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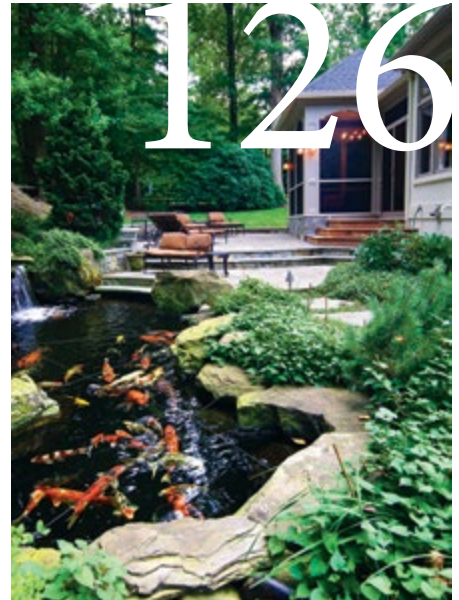
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SUN DESIGN 



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AL FRESCO *By Allison Chase Sutherland*

Dining al fresco in the spring and summer months can be particularly relaxing, especially as the evening cools down, the crickets begin to chirp and the stars begin to twinkle in the night sky. Collected from around the globe, this set of al fresco recipes will grace a picnic table as well as a picnic basket.

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GIVE A FOLDING BIKE A TRY *By Tim Fricker*

The advent of the Silver Line Metrorail service to Tysons brings with it a new array of transportation choices for Northern Virginia area residents. As we eagerly await the arrival of the first passenger trains, I'd like to share with you one option I've come to really appreciate – the folding bicycle!

92

"ALL IN" FOR A CURE *By Ashleigh Kades*

On February 15th, the Cystic Fibrosis Foundation hosted their 18th Annual Joker's Wild Casino Night at the beautiful Hilton McLean. Over 300 supporters raised \$150,000 for cystic fibrosis research, care and programs.

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VIENNA SCREEN PORCH JUDGED BEST OF CLASS *By John Byrd*

A spacious screen porch addition to a Mediterranean-style home in Vienna has won a national Contractor of the Year Award (COTY) for Sun Design Remodeling in the \$100,000 to \$250,000 category by the National Association of the Remodeling Industry (NARI) at an awards ceremony held in New Orleans last March.



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MAY // JUNE 2014

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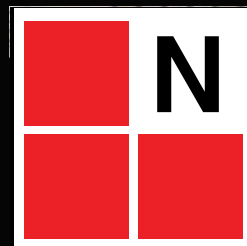
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A LETTER *from the* PUBLISHER

MAY // JUNE 2014



IT'S TYSONS. *Just Tysons.*

I grew up listening to Paul Harvey. Everyday around noon I would wait to hear "Good Morning America, I'm Paul Harvey." And in his booming voice he gave me his interpretations to the day's events; he told me "The Rest of the Story" and armed me with quotes I could use as I set up appointments for my afternoon sales calls.

What attracted me most to Paul Harvey's talk was his unapologetic devotion and commitment to his sponsors and advertisers. A master peddler, he once told Larry King that some days "the best news in the broadcast *is the commercial.*"

I mention this because while shopping online is a tremendous convenience, my favorite retailers are disappearing. Just this Saturday, as I attempted to rent a lens for a special project, I found the bankruptcy sign on

Calumet Photo (aka Penn Camera). I am going to miss that store, and the great folks who were always on hand to give me advice and help when I needed it. What can we do? *It all starts with us.*

In an effort to illuminate and keep our independents top of mind, we have installed some VivaTysons Community Merchant Screens around town. These screens offer our advertisers more opportunities to bring their message to the immediate community, and give our hosts some exciting digital media to energize and illuminate their offerings. You can see them at Maggio's in Vienna, (Thank you Chris and Sherry), Star-Nut in McLean, (Thank you Joe and Denise), and Ireland's Four Provinces in Falls Church. (Thank you Colm Dillon). More are on the way.

We were introduced to Elaine Jean who has written "Carpe Weekend: 52 Day Trips and Adventures near Washington DC." We loved her write up on the "limóncello" factory near by... so many more adventures in the book...we plan to bring you some more in upcoming issues....stay tuned... thanks Elaine Jean.

What beautiful work by Joanne Wasserman. Wonderful. We hope you enjoy her masterpieces.

Russ Glickman of Glickman Home Remodeling and Design was thrown a curve ball and hit it out of the park. A wonderful, heart-warming story about one of our area's best home remodelers who travels to the beat of a drum many of us hopefully will never hear. Inspirational, tender, and heartwarming and written for us by Debbie Sahlin, Director of the Lollipop Kids Foundation in Maryland. Thanks Debbie.

Everything tastes better outside. Dining Al-Fresco, Farmers Markets, Bikes...we have a few stories to welcome the summer. And don't forget to see us at the "TasteTysons Celebration," "Viva Vienna," "Merrifield Festival," "Taste of Vienna," and shopping at the new "Mosaic Central Farmers Market."

Please remember to support our local merchants and service providers—they need and deserve our support and enjoy the all too often Summertime in Washington.

Cheers...



ON THE COVER

*Outdoor dining space
at Harth at the
McLean-Hilton*

Photograph courtesy
of Sammy Dyess.



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Selected EVENTS



MAY 7

OZOMATLI

The State Theatre

8pm | \$25

Celebrated Los Angeles culture-mashers Ozomatli have gone from hometown heroes to being named U.S. State Department Cultural Ambassadors.

Their music — a notorious

urban-Latino-and-beyond collision of hip hop and salsa, dancehall and cumbia, samba and funk, merengue and comparsa, East LAR&B and New Orleans second line, Jamaican ragga and Indian raga - has long followed a key mantra: it will take you around the world by taking you around L.A.

MAY 8

**BRINDLEY BROTHERS
PRESENT JOHN MARK
MCMILLAN "ARE WE ALL
ANIMALS" TOUR**

Tyson's Corner campus of
McLean Bible Church in the
Smith Center
(Buy Tickets through
Jammin' Java)

7:30pm | \$15

In 2012, the song "Seen A Darkness," from McMillan's last album *Economy*, was featured in the promo for ABC's "Grey's Anatomy" episode, "Hope for the Hopeless" (Season 8: Episode 12). His single "How He Loves" was recently listed by Integrity Music as one of the 25 most influential worship songs in the past 25 years and still today ranks on CCLI's Top 25 chart.

the beauty of rebirth, newfound love, family and starting a clean slate.

THE HACKENSAW BOYS

The State Theatre

8:30pm | \$16

Nettwerk records discovered these Virginian natives over 7 years ago....they also support "fun." "Shiny Toy Guns" and "State Radio". The Hackensaw Boys have graced the line ups of Bonnaroo, FloydFest, All Good Music Festival ranging over US to Europe. A mix of Old-Time, Bluegrass, Country, Rock and Roll Music make this 5 person bunch worth while.

MAY 10

**TYRONE WELLS
"CLOSER THAN
EVER" TOUR**

Jammin' Java

7:30pm | \$25

Tyrone Wells got his start as a singer-songwriter and storyteller in Southern California coffee shops, building a ground swell of devoted followers that connected with his powerful voice, honest lyrics and personal anecdotes.

**EMERSON HART
(FROM TONIC)**

Jammin' Java

8pm | \$18

Emerson Hart, frontman for the multi-platinum band Tonic, comes back to time and again on his new record, his first solo release in over six years. Beauty in Disrepair, due out in early 2014, touches on loss, but also



R.S.V.P.

CALLAGHAN

Jammin' Java

7pm | \$15

Performing live Callaghan plays piano and guitar and delivers a vocal which earns frequent comparisons with artists like Sarah McLachlan and Emmy Lou Harris. Her songs chronicle stories and moments from her own life and from others. You'll enjoy thoughtful lyrics, haunting vocals, and catchy melodies which make you smile.

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15**

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MAY 11

LEO MORAN &
ANTHONY
THISTLETHWAITE
(OF THE SAW DOCTORS)

Jammin' Java

7:30pm | \$18

With The Saw Doctors on sabbatical, and with Anthony's and Leo's troubadour feet becoming itchy, the two friends have put together a show to bring around that will include different takes on well-known Saw Doctors' songs, versions of lesser-known and less-played songs, a few from Anthony's solo-albums and other songs written recently with Padraic Stevens.

MAY 14

AN EVENING WITH
TRACE BUNDY

Jammin' Java

7:30pm | \$18

Trace Bundy's music is poetry in motion, using harmonics, looping, multiple capos, and his unique banter and stage presence to deliver an unforgettable live concert experience. Listening to his intricate arrangements is one thing, but seeing the fan-dubbed "Acoustic Ninja" play live confounds even the most accomplished music lovers as to how one person can do all that with just two hands and ten fingers.

MAY 16

JUSTIN CURRIE
(FROM DEL AMITRI)

Jammin' Java

8pm | \$22

David Garza plays guitar and piano, and other musicians include members of White Denim, Phosphorescent and the Heartless Bastards. Together, they help Currie navigate a filler-less album that begins with a funeral and ends with



Courtesy of WolfTrap

a wedding. On the buoyant, almost Badfinger-esque I Hate Myself For Loving You and bijou, vintage beat-box propelled Priscilla, Currie's highly-attuned pop sensibility is well to the fore.

MAY 17

AN EVENING WITH
MARY GAUTHIER

Jammin' Java

7:30pm | \$20

In conversation and in public, Mary Gauthier comes off as a practical, no-nonsense woman. Stoic, even. Which wouldn't seem unusual, except for the fact that her songs carry so much emotional punch, they can leave you staggering. She has a way of burrowing into that hole so many of us carry inside our souls, and emerging with universal truths that show we aren't so alone after all.

BALLROOM DANCE

Colvin Run Dance Hall

6:30pm | \$15

DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome.

MAY 21

GEDEON LUKE &
THE PEOPLE

Jammin' Java

8pm | \$10

Hailing from the streets of Memphis, soul music flows through Gedeon Luke's veins in rainbow colored hues. Weaned on the gospel infused sounds of Sly Stone, Curtis Mayfield and Al Green and inspired by the rock 'n roll passion of The Beatles and The Rolling Stones, Gedeon and his band The People are here to crash through the boundaries of music and society, to bring Love, Peace and Soul to the world.

MAY 23

A PRAIRIE HOME
COMPANION

Filene Center at Wolf Trap

8pm | \$25-65

The nation's favorite radio host leads an ensemble cast through his radio variety show featuring comedy sketches, musical guests, and Keillor's signature monologue, "The News from Lake Wobegon."

MAY 24

AN EVENING
WITH THE KRUGER
BROTHERS

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MAY 28

AN EVENING WITH LAURENCE JUBER

Jammin' Java

7:30pm | \$20

Fusing folk, jazz and pop styles, two-time Grammy-winner Laurence Juber creates a multifaceted performance that belies the use of only one acoustic guitar. First internationally recognized as lead guitarist in Beatle Paul McCartney's band Wings, Laurence Juber has since established himself as world-renowned guitar virtuoso, composer and arranger.

MAY 30

AN EVENING WITH DAVID LINDLEY

Jammin' Java

7:30pm | \$22

On record and in performance, David and Jackson have a musical association reaching back almost 40 years. David's legendary stringed-instrument virtuosity has been showcased on many of Browne's albums, beginning with 1973's *For Everyman*, and on classics such as *Late For The Sky* and *The Pretender* (the latter two both on Rolling Stone's list of the 500 Greatest Albums of All Time).

UNDER THE STREETLAMP GENTLEMAN'S RULE

Filene Center at Wolf Trap

8pm | \$25-50

Slick dance moves and tight harmonies from retro-inspired Jersey Boys quartet and an 8-man a cappella powerhouse produced by the founder of *Straight No Chaser*.

JUNE 3

BESIDES DANIEL

Jammin' Java

8pm | \$10

Besides Daniel is an independent eclectic folk-rock band based around its front man and creative force Danny Brewer. Brewer crafts unique folk style songs about friendships, faith, daydreams, romance and pain, and accompanies them with an array of gadgets including cello, violin, melodica, tambourine, banjo, accordion, casio keyboard, pots and pans, spoons, glockenspiels, digital what-nots, and whatever else is close at hand.

JUNE 6

BEAUTY AND THE BEAST

Filene Center at Wolf Trap

8pm | \$22-80

"Be Our Guest!" Belle and her enchanted entourage prove love conquers all in this family-favorite musical with an Oscar-winning score featuring "Something There" and "If I Can't Love Her."

JUNE 7

SHENANDOAH RUN

Jammin' Java

6:30pm | \$20

Shenandoah Run is a nine-member classic and contemporary folk group from the Washington, DC area who has performed together for over two and a half years. Shenandoah Run blends vintage and contemporary folk music in a manner that appeals to all listeners.

BALLROOM DANCE

Colvin Run Dance Hall

8-9pm American Tango Lesson,
9-11:30pm Dance | \$20

Live music from Mike Surratt & the ECB playing favorite

dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome.

JUNE 11

TREY MCINTYRE PROJECT

Filene Center at Wolf Trap

8:30pm | \$10-44

In their final DC performance, this inventive and bold contemporary ballet company performs to Queen's glam-rock stylings

JUNE 12

LEON RUSSELL

The State Theatre

8:30pm | \$25

There is simply no performer today who can replicate his signature gravelly voice and rolling piano style. It is that

combination and his astounding versatility that have given him a well-deserved long and still going strong career in rock and roll.

RINGO STARR & HIS ALL-STARR BAND

Filene Center at Wolf Trap

8pm | \$35-65

Celebrate an era with a band of Rock 'n' Roll virtuosos from the Beatles, Santana, Journey, Toto, and more!

JUNE 13

IL VOLO

Filene Center at Wolf Trap

8pm | \$30-65

Pop-opera trio of Italian teen heartthrobs combines soaring voices with playful charm in a multilingual "mixture of Andrea Bocelli and the Jonas Brothers." (*The New York Times*)



Courtesy of Jammin' Java



JUNE 14

DEANNA
BOGART BAND

Jammin' Java

7pm | \$20

Drawing on a variety of musical sources ranging from boogie-woogie to New Orleans R&B to swing to rock & roll, singer and barrelhouse pianist Deanna Bogart emerged as one of the most eclectic performers in contemporary blues.

COLVIN'S DANCE FOR
EVERYONE

Colvin Run Community Hall

6:30pm | \$15

DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz, cha cha, rumba, and foxtrot.

JUNE 15

ENGLISH BEAT

The State Theatre

8pm | \$25

Fans abroad had been waiting to embrace these long time ska legends of the 1980's. Their reformation in 2003 turned heads and people took notice. The result was a sold out show at the Royal Festival Hall in the UK. That reception convinced

May 7
The State Theatre

Courtesy of State Theatre

the band to keep doing what they do – make great music.

JUNE 18

JOHN BUTLER TRIO

Filene Center at Wolf Trap

7:30pm | \$32–40

There's nothing "Better Than" acoustically driven roots-rock and reggae ballads from heartfelt Australian multi-instrumentalists.

JUNE 19

HERE COME
THE MUMMIES

The State Theatre

7pm | \$21

America's (or Egypt's) most funky funk band, no one gets a crowd moving and shaking like Here Come The Mummies. There's no way 5-stars can possibly cover how unbelievably amazing it is to spend an evening with the hilarious and ridiculously talented boys in bandages. It's Funk, Rock, Jazz, R&B and Soul all wrapped up in infectious humor and backed by the biggest, baddest horn section in the business. If you haven't seen Here Come The Mummies live, you need to add them to your bucket list right now.

DARYL HALL &
JOHN OATES

Filene Center at Wolf Trap

8pm | \$35–60

Still making your dreams come true with unforgettable soul and rock anthems, these Rock and Roll Hall of Famers are the most successful pop duo of all time.

JUNE 20

PIXAR IN CONCERT–
NATIONAL SYMPHONY
ORCHESTRA

Filene Center at Wolf Trap

8:30pm | \$30–58

All your favorite animated Pixar films on the big screen including *Finding Nemo*, *Up*, *Toy Story*, and *Monsters, Inc.*, paired with memorable scores played by the National Symphony Orchestra.

Courtesy of Jammin' Java

MAY 14
Jammin' Java



JUNE 21

BALLROOM DANCE

Colvin Run Dance Hall
8-9pm Quick-step 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.

SING-A-LONG, GREASE

Filene Center at Wolf Trap
8:30pm | \$25-38

Rev up your vocal chords for an ultimate summer night with the Rydell High gang and sing-a-long with the hits you're hopelessly devoted to as the original 1978 film is projected in-house and on the lawn with lyrics on screen.

JUNE 22

TONIC AND GIN'S 10TH ANNIVERSARY

Jammin' Java
12:30pm | \$12

Tonic & Gin continues is a vibrant co-ed a cappella group of eight members dedicated to sharing a wide variety of music with intriguing arrangements, amazing soloists, and a whole lot of fun! We perform at a variety of venues and for an array of different occasions, public and private.

JUNE 26

TOBY LIGHTMAN

Jammin' Java
8pm | \$18

In a world of auto-tune, Toby Lightman's pure and soulful voice cuts through the noise. People Magazine has stated that "No small talent... Toby Lightman continues to shine a light on her knack for making

rich, soulful pop". From her major label debut in 2004 to her current independent spirit, Toby has mastered her own sophisticated urban pop. With each song, recording or collaboration, Toby continues to hone, craft and perfect her unique sound.

JUNE 27

GIULIO CESARE

The Barns at Wolf Trap
7:30pm | \$36-88

Handel's Giulio Cesare is one of the most well-known works in the Baroque operatic canon, with good reason: a tumultuous plot line interweaves love, lust, political ambition, and revenge with some of the most exquisite melodies in all of western music. Conducted by Antony Walker and directed by Chas Rader-Shieber, this new production is designed and built specifically for The Barns. Approximate running time: 3 hours

JUNE 28

THE KENNEDYS

Jammin' Java
7pm | \$18

With the release of their tenth CD as The Kennedys and recent CDs by their Strangelings and Stringbusters side projects, as well as two new solo recordings (Pete Kennedy's "Guitarslinger", and Maura's debut solo CD, "Parade of Echoes" added to their discography, Pete and Maura remain the Energizer bunnies of the folk/rock world.

COLVIN'S DANCE FOR EVERYONE

Colvin Run Community Hall
6:30pm | \$15

DJ music mix of contemporary and classic dance music including west coast swing, east coast swing, hustle, latin, country western 2-step, waltz, cha cha, rumba, and foxtrot.

THE PHILADELPHIA ORCHESTRA. BEETHOVEN'S 9TH

Filene Center at Wolf Trap
8:15pm | \$25-65

Triumphant performance of Beethoven's "Ode to Joy"

masterpiece and more by preeminent singers and one of the world's leading orchestras in its only 2014 DC-area appearance.

JUNE 29

DIANA ROSS

Filene Center at Wolf Trap
8pm | \$35-60

Motown's supreme legend has inspired generations of singers with an endless stream of No. 1 hits from "You Can't Hurry Love" to "I'm Coming Out."



Courtesy of State Theatre


R.S.V.P.

LEON RUSSELL

The State Theatre
8:30pm | \$25

There is simply no performer today who can replicate his signature gravelly voice and rolling piano style. It is that combination and his astounding versatility that have given him a well-deserved long and still going strong career in Rock and Roll.





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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.

\$5 BOTTOMLESS GUACAMOLE

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

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

WINE'D DOWN

WEDNESDAYS

Entye, 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.



R.S.V.P.

MAY
3

BALLROOM DANCE

Colvin Run Dance Hall

8-9pm Rumba Lesson, 9-11:30pm Dance | \$20

Live music from Helmut Licht & Andre playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, everyone is welcome.

**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.

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.

Courtesy of State Theatre

**R.S.V.P.****HERE COME
THE MUMMIES****The State Theatre
7pm | \$21**

America's (or Egypt's) most funky funk band, no one gets a crowd moving and shaking like Here Come The Mummies. There's no way 5-stars can possibly cover how unbelievably amazing it is to spend an evening with the hilarious and ridiculously talented boys in bandages. It's Funk, Rock, Jazz, R&B and Soul all wrapped up in infectious humor and backed by the biggest, baddest horn section in the business. If you haven't seen Here Come The Mummies live, you need to add them to your bucket list right now.



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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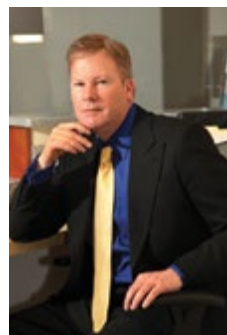
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Arts & Theatre EVENTS

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MAY 3

**CRABGRASS PUPPET
THEATRE PRESENTS
"THE PIRATE AND
THE PEA"**

The Alden Theatre
2pm | \$15

Ages 4+. A pirate and a princess are on a treasure hunt, searching for the same clues. The princess stays one step ahead of the pirate with every clue. But how can she get him out of the way long enough to dive for the treasure? But when the princess is in danger from a giant octopus, she quickly discovers the benefits of cooperation! Join Crabgrass Puppet Theatre on a thrilling voyage chock full of sea monsters, sharks and side-splitting action!

MAY 8

**FREE ARTIST
DEMONSTRATION**

Vienna Art Center
7:30 – 9:30 pm | Free

Experience Watercolor with Peter Ulrich of The Art League. Drop by the Art Center during the hours of 10:00 am - 4:00 pm Tuesdays - Saturdays to see a new exhibition every month. May features High School students and New Members of the Vienna Arts Society.

MAY 9 – 25

**SHOUT!
THE MOD MUSICAL**

Creative Cauldron
Saturdays | 8pm | \$25

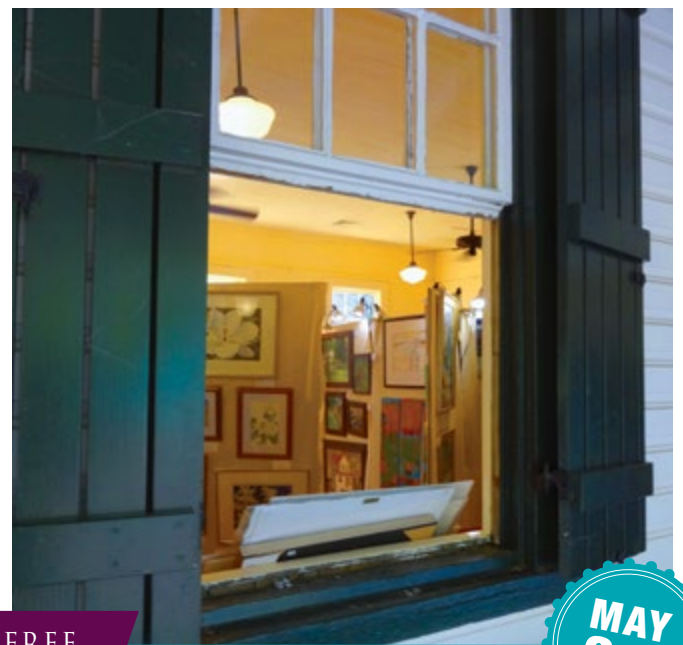
With its irresistible blend of hip-swiveling hits, eye-popping fashions and outrageous dance moves, SHOUT! The Mod Musical takes audiences back to the music, style and freedom of the 1960s. The revue follows five groovy gals as they come of age during those liberating days that made England swing.

MAY 10

**FAIRFAX SYMPHONY
ORCHESTRA
PRESENTS ORFF'S
CARMINA BURANA**

George Mason University
Concert Hall
8pm | \$25-60

The Fairfax Symphony, in collaboration with the Fairfax Choral Society and several of the most sought after singers in the area, will conclude its 2013-2014 season with a performance of Carl Orff's Carmina Burana. Violinist Guillermo Figueroa will join the FSO to open the program with Piazzolla's Brazilian twist on Vivaldi's The Four Seasons.



FREE

ART(UN)VALE'D

The Historic Vale Schoolhouse
3124 Fox Mill Road, Oakton VA

Oakton arts group, ValeArts, will welcome local guest artists Nancy Davis and Linda Czarra to their 18th annual ValeArts Spring show. More than 150 original paintings of various styles, media and size will hang in the schoolhouse in Oakton. Czarra's oils are both representational and bold. Davis' watercolors focus on an abstraction and dreaminess of design in nature and landscape. ValeArts members Laura Barringer, Karin Sebolka, Linda Lovell, Kathy Bodycombe, Betsey Mulloy, Diana Eichler and Lorrie Herman will also exhibit recent original work. An Oakton event for more than 18 years, families are welcome to view and tour the historic Vale Schoolhouse, and original Fairfax County school from the 19th century.

**MAY
2-4**



MAY 10

JAZZ MASTERS

WITH JOHN EATON

The Alden Theatre

1pm | Free

Jazz pianist, musicologist and humorist John Eaton brings his popular continuing education program to The Alden. "Jazz Masters with John Eaton" is an entertaining and insightful afternoon that combines Eaton's peerless knowledge of the Great American Songbook, hilarious commentary, and elegant, ultra-tasteful renditions of jazz standards, both popular and obscure. Each seminar covers one of the giants of the genre, such as Gershwin, Porter and Berlin.

MAY 10-17

FOURTH SILENT
AUCTION ART BENEFIT

The Frame Factory

212 Dominion Road NE, Vienna, VA

9:30 am to 5:30 pm | FREE

The Shepherd's Center of Oakton-Vienna is hosting its Silent Auction Art Benefit at the Frame Factory. Enjoy light refreshments while chatting with local artists and viewing their donated art work. Auction items include paintings, photography, jewelry, ceramics, and other media. Meet the Artists Reception Sat., May 10, 1pm - 4 pm. Silent auction bidding is open May 10 to May 17. (703) 281-2350.

All proceeds will benefit the Shepherd's Center of Oakton-Vienna, a local non-profit providing free services and enrichment programs to older adults in our community. Call their office at (703) 281-0538 or visit www.scov.org for more details. Bidding ends at 4:00pm. Light refreshments will be served.



Courtesy of Traci J. Brooks Studios

R.S.V.P.

MAY
10PERFECT
WEDDING

The Alden Theatre
Tickets, available at
McLeanPlayers.org
8pm | \$16

Director Carol Strachan says, "This play contains all the key elements of farce: slamming doors, concocted stories, mistaken identities and incredible timing as characters run from room to room, being locked in and out of rooms with the skimpiest of explanations and sometimes, costuming. These characters all have comedic timing with quick-thinking dialogue and the action should give your busy life a smile, a laugh and an entertaining experience".

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MAY 18

PAPER MARBLING,
ONE-DAY WORKSHOP

Vienna Art Center

10am – 3:30pm

(bring your lunch)

\$60 plus \$20 materials fee

This thousand-year-old technique allows you to make intricate designs in floating paint and then transfer them to paper. Instructor Deborah Conn will demonstrate some classic patterns, but a lot of the fun is in experimenting, and we'll have plenty of time. Materials will be provided.

Students need to bring only an apron, a roll of paper towels, and an old cookie sheet to use for rinsing each sheet at the end of the marbling process. If you have some papers you'd like to try, bring them along. We can treat them at the beginning of class and you can use them in the afternoon.



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"Spring is Coming"

Watercolor by Wei Lu,
a new member of the Vienna Arts
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The Art Center 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.

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MAY 23 - JUNE 22

BAT BOY: THE MUSICAL

1st Stage in Tysons
Saturdays | 2pm & 8pm | \$32

Ripped from the 1992 World Weekly News tabloid headline, Bat Boy: The Musical is both musical comedy/horror spoof and big-hearted satire on American prejudice. When a half boy/half bat creature is discovered in a cave near fictional Hope Falls, West Virginia, the local vet's wife sets out to teach him the ways of civilization only to be thwarted by the colorful, narrow-minded, "civilized" townfolk who have something else in mind. In the tradition of Sophocles, Sondheim and South Park—with hints of Mary Shelly, Tim Burton and Mel Brooks—Bat Boy weaves a smart and playful pop/rock score with a crazy take on American eccentricities.

JUNE 7 - 21

A MIDSUMMER NIGHT'S DREAM

Creative Cauldron
Saturdays | 7:30pm | \$15

This Spring, the Learning Theater tackles William Shakespeare's most popular comedy. Follow the adventures of four young lovers and a group of amateur actors and their interactions with woodland fairies. The action takes place in an enchanted forest where we encounter a handsome fairy king and queen, star-crossed lovers, a weaver who's transformed into a half-donkey, and the mischievous Puck who proves that "falling in love makes fools of us all."

JUNE 12

FREE ARTIST DEMONSTRATION

Vienna Art Center
7:30 - 9:30 pm | FREE

Marni Maree of the Workhouse will show how to paint a watercolor on canvas. Drop

by the Art Center during the hours of 10:00 am - 4:00 pm Tuesdays - Saturdays to see a new exhibition every month. In June artists are invited to respond to the theme of "Culinary Delights".

JUNE 28

THE XVI SAYA CAPORAL DANCE COMPETITION

George Mason University Concert Hall
5:30pm | \$20

This year, The Pro Bolivia Committee is proud to present the XVI Caporales Dance Competition. Caporales is a traditional Bolivian original dance from La Paz, Bolivia. It was presented to the public for the first time in 1969 by the Estrada brothers, who were inspired in the Afro-Bolivian Saya character of the Caporal, a dance from Yungas, a tropical region in La Paz. Today Caporales is a typical Bolivian folkloric dance that is very popular in the national festivities, particularly during Carnival. The male caporal custom depicts an old Spanish military guard wearing heeled boots bearing large bells known as "cascabeles", carrying a hat and a whip. The female Caporal dress consists of a mini dress, fancy high-heeled shoes, and a round top hat. The Pro Bolivian Committee, from Northern Virginia, is the largest Bolivian cultural non-profit organization outside Bolivia. Founded in 1988, it is a grass root organization nationally recognized for its commitment and excellence preserving Bolivian Culture. ❖



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*“Art,” watercolor 1993*

BY KEITH LORIA

“Jazz,” monochrome black watercolor 1988*“Library,” watercolor 2011*

Being Creative

Long before she studied graphic design at Carnegie Mellon, Joanne Wasserman knew that the creative arts would be her calling.

“As a child, I was very artistic and I took art classes and kept enjoying them through middle school and high school,” she says. “When I was applying to colleges, I was interested in English as a major and their graphic art program (pre-computer) was impressive and I picked it up as a major.”

After graduating college, she moved to Washington DC in 1979 and opened Wasserman Design, offering original art, custom art services and graphic design.

“I came to Washington and found three studios where I could practice my calligraphy as a job and one hired me for minimal wage and that lasted a short time,” she says. “My father believed in me and suggested I go into business for myself, and I went to the Small Business Administration and I was introduced to someone who had extra studio space.”

She started knocking on doors and cold calling clients and has been self-employed ever since. As graphic design became more technology driven, Wasserman decided to stay old school, working in the realms of calligraphy, drawing, and painting.

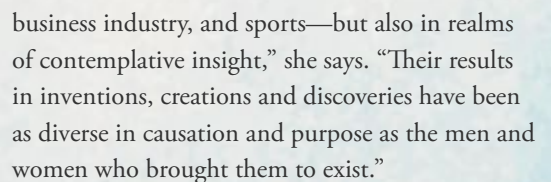
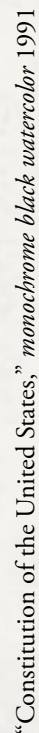
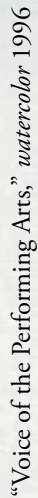
“I wanted to remain in this realm of hand-created unique work,” she says. “Graphic design changed dramatically due to the Mac and I didn’t want to go that route. I continued pursuing customers who would appreciate having original work created by hand rather than computer software. I’m doing my best to actually prosper as an artist.”

Inspiration comes from exploring chosen material through study of her subjects and the composing of unique formations in letter and picture imagery. Her

intention for every work of art is the same: to communicate what she finds most intensely meaningful about the circumstances of the subject’s identity.

“A lot of artists say they paint every day but I’m not like that, I need to have a reason for creating something,” she says. “I search for meaning. I read and like to find new things instead of falling into the traditional things that others may fall into.”

As someone who is often up late into the night, Wasserman loves the way the night sky looks and one of her favorite paintings is called, “Asteroid Pre-Dawn,” using a mix of three watercolors (red, yellow and blue), as a way to pursue the movement of night without using the color black.



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.



BY KEITH LORIA

Hall & Oates

The Music Scene

There's plenty to be excited about in the months leading up to summer as some of the best musicians in all genres are heading our way in May and June. Jammin' Java will feature legendary David Lindley on May 30, plus up-and-comers Zoe Muth and the Lost on June 2, and local favorites Shenandoah Run on June 7. Meanwhile, the State Theater is bringing in Blues virtuoso Buddy Guy on June 10, bearded rocker Leon Russell on June 12 and the English Beat on June 15. Jiffy Lube Live presents a double-bill of '80s rockers in Journey and Steve Miller Band on June 1, and country star Tim McGraw on June 14.

HALL & OATES

Kicking things off for Wolf Trap at the Filene Center this season are Hall of Fame pop stars Daryl Hall and John Oates, crafters of such radio staples as "Man Eater," "I Can't Go For That (No Can Do)" and "Rich Girl."

Coming together in the '70s, Hall and Oates have the distinction of selling the most albums ever by a duo. In total, they have recorded 34 chart hits on the US Billboard Hot 100, seven RIAA platinum albums, and six RIAA gold albums.

"There's no way of qualifying what makes it happen—it's just magic," Oates says. "It's something ephemeral that you can't put your finger on. When you're a songwriter, your goal is to write a song that stands the test of time and resonates with generations of people regardless of the times and the age, and we have managed to do that."

On June 19, the acclaimed singers will head to Vienna and play many of the hits their fans clamor for.

"We love Wolf Trap. It's one of those classic summer venues and we both love playing here. Over the years, we've played here with so many people—Cher, Michael McDonald—and it's always a great show," Oates says. "You get people up close and on the lawn and hopefully there's no thunderstorm and people just have a lot of fun."

While Oates praises all the bands that have surrounded him and Daryl over the years, he believes the current version of the Hall & Oates band is the best its ever been.

"They have really gelled over the last couple of years and have brought a musicality and excitement to the older songs," he says. "For us, it's all about the music. You don't come to our shows to see smoke, fog and fireworks. You come because we are playing some really good songs and we are bringing it every night."

The two met while performing in different bands during a music competition and discovered they both

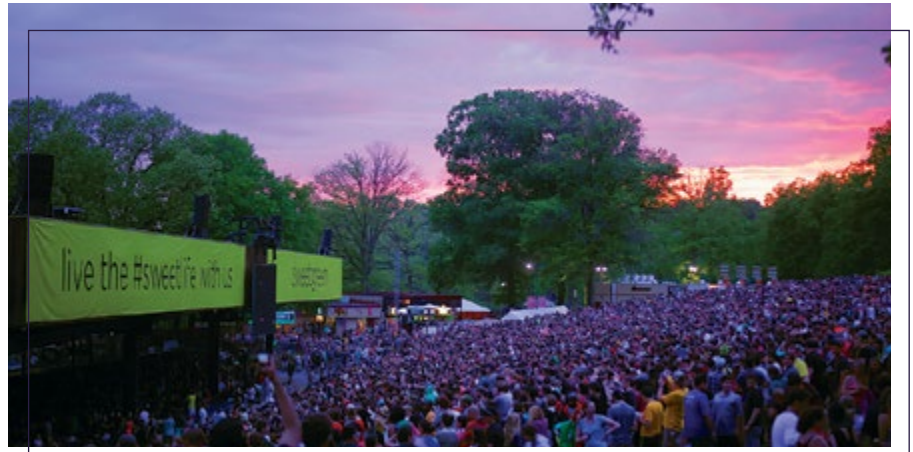


were attending Temple University and shared a love of soul music. They became friends and years later would decide to try the music thing together.

“We have two distinct personalities and I think we compliment each other. We have two different lives but at the same time, we have this unbelievably powerful lexicon of musical references that goes back to our childhood,” Oates says. “We both have a respect for a history of American music and we understand where we came from and the kind of music that brought us to where we are.”

Although they have each released several solo recordings along the way, after four decades together, they are still going strong. Sadly though, Oates doesn’t believe a new album is in their future.

“I think the idea of us doing an album together is antiquated. I could see us doing a single if it was really cool and different, but we are so invested in our individual projects at this point, I don’t see it happening,” he says. “The thing about Hall & Oates is we have so much music we created over the last 40 years, we can’t even play the music we made, let alone new music. Our problem is we have too many hits, and I’m not complaining about it, but I wish we could play those songs we consider to be great that people never hear.”



Looking ahead to Wolf Trap, Oates wants to thank all those fans who have supported Hall & Oates through the years and promises a great show ahead.

“If someone told me back in the ’70s that when I was in my mid-60s I would be selling out shows and seeing 20-year-olds freaking out over my music, I would have thought they were probably tripping out on LSD,” he says. “Honestly, it’s too good to be true, I don’t ever want it to stop and I thank my lucky stars it’s still happening.”

SWEETLIFE FESTIVAL

Younger audiences are excited about the upcoming fifth anniversary of the Sweetlife festival, which is headed back to the Merriweather Post Pavilion on May 10.

The all-day music and food festival will feature its most exciting lineup to date, with top acts such as Foster the People, Lana del Rey, 2 Chainz, Fitz and The Tantrums, Capital Cities, Chromeo, St. Lucia, Bastille, Hozier, Bombay Bicycle Club, ASTR, GEMS, Spirit Animal and Nicky Blitz set to appear.

Founded in 2007 by Georgetown University graduates Nicolas Jammet, Jonathan Neman and Nathaniel Ru, Sweetlife has become a favorite not only for its amazing music and delicious and healthy food, but also for its commitment to local farmers, the community, sustainability, and outstanding company culture.

This year’s annual celebration is expected to attract close to 20,000 people, plus some of the top chefs, food trucks, local purveyors and farmers. ♦

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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Ira Gitlin

BY KEITH LORIA

WASHINGTON SALUTES ITS TOP MUSICIANS

Show me the wammy!

For the past 28 years, the Washington Area Music Association has honored the best musicians in a variety of genres, and this year's winners were as excited as anyone to take home the coveted award.

DC-based rock band Rites of Ash won for best Electronica Recording for "Kept Me Up All Night."

"Just receiving a Wammy nomination was a huge honor for us. We were absolutely thrilled to have garnered three nominations for our newest record and were beyond excited to attend the awards ceremony," said guitarist Lazzo. "We've worked very hard over the years to give our fans the kind of music and live show

they deserve, and it was nice to get recognition for that."

Rites of Ash will release its new full-length album in the spring, working closely with Grammy award-winning producer Jeff Bova and platinum producer/engineer Kevin "131" Gutierrez.

"The band firmly believes in local music and the close bonds that hold us together as artists. We're all a community, each contributing something unique and wonderful," Lazzo says. "The Wammies are very important because they remind us musicians on all levels—local, regional, national, or international—are important and have something to share."

Ira Gitlin has been playing bluegrass around the DC area for almost 20 years and was a Wammy winner for best Bluegrass Instrumentalist.

"I feel, like most musicians, that awards don't mean much in the big scheme of things, but it's nice to know my colleagues think well of my musicianship," he says. "And of course an award like a Wammy looks good on promotional materials, and can get people to take notice of you. But the music is the important thing."

This year Gitlin will be starting to record some jazzier original guitar instrumentals he doesn't get a chance to play in the bands he normally performs with. He also has a cut on the DC banjo compilation that Patuxent Music will release later in the year.

Winning a Wammy for Best Big Band/Swing Group and Best Jazz Duo/Group was The Bohemian Caverns Jazz Orchestra, DC's first resident in-house band.

"It let's us know we are appreciated by the listeners in the Washington DC area and that we are making a connection to people with our



music,” says baritone sax player Brad Lidne. “It’s an honor to be voted for and to be recognized for our dedication to honest and creative music that serves the legacy of those like Duke Ellington and creates a sense of community with the club, musicians, and listeners.”

The Bohemian Caverns Jazz Orchestra will be performing June 23 at Bohemian Caverns as a prelude to the 10th Annual DC Jazz Festival.

“We are also recording a full-length album of original arrangements written for the band by pianist Dan Roberts,” Lidne says. “And of course, we will continue our Monday night residency at Bohemian Caverns.”

Also winning two awards this year was Karen Collins for Best Country Vocalist and Best Country Duo/Group (along with the Backroads Band.)

“It is an honor to be awarded Wammies by my fellow musicians and the DC area music community. I appreciate their support and am proud to be part of the group,” Collins says. “The Wammies are an important way to recognize DC area musicians who have stood out in their particular genre.”



Collins has a busy 2014 ahead. She will be recording a couple of new songs for a new Azalea City Recordings and in July will be teaching at Early Country Music Week in Elkins, W.V. In September, she plays at the Hank Williams

Museum in Montgomery, Ala., for the Hank Birthday celebration.

Rosa Lamoreaux was surprised and honored to win the Wammie for Best Classical Vocalist.

“It is wonderful to feel appreciated in the music community where I live, though not all my concerts are local. We have a thriving music and performing arts culture in the DC area despite the lack of government funding,” she says. “It is difficult to measure the importance of winning a WAMMIE outside the personal honor we all feel when receiving the award, but it confirms for me, our community of performing musicians managing to do what we love best in our area.”

Lamoreaux will be performing at the National Gallery of Art on May 28, and June 8.

For a complete list of winners, visit www.wamadc.com. ♦

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



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FIRST BLOW-DRY BAR IN TYSONS OPENS

BY JENIFER JOY MADDEN

Everyone loves to go on a vacation and get away from it all. But you can feel that way without leaving home at rodi salon, an oasis of calm competency in Central Tysons. The soothing décor is your first clue that owner Rodi Bechara cares about the details:

"I always wanted to create an atmosphere different from everywhere I ever worked."



Although Rodi Bechara's salon has been open for almost a decade, he's on top of the latest trends. His new "blow-dry bar" is Tysons' first. Clients stop in before meetings or events for a quick shampoo, blow-dry and style. Rodi prices are better than in downtown D.C. and you're assured of certified, trained stylists. Traditional hair design starts with a consultation about the best style (and color if you want) for your facial features, followed by a relaxing shampoo and conditioner, finished with a complimentary blow-dry and styling.

Men often go for the “salt and pepper” look perfected by Rodi colorists, which is no surprise since they’ve been nominated by Northern Virginia Magazine as Best in the Area. The “Color Camo” technique, Rodi says, “is basically camouflaging the grey.”

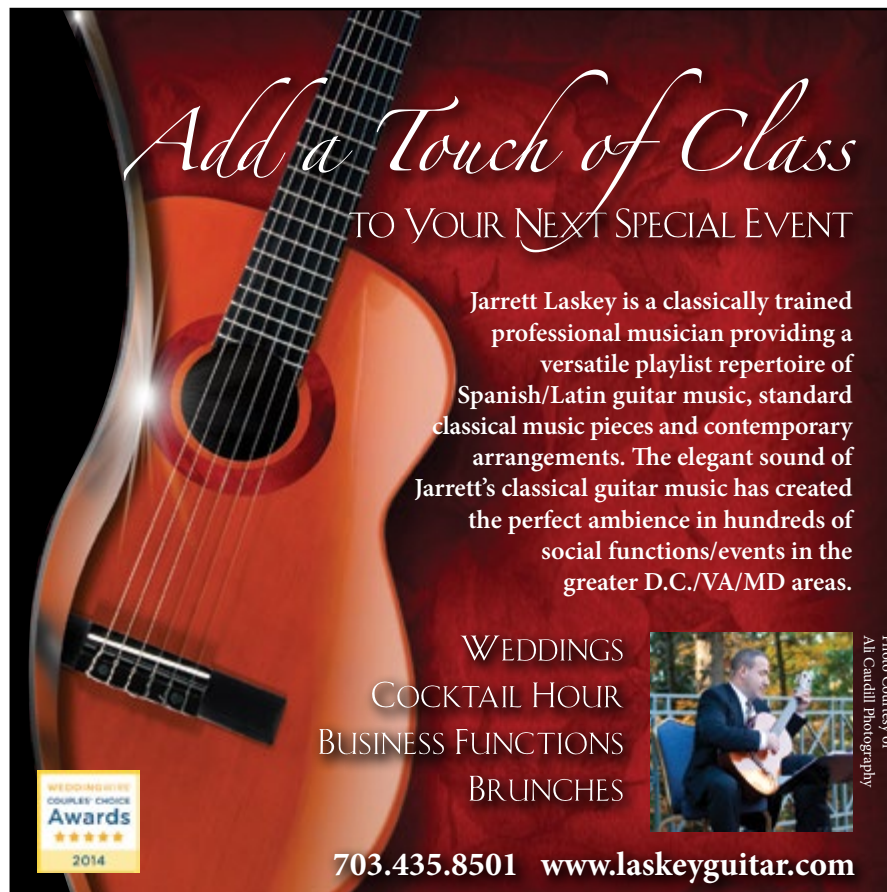
Curly-haired customers take advantage of “Ouidad”—the only system in the area designed specifically for their needs. Individuals and bridal parties seek out Rodi for expert application of the Jane Iredale line of pure-mineral makeup.

The salon offers manicures and anyone getting a pedicure reclines in an ahh-some extra-deep massage chair. Absolute cleanliness is guaranteed because the soaking tub has a unique disposable liner that’s replaced for each customer.

Whatever your service, a member of the unfailingly friendly staff will offer you a fresh cup of coffee or herbal tea in the morning, or nice glass of wine in the afternoon (Rodi has a liquor license). It’s all proof of his perspective: “I love what I do. It’s always a good day for me when everybody leaves happy.”

Rodi Salon is conveniently located at 2070 Chain Bridge Road in Suite 181. Parking is free and the 2T Metrobus stops at the corner. For now there is also a convenient free shuttle to and from Dunn Loring Metro station. Soon you can hop on the nearby Route 422 West Tysons-Greensboro circulator bus. For 50 cents, you’ll arrive at the Greensboro Metro station in about five minutes. Or you can walk or bike there for free. 🚲

AUTHOR: Jenifer Joy Madden is a Rodi customer, digital media journalist and professor, and author of *The Durable Human Manifesto* – a pep talk to help you realize all the amazing powers you have that your smartphone doesn’t. Download *The Durable Human Manifesto* for free at DurableHuman.com or buy it in print on Amazon.



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BY CINDY PAVELL, M.S.

Beginner Exerciser?

WHAT TO DO WHEN THE NOVELTY DWINDLES

You have all felt it! You made the decision to get in shape. You have done your research. You have a plan. This time things are going to be different. You are committed. Beginning on Monday morning, you put your plan into action. You went shopping over the weekend and bought fresh fruit and vegetables, lean protein, and whole grains. You are excited! Your first couple of weeks you are gangbusters! Really making some changes. Three weeks later, you are definitely feeling better. You have more energy and stamina. You can feel that you are getting stronger, but the number on the scale has only moved 3 pounds. You are somewhat discouraged, but still committed. You feel good that at least the scale is moving in the right direction. You keep at it!! Now, six weeks later, your enthusiasm is beginning to wane. You are finding reasons not to get up in time to make your workout. The routine you designed is feeling like just that – a routine. Boredom is starting to set in. Your mind is telling you it is okay to skip this day or that day. You have been working hard, so now you deserve a treat; the healthy food begins its downward spiral towards nonexistence...and so it goes. Before you know it you are barely working out, and your food has gone back to what you used to do. Discouraged and frustrated, you say to yourself, “What’s the use?”

If this pattern sounds familiar to you, YOU ARE NOT ALONE. In reality, you are among the majority. I know this may not console you, in your frustration with this process of losing weight and getting in shape, but hang with me. I have been where you are. First, please take some time and get real clear as to why you are getting in shape. Make a list and put it somewhere that you can read it every day. Maybe the bathroom mirror? For me, the biggest reason was I wanted to like myself; I wanted to be comfortable in my own skin. I was tired of avoiding activities I enjoyed, or social situations, because of how I looked and felt about myself. I did not want to be

limited to what I wanted to do because I had very little stamina. With the extra weight and being out of shape, my world had become very small. I was doing less and less; more importantly, I was living less and less. Much of the time, I was walking around during my day feeling “not enough”. I am now at my goal weight; the weight I was in college!! I am 52 years old. I do not kill myself at the gym, and I am not psycho about food, although I am vigilant and diligent. It has taken a while to get here, but my life is now more full, more free (especially on the inside) than it has ever been!! Truly. Here are some things I have done and continue to do to live this life...the life I want to live:

1. *Stay in the day.* Sometimes, a moment at a time.
2. *Put in writing why this is important to me.*
3. *Make a list of how I set myself up for failure.* My habit of packing 10lbs. of stuff into a 5 lb. bag was draining my energy and making it impossible for me to have the energy to take care of myself.
4. *Partner with someone.* For me, I got a dog (please do not do this if you are not an animal lover.) My walks with him started me on my path to fitness.

5. **Don't seek support from those who won't support you.** I had a group of friends I would "chow down" with and those relationships had to change for me to get where I wanted.
6. **Limit TV.** Mindless eating and TV just go together. This was like a drug withdrawal for me. Really missed eating and TV together. I can do it now, but I really stayed away from this combination for quite a few months.
7. **Be willing to live in the "hallway of change."** You are closing the door to some behaviors you have had a long time. It is going to take a while to form new ones, and let the old ones go. This period of time is going to be pretty uncomfortable. Stay with it. It will get easier and the payoff is AWESOME!
8. **Try new hobbies.** You will have more time and energy on your hands. See what is out there. Try something outside your comfort zone. Enjoy. I took a deep water aerobics class. Really liked it! Also tried new recipes to keep my food interesting and tasty. There are a ton of healthy, low sugar recipes.
9. **Make a list as to all the good you are experiencing as you are forming these new habits.** Keep in the forefront of your mind how good you are feeling about yourself and your body. This will come in very handy when temptation to go back to your old ways crop up.
10. **Again, live in the day.** It is truly all you have!

Feel free to contact me with any questions concerning your wellness journey! ❖

AUTHOR: Cindy Pavell, M.S., Wellness Coach, Fitness & Posture Alignment Specialist, cindypavell.com
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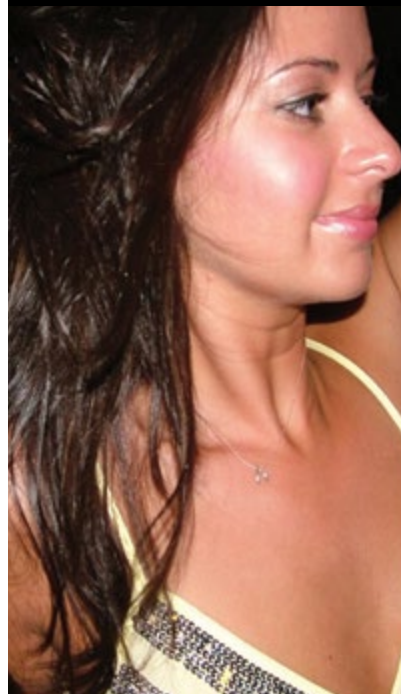
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QUICK EXERCISES *for Spinal Health*

BY CINDY PAVELL, M.S.

The following two exercises help your core learn how to stabilize itself.

The muscles you will be working are the gluteals, hamstrings, erector spinae group, shoulder, and triceps. These movements may look benign, but to hold these positions correctly takes work. Remember to breathe and pay attention to the details.

REACH AND EXTEND:



- Begin with on your hands and knees with your body weight evenly distributed.
- Extend one leg behind you; be sure your hips stay parallel to the floor.
- Lock out the knee of the extended leg; this needs to happen so you are engaging your butt. We want this large muscle engaged.
- Once the leg is set, then extend the opposite arm
- Your arm should be in line with your shoulder and ear height.
- Keep your neck straight; do not let the head drop towards floor.
- Do not tilt your head upward either.
- The foot on the floor needs to stay relaxed.
- For beginners, hold the position for 5 seconds on each side. Do 4-5 rounds.
- The goal is to be as still as possible; if you are wobbly, be patient.
- Work your way up to one minute hold per side.

For questions, please feel free to contact me! ❖

AUTHOR: Cindy Pavell, M.S. Wellness Development Coach & Posture Alignment Specialist. Join Cindy on Facebook, connect on LinkedIn, follow Cindy on Twitter @cepfittwell, watch Cindy on Youtube. Cindy welcomes any questions, suggestions for topics, and/or feedback, cpavell@cox.net • www.cindypavell.com

BRIDGE WITH LEG EXTENSION:



- Be sure your feet are parallel and close to your torso.
- Lift your butt off the floor; be sure your hips are level and not shifted to one side.
- Extend one leg while the other leg is keeping your pelvis level; THIS IS THE GOAL.
- The extended leg stays the same height of the opposite knee.
- Hold the extended leg for at least 2-seconds, then switch.
- With the foot on the floor, dig the heel into the floor; do not allow your weight to shift to the ball of your foot.
- You may feel pressure in your low back, but there should not be pain. If there is, drop your butt closer to the floor.

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Al FRESCO!



Al fresco, or open-air dining, is a great way to enjoy a long, leisurely meal outdoors on a bright, sunny, breezy day or a balmy, sultry evening. Dining al fresco in the spring and summer months can be particularly relaxing, especially as the evening cools down, the crickets begin to chirp and the stars begin to twinkle in the night sky. Eating poolside or seaside can be a delight, especially with light, refreshing meals. Collected from around the globe, this set of al fresco recipes will grace a picnic table as well as a picnic basket.



BY ALLISON CHASE SUTHERLAND

From the Italian countryside to the Tropical North of Australia to the Lesser Antilles of the Caribbean, we will taste flavorful inventions which are quick and easy to prepare, to allow more time to enjoy dinner out on the patio and less time in the kitchen. From Parisian sidewalk cafés to oceanside terraces, these dishes lend themselves admirably to outdoor dining, city or country, elegant or casual, for the well-heeled or the barefoot, by sunset or candlelight.

This al fresco dinner consists of a distinctive appetizer of Prosciutto and Melone from the countryside of Italy, a savory main course of Veal Oscar with Avocados from Tropical North Queensland of Australia, to drink, the refreshing West Indian potion, The Sting, followed by an simple but tasty fruit dish of Pineapples with Blueberries and Apricot Brandy. The fresh air sharpens our appetite for the flavors that await us, so let us begin!

Prosciutto and Melone



Ingredients

1 ripe cantaloupe

1/2 lb. sliced prosciutto,
(preferably from Parma)

Slice cantaloupe in 1" slices and chill for several hours. Wrap one slice of prosciutto around each slice of melon and serve.

La Campagna - THE ITALIAN COUNTRYSIDE

The Italians are famous for dining al fresco. A long sturdy table is brought outside onto the terrace or right out in the field, especially in the countryside, and the family stays outside most of the day not far from the table. Labeled bottles of local red wine are poured, grown from the vineyards of the region, for a vineyard is never too far away in Italy. There will always be an abundance of dishes to delight the palate, such as the interesting flavor combination Prosciutto and Melone, which has graced tables in Italy for years. And such popular dishes have migrated to many other parts of the world and are often menu selections in restaurants of every caliber, from a terrace in Ravello overlooking the cool blue Mediterranean of the Amalfi Coast. The saltiness of the ham contrasting with the light sweetness of the

melon provides a distinctive and colorful pairing. Also great for a picnic, at the lake or the beach, Prosciutto and Melone.

Surf and Turf – AUSSIE STYLE

The Australians, or Aussies as they are often called, in Tropical North Queensland have a myriad of culinary possibilities in terms of fresh seafood dishes. Set against the 1200-mile-long Great Barrier Reef, teeming with more varieties of fish than anywhere else in the world, and probably more sharks, the people of the Deep North, as they are fondly known, prepare succulent seafood dishes. With Moreton Bay Bugs, a local variety of lobster, and the freshest oysters that can be found anywhere, the Aussies go much further than the infamous Shrimp on the Barbie. In fact, when it comes to beef, lamb, and veal, the Aussies demonstrate admirable

creativity. With more open range than almost anywhere on earth, the Aussies tend to their sprawling sheep and cattle stations under the hot sun that bakes the Outback, shielded by their distinctive Australian Akubra hats. Although many Aussie dishes are influenced by traditional English fare, more cosmopolitan cities such as Sydney and Melbourne offer

A terrace in Ravello overlooking the cool blue Mediterranean of the Amalfi Coast.



Veal Oscar with Avocados



(Per person)

Ingredients

1 veal scallop
3 oz. crabmeat
2 oz. avocado
3 cloves garlic
2 T. olive oil

2 T. crème fraîche
1 T. Sauterne wine
3 fresh basil leaves
1 ripe avocado, sliced
capers
lemon twist

Rub veal scallops with fresh garlic. Cook veal scallops in skillet coated with olive oil over medium heat. Turn after 3 minutes. Cook 3 more minutes. In separate skillet, over medium heat, combine crabmeat, crème fraîche, 1 clove freshly pressed garlic, and salt. Slowly add Sauterne wine, and cook for an additional two minutes. Place crabmeat over veal scallops. Top with freshly chopped basil. Add avocado slices. Garnish with capers and a lemon twist.

a sort of nouvelle cuisine, Aussie-style, reflecting the many influences that have shaped this young and rugged land. Combined with the light Australian wines that are increasingly finding their way across the Pacific to our shores, as well as the emerging New Zealand wines, these dishes are further enhanced. In this dish of Veal with Crabmeat and Avocado, from Palm Cove, North Queensland, the presentation of ripe green avocado with the veal and crabmeat offers a colorful and refreshing entrée. Beachside at the edge of the Coral Sea not far from Cape Tribulation, with a view to the offshore Great Barrier Reef islands Captain Cook first discovered during the voyage of discovery of 1770, this dish takes on a character of its own.

And On To THE TROPICS

The people of the islands have produced sugar cane for centuries from the endless fields of green cane swaying in the sunny Caribbean breeze. And through the centuries, as evidenced by the crumbling stone mills from the thriving days of the sugar trade, they have produced some of the finest rums – dark rums, light rums, coconut rums – coveted by the many swashbuckling pirates that once threatened the seas. Among the many refreshing drinks with tropical fruit juices concocted throughout the islands to cool the fierce rays of the Caribbean sun, my favorite is the Sting, first introduced to me on the beautiful Caribbean island of Nevis in the Lesser Antilles. This island was named by Christopher Columbus on his second voyage in 1493, from the Spanish “nieves” or

The Sting



Ingredients

1/2 cup tangelo juice
per person

1/2 cup ginger ale
per person

Dash of Angostura Bitters

1 shot of white rum

Combine ingredients and
serve over ice. Enjoy!

“snows,” as the volcano of the island is almost always crowned with a large white cumulus cloud. This cloud hovers even today, as seen from the neighboring island of St. Kitts, or St. Christopher, and island so beautiful Christopher Columbus named it after himself. The Kittitians customarily use their own CSR Rum, or Cane Spirit Rothchilds, (also referred to as Cane Sugar Rum), and the West Indian soft drink Ting, which is a light, refreshingly sweet grapefruit soft drink. In trying to reproduce this drink out of the islands, tangelo juice seemed to provide a good substitute for Ting. Enjoyed at the Nisbet Plantation, home of the wife of Lord Nelson, not far from Hurricane Bungalows, the Sting. ♦

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



Al fresco, or open-air dining, is a great way to enjoy a long, leisurely meal outdoors on a bright, sunny, breezy day or a balmy, sultry evening.

Pineapples with Blueberries and Apricot Brandy

Ingredients

1 can sliced pineapples

1 carton fresh blueberries

1 t. apricot brandy
per person

There couldn't be a simpler or more refreshing fruit course. The summer months call for light fruit combinations to cool us off after the hot summer days. For this easy recipe, place one pineapple ring in each bowl. Fill the center of pineapple rings with rinsed fresh blueberries. Add a splash of apricot brandy and serve.



Around TOWN

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



HAPPY 30TH!

It was 1984 and the top songs were *Footloose*, *What's Love Got To Do With It*, and *Ghostbusters*. Top Movie was *The Terminator*. And Marcel Kuchler opens Le Canard, and what was to become the adored Piano bar in the heart of Vienna.

Specializing in duck, classic French cuisine, music and new levels of service, what is now called Maplewood Grill continues the tradition of great food, song and service under the guidance of Chef/Owner, Paul Kuchler.

Still catering to music lovers and discriminating diners, they enjoy the support of a community who continues to believe in great food, great wine and song. Located in the same location in Danor Plaza in Vienna. ♦



The McLean Community Center's (MCC) 10th Annual Volunteer Appreciation Reception was held on Sunday, March 23, in the Community Hall. The theme was "Paris" and Center volunteers were treated to a catered lunch by Splendid Fare and live music by The Hot Club of DC.

The 2013 H. Gordon Randall Outstanding Volunteer Service award was presented to Beverly Howard for her volunteer contributions as an usher for The Alden. MCC Special Events Director Sam A. Roberts and MCC Governing Board Chair Chad Quinn presented the award.

Roberts said Howard has been volunteering with the Alden Theatre for more than 18 years. She was nominated by Performing Arts Assistant Jeff Virchow. Virchow said that Howard has spent an average of 63 hours annually volunteering in the last three years since he has overseen the usher program. This year alone, Howard will have served 81 hours at 27 performances. When she is not volunteering, Howard is working full time at a property management company in McLean. "As a volunteer usher, Bev represents the Alden perfectly," said Virchow. "From the moment she enters the facility, her bright smile never leaves her face as she gives that extra touch of customer service the theatre has been working hard to create. She's just full of life and it's infectious," said Virchow.

For more information on volunteer opportunities at the Center, call 703-790-0123, TTY: 711, or visit, www.mcleancenter.org. ♦



VIVATYSONS COMMUNITY MERCHANT SCREENS

When we say “wait, there’s more” you can bet we mean it. In keeping with our mission to bring our community closer and giving our readership and advertisers more options and information about our community merchants and service providers, we’re introducing our VivaTysons Community Merchant Screens.

With the help and graciousness of our community partners, VivaTysons is placing 22”-32” digital signage screens with your brand and message in some of our area restaurants, waiting rooms, and high traffic lobbies to reinforce your message in VivaTysons.

These handsome screens display your ad continuously and keeps your brand-and message “top of mind” to our Tysons area consumers. Each six second digital ad is separated with exciting transitions keeping the viewer focused and waiting to see the next slide.

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The Vienna Business Association and friends join Nanette Davidson as she cuts the ribbon for her new store “Church Street Antiques” in Vienna.



Arleigh Burke Pavilion RECEIVES 5 STAR RATING!

Vinson Hall Retirement Community has announced that Arleigh Burke Pavilion's skilled nursing facility has received the highest rating for overall quality from the Centers for Medicare & Medicaid Services.

As a 5-Star ranked facility Arleigh Burke Pavilion is also recognized as one of the "Best Nursing Homes in 2014" by the *US News & World Report*. Kudos! ♦

2014 SATURDAY EVENTS at the Palladium Civic Place Green 1450 EMERSON AVENUE, MCLEAN 22101

May 3	Doug Parks and the Lone Wolves (blues, rock, country)	5-7pm
May 10	The Folsom Prisoners (country)	5-7pm
May 10	Maria Spearman (Tai-Chi/stretch)	8-9am
May 17	Emy Tseng (Brazilian jazz)	5-7pm
May 17	Maria Spearman (Tai-Chi/stretch)	8-9am
May 24	Four Star Combo (rock/Honky Tonk)	5-7pm
May 24	Maria Spearman (Tai-Chi/stretch)	8-9am
May 31	The Grandsons (mixed rock)	5-7pm
May 31	Maria Spearman (Tai Chi/stretch)	8-9am
June 7	Barbara Martin Trio (blues, jazz)	5-7pm
June 7	Maria Spearman (Tai-Chi/balance)	8-9am
June 14	Scott Ramminger and the Crawstickers (blues)	5-7pm
June 14	Maria Spearman (Tai-Chi/balance)	8-9am
June 21	Alte Kameraden (Bavarian)	5-7pm
June 21	Maria Spearman (Tai-Chi/balance))	8-9am
June 28	The Seakers (soft rock)	5-7pm





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PALADAR OPENING IN MAY!

Coming to our area is the exciting Paladar Latin Kitchen and Rum Bar. Specializing in Central, South American and Caribbean cuisine, the restaurant takes the place of the Bertucci's and will seat 180+ and will offer over 50 rums.

The restaurant will incorporate a warm and sophisticated style that blends modern and rustic design elements of Latin culture. The lunch and dinner menus will feature appetizers, soups, salads, Latin comfort food, fresh seafood, steaks and chops, sandwiches, and desserts. Signature dishes include slow roasted and grilled meats and fish, including Cuban Braised Beef Ropa Vieja, Blackened Fish Tacos, Plantain Crusted Crab Croquetas and three kinds of guacamole served with a chip blend of plantain, yucca, malanga and tortilla. The Rum Bar will offer flavored and spiced rums, white and gold rums, dark rums and aged rums. Guests can order rum flights

and tasting-size pours. In addition, there will be specialty drinks, including hand-muddled Mojitos and Caipirinhas and freshly prepared Margaritas.

Paladar Latin Kitchen & Rum Bar will be open seven days a week: Sunday through Thursday from 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m. and brunch from 11 a.m. to 3 p.m. on Saturday and Sunday. Paladar offers a traditional happy hour from 4 p.m. to 7 p.m. seven days a week and a late night happy hour from 9 p.m. to 11 p.m. Sunday through Thursday. The outdoor patio can accommodate 50-55 guests. Family-style dining is available in-house or offsite. Takeout and catering will be available for lunch and dinner. Designated free parking is available in the garage across from the restaurant as well as unlimited parking in the parking deck.

Paladar is a Cuban term for small, soulful and comforting restaurants that people run out of their homes.

We'll be there for the late night Happy Hours. ♦



BY LEIGH MACDONALD

Earning Trust AND TRUSTING OTHERS

Trust is a funny thing. I've been told more than a handful of times that I trust too freely, and that may be true. It seems my southern upbringing and innate notions of respect mean that I assume people are trustworthy until they demonstrate otherwise.

But time and experience are good teachers, and it's no secret that sometimes we should withhold our ready trust. Trust is a foundation for so many other emotions, and when it is mishandled we are sometimes left without a road to recovery. We've all heard stories about the friend who turned on a dime, seduced another's husband, or hurt a child with thoughtless words. On the other hand, a life of skepticism and distrust is destined to be less than fulfilling.

So how do you walk the line? Here are some tips for earning the trust of those around you and for improving your own ability to trust.

Be reliable and consistent. You'll see that little things make a big difference in the way others view you. This notion applies to work, home, family, and friends. It's a universal truth that runs through all aspects of life. You see, when our colleagues, friends, and loved ones know that they can rely on us to handle small, everyday commitments, they'll believe in us when it comes to handling life's big moments.

Be honest and transparent. The first part is pretty straightforward. It hurts when others lie to you, and recovering from a lie is difficult for any relationship. But it's also human nature to distrust ambiguity, so in close relationships, make it a point to be more than just honest. Be transparent. For instance, when responding to a question

about your day, it might be tempting to answer with, "It was fine." To avoid ambiguity, however, you could instead say, "It was fine. My meeting wasn't completely productive, but I met the deadline on my big project." They're both true statements, although the second is less ambiguous and it shows that you're engaged in the conversation.

Be a safe space for others and remember to practice compassion. It's a fact that people like to feel safe. That innate desire precedes birth and stays with us until our very last breath. And when it comes to compassion, there's no doubt that we gravitate toward people who care about things beyond themselves. Finally, practicing compassion does as much for your inner happiness as it does for others and their willingness to trust you. Indeed, in *The Art of Happiness*, Dalai Lama XIV notes, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

Be loyal and demonstrate your integrity. There are no shortcuts for this one. We are far more likely to trust people who keep confidences and who demonstrate strong values. Think about the last time you found yourself in a difficult situation, one that tested your basic sense of doing the right thing versus doing the easy thing. We are more likely to trust people who consistently opt to do the right thing. We just are. ❖

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

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EVERYTHING *Tastes Better Outside*

The Tysons area has some great spots for Al fresco dining. Here are a few choice spots to get you started.

Matchbox

2911 District Avenue #120
Fairfax, VA
571.395.4869
MatchboxMerrifield.com

This vintage pizza bistro is located in the New Mosaic District in Merrifield. Catch a movie at the Angelika Theater, window shop the new exciting shops, and grab a bite to eat on the 40-seat deck of the newest Matchbox bistro. Its 3.6.9 mini burgers, wood-fired lamb sandwiches, and world-class beers and wines are a great way to end the day.

Lost Dog Café

2729A Merrilee Drive
Fairfax, VA
703.205.9001

LostDogCafe.com/dunn-loring

The popular pizza and sub restaurant is open in Halstead Square in Merrifield with café-style tables and a bar which opens up to the street.

It is very open and too much fun! Great subs, pizzas, and more beers than we thought existed.



Black Finn Ameripub

Halstead Square
2750 Gallows Road
Merrifield, VA
703.207.0100
BlackFinnAmeripub.com

Famous Finn Fries (served with bbq and buttermilk parmesan dipping sauces) tasty flatbreads, cashew chicken, and those classic BlackFinn burgers at the corner café on Gallows Road – two blocks south of the Dunn Loring Metro Station.

Lauberge Chez Francois

332 Springvale Road
Great Falls, VA
703.759.3800
LaubergeChezFrancois.com

This is world-class country side outdoor dining at its best. Contemporary Alsatian cuisine, great service, super wine selection and wonderful meals. Reservations suggested.



Black Finn Ameripub

The Harth- McLean Hilton

7920 Jones Branch Drive
McLean, VA
703.761.5131
HarthRestaurant.com

Nana's Chicken Noodle Soup, margherita, and fig and gorgonzola Wood Fired flatbreads, fire roasted polyface farm chicken, under the stars. Organic – they have their own bees!

Clyde's of Tysons Corner

8332 Leesburg Pike
Vienna, VA
703.734.1901
Clydes.com

It's one our favorites! Clyde's is located on the highest point of Fairfax County, and the food and fun never stops. Classic burgers, salads,

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Now new and improved with an open bar and TV's to watch your team win. Colm always has the best burgers, salads, traditional Irish fare, and some say the best Ruebens in town. (We agree). Truly the spot to spend a summer evening enjoying food, friends, and fun. Say "hi" to Colm. The brunch is a constant award winner.

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Bazin's Next Door

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Argia's

124 N. Washington Street
Falls Church, VA
703.534.1033
Argias.com

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Dolce Veloce Cicchetti Wine Bar

10826 Fairfax Boulevard
Fairfax, VA
703.385.1226
DolceVeloce.com

Cicchetti are small plates or side dishes served in cicchetti bars in Venice,

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Lebanese Taverna in Tysons Galleria

1840 International Drive
McLean, VA
703.847.5244
LebaneseTaverna.com

Great Lebanese cuisine, fabulous service, backgammon, and one of the very few Al Fresco dining locations complete with fountain. The grape leaves are some of the best you'll find outside of my mother's kitchen. In fact, everything is as authentic as you'll find anywhere.

Brx American Bistro

1025 Seneca Road, Suite 1
Great Falls, VA
703.433.9050
BrxGF.com

It's patio dining at its best! The new outdoor patio at Brx in Great Falls is the perfect spot for that evening or afternoon bite, or casual conversation while enjoying your favorite beverage or entree. Say "hi" to Ash and try the bread pudding (to die for!)

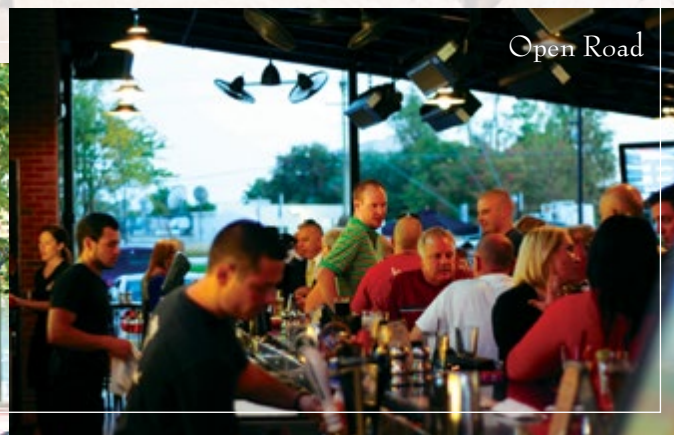
Open Road Grill & Icehouse

8100 Lee Hwy.
Falls Church, VA 22042
571.395.4400
openroadmerrifield.com

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Sushi Yoshi



Open Road



Lebanese Taverna

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The new cafe has a great poolside deck....

Cafe Oggi

6671 Old Dominion Drive
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703.442.7360
www.cafeoggi.com

Enjoy a notable wine list, pasta, fresh fish, or succulent veal at Café Oggi. Reflecting a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty you will grow fond of their authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please.

Paladar

1934 Old Gallows Rd., Suite 110,
Tysons Corner, VA 22182
703.854.1728
www.paladarlatinkitchen.com

Paladar is a Cuban term for small, soulful and comforting restaurants that people run out of their homes. Coming to our area in May, and specializing in Central, South American and Caribbean cuisine, Paladar will take the place of the Bertucci's and will seat 180+ and will offer over 50 rums. The outdoor patio can accommodate 50-55 guests. ♦

Dogwood Tavern

132 West Broad Street,
Falls Church, VA 22046
703.237.8333
www.dogwoodtavern.com

With it's new Dog Wood Tavern Top Deck, Dogwood is bringing in the outdoor crowd who can't get enough of the outdoor dining experience. Same great menu and service...very popular place.

The Old Brogue

760C Walker Road
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703.759.3309
www.oldbrogue.com

Without a doubt, the most friendly outdoor dining experience in Great Falls, the outdoor deck at the Old Brogue is an awesome place to have drinks, lunch, dinner and just enjoy the Great Falls Countryside. Genuine Irish fare and hospitality.

Sushi Yoshi

101 Church Street, NW
Vienna, VA 22180
703.242.1350
www.sushiyoshivienna.com

Sushi lovers who love to dine outdoors head for this wonderful family restaurant on Historic Church Street in Vienna.

Not just Sushi, but classic French and European dishes as well.

Star-Nut

1445 Laughlin Avenue
McLean, VA 22102
703.749.9090
www.starnutgourmet.com

We love the outdoor cafe at Star-nut in McLean. Here's where the coffee, company, and service come together to make a morning or evening a relaxing treat-in the heart of McLean.

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BY JAMIE KRONFIELD

Central Farm Markets and Mosaic Open

MOSAIC CENTRAL FARM MARKET



Central Farm Markets and Mosaic are proud to announce the opening of the **Mosaic Central Farm Market**, the third market in the Central Farm Market family. Located in the heart of Mosaic in Fairfax, Virginia. The new farm market will open on May 4, 2014 with over 30 of the best farmers and artisan food producers from Virginia, Maryland, and Pennsylvania. The market will be open from May through October, 9 am to 2 pm. Mosaic Central Farm Market will feature seasonal and local produce, meat, poultry, eggs, dairy, baked goods, cheeses, fish, fresh flowers, prepared foods to take home and more.

The new market will also feature **Cook's Corner**, which features Chef Lynn Foster, a local chef, who celebrity chef Carla Hall called, "a tall ball of energy and a food force to be reckoned with." Cook's Corner will feature food demonstrations by Chef Lynn and other local chefs, market food tours, cooking classes, recipes and much more.

In addition to Cook's Corner, Mosaic Central Farm Market is working with the Virginia Wine Board to feature wine tastings by local Virginia wineries. The market will also feature local musicians, artisans and children's activities. The highlight of the season will be two farm-to-table dinners, called "**Sunday Supper at Mosaic**" a family style Sunday farm dinner featuring fresh farm food prepared by Mosaic chefs and restaurateurs.

In keeping with the spirit of giving back to the community, Mosaic Central Farm Market will be working to supply fresh food to the local food bank, **Food for Others**. This program was made possible through

a generous grant from local business **National Capital Contracting**. NCC's President and CEO, Chris Marquez, who has instilled a mission of community philanthropy throughout his company said, "I am delighted to help people in the Northern Virginia community who lack access to high quality food as well as assist the local farmers. When we help each other, our community grows even stronger." There will also be donation bins at the market for money and food to the food bank.

When asked about the partnership with Mosaic, Central Farm Market partner Debra Moser said, "The collaboration between Mosaic, which is known for being a vibrant urban neighborhood and Central Farm Markets, who has a reputation for partnering with farmers and artisan food producers, is really an exciting one. We look forward to a successful and happy season at Mosaic." There will be a ribbon cutting on opening day May 4th, 2014 with Fairfax County officials, Mosaic representatives, Food For



Others officials, National Capital Contracting representatives and Central Farm Market representatives.



"I am delighted to help people in the Northern Virginia community who lack access to high quality food as well as assist the local farmers. When we help each other, our community grows even stronger," said Chris Marquez.



ABOUT CENTRAL FARM MARKETS

Central Farm Markets was founded in 2008 by Mitchell Berliner, Debra Moser and recently retired, Ann Brody Cove. Central Farm Markets operate two other markets, Bethesda Central Farm Market; Bethesda, MD and Pike Central Farm Market; North Bethesda/Rockville, MD. Mosaic Central Farm Market in Fairfax, Virginia is their third farmers market in the Metro area. For more information on Central Farm Markets please contact Debra Moser at (301)-775-6402 or email her at debra@centralfarmmarkets.com. ❖



ABOUT MOSAIC

Recognized with 22 "Best of Shopping" awards since opening in Fall 2012, Mosaic is a distinct mix of local fashion boutiques and restaurants with premier national retailers and Angelika Film Center. For more information about Mosaic, please visit www.mosaicdistrict.com

FILM

Angelika Film Center & Café

DINE

CAVA Mezze Grill
Cyclone Anaya's Mexican Kitchen
Dolcezza In The Park
Gypsy Soul
Le Pain Quotidien
Matchbox Vintage
Pizza
Red Apron Butcher
sweetgreen
Taylor Gourmet
True Food Kitchen
Hotel
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SHOP

Addison
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New Balance
Palace Sive & Federal
Paper Source
Salon Nordine & Day Spa
South Moon Under
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Take 5
Target
Timothy Paul Home

BY TIM FRICKER

GIVE A FOLDING BIKE A TRY

AT BIKES@VIENNA



The advent of the Silver Line Metrorail service to Tysons brings with it a new array of transportation choices for Northern Virginia area residents. As we eagerly await the arrival of the first passenger trains, I'd like to share with you one option I've come to really appreciate – the folding bicycle! You may have seen these bikes and wondered what they were, or not even realized they were folders. You may have simply assumed they weren't "real" bicycles or suitable for anything other than very short trips. If this is so, you've been underestimating how convenient, lightweight, and fun these bikes can be.

Combining cycling with Metro is a great way to get around. Metro, however, forbids carrying conventional bikes on trains during rush hour (7 – 10am, 4 – 7pm). This restriction means you have to rent a locker or leave your bike locked to a rack outside. Folding bicycles, however, are allowed on the rail cars at all times, which makes them much more convenient. Simply fold the bike up and take it through the gate, onto the escalator, to the platform, and onto the train. When you arrive at your destination, carry the bike through the station and unfold it as you exit. Depending on where you work, there's a good chance you can take a folding bike inside with you and keep it safe and secure. You can even bring your folding bike on the bus. Suddenly you no longer have to worry about whether or not you can find parking at Metro or at work.

Owning a folding bike isn't just about getting to work. I've owned folders since 2005 and have found many advantages

a folding bike has compared to a conventional bike. Did you know that many museums will allow you to check your folding bike in the coat room? Greyhound and other interstate buses allow folding bikes in their cargo area, so why not catch the bus to NYC and ride around Central Park or explore Manhattan? Similarly, while Amtrak has yet to make widespread access to conventional bikes available, a folding bike can be brought on any Amtrak train and conveniently tucked into the baggage area at the end of each car. Many airlines allow a folding bike as a standard piece of luggage at no additional cost—check the airline's rules before booking your flight. I've even taken my Brompton folding bike with me on two different cruises, keeping it in my stateroom until ready for adventures in port on arrival. Once you own a folder, you'll be amazed how versatile it is.

The bikes fold into a compact, lightweight package. When unfolded, they ride just like any other bike, without breaking the bank. Don't let the small wheels of many folding bikes mislead you. The gearing on these bikes is engineered so you can travel the same distance per pedal stroke as you would on a conventional bike. Small wheels provide quicker acceleration and better maneuverability, both ideal in urban or semi-urban conditions. Folding bikes

are available with full-size wheels, but the best bet for multi-modal use is the 16" or 20" bikes from Brompton, Dahon, and Tern. These fold quickly and easily in less than a minute, and the ride quality is excellent. The best way to ensure you get a good quality bike is to visit a brick and mortar store that has a number of them in stock. Expect to pay about \$450 or more for a bike that you can depend on day in and day out. Spending more will get you additional features, such as lighter weight and smaller folded size. Many folks start out with an entry-level bike and move up to a higher-end folder as they discover how much they ride it. The important thing is to give them a try. You'll be very surprised just how great folding bikes are! ♦

AUTHOR: Tim Fricker is the owner of bikes@vienna, a full service bicycle shop on Church Street in downtown Vienna. The store specializes in unconventional cycles, including folding bikes, recumbent bikes and trikes, as well as a variety of other bikes ideal for transportation. They have the largest selection of folding bikes in the region, and the greatest depth of experience with the type. The staff owns and uses what they sell, and are always happy to help others join the "fold."





Friends of Homeless Animals

Serving the Northern Virginia & Washington DC area



The Bloomery's tasting room is tucked in a former slave quarters just one hour from the nation's capital.



BY ELAINE JEAN

On the Road with Elaine

THE VICE TOUR: HAND-ROLLED CIGARS, HOOCH, AND HORSES

Abraham Lincoln once observed that, "Folks who have no vices have very few virtues." So, in the interest of improving your character this weekend, why not head west to sample some of the worst habits within a one-hour drive of Washington, D.C.?

Whether you're a newbie or a chimney, the knowledgeable staff at Leesburg Cigar and Pipe (205 Harrison St. SE, Leesburg, Va.) matches each customer with just the right smoke. This boutique tobacconist offers a huge selection of cigars and cigarillos, as well as pipes, tobacco, imported cigarettes, and accessories. The walk-in humidor is one of the best in the area, keeping cigars fresh and well-hydrated.

The shop is comfortably situated in an old station master's house in Market Station, appointed with rich leather seating and a big screen TV. Manly? Yes. But I like it, too.

Everything about the Bloomery Plantation Distillery (16357 Charles Town Road, Charles Town, West Virginia) is unexpected, from the diminutive 1840s log cabin to the hand-crafted limoncello it produces.

When proprietors Linda Losey and Tom Kiefer ventured to Italy for the canonization of his great-great aunt – now Saint Mary of the Cross – they returned with a thirst for the Neopolitan after-dinner drink that local liquor stores

just couldn't quench. So they made their own. And it was very good.

In 2010 Linda purchased a ramshackle log cabin on Craigslist, hired ex-husband Rob to cultivate Caroline raspberry plants and Santa Theresa lemon trees, bought a greenhouse, hauled it back to the farm, and hung a shingle out by the roadside. Of course. That's what I do when I'm craving a drink.

No matter how illogical it all sounds, it was absolutely brilliant. And so are the flavors you'll sample at their stylishly rustic cabin in the woods.

The Bloomery product line has since been dubbed SweetShine and now includes Raspberry Lemon, Chocolate Raspberry, Crema Lemma (a.k.a. Moonshine Milkshake), Ginger, Peach, Black Walnut, and Pumpkin Spice. Linda captures the essence of each flavor in a way that's pure, clear and bright – but never bitter – using organic fruit, zesting lemons by hand, and avoiding the nasty pith.

She leads tours of the grounds, pointing out that the little log cabin is one of only two slave quarters remaining in Jefferson County, and that the siding once belonged to an

Linda Losey's attention to detail shows in everything she does.



old canal boat. Stop at the greenhouse where she tends the trees that produce her heavenly hooch.

Back in the tasting room, Rob mans the bar, doling out samples of the fruits of their labor, sharing cocktail recipes, and exercising a quick wit. Visitors gather round on Fridays and Saturdays for complimentary tastings—free, that is, if you compliment the server. Offerings include miniature boozy frozen concoctions and designer cocktails with slightly wicked names.

SweetShine is available to purchase by the bottle for consumption at home, and you may also buy it on special order at Virginia ABC stores. Live music – folk, rock, reggae, blues, and soul—performed by local talent is offered with coffee beginning at six p.m.

You may want to bring a sense of humor to the Bloomery; these folks own a couple of lemon costumes, and they're not afraid to use them. If you tell them it's your birthday, you'll probably wind up wearing a lemon costume. If you tell them I sent you, you'll also have to don a lemon costume. In fact, the odds of being dressed up like a citrus fruit on any given day are quite high at the Bloomery.

Entering Hollywood Casino at Charles Town Races (750 Hollywood Drive, Charles Town, West Virginia) is, for the uninitiated, a bit like falling down the rabbit hole. Plastic palm trees and counterfeit cacti fringe rows of one-armed bandits – over 3,000 slot machines in all – with names like Vegas Shindig and Unicorn Dreaming.

My advice: stay away from themes that ooze sweetness. I lost a fair share of money on Dog Days just trying to get the Goldendoodle to prance. Gambling is an emotional sport and, in retrospect, the homage to John Wayne may have been a less-compelling choice. Win, lose, or draw, you'll certainly be entertained by this almost-glamorous destination.



The Bloomery's line-up includes Ginger SweetShine, Cremma Lemma and the Limoncello that started it all.



"Two lemons walk into a bar ..." Actually, they're Barbara and Alan Smith, visitors from Boston.

In 1997 Penn National Gaming bet on a comeback for Charles Town Races, purchasing the facility and initiating a \$175 million upgrade. In 2010 gaming tables – including poker, blackjack, mini-baccarat, and roulette – made

their debut, and today the venue features simulcast racing, as well as numerous dining options and ample parking. The ¾-mile race track draws trainers, jockeys, and horses from up and down the East Coast.

Reserve a table on the Skyline Terrace for dinner with an expansive view of the race track. The restaurant offers a full menu Tuesday through Saturday and, on Friday and Saturday nights, a prime rib and seafood buffet that reaches from here to there and back again.

Bets are placed with tellers next to the poker room on the same level, but for the ultimate experience call ahead and reserve a dining table with its own betting machine. One-swipe gambling is dangerously convenient.

The dining room is designated nonsmoking, so if you want to light up the cigars you bought earlier in the day you'll have to bring them down to

the apron of the track, where the action is. You may even pick up a few tips on upcoming races from the regulars.

Hand-rolled cigars, hooch, and horses—it's the perfect trifecta! ♦

AUTHOR: Elaine Jean is a freelance writer with a serious case of wanderlust. She and husband/photographer Paul experienced more than 80 day trips – ranging from the historic to the alcoholic – over a two-year period to produce "Carpe Weekend: 52 Day Trips and Adventures near Washington, DC," available on amazon.com.

- ✿ This day trip is best made on Saturday afternoons.
- ✿ Bloomery hours are Fridays and Saturdays from 11 a.m. – 8 p.m.
- ✿ Hollywood Casino is open 24/7; anyone under 21 will not be admitted.
- ✿ Skyline Terrace is closed Sundays and Mondays. Reservations are recommended.
- ✿ Live races are held year round; post time varies with the season.
- ✿ Visit www.hollywoodcasino-charlestown.com to see race schedules.



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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 homemade 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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Est. 1982



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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

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www.ophrestaurants.com

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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

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www.saigoncafe-va.com

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8191 Strawberry Ln, Falls Church
703.372.5161

www.seapearlstaurant.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.

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3066 Gatehouse Plaza, Falls Church
703-645-8100

www.greatamericanrestaurants.com/

Sweetwater

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TRIO GRILL

8100 Lee Highway, Falls Church
703-992.9200

www.triomerrifield.com

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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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www.plakagrill.com



MATCHBOX VINTAGE PIZZA BISTRO

2911 District Ave. Fairfax
571-395-4869

www.matchboxmerrifield.com

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www.mysantinis.com

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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 zereshk polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders. **\$\$**

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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.

**CAFÉ DELUXE**

1800 International Drive West, McLean
703-761-0600

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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1840 International Dr. McLean
703-847-5244

www.lebanesetaverna.com

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

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. **\$**

ROCCO'S ITALIAN RESTAURANT
1357 Chain Bridge Road # A
McLean, VA 22101
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An institution in McLean, Virginia, family owned and operated Rocco's has been serving up Italian Delights and the area's best Pizza for over 30 years. From fried Calamari to genuine "Brick-Oven Pizza", you can find your favorites at Rocco's. Open for lunch and dinner seven days a week. Catering too!

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.vinovolotyson.com

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

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 "handhelds") 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

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

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2727 Merrilee Dr. Merrifield
703-573-2161

www.ovvioosteria.com

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2750 G Gallows Rd.
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703.204-2969

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VIENNA RESTAURANTS

ANITA'S

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

www.anitascorp.com

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

BAZIN'S ON CHURCH

111 Church St, Vienna
703.255.7212

www.bazinsonchurch.com

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

BJ'S BREWHOUSE

8027 Leesburg Pike Vienna
703-356-7305

www.bjsbrewhouse.com

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

BLACKFINN AMERIPUB

2750 Gallows Rd, Vienna
703.207.0100

blackfinnameripub.com

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

CHEF GEOFF'S

8045 Leesburg Pike Vienna
571-282-6003

www.chefgeoff.com

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



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Chef Geoff's also offers a Sunday brunch and kid's brunch. \$\$

CHIMA BRAZILLIAN STEAKHOUSE

8101 Towers Crescent Dr. Vienna

703-639-3080

www.chima.cc

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

CLYDE'S OF TYSONS CORNER

8332 Leesburg Pike, Vienna

703-734-1901

www.clydes.com/tysons

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

MAPLE AVE

47 Maple Ave W, Vienna

703.319.2177

www.mapleaverestaurant.com

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

NOSTOS

8100 Boone Blvd. Vienna

703-760-0690

www.nostosrestaurant.com

Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea. \$\$

PAZZO POMODORO

118 Branch Road SE, Vienna

703.281.7777

pazzopomodoro.com

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

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103 Center Street N #107, Vienna

703.281.2445

www.peking-express.com

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703.281.7550

www.bonarotirestaurant.com

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list, and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

SAKURA JAPANESE STEAK HOUSE

8369 Leesburg Pike #10 Vienna
703-356-6444

www.sakurasteakhouse.com

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

SHAMSHIRY

8607 Westwood Center Dr. Vienna
703-448-8883

www.shamshiry.com

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

**SUNFLOWER VEGETARIAN
RESTAURANT**

2531 Chain Bridge Rd. Vienna
703-319-3888

www.crystalsunflower.com

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

TYSONS BAGEL MARKET

8137 Leesburg Pike, Vienna
703.448.0080

www.tysonsbagelmarket.com

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

WOO LAE OAK

8240 Leesburg Pike, Vienna
703-827-7300

www.woolaeoak.com

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



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BY JEANNINE BOTTORFF

PASSION FIN — *Bringing Ocean Freshness to Merrifield*

The new sushi restaurant is a hop, skip, and jump away from MOSAIC in Merrifield, an area that is truly booming with great restaurants, bars and shopping. Passion Fin is a welcome addition to a growing neighborhood jam-packed with great choices for food and drink.

Passion Fin is new and chic, featuring sushi as its main offering, as well as Chinese and Thai dishes. This is the kind of place that is perfect for groups (for the many offices nearby) because there is so much to choose from. Beyond sushi, there are dishes like General Tso's Chicken, Hibachi lunch specials featuring seafood, steak and/or chicken, as well as many other Asian selections.

The restaurant is simple and clean and the staff warm and friendly. When my friend and I walked in, the young hostess warmly greeted us and quickly showed us to a table. We were then taken care of by a waiter who spent lots of time making

sure we were happy and comfortable.

My friend and I met to catch up, so we decided to snack our way through lunch so we could try a few things on the menu. Passion Fin has beer, wine, and exotic cocktails on the menu. Since it was 11:30 on a Monday morning, we settled for Japanese strawberry sodas. The bottles are uniquely designed with a marble in the top that you are supposed to try to get out (I never figured out how!). In Japan, these sodas are popular at festivals. Surprisingly, they are delicious — even for adults!

We ordered the *gyoza* and the chicken lettuce wraps to begin. Both were very good. The *gyoza* are dumplings filled with juicy, flavorful pork and

steamed, pan-fried, and served with a savory dipping sauce. The chicken lettuce wraps are another nice appetizer to share — sautéed chicken and veggies served in a sweet sauce served with cool, crunchy lettuce leaves. Nice and light.

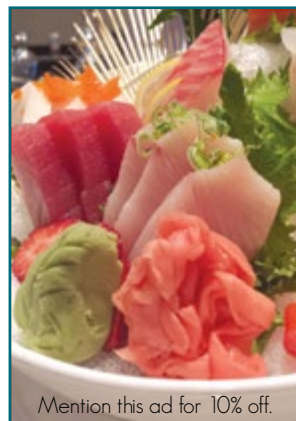
After our appetizers, we decided to split one of their three-roll platters (served with your choice of soup or salad). We selected one that featured salmon rolls, tuna rolls, and California rolls. They were as fresh as the ocean and delicious! I especially enjoyed the California rolls as they were made with the perfect amount of rice and cut in manageable pieces making them easier to eat — which doesn't always happen with sushi rolls!

This place is a great lunch place for the folks that work in the surrounding offices and a great dinner place for those that live in the bevy of apartments that have sprung up the past few years. As a matter of fact, Passion Fin is a great place for families, friends, and co-workers. What else could you ask for? ♦

Passion Fin

2750 A Gallows Road
Merrifield, VA 22180
703-204-2969
www.passionfinmerrifield.com

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



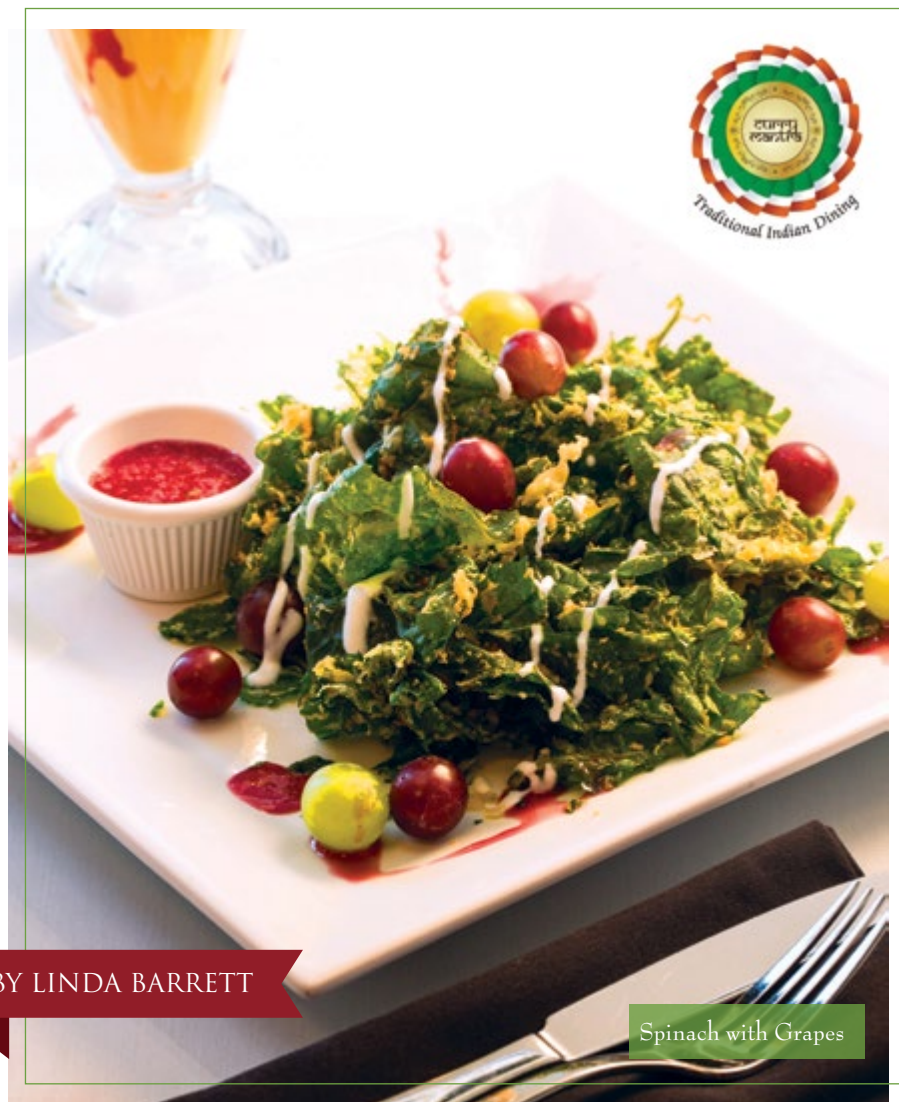
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BY LINDA BARRETT

Spinach with Grapes

CURRY MANTRA

Offers a World of Indian Curries

It looks like Asad Sheikh is well on his way to building a curry empire in Northern Virginia, with the opening of Curry Mantra 4 on the near horizon.

The original Curry Mantra opened April 2011 at 9984 Main Street, Fairfax, VA to provide a traditional dining experience highlighting various curries from around India. The restaurant quickly became a favorite of area food critics like Tom Sietsema from the Washington Post, and has garnered the coveted Zagat rating each year.

Curry Mantra was also given the “Noteworthy Newcomer Award” in Washington D.C./Baltimore by Zagat in 2012, and named one of “Northern Virginia’s 50 Best Restaurants,” and “The Best of Fairfax” by Washingtonian magazine.

CURRY MANTRA 1: THE ORIGINAL

At Curry Mantra 1, guests enjoy the brightly-colored red and orange décor featuring the history of India, while savoring chicken, lamb, and goat curries, vegetarian selections, and seafood, along with thali, mughlai biryani, and tandoori specialties. If you don’t already have a favorite, select a platter that lets you sample four or five curries, or order the goat biryani, with its fluffy rice and tender goat nuggets, this restaurant’s “must-try” dish.

“Most people don’t know that curries vary from region to region, and whereas most Indian restaurants offer curries from only the northern and southern regions of India, we offer the widest variety of curries from throughout the country,” Sheikh explained.

The restaurant is known for its 24 curries, its butter chicken—one of India’s most famous standard dishes—and its authentic plating, like meals served on a red banana leaf-covered platter, or a whole coconut outfitted with a straw to access the sweet milk that beautifully offsets the curry’s spiciness.

Sheikh doubled this restaurant’s size within the first year, and unlike many Indian restaurants, he puts the cooking front and center with open views to the kitchen. On weekends, guests enjoy live classical Indian music.

CURRY MANTRA 2: BEYOND THE ORDINARY

In February 2013, Sheikh opened Curry Mantra 2 at 1077 West Broad Street, Falls Church, VA to highlight upscale Indian cuisine that is truly “beyond the ordinary.” It offers a live demonstration kitchen where guests can watch and interact with chefs preparing foods, and an expansive wine list.

“With Curry Mantra 2, I wanted to recreate the dishes that take me back to the old country. In India, everyone cooks this way, so it is very authentic,” Sheikh said. Sheikh’s own mother flew in from



Bombay, India for a week to assist in creating the hometown menu.

This restaurant features a “must-try” combination of vegetables and proteins where diners can combine their favorites, and Seven Wonders specialty dishes including goat kashmiri, chicken daniya, shrimp with spinach & coconut, chicken badami, and spicy lamb masala. A favorite is the kofta curry—tender lamb meatballs stuffed with boiled eggs.

CURRY MANTRA 3: GURU OF CURRIES

In less than three years, Sheikh opened his third location at 262H Cedar Lane SE, Vienna, VA, themed “Guru of Curries,” with a menu and décor highlighting the various Festivals of India.

At Curry Mantra, no two curries taste the same. Some add velvety heat, while others offer a peppery pop, without overpowering the flavor of the food. Come for an all-you-can-eat daily lunch

buffet and enjoy standard items like goat curry or a delightful biryani made of saffron basmati rice layered with fried onions and cardamom, with chicken, lamb, goat or shrimp.

Curry Mantra 3’s “must-try” dishes are the kashmir kofta featuring minced lamb meatballs with mint and cilantro gravy in a spicy creamy kashmir curry, and the delectable lamb aamwala with mango, in a tomato and onion gravy.

CURRY MANTRA 4: LONDON CURRY HOUSE

It won’t be long until Sheikh’s fourth restaurant opens in Alexandria, VA, called the London Curry House, and featuring dishes from London. When this newest jewel in the Indian crown opens this summer, look for announcements because Curry Mantra always offers free dining on opening day.

THE INDIAN EMPIRE

Sheikh’s burgeoning empire has grown quickly because of its reputation for great food and superior service, and raving recommendations by customers and food critics alike.

By varying the theme and specialties unique to each restaurant, guests who visit all Curry Mantras can experience an authentic taste of Indian cultures and specialty dishes in a sort of a “passport to India.” All Curry Mantra restaurants offer wine and beer, lunch and weekend brunch buffets, and free local delivery. Kids under five eat for free.

As for his plans for the future, he answered, “I’d like to have at least ten restaurants in Northern Virginia under the Curry Mantra brand.” I’d say he’s off to a great start. ♦

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.com



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BY JESSIE BIELE

Monte Cristo

BENNIGAN'S MAKES A COMEBACK

A much-loved neighborhood dining spot has made a comeback. Bennigan's, the Irish-themed pub chain, opened its doors in Tysons Corner last August.

Founded in 1976, the Bennigan's chain closed in 2008 due to bankruptcy. In 2010, Atalya Capital Management, the chain's new owner, restructured the brand with a new logo and some new menu offerings.

The Tysons Corner Bennigan's location has standard pub fare, including classics such as cheesy Broccoli Bites, Hogan's Egg Rolls, and the Turkey O'Toole™ sandwich. Diners can start their meal with a variety of appetizers, such as Buffalo wings, quesadillas, and the Irish Tower O'Rings or a large stack of giant onion rings—perfect for sharing. The burger menu offers selections like the GUINNESS® Glazed Bacon Burger with Applewood smoked bacon and cheddar, and the gut-busting The Big Irish, which consists of two 8 oz. patties stacked double-decker style with twice the toppings. Bennigan's offers numerous sandwiches and entrees, such as the Signature Chicken Tenders with honey Dijon dressing and the Homemade Cottage Pie with ground beef and vegetables, covered with parmesan-toasted garlic mashed potatoes.

What is Bennigan's most known for? If you comb online review sites, you'll see that their Monte Cristo gets rave reviews. The Monte Cristo consists of thick slices of honey wheat bread with tender ham, roasted turkey, Swiss and American cheeses. The sandwich is then batter-dipped, deep fried, and sprinkled with powdered sugar. The Monte Cristo is heavy on the cheese, but is highly satisfying. Diners can opt for a Monte Cristo with soup or salad. The French onion soup is heavy on cheese and onions but light on broth.

For those looking for lighter fare, you won't find much here. The Apple Pecan Salad with shrimp is a good lighter option, when you get it with the maple vinaigrette and

balsamic glaze on the side. The Kilkenny's Country Chicken Wrap with grilled chicken, lettuce, tomatoes, colby cheese, and Applewood smoked bacon is also a good option on the lighter side.

The server was attentive and pleasant, but be warned – if you're looking for a gluten-free menu or vegan options, look elsewhere. Vegetarians can substitute a veggie patty for any of their burgers, and there are options for non-red meat eaters. The dessert menu consists of five decadent treats, including the New York Cheesecake and their Mini Montes, filled with peanut butter, bananas, and chocolate served with GUINNESS® chocolate sauce.

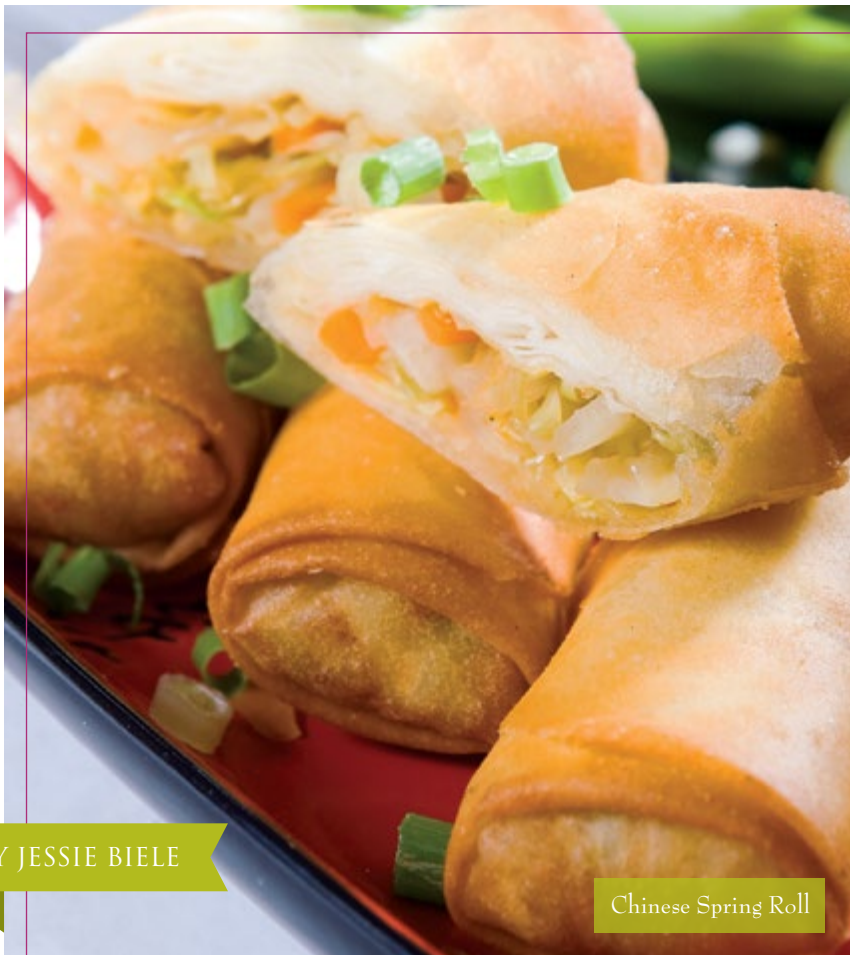
Bennigan's bar offers a wide selection of beer and wine, but their signature drinks are the highlight of the bar menu. Drinks like the Long Ireland Iced Tea with Tullamore Dew Irish Whiskey and the Celtic Hurricane are interesting blends for those diners looking for something new to try. Bennigan's in Tysons Corner also offers a happy hour for the post-work crowd and karaoke select nights of the week. Be sure to check their Facebook page for upcoming events.

Bennigan's is located at 8201 Greensboro Dr. in McLean. For more information, call (703) 288-3232 or visit www.bennigans.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 *Run*, *Washington* magazine and *Falls Church Patch*. Her favorite cuisines are Thai and Mexican foods. Learn more about her at www.jessiebiele.com.



The Big Irish



BY JESSIE BIELE

Chinese Spring Roll

FINEST & FRESHEST CHINESE CARRYOUT

For more than 20 years, Peking Express has served fresh Chinese food in the heart of Vienna.

Located at the intersection of Maple Ave. and Center St. North, Peking Express caters to the at-work crowd and generations of families.

After emigrating to the United States from his native El Salvador, Peking Express owner Mike Bernal was en route to New York from his father's home in Texas when he landed in Vienna. He began getting restaurant industry experience at Peking Express more than 20 years ago, working his way up the ranks. When the owners sold Peking Express, Bernal took over the restaurant and retained its original chef, Co Ba Tran.

Suffice it to say, Bernal never made it to New York, but is content being a restaurant owner in Vienna, a town he says is "the heart of opportunity [America represents]."

"Vienna is a welcoming community," Bernal said. "The community is supportive."

Because he's worked in Vienna for a number of years, kids Bernal saw come in with their parents when he first started at Peking Express are now grown up and bringing

their own kids to the restaurant. He has built a rapport with regular customers and knows what they like.

Peking Express offers more than 100 Chinese dishes. According to Bernal, the menu offers 11 vegetable dishes, 67 main dishes, and 12 fried rice and lo mein dishes. Their specialties include soups, made from scratch, Kung Pao and General Tso's chicken, and combinations with fried rice. Peking Express offers a wide selection of steamed dishes, vegetable dishes, and some gluten-free dishes. Peking Express offers a lunch buffet for the work crowd. For just under \$10, diners can get a rice bowl with a topping of their choice.

The combination platters are a great value with generous portions that will last a couple of days. The General Tso's chicken is a perfect blend of spicy and sweet, and well-cooked. The egg rolls are crispy, and the wonton soup is fresh and has a flavorful broth. Peking Express offers a variety of iced teas and soft drinks, including Stewart's root beer and cream soda. There is a small dining area, but Peking Express focuses on carry out and delivery.

Peking Express also offers catering for corporate and private events. They participate in the Dining for Dollars program for local schools and nonprofits, which has been a "very successful" fundraiser, according to Bernal.

Peking Express offers free delivery to Vienna. Bernal plans to open a second location in the Tysons Corner area this year. He attributes his success to the community and is grateful for the support of the Vienna community that he has called home.

Peking Express is located at 103 Center Street North in Vienna. For more information or to place an order, call 703-281-2445 or order online at www.peking-express.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.



BY CHEF BONITA WOODS

FRUIT INFUSED WATER:

This really is about flavoring your water for a tastier hydration. Some of the vitamins and micronutrients go into the water along with the yummy fruity taste. Serve in a clear pitcher and glasses as this beverage is pretty to look at while you are sipping.

Detox Stir together two thinly sliced cucumbers, 1 lemon sliced and two seeded and sliced jalapeño peppers in a quart jar filled with pure water.

Refresh Scrunch 8 fresh mint or basil leaves to release their flavor. Combine them with 3 cups halved strawberries in a quart jar filled with pure water. You can leave whole or and lightly muddle with a wooden spoon or spatula.

Sooth Stir together 4 cups cantaloupe chunks and 2 cups halved grapes in a quart jar filled with pure water.

Calm Gently crush two vanilla beans with a wooden spoon or spatula. Stir with six pitted and sliced peaches. Add to a quart jar filled with pure water.

HEALTHFUL HYDRATION VS *Your Favorite Summertime Drinks*

Summertime in Virginia means outdoor fun in overwhelming humidity and heat. With alluring frozen treat shops popping up everywhere, it is easy to inadvertently ingest more sugary calories than you burn off. In Falls Church City we have at least seven ice cream, smoothie, and frozen yogurt shops within easy walking distance of the W&OD Trail. I don't know how many pizza joints we have – way too many to count. Some of these businesses

deliver, including to the local pools. The poor nutritional value and high caloric content of this common summertime diet needs no detailed explanation. My interest for this article is about healthful hydration. With so many delectable choices out there, which is the best option – juices, smoothies or fruit water?

I am not even getting into the artificial and chemical filled drinks. You already know that those have no real health value. Let's look at drinks that come from nature and can be made at

home. At a recent GMO conference, I was chatting with Toya and Engin of Reston's New Family Naturals. In case you don't know them, change that relationship immediately! Toya and Engin make the best kale chips in the world and have a fabulous line of healthful beverages. I asked Toya what is the difference between juicing and smoothies. She summed it up beautifully. "Think of juicing as a tonic and smoothies as a food. Juice is much more therapeutic and has more concentrated nutrient density, but both have their place as healthful additions to your diet. You can dilute either with water to help spread out the health benefits." Watering down fresh juice dilutes the amount of sugar that hits your system and spreads the nutrient quantity through a greater body of hydration. In other words, you can drink a cup of juice and separately savor your daily allotment of water, or you can mix the two and enjoy them together.

Juicing is just pressing the liquid out of a fruit or vegetable. The most common are orange juice and apple cider. Smoothies are the pureeing of a fruit with ice or additional liquid. Fruit water is just that – water with whole slices of fruit free-floating in it. Juice has a lower calorie content but higher absorbable sugar than a smoothie. Smoothies have more fiber and higher calories than juice but the fiber helps prevent you from absorbing as much of the sugar. Fruit water is delicately flavored and very hydrating.

TIME FOR A QUICK LESSON IN BEVERAGE

101: First, take a look at the ingredients in your beverage. Are they natural and food based? What percent is water? How much is fruit? Did you add any sugar or sweetener? Caffeine? Non-

SMOOTHIES:
So refreshing on a hot summer afternoon! Just put all the ingredients in a blender and puree until smooth.

Berries and Beets. 1 cup fresh or frozen blueberries, 1/2 cup fresh or frozen raspberries, 1/3 cup sliced beets, 1/4 cup nonfat Greek yogurt, 1/4 cup fresh orange juice
199 calories

Ginger, Berries & Oats 1/4 cup prepared oatmeal (cooked, refreshed with hot water or in powder form), 1/4 cup skim milk, 1/2 teaspoon grated fresh ginger, 1 cup fresh blackberries, 1/2 cup sliced strawberries, 1 teaspoon honey or agave, 1/2 cup ice
169 calories

Minty Watermelon 2 cups seedless watermelon + 2 tablespoons fresh mint + 1/3 cup 2% plain Greek yogurt *98 calories*

Creamy Mango, Avocado & Lime 1/4 cup sliced avocado, 1 cup sliced mango, 1 tablespoon lime juice, 1 tablespoon fresh mint, 2 cups ice *171 calories*

Tropical Green 8 ounces baby spinach leaves, 1/2 cup frozen mango and pineapple, 1/4 cup frozen fat free yogurt, 1/2 cup orange juice, 1 cup fermented fruit water, 1 cup water, 1 cup ice *95 calories*



fermented dairy? Is there any insoluble fiber? What else is in your stomach when you are drinking? While you may enjoy wine, iced tea, or milk with your dinner, it is ideal to couple meals with a low calorie and low sugar beverage like water.

The food will absorb it and the drink will act as a lubricant to your digestive process. According to Michael F Picco, M.D. and the MayoClinic: "There's no concern that water will dilute the digestive juices or interfere with digestion. In fact, drinking water during or after a meal actually aids digestion. Water and other liquids help break down food so that your body can absorb the nutrients. Water also softens stools, which helps prevent constipation." So, whatever other beverage you have when you eat, also sip on some plain or flavored water.

If you hydrate on an empty stomach, much of the water will run straight through your system. This is fine, especially if you need a quick-fix hydration, like on a hot day or after you have been exercising. You could have some ground oats or psyllium husk mixed with a little juice before or while hydrating. This will absorb the water, slow down your digestion and help your body to refresh a slower and more fully.

Here are some of my favorite beverage recipes. I have made all of them, but I never follow the directions exactly. I rarely measure my ingredients. My basic technique is to add my ingredients

in order of importance. If I am super thirsty, I will start with water, then add kombucha, then juice. If I am hot, hungry, and thirsty, I go for the smoothie. I cram as much spinach and cucumber (or baby power greens) into the blender as I can, then add a little yogurt, some frozen fruit, then juice or water. I always start my smoothies with a vegetable. Infused waters are really fine no matter what order you put the ingredients in, so long as at least $\frac{3}{4}$ of the beverage volume is pure water. I have several half-gallon mixes resting in my refrigerator at any given time. I also keep fermented beverages brewing on my kitchen counter. Currently, I have apple cider kombucha, probiotic coconut water, and beet kvass. Micronutrient dense and low calorie, these are fun enhancers for my specialty drinks.

FRUIT INFUSED WATER: This really is about flavoring your water for a tastier hydration. Some of the vitamins and micronutrients go into the water along with the yummy fruity taste. Serve in a clear pitcher and glasses as this beverage is pretty to look at while you are sipping.

SMOOTHIES: So refreshing on a hot summer afternoon! Just put all the ingredients in a blender and puree until smooth. The more greens you use, the less sugar you absorb. You can freeze the smoothie in ice cube trays and add to a watered down juice for a cool summertime refresher. Note: The quality of your blender really affects the smoothie texture, especially if you add lots of ice or fresh produce. The Vita Mix makes very smooth drinks, especially nice if you add dark greens, whole grains, or hard fruits to your smoothie. If you like lots of ice, then go for the Ninja. Your drink will not be as smooth as with the Vita Mix, but with that center core of sharp blades you don't have to worry about burning out your motor. The Magic Bullet is great for small and individual drinks. Really, you can use any blender. I have an old, hand crank blender that I take on picnics. The smoothies are really more like chunkies, but it is fun and the drinks taste really good.

JUICING: You will need a good quality juicer or do a lot of hand chopping, transfer to a blender then press through a cheesecloth lined colander. One way is cheaper, the other is more efficient. Process all ingredients in a juicer, shake or stir, and serve. You can also mix with kombucha, probiotic coconut water, fermented fruit water, or pure water. Each recipe makes about 30 ounces of juiced beverage. These recipes really show how much greens cut the calories. Just remember, fresh pressed juice is healthful to drink but is not a primary source for full body hydration. ❖

AUTHOR: Chef Bonita Woods, NC, DM, FCCPS is the director of Bonita Woods Wellness Institute (a non-profit nutrition and wellness education center) in Falls Church City. Her focus is to help people to understand how the food they eat impacts their body and how to balance a healthful lifestyle with the realities of everyday living. Most importantly, she brings fun back into food and health!



JUICING:

You will need a good quality juicer or do a lot of hand chopping, transfer to a blender then press through a cheesecloth lined colander.

Classic Green 1 medium apple, 1 beet, 8 medium carrots, 2 large stalk celery, 3 cup spinach. 220 calories

Zesty Green 3 medium apples, 4 large stalks celery, 1" ginger root, 1/2 lemon with rind (sliced), 1 large orange without rind (sliced), 8 ounce baby leaf spinach. 250 calories

Berry Detox 2 large apples, stems removed, 1/2 lime, sliced, 3 cup strawberries, stems removed. 215 calories

Afternoon Refresher 2 large stalks celery, 1 handful cilantro or parsley, 1 large cucumber, 1 large tomato, 1 small jalapeno, 1/2 lime with rind (sliced) 75 calories

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Horner's Corner Pet Salon

With over 16 years of experience, owner and groomer Kelli Horner offers quality dog and cat grooming along with individual attention at Horner's Corner Pet Salon.

Conveniently located on Maple Avenue, *Horner's Corner Pet Salon* has surpassed expectations of grooming services to all pet owners in the area. They treat their customers' pets with the utmost care and attention as if they were their own. Kelli, the groomer expert, takes pride in what she does, and offers everything from bathing, grooming, and cutting to trimming toenails for customers' loved ones.

Not only does *Horner's Corner Pet Salon* provide the best service in the pet industry, they also tend to the pets and are good to them, making their stay as comfortable as possible. Safety, hygiene and care are the top priorities for this exceptional pet salon. As a perfectionist, Kelli takes her time with her clients to make sure they go home looking and feeling their best.



"Thanks for taking such terrific care of Patches over the many years. She lived almost 18 years and you took terrific care of her from youth to the very old lady she grew to be."
—Alan Spear, Vienna, VA

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"Our doctors and staff strive to provide uncompromisable professional healthcare for your pet through personalized care, a "Standard of Care Concept" that requires several unconditional commitments on our part."

exceptional customer service. Our staff members are all dedicated, compassionate professionals who work as a team to support your pet."

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Let's face it, our dogs come into our lives for a variety of reasons: companionship, rescue, therapy and more. Whatever the reason, it's hard to develop that lifetime, special bond with your dog when he's chewing up your furniture, soiling your carpets, jumping uncontrollably or showing aggression. Sit Means Sit's training methodology puts you in charge to more thoroughly enjoy your relationship with your dog at home and out in public.

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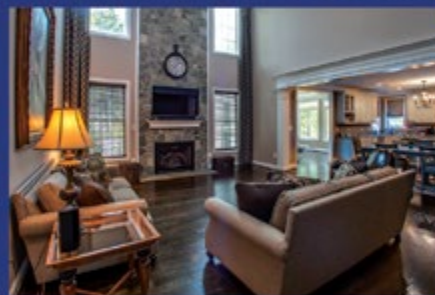


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BY ASHLEIGH KADES

"ALL IN" FOR A CURE:

18TH ANNUAL JOKER'S WILD CASINO NIGHT

Benefiting the Cystic Fibrosis Foundation

On February 15th, the Cystic Fibrosis Foundation hosted their 18th Annual Joker's Wild Casino Night at the beautiful Hilton McLean. Over 300 supporters raised \$150,000 for cystic fibrosis research, care and programs.

Event Chairs Carl and Judy Riedy started the event in 1990, and have brought on Walter and Lisa Whitt to join as Co-Chairs. The Riedy's son, Chad, who has CF (Cystic Fibrosis), and his wife, Julie, lead the Young Professionals Committee. In addition to supporting a cause they are all passionately dedicated to, they provided guests with a unique night of gaming and entertainment from cover band, Standing Room Only.

Cystic Fibrosis is an inherited chronic disease affecting approximately 30,000 children and adults in the United States. More than 10 million people are symptomless carriers of the defective CF gene, and about 1,000 new cases of CF are diagnosed each year. CF causes chronic lung infections and difficulty digesting food and nutrients. The current predicted median age of survival for a person with CF is in the early 40s, and there is no cure.

Today, the Riedy's are grateful for the Foundation's aggressive approach in drug development and discovery, saying, "Through the progression of this

event, we have watched the Foundation develop a series of new drugs and therapies that have added not only years, but quality, to our son's life."

In January, Chad and Julie welcomed Tate Robert, their second son. Besides the miracle of another grandson, Carl and Judy are seeing firsthand the hope and continued success that the



Carl Riedy with Chad and Julie Riedy

Foundation has created. Chad has been in the current Phase III trial for Vertex 809 since August 2013, a global trial with 1,000 patients. VX-809 coupled with the successful drug Kalydeco, approved two years ago, attacks the basic genetic defect. Together, they can significantly improve the lung capacity and the health of over 50% of the CF population. On January 24, Chad had his final examination in the trial and was officially placed on the drug.

“So, now we wait and hope that it will stop the ongoing deterioration of his lungs, increase their capacity, and improve his health,” says Carl.

If approved by the FDA, this drug will be a major advancement for Chad and the nearly 15,000 others living with CF. Carl adds, “This is well beyond our wildest dreams back 30 years ago when he was diagnosed and his life expectancy was 12. We are blessed and can say with great confidence; every dollar raised is well spent by the Foundation!”



Walter and Lisa Whitt

While the progress of the Foundation is clear, there is still much to do to ensure all CF patients live a long and healthy life! The Foundation depends on the dollars raised to promote future advances

in CF research and medicine. For more information about the Joker's Wild Casino Night and other CF events, please contact The Metro D.C. Chapter of the Cystic Fibrosis Foundation at 301-657-8444. ♦



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SUMMER
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BY JANELL LAROCHE

Afternoon Tea at Ritz-Carlton— A LOVELY DIVERSION

On a quiet Tuesday afternoon in March, Beth Godwin, Gina Riegelman and Carol Adcock celebrated Beth and Carol's birthday by enjoying the timeless tradition of afternoon tea in the warm, darkly rich Entyse Wine Bar & Lounge at The Ritz-Carlton, Tysons Corner. The melody of soft piano keynotes dance hearteningly through the lounge enriching spirits — a welcome calm from the hustle-and-bustle of weekend and holiday crowds.

The Ritz-Carlton has an exquisite selection of traditional loose bag teas including; English Breakfast tea, Earl Gray, Green Tea and Chamomile as well as an assortment of loose leaf teas. The teas are meticulously measured to ensure the perfect infusion of flavors without over powering.

Tenured waitress, Aster Tesfazgi, starts tea service with individual teakettles placed on oil warmers. A lavish accompaniment of open-face tea sandwiches including; egg salad, English cucumber, Mandarin orange, grilled vegetable tart, smoked chicken and smoked salmon rosette are gracefully presented. A dessert tower of delicious fresh fruit pasties, currant scones, chocolate dipped strawberries, pistachio madeleine, almond teacakes and lemon cookies are complimented with a selection of Devonshire, strawberry and lemon creams. Champagne can be included for any special occasion including; birthdays, anniversaries and bridal showers.

Tsafzgi said afternoon tea service is a real treat for locals since it is conveniently located close to home. Families, friends, social groups, businesses and visitors look forward to decorating their holidays with a spot-of-tea. Easter, Mother's Day, Thanksgiving and Christmas are the most popular times to see people taking a break from everyday life for afternoon tea.

The Ritz-Carlton's afternoon tea is not only cherished by adults, popular family tea times



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September 18 - 28:

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December: Daily

Entyse Wine Bar & Lounge also offers additional special services worth exploring:

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include; sweet 16 birthday parties as well as children's teas with Peter Rabbit, the Princess and the Nutcracker. During the holidays musical entertainment includes harpists and string instrumentals. Vincent Feraud, Manager and Sommelier, said it is not uncommon for the Ritz to serve tea to over 650 guests throughout the holiday season. ❖

THE RITZ-CARLTON, TYSONS CORNER

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The [seniors](#) of Tysons will be happy to discover that our area offers a number of retirement communities that can accommodate active and [independent](#) lifestyles as well as care for those whose needs require an [assisted living](#) residence. Here are some of the Best Tysons Retirement Communities to consider for the care and well-being of our beloved seniors.



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Dignity, security and friendship are words that describe Vinson Hall Retirement Community. As believers in [expression](#) and individuality, the staff at Vinson Hall celebrate the opportunities for residents to maintain, renew, and create [friendships](#). As a continuing growing community, Vinson Hall consistently assists seniors by providing them with exceptional care and attention, including fitness programs, health services and pastoral support. Operating as a non-profit Continuing Care Retirement Community, Vinson Hall ensures its residents exceptionally [pleasant](#) and enjoyable living options while promoting physical and [spiritual well-being](#) to each individual. Visit their website to learn more about their new independent living apartment homes which include premium features.



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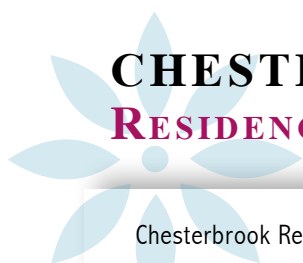


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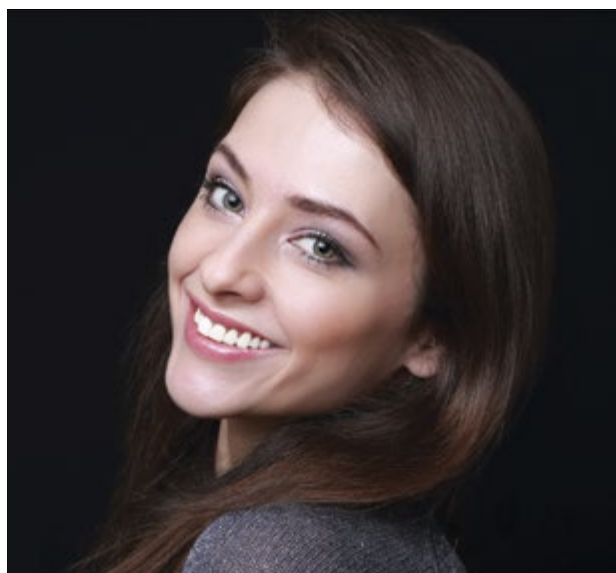


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JULIUS & MARY ANN HANKIN

Living Prayerful Lives of Service

BY RICK MUNDY

Back in 1997, Julius and Mary Ann Hankin agreed to attend a meeting as members of Unity of Fairfax to consider the formation of a volunteer organization assisting seniors who need help with transportation and other needs. Their

participation in the initial meeting for the SCOV (Shepherd's Center of Oakton-Vienna) began yet another adventure in their shared love of service to others. Both have served on the SCOV board from the beginning and have helped drive its mission for 17 years. Julius is on the Finance Committee and is co-chair of the Congregational Advisory Committee, coordinating the annual community Thanksgiving service for 14 years. Mary Ann is on the Health Council.

They are pleased with the contribution that SCOV makes to area seniors, offering rides, classes, odd jobs, entertainment, and more. The four local Shepherd's Centers provided 3,222 rides in 2013. All our drivers are fully insured, undergo state police background checks, and drive seniors both ways for their appointments or errands without charge. Julius shared a favorite story that while on a delivery, an SCOV driver noticed a faulty rain spout, returned the next day to repair it, and found the homeowner in his wheelchair in a coma. The volunteer was instrumental in saving the man's life, all because of his caring.

The Hankins have been married for 36 years, which Mary Ann describes as "36 years of happiness and bliss and still deeply in love." Julius is originally

from Baltimore and Mary Ann is from Kansas City. They met in Washington, where Julius worked for the Government Printing Office and later for the Treasury, investigating the million-plus checks stolen annually. Mary Ann worked for the American Red Cross for 18 years, first as assistant director in Nursing and Health, then instructor-trainer in charge of the health section, and ultimately as acting director of Human Resources Development.

They both recall a day in 1987 when Mary Ann was invited to meet President Ronald Reagan. It "was snowing like crazy" and it took an hour to travel the short few blocks to the meeting. Rather than fight the storm afterward, they went to dinner and the movies to avoid the traffic. After their date, the streets were so messy that Julius carried Mary Ann back to the car. After all, she was wearing new shoes for her meeting with the president.

Julius and Mary Ann extend their caring ways well beyond SCOV. They are deeply involved in Unity of Fairfax where they both serve on the Membership Committee. Julius belongs to the men's group and Mary Ann sings in the choir. Julius is also a greeter, a position he regards as "key for people attending church for the first time so that they are greeted with love and kindness." They follow a ritual of reading Unity's the *Daily Word* each morning and praying for their friends.

As participants in the Association of Research and Enlightenment in Virginia Beach, they belong to a study group and help with two large conferences each year. For 60 years, Mary Ann has also been a member of PEO (Philanthropic Educational Organization), raising



money for scholarships for women around the world.

Other service efforts for this remarkably giving couple have included volunteering for 10 years at the Smithsonian Greenhouses in D.C., where all the plants for the museums are grown. Their work included "planting 67,000 pansy plucks!" Starting in 2006 and continuing today, the tireless duo takes care of the plants at the Spring Hill Recreation Center where, under the direction of Volunteer Coordinator Shauna Levin, they feel a part of "one big family."

When asked how they view life, Julius responds that "you never know when you're in the right place, when something is going to be what you want. Always be open to new opportunities." Mary Ann comments that they "make the most of each day. Each day is precious. And we also exercise for health." They still do a two-mile walk four to five times each week.

Julius adds, "You never know how much difference a small act of kindness can make." He is undoubtedly right. We can't always know, but with the thousands of kindnesses that Julius and Mary Ann Hankin bestow in their unselfish lives, we can be sure that they make an enormous difference. ❖

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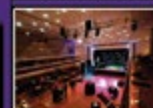


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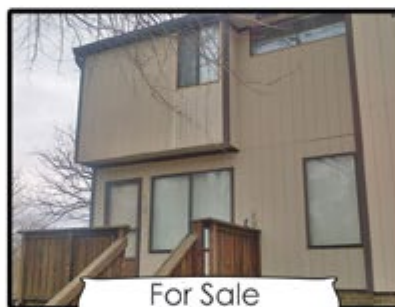
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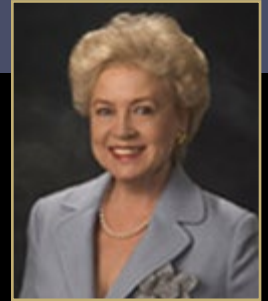
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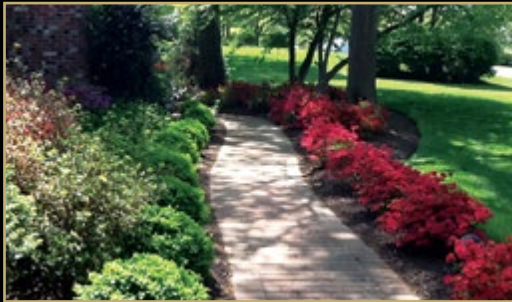
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THE *Flight House*

CHAPTER 5 – SÉANCE

by Richard Gazala

In my long experience I've learned fear has many rules and no mercy. I've always struggled to balance on a teetering timeworn scale I keep in my head that unyielding truth against another verity equally intractable—often it's the chilling creak of rules cracking that is wisdom's cue to slip from behind its veils and divulge a secret.

This thought throbbed in my skull while I leaned against an antique wooden desk next to the room's only door. My fingertips distractedly stroked the cool plastic keys of an old Royal No. 10 manual typewriter perched atop the desk—the kind of machine that makes a racket when its keys are struck. A single blank sheet of luxurious linen paper was reeled halfway through the machine's platen, so *Kommen & Verlassen's* austere raised letterhead hovered well above the keyboard's faded letters. The desk hugged the wall opposite three high, arched windows laden with heavy red draperies. Elegant tassel tiebacks parted the curtains sufficiently to permit wan moonlight into the funeral parlor's conference room. Three black funereal candles squatting on tall sterling chambersticks spilled orange firelight across a long mahogany conference table. The candle glow melded with the moonlight to paint the room in a spectral glow. My three confreres, Sarah Carson, Alfie Flynn, and the parlor's owner, Florence Verlassen, stood a few feet from me, gathered around one end of the conference table. Discounting the dearly departed resting in peace in the basement rooms beneath us, no one else was in the building in the wee hours. The silver coffee service Alfie had fetched at Florence's direction sat ignored at the table's opposite end from the trio. Swirls of steam freed themselves from the coffee pot's spout, twisting upward and escaping into the ceiling's shadowy recesses.

The aftermath of Florence's tearful revelation that she was the homicidal Bunny Man's daughter hung over us. Heinous killings dating back over decades were the Bunny Man's handiwork, including the slaughter one gruesome midnight in 1949 of Sarah's sister, and the Carson girls' boyfriends. The Bunny Man had consigned many brutalized innocents to closed-casket funerals, and had attempted to add Sarah and me to the roster of his hapless victims barely an hour ago. Though the maniac's savagery could never be Florence's fault, I understood nonetheless how such a loathsome paternity must inevitably hew permanent scars in her troubled soul.

"I know I can't undo what's been done to you, Sarah," Florence said as candlelight flickered in her weary eyes. "No apologies will make your pain go away. But I do have a gift. I like to think of it as something the universe grants to permit me to give some small consolation to others for my father's atrocities."

Sarah peered at Florence. Even in the dim light, trails of recent tears that had blemished the cheeks of both of the elderly women shimmered faintly. "A gift?"

Florence nodded at Alfie. He opened a drawer in the conference table, retrieved a flat piece of old wood about two feet square, and gently placed it on the table in front of Florence. Alfie reached into the drawer again and handed Florence a deck of cards, and a small bag made of red velvet.

Florence took the objects in trembling hands. "Thank you, Alfie," she said. "Please bring my glass. It's in its usual place." I tried to catch Alfie's eye as he walked past me

to through the door, but he didn't return the favor. A minute later he returned with a large wineglass, and presented it to his employer.

Florence waved me over to join the others. She whispered slowly, in a low voice, words we couldn't make out as she arranged on the tabletop the items Alfie had given her. Except for one marked "Yes," and another marked "No," each of the cards featured either a white background adorned with one large black capital letter, or the reverse. Slim, quivering fingers stained by age spots arranged the cards in a circle as large as the old piece of wood could bear, with "No" at center left, and "Yes" at center right. Starting above "No" and running left to right, the cards lettered from A to M formed the top half of the circle. The remaining sequence of cards from N to Z began beneath "No," with Z completing the circle under "Yes." When she finished crafting the circle, she placed inside it the velvet bag and wineglass, her lips still making words too whist to hear.

"It's a Ouija board," I muttered. "Can it work in a funeral home? There must be lots of interference from the 'other side' in a place like this."

Florence whipped her face toward me, her eyes full of uneasy candlelight. She waved at the circle of letters. "Respect, please. This is no toy. No game. This is hexerei—die alte religion."

"The old religion," Alfie translated.

Sarah leaned on her walking stick and surveyed the tabletop. "I don't understand," she said. "What is all this about?"

"I wish to make amends for your suffering at my father's hands, Sarah," said Florence. "I have certain abilities. I've honed them over time. I want to try tonight to reach out for you, with you, to your young man, Eddie. The boy who gave you your first kiss on that horrible night all those years ago."

Sarah shot a glance at me, her eyebrows high on her wrinkled forehead.

I knew her question before she asked it. "I didn't tell her about that," I said.

"No, Sarah. He didn't tell me. Eddie told me." Florence picked up the wineglass, and held over candle's flame. "He told me through this glass, and those cards."

Sarah's eyes widened. She covered her mouth with the back of her hand. "You're saying you've talked to Eddie? I'm sorry. I don't believe you."

Florence rotated her wineglass over the candle, watching the flame lap at it. "I've had the honor of serving at this funeral home for decades. I've learned from the grieving and the dead that sometimes the line separating them from one another is thinner than a single breath. If you free your mind, I promise you'll find reason to believe what you doubt, and to doubt what you believe."

Florence placed the wineglass upside-down in the center of the circle of letters. She opened the velvet bag, and took from it a porcelain hand no larger than a small child's. She put the hand in the circle, near the wineglass, and said, "The glass is now purified by fire. When the hand taps, a spirit is present. I call Eddie's spirit to be with us. While we wait, there are rules of the glass you must obey. Never ask about God. Never ask when you're going to die. Never ask where gold is buried."

No one spoke. The four of us stood silently around the table's edge, staring at the porcelain hand. It didn't move. Abruptly the air chilled. Though the door and all the windows were shut tight, the scent of rain leaked into the room. Sarah pulled her gray shawl close round her shoulders and stepped closer to me. The air grew colder still, brittle enough to break. Restless clouds galloped in stormy moonlight beyond the ponderous red draperies. The wind moaned and hissed against the windows, murmuring words in a dead language no one remembers anymore.

The porcelain hand rapped. And then it rapped twice more. All of us gasped. Sarah gasped twice.

Florence touched the wineglass with the tips of her fingernails. They were polished to match the maroon shade of her skirt and jacket. She closed her eyes. "Eddie," she whispered. "Eddie Devereux."

The hand rattled on the table. The scent of rain in the room intensified. My eyes flipped to the windows to make sure they were still firmly closed. They were, despite the wind clattering against them. Then the inverted wineglass wobbled under Florence's fingertips, and moved in a straight line to its left. It stopped on the card that said, "No."

Sarah shuddered against me.

"Why does it smell so damp in here all of a sudden?" Alfie muttered.

Florence's eyelids fluttered. "Was it raining that night too,

Sarah? The night Eddie died?"

Sarah's gaze didn't shift from the wineglass. It started to wobble again when she said, "Yes."

The wineglass shot to the letter "S." It stayed there a long moment, quaking on the old piece of wood. I felt the vibrations. The glass next dashed north, knocking the porcelain hand from its path onto the carpeted floor, before pausing a second at the "I" then dashing back to the "S," then slowly swiveling over to the adjacent "T."

"No," Sarah breathed.

The wineglass glided across the circle to the "E." It then whisked across the circle to land on the "R."

Fresh tears began welling in Sarah's eyes. "Oh my God."

With a sound like gunshot, the wineglass cracked. Florence threw open her eyes and tore her fingers from the glass. Her forehead glistened with a thin sheen of sweat. "What did it say?"

"It said 'SISTER.' My sister?" Sarah said. "But it can't be. It's impossible. She's been dead 65 years."

Alfie pointed at the glass. "Wait. What's that? Under the glass?"

Florence tipped the glass on its side and scooped something small into her hand. "Oh! It's hot." She blew on it, studied it, and then said, "It's certainly not mine." She dangled an earring in front of Sarah. "Is it yours?"

Sarah slumped into my arms. I helped her into a chair. Florence and Alfie sat with her, looking just as stunned as Sarah. The smell of rain had left.

"I don't believe it," Sarah said, studying the piece of jewelry. "I gave Felicia a pair of earrings for a birthday present. She was wearing them, this, that night. The night the Bunny Man..." She looked at me, tears falling down her cheeks. "Where did this come from?"

I didn't know. And I didn't know what to believe. So I gave Sarah a quick hug, and volunteered to make fresh coffee.

I had to walk past the desk with the typewriter to exit the room. I stopped when I saw the sheet of paper was no longer blank. Two words were typed where before there were none.

"she lies"

To be continued... ❖

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BY LINDA BARRETT

Happy Trails to You

SAMPLE VIRGINIA'S WINES, SCENERY, AND HISTORY THROUGH ITS MANY WINE TRAILS

Virginia is a state renowned for its expanding wine industry. But with so many wineries to visit, it may be difficult to know where to start. That's where wine trails can help.

Wine trails highlight a group of wineries located near to each other, grouped together in a category like history, mountain, or artisanal, with each winery maintaining its own distinct identity.

Choose the region of the commonwealth you'd like to visit, and select from one of the many wine trails in that area. An excellent place to find wine trails throughout the state is on the Virginia Wine website page www.virginiawine.org/regions. Click on any Virginia wine region to find numerous wine trails listed, along with winery listings and printable maps.

Some trails offer passports (for a small fee) that grant holders special privileges like discounted rates on products and wine tastings. Budget for the tasting fee found at each winery, and ask about joining a wine club if you find wines you particularly like. The wine club will provide you additional benefits and invitations to special events at that winery.

The real pleasure in exploring our wine trails comes in the variety they provide. Virginia now offers more than 230

wineries and dozens of wine trails surrounded by lavish scenery, breathtaking views, quaint small towns, and monumental historic sites.

American Viticultural Areas

Virginia is also home to seven AVAs, or American Viticultural Areas, which are designated wine-growing regions in the U.S. distinguishable by growing conditions such as climate, soil and elevation, and distinct geographical features. An AVA specifies that at least 85% of the grapes used to make a wine must be grown in a designated geographical location in order to enable the AVA be mentioned on the wine label. This aids in determining the geographic pedigree of a wine.

The closest AVA to our region is the Middleburg AVA, encompassing and surrounding the town of Middleburg. It is bordered by the Potomac River to the north, and mountains to the east, south, and west. Within its approximately 190 square miles it contains 229 acres of commercial vineyards, 24 wineries, and eight vineyards. It is enveloped in the Northern Virginia wine region and many vineyards on the Northern Virginia wine trails are found in and around it.

Northern Virginia's Wine Trails

In the Northern Virginia region, visitors can find wine destinations in every direction, from George Washington's

Mount Vernon, to Harper's Ferry. This area's topography – with its relative elevations; a landscape formed from granite and sandstone erosion that provides good drainage for wine grapes; moderate winters and long growing seasons – are ideal for growing every type of winemaking grape found in Virginia.

Take a picnic lunch and a blanket, or purchase food at the wineries or eateries along the trail, and settle back on the lush grassy lawns, picnic tables, patios, or tasting room chairs that grace each winery's setting. You'll often find music, entertainment and festivals along your route.

Here are just a few of the exciting wine trails our region has to offer:

211 Scenic Vino Trail

Along the rolling hills of Route 211 approaching the Blue Ridge Mountains, the Skyline Drive, and the village of Little Washington, visitors find seven wineries, a whiskey distillery, unique boutiques, antique shops, and art galleries.

Artisanal Wineries of Rappahannock

This is Virginia's newest and most unique wine trail, including a collection of five artisanal, family-run wineries that offer wine tastings rooted in small lot, and handcrafted wines. Plan to stop at the charming town of Sperryville for a true antiquing adventure.

Tuskie's Wine Trail

The Tuskie's trail was created by the Tuskie's Dining Group consisting of Tuscarora Mill, Magnolias, South Street Under Bakery, and the Fire Works Pizzerias to provide opportunities to enjoy great wine and great food. Pick up a Tuskie's hand-drawn caricature map to find seven clusters like the Snicker's Gap Cluster, Over the Border Wineries, and the Mosby and Harmony Clusters located throughout Loudoun County and beyond. You'll also find winery coupons and information for hotels, limo companies, and restaurants.

The General's Wine & History Trail

In 2009, area wineries banded together to form a trail that tied our rich wine heritage to our rich historical heritage. It features ten Virginia wineries and 13 Civil War historic sites, and is perfect for the history buff. Look for special events commemorating the sesquicentennial.

While touring wineries is a wonderful pastime, we must remind people that they don't have to visit all the wineries on a particular trail on the same day. Nosh throughout the day and space the visits far enough apart as not to impair driving skills. Remember, little tastes add up.

The weather's too good to stay inside. Get out there, explore some trails, and taste some fine Virginia wines. ♦

RESOURCES

Virginia Wines and Wine Trails listings found at www.virginiawine.org

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.

Some wine trails combine other interests as well:

VIRGINIA WINE AND CIGAR TRAIL



Virginia was the birthplace of the American tobacco industry, so what better way to honor it than with its own trail. This trail lists wineries that promote and cater to the appreciation of the shared aesthetic of the complex flavors of both wine and cigars.

BLUE RIDGE "WHISKEY WINE LOOP"



Discover the remote treasures along the Northern Blue Ridge Mountains on this trail that includes seven wineries, a whiskey distillery, and many fine eateries.

GRAPES & GRAINS TRAIL



Purchase a ticket that you can punch at each of the six whistle stops along this trail, and pick up a unique souvenir glass at each stop. The Grapes & Grains Trail features four wineries, a distillery, and a microbrewery—a little something for everyone.

RED, WHITE AND BREW TRAIL



With ten wineries, four breweries and one hard apple cidery, Nelson County is making its way onto the trail maps in a big way.

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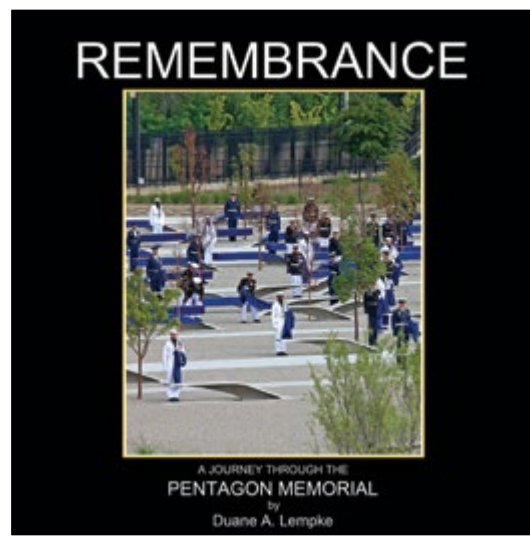
Trailing along atop the Blue Ridge Parkway, this tour offers the widest variety of tastings, with five wineries, a cidery, and a meadery to visit.

NORTHERN VIRGINIA WINE TRAILS

- 211 Scenic Vino Trail
- Artisanal Wineries of Rappahannock County
- Blue Ridge Wine Way
- Blue Ridge "Whiskey Wine Loop"
- Fauquier County Wine Trail
- Heart of Virginia Wine Trail
- Loudoun Wine Trail
- Skyline Wine Trail
- The General's Wine and History Trail
- Tuskie's Wine Trail
- Vintage Piedmont

MEMORIALS IMMORTALIZED

Photographer Duane Lempke Captures the Spirit of the Pentagon Memorial in his New Book



BY LINDA BARRETT

Local photographer Duane Lempke has created a new tribute to America's dramatic events in his latest photographic book, entitled *Remembrance: A Journey Through the Pentagon Memorial*, available May, 2014.

Lempke is already known for his WWII Memorial pictorial book *Tribute*, a 316-page hardcover book containing over 600 striking images that highlight the WWII Memorial throughout all seasons of the year, and all hours of the day and night. In it, he captures the moment of satisfaction on a WW II veteran's face, and the unique features, shaped granite, and splashing fountains that highlight the Memorial. But it is much more. The WWII Memorial is a tribute to the sacrifices paid by so many to preserve our freedom.

In *Remembrance*, Lempke captures the extraordinary essences of the people and structures that compose the Pentagon Memorial, from the dedication ceremony held September 11, 2008 to sunset skylines. Haunting images of the empty benches dedicated to those who perished in the September 11, 2001 attack on the Pentagon, the sadness in visitors' eyes, and the dramatically-lit monument itself are all tastefully compiled in this edition to create the perfect remembrance piece.

A noted architectural photographer, Lempke was performing ongoing construction progress photography on the Pentagon renovation prior the 9/11 attack, and was the first civilian photographer to document the conditions and subsequent renovations at the Pentagon following the attack. "I will never forget standing at the different levels and looking across the gap," he said.

Once the Pentagon Memorial was built, Lempke photographed

the dedication ceremony, and since he wanted to create a photographic experience similar to his WWII Memorial book, continued to photograph it for years to gather

images that would pay tribute all those who were touched by the events of that day. "I wanted to make it a 24/7, 365-day look at the Pentagon Memorial," he said.

"What people remember about the Memorial is only the day and time they were there. This book was formulated to be a visit for anyone who has not been to the Pentagon Memorial, or a revisit for those who have."

He's not creating these books for the money. In fact, much of the funding comes from his own pocket and donations. Rather, he sees it as a mission. "With *Remembrance*, my goal is to personally deliver a copy of the book to the families of each of the 184 victims of the Pentagon attack," he said.

Mr. Lempke retired as a Colonel from the United States Army after 31 years, and using his GI Bill, then acquired his Associates Degree in Photography from the Northern Virginia Community College and a second career. His first photographic exhibit, entitled *Reflections*, contained 130 colorful images of Kewanee, his Illinois hometown, and visits to see his elderly father. When this show closed, the local newspaper contacted Lempke to put his photographs into his first pictorial book, also titled *Reflections*.

For over a decade, Lempke has been photographing Washington D.C. and its surrounding areas to provide quality, high-end photography through company, Tribute 4 Foundation. Customers can contract with Lempke for their own aerial, commercial, and architectural photography, and purchase his books and photographs from his website at www.tribute4foundation.com. ❖

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

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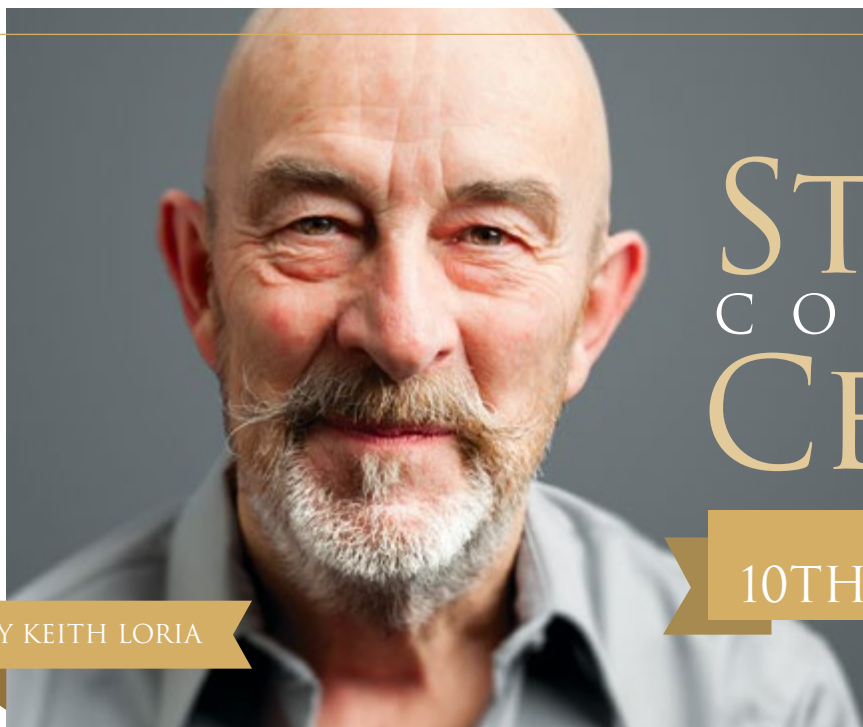
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THE STROKE COMEBACK CENTER

CELEBRATES
10TH ANNIVERSARY

BY KEITH LORIA

When a loved one has a stroke it can be devastating. If it's on the left side of the brain—where speech and language is stored—they can end up with Aphasia, a language disorder where the patient has difficulty manipulating language.

The normal course of action is someone will go to the hospital, get acute care, and go into rehab which typically involves speech, physical and occupational therapy. The problem is, most insurance runs out way before the person reaches his or her maximum potential and the cost of private pay is tremendously expensive.

That's where the Stroke Comeback Center comes in.

For the past decade, the Stroke Comeback Center in Vienna has offered the help and relief people need at a price that's very affordable.

"We are celebrating 10 years of opening the door to a brighter tomorrow," says Darlene S. Williamson, MA, CCC-SLP, executive director of the Stroke Comeback Center. "We are a bridge back into the community. Our average age of people who come is 58, so we have a lot of young people in their 20s and 30s, it's not just happening to older people."

According to Williamson, the Stroke Comeback Center utilizes a proven approach to overcoming communication challenges in aphasia, tailored to each individual, although group programs are the core of its approach. In each group, 3 to 6 members work together with a professional speech language pathologist for a shared goal.

Originally, Williamson started the non-profit with 12 people and three groups in a small location in Oakton, but since moving to Vienna, it has grown to close to 40 groups a week with almost 100 people helping.

For its first eight-and-a-half years, the Stroke Comeback Center worked exclusively for those needing help with communication, but after getting request after request from patients looking for help for movement issues, Williamson decided to branch out.

"People were asking, 'what about my arms and legs,' so we added a physical component to the program," she says. "We were lucky to be located next door to a dance studio on Park St., so in the middle of the day we use their space and started a fun fitness class to work on mobility, balance, walking and a little cardio. It's a lot of fun."

May is National Stroke Awareness Month and the Center is doing its part to get the word out. On May 30, it will sponsor a benefit luncheon and book event in Tysons at Crowne Plaza with author Julia Fox Garrison, author of *Don't Leave Me This Way (Or When I Get Back on My Feet, You'll Be Sorry)*, which tells the humorous story of what it's like to be a patient.

The event will be hosted by Williamson and Jeannemarie Davis, former member of the Virginia State Senate.

"We have really created a community of stroke survivors here who are comfortable and feel this is their home away from home, and they like to advocate for reengagement in the community for all people with strokes," Williamson says. "Typically we do advocacy work during the month of May and we have a card that our members take around called 'Thanks a Million,' where if they go to a Starbucks or somewhere and



John McMahon was selected to be onfield for the Strike Out Stroke event.

someone is extra kind about helping them, they get a card and it tells them about stroke and they feel they are doing their piece to advocate.”

In celebration of its 10th anniversary, the center is doing something special every month of the year. Already they have held a brunch in January and sent thank you notes and candy hearts

The problem is, most insurance runs out way before the person reaches his or her maximum potential and the cost of private pay is tremendously expensive. That’s where the Stroke Comeback Center comes in.

to their donors in February for “having their heart in the right place.” March saw the start of a walking program and April is honoring professionals who referred the center to others.

Later this summer, it will hold its annual Strike out Stroke event with the Washington Nationals and once again send 400 people to a baseball game to advocate for stroke. Then on October 10 (10/10 in honor of its 10th anniversary),

it will hold a big party and celebration to thank everyone who helped the center get to where they are.

Williamson stresses that it’s not just people who have had strokes that come to her, but those who have been in a motor vehicle accident or sustained some sort of injury to the brain. They also serve Wounded Warriors, who may have the same sort of symptoms due to a blast or gunshot wound.

“SCC does everything it can to assist survivors and their families offering a path that allows them to re-engage in life,” Williamson says. “We believe that regaining speech is not a ‘use it or lose it’ situation, rather it is ‘use it and improve it.’ Our members prove this every day.”

For more information, visit www.strokecomebackcenter.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 DEBBIE SAHLIN



Aging in Place Specialist and uses this training to help his clients, regardless of cause or specific need, remain in their homes for life.

Russ' team of professionals has been designing, remodeling, and building DC area homes for more than 30 years. With over 40 endorsements under his firm's belt, Russ knew he had mastered his craft. Then, his curve ball was thrown.

Russ and his wife, Anne, were preparing for the arrival of their third child. Russ, having two daughters already, was hoping for a son. Russ could hardly wait to teach him how to build!

Russ' son, Michael, was born on March 29, 1988 – 14-1/2 weeks early. Michael spent six long months in the NICU at Georgetown Hospital. Michael was given a 10 % survival rate. Russ freely admits that he did not know how to cope with the emotions that were surfacing and felt uncertain about his family's future. Russ knew, however, he couldn't simply fix this situation. He felt as if he were about to strike out.

Michael began to use a wheelchair at age four. It was large and heavy. The family had trouble getting Michael inside the home without first lifting him, then the chair. Michael was also growing quickly and getting harder to lift and carry, especially at bath time. Russ became concerned about safety for both his son and his caregivers around the home.

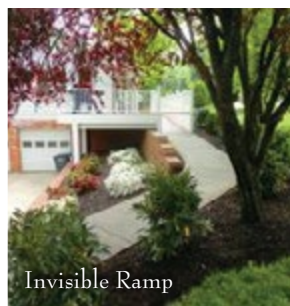
HOME MODIFICATIONS *From the Heart*

Often times, life throws curve balls. Pitchers spend years mastering them and batters typically despise them – perhaps until they learn how to hit them. Russ Glickman, Founder and Owner of Glickman Design Build, was thrown a curve ball and, eventually, hit it out of the park.

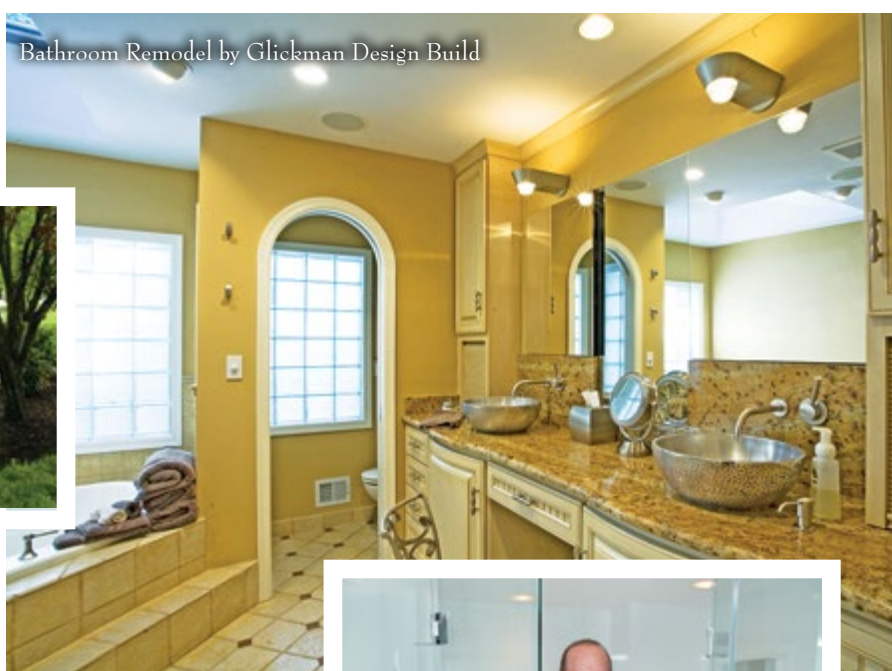
Almost born with a hammer in his hand, Russ draws from his life-long passion for building to create innovative, functional, and aesthetically pleasing living spaces that improve the quality of life for all of his clients. Additionally, Russ is a Certified



Russ, with hammer in hand, knew he could make his home safe. First, he tackled the front entrance. Russ built a ramp into the front porch making sure it was both safe and had curb appeal. To his neighbors, the ramp was virtually unnoticeable.



Russ then converted his first floor den into a bedroom for Michael. Although first floor living for Michael reduced some caregiver lifting, there was not an accommodating bathroom on that level of the house. Michael had to be carried upstairs to be bathed. Determined to make his home safe and reduce chances of caregiver injury, Russ renovated the entire basement level of his home, complete with an accessible bathroom with roll-in shower, living area, bedroom, ceiling lifts, and accessible entrance—all for Michael.



phases, which saves money down the road. His hands-on experience taught him that simple modifications to a home during the construction phase can prepare for the unexpected, as well as long-term safety and comfort.

Russ acknowledges that he was primarily concerned about safety for his own home. Additionally, Russ wanted a comfortable home for his family without the institutional look and feel that typically resulted from accessible modifications. He accomplished both goals and was blessed with an unexpected result. As Russ reflects back upon his journey of transforming his home for his son, he found that he had, in fact, planned for Michael's future independence. Michael has a safe, accessible environment he calls home.

To Russ, it's not just a business—it's personal. His unexpected life circumstance has created in him a heart of gold and passion to help individuals make the right choices the first time.



To Russ, it's not just a business—it's personal. His unexpected life circumstance has created in him a heart of gold and passion to help individuals make the right choices, the first time.

After two decades of learning how to accommodate his own home for an unexpected need, Russ launched an Accessible Modification division within his firm. Russ' experience solving his own remodeling needs allows him to best advise his clients in the beginning

Russ uses what he learned, through both his successes and failures, from raising his son and uses this knowledge in every aspect of the building process—from design to construction to finished product.

Russ' curve ball became the winning pitch for all of his clients. ❖

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AUTHOR: Debbie Sahlin is the Founder and Executive Director of the Lollipop Kids Foundation.

Photo Credit: Bryan Burris Photography

VIENNA SCREEN PORCH JUDGED BEST OF CLASS

IN NATIONWIDE HOME IMPROVEMENT COMPETITION

BY JOHN BYRD



SUN DESIGN REMODELING NAMED NATIONAL CONTRACTOR OF THE YEAR FOR INNOVATIVE INDOOR/OUTDOOR SOLUTION

A spacious screen porch addition to a Mediterranean-style home in Vienna has won a national Contractor of the Year Award for Sun Design Remodeling. The innovative indoor/outdoor solution was judged the nation's best residential addition in the \$100,000 to \$250,000 category by the National Association of the Remodeling Industry at an awards ceremony held in New Orleans last March. The custom designed

(Top) With its proportional scale, the new addition enhances an intricate landscaping scheme *(At left)* The porch addition was positioned to make the Koi pond a primary focal point.

addition to the home's rear elevation integrates a nearly 4,000 sq ft house with mature landscaping that includes flowering shrubs, garden pathways, and a fully-stocked Koi pond. Among stand-out features, the project boasts a Tuscan-style



(At left) Among other achievements, the construction crew carefully preserved an existing cherry tree and mulch bed

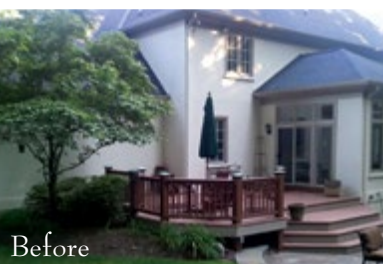
interior design that incorporates a wood-fired pizza oven.

Sun Design founder and chairman Craig Durosko, in commenting on the award, described the addition as consistent with the kind of distinctive indoor/outdoor solutions homeowners have been seeking in recent years:

“There’s a real demand for designs that marry the house and its setting,” Durosko said. “With more weather-resistant building materials available and easy-to-install sources for heating

and cooling, a screened porch can become a *de facto* outdoor room—the place where friends and family gather from early spring until well into the fall.”

Interestingly, Sun Design’s recent award-



Before

winner was initially conceived as a rear elevation addition that would replace a small deck outside the existing breakfast room. After looking at the plans for a while, homeowner Dr. Andy Axelrad decided a porch would be a more useful solution. Still, Dawn Parker, the project’s design manager, made adroit use of the earlier plan, incorporating exterior trim detailing into the new porch.

(At right) A screen porch addition by Sun Design Remodeling was recently named the nation’s best-in-category by the National Association of the Remodeling Industry. The architecturally- sympathetic exterior integrates a Mediterranean style home with mature landscaping and a well-developed outdoor activities

“Architectural appropriateness is always critical in an improvement of this caliber,” Parker explains. “We decided early on that the best way to rationalize the re-made exterior elevation was to match the pyramid-shaped roof over the breakfast room. By contrast, the entrance from porch to patio was designed as a hyphen between two clearly defined enclosed spaces. This approach enabled us to avoid too much massing on the rear of

the house, and to keeps the scale accessible and comfortable. Overall, the new exterior presents a very appealing rhythm.”

To further conjoin house and garden, Parker’s porch design calls for a ground level course of local quarry stone that matches those used in the existing patio. Moreover, while the new elevation is architecturally sympathetic, much of the exterior trim work has been constructed from synthetic materials that resist weather-caused deterioration.

“Durability has become very important in all our indoor/outdoor projects,” Durosko says.

Taken as a whole, the owner’s program concentrated on several specifics: a bug-free family outdoor play area near the existing patio barbecue; generously unencumbered zones for dining, cooking, and conversation; open sightlines to the well-developed Koi pond and lovely backyard landscaping beyond.

“Given the emphasis on sightlines, one of my early decisions was to bring the footprint for the new porch further into the backyard so that the pond would be a focal point from





The Tuscan-style interior designed by Sun Design's Dawn Parker presents carefully articulated "use" zones while allowing ample space for circulation. Glass transoms above doors reinforce the dramatic visual continuum. The 144 sq ft "conversation area" defined by wicker furniture and a picture frame tray ceiling affords a direct view of the owner's well-stocked Koi pond.



(Above) Textured earth tones balanced by lighter hues confer a Mediterranean warmth.

the sitting area," Parker explains. "That said, the porch is much more a product of specific "use" requirements than a traditional L-shaped wraparound porch would have allowed."

Moreover, the designated "use" zones are carefully articulated spatially and architecturally. The 144 sq. ft. conversation area, for instance, is situated below a tray ceiling accentuated in old wood that outlines the pyramid-shaped roof overhead. A wrought iron chandelier dangles down from the center of a perfect square. The decorative touch reinforces the sense that the seating area is a separate pavilion within a sweeping visual continuum.

"Our goal was to create psychologically private spaces dispersed within an open and airy whole," Parker observes.

By extension, the 9' x 12' dining area—which now includes a wooden table and two benches under a pair of pendant lights—is both convenient to sundry food preparation options and safely removed from any gratuitous foot traffic.

The room's *piece d' resistance*, however, is the 825 pound wood-fired pizza oven situated on the western elevation.



Made in Italy, the oven was delivered in large clay sections. To prepare the site, Parker and team had to first design and build a concrete masonry foundation with a footer that is some two feet below grade. All additional porch floor framing extends out from the oven's necessary undergirding.

The oven also required a chimney which rises 15 feet on the outside wall and, in accordance with local code, is at least 10 feet from the nearest peak.

"It gets pretty technical," Parker confesses. "But this is a one-of-a-kind feature that really suits the neo-Tuscan interior design and— more importantly— it's a great source of family fun."

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

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



(Above) Made in Italy, the pizza oven weighs over 825 pounds and extends fifteen feet via a chimney. The oven arrived in clay sections which were assembled by Parker and team-- who also designed the oven's backsplash and unique facade.

(Below) Parker allocated a little over 100 sq ft for the family outdoor dining table situated midway between the outdoor grill, the breakfast room and a wood-fired pizza oven



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BY JEFFREY S. DETWILER

EMPTY NESTERS: *Full of Ideas about Their Next Home*

Empty nesters vary in how they plan their next step in life. Some are eager to move into an active adult community where they can spend their time trying out new activities and meeting new people. Others prefer to downsize into an urban condo where they can get their fill of cultural activities. Not all empty nesters plan to downsize. In fact, some want to keep the same amount of space for visiting friends, family, and grandchildren, but they would prefer a home with a first-floor bedroom for their future needs.

CHARACTERISTICS OF AN EMPTY NESTER

The 2013 NAR (National Association of Realtors) Profile of Buyers' Home Feature Preferences shows that the average size of a home purchased by people without any children at home is 1,700 sq. ft. compared to an average size of 2,100 sq. ft. for buyers with children at home. 60 percent of those without children living at home opted for a one-level home compared to just 40 percent of families with children.

According to NAR's 2013 Home Buyer and Seller Generational Trends, 56 percent of buyers age 58 to 66 purchased a home with 1,501 to 2,500 sq. ft., while 62 percent of buyers age 67 to 87 purchased a home in that size range.

While it might seem likely those empty nesters would want a home with fewer bedrooms, just two percent of buyers in every

age group opt for a one-bedroom home. Houses with three or more bedrooms continue to be the most popular among all age groups. However, the percentage of buyers who purchase homes with that many bedrooms declines from 83 percent among buyers age 48 to 57 to 73 percent of buyers age 58 to 66. It falls even further to 67 percent with buyers age 67 to 87.

HOME FEATURES DESIRED BY EMPTY NESTERS

In the NAR survey of preferred home features, buyers age 55 and older (an age group more likely to be empty nesters) placed much higher importance on having a single-level home than other age groups. In addition, this age group placed a slightly higher importance on having a water view.

The study showed the differences in preference between people with and without children. For instance, while 23 percent of buyers with children consider it very important to buy a home with a basement, only 11 percent of buyers without children think it's important to have a basement. Some of the other trends among empty nesters from the Generational Trends survey include the following.:

- While 80 percent of buyers age 57 and under bought a detached single family home, it's more common for buyers older than age 57 to purchase townhomes and condos.



- While 14 percent of buyers age 48 and older purchased a home in senior-related housing, that number rises to 25 percent of buyers who are age 67 and older.
- Older generations of buyers are more concerned about having landscaping features for energy conservation and living in an eco-friendly community than commuting costs.
- Older buyers made fewer compromises on the price, size or condition of the home they purchased than younger buyers.

MARKETING YOUR HOME TO EMPTY NESTERS

If you'd like to sell your home to an empty nester, consider upgrading the property with features that offer easier maintenance. Empty nesters are more likely to buy a newer home than younger buyers. The NAR study of buyer preferences showed that as the age of the homebuyer increases, the age of the home they purchase declines.

Another option is to consider universal design elements such as a step-in shower, lever door handles, pull-out shelves in the kitchen cabinets, a higher toilet and even grab bars in the tub—all features that older buyers may not yet need but will appreciate in the future.

PROFESSIONAL HELP FOR BUYERS AND SELLERS

If you're an empty nester, it pays to work with a professional real estate agent who can help you sort through your preferences

and identify which home features best meet your needs. An experienced agent can help you prepare your current home for sale, get it listed and sold, and help you manage the transaction so that you achieve your goals with the least possible stress.

Consider talking to a Long & Foster agent to learn how they can help you reach your goals. Long & Foster's agents have access to local, trusted resources such as moving companies and contractors to make every move as smooth as possible and to help you prepare your home for sale. A representative of Prosperity Home Mortgage can be found in most Long & Foster offices to give buyers solid financial expertise to make an informed decision about how to simultaneously buy and sell a home.

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AUTHOR: Jeffrey S. Detwiler is president and chief operating officer of The Long & Foster Companies, parent company to Long & Foster Real Estate, Inc., the largest independent real estate company in the United States, and Prosperity Home Mortgage, LLC, a full-service mortgage banker.

AN EMPTY NESTERS' *Wish List*



A survey by GfK Roper Reports in 2013 divided homeowners by generation and asked them to rank features they'd want in their dream home. The features are not necessarily what they have now or even anticipate having in their next home, but what would be ideal.

Baby Boomers (born between 1946 and 1964) ranked a state-of-the-art kitchen as their number one priority, followed by large walk-in closets, a whirlpool bath, a fireplace, and a swimming pool. Other top home features for Baby Boomers included a workshop, a game room, and a garden.

A study by 24/7 Wall Street, a financial news site, looked at features homebuyers desire and whether they would be willing to pay more for those features. Central air conditioning is the top preference for all buyers, followed closely by new kitchen appliances. Buyers older than 55 were less willing than younger buyers to pay extra for granite counters, stainless steel appliances and a kitchen island, but a private master bath is important to all 55+ buyers regardless of whether they're empty nesters or not.



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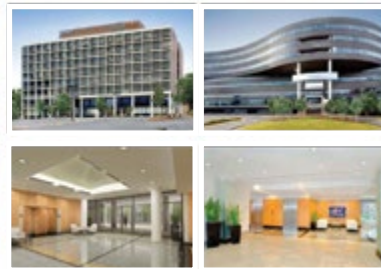
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Whether you're aiming to fill a need, add comfort, or just make your home more beautiful, consider one of these projects.

Create a home office space from an unused bedroom or by partitioning off a room to make a private nook. You can divide it with acrylic block. It's great for you or to use as homework space.

Add beauty to a living room ceiling. Consider a lightweight urethane medallion around the ceiling light or fan. According to e-How.com, two-piece medallions snap into place in less than five minutes.

Invest in the lawn. A beautiful lawn creates a great impression both for your ple-

sure and that of any prospective home buyer.

Replacing old windows is neither easy nor inexpensive, but can make the whole house look better and reduce heating and cooling costs.

Expand your living space with a deck or sunroom. A porch can be turned into a sunroom and a deck can be improved with an awning.

Put new exterior trim on windows and doors. If there is old, rotted wood, you'll enjoy the look of low-maintenance, all-weather PVC millwork. It resists insects, termites and rot.

Upgrade the master bedroom bath with a tub window. Acrylic block windows provide privacy, light and a focal point for the room.

Clean mildew from your home's exterior using a garden sprayer and mildewcide. Keep it from coming back with mildew-proof paint.

Change a bay window to a bow window. It will add extra living space and instant interior and exterior appeal to your home. It makes the perfect spot for a Christmas tree. ♦



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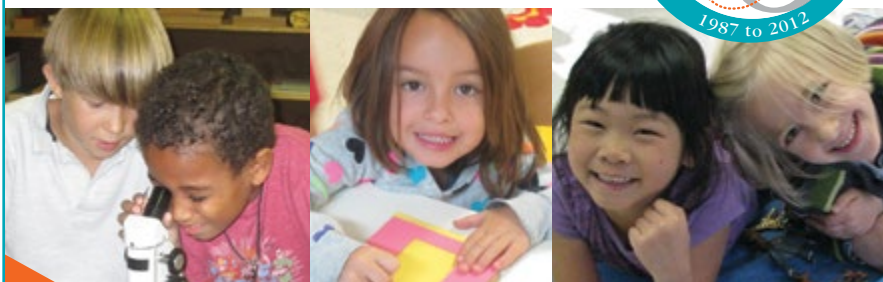
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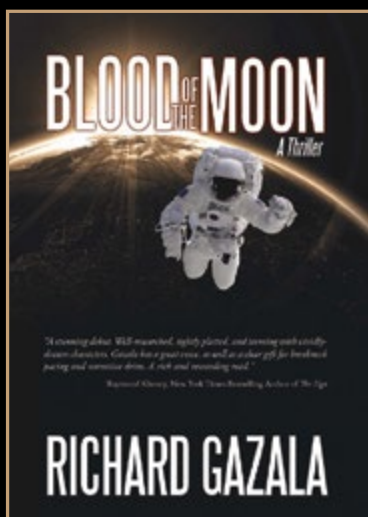


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BY AMY SCHOEN, MBA, CPCC

ASK COACH

Amy

Q

DEAR COACH AMY,

I am 38 year old professional woman who desires to get married and have a family. My family lives in Europe so I don't have anyone here in DC as a means of support. I just lost my job unexpectedly this week and I am dating two men currently. One is an ex-boyfriend in my age range, Abe, who had not been up to my standards. However, he says he loves me and is trying to improve and has been better in the last couple of weeks. The second guy (Cal) is a doll, is ten years older than me and he is very

financially secure, divorced with two teenage children. He whisked me off to Bermuda recently and we had a fantastic weekend. He was a perfect gentleman.

Abe said I can always count on him, and that I can live with him and he will take care of me. This is a HUGE development. One of my issues with him was that I didn't think I could count on him. So I quickly am turning my attentions back to Abe given the current situation.

What do you recommend that I do in light of my recent turn of events?

Perplexed in Purcellville.

DEAR PERPLEXED,

A

I am so sorry to hear about your job loss. That does change a lot in your dating scenario. If you decide to take Abe up on his offer, then in your mind, I would give it three months to figure out if this relationship can move forward towards engagement and work for you for the long haul. However, at this time I recommend not to do anything rash and to give you time to sort things out. See how Cal reacts to this news too! I am curious about how long you can last with your current severance package and if you have any other means of support at this time such as friends or finding another living arrangement so you do not feel pressured to move in with Abe and cut off all your dating options.

I found that a bad situation can bring things to light of what you truly need in life. I wished that something bad would have happened when I was courting my first husband. I would have found out he couldn't deal with someone who was sick and could not be there for me, both physically and emotionally. I was dating Alan (my second husband going on 12 years of marriage) when 9-11 happened, and I was practically stranded in NYC. He was my lifeline and helped me figure out how to get home to DC. I know in a pinch, Alan would be there for me.

Crap happens in life and you want your life partner to be supportive and attentive. Now you can find out if someone is supportive or self-oriented in these situations. I do have several dating situations of boyfriends leaving me practically stranded or not being there when something bad happened! After that, I moved on from those kinds of men.

I recommend you look at your must haves (or deal breakers) and see how both these guys stack up too!

Work changes occur for my clients in many instances and coaching has served them here too. I recommend working on your ideal job exercise. What would your ideal job look like? What would you be doing? Who would you be working with and for? What values need to be in place for you to feel fulfilled in your next position? This can help direct your search. What are your next steps or plan for finding a new position? Also, how does your ideal job fit in with your ideal life?

Lots of times things happen all at once. Change is not always linear and it can be multi-dimensional. Moreover, when you make one decision, it affects the direction of your life. This seems like a great opportunity to re-evaluate what you truly want for both your work and personal life. You appear to be a resilient, strong woman. You will come out of this in a much better place.

Intentionally yours,

Coach Amy ❖

AUTHOR: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time-How to Find and Keep Your Ideal Romantic Relationship*. She helps marriage minded individuals to find and keep committed, loving relationships. www.MotivatedtoMarry.com.

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The U.S. auto industry in 2013 had its best year since 2007. They expect gains to continue in 2014 but at a slower pace.

Consumer choices changed a lot in 2013. With gas prices going lower, they opted to buy big pricey pickup trucks, SUVs and luxury cars. For example, Ford boosted sales of its F150 pickup by 8.4 percent in December over a year ago. In the same month, sales of its subcompact Fiesta and compact Focus fell 20 percent and 31 percent respectively.

Consumers were also buying more luxurious models, driving the average new car price up to \$32,077 in 2013, which is 10 percent more than the average car price in 2005.

For the 32nd year in a row, Ford's F-series was the best-selling model line in the United States, delivering 763,403 vehicles. The average price on Ford's F-series pickups rose to \$38,000, up \$500 from a year ago.

Similarly Chrysler said sales of its Ram pickups rose 11 percent to 33,405 last year.

Auto company executives predict that the fastest growing brands in 2014 are likely to have luxury nameplates. They see the economy heading in the right direction and are optimistic about future luxury car sales.

According to The Wall Street Journal, the rising stock market in 2013 had a wealth effect. And Audi, BMW and Daimler AG's Mercedes-Benz now have models that are priced under \$30,000. ♦

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For more than a decade, U.S. wireless business has used the same basic model: carriers entice customers with discounted phone, then lock them into a two-year service contract and sky-high termination fees, for example, charges up to \$350 for terminating an iPhone contract.

Now that popular models like the iPhone are available on all carriers, there is intense competition to keep current customers and to attract customers from other carriers. Wireless companies are willing to pay a high price for them.

About 90 percent of American adults have a cell phone, so there are few new customers out there.

At the Consumer Electronics Show T-Mobile said that if you switch to its service, it will pay your termination

fee of up to \$350 to Verizon, Sprint or AT&T. And they will give you as much as \$300 credit toward a new phone. No service contract will be involved in the switch.

Last year T-Mobile started allowing customers to upgrade their phone twice a year for an extra \$10 a month with insurance. The move forced AT&T and Verizon to start similar programs. T-Mobile also abolished two-year contracts. Customers pay monthly installments for the phone up front.

T-Mobile also lowered international roaming fees, helping it attract some 2 million new monthly subscribers.

Days before the announcement, AT&T announced it would pay as much as \$450 in credit to lure T-Mobile customers.

Experts quoted in Time say we are moving toward plans like those in Europe: no contracts, cheap international calls, and consumers buy their phones up front. ♦



LESS KNOWN *Emoticon History*

Everyone by now is familiar with the famous smiley face emoticon that is made with the letters :) or :-)

Less known are the emoticons named for people. In Facebook there is the obscure emoticon named Putnam. Type :putnam: to get the emoticon that is a hat tip to former Facebook engineer Christopher Putnam. Putnam is famous for his 2005 hack of Facebook in which Facebook pages were transformed into replicas of MySpace pages.

Putnam and two other friends devised the hack, not to actually destroy content, but as a prank to amuse themselves. The hackers made

no attempt to hide their identity and the worm itself was not intended to be destructive. But, it inadvertently did end up deleting user data and that's when Facebook co-founder Dustin Moskovitz contacted Putnam.

According to an article by Putnam in the 2011 Business Insider website, Moskovitz told Putnam that the hack was funny but deleting information was not cool. Putnam revealed all the information about the worm that started it all and by January 2006 the two were friends. Moskovitz invited Putnam to interview for a job.

Putnam was delighted—but also wary since a MySpace hacker was once invited for an interview by his victim as a ruse

to have him arrested. When he eventually walked out of Facebook headquarters with a job, and not a federal charges, he was much relieved.

Putnam was luckier than MySpace hacker Samy Kamkar who authored a worm that destroyed nothing but merely planted the phrase, 'but most of all Samy is my hero' on the profile page of the victim. If you viewed the profile, you got the worm and your page then displayed the declaration of love for Samy. The Samy worm demonstrated the power of social media because in just 20 hours, more than 1 million users had the virus.

Instead of getting a job, Kamkar was arrested by the Secret Service and was convicted of a felony. He went on to become a famed security analyst and technology whistleblower.

Putnam left Facebook in 2010, but his emoticon lives on. ♦

THE INFLATABLE *Bike Helmet*

The bike helmet is getting a makeover from a tech company in Sweden. Instead of being a hard shell, it's an inflatable air bag collar for adults who are reluctant to wear a hard helmet.

The Hovding's sensors are powered by lithium-ion polymer batteries. Its technology is similar to that found in automobile air bags. The scarf, which only partially circles the neck, uses electronics to respond to a crisis situation. It instantly inflates into a helmet that covers the head and neck but not the face of the rider.

At a retail price of \$546, however, the scarf costs more than most bikes. ♦



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BY DR. SANDY CHRISTMUS

Secrets to a HAPPY INDOOR CAT

Q—What should I do to ensure my indoor cat is happy and well adjusted? — *Sal S. Law, Fairfax*

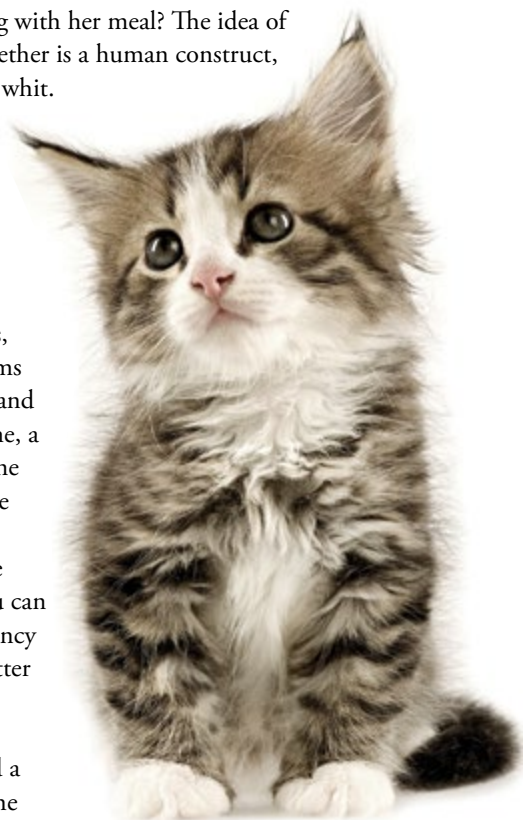
A—Thanks for the great question, Sal. I have indoor cats, too, and your concerns are mine, also. Cats need a few necessities—food, water, a place to eliminate, places to scratch, places to sleep, and things to hunt and attack. Much of what I'll discuss can also be found at the American Association of Feline Practitioners website, www.catvets.com, under Practice Guidelines.

Let's start with food. In the wild, cats eat about eight small (35-calorie or so) meals through the day in the form of birds and small rodents. Generally, the average indoor cat is given dry and/or canned food once or twice daily or has a never-ending bowl of dry food that owners top off as needed. AAFP recommends providing several small meals spread throughout the cat's environment, to mimic how felines eat in the wild. An advantage to this feeding method is that it may decrease the binge-eating of some cats and reduce the vomiting episodes after those cats overeat. As cats wander their home, they will happen on a little food and eat small meals throughout the day, more like the way their ancestors ate.

Water resources should also be spread throughout the house to encourage the indoor cat to drink often. Cats don't have a high thirst drive, so they tend to have highly concentrated urine, which can sometimes lead to urinary crystals, bladder

stones, and urinary bladder inflammation. If they find clean, fresh water during their "hunting" through the house, they'll drink more often and, we hope, avoid some associated medical issues. Water and food should ideally be in separate places, because what cat in the wild catches a mouse and has a drink of water to go along with her meal? The idea of food and water being together is a human construct, and the cat doesn't give a whit.

The right place for your kitty to **eliminate** is essential. Too many cats are given up for re-homing, forced to live outdoors, or euthanized because of toileting issues, yet many of these problems are environmental issues and preventable. As a guideline, a household should have one litter box per cat, plus one more. Clean the boxes at least daily and replace the litter regularly, before you can smell the box. The frequency depends on the type of litter and number of cats. The ideal litter box is an open container at least one and a half times the length of the





kitty and at least one and a half inches deep. This box sounds much larger than those sold in stores, and it's true; most boxes are too small for our cats. Although some clients tell me their cats will use a smaller box or a covered box, a study proved that when given various choices based on size, covered or not, and scented or unscented litter, most cats chose a wide, open box (actually a wading pool) with unscented litter.

The next necessities for your indoor kitty are **things to scratch**. Cats use their nails to mark items visibly and use glands in their feet to place their scent on that spot. We can't stop cats from scratching, because it's what they do. We can, however, give them things to scratch on besides our furniture. Cats should have several areas to call their own where they can stretch their muscles, stand on their back legs, and scratch a vertical surface. Many scratching posts are covered with carpet or rope, and you can either make or purchase one. A rope-covered piece of wood hanging from a doorknob is a terrific, simple project that can make your kitty ecstatic. You should also supply horizontal rope-covered or cardboard scratching items, in case your cats prefer that type of surface. Give your pets options for when they feel the urge to do damage and place their marks.

"Hunting" activity is essential for a most cats. They need to attack moving items such as laser pointer dots, feathers on a stick, balls of crinkly paper, fake mice, etc. These attacks are great mental stimulation for them, plus it's often the only exercise indoor cats get, which is why many of our feline patients are overweight. Food puzzles are another great way to mentally stimulate pussycats and force them work to get food, which cats appreciate. Many products are on the market and can be made at home, so search online for "cat food puzzles" for some ideas. Find the toys your cats prefer, but give them play time several times a day. Consider what

cats do in the wild, and you'll see that your cats need to do more than eat and sleep.

The final necessity for your indoor kitty to be happy is a **comfortable and safe place to sleep**. Cats can sleep anywhere, it seems, but they prefer to be on something soft and warm and usually off the floor. In the wild, anything bigger than a cat will consider the cat a meal, so you can imagine why your tabby prefers to be elevated, to see what's coming and have a greater chance of escape. Many cat condos include sleeping perches, and you can purchase window perches that have the added advantage of allowing your cat to watch "TV" outside.

Sal, all these things will help your indoor kitty be mentally stimulated, happy, and comfortable, and you can be satisfied that you're doing a great job keeping her safe indoors and emotionally healthy, too. ❖

PETS WE LOVE



Lionel

Owner: Helen DiTanna

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Small Business Puzzles OVER BAD REVIEWS

Anyone can post a review about a company's products or services. They don't have to say whether they are a customer of the company.

And reviews count.

According to a survey by Cone Communications, up to 80 percent of buyers say they change their minds based on reviews.

It's no wonder that some businesses have their own people post glowing reviews about products and services. And it's not unusual to have a competitor or a troublemaker blast a company or product with negativity.

But it can be painful when a small business with a small customer base finds a bad review on its website.

Bad reviews do affect sales. But, surprisingly, not always negatively.

According to the Harvard Business Review, good reviews increase business across the board from 32 percent to 52 percent. Bad reviews cause an average drop of 15 percent.

Sometimes.

For unknown or little known

businesses or sellers of obscure products, there is some evidence that a bad review is still good enough to let more people know about the company. Sometimes it even helps sales. An example, from the Harvard study by Jonah Berger, is a wine that one reviewer said smelled like stinky socks. Sales spiked.

If you think a review is hurting your company, you can do a few things:

You can contact the reviewer, solve the problem, if necessary, in exchange for a refund.

You can often reply to a reviewer (don't get personal) and state your case.

According to Hongkiat.com, it is actually good to have some negative comments, especially if the negative comments reflect a buyer's personal taste. They didn't like the fabric, for example. Well, others might.

Reviews can be faked, remember.

According to experts at Bottom Line Personal, you can generally trust a product or service review if there are about 50 reviews on the site.

Reviews that constantly give high praise but few details are probably fake. Others that repeat the same phrases are probably fake. ♦

GEN Y WORKERS ASK MANY QUESTIONS, EXPERTS SAY

Bright colors on the walls, skateboards in the halls, and lots of kids asking, Why?

It's not a kindergarten. It's the new workplace designed for the freespirted Generation Y (or Millennials), people born after 1980.

They are the video game generation that grew up and brought their toys and their style with them, according to the nonprofit company Catalyst. Baby Boomers currently make up 37 percent of the workforce, compared with 25 percent that Millennials.

Talent expert Leah Reynolds, a senior vice president with human resources consulting company Ann Hewitt, says Gen Yers tend to ask a lot of questions about company direction and it can be seen as insubordination instead of energy and initiative.

Many twentysomethings saw their parents lose their jobs during the recession, and now have the idea they need to be able to own their own careers, says Reynolds. Quoted in USA Today, Reynolds says Gen Y workers bring a sense of urgency to their jobs. They see a world downsizing, merging and closing. ♦

ACCORDING TO A STUDY BY THE NATIONAL CREDIT REPORTING AGENCY AND THE CONSUMER FEDERAL OF AMERICA, ABOUT 29 PERCENT OF PEOPLE HAVE ERRORS ON THEIR CREDIT REPORT THAT ARE SO SIGNIFICANT THEY TRANSLATE INTO A 50-POINT HIT ON THE CREDIT SCORE.



BY NAVID ROSHAN

DOMINION SQUARE TO TRANSFORM DEALERSHIPS TO MIXED USE

In mid-2011 a grouping of car dealerships along the south side of Route 7 in Tysons formed CARS, a development arm which looks to convert what is currently several acres of parking lots into a mixed use, high density project. The largest individual component of their plans, split into individual rezonings based on current subdivision, is Dominion Square.

With 12 total buildings, ranging from 150 to 400', Dominion Square represents as much as 4.7 million sq. ft. of potential development, and could mean 2800 more residential units coming onto the market, all within a quarter mile of the Spring Hill metro station.

The project also proposes reducing surface parking in order to fit a new athletic field which, along with a new children's play area, will expand the adjacent Raglan Park open space. This is in stark contrast to another project's propose plans to use part of the same park area along the Vienna boundary for athletic fields, reducing screening and natural preservation.

Dominion Square also provides some functional improvements to people and vehicle flow by providing the necessary right of way to extend Boone Boulevard, and to provide two additional parallel roads Roseline Street, and Dominion Street. Each of these will come at cost to the developer inline with the County's Comprehensive Plan for a grid of streets. It will not only provide alternatives to the

use of Route 7 for local access, but also create a more walkable connection for future Tysons, and current Vienna, residents.

All of the plans come with zero resident relocations. All that is occurring with the Dominion Square plan is a smarter way of doing things. Instead of wasting acre after acre for surface parking lots, which makes each parcel an island in a sea of asphalt, they are rearranging the blocks to use structural parking make up the deficit.

Yes, the project proposes significant density, but all of that is within walking distance to metro, and a majority of it is residential. Those residential units are, and will be, marketed to prospective residents who want a car-light, or even car-free life. In other words, all density is not created equally. 1000 sq. ft. of development in a non-transit accessible suburban area creates more vehicle generation than 1000 sq. ft. of development within a transit accessible urban area.

On top of the fewer trips, by being closer to jobs, the average VMT (vehicle miles traveled) is also drastically reduced when compared to traditional suburban development.





Dominion Square is a win-win concept for everyone involved, millions of dollars of tax revenue for Fairfax County, minimal infrastructure costs, new park space which provides screening and amenities to existing neighborhoods, and significant commercial improvements for the land owners.

It's yet to be seen if Dominion Square's viability has influenced other strip mall owners on the South side of Route 7 to reconsider the future of their properties. ♦

All images from Dominion Square RZ-2011-HM-012 by DBI, LLC and architect WDG Architecture



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Greensboro Station



Wiehle Station



SILVER LINE

Could Be Ready by July 4

The Silver Line could be up and running by July 4 after significant progress throughout the last few weeks, sources familiar with the project tell WTOP.

The Metropolitan Washington Airports Authority continues to run tests on the tracks and the contractor building the Silver Line could get approval to turn the project over to Metro within the next two weeks.

Multiple sources tell WTOP that it's more likely that the Silver Line will be completed and certified before the end of the month than it being delayed into May. Once MWAA certifies the project as complete, it would turn over the project to Metro. Project Director Pat Nowakowski has told WTOP the time between certification and turnover to Metro would be quick.

Metro has said it could be up to 90 days after that before trains open for passengers, but Metro board members have told WTOP that Metro hopes to be able to open the line more quickly.

A source tells WTOP that Metro hopes to take only 60 days after getting control of the line, since they have been able to run extra tests during the project's long delay.

Metro General Manager Richard Sarles has told reporters that it could probably shed some time off the 90 day

window, but has not specified how many days. Even if Metro takes the full 90 days, the Silver Line could open to passengers before the end of July.

The Silver Line was scheduled to open last year but was delayed several times during construction.

In February, the contractor building the line, Dulles Transit Partners, told MWAA that it had reached "substantial completion".

The Airports Authority found several problems with the construction, including speakers that posed a fire hazard and problems with communications cables. Other problems were found with the automatic train control system, escalators, water leaks, and permits.

Sources tell WTOP that Dulles Transit Partners, including the main contractor Bechtel Corporation, have worked quickly to resolve several of the issues identified. MWAA will run new tests on the tracks over the next couple weeks to check the progress on that work. ♦

Spring Hill Station



McLean Station





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Spring Hill station platform level

BY MARCIA MCALLISTER

SPRING HILL STATION: GATEWAY TO TYSONS FROM THE WEST

The Spring Hill Station is on the western edge of Tysons Corner. It is the final stop in Tysons for westbound users and the first stop, or Gateway station into Tysons for eastbound users.

The station sits atop the tracks between Spring Hill Road and Tyco Road/Westwood Center Drive in the median of Route 7. Station entrances are at Spring Hill Road. Bridges are in place to allow rail users and pedestrians alike to cross Route 7 to access the station or simply to cross the street. Those bridges will be open when the rail line opens.

Spring Hill station platform level looking west, with signage and lighting installed.



Streetscape at the Spring Hill station nears completion.





PETS WE LOVE



Miya

Owner: Michael Cashwell



Buddy

Owner: Bryce Lukacs



Chocolat

Owner: Giola & Steve Forman

IS YOUR PET READY FOR THEIR CLOSE UP? SEND PHOTOS TO ARTICLES@VIVATYSONS.COM.

All Photos Courtesy of Chuck Samuelson, Dulles Corridor Metrorail Project



Spring Hill station platform level, with signage and lighting installed.

SPRING HILL STATION (previously called *Tysons West*)

LOCATION: On Route 7 at Spring Hill Road

Type of Station: Aerial

STATION FACILITIES:

- Pedestrian bridges and station entrances from both sides of Route 7
- Bus drop-off/pickup
- Kiss & Ride
- Bicycle facilities 22 racks, 20 lockers

PLATFORM HEIGHT (APPROX.):

- East/Inbound End: 46'
- West/Outbound End: 53'
- Average: 50'

MEZZANINE HEIGHT (APPROX.):

- East/Inbound End: 20'
- West/Outbound End: 30'
- Average: 25'

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 spring 2014. The Washington Metropolitan Area Transit Authority will determine opening date.

LANDMARKS: Tysons Honda, Schmitz Exxon, and the new Ascent at Springhill Station, a high-rise apartment building which has Broad Street address but is behind the Container Store, several restaurants including Ruth Chris Steakhouse; Wal-Mart.

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. ♦



All Photos Courtesy of Chuck Samuelson, Dulles Corridor Metrorail Project

The pedestrian bridge spanning across Route 123 at the McLean Station.

BY MARCIA MCALLISTER

MCLEAN STATION

ATOP ROUTE 123 NEAR SCOTTS RUN

Passengers boarding Silver Line trains in downtown Washington or Arlington heading west will see the dramatically expanding horizon of Tysons Corner as trains swing from the Dulles Connector Road to Route 123 between I-495 and Lewinsville Road/Great Falls Street before entering the McLean Station.

As the gateway entrance into Tysons from the east and the last stop in Tysons for those coming from the Reston area, the McLean Station sits atop aerial guide way along the northwest side of Route 123 at Scotts Crossing.

While an opening date for Silver Line service has not been set, the finishing touches are almost done at all stations. Inside, the McLean station, the fare card machines and other equipment shine in the sunlight that pours through the glass in the station exterior. Landscaping is blossoming—and in some case being replaced—in the Kiss and ride lot areas and along Route 123.

Nearby a private land owner is working to have about 700 commuter parking spaces ready for riders to use.



Elevators on the mezzanine level at the McLean station.



Entrance at the McLean station leading up to the Mezzanine level.

MCLEAN STATION

(previously called Tysons East)

LOCATION: On the northwest side of Route 123 at Scotts Crossing Road/ Colshire Drive

TYPE OF STATION: Aerial

STATION FACILITIES:

- 2 station entrances (each side of Route 123)
- Pedestrian bridge crossing Route 123
- Bus dropoff/pickup
- Kiss & Ride

- Bicycle facilities: 26 racks, 20 lockers near Kiss and Ride and on Scotts Run side.

PLATFORM HEIGHT (APPROX.):

- East/Inbound End: 55'
- West/Outbound End: 34'
- Average: 44'

MEZZANINE HEIGHT (APPROX.):

- East/Inbound End: 32'
- West/Outbound End: 20'
- Average: 26'

SCHEDULED TO OPEN: Phase 1 is scheduled for completion early 2014. The Washington Metropolitan Area Transit Authority will determine opening date.

LANDMARKS: Capital One building and Capital Beltway and Dulles Toll Road access.

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.



Fare card machines, fare gates and the station manager's booth have been installed at the McLean Station.



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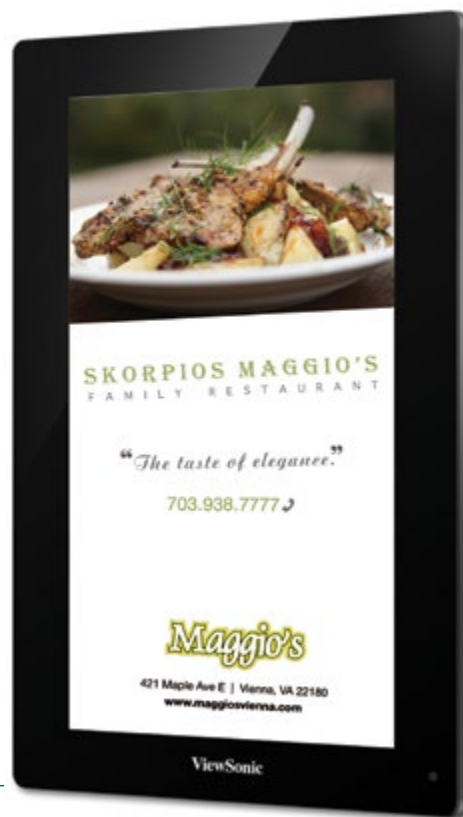
DIGITAL SIGNAGE *Comes to Town!*

After the fire that engulfed their home and the out pouring of help from the community, Chris and Sherry asked us to find ways to show their appreciation and celebrate the community around them.

"As a community of small businesses and service providers, we need to reinforce the attributes of acting locally-for our community, jobs, and government services," said Chris.

VivaTysons Community Merchant Screens to the rescue. Community screens are a small reminder of the local merchants and service providers who make our community a better place to live and work.

Our special thanks goes out to Chris and Sherry and the gang at Maggio's in Vienna. Stop in and say hi. ♦




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GREAT FALLS GARDEN CLUB *May 10th Plant Sale*

The Great Falls Garden Club will hold its annual Plant Sale on Saturday, May 10th, from 9:00 am until 1:00pm at the Great Falls Library. This year, the Club will also have Garden Club member "Plant Experts" available to answer questions and provide free gardening advice to visitors during the Plant Sale.

Hundreds of beautiful and well-priced plants donated by Club members will be offered for sale. In addition to selling a wide variety of plants, there will also be a

Garden Treasures Sale of items ranging from plant related books, to garden themed household items donated by Club members. A members' sponsored Bake Sale of delicious goodies perfect for Mother's Day will round out the event.

Because of the popularity of the Plant Sale, come early for best selection; it's not unusual for all to sell out by 11:30! The funds raised will be used to support various Club activities, Friends of the Great Falls Library, the Blue Star Memorial and community beautification projects. By popular demand, the Club has added a Horticultural Resources page to its website www.gfgardenclub.org providing links to information on plant diseases and pests, helpful books, local public gardens, plant identification and more.

Plant Sale Location: In front of the Great Falls Library at 9830 Georgetown Pike. Everyone is invited. ♦



ZARA

COMING TO TYSONS CORNER

Zara, the clothing and accessory shop, plans to open a two-story, 21,000+ square foot store in the mall. Scheduled to open in the fall, Zara has two other stores in our area. ❖



OPENING SOON!

Peet's Coffee and Teas

This new establishment on route 7 will be the first Peet's store to open in the state of Virginia. Peet's is a San-Francisco company that has over 200 locations nationwide and will be taking over the location that Caribou Coffee previously held. Peet's will be offering a wide variety of items including hot and cold beverages as well as a fresh food menu. ❖

LA VIE SUCREE

Right Next to Peet's—at 8150 Leesburg Pike in Suite 1100—La Vie Sucree (The Sweet Life)...no information yet but we guess we're in for a real treat! Stay Tuned! ❖

SPRING INTO SUMMER

Saturday, May 31

The Merchants and service providers at Tysons West invite you to come and enjoy the playful activities for all ages, plus goodies and entertainment, including DJ music, sidewalk chalking, hopscotch, a Bounce House, Jump Bunch action, and fun with Tysons West merchants from 11:00 a.m. until 2:00 p.m. Tysons West is located at 1500 Cornerside Blvd., Tysons, Virginia 22182 off Leesburg Pike at Westwood Center Drive

Bikes for the World will be there, collecting used bicycles for shipment to less privileged communities. ❖

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or follow us on facebook at Taste of Merrifield



The first Ballet barre-inspired exercise studio in Vienna opened its doors in February. Jazz up your routine and experience the latest trend in full body workout. Barre Tone is ideal for those who want to sculpt, strengthen, and increase flexibility, while enjoying the infusion of dance, aerobics with the benefits of the ballet barre at its core. Leave with renewed energy, a calmer spirit, and a new passion for life.

During National Teacher Appreciation Week, Sunday, May 4–Saturday, May 10, teachers are invited to visit Barre Tone, the first ballet barre-inspired exercise studio in Vienna, to enjoy a complimentary class of their choice! For more information visit Barre Tone at 370 Maple Avenue West Unit 1 in Vienna, Virginia. Call 703.242.TONE (8663) or visit the website at www.barre-tone.com. ❖



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DAY

In celebration of Mother's Day, all day Saturday, mothers are invited to Lofty Boutique * Spa * Salon to receive a rose, chocolate, and a glass of sparkling champagne. Lofty will also be offering complimentary hot oil hair treatments for mothers. At Lofty, look great, feel great, radiate.

Lofty Boutique is located at 354 Maple Avenue West, Vienna, VA 22180, 703.242.0609, www.loftysalon.com ♦

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MEMORIAL DAY WEEKEND



Come One, Come All, Memorial Day Weekend!

Rotary Club presents its annual ViVa! Vienna! Celebration in downtown Vienna Saturday through Monday, **10am-10pm**, where the whole community comes together for outdoor fun! Enjoy family-friendly entertainment, carnival-style rides, and scrumptious food all three days. On Sunday and Monday, see dozens of vendors, local businesses, artisans, and other community members from 10am-6 pm.

For info, maps, and participants lists, visit www.ViVaViennaVA.org

OVER 100,000 VISITORS & 300 VENDORS

ALL PROCEEDS GO TO CHARITY!





(B)AD PROMOTIONS

BRILLIANT MARKETING IDEA: In 1994 Prudential Securities was trying to improve its image, tarnished by allegations that agents had been lying to customers for years. Their \$20 million campaign started with a "straight talk" newspaper ad highlighting the honesty of their agents. A full-page photo of real-life Prudential broker Susan B. Gooding featured the caption, "From where I sit, preserving integrity is not a lost art." Underscoring her integrity, the ad finished with, "One of my clients is my father."

OOPS! Gooding's father had been dead since 1991 and, the Chicago Sun Times reported, he was never her client. Prudential claimed it was an honest mistake and pulled the ads immediately.

BRILLIANT MARKETING IDEA: In March 2003, the Hong Kong Tourism Board put their new slogan—"Hong Kong Will Take Your Breath Away"—in ads in several major publications in England.

OOPS! In a bizarre coincidence, just as the ad campaign began, Hong Kong was hit by an outbreak of SARS (*Severe Acute Respiratory Syndrome*). The outbreak led to a rapid decline in tourism, severely damaging the economy. "As soon as the outbreak began," said a Tourism Board spokesman, "we realized it would be pretty embarrassing, but it was too late to pull the ads." What was so embarrassing? One of SARS' main symptoms is shortness of breath.

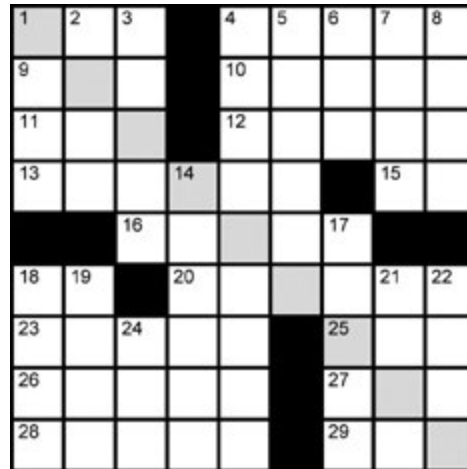
Excerpts taken from: *Uncle John's Unstoppable Bathroom Reader*

NOTHING CAN STOP THE PERSON WITH THE RIGHT MENTAL ATTITUDE FROM ACHIEVING A GOAL; NOTHING ON EARTH CAN HELP THE ONE WITH THE WRONG MENTAL ATTITUDE.

Thomas Jefferson



CROSSWORD



ACROSS

1. "Dr. Who" network
4. San Antonio landmark
9. ___-tzu, Chinese philosopher
10. "Well, I ___!"
11. List abbr.
12. Asian weight units
13. Diminish
15. Gift tag word
16. Divisions
18. Kind of crowd
20. Former liberal, for short
23. Pitcher's place
25. Arthur Godfrey played it
26. Come to terms
27. Robinson of song
28. "___ Flanders"
29. Took a load off

DOWN

1. Sounded a horn
2. Diminish
3. Actress Imogene and family
4. Predates
5. Shack
6. "___ Maria"
7. Go from solid to liquid
8. About
14. Doggie hotel
17. Undesirables
18. Mosque V.I.P.
19. Canceled
21. Creole vegetable
22. Hatchling's home
24. www.puzzlexpress.com, e.g.

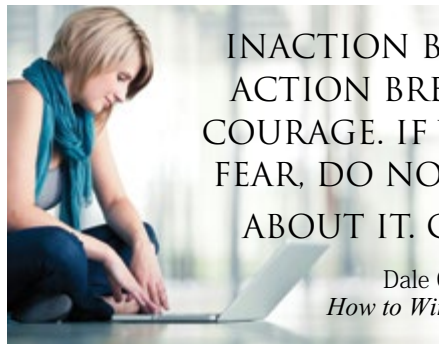
WORD FIND

M U S H E R G S B U S E R
H U S K Y N B W U K I N G
L T R A I L I E T K A X H
R E M C U W G N C B L W P
U T A U X O S S H R A B Y
N P C D D A U O E H S O C
N I K D D Z D N R E K O H
E M E B O O T I E S A N E
R L Y R I G G I N G E I C
S E A V E Y X F N O M E K
U Q E R Q X W S L A T S P
R E D L A N T E R N X A O
G M A L M U T E D A O L I
A N C H O R A G E H Z H N
S N O W H O O K W H E E T
D P L O V E R F L O W N A

ALASKA	MALMUTE
ANCHORAGE	MUSHER
BIG SU	NOME
BOONIES	OVERFLOW
BOOTIES	PACING
BUSER	RED LANTERN
BUTCHER	RIGGING
CHECKPOINT	RUNNERS
GEE	SEAVEY
HAW	SLATS
HEET	SLED DOG
HUSKY	SNOW HOOK
KING	SWENSON
LEAD DOG	TRAIL
MACKAY	WHOA

A GOAL SHOULD SCARE YOU A LITTLE, AND EXCITE YOU A LOT."

Joe Vitale: American entrepreneur and self-help author



IN ACTION BREEDS DOUBT AND FEAR.
ACTION BREEDS CONFIDENCE AND
COURAGE. IF YOU WANT TO CONQUER
FEAR, DO NOT SIT HOME AND THINK
ABOUT IT. GO OUT AND GET BUSY.

Dale Carnegie, 1936 author of
How to Win Friends and Influence People

MATH PROBLEMS

Problem A: Write a system of equations to describe the situation below, solve using elimination, and fill in the blanks.

A local service organization is wrapping gifts at the mall to raise money for charity. Yesterday, they wrapped 32 small gifts and 15 large gifts, earning a total of \$231. Today, they wrapped 15 small gifts and 48 large gifts, and earned \$477. How much did they charge to wrap the gifts?

The organization charges \$ ____ to wrap a small gift and \$ ____ to wrap a large one.

See more at: <http://www.ixl.com/math/algebra-1/solve-a-system-of-equations-using-elimination-word-problems#sthash.qurg0VLO.dpuf>

Problem B: Write a system of equations to describe the situation below, solve using elimination, and fill in the blanks.

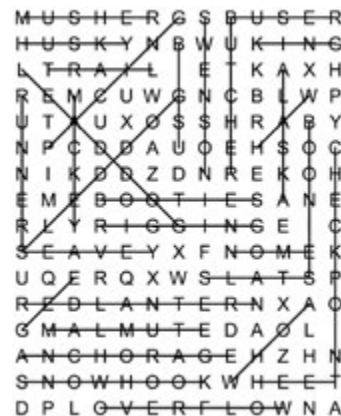
Alice often orders party trays from her favorite Mexican food restaurant for company events. For a recent company party, she spent \$184 on 4 burrito platters and 3 taco platters. For a company meeting, she spent \$153 on 3 burrito platters and 3 taco platters. How much does each type of platter cost?

Each burrito platter costs \$ ____ and each taco platter costs \$ ____.

CROSSWORD ANSWERS



WORD FIND ANSWERS



WHEN A PERSON REALLY DESIRES
SOMETHING, ALL THE UNIVERSE
CONSPIRES TO HELP THAT PERSON TO
REALIZE HIS DREAM.

Paulo Coelho, Brazilian lyricist and novelist

AVERAGE AMERICAN

It takes the average American 2.6 days to feel relaxed on a vacation.

Per capita, more Americans volunteer their time than people of any other country.

Eighty-nine percent of Americans don't have a valid passport.

The average American will use two thirds of an acre's worth of trees in wood products this year.

Twenty-four percent of Americans say the world "was in better shape a thousand years ago."

Nearly 6 percent of all marriage proposals are made over the telephone.

There are 33 vampire fan clubs in the United States.

Eight percent of Americans twiddle their thumbs. Fifteen percent bite their fingernails.

Ten percent of Americans have at least one college degree.

Twelve percent of Americans think they've seen UFOs.

According to florists, America's favorite flower is the rose. Next: the daisy.

Excerpts taken from: *Uncle John's Bathroom Reader Extraordinary Book of Facts and Bizarre Information*





TRIVIA TEASER: ON YOUR MARKS

1. Mark Zuckerberg started programming the Facebook social networking site while he was a student at what university?

- a-Denison University
b-University of Maryland
c-Stanford University
d-Harvard University

2. Mark Cuban is the owner of which NBA franchise?

- a-Sacramento Kings b-Dallas Mavericks
c-Boston Celtics d-New York Knicks

3. Mark McGrath is the lead singer for what band whose hits include "Someday" and "Every Morning"?

- a-Matchbox 20 b-Rancid
c-Sugar Ray d-Morphine.

4. While Mark Spitz won 7 gold medals in swimming at the 1972 Olympics, how many world records did he break at the same time?

- a-4 b-5 c-6 d-7

5. What kind of animal was named Dan'l Webster in a Mark Twain story?

- a-Mule b-Horse c-Pig d-Frog

6. What was the name of the spaceship pilot played by Mark Goddard on TV's "Lost in Space"?

- a-Don West, b-Alex East,
c-Steve Southern d-Mark North.

7. In 2005, Mark Buehrle became the first pitcher in World Series history to start and save consecutive games, while playing for what team?

- a-New York Yankees
b-Boston Red Sox
c-Detroit Tigers
d-Chicago White Sox

8. Jose Canseco and Mark McGwire were nicknamed the "Bash Brothers" while banging out home runs for what baseball team?

- a-Philadelphia Phillies
b-Tampa Bay Rays
c-Oakland As
d-San Francisco Giants.

9. What 1988 movie costarred Mark Harmon with Sean Connery?

- a-The Presidio b-Black Rain
c-The Sentinel d-Medicine Man.

10. Joaquin Phoenix and Mark Wahlberg played brothers in what 2007 crime film?

- a-"Gone Baby Gone"
b-"We Own the Night"
c-"State of Grace"
d-"Pain & Gain"

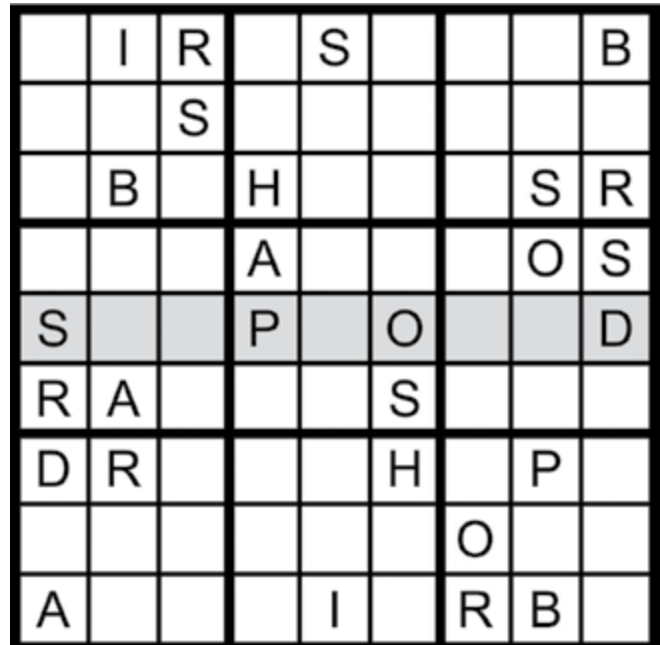
HOW TO SOLVE WORDOKU PUZZLES

To solve a Sudoku or Wordoku, you only need logic and patience.

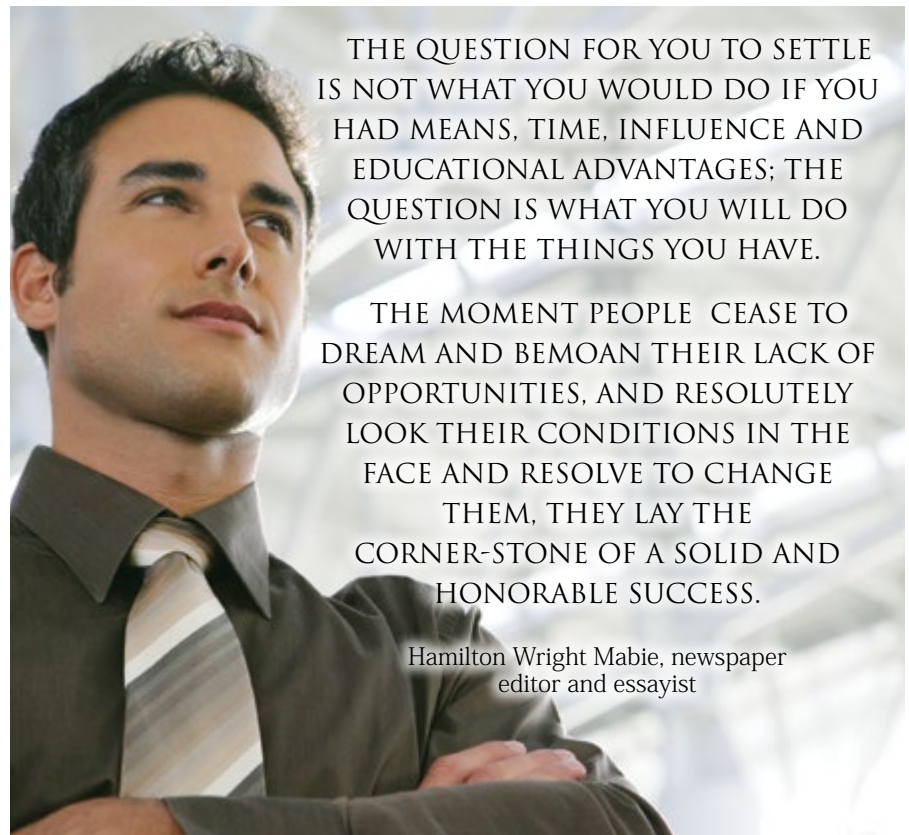
Simply make sure that each 3x3 square region has one letter in the word SHIPBOARD with only one occurrence of each letter.

Each column and row of the large grid must have only one instance of a letter in SHIPBOARD. The difficulty rating on this puzzle is MEDIUM.

WORDOKU



EMAIL US **at** INFO@VIVATYSONS **to** SUBMIT YOUR JOKES.



THE QUESTION FOR YOU TO SETTLE IS NOT WHAT YOU WOULD DO IF YOU HAD MEANS, TIME, INFLUENCE AND EDUCATIONAL ADVANTAGES; THE QUESTION IS WHAT YOU WILL DO WITH THE THINGS YOU HAVE.

THE MOMENT PEOPLE CEASE TO DREAM AND BEMOAN THEIR LACK OF OPPORTUNITIES, AND RESOLUTELY LOOK THEIR CONDITIONS IN THE FACE AND RESOLVE TO CHANGE THEM, THEY LAY THE CORNER-STONE OF A SOLID AND HONORABLE SUCCESS.

Hamilton Wright Mabie, newspaper editor and essayist



YOU MAY NEVER KNOW WHAT
RESULTS COME FROM YOUR
ACTION. BUT IF YOU DO NOTHING,
THERE WILL BE NO RESULT.

Mohandas Gandhi, leader of India

WORDOKU Answers

O	I	R	D	S	P	H	A	B
H	D	S	B	R	A	P	I	O
P	B	A	H	O	I	D	S	R
B	P	D	A	H	R	I	O	S
S	H	I	P	B	O	A	R	D
R	A	O	I	D	S	B	H	P
D	R	B	O	A	H	S	P	I
I	S	H	R	P	B	O	D	A
A	O	P	S	I	D	R	B	H

I AM NOT A
PRODUCT OF MY
CIRCUMSTANCES.
I AM A PRODUCT
OF MY DECISIONS.

Stephen Covey,
business consultant

A #2 PENCIL
AND A DREAM
CAN TAKE YOU
ANYWHERE."

Joyce Meyer, Christian author
and speaker

Answers to 'ON YOUR MARK'

- 1-d, Harvard University
- 2-b, Dallas Mavericks
- 3-c, Sugar Ray
- 4-d, 7
- 5-d, Frog
- 6-a, Don West
- 7-d, Chicago White Sox
- 8-c, Oakland As
- 9-a, "The Presidio"
- 10-b, "We Own the Night"

Answers to MATH PROBLEMS:

- A) \$3 for a small gift,
\$9 for a large gift
- B) \$31 for a burrito platter,
\$20 for a taco platter

WORD ORIGINS

POOPED

MEANING: Exhausted

ORIGIN: "Englishmen headed for the New World found that violent waves did the most damage when they crashed against the stern (rear end), or poop of a vessel. Any ship that came out of a long bout with nature was said to be badly 'pooped.' Sailors who described the splintered stern of a ship often confessed that they felt as pooped as their vessel looked. Landsmen borrowed the sea-going expression and put it to use." (*Why You Say It*, by Webb Garrison)

PARASITE

MEANING: An organism that lives in or on another organism at the other's expense

ORIGIN: "In ancient Greek it meant a professional dinner guest. It came from the Greek para ('beside') and sitos ('grain, food'). Put together, parasitos first meant 'fellow guest' and acquired, even then, its present-day meaning." (*Dictionary of Word and Phrase Origins*, Vol. III, by William and Mary Morris)

Excerpts taken from: *Uncle John's Bathroom Reader
Extraordinary Book of Facts and Bizarre Information*

FRESH OFF THE FARM

The average U.S. farm has 467 acres of land. The average Japanese farm has three acres.

Ninety percent of the world's food crops come from only 12 species of plants.

Ninety-nine percent of the pumpkins sold in the United States end up as jack-o'-lanterns.

A typical banana travels 4,000 miles before being eaten.

U.S. hens lay enough eggs in a year to circle the equator 100 times.

It takes 4,000 grains of sugar to fill a teaspoon.

A watermelon is 92 percent water. An apple is 84 percent water.

If a cow eats onions, its milk will taste like onions.

It takes ten pounds of milk to make one pound of cheese.

The United States produces 2-4 billion pounds of chicken and turkey feathers every year.

Ears of corn always have an even number of rows of kernels.

It takes about 21 pounds of milk to make one pound of butter.

Honey is easy to digest because it has already been digested by a bee.

Honey never goes bad.

One in every five potatoes grown in the United States ends up as french fries.

It takes 16,550 kernels of durum wheat to make a pound of pasta.

Excerpts taken from: *Uncle John's Bathroom Reader
Extraordinary Book of Facts and Bizarre Information*



BRINGING YOU *the* BEST PLACES *to go* AT 5 O'CLOCK

CAFÉ DELUXE

1800 International Dr, McLean
703.761.0600
CafeDeluxe.com

The local chain favorite offers up a sophisticated after-work bar menu in a relaxed and friendly atmosphere, weeknights from 3:30-7pm. Highlights include \$4 mini gruyere grilled cheeses with prosciutto and \$5 honey chipotle glazed rib tips, served alongside a wide beverage assortment from \$4-6 per glass.

CHEF GEOFF'S

8045 Leesburg Pike, Vienna
571.282.6003
ChefGeoff.com

If you can escape from work early, Chef Geoff's Vienna location offers food and drink specials beginning at 3pm and lasting until 7pm. These include half price beers, wines, and liquors,

as well as a selection of burgers and pizzas.

CLYDE'S

8332 Leesburg Pike, Vienna
703.734.1901
Clydes.com

Celebrate the end of the workday under live palms at Clyde's art deco-inspired roadhouse. How about an impressive ½ price raw bar? Perfect. Enjoy the outdoor café too. 4-7pm.

HARTH

703-761-5131
7920 Jones Branch Dr, McLean
HarthRestaurant.com

Wind down from your day by sitting fireside at Harth, located in the Hilton McLean Tysons. Sip a martini and choose from their selection of house-baked flatbreads made with ingredients from the

restaurant's own organic garden and baked in their wood-burning oven, all for under \$10 from 3-6pm.

IRIS LOUNGE

703-760-9000
1524 Spring Hill Road, McLean
www.IrisLoungeVA.com

In the mood for something different after the office? Shoot some pool in Iris Lounge's billiards room, or light one up in their members-only cigar room while enjoying \$5 cocktails and appetizers. Be sure to stick around for Tuesday salsa lessons 7:30-9pm and Wednesday night live jazz, 7-11pm.

NOSTOS

703-760-0690
8100 Boone Blvd, Vienna
NostosRestaurant.com

Visit Pete at Nostos on your way home. Sip your favorite cocktail or glass of wine and nibble on traditional Mediterranean bites such as spanikopita and Greek meatballs at this casual Vienna eatery. 4-7pm, Mon-Fri.

SEASONS 52

703-288-3852
7863 Tysons Corner Ctr, Tysons Corner
Seasons52.com

Enjoy flatbreads and inspired cocktails such as their Mandarin Orange Cosmopolitan made with Grey Goose L'Orange and Patron Citronage.

SEA PEARL

703-372-5161
8191 Strawberry Lane #2
Falls Church, VA 22042
www.seapearlrestaurant.com

(Featured Photo) 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. \$1 Oysters and \$4 Sushi – Served Monday through Friday from 4-7pm. At the bar only. ❖

MAY



TAURUS: In days to come, your intellectual energy creates success. Your creative abilities will be at their apex, helping to find solutions with ease.



GEMINI: You may have to work hard for it, but your summer and fall will be dominated by making strong connections in one area your life or work. It has been lagging.



CANCER: Soon, you could become more involved with a family elder or a parent. It could be challenging, but your view of him or her could change enormously within days.



LEO: A new perspective is a fine thing, but in time it loses its edge and becomes something you take for granted. A relationship could be like that. Refresh your enthusiasm.



VIRGO: Financial surprises can knock your finances off track. To get fewer surprises, make a calendar that shows when to pay taxes, vacations, insurances, birthdays, etc.



LIBRA: When your world seems beset with problems, stop and take a deep breath. Tackle them one by one if possible. Solve an "easy" problem first so you can see progress.



SCORPIO: Travel, be it for fun or for work, will take up a lot of your time this year. So keep a suitcase packed and ready for when good fortune knocks on your door.



SAGITTARIUS: The stars predict that your summer will be lucky, busy and productive. It could be that a new product or innovation will put your work in the spotlight.



CAPRICORN: At this lucky time, you will achieve a boost in forging new understandings with business contacts to the point where transactions are conducted more smoothly.



AQUARIUS: When a person is gloomy, things go wrong. When a person is cheerful, things go right. Direct your energy toward the bright tomorrows you want to create. Smile.



PISCES: You care passionately about justice and take a stand against prejudice. This month ask yourself honestly about your own prejudices.



ARIES: This summer and fall, you'll notice that digital communication makes your persuasive abilities stronger in an exciting new way. You communicate more effectively.

JUNE



GEMINI: In matters of the heart, proceed cautiously. What works in your personal life goes double in your work life.



CANCER: When there's a choice, it's better to leave a little to the imagination. No one can predict the future, so take on the task you're offered and you'll do well.



LEO: Your inquisitive nature searches far and wide for the best ideas. You do love change and pursue it with enthusiasm. The ability to get support from co-workers helps.



VIRGO: When an avoided task is brought to your attention, realize that you are the one to do it, so get started. Don't hide your smarts. Intelligence is sexy.



LIBRA: Uncertainty about the future may leave you with no sense of direction. The situation will improve, but slowly. Your decisions will be beneficial to all, so make them.



SCORPIO: Right now, you're tuned in to the thoughts and feelings of co-worker and partners. You seem to know what those around you think and want so make use of it.



SAGITTARIUS: Your imagination travels around some wild corners. Know you don't need to indulge every dream and idea but this is the time to plan one of those dreams and indulge.



CAPRICORN: This is a good day to plan ahead, because you can see a change in a situation you previously thought was set in stone, but situations rarely are.



AQUARIUS: Conversation flows so easily when you're around that special crowd of yours. But now is the time to make time for new people. You could find a friend or a new love.



PISCES: Be flexible in making plans with others. Your way really isn't always the best way, so keep that in mind. Do your best to avoid conflicts that could lead to a dead end.



ARIES: A disappointing past project doesn't mean your next one won't be a fantastic success. Learn from it. Analyze where you went wrong. Then try again.



TAURUS: In order to be aware of a big opportunity coming your way, you might have to put other matters into the back of your mind. Speak less, listen more and watch.

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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Michael K. Chung, D.D.S.

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Oakton VA 22124

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To slow aging and rejuvenate the face with little or no downtime

Lasers

To enhance skin tone and texture as well as the newest generation in hair removal technology

Medspa

To promote and maintain healthy skin cells, and a glowing complexion

Maxillofacial Surgery

To correct nature's imperfections

Oral Surgery

To alleviate pain and structural issues associated with the jaw and mouth

Dental Implants

Teeth in a day to restore your smile and your self confidence



Dr. Daria Hamrah
DMD, FADSA

Dr. Daria Hamrah is a double board certified facial cosmetic surgeon, reconstructive, oral and maxillofacial surgeon and serves as a national trainer to other doctors.

Translating

Your desires into beautiful, natural looking results

At Nova Surgicare, we dedicate ourselves to researching and perfecting techniques to reverse the signs of age, improve appearances and elevate the ideal of beauty.

Our 3,500 square foot center is a haven to cutting edge technologies, warmly appointed treatment rooms, state of the art operating suites and thoroughly relaxing reception areas. We even designed a skincare emporium for your personal homecare use that features some of the best products available in the market today.

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NOVA SURGICARE

The place for beautiful faces and beautiful smiles

We welcome you to stop by our center and meet our exceptional team or join our email list to attend one of our educational events.



877.523.FACE {3223}

visit www.novasurgicare.com

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