Gegner’s clients have been with her for years.

Dream Work Consulting is located at 311 Maple Avenue West, Suite K, Vienna, VA 22180. For more information, call 703-608-1030 or visit marty@dreamworkguide.com. ♦

AUTHOR: Gale Curcio is the director of Curcio Communications. She brings both her editorial and marketing talents to VivaTysons.



Here's What's Happening at MCC

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Saturday, March 1, 8 p.m.
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Sunday, March 2, 2 p.m.
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Christopher K. Morgan & Artists

Fri & Sat, March 14-15, 8 p.m.
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Theatre Unspeakable presents

“Superman 2050”

Saturday, March 22
\$20/\$15 MCC district residents

New York Neo-Futurist

“Too Much Light Makes The Baby Go Blind”

Friday, April 11, 8 p.m.
\$20/\$15 MCC district residents

Bear Hunt Productions

“We’re Going on a Bear Hunt”

Saturday, April 12, 2 p.m.
\$15/\$10 MCC district residents

Charlie Chaplin’s 125th Birthday Celebration

Wednesday, April 16, 7:30 p.m.
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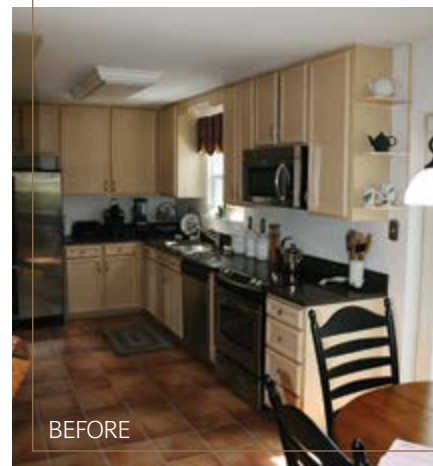
BY JOHN BYRD

Photo Credit: Bryan Burris Photography

NEW BEGINNINGS

Empty-Nesters Find Their Groove in a WHOLE HOUSE MAKEOVER

Sometimes the second act requires a whole new set. In the case of **Cindy Borer**, for instance, her busy life came to a satisfactory pause. Retired from two decades as a teacher, Borer's only son moved out of the house to begin a promising career. Meanwhile, her husband Chris, a former naval officer, is now posted at the Pentagon, reducing his amount of travel time. In short – a perfect time for new beginnings.



At Left: “Transitional” interior design style seeks to reconcile traditional architecture with the spatial freedom of an open floor plan. Borer says her discovery of this emerging idiom made the entire makeover process personally inspiring.

Above: The old kitchen included a breakfast table which, according to Cindy Borer, was mostly in the way.

“Of course, large-scale life changes don’t necessarily require a whole house makeover,” said Borer. “On the other hand, when you’re discovering an interior design style that really suits your needs, the process builds momentum. Especially when you’ve got the tools you need to explore effectively.”

By “tools” Borer is referring to multi-faceted space-planner/lead designer **Jon Benson**, specialty designer **Jessica Page** and the project team at **Sun Design Remodeling**. This was the team that was selected to get her recent whole house makeover off to an appropriate start and keep it on track for two months.

“It was an inspiring collaboration,” said Borer. “I had attended Sun Design seminars earlier, toured several remodeled homes and talked to past clients, so I was confident of what to expect. Turns out, this was just the beginning of a lot of discoveries about my own tastes-- which is what made the journey so exciting.”

The Borers had lived in their two-



story, four-bedroom Colonial-style production house in Burke for the past 20 years. They were just now taking stock of what they wanted for the years ahead.

At just over 800 square feet, the home's circa-1980s main level living area seemed adequate for two; even so, there were other persistent shortcomings. The formal dining room and adjacent den on opposite sides of the front-facing foyer were scarcely used and the main level rooms were dark, clutter-prone and cramped.

"We had upgraded the kitchen cabinets-- but that was about it," said Borer. "Now I was looking at our interior more critically, and it was obvious that everything was quite dated -- including our early-American style furniture."

Considering the options, Borer wondered if she could accomplish a better result by enlarging a few rooms. She also found herself wondering if some interior walls to her current home could be moved. This would be comparable to the "open" floor plan for the home that the couple had owned in California many years ago. It was at this juncture that Sun Design founder Craig



Lead designer Jon Benson removed a wall between the Borer kitchen and the dining room, custom-building a two-level food preparation surface and dining counter that gives needed support to several newly identified work triangles. The new first level floorplan "circulates beautifully," says owner Cindy Borer.

Durosoko was summoned to discuss space modification feasibilities.

Durosoko pointed out that the couple didn't so much lack living area as they needed a space plan configured to serve specific needs. He confirmed that the mid-house floor-to-ceiling bearing wall that divided the front and back of the first floor could be deleted. Removing

the wall would dramatically increase natural light, and create the footprint for an alternative layout that would be much more effective for both daily use and entertaining.

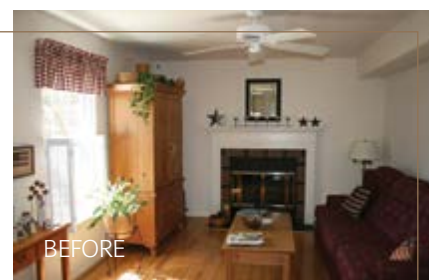
But how does one remove a wall that supports the entire second floor?

Not a problem, Durosoko explains. Three new vertical supports would be



The new "transitional" style interior employ finely-articulated decorative elements to create distinctive, yet integrated use zones within an open floor plan that features generous visual continuum.

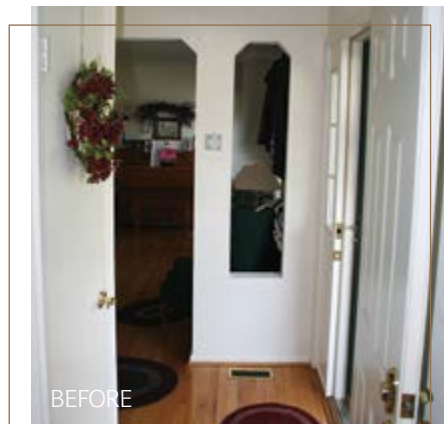
The old family room was cramped and narrow. Sun Design showed the Borers how to remove a mid-house bearing wall and allow more natural light.





To differentiate the front-facing library from the family room visually, Sun Design converted existing overhead beams into an elegant tray ceiling supported by Craftsman-style piers. The new reading room features a Savannah-style floor-to-ceiling custom built-in, recessed lights and soft textures. New oak flooring unifies the entire first floor living area.

The front door in the existing foyer was a mere three feet from a hall closet, presenting guests with a notably unwelcoming entrance



Beyond these space plan considerations, however, Borer pointed to several “traditional” interior design features she wanted to preserve, even as she acknowledged that she wasn’t sure what could be accomplished within the context of an “open” floor plan.

Enter lead designer Jon Benson, a 20-year veteran home remodeling specialist who is also a nationally-recognized custom furniture designer

“When the goal is to improve the space plan while staying inside the envelope of the home, properly re-allocating a few square feet can greatly

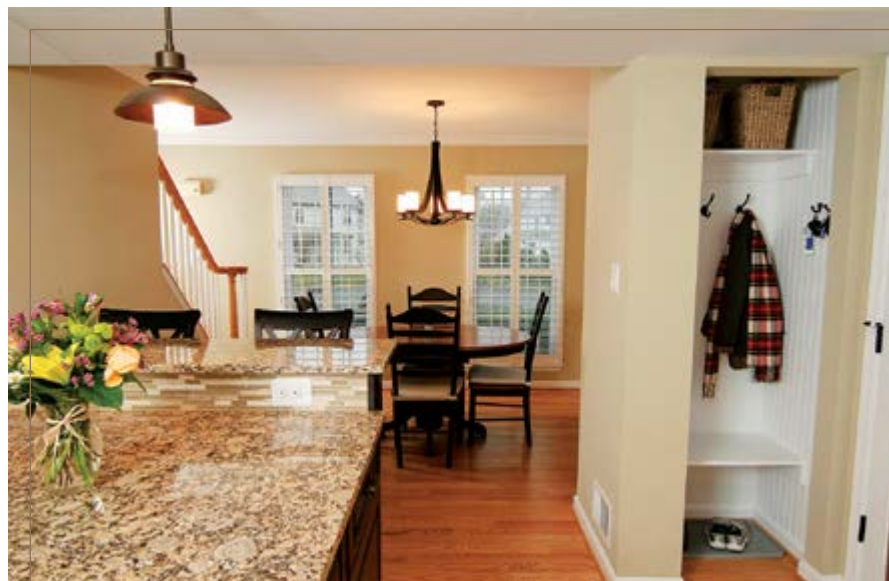
artfully concealed behind main level walls. One would extend an existing basement support into the center of the house behind a powder room wall; the other two embedded within perimeter walls on opposite sides of the house.

With supports in place, a horizontal beam would be installed atop of the posts, undergirding the second floor and allowing for unimpeded front-to-back sightlines.

“Craig pretty much solved our primary design challenges on the first visit,” Borer says. “The basic floor plan came together that day.”

In addition to the call for more natural light and visual continuum, the Borer family also identified three aspects of the existing floor plan that had proven problematic.

First, with the front door a mere three feet from a hall closet, the foyer was cramped and unwelcoming. Secondly, the breakfast table midway between the kitchen and family room regularly obstructed traffic to the rear sun room. Finally, the kitchen itself lacked well-conceived work triangles, making both food preparation and clean-up unnecessarily time-consuming.



By borrowing a mere 3 x 3 feet from the dining room, the designers found space for a small mudroom with bench immediately to the right of a side kitchen door.



improve a plan's effectiveness," said Benson. "In this case, it made sense to find alternative places for closets and other needed features while creating custom built-ins to support necessary day-to-day tasks."

That said, Benson's proposal called for re-situating the front hall closet to the right of the front door, widening the foyer and creating front-to-back sightlines. In the kitchen, he eliminated a closet/pantry complex between the kitchen and the dining room, replacing it with a 27.5 sq. ft. food preparation surface and dining counter.

By borrowing a mere 3 x 3 feet from the dining room, he also found space for a small mudroom with bench immediately to the right of a side kitchen door.

Measured in square feet, the changes are small. Yet, according to Borer, the revisions completely "liberate" the first level circulation, reorganizing the entire first floor into rooms that are both interactive and distinctively articulated.

To differentiate the front-facing library from the family room visually, Benson converted existing overhead beams into an elegant tray ceiling supported by Craftsman-style piers.

A new floor-to-ceiling bookcase provides an elegant, yet highly functional wall elevation for the new reading room. A new family room fireplace hearth was, likewise, designed from scratch to accommodate an expansive plasma screen TV that now hangs above it.

Additional finish work and furnishing decisions largely emerged from the Borer's collaboration with specialty designer Jessica Page, whom the homeowner says provided both hands-on support and invaluable research advice.

"Jessica helped me discover what I wanted," Borer said. "She pointed me to web sites that allowed me to think about furniture design considerations. Ideas that I liked were added to a project scrapbook, which we both referenced regularly to keep our conversations on-task."

As space plan modifications proceeded, Borer's research revealed her strong personal attraction to the "transitional" interior design style--essentially, a contemporary idiom that seeks to reconcile traditional architecture with the spatial freedom of an open floor plan. The furniture

acquisition process, in turn, informed final finish work considerations.

Bunsen's floor plan sketch, for instance, anticipates the use of love seats as ground level room dividers in the family room and den. Meanwhile, Borer's preference for soft white and grey duotones lead to an interior paint scheme that deftly combines bright white and khaki as seminal color themes throughout the main level.

In the kitchen, **Giallo Sioriato** granite surfaces are set off by a vividly original glass tile and stone backsplash which lends an invigorating streak of color to the broader visual panorama.

"All of this is what makes a home your own," Borer said. "And it brings Chris and me to a whole new place in our lives. I'm now hosting a new book club and entertaining more. We really feel re-invigorated, and ready."

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 More Information, call 703.425.5588 or visit www.SunDesignInc.com.

[SunDesignInc.com](http://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 national and regional publications. He has also written and produced segments for HGTV and other cable outlets. He can be reached byrdmatx@comcast.net.

Borer says specialty designer Jessica Page played a critical role in helping her make furniture selections and decide on interior wall colors.





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MAGAZINE



Hillary Staats and Joey Waroquier choose flowers for their latest project.

SANCTUARY

Interior Design Build

Walk into Sanctuary Interior Design Build and it is a hub of activity, color and texture. That is – if Hillary Staats, owner of Sanctuary Interior Design Build, and Joey Waroquier, designer, are in the store at 109 Church Street N.E. More than likely they are out working for one of their many clients in the area – and around the world.

Last fall Staats and Waroquier attended the Designer Show House in Paris, France. Staats said that since most of the new trends come out of Europe they wanted to check it out. They came back brimming with new ideas for designing homes and really haven't stopped since.

This week, Staats was headed to a client's home in Herndon, VA. She said that the house is an American Foursquare built in the 1930's. Staats said, "The interiors that were done in that era had a mix of mission and arts and crafts - we are bringing the home back to its roots."

Another exciting project that she is working on is a French Manor home that is currently under construction by one of the owners of "Miller and Smith," the developer who built The Reserve.

"Sam and Alvin Hall are long term clients of ours," said Staats. "This 13,000 square-foot-home is a true beauty. It's very special piece of architecture in an old McLean neighborhood."

Scroll through the Facebook page for Sanctuary (<https://www.facebook.com/>

SanctuaryDesignBuild) and Staats' design sense shows in the unusual items she chooses to post. There is nothing 'typical' about this designer.

When Staats opened the doors of Sanctuary Interior Design Build in May 2010, she was thrilled to be able to share two decades of design experience as well as her passion for turning clients' visions into reality.

Her most recent blog reflects her style in that she loves to mix and match. "From traditional English to hippy Bohemian, mixing patterns can create a variety of moods in a space. A lot of our clients think that mixing patterns is a bit scary, but whatever mood you are trying to create, a good mix of patterns – whether in textiles or wallpaper – creates a much more interesting, exciting, and layered space in your home."

Staats shares a few ways to ensure that the patterns jive:

Use the same color palette

This is by far the easiest and safest way to mix patterns. By keeping an entire space in the same color palette, you can create a beautiful, cohesive space.

Vary the scale.

Play with patterns by mixing a variety of pattern sizes. To keep it simple, choose large, medium, and small-scale patterns. If you go with several patterns of the same size, you'll end up with a space that feels cluttered and your eye won't find a place to focus.

Play with pattern types.

By using a variety of shapes and types of patterns, you can create a really dynamic space. Mixing hard line geometrics with fancy and frilly floral patterns, for example, equals beautiful contrast.

Give the eyes a place to rest...use negative space.

By breaking up the patterns with a solid color, you give the eyes an opportunity to rest and you also give the patterns the space to shine.

Sanctuary is located at 109 Church Street NE, Vienna, Virginia 22180. For more information, call 703-865-6477 or visit www.sanctuaryinteriordesignbuild.com. ♦

AUTHOR: Gale Curcio is the director of Curcio Communications. She brings both her editorial and marketing talents to VivaTysons.



TO SELL OR NOT TO SELL?

2014 Real Estate Predictions by Terry Belt



At this time of year, the phone starts ringing off the hook looking for Terry Belt, CEO of The Belt Team, Keller Williams Realty. They are asking for his forecast of what this year in real estate will hold. And while his crystal ball may be as imperfect as everyone else's, he has weathered 27 years in the Northern Virginia real estate market and done it successfully. This brings with it a good look in the rear view window, but at the same time an ability to spot and react to trends quickly.

Terry Belt's Top Three Predictions for Northern Virginia Real Estate in 2014:

1. BUYERS WILL CONTINUE TO COMPETE FOR HOMES

Last year Northern Virginia experienced a market where housing inventory was low year-round. Inventory rose slightly during the spring, but pent-up demand meant that many of the homes were snapped up as they hit the market. I expect that to continue in 2014. Although we experienced a market where buyers were competing for homes back in the 90's and again at the height of the market in 2006, this market is different in that the number of homes selling is much less. Homes sold quickly in those earlier markets, but new homes came on the market to replace them. Currently, we still have demand left over from the downturn, as well as new purchasers entering the market, and there are large numbers of buyers just sitting and waiting for homes to come on the market. Many of these buyers have been looking for months and months. The number of homes coming on the market just can't keep up with the demand.

The question will be whether that will continue to drive up prices or whether rising interest rates will price some of these buyers out of the market. Keep in mind that a



1% rise in interest rates equals a 10% decrease in home price affordability. Stay tuned to see how that plays out. In the immediate short term, look for early Spring market conditions to be very similar to 2013.



2. MORE NORTHERN VIRGINIA HOMEOWNERS WILL EMERGE FROM UNDERWATER



Home prices in Northern VA continued to rise last year and I believe this trend will continue in 2014. From 2011 to 2012, the median price rose 4.82%. And from 2012 to 2013, the median price rose 7.13%. This is good news for homeowners who were underwater (have a home purchase loan with a higher balance than the free-market value of the home). If you tried to sell unsuccessfully during the years 2008 to 2011, your golden ticket may just be cashed this year.

3. INTEREST RATES WILL RISE, BUT MORTGAGES MAY BE MORE ACCESSIBLE



For several years, we have had interest rates at historical lows. This will not last. In fact, we have already seen rates rising. While this may price some buyers out of the market, it actually may work in reverse for other buyers. The silver lining to rising interest rates is that means less refinancing business for lenders; and that may result in lenders loosening their standards in order to compete. Just this

week, we were notified by several of our lenders of new programs they are offering that are more flexible than what we have seen over the past few years.

WILD CARDS:

- ◆ If home prices continue upward and more sellers put their homes on the market, this could help alleviate the low inventory problem for buyers adding a little more balance to the market.
- ◆ The market will continue to do well if the local economy and jobs remain positive. Should this change it would have a slowing effect on housing.

ADVICE TO 2014 BUYERS & SELLERS:

If you're thinking about buying or selling a home in 2014, the absolute most important thing you can do is to make sure you have the best Realtor representing and advocating for you. There's a lot to navigate along the way - appraisals, surveys, legal disclosures, when to sell, how to price, how to stage, what to disclose, what not to disclose, mortgage financing, how to compete and more. Every market has its own ins and outs as well as idiosyncrasies. According to NAR, 90% of homes are sold by 10% of the Realtors. So my advice to clients, whether they are buying here in Northern VA or across the country in California or even across the ocean in Europe - is to make sure you work with the best. You know they're the best when they're in that top echelon of performers. The more transactions a team does, the more prepared they are to be your advocate and help you navigate successfully. Buying or selling a home is often one of the biggest, if not THE biggest, financial transaction of your lifetime - not to mention the emotional importance of your home and family. Do it right! ♦



ASK the Expert



We're wondering if we should buy a home now or pay rent for another year or two. What do you think?



The decision is different for every prospective home buyer.

Nationwide, statistics show that owning a home costs less than renting. That's because rents are already high, and they rise with each passing year.

If you continue to rent, you won't have to spend your savings on a down payment, but you'll end up paying more for your living quarters in the long run and have nothing to show for it.

It's also true that home prices will continue to rise, but that's really not a bad thing. It means that the home you buy now will be worth more in future years.

According to the Case-Shiller & Poor's index of 20 cities, a survey taken a few months ago showed that home prices had risen 12.8 percent over the previous year. That means people who bought a home for \$200,000 would now own a place worth \$225,600. All 20 cities posted gains in home values.

Home values continue to go up, probably not as much as 12.8 percent, but even at lower percentages, a home purchased today will be worth a great deal more in years to come.

"Home value appreciation is better when it's boring," according to Stan Humphries, a Zillow economist who now says. "It's good to see the price of home appreciation moderate, allowing the market to get back into a sustainable balance and not topple over." Cities like Las Vegas had a one-year gain of 29.2 percent last year, followed by San Francisco at 25.4 percent, increases that are not sustainable.

What do I think? If you have the money for a down payment, and a little more to make changes or updates in your new place, as most people do, I think buying a home now is a good move.

You might even be able to get a discount because some buyers are feeling anxiety over how the government is working. ❖

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THIS NEXT BIG THING IN DECOR AND FURNITURE: BRASS!

Though it's often called the poor man's gold, brass is a gold alloy of copper and zinc that's typically relegated to plumbing and door knockers. But now it has gained a strong following from the country's leading designers.

They are offering chairs with brass arms, barware, chandeliers, lamps, desk accessories and more. Brass is entering the mainstream and is prominently featured in catalogs such as those by Crate and Barrel and Restoration Hardware.

While relatively affordable, it speaks to a 21st-century desire for luxury, timelessness and artisanship, says The Wall Street Journal's David Keeps.

Designer Jonathan Adler currently offers a 60-pound sculptural peacock table and other pieces.

Designer Calvin Klein says, "Brass equals warmth, English clubbiness, Moroccan craft and Italian and midcentury fantasy."

It's also called an essential component of organic modernism, a look that is rooted in natural materials such as leather, stone and wood. Boomers are embracing the softer and more mottled qualities of brass. It ages gracefully. ♦

"I wouldn't dare make a move without calling Chris!"



It's a well known fact that luxury home marketing is not for the unseasoned. Attention to detail, reliable and reputable resources, the ability to move fast, and strong negotiating talents are but a few of the skills needed to meet clients' real estate needs.

Chris Fraley has been at the center of some of our area's largest transactions for years. A Luxury Homes Specialist, Chris has the know-how and contacts to move effortlessly from contract to closing like few others. A call to Chris before making your next move is always a good call.

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ASK COACH

Amy

BY AMY SCHOEN, MBA, CPCC

Q

DEAR COACH AMY,

I am a single mom in my early 40's that has been divorced for a couple of years.

I've been seeing someone I really like — who I thought really liked me — and now I'm not sure. We have gone out a few times and we have briefly kissed, we hold hands and are affectionate with each other. We talk on the phone and/or text regularly. He has been great, telling me how much he likes me, totally being respectful, and he even met my friend Jane last Monday night and we all went out to dinner.

Then, he last called me yesterday to say hi and that he had fun seeing me the night before and meeting Jane. I texted him this morning just to say hi and he replied saying that he'd call me later to try to make plans for this evening. I said that I had my kids but might be able to sneak away for a bit afterwards. I didn't hear back from him. Then later, around 6 p.m., I texted again and said I had to take my kids to a school chorus concert and he wrote back, said he was still at work, and asked when I'd be back from the concert. I said 8 p.m. Then I never heard back from him.

I am upset because I really feel like he blew me off. We didn't have set plans, but why wouldn't he at least text me to let me know he couldn't make it? I don't know if I should say something, or just block him from my phone and move on. I vowed that I wouldn't make excuses for a guy again and I feel like I'm doing that now. I really don't want to walk away but I also don't want to get hurt by someone who might just be playing with my mind or just think of me as a backup option. I don't know what to do or say. I really was falling for him and now I just feel foolish and embarrassed. Help!!!

Yours Truly,

Frustrated in Front Royal

A

DEAR FRUSTRATED,

Do give him the benefit of the doubt. I would pull back and not pursue as much and see if you hear from him again. Does he have kids?

You say he was at work late and maybe he got tied up there. Perhaps he didn't want to disappoint you— which he did! Yes, he should have let you know that it was not going work out that you would not get together that evening after all.

Just let him come and apologize — seen what happens. Also, people have trouble with phones. What kind of work does he do? Does he get into his zone? I have seen situations where people are not good with gauging time. No, we don't want to make excuses, and he may have thought that you both didn't really have actual plans since you were with your kids.

Hopefully you will hear from him today or shortly. The strategy that

worked well with me is that we had a good date and then in my mind I would say, "We'll see". I kept my expectations low while dating. I had been disappointed many times. I knew guys can be fickle. They come on strong and then pull back for no known reason (only known to them!).

By the way, did he make any weekend plans with you yet? I wouldn't give him the third degree — just say it's too bad it didn't work out (if he brings it up).

What gremlins are coming up for you (the "I messed up" gremlin, the "all guys are jerks" gremlin)? You did nothing wrong. Time will tell if he is a serious contender or just having fun. Meanwhile be with your kids, be open to other guys who are pursuing you and plan activities with your friends. You are a wonderful person (fun too) and you deserve a guy who thinks the world of you.

It's really too early to say here. By the way, I don't recommend that you introduce a guy to your friends until he starts introducing you to his friends first. Also, I don't think it wise to bring another single woman into the picture either. He may have felt you were checking him out and trying to get approval of your girlfriend.

I am curious, is this guy divorced? Never married? That may have something to with it. In the future watch out for too much too soon syndrome.

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.



WATCH WHAT YOU SAY AND WHAT PHOTOS YOU POST

It really is not all good, no matter what people say, and it's not all anonymous.

There are tips to remember when posting on the Internet.

The hapless Depree Johnson, 19, could have benefited from those tips. He was just doing a little bragging about his guns and money on Instagram when he heard a knock on the door. Well, maybe not that quick. But he heard a knock on the door shortly after he took a picture of himself with his guns.

A sheriff's deputy in Palm Beach County took note of the picture, the guns, and the fact that Johnson is a convicted felon who is not supposed to have guns. Thus, the knock on the door ensued when the deputy obtained a warrant.

The result was a happy deputy and an unhappy prisoner with 142 counts of felony charges against him for burglaries and other offenses.

And it's not just felons who have to worry.

A whole new area of lawsuits are blooming out there for people who give really nasty reviews about a company online. They are called SLAPP suits (Strategic Lawsuits Against Public Participation) and they aim to silence a complainer, according to dailyfinance.com.

Online reviews are bread and butter to companies. A bad review can ruin sales and, if the review is false, some companies are taking their case to their lawyers.

If you plan to post a review online:

- ◆ Tell the absolute truth.
- ◆ Aim to help others, not to destroy the company.

(Wait. Just wait a day or so before you start typing.) ♦

COMING: THE INTERNET OF THINGS

A New Economy

No one would deny that The Internet of People has changed the world, but the next revolution will be even more dramatic: The Internet of Things.

Take your basic soda machine. It can take your order, make change, or take your credit card, but even so, it is a dumb machine.

What it might do, what it will do, is take inventory of sodas and wirelessly order sodas that it needs. It will take inventory of itself as well, noting which of its parts are not working in optimum fashion, and order the replacement parts.

Humans will serve the machines.

According to Alain Louchez, Center for the Development of Application of Internet of Things, this technological revolution could well signal a new, dynamic economy of experts in data storage, analytics, data security, consulting, education, and training services, all industries that will spring up to support the machines.

Louchez says that in coming years, a trillion everyday objects will become smarter. Your door will know where you are by communicating with your cellphone and it will open, but not for bad guys.

Think of all things communicating with each other to make life work the way you want it. ♦



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OLDER WORKERS OFTEN HAVE STRENGTHS THAT MAKE THEM VALUABLE IN THE OFFICE

Workers who suddenly find themselves unemployed and over 50 are in a difficult position for finding work equal to their experience.

In a 2009 report from the Sloan Center for Aging and Work, employers stereotyped older workers as being more likely to be burned out, resistant to new technologies, often absent due to illness and poor at working with younger supervisors. Many older unemployed workers haven’t kept their computer skills up to date.

Still, older workers are now finding a home in business. The same employers who scored older worker badly also pointed out they are loyal, organized, problem-solving leaders, says a study by North Carolina State University.

Their greatest assets may be their experience and their workplace wisdom. They have learned how to get along with people, how to solve problems without drama and call for help when necessary. And they don’t multitask.

Neuroscientist Adam Gazzaley of the University of California, San Francisco, says multitasking is a misnomer. The brain can’t do two things at once. It switches from one task to the other and with every switch, there’s a delay.

While cognitive decline begins in the 20s, exercise can help or even halt the decline. Given the wide variations in people, Dr. Gazzaley says a smart, active 75-year-old could score higher on cognitive tests than a 40-year-old “slouch on the couch.”

Another advantage: Older workers are more able to unplug to avoid distractions. Younger workers tend to be always on, with email and texting. ♦



THE DEFINITION OF PECHAKUCHA:



GIVE YOUR AUDIENCE MORE INFORMATION
WITH FEWER WORDS
and illustrations

Next time you will give a speech or presentation, consider the Japanese PechaKucha format. You'll give the audience what it wants: more information in less time and with less talk.

The rules are simple. A speaker can display 20 slides and spend 20 seconds speaking on each one. Speak within those parameters.

The plan forces speakers to organize their thinking and it keeps the audience fresh. Most speakers mainly think about what they have to say than how much the audience wants to hear.

PechaKucha originated in Japan in 2003. Architects in Tokyo wanted to create excitement about their arts space called SuperDeluxe. They considered hiring the architects who built the space to explain it. The problem was architects love to talk. The principles of the company worked with the timing and calculated that at six minutes, 40

seconds, they could squeeze in 20 presenters. Most of them said it would be impossible to talk about the building in 20 seconds, but it was not.

According to Inc magazine, PechaKucha Nights are now staged in cities around the world with subject matter varying for funny to serious.

Business is paying attention.

Mark Dytham, a principle at the architectural firm, says presenters appreciate the format's approach.

"It forces you to edit. Whether you're the boss or an intern, you've got the same 20 slides and 20 seconds," Dytham says.

At another company, every new employee has to give a PechaKucha presentation about themselves.

PechaKucha can't prevent people from giving a bad presentation, but the good news is they only last for six minutes and 40 seconds. ♦

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COPING WITH YOUR *Pet's Anxieties*

BY DR. SANDY CHRISTMUS

Q:

My dog trembles, whines, and seems very upset when there's a thunderstorm in the area. What can I do to help her relax?

-- Al K., Oakton

A:

This is a timely question, Al, because spring is here and storms will be visiting us frequently. In addition, Independence Day is just a few months away, and dogs like yours often have similar problems when fireworks go off nearby.

Many dogs with storm anxiety know a storm is in the area long

before you do. Some veterinarians believe that fearful dogs can sense a barometric change and associate it with an impending storm. Others believe that pups hear or feel thunder that we can't sense, because we don't have the sensitive ears that dogs have. Some dogs even become fearful of wind or rain, because they've learned to associate those conditions with thunderstorms that have scared them in the past.

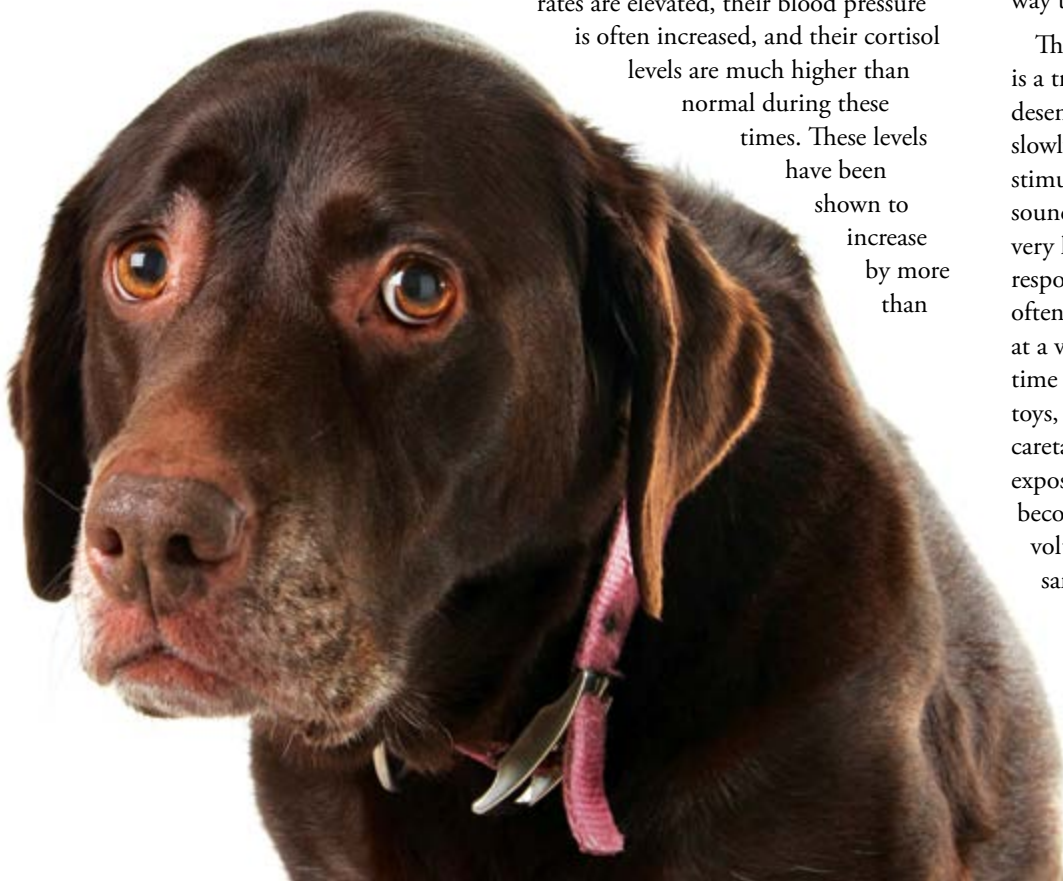
The trembling and whining that your dog exhibits are two of the classic signs of anxiety. In addition to trembling and whining, dogs may pant or salivate. Some dogs want to be close to somebody in the house, while others might hide or try to get out of the house. They may pace or become immobile. Physiologically, their heart rates are elevated, their blood pressure is often increased, and their cortisol levels are much higher than normal during these times. These levels have been shown to increase by more than

200% during a storm and take more than 40 minutes to go back to baseline. To equate the situation to people, the dogs are having a panic attack and are not dealing with the situation in a healthy way. Veterinary literature even reports older dogs dying in such situations, because their bodies can't tolerate the severe changes that occur during those attacks.

Anxiety in dogs is very common. Some dogs fear car rides, new visitors, storms, noise, other dogs, trips to the veterinarian and separation from their pet parents. Several studies have shown a genetic predisposition to anxiety in some breeds and some dogs. These dogs have a combination of altered brain receptor numbers and neurohormonal levels that create anxiety, which then becomes a learned response to new situations. Depending on the individual and his or her genetic makeup, a single incident may generate the anxiety immediately—or the fear may slowly develop over time. As pet owners, sometimes we inadvertently positively reinforce our pets' anxiety—not the best way to deal with it.

The only true cure for anxieties is a training technique called desensitization, in which the patient is slowly introduced to the fear-inducing stimulus (car trips, a baby crying, sounds of thunder or rain, etc.) at a very low level that doesn't create a fear response. For storm/noise anxiety, we often use a recording of a storm played at a very low volume, during which time the dog is eating, playing with toys, and generally interacting with a caretaker in a positive manner. Low exposure is done daily, and as the dog becomes accustomed to the noise, the volume is increased slightly and the same pattern is repeated.

Such exposure trains the dog to accept the fact that the noise is not a dangerous thing and that positive things, such as food, play, and attention, occur while the noise is being heard. Over





time, the volume is increased to a point similar to most thunderstorms. In the best cases, desensitization can re-train a dog to not be fearful in those situations. Sometimes a brief refresher course is needed in the early spring to help the pet remember that the noises aren't dangerous.

Veterinarians recommend several added treatments for a pet's anxiety. One of the most well-known is a Thundershirt®, a fabric vest with Velcro closures that the dog wears during storms. Similar products are also available, and there's no proof that one works better than the other. I often recommend putting a tight T-shirt (small child or baby size) on the dog as an inexpensive alternative to the Thundershirt®. The general idea of any of these products is that they "hug" the dog, and as any parent of a crying child or scared baby can attest, hugging and swaddling with a blanket can make a child feel more comfortable and calm.

Another treatment option is to use oral nutritional supplements such as Rescue Remedy®, HarmonEase®, Anxitane®, or numerous others on the market. Most of these products are not rigorously studied and, because they are considered supplements, they are not regulated or monitored by the FDA. Some dogs benefit from their use during a fearful event, though.

DAP®, or dog appeasement pheromone, can help relieve stress and anxiety in some patients. It is a synthetic version of the calming scent produced around a mother's nipples when her puppies nurse.

Many times your veterinarian can help facilitate your training by prescribing one of several medications that improve the calming neurotransmitters in the brain and make your dog less fearful in stressful situations. While not every dog with anxiety needs medications, they are great in helping pets calm enough to allow the training to take place. In most cases, the drug is used as needed, because they work quickly and don't last long in the dog's system.

In more severe cases, a longer-term anti-anxiety treatment is used during the

entire storm season and then short-acting drugs are used when storms pop up. There are several classes of drugs for dogs with anxiety—selective serotonin reuptake inhibitors (SSRI), monoamine oxidase inhibitors (MOI), tricyclic antidepressants (TCA), and benzodiazepines. Each has advantages and disadvantages, but all are generally safe and inexpensive and are often effective. In different ways, most of the drugs increase serotonin levels in the brain, which has been shown to relieve anxiety and reduce aggression. Interestingly, these drugs use the same chemical messenger system and brain receptors that are used in learning, so when we use the drugs in addition to a comprehensive training program, we are able to teach anxious dogs a new way to behave.

Many pet parents mistakenly either reinforce their pet's anxiety or make it worse, so here are a few things I want you NOT to do. First, don't punish your dog for being afraid or acting oddly—no hitting, no jerking of the collar and no yelling. Second, don't give him/her excessive attention during anxious events. Even though we think we are helping to calm our pets, we are actually positively reinforcing their anxious behavior by giving them more attention when they act fearful.



Saying "It's okay" doesn't help the fearful dog at all. In the dog's mind, things are not okay, and your saying so won't help her, although it might make you feel better. It can even make the dog think you are saying that it's okay to react the way she is reacting, which reinforces the bad behavior. In general, going about your normal activities and talking to her in a happy voice will be better for her than making a fuss over her and giving her more attention. She may be more comfortable going to a quiet room and curling up on a nice, soft bed, which is quite acceptable. Check out Dr. Christmus's Clemson University roommate's dog beds at www.washnzipetbed.com. They're washable, expandable, and have multiple uses. ❖



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A MISTAKE: IGNORING A 401(K) *with a Previous Employer*

People in their 20s and 30s change jobs more often than those who are settled in their careers. As they gain more experience, they are more likely to be lured by a paycheck that's somewhat higher, or a more specific job in their field.

Defined pensions are rare today, so it's important to think about retirement savings at an earlier age.

CASHING OUT

Some people are tempted to use the proceeds of their 401(k)s when they change jobs. They want new furniture or a car. But it's a poor choice for two reasons. First, they'll have to pay income tax on their contributions plus a 10 percent penalty for withdrawing early.

Second, they fail to think about what that money would amount to in the next 35 or 40 years. At T. Rowe Price,

financial planner Stuart Ritter says, "Setting aside small dollars today is like planting small seeds. After a year or two, it doesn't look like much, and too many people take out the roots. But the seeds you're planting when you're young turn into giant redwoods."

GOOD ADVICE

They say young savers should follow one of three options. They can leave the money in the previous employer's plan. Roll it into a new employer's plan or roll it into an individual retirement account.

WHAT A FORMER EMPLOYER WILL DO

Some will simply roll a balance of \$1,000 to \$5,000 into an individual retirement account. Some will send you a check if the amount is \$1,000 or less. And still others will deposit the money into a new plan or 401(k) if you leave it for just 60 days. Then the IRS will assess early withdrawal penalties. ♦

GAMBLING: WHAT ARE THE ODDS THAT YOU'LL WIN?

Most Americans enjoy going to a casino. Maybe you do too. Their second-best choice is gambling from home over the

Internet. What are the chances they'll win? Thanks to public data detailing Internet gambling, a Wall Street Journal study provides some answers.

The chances of being a winner on any day aren't bad. Occasional gamblers won money on 30 percent of the days they wagered.

Continuing to gamble significantly lowers those odds. Just 11 percent of frequent players ended in the black over the two-year period. Most put less than \$150 in their pockets.

Big losers of more than \$5,000 outnumber big winners of the same amount 128 to 1.

About 95 percent of heavy gamblers were big losers. They made the largest number of wagers over the two years and 95 percent lost money.

Of the 4,222 customers analyzed in anonymous records, just 119 big losers provided half of the online casino's take and 10.8 percent provided 80 percent.

To check the results, The Journal asked the University of Michigan and the University of Connecticut to analyze a private gambling database to which they have access. They checked 18,000 holders of loyalty cards at a Native American casino. The findings were very similar. ♦



BY NAVID ROSHAN

CAPITAL ONE POISED FOR IMMEDIATE GROWTH

With all the work going on around Capital One's headquarters in Tysons recently, it's hard to keep track of all the projects happening in the vicinity of the McLean Metro Station. Due to their interconnection and proximity, the division lines have become even blurrier.

The exterior work for the new rail station is largely completed. Across Scotts Run Crossing Road Cityline Partners are busy paving and finalizing a 700-space surface parking lot that will serve as temporary parking for the silver line commuters.

As such, one might have overlooked the construction along the eastern boundary of the Capital One headquarters property.

Based on information provided to the adjacent residential property, Gates of McLean, the construction is associated with road improvements to the streetscape of the road, as well as infrastructure by utility companies, such as Washington Gas, is in preparation of future development.

"Most of the work in 2014 is related to infrastructure, with the office building construction not beginning until 2015," stated a press release by Capital One.

In 2012, after attaining rezoning approval, Capital One anticipated immediately breaking ground for their new headquarters tower. However, unexpected growth for the company warranted a return to the planning table to move forward with an even more ambitious plan, with more room for more employees. A revised plan was in the works even as the original concept was being approved.

New renderings from the submitted Capital One Final Development Plan, available at Fairfax County's planning database for Tysons, show the design of a 470-foot-tall headquarters tower.

At this height the new Capital One headquarters will be the tallest occupied building in the DC Metro region, over 70-feet taller than the second tallest building, which is located at 1812 North Moore, Arlington, VA. Unlike 1812 North Moore, the new Capital One headquarters will have its prime tenant lined up, because the building is meant to serve additional employees Capital One expects to hire over the next decade.



The building, designed by HKS Inc., is more than twice the height of the existing headquarters building and over 100 feet taller than the original approved concept. Its location tucked between the Beltway, but also within walking distance to the new metro station, means it will be a marquee entrance to the growing city whether by car or train. New ground floor retail and street grid realignment will also mean a more publicly inviting campus that will no longer be fenced and isolated.

The new plan is still pending Fairfax County approval, but this building has been anticipated as the first to be built by Capital One. Unlike many other projects around town, this one will start quickly. The lost year created from the delay could mean Capital One pushes forward immediately with building construction, anticipated in 2015, once approval is attained.

The project signifies a continued presence of the Fortune 500 company in Northern Virginia, with more diverse high income jobs for the region, and in the short term will provide a significant boost for the commercial construction industry. ♦




Tracks leaving Greensboro station
headed towards Spring Hill station

BY MARSHA MCALLISTER

SILVER LINE INCHING TOWARD *Undetermined Opening Date*

Step by step, test by test, month by month, detail by detail. Such is the story behind the opening date for Phase 1 of the Dulles Corridor Metrorail Project's Silver Line. While the date has not been set, completion of construction is almost done and testing continues.

Residents and those who work in Tysons Corner say they are anxious for service to open but most agree that providing a safe, reliable system should remain the first priority for those building the system.

In early February, Dulles Transit Partners, the design-build contractor for Phase 1, took an important step along the road to the finish line.

"Dulles Transit Partners made the determination that they reached substantial completion. Their declaration means they believe they have satisfied the terms of their contract and are ready to turn the project over to MWAA and WMATA for final testing and preparations for opening," according to a statement issued by the rail project.

The project is being built by the Metropolitan Washington Airports Authority and will be turned over to Metro (Washington Metropolitan Area Transit Authority) to operate as part of the regional transportation system. Metro will set the date for the beginning of rail service after completing extensive additional testing.

Patrick Nowakowski, the project's executive director, has reminded the public and the media that the an even bigger milestone will be met when the Airports Authority decides to accept that declaration. It is not known at deadline time what action the Authority has taken.

However, the Authority had 15 days after the declaration was delivered on Feb. 7 to review and accept or reject the declaration.

The Authority must be sure that the declaration includes a host of materials, including deliverables spelled out in the construction contract such as:

- Delivery of spare parts and maintenance manuals.
- Evidence supporting substantial completion of all tests and all regulatory approvals.
- As-built final drawings.
- Certificates of Occupancy.
- A list of remaining punch-list items and a schedule for completing those items.

"There was a mountain of information to be evaluated," Nowakowski said. He called the review "a daunting task."

While the declaration analysis continued, DTP continued to work on a variety of tasks, including items that are considered essential for substantial completion including landscaping, paving and signage. ♦



Entrance to pedestrian walkway to Greensboro station



Exterior of Greensboro station from Route 7



Covered waiting areas at Greensboro station



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Photo credit Stephen Barna, Dulles Corridor Metrorail Project



BY MARCIA MCALLISTER

Tyson's Corner Station South Pedestrian Pavilion Escalator/Elevator Lobby

Looking East from the top of the Escalators toward the Macerich Development. The interior Pavilion finish and elevator construction is completed with punchlist items remaining.

They ring a 1.5-acre public area, called the The Plaza, which will include new outdoor cafés and restaurants. It will be elevated 32 feet above street level.

There will be seating areas with fire pits and game tables, all designed as part what Macerich calls "a respite for Metro passengers, office workers, residents, hotel guests and shoppers."

In addition, The Plaza will also provide ongoing programming including fitness activities, concerts series, movies and farmers and holiday markets. ♦



Tyson's Corner Station: Looking East towards the Mezzanine Level from the intermediate Escalator Landing from the Ground Level Entrance. The interior finish and escalator construction is nearing completion with mainly punchlist items remaining.

THE PLAZA COMING NEAR *Tyson's Corner Station*

PUBLIC ART, FESTIVALS, CHILDRENS' PLAY AREA, FITNESS ACTIVITIES, MARKETS COMING

The Tyson's Corner Metrorail Station shines brightly in the night skyline of Route 123 in the heart of Tyson's Corner as testing continues and finishing touches are done to enhance what is expected to be the busiest station on Phase 1 of the Silver Line.

Across the street construction continues on housing, office space, a hotel and a public plaza with public art and a childrens' play area .

Located along the northwest side of Route 123 at Tyson's Boulevard, this station has two entrances along Route 123 and at Tyson's Boulevard. The station and the entire Silver Line was a spark for the dramatic transit oriented development taking place at Tyson's Corner Center. Already the nation's fifth largest shopping center it is being hailed as a strategic example of how to transform a mall into a city itself. Drivers along Route 123 see signs hailing the construction but often ask exactly what is going on at the three structures under construction at the site where once a Giant grocery and later a Circuit City once stood.

Today, owners of Tyson's Corner Center are building three towers across the busy Route 123 corridor from the transit station. A dramatic bridge connects the station to a pedestrian pavilion and a future bridge directly into the mall and those towers.

According to Macerich/Tyson's Corner Center, the three new buildings are the VITA luxury apartments, Tyson's Tower office building and the Hyatt Regency Hotel.



(above) Tysons Corner Station Mezzanine Level, Looking East from the Escalators toward the Fare Gates: The interior finish and equipment construction is nearing completion with mainly punchlist items remaining.

(below) Tysons Corner Station South Pedestrian Pavilion
The exterior Pedestrian Bridge and Pavilion construction is completed with punchlist items remaining. The site work construction is nearing completion with glazing, electrical and lighting connections for the Bus Shelters remaining.



Photo credit Stephen Barna, Dulles Corridor Metrorail Project

Tysons Corner Station

Location: On northwest side of Route 123 at Tysons Boulevard

Type of Station: Aerial

Station Facilities:

- ▶ 2 station entrances (each side of Route 123)
- ▶ Pedestrian bridge crossing Route 123
- ▶ Bus dropoff/pickup
- ▶ Bicycle facilities: 38 racks, 20 lockers

Platform Height (approx.):

- ▶ East/Inbound End: 32'
- ▶ West/Outbound End: 34'
- ▶ Average: 33'

Mezzanine Height (approx.):

- ▶ East/Inbound End: 49'
- ▶ West/Outbound End: 49'
- ▶ Average: 49'

Other Project Highlights:

- ▶ Average aerial track height: 35.7'
- ▶ Above ground track: 3 miles
- ▶ At grade track: 8.6 miles

Scheduled to open: Phase 1 is scheduled for completion early 2014. The Washington Metropolitan Area Transit Authority will determine opening date.

Landmarks: Tysons Corner Center and Tysons II/Tysons Galleria malls

Fares: Will be set when the Silver Line and its first five stations open, and will be similar to other Metrorail lines.

Schedule: Trains are anticipated to run every six minutes in the peak period (rush hours) and less frequently in the off peak.



DEPARTMENT OF PLANNING AND ZONING - *Ongoing Projects and Studies*

Below is a list of high-profile projects and studies, as well as proposed amendments to the Comprehensive Plan and the Zoning Ordinance.

TRANSFORMING TYSONS CORNER

- By 2050, Tysons will be transformed into a walkable, green urban center based on a plan approved by the Board of Supervisors that updates the

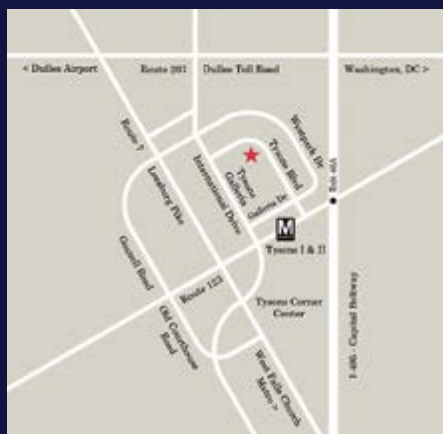
land use plan and zoning ordinance for Tysons.

CAPITAL IMPROVEMENT PROGRAM

- The Capital Improvement Program (CIP) is a five year guide for creating, maintaining and funding the County's present and future infrastructure requirements.

DULLES SUBURBAN CENTER AREA STUDY

- The Dulles Suburban Center Study is a comprehensive planning study that will assess the current conditions and land usage of parcels that lie adjacent to the Washington-Dulles International Airport along the Route 28 and Route 50 corridors.



THE CORPORATE OFFICE CENTRE *at Tysons II*

The Corporate Office Centre at Tysons II is located in Tysons Corner, Virginia, the 12th largest business district in the country and Fairfax County's downtown. Situated at the intersection of the Capital Beltway (I-495), Route 123, the Dulles Toll Road and footsteps from the new Tysons Corner Metro Station scheduled to open in early 2014, The Corporate Office Centre at Tysons II is the most prestigious address in the Washington D.C. Metro region. Within the 117-acre development is Tysons Galleria, four award-winning office buildings, all developed by Lerner, and The Ritz-Carlton Hotel • Tysons Corner. Tysons Galleria is an 800,000 square foot luxury shopping destination featuring numerous luxurious shops and restaurants. The Ritz-Carlton Hotel • Tysons Corner was named one of the top 50 hotels in the United States by Condé Naste Traveler Reader's Choice Awards and offers elegant accommodations and superior personal service. The completed projects developed by Lerner include 1600 Tysons Boulevard, a 305,000 square foot office tower; 1650 Tysons Boulevard, a 395,000 square foot office tower; 1750 Tysons Boulevard, a 405,000 square foot office tower; 1800 Tysons Boulevard, a 320,000 square foot office tower; and Lillian Court at Tysons II, a 286 unit award winning luxury condominium project. All of the buildings are connected by a climate controlled walkway to each other and to Tysons Galleria and The Ritz-Carlton. 1775 Tysons Boulevard, for which site work has been completed and is prepared for vertical construction, will be the fifth office building developed by Lerner and is registered with the certification goal of LEED® Platinum - the first building and development in Tysons Corner to do so.



EXCEPTIONAL DESIGN AWARDS

- Sponsored by the Fairfax County Board of Supervisors and administered by the Department of Planning and Zoning and the Architectural Review Board, the Exceptional Design Awards program recognizes achievement in the total design of building and site; and creates an awareness of outstanding planning and design projects among design professions and the general public.

FAIRFAX CENTER AREA STUDY

- The Fairfax Center Area Study is a multi-phase planning study to examine current recommendations and existing conditions within the Fairfax County Comprehensive Plan. The Fairfax Center Area comprises approximately 5,550 acres west of the City of Fairfax and east of Centerville, generally between Lee-Jackson Memorial Highway (Route 50) and Lee Highway (Route 29).

FAIRFAX FORWARD

- Fairfax Forward is an ongoing effort to propose a new means to review and manage the Comprehensive Plan, as a replacement to the Area Plans Review process.

RESTON MASTER PLAN SPECIAL STUDY (INCLUDES THE RESTON-DULLES CORRIDOR SPECIAL STUDY)

- A special study to review the Reston-related information in the Comprehensive Plan and consider potential changes to the Comprehensive Plan recommendations for the Dulles Corridor as proposed by multiple Area Plan Review (APR) nominations in the Dulles Corridor during the 2008 North County APR process.

ROUTE 28 STATION - SOUTH STUDY

- A planning study to conduct a comprehensive evaluation of the existing Fairfax County Comprehensive Plan and identify appropriate changes to help guide future development in the vicinity of the Route 28/CIT transit station area.

RESIDENT CURATOR PROGRAM IMPLEMENTATION STUDY

- An implementation study supporting the establishment of a Resident

Curator Program (RCP) in Fairfax County is underway. RCPs identify publicly-owned historic properties with no immediate or practical public use and through an open and competitive process, select outside parties with skills, resources and vision to rehabilitate a property in accordance with accepted preservation standards for historic buildings. ❖



1775 TYSONS BOULEVARD

1775 Tysons Boulevard, for which site work has been completed and is prepared for vertical construction, will be a 476,000 square foot 18-story world class office tower designed by the internationally acclaimed architectural firm of Kohn Pedersen Fox Associates PC of New York. The building will be one block from the new Tysons Corner Metro Station scheduled to open in early 2014. The building will be connected by a climate controlled walkway to Lerner's other office buildings, Tysons Galleria and The Ritz-Carlton Hotel • Tysons Corner. 1775 Tysons Boulevard is registered with the certification goal of LEED® Platinum - the first building and development in Tysons Corner to do so, and will be located within Lerner's Corporate Office Centre at Tysons II in Tysons Corner, Virginia, the largest office market in Virginia and 12th largest in the nation. Delivery of the building is scheduled for Fall 2015.



COMING SOON-

Bazin's Next Door

Patrick and Julie Bazin are changing the menu at Alegria on Church. Despite its success and Award Winning Menu, Patrick is creating a new "bistro style" menu embracing the same fresh, seasonal cuisine as the wildly popular Bazin's on Church but including an exciting line up of vegetarian and gluten free options. Also on deck, a wide selection of wine and a the same award winning service. Some of the favorites of Alegria will be included in the Bistro Menu. We can't wait! ♦



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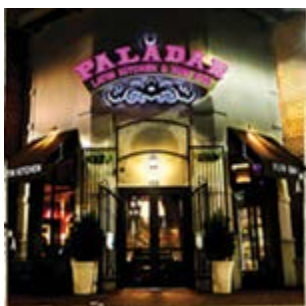
The much awaited Passion Fin Asian Bistro & Sushi Bar is open in Halstead Square in Merrifield. Sushi, and an exciting fusion of Asian, Thai dishes with a complete bar and relaxed yet elegant atmosphere. We love it! 2750-A Gallows Road, Merrifield, VA 22180. www.PassionFinMerrifield.com 703.204.2969 ♦



Hip to be Round Maternity Boutique, the premier maternity boutique that celebrates the different phases of pregnancy through their chic and sophisticated clothing and accessories, will open at Mosaic on March 1, 2014. From a variety of clothes to help women feel fashionable throughout pregnancy, to cute and functional nursing wear, Hip To Be Round is the destination for expectant and new moms. 2910 District Ave. Suite 125, Fairfax, VA www.hiptoberound.com ♦



Coming Soon...A new Wine and Beer Shop on 8100 Lee Highway in Falls Church, next to the new Open Road and Trio Grill watch for the opening... ♦



COMING SOON-

Paladar Latin Kitchen and Rum Bar

We are all waiting for the new Paladar Latin Kitchen and Rum Bar to open where the Bertucci's Brick Oven Restaurant was on Old Gallows Road in Vienna. An exciting menu and line-up of Rums, Catering and Private Party Options. Watch for the Opening and take the back way from Gallows Road to avoid any traffic. Paladar Latin Kitchen and Rum Bar, 1934 Old Gallows Road, Vienna, VA. www.Paladarlatinkitchen.com ♦





ARBOR ROW STARTS CONSTRUCTION

Hanover's residential tower at Arbor Row has erected their construction tower crane to prepare for vertical construction. Hanover said that they would be moving immediately from utility and site construction into the vertical construction of their 300 foot, 27-story, residential tower. Hanover has not yet said whether the building will contain apartments or condominiums. ❖

WOLF TRAP FOUNDATION

Announces New Leaders

Wolf Trap Foundation for the Performing Arts announces the election of Daniel A. D'Aniello, Founding Partner and Managing Director of The Carlyle Group, as Chairman of the Wolf Trap Foundation Board of Directors. During the Foundation's annual meeting on February 13, 2014, the Board also elected eight new members and named Gil Guarino, CEO at Intuitive.IT, as its Vice Chairman/Secretary. D'Aniello succeeds John C. Lee, IV, Senior Advisor, Schneider Electric, who will continue to serve on the Board as a Director. ❖

MOVE AND EXPANSION

Alzheimer's Family Day Center will soon be Insight Memory Care Center. They will also relocate their center to a property in Fair Oaks on Pender Drive. The new center will provide 15,000 square feet of space compared to the current 5,000 square feet.

- Increased adult day health center capacity, from 40 to 60 participants
- Open floor plan conducive to wandering with no dead ends
- Dedicated spaces for art therapy, physical therapy, Music and Memory, and a Multi-Sensory room
- 1,000 square feet of outdoor space.
- Dedicated, separate space for early stage programming
- Increased support and education programs



Admission is FREE and guests will be able to purchase food & beverages. Proceeds from Taste of Vienna directly benefit the Vienna Volunteer Fire Department.

11AM - 8PM | 400 CENTER ST. S. VIENNA, VA
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McLean Gets a new Sweetgreen's

Sweetgreen's latest location opened last month in McLean, VA. The store's design is environmentally friendly, with tables and benches from reclaimed wood and other design touches familiar to Sweetgreen's customers. They are located at 6707 Old Dominion Drive, McLean, VA. More info at www.sweetgreen.com. ❖



NEW WHOLE FOODS IN TYSONS?

The Washington Post is reporting that Whole Foods is eyeing a location in Tysons. The grocery anchor would be a catalyst for whichever development they choose to align with, helping construction start earlier due to more secure financing terms. It would also help address the growing population, currently growing at between 1,000 and 2,000 residents per year. ❖

GEORGETOWN'S MBA PROGRAM IS

Expanding into Tysons

They will be located at the new Convene office space at Tysons II. Georgetown officials chose this area to attract new students who already have careers and may live further out in the suburbs. The surrounding business atmosphere, the new Silver Line and a geographic location were factors in this decision by the College. ❖

B.J.'S BREWHOUSE

The chain restaurant that opened earlier this year features a menu of 17 beers brewed in-house and a varied menu of dishes like loaded baked potatoes and pasta. Their "pizookie" desserts are very popular with customers. They are located at 8027 Leesburg Pike, Vienna, VA. More info at www.bjsbrewhouse.com. ❖

CustomInk Relocates

Custom Ink T-shirt company is moving its offices from McLean to a new headquarter location over in Merrifield, VA. They are taking all 73,000 square feet of office space in the new development and will bring almost 500 new office workers. ❖

COUNTY INVESTIGATOR SPEAKS ABOUT

Credit Card, ID Theft Risk

By Laura Sheridan

At the Feb. 4th meeting of the McLean Woman's Club, Officer Tom Polhemus, an investigator with the Financial Crimes Unit of the Fairfax County Police Department, spoke to the group about sophisticated schemes for stealing personal financial data and recommended ways to avoid being targeted. Officer Polhemus is one of 12 investigators in the Financial Crimes Unit, which handles some 4,500 fraud reports per year, he said. Among his recommendations were: Review credit reports annually to protect against identify theft (he suggested www.annualcreditreport.com for this purpose); opt out of receiving pre-approved credit applications by calling (888)567-8688; monitor credit card and bank accounts online; use electronic banking if possible; mail bill payments from postal facilities rather than from home; and review bank statements for unauthorized debits. Regarding the latter, Polhemus noted that, by law, a bank must make restitution for fraud if the account holder reports it within 60 days. He also cautioned against using credit cards in restaurants, as some establishments in Fairfax County have been detected using card readers that send data to unauthorized as well as to authorized recipients. Polhemus suggested that before donating to a charity it can be checked at www.charitynavigator.org. Finally, identity theft victims should get a police report to that effect and secure a 7-year fraud alert or a credit freeze on their accounts. ❖

Photos by Brenda Schrier



(Above) Peter Kearney, president, and Stefan K. Gassner, Development Manager, Rushmore Properties, present an update on Harris Teeter to members of Falls Church Chamber of Commerce. (At Right) Stephanie Edwards Director of Sales for the Hilton Garden Inn, Falls Church receives a gift certificate donated by VivaTysons Magazine at Falls Church Chamber of Commerce luncheon.





WE'VE GOT JOKES

A SIMPLE TEST

An older couple had a son who was unable to decide about his future career. So they decided to do a small test.

They took a \$10 bill, a bible, and a bottle of whiskey and put them on the front hall table ... then the couple hid.

The father said, "If our son takes the money, he will be a businessman, if he takes the Bible, he will be a priest, but if he takes the bottle of whiskey, I'm afraid our son will be a drunkard."

The son arrived, took the \$10 bill and slid it into his pocket. Then he took the Bible, looked it, and took it.

Finally he grabbed the bottle, opened it, and sniffed it. Then he left for his room, carrying all three items.

The father says: "Darn, it's even worse than I could ever have imagined. Our son is going to be a politician!"

VISIT TO A SHRINK

A man went to a psychiatrist for his phobia.

"Doc," he said, "Every time I get into bed, I think there's somebody under it. I get under the bed, I think there's somebody on top of it. You gotta help me, I'm going crazy!"

"Just put yourself in my hands for two years," said the shrink, "and I'll cure your fears."

"How much do you charge?"

"A hundred dollars per visit."

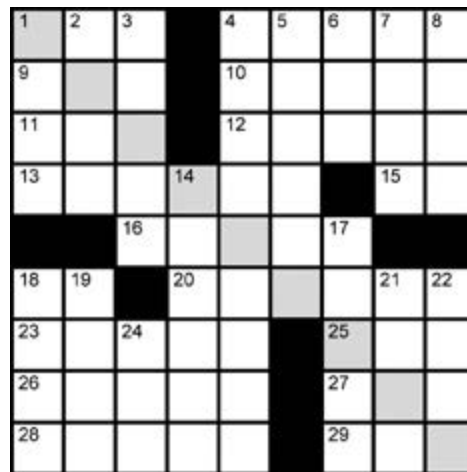
Six months later the doctor met the man on the street and asked why he didn't come back to see him.

"For a hundred buck's a visit? A bartender cured me for \$10 dollars. He told me to cut the legs off my bed!"

**YOU GET TO DECIDE WHERE YOUR TIME GOES.
YOU CAN EITHER SPEND IT MOVING FORWARD,
OR YOU CAN SPEND IT PUTTING OUT FIRES. YOU
DECIDE. AND IF YOU DON'T DECIDE, OTHERS WILL
DECIDE FOR YOU.**

TONY MORGAN: CONSULTANT,
LEADERSHIP COACH AND WRITER

CROSSWORD



ACROSS

1. Biblical beast
4. Inflexible
9. Babysitter's handful
10. "Home ____"
11. Rightful
12. Artery problems
13. Expresses
15. Sooner St.
16. Get fit after injury
18. "Stubborn ____ a mule"
20. Corolla and Prius maker
23. Bake, as eggs
25. Dine
26. They're nuts
27. Colorado Indian
28. Some porcelain
29. Fraternity letters

DOWN

1. Boosts
2. Censor's target
3. Asparagus unit
4. Thoroughbred
5. "You got that right!"
6. Moo ____ gai pan
7. "What's gotten ____ you?"
8. Escritoire
14. Foursome
17. Petty officer on a merchant ship
18. Questions
19. Boutique
21. 1984 Peace Nobel
22. "Planet of the ____"
24. 1969 Peace Prize grp.

WORD FIND

C H G O O S E F L E S H P
C U C D U C K B I L L O T
O I O P I G O U T O K R N
W D W I J R X W P L L S E
S U P H C O W S H E D E M
L C O W B E L L G E M H G
I K K E D I H W O C R I I
P W E S C N A Y O O E D P
I E S R T D E L S W O E D
G E H O E M P F E H H J U
T D E H L Y W E B A S A C
A A E Y G O O S E N E C K
I U P F I B C R R D S U P
L M D W P W S O R V R V I
H K O A O O V H Y L O T N
J H G K K C E P N E H O W

COWBELL
COWBOY
COWHAND
COWHERD
COWHIDE
COWPAT
COWPEA
COWPOKE
COWSHED
COWSLIP
DUCKBILL
DUCKPIN
DUCKWEED

GOOSEBERRY
GOOSEFLESH
GOOSENECK
HENPECK
HORSEFLY
HORSEHIDE
HORSESHOE
HORSEWHIP
PIGLET
PIGMENT
PIGOUT
PIGTAIL
SHEEPDOG

**SPEECH IS THE
MIRROR OF THE
SOUL; AS A MAN
SPEAKS, SO HE IS.**

PUBLILIUS SYRUS: LATIN
WRITER OF MAXIMS

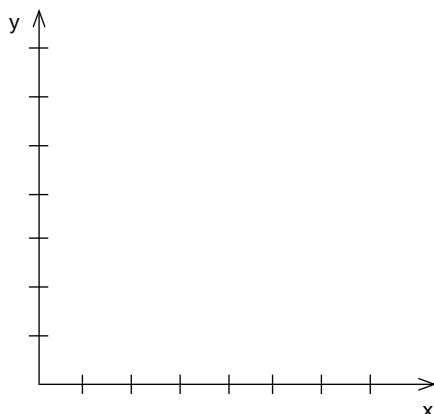


**AT TIMES OUR OWN LIGHT GOES OUT AND
IS REKINDLED BY A SPARK FROM ANOTHER
PERSON. EACH OF US HAS CAUSE TO THINK WITH
DEEP GRATITUDE OF THOSE WHO HAVE LIGHTED
THE FLAME WITHIN US.**

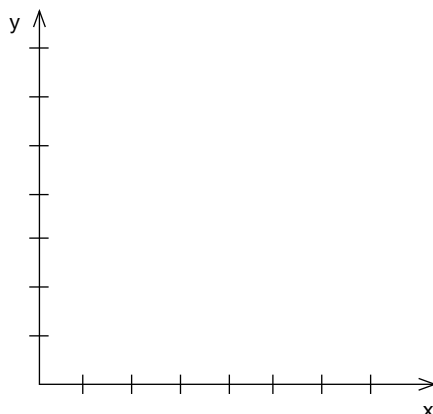
ALBERT SCHWEITZER, THEOLOGIAN, PHILOSOPHER,
MISSION DOCTOR IN AFRICA

MATH PROBLEMS

Problem A: In a paint factory, an old conveyor line has filled 10 barrels of paint, and is filling more at a rate of 2 barrels per minute. A worker just switched on a newer line that can fill 4 barrels per minute. In a little while, the two lines will have filled an equal number of barrels. How long will that take?



Problem B: Emily and her sister Anna are making baby blankets to sell at a boutique. Emily has already completed 5 blankets and can finish 8 more blankets per day. Anna has only finished 10 blankets so far, but she is a fast worker and can make 7 per day. At some point, Anna will catch up and they will both have completed the same number of blankets. How many blankets will each woman have made? -

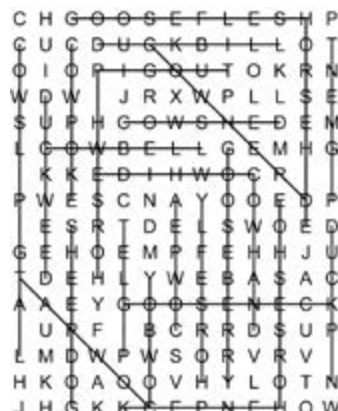


See more at: <http://www.ixl.com/math/grade-8/solve-a-system-of-equations-by-graphing-word-problems#sthash.ZqS5SBt9.dpuf>

CROSSWORD ANSWERS



WORD FIND ANSWERS



STRANGE LAWSUITS

PLAINTIFF: Jesus Christ

DEFENDANT: West Virginia Department of Motor Vehicles

LAWSUIT: A man who changed his name to Jesus Christ sued the West Virginia DMV in 2005 because they wouldn't issue him a driver's license with the name on it. Officials said they couldn't issue the license because his birth certificate shows his birth name, Peter Robert Phillips Jr., and he never obtained a legal name change. He did, however, have a passport, a Social Security card, and a Washington D.C. driver's license, all of which showed the name "jesus Christ." His attorney said he had changed his name 15 years earlier and had never had a problem. When asked if his client would comment on the case, his lawyer said, "Christ is not speaking to the press at this time."

PLAINTIFF: Patricia Frankhouser of Jeannette, Pennsylvania

DEFENDANT: The Norfolk Southern Railway

LAWSUIT: Frankhouser sued the railroad in 2004 after she was hit by a train . . . while walking on the tracks. Frankhouser's suit blamed the railroad company for her injuries, claiming it should have posted warning signs, notifying people that the train tracks were being used by trains. (She wasn't badly hurt.)

Excerpts taken from: *Uncle John's Fast-Acting Longlasting Bathroom Reader*



"That was our song? I guess it loses something when played on armpit, Mr. Romantic."



TRIVIA TEASER: THROWING MOTION

1. What unusual throwing weapon was used by James Bond villain Oddjob in the movie "Goldfinger"?

- A. Saw blade B. Hat C. Yo-yo D. Fan.

2. Tradition holds that visitors can assure they will return to what city by tossing a coin over their shoulder into the Trevi Fountain?

- A. Rome B. Toronto
C. Kansas City D. Houston.

3. What do sumo wrestlers throw into the ring to purify it before each bout?

- A. Seashells B. Beads
C. Talcum powder D. Salt

4. In their comic strip, what object did Ignatz Mouse often throw at the head of Krazy Kat?

- A. Brick B. Sponge C. Mailbox D. Cactus

5. What creature has been considered a good luck symbol for the Detroit Red Wings hockey team ever since one was thrown onto the ice during the 1952 playoffs?

- A. Goldfish B. Bat C. Snake D. Octopus.

6. In the movie "Throw Momma From The Train", Danny DeVito tried to convince what actor to participate in a scheme to kill DeVito's mother?

- A. Peter O'Toole B. Rob Reiner
C. Billy Crystal D. Arnold Schwarzenegger

7. The origin of the word "sabotage" comes from an act of rebellion by early 20th century French workers who broke factory machines by throwing what objects into them?

- A. Wrenches B. Shoes C. Logs D. Books

8. What pitcher was fined \$50,000 for throwing a broken bat in the vicinity of baserunner Mike Piazza during the 2000 World Series?

- A. Kenny Rogers B. John Rocker
C. Roger Clemens D. Mike Hampton.

9. Gene Wilder's life is turned upsidedown after he witnesses a body being thrown off a train in what film comedy?

- A. "The Producers" B. "Narrow Margin"
C. "Stir Crazy" D. "Silver Streak"

10. What boxer confessed at a 1960 Senate hearing that he had thrown a 1947 bout in order to get a fight with middleweight champion Marcel Cerdan?

- A. Jake LaMotta B. James Toney
C. Rocky Marciano D. Primo Carnera

HOW TO SOLVE SUDOKU PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

MARCH SUDOKU

1					5	6		
9		2						
		5				1	2	4
				9	6			7
7								8
2			7	1				
6	1	4				8		
						7		1
		3	9					5

EMAIL US *at* INFO@VIVATYSONS *to* SUBMIT YOUR JOKES.



"Here's an interesting article, 'Cold or Seasonal Allergy?'"



"Oh, no, the tourists are starting to arrive."

**IT IS NOT WHAT YOU DO FOR YOUR CHILDREN,
BUT WHAT YOU HAVE TAUGHT THEM TO DO
FOR THEMSELVES, THAT WILL MAKE THEM
SUCCESSFUL HUMAN BEINGS.**

ANN LANDERS



CHALLENGES ARE WHAT MAKE LIFE INTERESTING AND OVERCOMING THEM IS WHAT MAKES LIFE MEANINGFUL.

JOSHUA J. MARINE, CONSULTANT, AUTHOR

SUDOKU ANSWERS

1	4	7	2	3	5	6	8	9
9	6	2	1	8	4	5	7	3
3	8	5	6	7	9	1	2	4
4	3	1	8	9	6	2	5	7
7	9	6	5	4	2	3	1	8
2	5	8	7	1	3	9	4	6
6	1	4	3	5	7	8	9	2
5	2	9	4	6	8	7	3	1
8	7	3	9	2	1	4	6	5

**WHAT IS LIFE?
IT IS THE FLASH OF A
FIREFLY IN THE NIGHT.
IT IS THE BREATH OF
A BUFFALO IN THE
WINTERTIME.
IT IS THE LITTLE SHADOW
WHICH RUNS ACROSS
THE GRASS AND LOSES
ITSELF IN THE SUNSET.**

CROWFOOT, CHIEF OF SIKSIKA
FIRST NATION



"Sorry, but I've forgotten your name. Turn around and let me scan your UPC code."

QUOTES

DO YOU WANT TO KNOW WHO YOU ARE? DON'T ASK. ACT! ACTION WILL DELINEATE AND DEFINE YOU."

THOMAS JEFFERSON, A
FOUNDING FATHER OF THE
UNITED STATES

THE BEAUTIFUL THING ABOUT LEARNING IS THAT NO ONE CAN TAKE IT AWAY FROM YOU.

B.B. KING, INDUCTED INTO THE
ROCK AND ROLL HALL OF FAME
IN 1987

IF YOU ARE CALLED TO BE A STEET SWEEPER, SWEEP STREETS EVEN AS MICHELANGELO PAINTED, OR BEETHOVEN COMPOSED MUSIC, OR SHAKESPEARE WROTE POETRY. SWEEP STREETS SO WELL THAT ALL THE HOSTS OF HEAVEN AND EARTH WILL PAUSE TO SAY, 'HERE LIVED A GREAT STREET SWEEPER WHO DID HIS JOB WELL.'

MARTIN LUTHER KING JR., CIVIL
RIGHTS LEADER AND PACIFIST

THE TIME TO STOP TALKING IS WHEN THE OTHER PERSON NODS HIS HEAD AFFIRMATIVELY, BUT SAYS NOTHING.

HENRY S. HASKINS:
STOCKBROKER, AUTHOR

ANSWERS TO 'THROWING MOTION'

- 1-B, HAT
- 2-A, ROME
- 3-D, SALT
- 4-A, BRICK
- 5-D, OCTOPUS
- 6-C, BILLY CRYSTAL
- 7-B, SHOES
- 8-C, ROGER CLEMENS
- 9-D, "SILVER STREAK"
- 10-A, JAKE LAMOTTA

ANSWERS TO MATH PROBLEMS:

- A) 5 B) 45

LEASH-FREE *Dog Parks*

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BENJAMIN BANNEKER PARK

1600 N Sycamore
Arlington, VA, US 22201

Your pet will love the chance to play and socialize off-leash at this fenced dog park, which includes water spigot, shade trees, and seats for owners.

OAKTON BLAKE LANE DOG PARK

10033 Blake Lane
Oakton, VA, US 22124

Pets love getting the chance to play off-leash in this grassy, fenced field. They're especially likely to run into four-legged neighbors after 5 on weekdays.

GLENCARLYN PARK DOG RUN

301 South Harrison St
Arlington, VA 22204

Your pet will love the chance to cool off on a hot day in the stream at this designated off-leash area. Be careful as the park is not fenced.

OAKTON BLAKE LANE DOG PARK

10033 Blake Lane
Oakton, VA, US 22124

Pets love getting the chance to play off-leash in this grassy, fenced field. They're especially likely to run into four-legged neighbors after 5 on weekdays.

SHIRLINGTON DOG PARK

2601 South Arlington
Mill Drive
Arlington, VA, US

Hours: sunrise to 1/2 hour past sunset

Shirlington Dog Park is a very large dog park with gates that lead to a stream. Large and small dog parks have separate areas to play in. Well maintained area with lots and lots of room for running. This park is a little hard to find because it is hidden, but definitely worth the hunt.

TOWERS DOG PARK

801 S Scott St
Arlington, VA

Pets go wild for this fenced, off-leash dog park with separate small dog area, water spigots, lights for night use, and loads of tennis balls.

VIENNA DOG PARK

700 Courthouse Rd, SW
Vienna, VA, US

The parking lot is off of Old Courthouse Road. If the lot is full, patrons can park up the hill at the Nottoway Park basketball courts. The Vienna Dog Park offers a doggie & human water fountain, fully shaded Woodchip surface, fully fenced area that's 5 ft high with double gates, and agility equipment (ramp, hoop, hurdles).

Courtesy of BringFido.com

HOROSCOPES

March 2014

PISCES: *This pull you have toward something or someone new is actually a sign of personal growth. Your focus is different from what it was a month ago, and that's OK.*

ARIES: Momentum on the career front is sometimes optimized by improvements in your personal life. Try to keep personal relationships on the upswing or an even keel.

TAURUS: You are adapting to change even though it's not your favorite activity. Co-workers trust you and follow your lead, so handle change with a positive tone.

GEMINI: When you have almost resigned yourself to a hard-working, few-rewards fate, a new opportunity comes your way. Take it, be spontaneous and you'll do well.

CANCER: It can be difficult to imagine anyone's way being better than your own. Keep an open mind. Whether it's a company plan or your boss's it could be better.

LEO: You are praised for your talents, but it's the satisfaction you get from doing your personal best that brings self-confidence. Praise is a sign of better things to come.

VIRGO: There's no question about it, fitness makes you more attractive. But there are still some health issues you need to address. Don't put it off.

LIBRA: Something you've been working toward will take place soon. It may bring a mix of emotions: excitement and trepidation, awe and fear, which are all valid responses.

SCORPIO: Finding the right partner is important, but not as important as being the right partner. Always assume that your loved ones are doing their best right now.

SAGITTARIUS: It's tough to do a project with someone who's unreliable, but it does give you a chance to shine.

CAPRICORN: Your internal weather is gorgeous. When you're super busy at work, part of you is sailing a ship across a glassy sea. Taking a mental break is good for you.

AQUARIUS: Your sensitivity keys you to how co-workers are feeling before they know it themselves. The talent brings an understanding of emotional office undercurrents.

April 2014

ARIES: *You'll find that your sensitive side leaves you open to many possibilities. It helps target your goals and work toward them. Don't plunge in. First create a plan.*

TAURUS: While you are an excellent manager of money, you will occasionally splurge to get something you want. It's OK, just don't go overboard. You'll still pay the bills and save a little.

GEMINI: One reason you're a hard worker: you love those little (and not so little) luxuries. You value the quality of your work, but it's also a means to an end.

CANCER: In conversations with fellow workers, watch for facial cues that can indicate whether they want to hear more or whether you've already said enough. Or too much.

LEO: Your stability is an important asset. It means you are also dependable and thorough. Being grounded will help you achieve what you want, so don't change now.

VIRGO: Sometimes you find it difficult to get going, but not this month. You're invigorated, and a sense of time restriction just pushes you on to finish the race.

LIBRA: You may need to smile even though you don't feel like it. The smile can perk up your winning attitude, make you look good, and generate cooperation.

SCORPIO: Right now, you're strong enough to create whatever you think you can. Don't let any petty behavior by others rob you of your momentum.

SAGITTARIUS: Have patience with yourself. Knowing you're not as good at something as you want to be brings the opportunity to excel.

CAPRICORN: Feeling at loose ends? Use mood repair to your advantage. Skip the negative thoughts and picture yourself feeling great after you knock away a roadblock.

AQUARIUS: Motivating others is part of your work even if it isn't in your job description. Don't give up if they just don't seem to get it. They'll catch on before long.

PISCES: Anticipation of a long-anticipated victory at work has you feeling fidgety. Try distractions like sports or taking your loved one to dinner. Good things are brewing for your future.

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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- 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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