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\$1,425,000 Vienna, VA



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\$1,949,874



Great Falls, VA



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FEATURES





POPLAR SPRINGS INN & SPA

By Allison Chase Sutherland

With 21 guest rooms and suites with French Provincial touches, the inn portion of the property actually reminds me of a sleek yet historical mini-hotel. The spa offers skincare treatments, body wraps, hydrotherapy, and massages, including such unique treatments as the Asian bamboo massage, Hungarian mud wrap, and the intriguing hydro-quench cocoon.



WHERE TYSONS CELEBRATES

Throughout the Tysons area, there are so many options for private dining functions — small gatherings to huge events, casual to formal, all offering their unique atmosphere and cuisine. VivaTysons wants to make it easier for you to consider the area's great variety of offerings to we complied a list of restaurants, country clubs and special venues that are ready to serve you and your special group.







TYSONS FEATURED BEAUTY SPAS

Now that the kids are back in school, the fall presents the perfect opportunity for a little me time. Need to know the best place to get a facial? How about the spa with the best ambiance? Look no further—its all right here.



GREAT FALLS STUDIO ART TOUR

By John Byrd

Participating artists have arranged an "open house" for the weekend at each stop and relish the opportunity to show recent work. Disciplines range from traditional painting and photography to layered paper, fiber art, pottery and jewelry making. An impressive diversity of style and vision blossoms in all directions.







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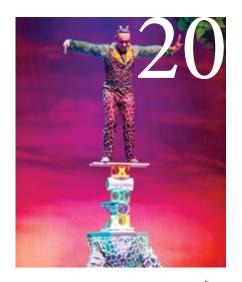
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DEPARTMENTS

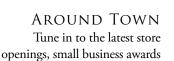
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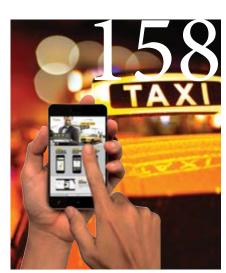


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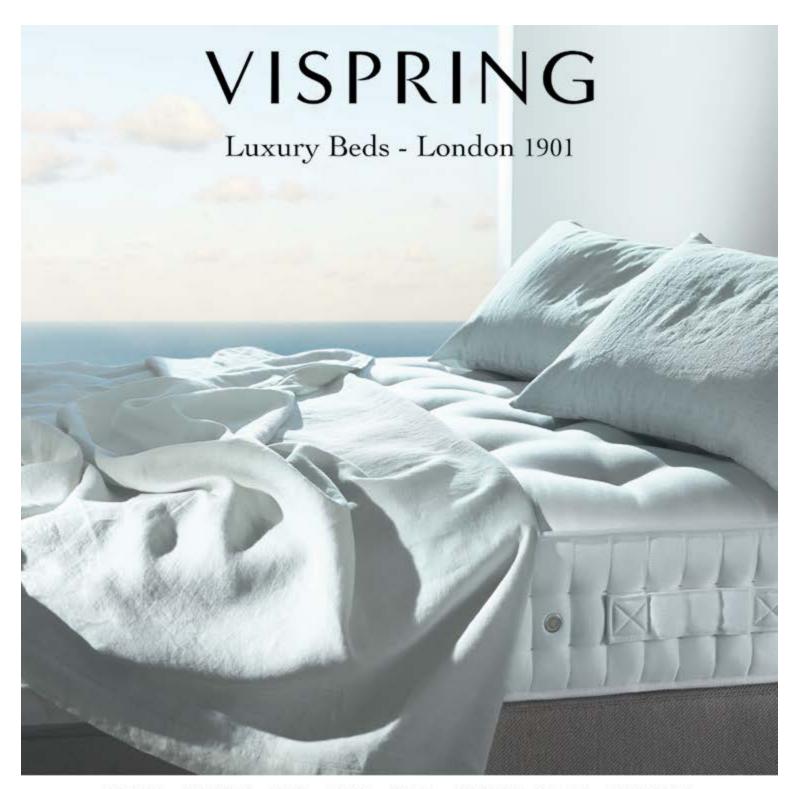
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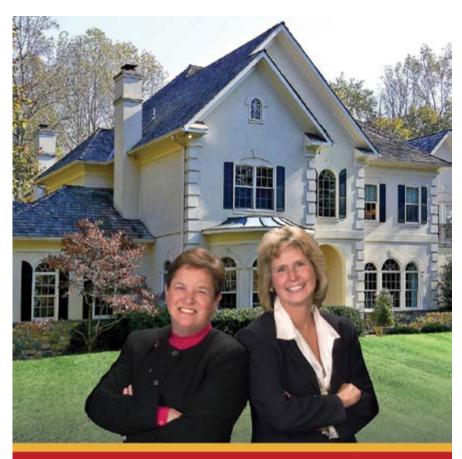
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PRESIDENT & PUBLISHER

ART DIRECTOR / PRODUCTION MANAGER

GRAPHIC / WEBSITE DESIGNER

GRAPHIC ARTIST

VIDEOGRAPHY

PHOTOGRAPHIC CONTRIBUTORS

Kari Cannistraro Steve Schuresko Deb Cobb

A I Masih

Julie Snee

Johnny Hanna

Laura Zeinoun

Mary Jeanne Cincotta

ADVERTISING / CLIENT ADVOCATES

Mary Jeanne Cincotta

TRAVEL & CULINARY WRITER

ER Allison Chase Sutherland

CONTRIBUTING AUTHORS

Linda Barrett John Byrd Judy Caplan Jeffrey S. Detwiler

Charles S. Donnavan Richard Gazala Carole Herrick Elaine Jean Dr. Jackie Jones Keith Loria Leigh MacDonald Marcia McAllister Rick Mundy Colleen Sheehy Orme

Colleen Sheehy Orme Cindy Pavell M.S. Amy Schoen

FOOD CRITICS Jessie Biele
FASHION EDITOR Lauren Simmons

VIVATYSONS MAGAZINE | 7921 Jones Branch Drive, Ste G11, Tysons, VA 22102

General inquiries and comments about this publication can be sent to:

comments@vivatysons.com.

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On the Cover: Great Falls Studio Art Tour Artists Works (top to bottom, left to right) "Lime Stacked Boxes," wall quilt by Cindy Grisdela; "Glass" by Robert Maclay, a first timer to the show; "Approaching Storm, Lincoln Memorial, Spring Equinox, 2014," photography by Robin S. Kent; "Sonoran," silver pendant by Donna Barnako; A summer sea shore oil painting by Judith St. Ledger – Roty; "Tree Study," layered paper and acrylics by Ronni Jolles.

It looks like Tysons Corner actually *does* have everything now.

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IT'S TYSONS. JUST TYSONS.



SEPT-OCT 2014



So much going on. It's hard to keep up. The Silver Line is buzzing through Tysons—and with people on it! The Plaza at Tysons Corner is open and popping, The Mosaic District has new dining and shopping venues, and the living and lifestyle options for living in the "new downtown" are greater than ever.

Looking for a way to spend quality time with the family and enjoy the foliage? Drive out to Bealeton Virginia with Elaine Jean and catch The Flying Circus Air Show. Decades away, right down the road.

Keith Loria is on top of the music action around town with an interview with George Benson, a look at the new and popular Jazz workshop here in Tysons, and the celebration of Virginia Opera's big 40!

Allison is at Poplar Springs Inn & Spa in Casanova, VA (pretty spot), and we check out some great event and party spaces to hold your holiday celebrations.

Great reading in Health and Fitness by Judy Caplan and Cindy Pavell, and a review of area spas by Mary Jeanne Cincotta.



Linda's on another wine tour, and Carole Herrick writes about the return of The Madison's in 1814. We are so lucky to be surrounded by so much of America's historic landmarks. (And wine!)

Save some time for the Great Falls Studio Art Tour October 17-19. Brilliant works.

Changes are on the way to the Eden Center, and we have some awesome learning opportunities in our area. Keith's on top of it.

Hillary Staats is back from southern Turkey filled with new and exciting ideas. She shares her adventures and "inspirations" with Linda.

Lots on Real Estate, Pets, Senior Living, investing and the Silver Line. Enjoy!

...And as if "keeping up with the Jones" isn't tough enough already, we welcome little Grace McKenzie Jones, born 08/04/2014. Grace McKenzie is the new daughter of our very own human resource manager, Christy Jones, and her husband, Mike. Born at the right time. Kudos.

Kids are back in school, so please drive carefully. See you in November.

Cheers!









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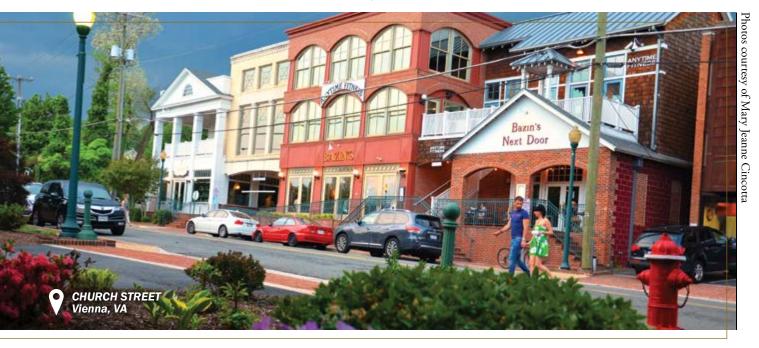






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Selected EVENTS





GIPSY KINGS SPECIAL GUEST OLE' NOYS

Wolf Trap Filene Center 8pm | \$35-50

Get ready to rumba to the explosive guitar rhythms of flamenco's reigning royal family! Celebrate the 25th anniversary of the Grammy Award-winning Gipsy Kings, featuring Nicolas Reyes and Tonino Baliardo. Opening the night, is Ole' Noys, the sons of the Gipsy Kings' Toninno Baliardo and Nicolas Reyes.

SEPTEMBER 5

MELODIME + IF BIRDS COULD FLY

Jammin' Java 8:30pm | \$18

Inspired by the gift of an anonymous person, they are continuing that story and putting instruments into the hands of people who would've never been able to afford them. The band is living the idea of looking outside yourself described best in, "Where the Sinners & the Saints Collide," their thematic record about coming together, regardless of our differences, to do some good.

CIRQUE DREAMS— JUNGLE FANTASY

Wolf Trap Filene Center 7:30pm | \$25-50

"...if you've ever enjoyed a performance by a Cirque du Soleil company, you'll be very satisfied by Cirque Dreams— Jungle Fantasy. It's 2 hours of colorful showmanship and costumes, full of amazing acts of physical skill—aerial acts, tumblers, jugglers, gymnasts, contortionists, and more—with a delightful dash of whimsy and humor."—Citybeat.com

SEPTEMBER 6

ZOSO THE ULTIMATE LED ZEPPELIN EXPERIENCE

The State Theatre 9pm | \$17

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more than just being a tribute.
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in music. Zoso embodies Page,
Plant, Bonham and Jones in their
spirit, tightly-wound talent and
authenticity.

NRJ Jammin' Java

Jammin' Jav 6pm | \$13

The band concept was born on Shady Drive (Vienna, VA) in the winter of 2008-2009. The band has grown and changed since the inaugural gig at Cornbowl II, back on May 23, 2009, but one thing remains the same... we rock the party! Six band names and a few lineup changes later... with the addition of human drummers and dozens of songs... we are now NRJ!

CONTINUED ON PAGE 22



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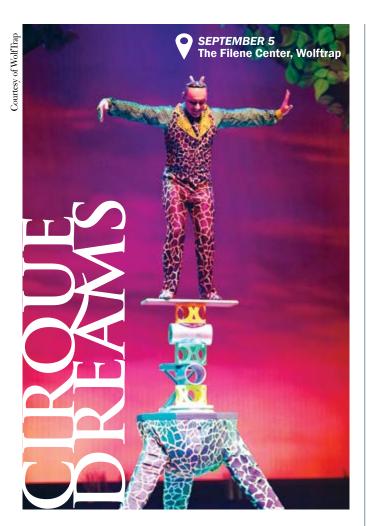
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SEPTEMBER 6

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SEPTEMBER 7 COLBIE CAILLAT

Wolf Trap Filene Center 8pm | \$30-50

Grammy Award-winning "Bubbly" pop star charms with carefree tunes such as "Realize" and "Brighter Than the Sun." Don't miss Caillat's June EP release, Gypsy Heart – Side A, including "Try," co-written with R&B legend Kenneth "Babyface" Edmonds.

SEPTEMBER 10 BLACK PRAIRIE

Jammin' Java 8pm | \$15

"Fortune," Black Prairie's fourth full-length and most conventional record has thirteen, polished vocal tunes with (mostly) conventional pop song structures. On the other hand, there's a glaring eccentricity to "Fortune" that hits you right away: here is a band of accomplished acoustic musicians playing what are essentially rock songs, and sometimes with a pretty hard edge -- it's a record,

band members say, that's trying to channel not the spirit of Earl Scruggs or Jerry Douglas, but Led Zeppelin.

SEPTEMBER 11 STORYMAN (FORMERLY THE GUGGENHEIM GROTTO)

Jammin' Java 7:30pm | \$15

Storyman set out developing their multi-instrumental sound to support what has become one of the most unique, identifiable and chilling vocal marriages. It's not by chance that they have been compared over the years to the Beatles, Simon and Garfunkel with a dash of Leonard Cohen and a few drops of Radiohead — add some of Ireland's most poignant crooners and you might have a hint of their pedigree.

SEPTEMBER 12 ANTIGONE RISING

Jammin' Java 7:30pm | \$18

When the New York based, alt-country female rockers do something, they do it big. Antigone Rising's latest single, "That Was The Whiskey" was co-written with good friend and song writer Lori McKenna (Faith Hill, Little Big Town, Hunter Hayes). "Whiskey" is getting praise from critics as a foot stompin' mash up, perfectly blending the band's ability to rock with their gift for writing undeniably catchy songs.

SEPTEMBER 13

TYSONS WORLD MUSIC FESTIVAL

1800 Tysons Blvd, McLean, VA 22102 12pm–10pm

Stop by from noon to 10 pm on Saturday, Sept. 13 to listen to performances from renowned local and national acts. In addition, you'll find

beautiful displays of fine arts and a variety of refreshments. This is a delightful way to spend an autumn day. Best of all, the proceeds will be shared with the Spirit of Hope Children's Foundation.

2014 WOLF TRAP BALL IN PARTNERSHIP WITH THE EMBASSY OF THE UNITED ARAB EMIRATES

Wolf Trap Filene Center 7pm | \$7,500-100,000 Tables

The Wolf Trap Ball is held on the magnificent stage at Wolf Trap's Filene Center – one of the largest stages in America. Honorary Hosts are His Excellency Yousef Al Otaiba Ambassador of the United Arab Emirates and Mrs. Abeer Al Otaiba. Co-Chaired by Mr. Tim Keating and Gen (Ret.) Lester L. Lyles. Visit wolftrap. org for sponsorship opportunities to preserve Wolf Trap now and for future generations, and help children and families benefit from Wolf Trap's renowned arts and education programs.

STEVE FORBERT

Jammin' Java 7pm | \$20

Forbert vaulted to international prominence with his second album, Jackrabbit Slim, which went gold behind the hit single, "Romeo's Tune", and his tribute to Jimmie Rodgers, Any Old Time, was nominated for a Grammy Award in 2004. "I didn't invent folk-rock or country rock, I was keeping a particular American tradition alive," Forbert says.

FALLS CHURCH FALL FESTIVAL & TASTE OF FALLS CHURCH

Falls Church Community Center Grounds & Cherry Hill Park 10am–4pm | FREE

Features include live entertainment, pony rides, amusement rides, crafters, businesses and civic



organizations, and cuisine from city kitchens. Amusement rides require the purchase of one or more tickets. The fall festival is held rain or shine.

SEPTEMBER 16 JOSHUA JAMES

Jammin' Java 8pm | \$15

Strangely familiar, yet refreshingly innovative, James' songs are devastating in their honesty, working with themes that are intermittently elating, melancholic, and transcendent. He doesn't so much perform these songs, as he does let them possess him, allowing his voice to be throttled from a husky whisper to a full-bodied roar.

SEPTEMBER 18 FORTUNATE YOUTH "FALL WITH FRIENDS TOUR"

Jammin' Java 8pm | \$15

Fortunate Youth is a collaboration of South Bay reggae stand-outs. Rising from various bands, they've created a phenomenal 6-piece masterpiece bringing more fire to the stage than ever before. Combining

rootsy vibes and unique bass lines united with multiple harmonies, boisterous guitar solos, and heavy keys separates Fortunate Youth from every other mainstream reggae band. With their high energy approach and positive stage presence they provide an unforgettable show to every music fan.

SEPTEMBER 20

TYSONS BBQ, Bourbon, and Beer Festival

1800 Tysons Blvd, McLean, VA 12pm–6pm

Join us at the festival for a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbecue eatin'. Your admission buys you a sampling glass so you can enjoy all-you-care-to-taste of craft beers and small-batch bourbons. Some of the best barbecue vendors are on-site if you get hungry while attending seminars in the tasting theater and enjoying live music all day.

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

STREET CORNER SYMPHONY

Jammin' Java 8pm | \$20

Street Corner Symphony is a contemporary a cappella group based out of Nashville, Tennessee, founded on 28 May 2010 to compete in NBC's allvocal competition, The Sing-Off. They became internationally known in 2010 when they became runners-up on the show's second season. These southern gents quickly won over Sing-Off judges Ben Folds (Ben Folds Five), Shawn Stockman (Boyz II Men), and Nicole Scherzinger (The Pussycat Dolls), andmost importantly-millions of NBC primetime viewers after demonstrating their unique, laidback-yet-dynamic style of a cappella.

CONTINUED ON PAGE 25



WEST COAST SWING

Colvin Run Community Hall 7pm Swing Lesson for beginners, 7:45pm Lesson for intermediates, 8:30pm Dance | \$15

Second and Fourth Saturdays are fun for all at Colvin Run! You'll meet friendly people and learn some new steps on our beautiful dance floor. \$15 cover charge includes lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.



Dignity.



Security.



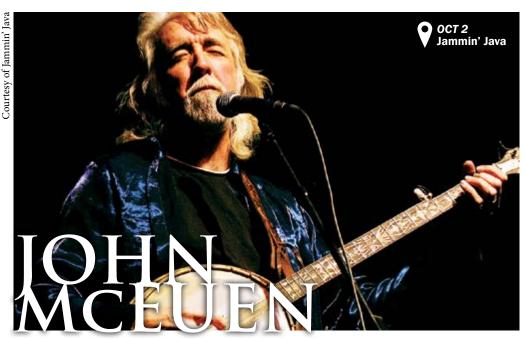
Friendship.

Independence You Want and the Care You Deserve.

In a maintenance-free environment, our residents enjoy life at their own pace and schedule. Residents can build their day around an array of activities including gardening, engaging trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. We promote physical and spiritual well-being by offering fitness programs, health services and pastoral support. Through partnerships and continual research, we bring in breakthrough technologies and tools that help our residents get the most out of life.



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SOCIAL BALLROOM WITH CRAIG BUKOWSKI

Colvin Run Dance Hall 8pm Cha Cha lesson, 9pm Dance | \$15

DJ music by Craig Bukowski playing your favorite dance tunes from the 1930s to today.

SEPTEMBER 26 MINDY GLEDHILL

Jammin' Java 7pm | \$16

Part of being an artist is the never-ending, often restless hunt for a spark. Mindy Gledhill's relentless search has led her all over the map—recording a wildly successful independent album in a backyard in L.A. with Juno-nominated producer, Stuart Brawley (Lenka, Emmy Rossum), to creating her brand new record in artsy East Nashville with acclaimed producer, Cason Cooley (Sixpence None the Richer, Katie Herzig, Matthew Perryman Jones).

SEPTEMBER 27

AN EVENING WITH Charlie Hunter & Scott Amendola Duo

Jammin' Java 7pm | \$20

The jazz scene's funkiest duo isn't waiting around for a rising tide. Following up on last year's critically hailed Not Getting Behind Is The New Getting Ahead, guitarist Charlie Hunter and drummer Scott Amendola return with Pucker, a lean and sinewy session marked by fierce grooves, caressing melodies, and startlingly intuitive interplay.

SEPTEMBER 28

JILL BARBER

Jammin' Java 7pm | \$18

From her modest beginnings as a shy acoustic folkie on the local coffeehouse stage, Barber's recent career has been reaching starry heights. With the release of her fourth album Mischievous Moon, a stunning concoction that features Barber's unmistakable contralto backed

by sweeping strings and dramatic orchestration, Jill Barber's evolution to confident chanteuse is complete.

SEPTEMBER 30 GLENN TILBROOK

(OF SQUEEZE)

Jammin' Java 8pm | \$22

Mention Glenn Tilbrook and most people may immediately think of Squeeze. After all, with his writing partner Chris Difford, Tilbrook was responsible for Top Ten hits all around the world such as "Tempted", "Hourglass", "Cool For Cats" and "Up The Junction". Ever since their first EP in 1977, Squeeze has delighted audiences with their brand of honky-tonk new wave and pithy lyricism, while their stock in the music world has seen the likes of Iools Holland, Paul Carrack and Elvis Costello all contribute to their work.

OCTOBER 1 DOYLE DYKES

Jammin' Java 7:30pm | \$20

Although influenced by a wide variety of musical styles and musicians from the country of Chet Atkins to the rock and roll of Duane Eddy and the Beatles, Doyle has developed a distinct, recognizable sound that amazes audiences with skill while capturing hearts with sincerity and soul.

OCTOBER 2

JOHN MCEUEN (NITTY Gritty Dirt Band)

Jammin' Java 7:30pm | \$25

John McEuen brings with him 45+ years of worldwide performing with his banjo, fiddle, guitar, and mandolin. Often referred to as 'the String Wizard', he weaves stories of his travels and family life (he has raised 7 kids), taking us through where his musical path has taken him.

OCTOBER 3

AN EVENING WITH The fabulous Dialtones

Jammin' Java 8pm | \$13

The FDTs have played their amazing acoustic set here 3 times over the past year and a half to large and enthusiastic crowds. They have performed all over the DC area for the past 17 years and continue to pack the dance floor with great covers of artists such as Chicago, the Doobie Brothers, the Beatles, Steely Dan and many more including a number of Motown classics from the 60s.

CONTINUED ON PAGE 26



OCTOBER 4 AL PETTEWAY & AMY WHITE

Jammin' Java 7pm | \$20

Award-winning, critically acclaimed, passionate and playful, Al & Amy offer an intoxicating blend of musical styles. Their repertoire includes original, traditional, contemporary Celtic- and Appalachian-influenced music with occasional nods to rock and jazz. Their performances feature acoustic guitar, mandolin, Celtic harp, piano, banjo, lap dulcimer,

world percussion, and a touch of vocals.

SURRATT AT THE COLVIN RUN DANCE HALL

Colvin Run Community Hall 8pm Samba Lesson, 9pm Dance | \$20

Step up your Samba with Live music by Mike Surratt & the ECB playing your favorite dance tunes from the 1930s to today. Dress is "ballroom casual." Everyone is welcome.

NOON TO 6PM TYSONS FALL

TYSONS FALL HARVEST FESTIVAL

1800 Tysons Blvd, McLean, VA 22102

12pm-6pm

Bring The Kids For the 1st Annual Fall Harvest Festival! Stroll through the arts and crafts booths and taste some of the fun flavors of Fall. It is all here for the reaping... bring your family and friends and carve out some special memories. The kids will enjoy all the fun activities and rides.

Don't forget to grab your tickets to visit the Wine & Beer Garden. Complete with over 200 wines and 20 wineries offering their best vintages. If wine isn't your thing – enjoy over 50 of the best craft beers and seasonal drafts. You can also buy your favorites while onsite to take home!

OCTOBER 5

AN EVENING WITH RORY BLOCK

Jammin' Java 7pm | \$18

Multi-award-winning blues singer/guitarist Rory Block released the fourth CD in her "Mentor Series" on June 4 with Avalon on Stony Plain Records, a tribute to blues master Mississippi John Hurt. Previous Rory Block salutes have been to Rev. Gary Davis (I Belong to the Band), Mississippi Fred McDowell (Shake 'em on Down) and Son House (Blues Walkin' Like a Man).

FAIRFAX PETS ON Wheels "Paws for A Cause" 3k Walk

Weber's Pet Supermarket, 11021 Lee Highway, Fairfax 12pm | \$20-25

Fairfax Pets on Wheels is an all-volunteer program that provides pet therapy with teams of animals and their human companions who regularly visit 14 area long-term care facilities. Proceeds from the walk will go toward recruitment and training, volunteer activities, and insurance. Register online at: www.tiny.cc/walk2014 or visit www.fpow.org. Walk-in registrations are welcome.

OCTOBER 10

SIMONE DINNERSTEIN, PIANO

The Barns at Wolf Trap 8pm | \$40

Brooklyn-based pianist returns to the music of Bach (her recording of The Goldberg Variations was named to many "Best of 2007" lists including those of The New York Times, The Los Angeles Times, and The New Yorker) in support of her latest album. The New York Times raved, "...in these Inventions & Sinfonias, too often relegated

to the teaching studio, it is the specific motion she gives each piece—as if every contrapuntal line had a physiognomy of its own—that makes this recording so arresting."

OCTOBER 11

DUB CITY RENEGADES

Jammin' Java 10:30pm | \$13

The Dub City Renegades is an 8-piece reggae band based out of the DC area. Our unique mix of traditional roots elements fused with a contemporary vibe gives their music a fresh and unique sound. United in values of respect, friendship, and their love of music, Dub City create jams that soothe the soul, make you want to move your feet, and create a soundtrack for the journey we are all on.

FARM DAY

Cherry Hill Park, Falls Church All Day | FREE

This family event features blacksmith demonstrations, horse-drawn hayrides, pumpkin painting, scarecrow making, and a petting zoo. Children can learn basic farming skills such as cornshelling and beekeeping.

WEST COAST SWING/ HUSTLE AT THE COLVIN RUN DANCE HALL

Colvin Run Community Hall 7pm Swing Lesson for beginners, 7:45pm Lesson for intermediates, 8:30pm Dance | \$15

Second and Fourth Saturdays are fun for all at Colvin Run! You'll meet friendly people and learn some new steps on our beautiful dance floor. \$15 cover charge includes lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.



OCTOBER 23

ADRIAN BELEW POWER TRIO

Jammin' Java 7:30pm | \$25

Adrian is touring with his Power Trio: Julie Slick on bass and drummer Tobias Ralph, both virtuoso musicians. Adrian Belew is a legendary guitarist well-known for his diverse travels around the musical map. He is a multi-instrumentalist whose solo records are critically acclaimed. His moving singing voice and prolific songwriting has endeared a loyal fan base of music lovers.

OCTOBER 24

JAMIE BARTON, MEZZO-SPRANO & KIM PENSINGER WITMAN, PIANIST

The Barns at Wolf Trap 8pm | \$35

WTO Alumna Jamie Barton returns to The Barns after an impressive 18-month stint winning the most coveted prizes in opera, including the Main and Song Prizes at the 2013 BBC Cardiff Singer of the World Competition. Last seen here as Penelope in 2009's Return of Ulysses, Wolf Trap celebrates her return to The Barns with an evening of song, culminating in Hoiby's Bon Appetit, a comic chamber opera.

OCTOBER 25

HALLOWEEN CARNIVAL

Kenneth R. Burnett Community Center, Falls Church 6pm–8:30pm | FREE

The carnival has been a popular event for children for more than 30 years. Infants through sixth graders are invited to enjoy carnival games, a moon bounce, face painting, crafts, a haunted house, movies, candy, and a live creepy creature show featuring the spookiest reptiles in nature.

THE GREENCARDS

Jammin' Java 7pm | \$18

Their new GRAMMY nominated album, Sweetheart of the Sun produced by Gary Paczosa (John Prine, Alison Krauss, Sarah Jarosz) is filled with songs that reference water, along with the often-related concepts of motion and travel. Drawing on their Aussie upbringings, their American experiences and their restless natures, The Greencards use imagery and instrumentation to evoke moods and suggest movement; the songs themselves ebb and flow like tides.

OCTOBER 27

ANNA NALICK

Jammin' Java 7:30pm | \$18

Anna Nalick first broke onto the music scene in April of 2006 with the release of her Sony debut platinum album "Wreck of the Day." The album entered the Billboard 200 chart at #20. Single "Breathe (2AM)" has sold nearly 3 million copies to date and was featured prominently on Grey's Anatomy and other TV and film soundtracks.

OCTOBER 28

AN EVENING WITH PAUL BRADY

Jammin' Java

7:30pm | \$22

Paul Brady, singer, songwriter and multi-instrumentalist is one of Ireland's most highly-regarded and successful artists, and the pre-eminent Irish singer-songwriter of his generation.

His versions of great ballads like "Arthur McBride" and "The Lakes Of Pontchartrain" were definitive and are still being asked for by audiences today.

OCTOBER 29

HALLOWEEN PARADE

Maple Ave, Vienna

7pm-9pm | FREE

Yearly Halloween parade on Maple Avenue. Come out and enjoy the fun!

OCTOBER 30

AN EVENING WITH PRESTON REED

Jammin' Java

7:30pm | \$20

Using the two-handed integrated percussive acoustic technique he pioneered in 1987, Reed fuses chord-based grooves, soaring melodic runs and polyrhythmic percussion that integrate the breathtaking potential of the guitar body. Preston Reed doesn't need a band. He is the band.

CONTINUED ON PAGE 29



ments with an eye on comfort, style, and practicality.

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CHANGE FOR A **DOLLAR**

A COMMUNITY **PARTNERSHIP**

Whole Foods Market and VivaTysons Magazine are both committed to supporting the community we serve. As such, we are introducing Change for a Dollar, a community partnership we hope will have a positive impact on our area's community nonprofit organizations.

100% of the proceeds from Change for a Dollar will be donated to local charities. We appreciate your support and participation!

Visit Whole Foods in Vienna to learn more.



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.

KID'S NIGHT

The Tavern at Great Falls

Kids can enjoy a clown and a magician tableside starting at 6pm.

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.

TUESDAYS

1/2 PRICED WINE AT BRIX

Brix American Bistro

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

\$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.



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.

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.

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.

LOFTY HAPPY HOUR

Lofty Boutique 354 W. Maple Ave Vienna 3-7 pm

Choose any Express Treatment off our Happy Hour Menu: Organic Express Facial, Cellulite Reduction Massage, Scalp & Hair Deep-Conditioning Treatment plus Shampoo & Blow-dry and more. Each \$50 treatment takes 30 minutes each with a complimentary glass of vino and hors d'oeuvres.

WEDNESDAYS

LIVE PIANO

The Tavern at Great Falls

Join in the fun at 7:30pm as pianist Tom Saputo plays an eclectic mix of music and invites you to come and sing with him.

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.

IAZZ 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.

WEDNESDAYS

WINE'D DOWN Wednesdays

Entyse, Wine Bar & Lounge | 5:30pm

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

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MARTINI WEDNESDAYS

Brio Tuscan Grille

Join Brio Wednesdays for \$5 Martinis.

LOBSTER SPECIAL AT ASSAGGI OSTERIA

Assaggi Osteria | \$19.50

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

HALF OFF PRIMETIME AT PALM BAR

Palm Restaurant | 5pm-7pm

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

WINE WEDNESDAY

Pizzeria Orso | 4pm-9pm

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

THURSDAYS

SUSHI THURSDAYS

Entyse, Wine Bar & Lounge | 5:30pm

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

THIRSTY THURSDAYS BEER TASTING

Red, White & Bleu | 5pm

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

INTERNATIONAL FRENCH NIGHT

Brix American Bistro

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

BOGO THURSDAY

Pizzeria Orso

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

TERRY LEE RYAN

Maplewood Grill | 6pm

Pianist and vocalist, he plays blues, popular standards, and especially N'awlings-style funky piano music. Our piano bar is an "institution" in the area don't miss it! If you can't go to the cresent 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.

IAZZ FRIDAYS

Entyse, Wine Bar & Lounge | 8:30pm

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

FRIDAY NIGHT WINE TASTING

The Vineyard | 3-7pm

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

FREE WINE TASTING

Red, White & Bleu | 5-8pm

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

SATURDAYS

BURGERS & OPEN MIC NIGHT

Clyde's of Tysons | 11am-4pm

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

DJ & DANCING

Iris Lounge

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

LIVE MUSIC SATURDAYS

Entyse, Wine Bar & Lounge | 8:30pm

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

BARBEQUE NIGHT

Brix American Bistro

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

PREMIUM WINE TASTINGS

Evo Bistro | 1-6pm | \$15

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

SATURDAY WINE TASTING

The Vineyard | 12-5pm

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

SATURDAY BRUNCH AT WILDFIRE

Wildfire | 11am

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

SUNDAYS

1/2 PRICE BURGERS

Dogwood Tavern | 7pm

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

1/2 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 & GREETS

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

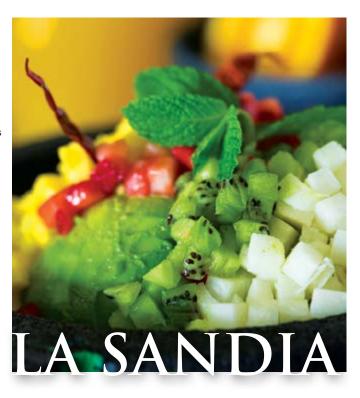
Assaggi Osteria | 11am

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. ❖





Arts & Theatre EVENTS

CREATIVE CAULDRON, GREAT FALLS FOUNDATION FOR THE ARTS
THE ALDEN THEATRE, GEORGE MASON UNIVERSITY
1ST STAGE IN TYSONS

SEPTEMBER 1–27

ALL AROUND VIENNA

Vienna Art Center Tuesdays - Saturdays 10am– 4pm | FREE

The public is invited to drop by the Vienna Art Center to see a new exhibition every month. Free and open to the public.

SEPTEMBER 1–30

STARBUCKS EXHIBITS ELEMENTARY SCHOOL ARTISTS

Great Falls Starbucks, 9863 Georgetown Pike 5:30 AM – 8:30 PM, Monday through Friday. 6 AM – 7:30 PM, Saturday and Sunday | FREE

Grab a cup (iced, of course) and enjoy with an erupting volcano, snowcapped peaks, joyful portraits, complicated landscapes and tiny prints. Forestville Elementary School student art is currently on display through September – a bright collection guaranteed to delight. Sponsored by Great Falls Studio.

SEPTEMBER 11 – OCTOBER 25

VOYAGE OF DISCOVERY: MICHELE



PATTI LUPONE "COULDA, WOULDA, SHOULDA ... PLAYED THAT PART"

George Mason University's Center for the Arts 8pm | \$60–100

In this unforgettable gala concert, Tony, Grammy and Olivier Award winner LuPone takes the audience on a marvelous journey through her long and triumphant career in theater, both on Broadway and around the world. This performance is a part of the ninth annual ARTS by George! benefit event.

BANKS, JESSICA BEELS AND ELLYN WEISS

McLean Project for the Arts, Emerson Gallery, 1234 Ingleside Avenue, McLean T–F 10am–4pm; SAT 11am – 5pm

This imaginary voyage takes viewers to a polar region where the iconic, seemingly eternal, landscape of ice and snow is in profound and rapid transition due to climate change. The pieces in this show, created in a wide variety of media, reflect the artists' responses to the transformation of land and sea - the melting of glaciers and the thawing of permafrost, the movement of previously unknown species and microbes into the region, the dramatic shift of the color of the land from white to green to black. The artists are deeply aware of the damage done by climate change, yet intrigued by the possibilities of what lies below the ice and snow.

WORKS BY Patterson Clark

McLean Project for the Arts
Atrium Gallery, 1234 Ingleside
Avenue, McLean
M – TH 9am–11pm;
F –SAT 9 am–midnight;
SUN 12 noon–6 pm
Washington artist Patterson
Clark combines his work as
a volunteer removing exotic
invasive vegetation from the local
landscape with his art-making
practice. All the materials used,



(above) Ellyn Wiess Voyage of Discovery exhibit, wax and pigment

from paper to ink, brushes and engraved printing press blocks are derived from local plants such as English ivy, garlic mustard, mulberry leaves and bittersweet roots. These delicate works, layered and transparent, stand on their own visually, even as they are silently informed by the history and philosophy inherent in their making.

INTIMATE FEASTS: PAINTINGS BY SALLY KAUFFMAN

McLean Project
for the Arts
Ramp Gallery
1234 Ingleside Avenue,
McLean
M – TH 9am–11pm;
F –SAT 9 am–midnight;
SUN 12 noon–6 pm
These abstracted but still
referential works by Sally
Kauffman offer a direct
experience of the sensuality of
paint and the joyful interaction
of color. Using figure and place

paint and the joyful interaction of color. Using figure and place as a starting point, Kauffman paints groups and meals, on the beach, or up close, with varying degrees of clarity and always a constant and steady stream of exuberant vitality. These are works that both celebrate and exude pleasure.

CONTINUED ON PAGE 34

Photo courtesy of Rahav Segev

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SEPTEMBER 12-OCTOBER 12

TAKE ME OUT

1st Stage

Fridays at 8 pm, Saturdays at 2 pm and 8 pm, and Sundays at 2pm and 7pm | \$15-28

Take Me Out, by playwright Richard Greenberg, is a story of Darren Lemming, the star center fielder of the world champion New York Empires, is young, rich, famous, talented, handsome and so convinced of his popularity that when he casually announces he's gay, he assumes the news will be readily accepted by everyone. It isn't. Angry and confused, Darren finds some unlikely solace in the form of friendship with his new business manager, Mason Marzac, a brilliant but repressed gay man, who, as everyone around him copes with disenchantment, blooms in the ecstatic discovery of baseball. Doug Wilder directs the production.

SEPTEMBER 20

FAIRFAX SYMPHONY ORCHESTRA

George Mason University's Center for the Arts 8pm | \$25-60

Christopher Zimmerman, conductor. Alexander Schimpf, piano. Brahms: Symphony No.

Grieg: Piano Concerto.
 Glinka: Overture Ruslan and Ludmilla.

SEPTEMBER 26-OCTOBER 12 THE GAME'S AFOOT, OR

HOLMES FOR THE HOLIDAYS

Alden Theatre Fridays & Saturdays 8pm Sundays 2pm | \$18-20

This mystery comedy opens in 1936 with the cast of the long-running Broadway hit Sherlock Holmes, brought together at the Connecticut castle home of the show's author and star to solve both an attempted murder and a successful murder at the theater. During their solution attempts, there is yet another murder, and Broadway's Holmes and his actor colleagues are the suspects with a local Police Inspector trying to solve the murder while everyone is snowed in. Bodies appear, disappear and reappear, there are hidden rooms, hidden microphones and other gadgets, murder, mayhem, many misunderstandings and a surprise ending. A fast-paced evening of fun.

Director Bob Sams says, "It is always a privilege and challenge to do the first area production of a play, particularly one by a playwright of the stature of Ken Ludwig, author of *Moon Over Buffalo, A Fox on the Fairway*, and *Lend Me A Tenor*... When an actor who has played Sherlock Holmes for twenty years is faced with a murder to solve—he's Sherlock Holmes, what could possibly go wrong?" Come and see.

SEPTEMBER 30-OCTOBER 31

WINE & SPIRIT!

Vienna Art Center Tuesdays - Saturdays 10am-4pm | FREE

The public is invited to drop by the Vienna Art Center to see a new exhibition every month. Free and open to the public.

OCTOBER 5

MCLEAN PROJECT FOR THE ARTS—ARTFEST

McLean Central Park (corner of Dolley Madison Blvd and Old Dominion Drive) 10am–5pm | FREE

MPAartfest will transform McLean Central Park into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of over 45 juried artists. There will be music and great food and much to do and see for the whole family.

OCTOBER 25

FAIRFAX SYMPHONY ORCHESTRA

George Mason University's Center for the Arts 8pm | \$25-60

Christopher Zimmerman, conductor. Copland: Quiet City Stravinsky: Dumbarton Oaks Concerto. Copland: Appalachian Spring. Stravinsky:

Orchestra Suites 1 and 2. ❖



TRANSITIONS, 2014

VALEARTS FALL ART SHOW

at the historic Vale Schoolhouse, 3124 Fox Mill Rd. Oakton VA 22124 Friday from 10-9, Saturday and Sunday from 10-6 | FREE Greet the artists at a reception Friday Oct. 3 from 7-9

ValeArts welcomes Laura Bealey and Songmi Heart as guest artists at its Fall Art Show. The group has provided local art in a neighborhood setting for more than 18 years. The historic schoolhouse, built as an original Fairfax County one room school building, houses ValeArts group show each fall including more than 150 original works of fine art. Guest artist Laura Bealey was helpful in encouraging the group to show its work in 1995. She paints in an impressionist style, often plein air in France, Ireland, or other local sites. Songmi Heart's work is both intricate and bold. It challenges the viewer in a deeply mysterious way. ValeArtists will also be showing their work including Linda Lovell, Traci Oberle, Karin Sebolka, Lorrie Herman, Jenna Klimchak, Diana Eichler, and Kathy Bodycombe. For more information visit www.valearts.com.



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It was back in 1976 when a young jazz musician by the name of George Benson was told that there was little chance of his new record doing much business. In fact, while rock and pop artists were selling albums by the millions, his record label told him that they were going to put out about 2,000 units.

"I told my label, 'there are four billion people in the world, that's all we can sell?' They told me Miles Davis only sells 20,000 records and he's the greatest jazz artist in the world," Benson says. "I told them, 'if you put something on that record that people want to hear, they'll buy it."

Benson defied all convention and his album was the first in the world of jazz to reach platinum status.

"Before long, we started selling records in the millions because we knew we had to cross over, that's what made the difference," he says. "People expected you to do what they knew you for, but I didn't have a solid reputation anyway, so I did a little of this, and I did a little of that, and collectively, they started gravitating to it."

His secret to success is just one of the many stories the legendary musician shares in his new autobiography, *Benson: The Autobiography*, which he says he has been putting together for over 14 years.

"We came up with all kinds of different concepts and ideas, and when I first started writing it and giving it to publishers, they were all looking for who I was dissing and who I was exposing in the book," Benson says. "That's not what I wanted to do, so it took a long time to get people interested. Now that my career has a little more value to it, people can see what I was able to do to navigate the naysayers and started selling records."

With 10 Grammys to his name, and millions of album sales, Benson is one of the best-selling jazz artists ever. Even after 35 years, Benson is still making hit records and attracting a new crowd of jazz fans.

"For me, I didn't care if I ever made a dime, as long as I was happy with what I was doing. That's the biggest reward," Benson says. "Of course, when you start selling records and fame and fortune comes, you get opportunities you would never expect."

Last year, he released *Inspiration: A Tribute to Nat King Cole*, and worked with a who's who of musicians, including Wynton Marsalis, Idina Menzel, Till Brönner, and Judith Hill.

"I keep my ears open and I listen to my children, because they have always told me what was new and I hear what they play in their rooms," he says. "In all the craziness coming out of their rooms, I could hear the value and add to it what I already know. I pay attention and I don't let the public make decisions for me. I play the things that I think will last and that I'll be proud of years from now, and they seem to be the ones that have give me kind of career I have only dreamed about."

On Aug. 31, Benson played at Wolf Trap and offered up some of the amazing tunes that he is well known for.

"I love Wolf Trap, I have been playing there ever since it was known as the Filene Center for Performing Arts, and every time I play there, I think about the first time I was invited, when I didn't have much of a name in the industry yet," he says. "I was an up-and-comer and I went and played and it was one of the highlights of my career. I always had a special place in my heart for the place."

Before the performance Benson said that those coming could expect all of the songs they would hope for, plus some surprises and long-forgotten favorites.

"From an artist point of view, it's one of the places that cats prefer to play," Benson says. "You're outdoors and it's very beautiful. I hope I strike a nerve with them, because that's why I'm there, I'm there for them. We're bringing our whole arsenal and all different genres of music and we plan to make it a party."

And Benson knows he has plenty of fans in Northern Virginia. In fact, he once held the record for most audience members at the venue.

"One year we had more than 17,000—and people were all over the lawn, down to the picket fence having a good time," he says. "They may not all have seen us, but they heard us. It was a great show." *

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





All That Jazz

There's an image of a saxophone on the door outside a small performance space at 8455-A Tyco Road in Tysons, and the instrument is just a small symbol of what goes inside.

Professional musician
Paul Pieper, who started
playing guitar in 1991 and
created quite the name for
himself in the area, had
been teaching guitar for
years, but wanted to do
something a little different.

W

hat I really wanted to do was teach people jazz and work with different instruments," he says. "I wanted to help people get a skill-set of the working jazz musician."

With that in mind, Pieper created the Jazz Workshop in 2007, a place people could go not only to learn to play, but to deal with the larger questions about jazz and improvisation.

"We look at the philosophy behind improvising, rather than just the mechanics of playing instruments," Pieper says. "We have over 60 people each week come to play in 15 different sessions."

Each session has a maximum of five to six students and the emphasis in each session is on actually playing music. Everyone has the opportunity to play for the entire time, he says, there's no sitting around waiting.

"The real goal of the Jazz Workshop is to help people achieve the skillset of a gigging professional jazz musician and all that it entails," Pieper says. "You have to learn a lot of repertoire, jazz improvisation itself—a skill that takes a while to learn."

A typical practice session at the workshop is simple enough: musicians unpack, plug in, tune up, and then Pieper counts it off, and the music begins. On any given night, Pieper might alternate the style from a traditional swing tune, to a bossa nova, to a blues tune.

Guitarist Fox Vernon has been in the Workshop for nearly three years, and says what makes it so special is Pieper himself.



"He knows so much about music, and he is passionate about helping musicians find their voice as jazz players," he says. "His workshop is designed with that in mind. It brings players together to play music. Not study scales, for instance, but play them as music. For me, it brings much of what I've been taught to life in living, breathing songs that we perform."

Peter Robbins, who plays tenor sax, feels the Workshop is a very welcoming and open atmosphere where musicians are encouraged to grow and given both support and a good push to stretch one's limits.

"Paul is a very patient teacher and an incredibly skilled musician," he says. "His mastery of bass, guitar,

keyboards, drums and saxophone allows him to fill in for anyone who cannot be there that day, and also allows him to speak to the unique needs of different instrumentalists from a personal perspective."

Tom Stefanick, who has played guitar for more than 40 years, experiments mostly with electric violin in the Jazz Workshop.

"Whenever I would go to jazz jam sessions, there were so many guitar players that I didn't get much opportunity to play guitar, so I decided to try to adapt the violin to jazz instead," he says. "The Jazz Workshop has been the perfect laboratory for me to try to get my violin playing to sound more like a sax or trumpet and fit the bebop style, and also to experiment with amplified violin sound."

While Stefanick appreciates that there are many recorded "play-alongs" that one can buy to practice to that have drums, bass, and piano to back a musician up, he knows there's nothing like playing with real musicians.

"I make much more progress playing live with other students and with Paul," he says. "The atmosphere that Paul creates is very encouraging and accepting. For people starting to play jazz, or trying to experiment and improve, that is crucial because jam sessions are very intimidating for new players."

Max Wu plays the tenor saxophone at the workshop.

"The Jazz Workshop fosters a community of musicians of all levels who are interested in a very special type of music rooted deep in American history and culture," he says. "It has created a venue for people to come together and create music, to learn, and to network and socialize as a community. The free monthly jam sessions have come a long way in providing a channel to participate in the music for people across all walks of life."

There is also the free monthly jam session, which is run like a typical jazz jam session, with musicians taking turns to play tunes together.

For Harris Miller, finding the Jazz Workshop helped revitalize his love for music.

"I played the saxophone when I was a kid and then had a 45-year hiatus until I started playing it again about 18 months ago," he says. "Unlike some teachers, Paul does not insist that improvisations have to follow a particular pattern. That gives us, as players, more opportunity to be creative—and more opportunity to play notes or groups of notes that just do not fit with the song."

Each month, the Jazz Workshop also plays host to a free Open Jam session (the first Sunday of the month from 6:30-9:30 p.m.), a place for jazz musicians to just come and play (or watch and listen).

"We have lawyers, doctors, and all sorts of working professionals who are passionate about learning the ins and outs of playing jazz in a group," Pieper days. "They're a fascinating bunch of people, very diverse in their backgrounds, but united by their love of jazz."

For more information, visit www. thejazzworkshop.net �

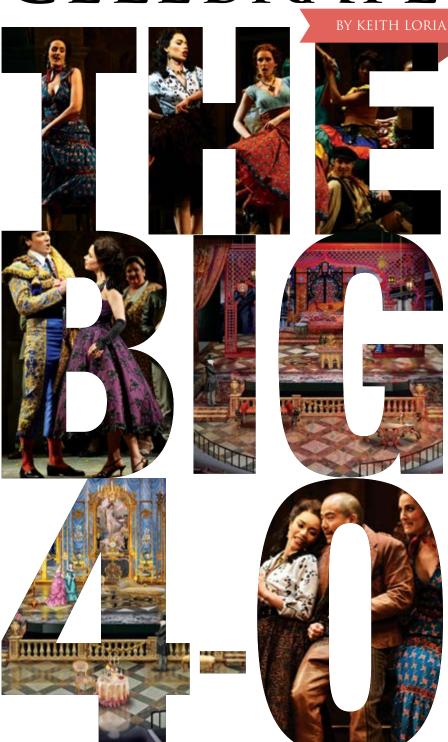
AUTHOR: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.





GMU HELPS VIRGINIA OPERA

CELEBRATE



On Oct. 11, George Mason University's Center for the Arts plays host to the opening of Virginia

Opera's 40th Anniversary season with a stunning production of *Sweeney Todd*, Stephen Sondheim's notorious Tony Awardwinning musical thriller about revenge, murder, and meat pies.

"Broadway musicals began being produced by Virginia Opera many years ago as a way of attracting new audiences while adding diversity for our loyal patrons; all of whom have really enjoyed the unforgettable productions of *West Side Story, Carousel, Oklahoma!*, and many more over the years," says Adam Turner, Virginia Opera's new principal conductor and artistic adviser.

"Sweeney Todd will capitalize on this long-standing tradition and offer audiences, both old and new, a riveting production."

Turner previously had conducting successes on Virginia Opera stages with *The Mikado* (2011-2012), and *Camelot* and *Carousel* (2012-2013). Other conducting credits include Ash Lawn Opera, Central City Opera, and Seattle Opera.

Sweeney Todd will be directed by Ron Daniels, who co-wrote the stage adaptation that inspired the 1979 musical, and star Stephen Powell as the notorious title character and soprano Amanda Opuszynski as Johanna.

Last season, Opuszynski enjoyed a season full of role debuts with Virginia Opera, including Nannetta in *Falstaff*, Papagena in *The Magic Flute*, and Najade in *Ariadne auf Naxos*.

In recognition of its landmark 40th Anniversary Season, Virginia Opera will showcase powerful selections from its



acclaimed dynamic range of staged vocal repertory—from Broadway musicals to operettas and fully staged operas.

"The Center for the Arts is honored to be a part of the Virginia Opera's 40th Anniversary celebration. The longstanding relationship between the Center and the Virginia Opera has provided the Opera with a Northern Virginia home, and has given music lovers in the area the opportunity to enjoy the extraordinary talent and diversity of productions that are hallmarks of the Virginia Opera," says Tom Reynolds, GMU's director of artistic programing. "Through its commitment to education and support of young artists, the Virginia Opera continues to provide George Mason students in the College of Visual and Performing Arts with opportunities to experience high level, professional productions, as well as participate in master classes and lectures presented by its artistic staff."

Through the years, the company has taken strong measures to appeal to traditional opera devotees while also making opera accessible and entertaining for new and younger audiences.

Beginning Dec. 5, Gilbert & Sullivan's beloved maritime masterpiece *H.M.S Pinafore* will hit the GMU stage. The musical follows the story of a captain's daughter who falls for a lowly sailor then sets out to overturn conventional order to win her man through the power of love. *H.M.S. Pinafore* will be directed by the renowned Nicola Bowie, making her Virginia Opera debut.

"It's one of the most popular operas in the Victorian age, full of satire and comedy, and truly a groundbreaking piece," Turner says. "It premiered in England in the late 19th century and is still relevant as its comedy transcends time."

Next up is Richard Strauss's chilling one-act opera, *Salome*, an adaptation of Oscar Wilde's notorious play about the Bible's wicked femme fatale. The opera begins on Valentine's Day, 2015.

"This is a turn of the 20th Century, revolutionary opera that is 90 minutes, and though it wasn't extremely melodic, it had necrophilia and nudity and took classical musical by storm when it first was staged," Turner says. "Featuring the alluring Dance of the Seven Veils, scandalous to Victorian audiences, today we are seized by the gripping final scene as Salome sinks to the murky depths of corruption. Here we are 110 years later, and it feels contemporary today."

Salome will be performed in German, and is a premiere example of the lush musical sound of the early 20th century opera composition. The beautiful and talented Kelly Cae Hogan will star as the title character. She achieved huge Virginia Opera success as Blanche in A Streetcar Named Desire two seasons ago.

Conductor Ari Pelto will return for *Salome*.

Virginia Opera's 40th season comes to an end with the final production of the season, *La Traviata*, beginning on March 22. One of the most dearly loved operas, Verdi's heart-wrenching tale of the desirable and fragile courtesan is a heartrending classic.

"Our final show of the season, the mid-19th Century tale, was revolutionary as well," Turner says. "It portrays real life on stage and seedy societal things going on. It was certainly scandalous when it first premiered and was banned."

What makes the opera even more special is that it was performed by Virginia Opera in its very first year, so ending the 40th season is something of a tribute to that first production.

"Looking back at the 40 years of our rich history, providing incredible singers from all over the world and productions of high artistic quality, I think we are honoring the legacy by putting this out again," Turner says. •

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.





ter Clients Up-ta



(Far left) Cheryl Freeman, the Senior Vice President of George Mason Mortgage, LLC (Above) Dima Osseiran, Rola Kaissi, Hala Adra, Jinane Tabbara, and Hoda Akhras

"I saw an opportunity to pay back to my community and to show them appreciation and added value by working with me," says Adra. "The service doesn't stop at closing but goes

beyond to improve their life and protect their assets."

In time, the Tower Club guests shift to another room. They take their seats, as do the sponsors, Cheryl Freeman, George Mason Mortgage; Aaron Hawthorne, WTAS, and Theresa Schudel of RGS Title.

All eyes are fixed on Leigh-Alexandra Basha of Holland & Knight (hklaw.com), Partner, Chair of the International Private Client Practice, and the evening's guest speaker. Basha's aforementioned presentation will be focusing on the issues international clients face including filing a myriad of tax disclosure forms, undisclosed foreign accounts, how to avoid costly mistakes, as well as matters pertaining to estate planning issues.

Basha is an expert in domestic and foreign estate and tax planning and cited in The Best Lawyers in America guide, Tax Law; Trusts and Estates, 2012 - 2014.

While Basha is a wealth of information she also is communicating a new and critical tax development.

"The most important aspect of FATCA is it will force foreign financial institutions to be the arm of the IRS or face a 30 percent withholding tax," says Basha. "The world is going to be entirely transparent when it comes to where one puts one's money."

BY COLLEEN ORME

uests filter through the 17th floor of The Tower Club as the sound of an elegant pianist sifts through the air. The floor-to-ceiling windows are the perfect backdrop for

sipping wine and savoring crab cakes.

It is an inviting venue for any affair, and one that realtor Hala Adra has chosen as yet another opportunity to pay back the community with her signature panache.

A professional photographer catches guests relishing the cocktail hour fare and sharing conversation and laughter. It is a peek inside Adra's relationship with her clients. The obvious interactions reinforce her positive professional endorsements.

Adra is pretty with a genuinely inviting smile. It is evident from the captured images that she is well respected and liked.

A fixture in Virginia, Maryland, and Washington, D.C. real estate, Hala Adra (www.HalaAdra.com) is based out of the Long & Foster, McLean office. Adra has 20 years of experience with Long & Foster and is a Top Ten Producer in the Virginia office for 2013.

In a metropolitan area known well for its rich cultural diversity, Adra specializes in international clients. Originally from Lebanon, Adra is fluent in Arabic, French, and English. She has organized a client mixer reception and presentation entitled, "Global Clients and the Tax Challenges They Face," to inform and best represent her clients.

Essentially, foreign accounts are going to be taxed if you are a U.S. Citizen and you own a foreign bank account, effective July, 2014.

"With FATCA rules effective in Lebanon as of July 1, 2014, I thought the timing was perfect to bring an expert on this new tax law which affects my clients directly," says Adra. "And present to them on 2 topics together: Estate Planning and FATCA. Leigh Basha, an expert in this field, was the speaker, and Aaron Hawthorne, managing director at WTAS, Tax Advisor for International Clients, presented as well."

"Most of my clients are US citizens with dual nationalities from Lebanon and the Middle East and have interests in their countries of origin. Many of them are successful professionals, but have not done any estate planning due to little information they have about this subject," says Adra. "As their trusted advisor, I feel an obligation to advise them after they purchase a piece of real estate by referring them to the right professional who can help them protect their asset and keep it in the family through Revocable Living Trust."

Rola Kaissi is one of Adra's more than satisfied clients.

"Hala Adra does it again! This time organizing an event for her clients to shed light on important real estate tax issues. The event was extremely informative and the speakers addressed all of the audiences' questions in a clear and articulated manner,"

(At right) Teresa
Schudel, Settlement
Attorney at RGS Title
McLean; Lee Basha,
Partner & Chair of
International Practice
at Holland and Knight;
Rania Servsi at L&F;
Ed Schudel, Marketing
& Social Media
Director at RGS



says Kaissi. "I particularly enjoyed the interaction between the audience and the speakers, and the opportunity to network with such a diverse crowd. I am eagerly looking forward to the next event organized by Hala Adra!"

Hala Adra is a comprehensive realtor. Her focus and attention to detail goes far beyond the single home transaction and extends into fully connecting the dots of her clients lives.

"Having travelled quite a bit, I understand the culture of the people from Lebanon, Europe, and the Middle East, so I relate to the home features they look for," says Adra. "Basically, the reason behind putting together an event like this is to add an item of value to my client base," says Adra. *

AUTHOR: Colleen Sheehy Orme is a former business columnist, freelance journalist / marketing and PR consultant who still thinks of her former business teacher every time she types. To reach her e-mail ormec686@aol.com



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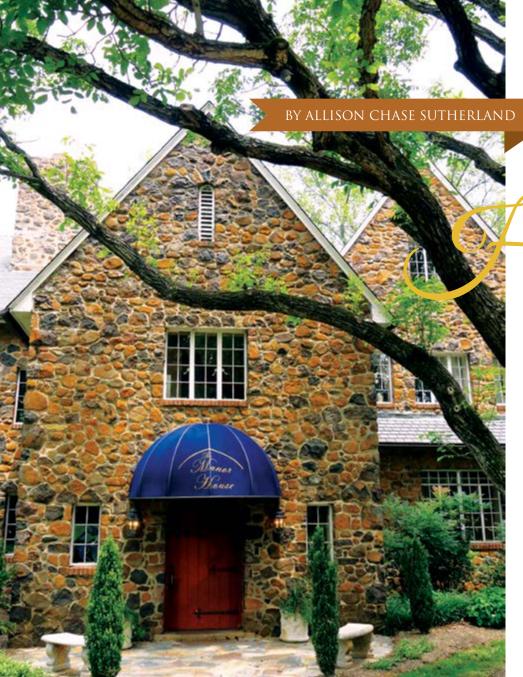
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idden on a couple hundred acres of the most scenic rolling countryside of the Piedmont in Fauquier County just outside Warrenton, you chance upon the recently reopened Poplar Springs Inn & Spa. Once you jump off 66, you start to decelerate - and not just on the speedometer. This is the closest getaway yet, clocking in at less than one hour's drive from Viva Tysons' headquarters, even if you get a little lost on tree-lined lanes; but here, you will want to. As you approach the inn, you meander over stone bridges across streams and past historic mills, by fields of Queen Anne's Lace and wild lilies, down the bucolic Rogues Road – once a Native American trail, to which the Indian spear points found on the property attest. Talk about being transported. Cornfields and horses, churches and steeples, red barns and silos, and white picket fences: these are a few of my favorite things. (Feel free to sing along.)

With 21 guest rooms and suites with French Provincial touches, the inn portion of the property reminds me of a sleek yet historical mini-hotel. Meander through parlors with bookcases to explore, fireside in the cooler months. The updated guest rooms are fitted with the most modern and welcoming amenities. Enjoy a deliciously invigorating drench under the showerhead, and then luxuriate in your cozy Poplar Springs bathrobe. I always love that little indulgence. Organic bath products from Zents include such Zenlike scents as Earth, Ore, Sun, Petal, and Water. Sink into the softness of the heavenly beds with imported linens. But

Poplar Springs INN & SPA So Close and Yet So Far Away





An elegant inn guest heads over to dinner at the Manor House Restaurant.

I must warn you: you may have a little trouble getting up in the morning.

THE SPA-European Spa Services

Close enough to be accessible as a day-spa destination, it's even nicer when only a few steps down the hall. Spa Director Melissa San Pietro will welcome you to this serene spa with her ever-friendly smile. Get there early to enjoy decompressing in the sauna. Regale yourself with a treatment in rooms the likes of Orchid, Honeysuckle, Lily, and Magnolia. The spa offers skincare treatments, body wraps, hydrotherapy, and massages, including unique treatments like the Asian bamboo massage, Hungarian mud wrap, and the intriguing hydro-quench cocoon. But if you know what's good for you, do not miss the hot stone massage with Katherine. Soothing and healing, this deep thermal treatment with basalt stones is as relaxing as it is therapeutic. I selected Oolong for my fragrance oil - green tea with hints of lime blossom, lavender, and ylang ylang. One particularly singular treatment on their list is "Champissage," an energy-balancing Ayurveda head massage treatment inspired by the Indian Shirodhara. I have it on good authority you won't want it to end.

Next, lounge by the long, slender heated seawater pool until you're ready to take a dip. The water is indescribably inviting - just the right temperature. The graceful pool is surrounded by the ubiquitous leafy namesake poplars. Then, slip into the hot tub with its powerful knot-releasing jets. A train whistle



in the distance gives the place spirit. Gaze out over the tranquility of the countryside, be serenaded by the birds,

and let your cares drift, drift, drift away ...

THE MANOR HOUSE Restaurant

The sound of your own footsteps on the gravel drive leading to The Manor House return you to a bygone era. The tract was once owned by Colonel Robert Randolph, who served in the Revolutionary War. The original manor was built of fieldstone in 1928 by Randolph Hicks and his wife, Rose Beatrice Sutton, after the 16th and 17th century estates they had seen in Europe. Inside, it has the feel of a medieval castle with its stone archways, stained glass windows, iron lanterns with candles, and a grand tapestry over the hearth. Suddenly, I was back in France. Or Germany. Perhaps even Poland.







Inside it has the feel of a medieval castle, with its stone archways, stained glass windows, iron lanterns with candles, and a grand tapestry over the hearth. Suddenly I was back in France. Or Germany. Perhaps even Poland.

Before (or after) dinner, head over to the Casanova Lounge where you'll be greeted by the gregarious and attentive barkeep, Taylor Edgar. At the Poplar Inn, they enjoy welcoming locals as well as out-of-town visitors. It feels simultaneously upscale and down-home. Taylor's thirst-quenching signature Pink Poplar cocktail will cool you down after a punishing afternoon on the putting green and chipping station just behind the inn. Or, perhaps you'd like to squeeze in a game of tennis or grab a bike. Then, perhaps the Casanova Iced Tea would be in order.

When your tummy starts grumbling, nothing will quite do the trick like hot madeleines right out of the oven, smeared with a soft butter blend of brown sugar, roasted shallots, and champagne vinegar. That'll take the edge off. Next, the amuse-bouche: a mâche – or lamb's leaf – mini Caprese salad. A nice take on the dinner salad was the arugula and fennel salad with roasted pepper, olives, artichoke heart, and brûlé feta cheese. Next up, a succulent, tender filet mignon cooked to perfection, wrapped in applewood-smoked bacon, with chanterelle mushrooms, avocado, and tomato and finished with a lusciously savory herb demi-glace. Finally, freshen the palate with a summery touch of lemon-lavender sorbet.

The Manor House is described as being "renowned for its ambience, impeccable service, and classic cuisine fused with modern American influence." This is the work of the talented Executive Chef Kenneth Hughes, who returns to Poplar Springs after a stint at Open Kitchen in Falls Church. Chef Hughes honed his considerable culinary skills at such coveted

destinations as Napa Valley's l'Auberge de Soleil and the Lodge at Breckenridge in Colorado. He combines his classical training from the California Culinary Academy (now le Cordon Bleu) with

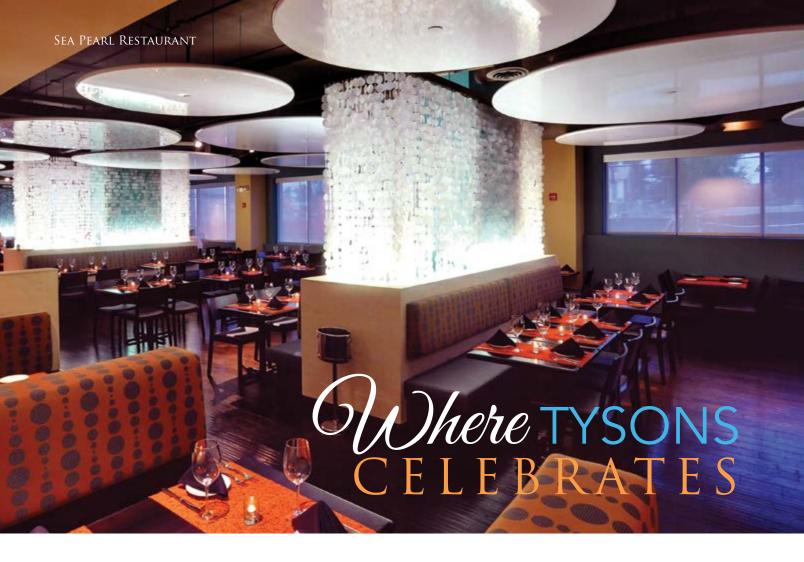
a focus on integrating fresh food that is locally sourced and seasonal, some from Poplar Springs' own gardens. Finding himself smack-dab in the midst of Virginia wine country, Chef Hughes enjoys pairing both Old World and New World wines with his culinary inventions. "Food and wine is a lifelong pursuit." And a pleasure, I might add.

Quick-witted and gregarious, Chef Hughes welcomes guests to Poplar Springs to "eat, taste, sip, talk, and enjoy a great meal!" He describes it succinctly when he says, "Food is a memory." And with a spectacular historical setting like this, combined with the finest flavors to savor, this is the place to make them. One of the philosophies behind the scene and behind the cuisine is a "powerful respect for the joy that comes from sharing food."

The impressive and extensive Sunday Brunch features entrées that go beyond the expected, such as Crab Cake Benedict, tables of smoked salmon, oysters on the half-shell, and carved roasts – not to mention a veritable cornucopia of scones, muffins, and sweets, which showcase the limitless imagination of the delightful Executive Pastry Chef, Maggie Suge. Originally from Kenya, Chef Suge perfected her skills as a pastry chef at the Inn at Little Washington for over a decade. Even her meringues glisten with a golden touch. With all the meticulous attention to detail in all the delightful updates to the inn, spa, and restaurant, this is clearly the time to go. It's time to rediscover Poplar Springs. ❖

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







THROUGHOUT THE TYSONS AREA, THERE ARE SO MANY OPTIONS FOR PRIVATE DINING FUNCTIONS — SMALL GATHERINGS TO HUGE EVENTS, CASUAL TO FORMAL, ALL OFFERING THEIR UNIQUE ATMOSPHERE AND CUISINE. VIVATYSONS WANTS TO MAKE IT EASIER FOR YOU TO CONSIDER THE AREA'S GREAT VARIETY OF OFFERINGS TO WE COMPLIED A LIST OF RESTAURANTS, COUNTRY CLUBS AND SPECIAL VENUES THAT ARE READY TO SERVE YOU AND YOUR SPECIAL GROUP. (IF WE'VE MISSED ANY, WE APOLOGIZE IN ADVANCE.)

FALLS CHURCH

2941 Restaurant

2941 Fairview Park Drive 703.270.1500 2941.com

2941 Restaurant is a special venue with several stunning rooms in which to host a business gathering or family occasion. Their private rooms can accommodate anything from an intimate gathering of 8 to large private parties of up to 100. The entire restaurant and outdoor patio areas are also available for parties of up to 200. Water scenery and spectacular decor will make any event special.



124 N. Washington Street 703.534.1033 www.argias.com

Praised for its unique blend of style and flavor, Argia's is a lively, local Italian restaurant where groups of family and friends gather to enjoy authentic family style Italian food. Argia's brings the comfort and class of Italian cuisine to its customers while providing a perfect atmosphere for private parties for up to 200 guests.



2190 Pimmitt Drive 703.992.0915 idylwoodgrill.com

A perfect neighborhood restaurant, Idylwood Grill offers a customized menu and excellent service for special affairs and gatherings. From just cocktails and appetizers to semi-private seated dining, this casual yet upscale restaurant will happily meet your needs for up to 40 guests.



Sea Pearl Restaurant and Lounge

8191 Strawberry Lane 703.372.5161

seapearlrestaurant.com

For parties of 10 to 200, Sea Pearl is the perfect place to host your event. Choose from a number of semi-private areas for dining, or reserve the bar or lounge for cocktails and hors d'oeuvres. They can customize a menu or bar option to meet your needs.

Open Kitchen

7115 Leesburg Pike 703.942.8148 openkitchen-dcmetro.com

This unique venue is a bistro/cooking school/timeshare kitchen offering many options for private dining. From an intimate customized dinner for 12 or take the entire restaurant for up to 80. Email Hue Chan-Karels at hcl@ openkitchen-dcmetro.com to get the planning started. Fantastic programs for corporate team building, cooking classes for groups and more.

The State Theatre

220 N. Washington Street 703.237.0300

thestatetheatre.com

From 50 to 500, from a class reunion, to a wedding, to the corporate product launch party, The State Theatre is the venue for you. All the saccommodations are available including the highest tech A/V and communications equipment you'll ever need. Put a band on the stage, let them customize your menu, and put your event to bed!





L'Auberge Chez Françoise

332 Springvale Road 703.759.3800 laubergechezfrancois.co

This is one of the finest restaurants in the area and a prominent chapter in the history of DC fine dining. L'Auberge

Chez François is available for weddings and special events Tuesdays through Saturdays, 11am to 4pm. Parties can range in size from 40–80 guests and weather permitting the garden terrace can be used for the ceremony and cocktails, prior to moving indoors for a sit-down luncheon. The restaurant also provides service for corporate and private dinners Tuesday, Wednesday and Thursday evenings. A private dining room is available for groups of 25-45 guests, after 5pm. On Monday nights, L'Auberge Chez François can host private parties from 60 to 100 guests.

GREAT FALLS

Brix American Bistro

1025-I Seneca Road 703.433.9050 brixgreatfalls.com

Host your event at Brix and let them take care of making it a memorable occasion for you, your family, and friends. The large dining room and outdoor patio offer a casual and comfortable place to host your next event.

Dante Ristorante

1148 Walker Road 703.759.3131 danterestaurant.com

This Italian staple of Great Falls is the perfect setting for your next special social gathering or business event. From Rehearsal dinners, to corporate teambuilding, this fine restaurant can handle up to 60 in a single room or up to 110 guests in multiple rooms.

Forestville Schoolhouse

9812 Georgetown Pike 703.827.0269 fairfaxcounty.gov/parks/hprs/ schoolhouse

Forestville Schoolhouse offers large sunlit rooms with hardwood floors. It may be rented individually or with the adjacent Great Falls Grange. Capacity for the indoor banquet room is 49. Forestville Schoolhouse is wheelchair accessible.

Great Falls Grange 9818 Georgetown Pike

703.827-0609 fairfaxcounty.gov/parks/hprs/ greatfalls.htm

This classic public assembly hall now listed on the National Register of Historic Places, offers two stories, a barrel vaulted ceiling with fans, large windows which allow for lots of natural light, a full stage and catering kitchen. This unique venue can handle 200 for a reception or 120 for a banquet using both floors. This facility is not wheelchair accessible.

MCLEAN

Cafe Oggi

6671 Old Dominion Drive 703.442.7360 cafeoggi.com

Cafe Oggi has been the Italian restaurant in McLean for nearly two decades. They offer private dining for up to 50. The exquisite cuisine and attentive service will make any special occasion, well, special.

Tris Lounge

1524 L-M Spring Hill Road
703.760.9000

irisloungeva.com

Iris Lounge caters to a variety of business and social gatherings. For true private dining, they have a unique, glassenclosed dining room located on the upper level that hosts events for groups from 25 people up to 150 people, for sitdown dinners up to 100 people.

Lebanese Taverna 1840 International Drive

703.847.5244 lebanesetaverna.com

Offering private and semi-private group dining, their restaurant can comfortable accommodate groups of up to 110. The Galleria location has three rooms, a lounge, and an outdoor cafe available. For groups of over 12 guests, a preset menu is required. The menu is served family-style and offers a variety



Assaggi Osteria 6641 Old Dominion Drive

6641 Old Dominion Drive 703.918.0080 assaggiosteria.com

The newest Italian addition to McLean has three options. The Loggia, a semi-private room can accommodate 10 to 30 people. The Wine Room, a private room, can accommodate 20 to 40 people. The main dining room can accommodate 60-70 people comfortable. All menus are customized to meet your needs.



Härth - Hilton NcLean Tysons Corner

Let the Hilton McLean and Harth make your next event a memorable one. Harth offers fun, flexible, unique packages that bring the fantastic flavors of Harth to you and your guests. From Wood Fired Flatbreads to Jalapeno Rubbed

Smoked Beef Brisket. Choose from "Nibble," "Nosh," or "Feast" menu selections for any one of their five event spaces for standing groups of 6 to 150 or seated groups of 18 to 100.

of their most popular mezza plates and entreés including a wide range of vegetarian and non-vegetarian options, Customized menus are never a problem.

Myla's Grill
6238 Old Dominion Drive 703.533.5880 mylosgrill.com

Located in Chesterbrook Shopping Center, Mylo's Grill offers authentic Greek and American cuisine. Their spacious private dining area is perfect for a social or office gathering for up to 40.

The Capital Grille
1861 Interntional Drive 703.448.3900 capitalgrille.com

Located in the heart of Tysons, they offer their supreme service and signature menu in two private dining rooms. The McLean Room is avilable for an intimate setting for up to 14 guests. The Wine Room offers the complete private Capital Grille experience for up to 30 guests. Extensive wine selections and A/V equipment available.

Gannett/Usa Today Headquarters

7950 Jones Branch Drive 703.854.3802 gannett.com/eventspace

The conference, dining and event space at the Gannett/USA Today

special events, meetings and conference. The striking lobby space is available for your weeknight events. Available space includes 8 conference rooms, a stte-ofthe-art auditorium for 290, 6 dining rooms (the largest can seat 200), and the beautiful atrium lobby that can hold up to 1,800 for receptions. Not available for weddings.

VIENNA

Bonaroti Restaurant

426 Maple Ave E 703.281.7550 bonarotirestaurant.com

An Italian gem nestled in the heart of Vienna offering elegant dining within a warm and intimate setting. They offer quiet, comfortable, relaxing private dining and function rooms that will accommodate up to 50 people.

corporate headquarters is available for



HARTH-HILTON MCLEAN

163 Glyndon Street 703.938.3311 caferenaissance.com

Café Renaissance offers a unique setting for any occasion. Whether you are looking to host a private dinner, or a cocktail reception, they are totally flexible and will tailor-make each event to suit your individual requirements. Their private Gold Room seats 14, and their

main dining room seats 55. Cocktails

and hors d'oeuvres for up to 75.

Chef Geoff 8045 Leesburg Pike

571.282.6003 chefgeoff.com

Chef Geoff's Tysons Corner loves to party! They offer 3 beautiful rooms at their Fairfax Square location from which to choose, accommodating any size group from 10 to 350 guests.



JRs Stockyards Inn 8130 Watson Street, McLean

Greet your guests with rich dark maple walls and beams, stained glass and a rich heritage known for delivering award wining cuisine and wine in Northern Virginia. Open and available for all your life's milestone celebrations, JR's can

accommodate from 20 to 200 and create an event your guests are sure to remember and cherish for years to come.



Bazin's on Church

111 Church Street 703.255.7212

Bazin's on Church is an 85-seat restaurant and is available for private dining only if "buying out the entire restaurant." They do not have private dining rooms, but a beautiful, open space that works well for special events. Their restaurant may also be rented out on Mondays, day or night, and on Saturdays from 11am–3:30pm.

Chima Brazilian Steakhouse

8010 Towers Crescent Drive 703.639.3080 chima.cc

Located in the heart of Tysons between Route 7 and Tysons Corner Center, this Brazilian-style steakhouse offers a huge salad bar and fresh grilled meats sliced at your table. They can accommodate up to 130 guests for a private banquet in their VIP room.

Clyde's of Tysons 8332 Leesburg Pike 703.734.1900 clydes.com

An upscale Art Deco setting for groups of up to 150. Cnetrally located in Tysons Corner, this is a great choice for business and social gatherings. Their private upstairs room provides the perfect venue for special family affairs, corporate functions and more.

Diya

2070 Chain Bridge Road 703.970.7500 diyatysons.com

This popular Indian restaurant offers banquet facilities for up to 260. The variety of Indian cuisines and other offerings make this a unique choice. Centrally located at 123 and Old Courthouse Road.

Dunn Loring Volunteer Fire Department

2148 Gallows Road 703.745.8645 dlvfrd.org

This rental hall in Tysons can host your event for up to 300 people. There is a full commercial kitchen, a raised stage, A/V equipment and plenty of parking. Not available Wednesday and Saturday.

Grand Atrium at Tysons Corner

2236 Gallows Road 703.698.0228 grandatrium.com

Grand Atrium is the premier banquet facility for a wedding reception, party, or other special event. A basic event package includes use of facility and parking garage, buffet service, professional staff, bar service, and linens. Grand Atrium specializes in events that require a dance floor and can hold anywhere from 90–190 peope comfortably.

Hunter House

9601 Courthouse Road 703.827.0269 fairfaxcounty.gov/parks/hprs/ hunterhouse.htm

Hunter House began as a small frame farmhouse. Over the years, the house was enlarged, but still retains much of its original character. Hunter House provides main floor accommodations, a sunlit screened porch, beautiful border gardens and spacious lawns for outside occasions. The indoor banquet room holds up to 40 people while an indoor/outdoor event canhold up to 200.

Maplewood Grill 132 Branch Road SE 703.281.0070 maplewoodgrill.com

From just hors d'oeuvres and drinks, to a hot fork buffet menu, Maplewood Grill can provide for your catering needs. Private and semi-private options are available for that special event. Formerly Le Carnard restaurant, the new American menu will delight.



CONTINUED ON PAGE 54









An Elegant Setting for Your Private Events.

Award-winning Nostos has private dining rooms designed to accommodate anything from small business meetings to Corporate Christmas receptions and family celebrations.

> Contact our catering specialists to help you craft the ideal event.

> > 703.760.0690



Voted 100 Very Best Restaurants 2012, 2013, 2014

-Washingtonian

8100 boone blvd. vienna, VA 22182

www.nostosrestaurant.com

Editors' Pick 2012, 2014 -Washington Post

CONTINUED FROM PAGE 52

Mostos

8100 Boone Blvd 703.760.0690 nostosrestaurant.com

Nostos elegant and Mediterranean atmosphere offers the perfect place to host your next event. Their private dining room can seat up to 30 people (40 standing).



9750 Meadowlark Gardens Court 703.255.3631 nvrpa.org

The Atrium quickly became one of the premier venues in the region for beautiful wedding receptions. The glass walls of the building look out on the 95-acre Meadowlark Botanical Gardens with some of the best ornamental collections right outside the venue's walls. The Atrium holds 190 seated or 300 standing and features a two-thousand square foot skylight, indoor stream and



Dolce Veloce Cicchetti Wine Bar

10826 Fairfax Blvd, Fairfax 703.385.1226 www.dolceveloce.com

The Cicchetti Wine Bar is open and inviting, with rustic slate floors, sun-splashed walls, rich woods and tables for casual dining. They can accommodate up to 60 guests for a private banquet.

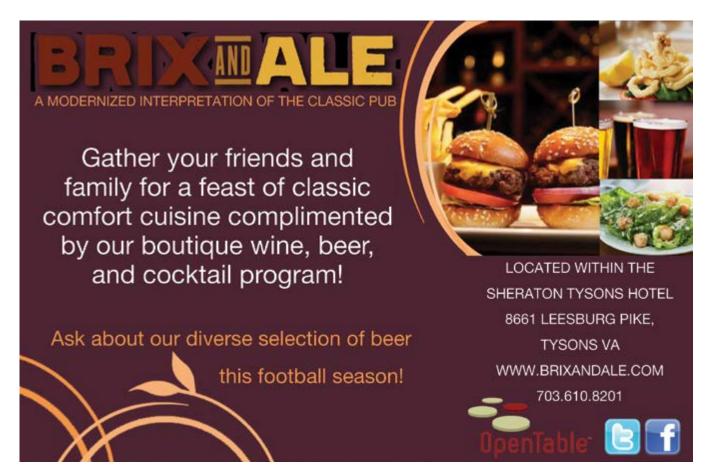
fountain. While wedding celebrations are most common, the Atrium is also host to corporate banquets, holiday celebrations and more.

Tower Club

8000 Towers Crescent Drive, Suite 1700 571.335.1377 clubcorp.com/Clubs/The-Tower-Club-Tysons-Corner

The Tower Club Tysons Corner, located in Vienna, VA is the perfect

venue for the special corporate affair or socail event. Several room options are available from the smallest meeting to a wedding. The exquisite views, the attentive staff, and excellent menu selections make this a premium option in the area. Spaces to serve 5 to 150 comfortably.



Vienna Volunteer Fire Department

400 Center Street 703.938.2242 vvfd.org

The Vienna Volunteer Fire

Department rents out its meeting hall to individuals, local businesses, community groups and organizations.

The Community Hall is available for rent on most Mondays through Saturdays and is an excellent venue for wedding receptions, children's birthday parties, anniversaries, or business conferences. Able to accommodate up to 250 people, this downtown Vienna location is a choice often overlooked. You would be amazed at how well this room can look when decorated.

Wolf Trap Center for the Performing Arts 1645 Trap Road

1645 Trap Road 703.938.8463 wolftrap.org

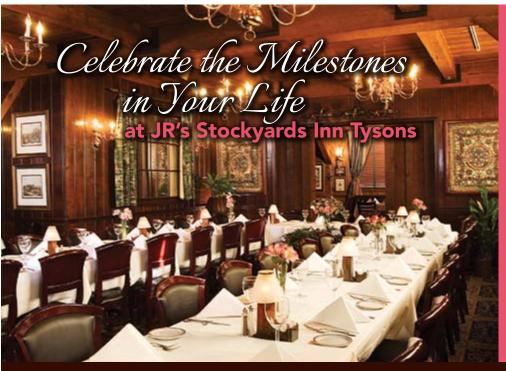
There are 5 options at Wolf Trap for renting private event facilities. The Barns (English and German) can handle private events, meetings and receptions for up to 300. The Center for Education is geared more for meetings with a capacity of up to 300 including a 100-fixed-seat auditorium for speakers. The Associates Deck overlooks Wolf Trap's beautiful meadow and the world-renowned Filene Center. It is available for private functions on performance evenings during Wolf Trap's Filene Center season. This space can accommodate 300 seated or 400 standing. The Terrace at Wolf Trap can hold events for up to 25 to 125 guests for a pre-show reception, cocktail party or other affair. It is only rented

in conjunction with a performance at the Filene Center and guests must have a ticket to the performance. The last venue is the Meadow Pavilion is available for rent for your special event prior to performances at the Filene Center. The covered stage and surrounding facility can seat up to 130 and fit 150 standing.

Woo Lae Oak

8240 Leesburg Pike 703.827.7300 woolaeoak.com

Woo Lae Oak has been called the best Korean restaurant in the Metro area. Party rooms can accommodate up to 300 to enjoy authentic Korean cuisine in a wonderful atmosphere. Menus can easily be customized to your tastes. *



ow, again, you and your guests can enjoy the warm welcome in our Northern Virginia landmark. J.R.'s Stockyards Inn is known for delivering a rich heritage of outstanding cuisine and wine in an authentic Post and Beam building replete with mahogany walls, Tiffany, and stained glass.

Generations have enjoyed their special moments with us in our Steakhouse, at our Picnic facilities, and at our catered events. In that tradition, we are now open.

Exclusively for:

Private Events, Receptions, Meetings, Group Dining.

Stockyards Inn
8130 Watson Street, McLean (Tysons Corner)



Contact our catering and event planning consultants today.
JR's Custom Catering
(703) 707-8559
marketing@irsbeef.com

Church Street MERCHANTS













If your smile is not becoming of you, then you should be coming to us!

Trust your smile to the care of Dr. Sawsan Abousy and the professionals at Iris Dental Care. Conveniently located in the heart of Vienna, VA, they provide exceptional care in Diagnostics, Periodontal, Dentures, and Cosmetic Services.

Call today for your appointment!

305 MAPLE AVENUE WEST | VIENNA, VA 22180 703.865.8455 | WWW.SAWSANABOUSY.COM





Church street is home to some of Vienna's most historic sites and often considered the traditional "main street" of town. Pedestrian-friendly and eclectic, look to these merchants and service providers for rewarding dining experiences, unique gifts, historic artifacts, and exciting shopping adventures.

















On a Wing with a Prayer

THIS DOG-FRIENDLY DAY TRIP TO FAUQUIER COUNTY TAKES FAMILIES BACK TO THE GOOD OLD DAYS WITH HUMOR, HISTORIC HIJINKS, AND HEART-POUNDING SUSPENSE.

How many flight attendants can talk you through turbulence, check your carryon bags, and hop out on the wing to remedy minor technical difficulties? Jana Leigh McWhorter ran off to join Bealeton's Flying Circus (5114 Richie Road) several years ago, and she's been one of its starring attractions ever since.

On weekdays, she endures the safety and comfort of passengers on a commercial aircraft, resisting temptation by keeping her feet firmly planted inside the plane. But weekends are a whole 'nother story.

Jana is a wing walker, one of a lively crew of aviators who've made it their mission to re-enact the great barnstorming days of the 1930s on a bucolic 200-acre park in Fauquier County, just one hour – but decades away – from the nation's capital.

This, ladies and gentlemen, is a history lesson. A heart-pounding, gut-wrenching schmaltzy salute to the past.

Every Sunday through the end of October, gates open at 11 a.m., and the show starts promptly at 2:30 p.m. with a rousing rendition of the Star Spangled Banner. Pilots in antique flying machines perform feats of derring-do, cruising at low altitude, grouping in tight formation, and reenacting skits that made barnstorming popular between World War I and World War II.

The announcer laces humor with history, turning the day into one big patriotic smile that will send you home to Google the glory days of aviation. A laid-back vibe accompanies aeronautical antics, and the audience chuckles as a biplane drops flour-filled bombs on an outhouse-bound Red Baron. Similar shtick ensues.



But the mood shifts suddenly when the wing walker of the day takes to the air, sharing a vintage plane with her pilot. And, at 200 feet above the ground and 80 miles per hour, she gracefully steps out onto the wing. Without a net. Or a 'chute.

The plane makes an upside-down loop while the audience lets out a collective gasp. Our daredevil defies both gravity and death, dangling by what must be the strongest ankles in Virginia. When the plane finally lands and heart rates return to normal, the gates to the airfield swing open for all to meet the performers.

History buffs appreciate this rare opportunity to see meticulously restored antique biplanes up close, while kids swarm the pilots and wing walker for autographs.

To make the most of a visit to the Flying Circus, arrive at 11 a.m. and enjoy old-timey radio broadcasts featuring big-band-era music and historic news stories. Ads for exciting new products like the state-of-the-art Studebaker contribute to the ambiance.

Set up a picnic spread, and visit the gift shop to book a plane ride for before or after the show. Trips range in intensity and price, from a single-passenger piper-cub cruise to a white-knuckle stunt ride. Passengers must be 16 or older to take the aerobatic version, which includes a turn spin, loop, roll and hammerhead.

While the pilots may stage a few dog fights, the Flying Circus is actually Fidofriendly as long as pets are well-behaved and on leashes. Bring a big water bowl, because it gets hot out in the sun and furry friends need to stay hydrated. Refills are available in the restrooms and at the spigot behind the snack bar.

Human companions may want to check out the snack bar's offerings, including snow cones, floats, cheese-burgers, pulled pork, nachos, frozen candy bars, beverages, and, occasionally, lemon meringue pie – a fitting dessert for a day that celebrates Americana.

Annual themed shows include a Car Show and a Hot Air Balloon Festival. Upcoming special events are Scout Day on September 21 and Motorcycle Day on October 5. The final show of the season is on October 26.

Just a quick detour south down Route 28 in Remington is the Moo-Thru (11402 James Madison Highway). Hand-dipped scoops are served up on homemade waffle cones, in addition to root beer floats, banana splits, milk shakes, and sundaes.

This is real ice cream made by real dairy farmers from happy Holsteins that graze along the river, just a mile



away. Flavors include Blue Angel and Mounds Bar. The Moo-Thru is open every day of the week, and hours vary by season.

Covered outdoor picnic tables make the Moo-Thru dog-friendly, as evidenced by the house special Pup Cup – a frozen confection served with two Milk Bones for just \$1.

Country music fills the air while the kids get their ice cream fix and the dog slurps his treat. It really doesn't get much better than this. *

AUTHOR: Elaine Jean is a 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.

Flying Circus Aerodrome gates and field open at 11 a.m. on Sundays.

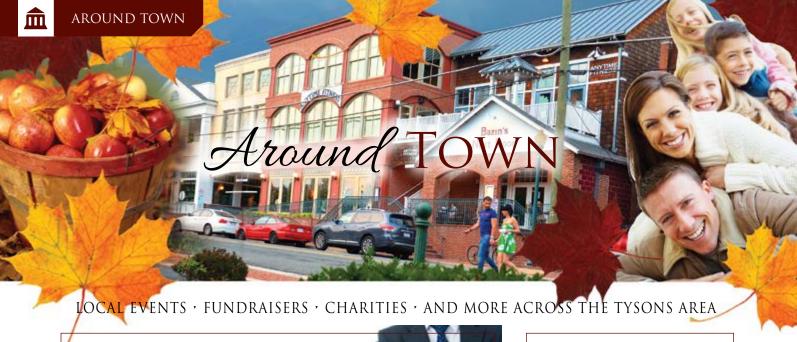
Airshow begins at 2:30 p.m. and concludes at 4 p.m.

Tickets are \$15 for adults, \$7 for kids 5-12; under 5 admitted free.

Benches are provided; spectators may bring cushions, chairs and blankets.

Picnic tables are found beyond the parking lot.

For additional info contact flyingcircusairshow.com or (540) 439-8661.



SUITS AND SNEAKERS

Featuring the Business and Community Awards

Join the McLean Chamber of Commerce on October 7th for their Fifth Annual Suits & Sneakers celebrating Business and Community Award Winners.

The event takes place at the Claude Moore Colonial Farm located at 6310 Georgetown Pike in McLean and will include: business and community awards, exclusive restaurant tastings, wine and beer sampling, a silent auction, vendor tables, and much more. Come out and support your friends, colleagues, and fellow business professionals! *



October 5

PAartfest will transform McLean Central Park (corner of Dolley Madison Blvd and Old Dominion Drive) into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of over 45 juried artists. There will be music and great food and much to do and see for the whole family. The Artfest takes place from 10am–5pm. *

GREAT FALLS STUDIOS PRESENTS "A Sea of Sticks and Stones" in Reston

Sea of Sticks and Stones", a juried exhibition of 80 artworks by 34 Great Falls Studios (GFS) members at the US Geological Survey National Center, 12201 Sunrise Valley Drive, Reston, VA 20192 opens September 3 and continues through September 29.

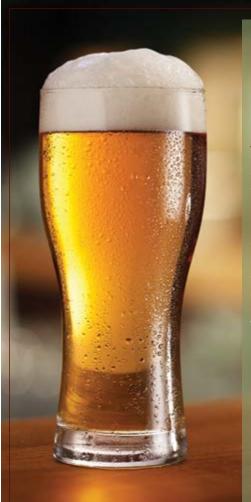
The show includes works in many media – painting, fiber arts, sculpture, paper, photography, pastel, wood, ceramics, mixed media and jewelry – and creative interpretations of the theme ranging from stark realism to three dimensional abstraction.

The exhibition can be enjoyed in the Art Hall, adjacent to the USGS Visitors Center, during regular business hours - Monday



Jo Fleming, "Sycamore Spring"

through Friday, 8am – 5pm. Visitors must bring photo identification and pass through a metal detector. No packages or laptops are permitted. *



TYSONS BBQ. BOURBON AND BEER FESTIVAL September 20, 2014

Join the festival for a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque eatin'. The festival has a great new location under the big tents in Tysons Townsquare right on the Silver Line Metro Stop in Tysons Corner Station. Admission buys you a sampling glass so you can enjoy an all-you-care –to-taste sampling of 60 Beers and 40 Bourbons. Enjoy, but please drink responsibly.

Some of the best barbeque vendors are on-site if you get hungry all while enjoying seminars in the tasting theater with Master Distillers, Brewmasters, and Pit Masters from the Deep South. The great barbeque selection from our vendors include pulled pork from whole hogs, ribs, brisket, chickens, sausages and any fixin' you could imagine. They keep the portions heavy and the prices low. And listen To Live Rock & Blues Music and great Bluegrass on The Main Stage all day long. You can also browse cool exhibits of Brewerania, Hot sauces, bbq accessories, and even a cigar tent for all guests.

Saturday VIP Bacon & Whole Hog Session is from noon to 6pm. Advance tickets cost \$75, or \$90 onsite. (Food is served in VIP areas from Noon – 2pm only. Last call is at 5:45pm.) The Saturday Regular Session is from 2pm to 6pm. (Last call is at 5:45pm.) Regular admission and tasting glass costs \$39 in advance or \$50 onsite. Designated driver ticket is \$25 onsite and include admission into the event only. Kids 12 & under are free, however, this event is not designed for children. They are welcome but you will find very little of interest to them. *

ARTS BY GEORGE! GALA September 27

eorge Mason University's College of Visual and ■Performing Arts is pleased to announce its ninth annual ARTS by George! gala on Saturday, Sept. 27, 2014 at 5 p.m. One of the premier arts events in Northern Virginia, this outstanding benefit event features a showcase of performances and exhibitions by gifted students and faculty, sumptuous buffets and beverages, a silent auction of arts-related items and experiences and a dazzling gala performance by Tony, Grammy and Olivier Award winner Patti LuPone. ARTS by George! is dedicated to providing support for student scholarships in the areas of visual arts, dance, music, theater, computer game design, film and video studies and arts management, as well as the Great Performances at Mason season at George Mason University's Center for the Arts. Visit artsbygeorge.gmu.edu to order your tickets or inquire about sponsorship opportunities.

1ST STAGE APPOINTS ALEX LEVY As Artistic/Managing Director

st Stage, Tysons' award-winning professional theater, is pleased to announce the appointment of Alex Levy as its Artistic/Managing Director effective September 1, 2014.

"I am thrilled to join the 1st Stage team. I know 1st Stage is entering an exciting time and that there is a very bright future ahead. It's a remarkable theater with a vibrant vision. 1st Stage's high quality theater is helping to create a dynamic cultural hub in the new Tysons city," said Levy. "I know firsthand the challenges and opportunities that growing companies like 1st Stage face. I am honored to help lead this vital arts organization as it begins its newest chapter."

Founding Artistic Director Mark Krikstan has led 1st Stage in its formative years on a wonderful journey of exploration, development, growth and success. "I am more than excited about the Board's selection of Alex Levy who brings talent, energy, and a wealth of experience to 1st Stage. I look forward to helping Alex and the Board as 1st Stage grows and flourishes," said Krikstan. *

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



SILVER LINE RIBBON CUTTING from Phase 1 Opening Day

FAIRFAX PETS ON WHEELS 19th Annual "Paws for a Cause" 3K Walk

At noon Sunday, October 5, 2014, the Fairfax Pets on Wheels will hold its 19th Annual "Paws for a Cause" 3K Walk in Fairfax, Virginia. The doggone fun begins at Weber's Pet Supermarket, 11021 Lee Highway, Fairfax. Proceeds from the walk will go toward recruitment and training, volunteer activities, and insurance.

All pre-registered participants will receive a "Paws for a Cause" t-shirt and there will be human and canine treats at each kilometer. Sponsored walkers are encouraged. Registration is \$20 prior to September 18th and \$25 thereafter. Register online at: www.tiny.cc/walk2014 or visit www.fpow.org. Walk-in registrations are welcome.

Potential walkers and businesses interested in providing sponsorship or donating door prizes for participants should call (703) 324-5424 or email dfspetsonwheels@fairfaxcounty.gov for more information, or go to www.fpow.org.

Fairfax Pets on Wheels is an all-volunteer program sponsored by the Fairfax Area Agency on Aging and is a United Way agency (#8907) and an American Kennel Club recognized Pet Therapy Organization. FPOW provides pet therapy with teams of animals and their human companions who regularly visit 14 area long-term care facilities.

2014 is the 27th anniversary of Fairfax Pets on Wheels caring and sharing in the community. ❖

FAIRFAX COUNTY SCHOOL BOARD

Eliminates Shortened Monday Schedule

The Fairfax County School Board voted to approve minor adjustments to the 2014-2015 standard school year calendar.

Student holidays will be scheduled on staff development days, teacher work days, and strategic planning days.

The strategic planning day on Monday, April 6 follows spring break, providing a student holiday immediately following the break.

New for 2014-15, four strategic planning days will be scheduled for teachers on September 29, February 2, March 16, and April 6. The strategic planning days will be student holidays.

In total, the revised 2014-15 school year calendar includes seven teacher workdays to offer teachers time for staff meetings and professional development, as well as three teacher staff development days, four strategic planning days, and six days with a two-hour early release for teacher directed time.

The length of the school year remains the same, but the number of days for students has been reduced from 183 days to 180 days. By eliminating the shortened Monday schedule for elementary schools, FCPS was able to make changes to the calendar that comply with state accreditation for 990 hours of instruction. The change to 990 instructional hours also eliminates the need to make up inclement weather days at the end of the school year if fewer than 13 days are missed. *

Excerpt taken from http://www.fcps.edu/news/school-year-14-15.shtml

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



SUNDAY, OCT 26, 2014 3:30PM

A Benefit for the Shepherd's Center of

Oakton-Vienna

The Capitol Steps are coming to Vienna, VA on September 26th! This is a benefit performance for the Shepherd's Center of Oakton-Vienna who provide services for older adults in Oakton, Vienna, Merrifield, Dunn Loring and portions of Fairfax and Reston. Event organizers suggest you get your tickets early as this show is sure to sell out. For tickets/info,

visit http://scov.org/fundraiser or call 703-281-0538 - \$25 in advance; \$30 at the door.

If you've ever wanted to see Barack Obama sing a show tune, Nancy Pelosi sing a rock song, and New Jersey Governor Chris Christie do a classical ballet, watching the Capitol Steps in action might just be the show for you! The Capitol Steps have been a Washington, DC institution for over thirty years, providing a unique blend of musical and political comedy to our Nation's Capitol and more. Each show consists of tasteful lampooning guaranteed to leave both sides of the political spectrum laughing.

The troupe started in 1981, when John McCain was only 63 years old! Since then, they have appeared on "The Today Show," "Nightline," "CBS Evening News" and for many years in specials for National Public Radio. Their show is constantly changing, strenuously bi-partisan, and includes songs about everything in the news, such as "Putin on a Blitz," "The Big Benghazi Theory," and "Everybody Must Get Droned."

Since they began, the Capitol Steps have recorded over 30 albums, including their latest, How to Succeed in Congress Without Really Lying. They've been featured on NBC, CBS, ABC, and PBS, and can be heard 4 times a year on National Public Radio stations nationwide during their Politics Takes a Holiday radio specials. *

The Safe Community Coalition (SCC) presents

"BUILDING RESILIENCY: Working Towards Authentic Success in our Youth

with Dr. Brad Sachs"

Tuesday, September 30, 7pm-9pm, Dr. Brad Sachs is a psychologist, educator, consultant and best-selling author. He is the author of Emptying the Nest: Launching Your Young Adult toward Success and Self-Reliance, and The Good Enough Child: How to Have an Imperfect Family and Be Perfectly Satisfied, which was the Amazon Best Seller of the Year, featured on The Today Show and excerpted in Family Circle Magazine.

This free event will be located at the Alden Theatre, 1234 Ingleside Avenue, McLean, VA. Seating is limited. Reserve your seat today at: http://www.eventbrite.com/e/building-resiliency-working-towards-authentic-success-for-our-youth-tickets-12390090093?aff=es2&rank=1. This will be an interactive event and SCC needs your input. Please email topics or questions to scc@ safecommunitycoalition.net. For more information about the SCC and its programs, visit www.safecommunitycoalition.net. *

FAIRFAX Genealogical Society fall Conference

At 10 am on Saturday, October 25, Fairfax Genealogical Society will present its fall conference, "Putting Faces on the Names--Sources for Discovering Biography." The guest presenter is nationally known genealogical researcher and lecturer, Dr. John Phillip Colletta. Topics will include: Lesser-Used Federal Records; Records of the Federal Courts (1789-1911); Private Archives (churches, businesses, etc.); and more.

Conference will be held at the Dunn Loring Volunteer Fire Station, 2148 Gallows Rd., Vienna, VA. For further Information on this and other FxGS events, visit: www.fxgs.org &

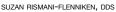


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Some mornings I wake up wondering, "What the heck am I doing?" Feel lifeless inside. Not sure what my purpose is. Not much joy. Ho hum about my life.

I want a change, but not sure what that means. I want to feel excited about living. I have been in those places before where I could not wait to wake up and get going in my day!

Then, something happens. Circumstances around me may change, or relationships may change.

Regardless, how does this shift me to "existing" instead of "living"? What I have experienced in the past, during these times, is that I am receiving a loud message from myself: time to do some inner work and re-evaluate what puts a spring into my step! I either need to add something to my life, but more likely, I need to let something go.

What I tend to do first is go to "old faithfuls": eating and spending. (You may already know this, but most overeaters are also over-spenders). I qualify for both. In spite of my efforts to soothe my angst with these past methods, they no longer work. I am just miserable! I find myself working very hard to stuff down my feelings with food and spending, or I keep those feelings at bay by becoming "hyper-focused."

The over eating and mindless spending have obvious negative effects: weight gain, low energy, big credit card bills, and self-loathing.

However, being hyper-focused brings many positive gains. I will generally put my focus on one of two areas: building my business (until my head is spinning around) or losing weight and exercise. Both bring good feelings, endorphins, accolades, and a sense of accomplishment.

So what's the problem? I am effectively distracting myself from myself. My feelings will wait for me. I am exhausting myself with my hyper-focused goal *and* keeping these feelings buried deep within. In time, I crash and burn, and I find myself waking up feeling listless and joyless. Solutions?

Pay attention. I need to observe how restless I feel, how much I want to distract. If I find myself doing less and less, wanting to get into a cave, wanting to zone on TV or a book day after day, I am in my "avoidance zone". Then comes the eating, spending, and crazy level goal setting.

Once I become familiar with my red flags, I can take a breath and ask for help. That help may come in the form of journaling, a therapist, letting a friend know what is really going on with me, taking a leisure walk with my wonderful dog Pepper, or possibly prayer.

A couple of questions I ask myself: What do I really need? What is scaring me? What am I feeling? What can I do *in this moment* to take care of myself? My physical being is crucial. Am I getting enough sleep? Eating healthy food? Exercising moderately? (Not Coo-cooville; I know the difference.) When did I last have fun and really laugh?

Repeatedly, I have learned these "blah" times mean tears and change. There is something I need to see, really see. I need a change that I have been willfully resisting. I need to let go of something or someone that I have been hanging onto. Changes in my inner life, feeling my feelings. See myself differently, more accurately.

Outside changes will result, but they will come because they are right for me, not because I am forcing them or running from myself. I will be a better me! I will be alive! I just need to be willing to be willing to take a leap *for me.* *

AUTHOR: Cindy Pavell, M.S., Wellnes Coach, Fitness & Posture Alignment Specialist, cindypavell.com cpavell@cox.net/703-298-8198

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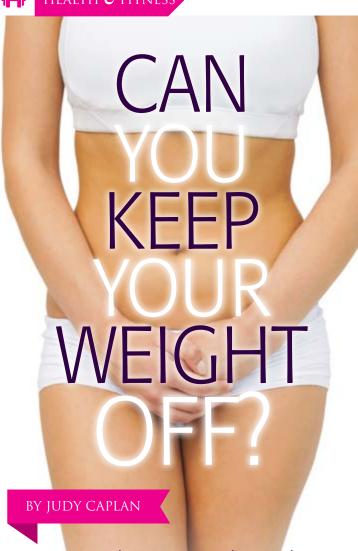
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Every week I see many clients who want to lose weight. He or she may have been referred by their physician, a friend, a coworker, or they found me online. They come for many reasons: They are scared about their blood work or their spouse is pressuring them to lose weight. They have uncontrolled diabetes or high blood pressure. They are running to the bathroom constantly. They hate the way they look, they have grown out of their clothes, and they refuse to go up a size. They want to have more energy, better skin, less fat around the middle. Some are distraught and hopeless because yet again they have to deal with "the weight." Others are enthusiastic to start on the path to better health. While there may be a million different reasons, there are many common threads.

We sit down and we talk. I listen carefully and I ask a lot of questions because successful weight loss is only partially about the diet. So many factors go into losing weight. If it were easy, we would not be an overweight nation. If it were simple, we would not regain our weight after each painstaking attempt

at weight loss. Each client is different, though what they want may be the same – success at achieving their dietary and weight loss goals and maintaining those goals long term.

Take Sally for instance: harried mother of two young children, no time to cook, stress eating with no time to exercise. Where do we begin? Does she use the kitchen? Is it equipped to cook? Does she know how to cook? Who grocery shops? How often do they shop each week? Does she plan meals ahead of time or scramble at the last minute, at the end of the day, when everyone is tired and cranky? What does a typical day of eating look like? How often do they eat out? What will her kids eat? Does she buy lots of packaged, processed convenience food? Is she catering to everyone's likes and dislikes by making three different meals? Does she binge eat to let off steam from the stress of her daily life? Does she like to exercise? What time of the day could she possibly exercise? Does she bring her lunch to work? Is her office environment sabotaging her efforts to eat healthier? Is she organized? Does she have help?

All this minutia goes into creating a successful weight loss program that will work for Sally and her family. Just telling Sally to eat less carbs or drink shakes for two meals a day is not the answer. Sally needs a holistic, sustainable approach to managing her life that allows her to initiate the specific steps we have formulated that will lead her to her desired outcomes. Out of the chaos we create weight loss, wellness, and sanity.

Take Sam: busy executive, divorced, lives alone, travels a lot, does not cook, eats all meals out, drinks too much alcohol, plays golf. Sam says he is eager to change and worried he will have another heart attack. While his circumstances are simpler than Sally's because he only has himself to deal with, there are still many things to consider. Why is he drinking four drinks a night and more on weekends? Is this the typical protocol of a business dinner which he attends three nights a week? Is he lonely? Is he an alcoholic? Does he have the personality to be assertive with waiters and waitresses to tell them to add this or leave off that so he can adhere to the diet we have formulated? What will he replace the alcohol with? Is he willing to go to AA? Do the hotels where he stays have gyms? Can he walk the golf course? Can he get the same rush from exercise and the subsequent endorphin rush to replace the alcohol buzz?

Because Sam has only himself to worry about he may be a candidate for drinking shakes two meals a day and eating a restaurant dinner for the third meal. He may find he can exercise while traveling and attend AA meetings in the cities he goes to. This is a beginning. Keeping weight off is as complicated as the myriad of reasons for gaining weight but with patience, planning, and a positive attitude it can be done. ❖

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



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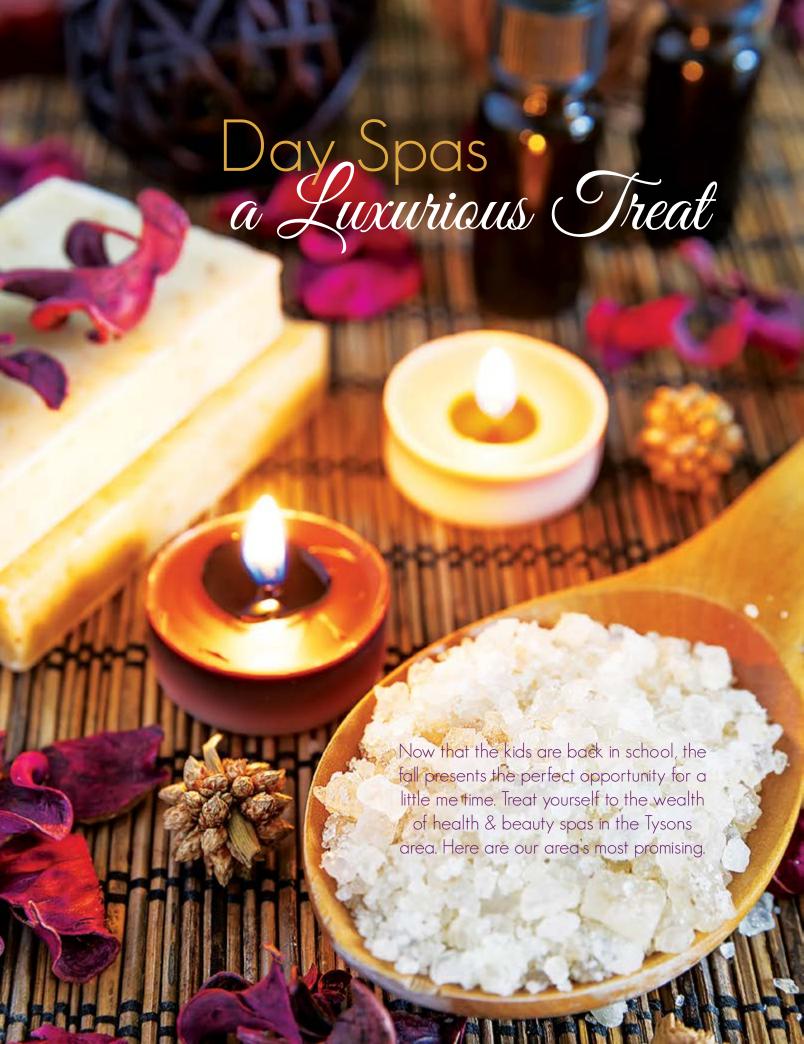


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Photos courtesy of Linda Barrett

I'VE ALWAYS WONDERED WHAT IT WAS LIKE TO BE AMONG THE HAPPY PEOPLE WHO ARRIVE AT OUR LOCAL WINERIES IN BUSES AND VANS. THEY ALWAYS SEEM TO BE LAUGHING AND ENJOYING OTHER PEOPLE'S COMPANY. CURIOSITY GOT THE BEST OF ME, SO I RECENTLY TOOK MY FIRST WINE TOUR.

I selected a new tour company, Vino Virginia, that offers "upscale, experientialthemed wine tours." Run by Paul Bauman and Mr. Kim Ciftci, the company currently offers four unique wine experiences, with plans for more.

But back to the tour.

We were met at a convenient location by the Vino Virginia van and heartily welcomed by Paul and Kim. A great start. After brief introductions to the others on our tour, we were underway. Kim sharing the fascinating and colorful histories of each winery, peppered with interesting facts about the history of wine in Virginia.

Ours was the Boutique & Craft Winery Tour that included stops at The Winery at La Grange, Marterella Winery, and Pearmund Cellars, where we were provided with a unique hands-on experience.

The Winery at La Grange

The first experience was laid out before us at a long, elegant table in the winery's barrel room, with half-rounds of tasting glasses filled at each place setting. We were treated to a morning with Jim Koennicke, the assistant winemaker, who personally guided us through La Grange's finest wines and wine-making processes as we noshed on gourmet meats and cheeses. We noted that many barrels had engraved plaques on them and learned about the industry's latest offering: barrel sponsorship.

Marterella Winery

Our second stop took us to the beautiful Marterella Winery where owner Kate Marterella herself took us under her wing. Warmed by her friendly personality and hand-made pizzas from the winery's outdoor wood-burning oven, we settled in as old friends to enjoy the wine, the view, and the enchanting porch swing. Already, our little group had bonded, and we shared stories into the afternoon.

Pearmund Cellars

At our third stop, we were welcomed to Pearmund Cellars by owner Chris Pearmund, a legend in the Virginia wine industry. He personally showed us the facility before taking us into the vineyard itself to offer a fascinating insider's view on the business of winemaking. Not only did we enjoy tastings of their fine wines along with gourmet treats, we were the first to tap into the latest vintage, filling a bottle from the stainless steel tank ourselves. Chris Pearmund personally autographed the bottle as a gift.

Throughout the day, winery personnel treated us like VIP patrons, and we got to really see and understand the passion



that goes into owning and running a winery first-hand. "I had no idea what to expect, and this tour far exceeded my expectations," said Dawn Tollus.

Vina Virginia Tours

Tour operators Paul Bauman and Kim Ciftci developed a passion for wine individually before meeting each other and forming Vino Virginia. Paul's background includes a quest for adventure and hospitality focused on increasing tourism. Kim's background includes finding his own adventures in his Washington, D.C. backyard. An ordained minister, he combines his passion for ministry and interest in wine into sermons from the Vine, preaching Sunday morning sermons from one of several vineyards on a rotating basis. He also performs weddings, baptisms, and vineyard blessings as the de facto "Pastor to the Vineyards."

"Vino Virginia started around discussions on my deck over wine and cigars," Bauman said. "We wanted to differentiate ourselves and provide a high-end experience, and we wanted people to really experience not just going to the wineries, but the other unique things there are to do in our particular area."

The pair themed their current tours based on local interests: Boutique and Craft Winery; Passion for Food, Wine and Life; The Civil War; and The Hunt Country and Stable Tour, with additional themes being planned. Tours are held mainly on Saturdays, with corporate event and special groups by appointment.

"Our whole strategy is to provide our clientele with special experiences they can't get anywhere else," Bauman continues. "Our guests get to meet with senior members or owners at each winery and venue, in small intimate groups where they can personally interact while enjoying premium wine and food tastings."

Paul and Kim, along with any additional Vino Virginia tour guides, are all Certified Tour Ambassadors™ for The Journey Through Hallowed Ground Partnership, a four-state, 180-mile long historic region spanning Gettysburg, PA to Monticello in Virginia. Through their training, they became experts in the unique aspects of this area and share their knowledge with interesting commentary along the tour, adding yet another level of exclusivity.

Traveling with other people didn't turn out to be a problem, because we didn't remain strangers for long. "Everyone was so nice, and the experience was so fun that we want to go again and bring our friends and family on future experiences," said Gary and Liz Altman.

Each trip is unique and focused on providing a first-class experience. Every detail is attended to, so all you have to do is sit back, relax, and enjoy your Vino Virginia tour of choice. You'll be rewarded with the best Virginia has to offer, including its world-class wines. *

VINO VIRGINIA www.vinovirginia.net info@vinovirginia.net 703-431-1997

AUTHOR: Linda Barrett is the Wine Editor for Viva Tysons Magazine and a Certified Tourism Ambassador™ herself. Apart from drinking wine or traveling, she runs All the Buzz, a corporate writing and PR firm, www.allthebuzz.net.

VINO VIRGINIA WINE TOURS

BOUTIQUE & CRAFT WINERY TOUR

Experience the true spirit of winemaking as winery owners and senior staff at these family-owned cellars take you through the history, processes, and business of winemaking, while enjoying private tastings, and gourmet appetizers and lunch.

PASSION FOR FOOD, WINE & LIFE TOUR

Enjoy the perfect pairings of Virginia wine and gourmet food in this tour that transports guests back in time to the early days of our history. Visit a historic tavern for a sumptuous pairing of locally-sourced delicacies, and tastings at notable wineries.

THE BLUE & GRAY EXPERIENCE

Some of the richest history of the Civil War took place in our own backyard. Experience the rich American history that unfolded in Virginia during the Civil War, while visiting battlefield areas and historically-themed wineries for tastings and gourmet foods.

THE HUNT COUNTRY AND STABLE TOUR

On a fairytale adventure into the heart of Virginia's Hunt County, guests have the opportunity to mingle on the exclusive grounds frequented by Washington, D.C.'s elite at three distinctly different wineries owned by famous and wealthy entrepreneurs who craft limited-production wines, along with introductions to polo, dressage, fox hunt, steeplechases, and barn tours. Tastings and gourmet appetizers and lunch included.



And you'll find the printer who can meet your printing needs . . .

Located in Northern Virginia just 20 minutes from Tyson's Corner, Stephenson Printing is the one printer who has the experience and capabilities to meet *all* your printing needs no matter what your quantity or page count. With digital, sheetfed, full web presses, binding and mailing in-house, you can be assured your job will be estimated and produced in the most timely cost effective way possible!

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www.stephensonprinting.com



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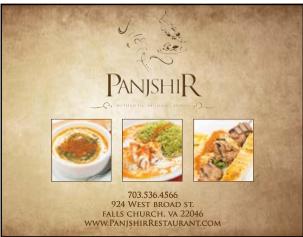
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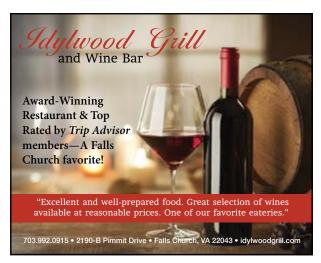
Falls Church MERCHANTS

Broad Street and Falls Church are home to many of our area's unique and interesting shops, restaurants and merchants and services offering an exciting mix of shopping adventures found in few other parts of the Tysons experience. Located just a few miles east of Tysons, you can see our area's largest farmers market, international cuisines, unique gifts, services and entertainment.













ARLINGTON RESTAURANTS

METRO 29

4711 Lee Highway, Arlington 703.528.2464

metro29diner.com

When two families came together to open a New York style diner restaurant in Arlington, the result was a delicious success. Metro 29 began serving its immense portions of American favorites in 1995. The idea was to create a menu that offered something for everyone, and an ambiance that welcomed families and couples, friends and colleagues. The mission continues to focus on providing quality food, prompt service and a warm, easy going dining experience. \$

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

Dogfish Head Ale House has omfortable, casual surroundings and service, tasty and unique wood-grilled food, and the craftbrewed Dogfish ales. Great selection of yearround 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. \$\$







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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. \$\$

HAANDI FINE INDIAN CUISINE

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

www.haandi.com

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

HONG KONG PALACE RESTAURANT

6387 Leesburg Pike, Falls Church 703-532-0940

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

IRELAND'S FOUR PROVINCES

105 West Broad Street, Falls Church 703.534.8999

www.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.

Est. 1982

RistoranteBonaroti



"Saluțe!"

Sergio Domestici and the Bonaroti family invite you to explore the joy of classic Italian Cuisine and their award-winning wines and service. A Votre Sante!

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

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

Open on Sundays for dinner *featuring* half-priced wines by the bottle.







428 East Maple Ave, Vienna 703.281.7550 | BonarotiRestaurant.com

IV'S RESTAURANT

6666 Arlington Blvd. Falls Church 703-241-9504

www.jvsrestaurant.com

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

LA CARAQUENA

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

www.lacaraquena.com

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

LITTLE SAIGON RESTAURANT

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

www.littlesaigoncuisine1.com

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

OPEN KITCHEN

7155 Leesburg Pike, Falls Church 703.942.8148

openkitchen-dcmetro.com

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

THE ORIGINAL PANCAKE HOUSE

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

www.ophrestaurants.com

Pancakes, French toast, crepes, waffles, and breakfast and lunch favorites are served at The Original Pancake House. Pancakes are made with old-fashioned sourdough yeast, which is gorwn in their own kitchens and delivers light and airy pancakes. \$\$

OPEN ROAD GRILL and icehouse

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

openroadmerrifield.com

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

PANISHIR 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.publichouseno7.com

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

RED HOT AND BLUE EXPRESS

169 Hillwood Ave. Falls Church 703-538-6466

www.redhotandblue.com

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

SAIGON CAFÉ

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

www.saigoncafe-va.com

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

SEA PEARL

8191 Strawberry Ln, Falls Church 703.372.5161

www.seapearlrestaurant.com

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

SWEETWATER TAVERN

3066 Gatehouse Plaza, Falls Church 703-645-8100

www.greatamericanrestaurants.com/ Sweetwater

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



TARA THAI

7501 Leesburg Pike, Falls Church 703.506.9788

www.tarathai.com

The word "Tara", commonly found in Thai folk literature, means water. Thus, our restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. Our menu consists of authentic Thai cooking, using family recipes that have been handed down for generations. \$

TRIO GRILL

8100 Lee Highway, Falls Church 703-992.9200

www.triomerrifield.com

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

FAIRFAX Restaurants

CHUTZPAH DELI

12214 Fairfax Town Center, Fairfax 703.385-8883

www.chutzpahdeli.com

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

CYCLONE ANAYA'S

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

www.cycloneanaya.com

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

DOLCE VELOCE

10826 Fairfax Boulevard, Fairfax 703-385-1226

dolceveloce.com

Stop at a bar along the piazza in sunny
Sardinia, or linger at a trattoria in Venice's
San Marco Square and you will be invited
to experience cicchetti (chi-KET-tee), small
plates or side dishes from the legendary cuisine
of Italy. Now you can also enjoy cicchetti
closer to home, at Dolce Veloce. These small
plates offer a variety of flavors, from seafoods,
salumes and salads to skewered meats, risotto
and Mediterranean plates of olives and cheese.

IDYLWOOD GRILL & Wine Bar

2190 Pimmit Dr, Unit B, Falls Church 703.992.0915

www.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, yeal, salads, and more.





MATCHBOX VINTAGE PIZZA BISTRO

2911 District Ave. Fairfax 571-395-4869

www.matchboxmerrifield.com

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

SANTINI'S NEW YORK STYLE DELI

2975 Chain Bridge Rd. Oakton 703-766-6666 www.mysantinis.com

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

GREAT FALLS RESTAURANTS

BRX AMERICAN BISTRO

1025 Seneca Rd 703.433.9050

www.brixgreatfalls.com

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

DANTE RISTORANTE

1148 Walker Rd. Great Falls 703-759-3131

www.danterestaurant.com

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

L'AUBERGE

332 Springvale Rd, Great Falls 703.759.3800

www.laubergechezfrancois.com

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

MCLEAN RESTAURANTS

AMOO'S HOUSE OF KABOB

6271 Old Dominion Dr, McLean 703-448-8500

www.amoosrestaurant.com

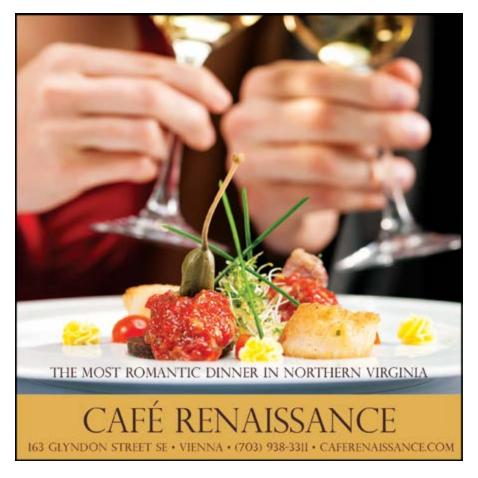
Amoo's House of Kabob offers Persian cuisine in the heart of McLean. Amoo's specialties include baghali polo, with lima beans and rice tossed in a dill and lime reduction, and zereshk polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out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

ASSAGGI OSTERIA

6641 Old Dominion Dr, McLean 703-918-0080

www.assaggiosteria.com

Domenico Cornacchia, chef/proprietor of Assaggi Osteria, taps into ages of ancestral Italian cooking each time he steps into his kitchen and brings a rich love of the cuisine that he so skillfully nurtured through the years. For those who love Italian cuisine, Assaggi Osteria features numerous appetizers, large salads, homemade pastas, fresh seafood, veal and scrumptious beef. Assaggi Osteria sources whole fresh fish from worldwide sustainable sources, offering the finest bounty the sea has to offer. Produce is purchased from local farms, and all desserts are homemade. \$\$





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.

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 parmagiana.

EL TIO

1433 Center Street, McLean 703.790.1910

www.eltiogrill.com

Try tasty Tex-Mex with Mexican rice, refried beans, lettuce, pico de gallo, sour cream and guacamole on every plate. El Tio features grilled chorizo enchiladas, sizzling camarones, brochette fajitas, and a wide selection of chimichangas. \$

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. \$\$

I. 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

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

LA SANDIA

7852 Tysons One Pl, McLean 703.893.2222

www.richardsandoval.com/ lasandiavirginia/

Chef Richard Sandoval, internationally recognized as the Father of Modern Mexican Cuisine, elevates Mexican cooking to new heights at La Sandia serving up authentic Mexican specialties alongside over 200 fine Tequilas. Inspired by his culinary mantra of 'old ways, new hands,' Chef Sandoval reinterprets traditional dishes with innovative techniques and skillful presentation. \$\$

LEBANESE TAVERNA

1840 International Dr. McLean 703-847-5244

www.lebanesetaverna.com

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

MOBY DICK HOUSE OF KABOB

1500 Cornerside Blvd 703-992-7500

mobysonline.com

Moby Dick's has terrific, healthy, wholesome and fresh fast food—perfect for a quick lunch or dinner fix. Try their "kabob-e-kubideh," which is ground sirloin seasoned with onion and herbs and wrapped around a skewer for grilling. Succulent, juicy meat with rice are served with your choice of yogurt cucumber sauce, shirazi salad or fresh herb as well as 1/2 a piece of bread. This could become an addiction. \$

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

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 RETAURANT

1357 Chain Bridge Road # A McLean, VA 22101 703.821.3736

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!

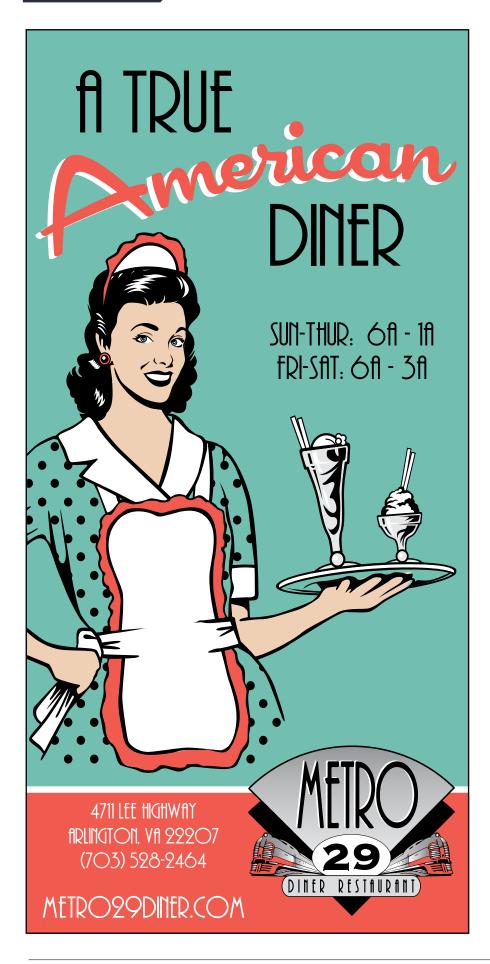
SEASONS 52

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. \$

STAR NUT GOURMET

1445 Laughlin Ave, McLean, VA 22101 703-749-9090

www.starnutgourmet.com

The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given us our very special reputation. Their comfortable café exudes with old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee. Close your eyes and you'll feel you're experiencing days gone by. \$

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 Parmesean Truffle Fries. \$\$\$

THE PALM RESTAURANT

1750 Tysons Blvd. McLean 703-917-0200

www.thepalm.com/Tysons-Corner

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

VINO VOLO

1782 International Drive McLean (703) 506-6785

www.vinovolotysons.com

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

cheddar, smoked gouda, truffle oil, and toasted bread crumbs.

MERRIFIELD RESTAURANTS

BLACKFINN AMERIPUB

2750 Gallows Road, Merrifield 703-207-0100

www.blackfinnameripub.com

Located two blocks south of the Dunn Loring Metro, the only D.C. location of Blackfinn Ameripub specializes in craft beers and signature cocktails. Blackfinn Ameripub offers American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "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. \$\$

OVVIO OSTERIA

2727 Merrilee Dr. Merrifield 703-573-2161

www.ovvioosteria.com

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

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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.





BI'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

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www.brixandale.com

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CAFE RENAISSANCE

163 Glyndon St SE, Vienna 571.938.3311

www.caferenaissance.com

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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. 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 Brazillian 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. \$\$

I-THAI

8607 Westwood Center Dr, Vienna 703.992.7921

www.i-thairestaurant.com

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MAGGIO'S

421 Maple Ave E, Vienna 703.938.7777

www.maggiosvienna.com

Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek Festive Rotisserie Chicken, Classic Gyros, Souvlaki, Moussaka, Pita Wraps, and Falafel, as well as their popular Marinated Flame Broiled Lamb Chops, and Italian Specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods. \$

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 freshgrilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream.

MAPLEWOOD GRILL

132 Branch Road, SE, Vienna 703.281.0070

www.maplewoodgrill.com

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neighborsrestaurantva.com

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NEISHA THAI

8027 Leesburg Pike #110, Vienna 703-883-3588

www.neisha.net

Come discover for yourself a gem of an experience, tucked away from the chaos of Tysons Corner. Neisha Thai's elegant dining room and bar area features treasures from Thailand itself. Embedded in the exquisite gold leaf walls are glittering gemstones, serving as the backdrop for each decadent dish the menu has to offer. Just like each gem has its own unique attributes, so does each dish, with flavors often tantalizing in their unique combinations or comforting in their familiarity. \$\$

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. \$\$

PALADAR LATIN KITCHEN & RUM BAR

1934 Old Gallows Rd., Suite 110, Vienna 703-854-1728

www.paladarlatinkitchen.com/locations/tysons-va

Paladar offers a delicious array of latin comfort food including six different kinds of soft tacos including slow braised duck, roasted pork, or blackened fish. Larger plates include grilled skirt steak churrasco and "Ocho Hora" braised short rib. And if you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more. \$\$

PAZZO POMODORO

118 Branch Road SE, Vienna 703.281.7777

pazzopomodoro.com

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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."

PEKING EXPRESS OF VIENNA

103 Center Street N #107, Vienna 703.281.2445

www.peking-express.com

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

PLAKA GRILL

110 Lawyers Rd NW, Vienna 703.319.3131

www.plakagrill.com

Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available.

The made-from-scratch signature "Plaka Gyro" is available exclusively at Plaka Grill in Vienna.

RISTORANTE BONAROTI

428 Maple Ave E, Vienna 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, yeal, 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 as well as Asian-style dishes. \$\$

TYSONS BAGEL MARKET

8137 Leesburg Pike, Vienna 703.448.0080

www.tysonsbagelmarket.com

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WOO LAE OAK

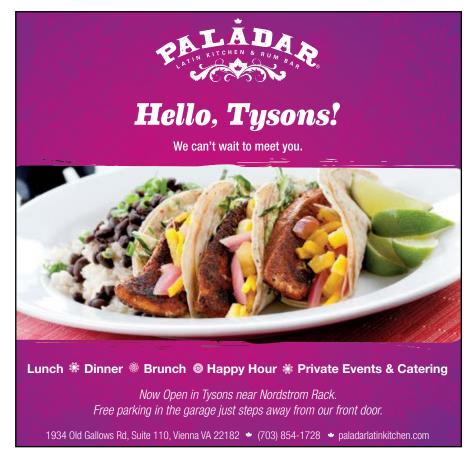
8240 Leesburg Pike, Vienna 703-827-7300

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. \$\$









MOBY DICK HOUSE OF KABOB Opens in Tysons Corner

Mustapha Anoua has been a fixture in Washington's fine dining scene for the last 20 years, but he has been a fan of Moby Dick House of Kabob for just as long.

So when he heard that Moby Dick House of Kabob was looking for a manager for its new restaurant in Tysons Corner, it's only natural he was chosen to open the chain's latest branch.

The new Moby Dick House of Kabob opened in June, and it's a far cry from the Persian restaurant chain Washingtonians have known and loved for the last few decades. The Tysons Corner restaurant introduces a new dining concept for the restaurant chain, including a new logo. Located in the new Tysons West mixed-use development, Anoua says the opening of the Silver Line and the area's growth is expected to help the business thrive.

"There's a good future in this location, and that's why the owner chose this location," Anoua remarked.

When diners walk into the Tysons Corner Moby Dick House of Kabob, the first thing they notice is the bright, modern, and welcoming interior. The restaurant is less like a cafeteria-style dining area and more reminiscent of a bistro with al fresco dining.

Portions are generous, from the tzatziki and warm pita bread served with every order to the salad served with the Kabob-E Kubideh. You can choose to start with hummus, dolmeh (stuffed grape leaves) or kahsk-o badmjan consisting of sautéed eggplant, grilled onion, garlic, and yogurt. Entrees are served with your

choice of rice, salad, or half rice, half salad. The kabob-e kubideh, grilled sirloin and grated onion with house seasoning, is cooked perfectly with just a hint of spice. And there are plenty of vegetarian options for diners who don't eat meat. The falafel sandwich, while a decent size, doesn't skimp on the falafel and fillings. If you are planning on bringing the family for dinner, you can choose one of two family platters with plenty of kabobs and sides. Be sure to save room for dessert – Moby Dick House

of Kabob offers delicacies like Persian doughnuts and baklava.

Anoua hails from Morocco and has worked in the restaurant industry for 20 years. He has worked at Anna Maria's in Ocean City, Maryland and Bistro Bistro in Dupont Circle. He credits his time at Paper Moon in Georgetown in the 1990s for getting him hooked on Moby Dick House of Kabob. He says that managing Moby Dick's is a change in pace from working at fine dining establishments; though it's been "a lot of work, it's been great."

As a fan of Moby Dick House of Kabob, Anoua's favorite dish is the Super Combo with lamb, half salad, and half rice.

Moby Dick House of Kabob is located at 1500 Cornerside Blvd., Tysons Corner. For more information, call 703-734-7000 or visit www.mobysonline.com. •

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





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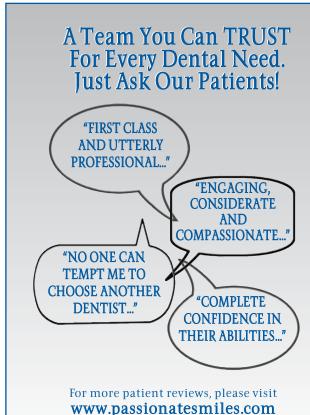






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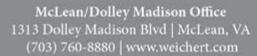
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Beautiful brick front split foyer. 5 bedrooms, 3 baths, 2 car garage. Many upgrades including: hardwood floors on main level, updated kitchen with granite, large family room addition. Fully fenced backyard with heated pool and flagstone patio.



\$879,000









AROUND SUNSET THE EVENING OF AUGUST 24, 1814, A SMALL ADVANCE GUARD OF ABOUT 200 BRITISH OFFICERS ENTERED AMERICA'S CAPITAL CITY AND SET FIRE TO PUBLIC BUILDINGS THAT INCLUDED THE CAPITOL, PRESIDENT'S HOUSE (WHITE HOUSE) AND TREASURY.

Taking individual routes, President James Madison and his wife Dolley had already escaped across the Potomac River into the Virginia countryside where they watched the conflagration from separate locations. Dolley spent the night at Rokeby, a farmhouse about two miles from the Chain Bridge, and it is thought that the president was given shelter at Salona, a stately brick mansion owned by the Reverend William and Ann Carter Maffatt a little over a mile further up Chain Bridge Road from Rokeby.

Many claimed that the city might have been totally destroyed that night had it not been for a heavy thunderstorm later that evening which extinguished many of the fires.

The following day, British soldiers were back at their task of setting fires while the Madisons fled further inland. Dolley left Rokeby and stopped at nearby Salona, where she hoped to encounter her husband.

Not finding him there, she resumed her flight, stopping at Wiley's Tavern near Difficult Run on the Alexandria-Leesburg Road. She arrived just as a very severe area-wide afternoon storm unleashed lightening, hail, and hurricane-force winds. This storm has gone down in history as one of the worst storms the Washington area ever encountered.

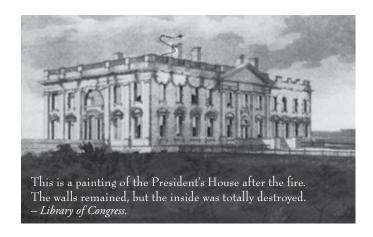
The president, who was in Falls Church earlier in the day, told Captain George Graham that he expected to find Dolley

at Reverend Maffitt's. By the time he reached Salona, Dolley had already left.

So, he set out for Wiley's Tavern, but got caught up in the horrendous storm. He was able to sit the storm out at a place known as the crossroads. It is thought that this was in the area of today's Tysons Corner. After the storm subsided, the president continued onward to Wiley's Tavern where he was reunited with Dolley.

President Madison did not spend the night at the tavern. He left about midnight in anticipation of crossing the Potomac via Conn's Ferry, which was located in the area of today's Riverbend Park, and linking up with the scattered American forces under the command of General William Winder, which were gathering at Montgomery Courthouse (Rockville).

When the president reached the ferry site, he found the river too dangerous to cross due to the earlier hurricane-like thunderstorm. Where President Madison spent the remainder







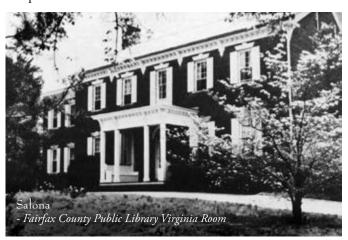
of that night is not known. He may have slept on the nearby ground or in the home of the ferryman as some have suggested.

The following afternoon he was ferried across the Potomac. After reaching Montgomery Courthouse, he was informed that General Winder's forces were now on their way to Baltimore, where it was presumed the next battle would take place.

The president rode another eight miles to the Quaker village of Brookville, Maryland, where he was provided shelter in the home of Caleb and Henrietta Bentley. He received information the next day that it was safe for him to return to the city. In the company of at least Secretary of State James Monroe and Attorney General Richard Rush, President Madison was back in the nation's capital city during the afternoon of August 27.

Dolley spent the remainder of the night at Wiley's Tavern after the president left for Conn's Ferry. The next morning, rather than escaping further inland, she traveled eastward back towards Washington City. She went to Minor's Hill, the highest point in the area, where she remained two nights. For safety, Dolley abandoned her personal carriage and arrived back in the city Sunday, August 28, in a carriage that did not belong to her.

The British remained in the nation's capital city no more than 25 hours. They were not there to occupy, but to destroy. However, two unexpected events happened that hastened their departure.



The first was a dreadful explosion at Greenleaf's Point where kegs of powder exploded as they were being dropped into a well. Numerous British soldiers were immediately killed; many were never identified. At least 44 badly wounded were placed in a hastily put together make-shift hospital.

The second event was the horrific area-wide storm in which a damaging tornado swirled through the city. For over two hours, hurricane-force winds, hail, heavy rain, and bolts of lightning forced British troops, who were all in the open, to lay flat on the ground and cling to anything possible until it was over. The side of a building collapsed, killing 30 soldiers. It was time to leave.

After sunset the evening of August 25, the invading forces, under the command of General Robert Ross began their march back to their ships waiting on the Patuxent River, taking the same route used for their advance a few days earlier. The troops re-embarked their ships, which then sailed back to the Chesapeake Bay, where preparations began for a British attack upon the City of Baltimore.

A distraught president and a very subdued Dolley returned to Washington City on separate dates. The president spent three days away from the capital, and Dolley was away four. They came back to a charred city, never again occupy the President's House. It was in ruins after the fires; only the walls remained like empty shells.

The Madisons lost all of their personal belongings in the fires. They were able to stay at the home of Anna and Richard Cutts, a sister and brother-in-law of Dolley, on F Street, until they moved into the Octagon House a few weeks later. The Octagon House served as the Executive Mansion for the remainder of Madison's presidency.

The next president, James Monroe, and his wife, Elizabeth, were able to move into the unfinished President's House in October of 1817. On New Year's Day, 1818, the Monroe's opened the refurbished President's House to all and hosted its first public reception since the conflagration, with the full-length portrait of George Washington, saved by Dolley, prominently displayed. •



Participating artists have arranged an open house for the weekend at each stop and relish the opportunity to show recent work. Disciplines range from traditional painting and photography to layered paper, fiber

Overall, the consortium represents 113 artists. Many have plied their craft for decades, and some have received national honors. For the art lover, though, it's that moment of encountering something personal, fine, and beautiful that an artist has mysteriously captured that really justifies the search. The discovery and exploration of rich inner life drives a dialogue one seldom encounters in any other way.

Laura Nichols, a potter who initiated the group's outreach in 2003, says the tour advances art appreciation and practice in Great Falls, a historic setting

1) Walter Nichols reviews photographs from a recent shoot. 2) "Lime Stacked Boxes," wall quilt by Cindy Grisdela. Photo: Greg Staley. 3) Laura Nichols, potter, in her Great Falls studio.

where 1 percent of the locals claim to have a working artist in the household.

"Certainly we are a town where people gravitate towards art as fundamental to personal expression," said Nichols. "A naturally beautiful setting like Great Falls inevitably inspires homes that explore compelling indoor-outdoor relationships, and art that uniquely differentiates an interior or highlights an outdoor focal point. In that sense, it's not surprising that a community of working artists has thrived here."

Nichols notes that work presented in its studio setting is free from the commercial context you sometimes find in galleries, so attention is focused on the art — not the price nor how one artist's prices compare to another.

It's an arrangement that, according to Nichols, encourages visitors "to plumb the depths" of an artist's creative process, "something that's almost impossible in any other situation."

The tour is sponsored by Sun Design Remodeling, Inc., a design-build remodeling firm that has renovated homes in Great Falls for over 25 years. Several artists in the consortium live in homes that the firm has remodeled. In some cases, a home makeover may have appreciably been inspired by the owner's interest in displaying a particular art acquisition or collection.

"This is a naturally occurring partnership," said Sun Design founder and chairman, Craig Durosko. "Art and architecture have always been sympathetic disciplines. The

aesthetic improvement of the home is one of our clients' core interests."

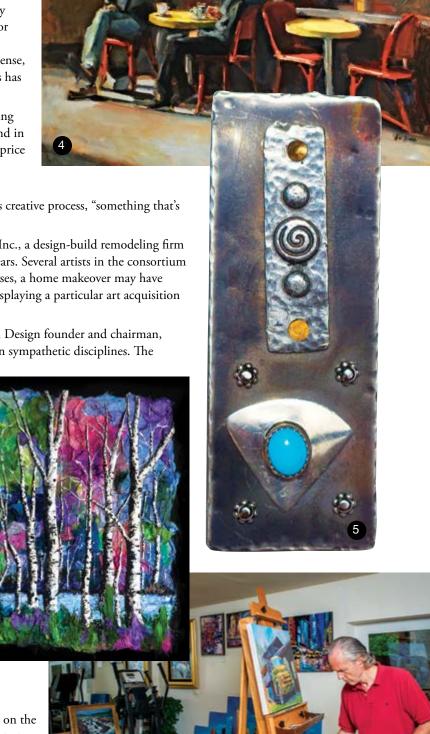
As a tour option, Sun Design will be showcasing the recently remodeled residence of artist and author Lesley Hackman, which now includes working studio space. (See story on page 126.) Hackman is the co-author (with Lin Story) of a children's book, Bearabesque and the Humility Slippers, and also designs quilts.

While the tour is free, and all are welcome to any of the participating studios, Nichols said that many visitors develop a practical trip plan by following a particular theme. Studios that are geographically convenient to one another, for instance, offer an easy day trip of wandering through some of country's prettiest homes.

On the other hand, because studios are color coded on the tour map by artists' medium, it's just as easy to concentrate on a preferred discipline such as painting or photography.

CONTINUED ON PAGE 102

4) "Cafe Break," oil painting by Jill Banks. Photo: Greg Staley. 5) "Sonoran," silver pendant necklace by Donna Barnako. Photo: Frank Barnako. 6) "Tree Study," layered paper and acrylics by Ronni Jolles. 7) Painter Robert Gilbert in his home studio.



CONTINUED FROM PAGE 101



Then, too, some visitors pick the artists they especially want to see from the tour directory and plot a course.

"It all depends on how much time a visitor wants to devote to taking it all in," said Nichols. "You can see a lot in a day, but some do the entire weekend."

Background information on each artist and their work can be found online at www.GreatFallsStudios.com. Many artists

8) "Approaching Storm, Lincoln Memorial, Spring Equinox, 2014," photography by Robin S. Kent.

also provide links to their own sites. For the art aficionado, the tour can be an annual refresher course in how a favored artist is evolving.

While the atmosphere is always relaxed, the studio setting offers a powerful and memorable learning experience. Younger people may gain a first real exposure to how artists work. But the tour inevitably satisfies the discriminating patron or collector, many of whom drive in from the District, suburban Maryland, or still more distant departure points.

Those who want to extend their involvement after the tour will find many accommodating options, including ongoing exhibits scheduled throughout the year, a Holiday Show (Dec. 13 and 14), and an online gallery, which presents a new themed exhibit every month.

Finally, Great Falls Studios released their first book last year, Creative Spaces: Inside Great Falls Studios. The publication features 16 artists candidly discussing their work, influences, motivations and process. The book will be launched at Great Falls library and at many of the studios during the tour. ❖

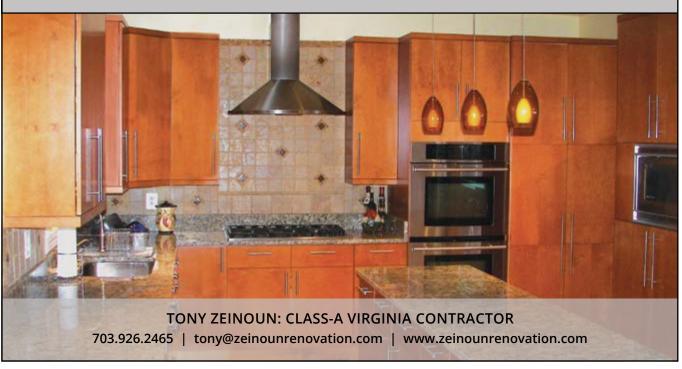
AUTHOR: John Byrd has been writing about residential architecture and related topics for 30 years. His work has appeared in House Beautiful, Architectural Digest, Southern Living and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. His work has received numerous Press Association awards for excellence in journalism. He can be reached at byrdmatx@comcast.net or www.HomeFrontsNews.com.





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"There is simply nothing else like it. Eden Center is truly the place to feed your craving for everything Vietnamese," says Graham Eddy, associate general counsel at Capital Commercial Properties, Inc., which represents the Eden Center. "A visit is like a trip to Vietnam...without the jetlag."

The large shopping center on Wilson Boulevard at Seven Corners in Falls Church consists of nearly 120 stores and offers a little bit of everything—from food to jewelry to apparel to books.

"We are the centerpiece of the Vietnamese community for the whole East Coast," says Alan Frank, general council and senior Vice President of the parent company of the Eden Center. "It creates a sense of place for Vietnamese Americans."

A few years ago, an elaborate Lion Arch was added to serve as the gateway to the entrance to honor both the Vietnamese and Chinese cultures that are reflected in both Eden's shops and its customer base. The Eden Center continues to upgrade and bring in new businesses. According to Eddy, this is a very exciting time at Eden Center.

"We are in the midst of remodeling and enlarging our parking lot to accommodate a new 43,000 square-foot international supermarket that is scheduled to open later this year," he says. "The new Good Fortune Supermarket will be the largest international supermarket in the area and will sell a large variety of fresh and exotic seafood, produce, meats, and Asian specialty foods."

In addition to the aforementioned Good Fortune Supermarket (coming this fall), The Eden Center has a delicious new restaurant, Kobe House, that specializes in Vietnamese beef noodle soup (pho) and Phu Hung Sandwich and Deli that features Vietnamese Sandwiches (Banh Mi) as well as pastries and desserts.

Also new in September is the reopening of the Song Que Deli, which is undergoing a change in ownership and will offer the same delicious sandwiches and desserts, as well as new and improved menu items.

Originally known as the Plaza Seven Shopping Center, The Eden Center first opened more than 40 years ago and transformed into what it is today in 1985, when the center's owners spent millions on a 32,400 square-foot addition called Saigon West and renovated the existing structure.

"Until then, it was just a regular neighborhood shopping center in the area," Frank says. "There was a small grocery store, a fish house, and some stores. When Grand Union left, we leased their space to a number of Vietnamese business people and Eden started to become what it is today."

Saigon West includes over 50 stores that serve every taste and every region of Vietnam.

The Eden Center also holds a number of special events each year, including the extremely popular Full Moon Festival in the fall, which includes contests, kid games and activities, and the Miss Eden contest.

Each year, thousands of people come out to celebrate the arrival of the new Vietnamese New Year as well.

"This has been celebrated here for the past 25 years and gets a little more popular every year," Frank says. "It's a very important day for all of us because of the gratitude we feel toward the Vietnamese-American community."

The Eden Center continues to grow and expand its financial and community support into the surrounding Vietnamese and Asian communities.

"Eden is extremely proud to be the cultural center of the local Vietnamese community, to support many Vietnamese charities and organizations, to hold annual events celebrating Vietnamese holidays, and to be designed and continually updated in a manner that honors Vietnamese culture and traditions," Eddy says. "It is both the home of the local Vietnamese community and a beloved destination for anyone who appreciates Vietnamese culture and cuisine."

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 CHARLES S. DONNAVAN

Whether you're a full-time student, someone seeking a new career, or just looking to expand your knowledge on a topic of interest, the Tysons area offers all sorts of schools, institutions, and other higher learning opportunities to help you improve your education.

In today's world, college is more competitive than ever, and anyone in the job market knows that it can be a challenge to keep up with changing technologies and ever-growing responsibilities. And with more and more adults seeking to change careers, a return to school can be the path toward a new life.

To help people, young and old, get on the path to a new education, here are some area institutions of learning that offer various classes and learning programs.

STRATFORD UNIVERSITY

WWW.STRATFORD.EDU

At Stratford, students can pursue professions in high-demand fields such as information technology, hospitality, culinary arts, business administration, health sciences, and nursing.

Stratford offers Associate, Bachelor's, and Master's Degrees, as well as many non-credit workshops and courses with an emphasis on individual learning methods to better prepare students for rewarding careers.

This higher learning institution has classrooms in Falls Church, Woodbridge, Richmond, Newport News, Virginia Beach, and Baltimore, Maryland.

Earlier this year, the school began offering Career Service Manager, an online job-search service that allows students to build resumes and portfolios and to seek for and apply to jobs.

DULLES UNIVERSITY

WWW.DULLESUNIVERSITY.ORG

When it opened in 2010, Dulles University's goal was to educate students with a focus on preparation for the workplace. Four years later, it has been responsible for helping thousands of students learn the skills necessary to achieve careers in high-level industries.

Faculty members offer students real-word experiences through skill sets and management techniques that are geared toward specific professions. Areas of study include accounting,

banking, law, human resources, sales management, economics, and more.

Dulles University goes beyond the traditional textbook and course syllabus. It uses expert faculty from students' chosen industries to provide important real world expertise. In this way, it offers students the latest skill sets and management systems in their planned professions.

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LearningRx is not a tutoring program, but an opportunity for brain training, which increases a person's ability to learn, forever.





At the Tysons Brain Training Center in Northern Virginia, a team of experienced, compassionate trainers are on hand to strengthen students' cognitive skills so that learning becomes easier.

"It's common for families to have a lot of questions about the learning struggles they are experiencing," said Maureen Loftus, owner of the LearningRx Tysons Brain Training Center. "We can provide answers."

"At our center, we focus on improving the cognitive skills, because when a person's skills are strong, learning and reading comes easily and naturally—but when they're weak, students struggle. This understanding of the brain and how it works is behind everything we do."

Learning Rx serves struggling students, adults trying to keep pace in a competitive job market, athletes who want to improve their focus, young kids who want to start school successfully, and traumatic brain injury patients who want to recover lost mental function, along with many other people.

Learning Rx evaluates students by conducting a case history and administering a cognitive skills assessment test to determine the brain-training program for each student. Training is designed to help students of all ages improve their mental ability and academic performance. They also try help senior adults with age-related decline.

CULINARIA COOKING SCHOOL

WWW.CULINARIACOOKINGSCHOOL.COM

You can get cooking with a new career, thanks to Culinaria, located at 110 Pleasant St. NW, in Vienna.

Founded in 2008 by chefs Stephen P. Sands and Pete Snaith, the school's goal is to bring professional chefs and instructors together with people from the community who want to improve their culinary skills.

If you have ever watched chefs on cooking shows and wish you could do what they do, then you might want to look into upcoming classes, such as Sweet European Strudels, Teen Cuisine - Mom's Night Off (designed to help kids give their mom a break from cooking), and an evening brunch class with guest chef, Elliott Farmer.

EVEREST COLLEGE

WWW.EVEREST.EDU

Everest College-Tysons Corner is dedicated to giving its students the right skills and knowledge to succeed in the future. More than 500 students are currently enrolled at the campus, and it continues to grow each year.

Degrees offered include Business Administration, Criminal Justice, Massage Therapy, Medical Administrative Assistant, Medical Assistant, Medical Insurance Billing and Coding, and Nursing

Everest offers tutoring for all students and test prep classes for the National Certification for Massage Therapy test, the CMA exam, and Medical Insurance Billing and Coding certification exams at no cost to students. ❖

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BY COLLEEN ORME

of Teacher

The air is filled with the clicking of typewriters. Students whisper and giggle in true, trademark high school culture. There are no clock watchers shifting in their seats. There are no distracted daydreamers.

I sit, concentrating on the typewriter in front of me. My fingers moving slowly enough to memorize the keys.

A voice breaks through the clicking.

"Hello, my beautiful children," oozes the sweet, joyful, and Southern voice of Anne Morton, Langley High School Business Teacher.

There is a momentary pause in the pounding keys. We all turn to hang on her every word. She is happy to be with us and we feel that. She is living her vocation. No, she is reveling in her vocation. This is not a job to Anne Morton. It is living through education and mentoring youth, be it educationally or personally.

There is an additional clicking in the room as she walks which makes her all the more appealing to us girls. The high-heeled Candie's that carry her from desk to desk are trendy and stylish, a must have for us 1981 seniors. Her clothes parallel the same fashion forward mystique, and rarely do we spot her in the same outfit twice.

She is my favorite teacher, though I do not tell her that.

I wistfully watch her walk to the front of the classroom and all I can think is, "I want those shoes!"

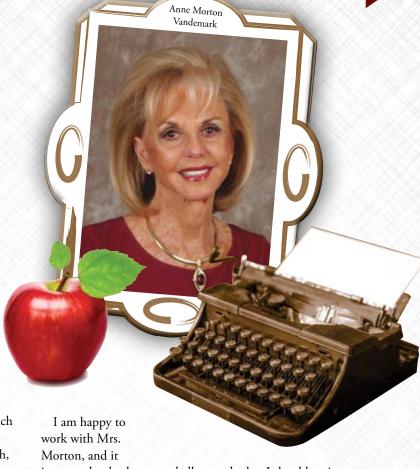
Then Mrs. Morton makes the announcement.

"Colleen will be running for President of The Future Business Leaders of America." With her Southern inflection it sounds more like "Cowleen."

Gasps fly out of the mouths of my cohorts. All heads swing in my direction. Yes, I get their shock and awe. I am, shall we say, somewhat overly social and underly studious.

The gasps morph into outright laughter, and then overpowered by the clanging bell of dismissal.

It is in the weeks following that I proudly shift in and out of classrooms declaring my bid and delivering my presidential speech. I am comfortable in this new role and hold back my own smiles and laughter as my friends, weeks later, still snicker through my words. When I am pronounced the victor, the roars of laughter turn into momentary shock and then once again, my also "overly social" friends tease me as "Colleen, President of FBLA."



is a year that leads me to challenge whether I should major in business over journalism while attending college. I choose business.

What can I say? Somehow Anne Morton (now Anne Morton Vandemark) saw something in me that I did not.

I should probably speak first of Morton Vandemark's astounding professional achievements, but what greater accomplishment is there than being emotionally profitable and successful in life? So I will start there.

Just what is it that makes Anne Morton Vandemark the profound entrepreneurial teacher that has always been overflowing with love, wisdom, and authentic devotion to her students?

It is the grace, confidence, and selflessness that are the qualities of a true mentor.

Her combustive love of business, education, fashion, life, and people along with her generous nature makes her both mentor and friend. A natural leader to all who meet her and who subsequently instinctually gravitate towards her.

After earning a Bachelor of Science Degree from Longwood University and completing her graduate studies at Columbia University, Anne Morton Vandemark taught for nine years in Arlington County, followed by 25 years at Langley High School in Fairfax County.

She is the author of three books including, The Secretary's Friend, and The Office Management Manual, and the former owner of an office supply shop called The Secretary's Friend.

Morton Vandemark's obvious beauty, stunning sense of style and, yes, her love of shoes, led her to be a fashion columnist for over twenty years.

Her other accomplishments are too vast to list, but include:

- Recipient Congressional Award, 2006, A Special Inspiration Award for mentors and advisors who have contributed to the welfare of Americans
- Board of Visitors, Longwood University, appointed by Governor Gilmore in 2000 and reappointed by Governor Mark Warner, 2004 - 2008
- Citizen of the Year Award, 1988, presented by Business & Professional Association (now McLean Chamber of Commerce)
- Woman of the Year Award, 1986 1987, presented by the McLean Business & Professional Women's Association
- Virginia Business Teacher of the Year, 1985

Over the years, Anne Morton Vandemark left traces of herself in the countless students that she loved and taught. She still loves collecting shoes and porcelain dolls, walking, and jazzercise. She's slowed down a bit, but not that much. She still marvels at her former students and refers to them as "her beautiful children." She is still mentor and friend.

"Anne was my teacher at Langley High School. She was a great and positive influence and we have continued to stay in touch over the years," says Tom Jacobi of McLean.

Another former student, Anne Mayo remarks, "Mrs. Morton was a fabulous teacher and a lovely person. She conveyed enthusiasm, drive, charisma, warmth, kindness, sincerity, and a 'lightness of being.' I will always cherish her as a wonderful, and lasting positive influence in my life."

I would say that Anne Morton Vandemark has lived a life of love stories . . .doing what she loves, touching those she loves, and staying connected to those she loves.

I am far past 1981 now. My business and writing have collided in the form of a business column and I now relish my mentor leading me towards this arena.

I am sitting at The Old Brogue in Great Falls. I dig into the blackened salmon salad before me. My three boys' laughter accompanies my meal. I spot her. She is sitting just a few tables away . . . all these years later. She is as gorgeous as she was back then.

I make my way to her to say, "Hello, my beautiful teacher."

I look down at her shoes. They are as fabulous as ever.

I think to myself, "I want those shoes!"

There's only one problem . . . it would be nearly impossible to fill such 'beautiful' shoes. *

AUTHOR: Colleen Sheehy Orme is a former business columnist, freelance journalist / marketing and PR consultant who still thinks of her former business teacher every time she types. To reach her or Anne Morton Vandemark e-mail ormec686@aol.com



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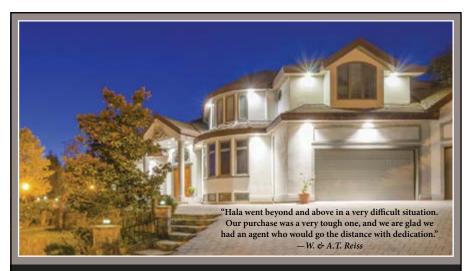
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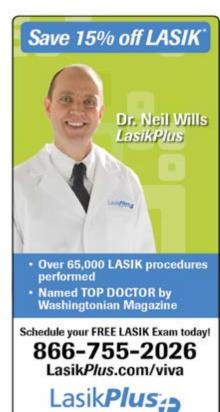
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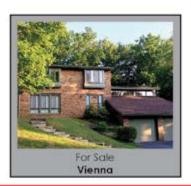


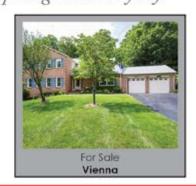




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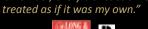


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SEPTEMBER/OCTOBER Style

BY LAUREN SIMMONS



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Travel Through Design BEAUTY IS FOUND IN ORBS AND SPHERES THROUGHOUT TIME

few weeks ago, interior designer Hillary Staats was invited to southern Turkey by friends and clients. She expected the trip would be nice, but what she found was what she called "off-the-hook beauty."

"In life, it's all about the view, and noticing the beauty that surrounds us every day. I found incredible beauty in the country's vibrant colors, the architecture, the water, the sunsets, and especially the orbs. I was completely distracted by the spheres that are so multi-dimensional they never stop giving," Staats exclaimed.

Orbs are everywhere in her photographs. They are found in the mushroom tops, the colorful beaded jewelry, the fabrics, planters, bowls, lamps, and sunglasses. In architecture, graceful arches frame a rococo mirror, accent a doorway, surround a graceful chandelier, ornament an ancient ruin capital, and are reflected in a bubbling fountain. Orbs are even found in food, from the curving tendrils of the octopus, to the brightly-colored fruits, to the sparkling wine glasses.

Spheres add gracefulness to a space and in Turkey, Staats found them in the elaborate mosaic ceilings and soft domes of the 2000-year-old architecture. One can see modern-day spheres in our own surroundings on a daily basis. They reflect the essential orbs of the sun, the moon, and the earth.

Modern-Day Appeal

"In design, there's always positive and negative space, and we must be careful to select the proper shape for the space. You want the room to have a combination of both masculine and feminine: the hard and soft, or ying and yang."

In a clients' dining room sketch, Staats demonstrates the importance of curved lines. In this case, the room is

rectangular, so she selected an oval table to gracefully soften the curves. Curves and orbs are featured around the room: in the chandelier, the arched doorway, and the pair of sconces. Even the chairs reflect softness because of their carved wood frames. These curves and spheres compliment the more masculine rectangular shapes of the room itself, the window treatments and windows.

"When designing an interior, you have to make sure there's balance in the objects you choose. All objects in a space are made of shapes. Orbs are a universal shape, and can be used over and over again in a design."

Even for her interior design company, Sanctuary Interior Design Build, the symbol Staats uses for her own logo is an armillary sphere. It is a model of objects in the sky consisting of a spherical framework of rings, centered on Earth, to demonstrate the motion of stars around it. Its graduated metal circles represent lines of celestial longitude and latitude, and other astronomically important features such as the ecliptic, meridians and parallels.

"When I had my astronomy chart read 20 or 30 years ago, my reader discovered a biquintile aspect, a 144-degree angle that goes through my natal chart. She told me this was a very rare phenomenon, and that it represented the gift of design." She considers this her gift. "I have the client to please, where I have to consider budgets and lifestyles, but my true mission when I design a home is for the space itself, to bring forth its beauty for all to see."

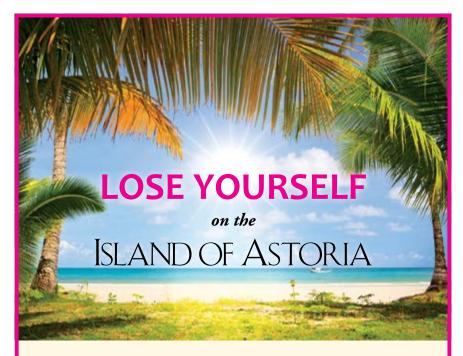
Staats loves to travel, and does it often, because it opens her eyes to new uses of familiar shapes and objects. "It's like seeing everything in a new light, and gives me inspiration. As I travel through design, I design through travel." *



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AUTHOR: Author Linda Barrett is a frequent travel writer herself and runs All the Buzz, a corporate writing and PR firm, www.allthebuzz.net.



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Hight House

CHAPTER 7 - HISS

by Richard Gazala

ertain types of twilight harbor no unimaginable threats to your well-being. In those easy places, all the rational people will grip your unsteady shoulder with a firm hand to solemnly counsel you there's nothing to be afraid of here—that the intolerable thing you thought you saw slithering up the night-stained wall was just some trick of the light unworthy of your valuable attention. In those easy places, all the rational people will assure you with no scintilla of detectable doubt that fear flees from facts like a startled rat sprints for its thieving life when the pantry light's switched on. Yet facts are immeasurably older and wiser than all the rational people, and even rationality itself. Facts know better.

Test my theory. Go to the secret place within or without you that only you frequent. Draw a deep breath, and summon the facts to come keep you company for a spell. Open a bottle of some auric spirit, old and stout you've saved for a special occasion. Let the potion work its wizardry until all the stolid defenses facts meticulously cultivate in the staid safety of sober daylight wither in truth's stern glare. All you need do then is ask them. Reluctantly the facts will confide what's true is just the opposite of what all the rational people repeatedly assure you when the lights burn brightly and everybody's home—it's the facts that flee fear, and not vice-versa. If you dare, listen to those facts when they fill your quivering ear with confessions you wish so frantically not to hear. In your secret place, facts will admit that however fashionable the rational may be in polite company, rationality is only a twiggy upstart gasping for survival in a dense, black forest ancient and endless beyond rationality's boldest aspirations and barest pretentions. Facts will tell you that they bow their heads low and keep their gaze glued to their shoes when they whistle past the graveyard on those stormy nights rationality refuses to walk you home no matter how desperately you beseech it.

And now, on just such a stormy night inside the Hight House, I stood and stared at a long wall in Kashmira Jones' living room. I stared at jagged letters, scrawled unevenly in the manner of either the barely literate, or the barely living. The disheveled characters scratched on the wall by an unseen author presented themselves in a suitably sanguinary script. Certain of the crude letters slavered crimson down this wall built by Colonel Bartholomew Hight, some 200 years before I was born. Before even the venerable town of Vienna, far older than I, was born. As Kashmira had reported at the mortuary, they said, "Take this to Sarah at the funeral home now," presumably referring to the formerly lost earring that had suddenly alighted on the Hight House floor from parts unknown. They letters so ordered still now, while emitting an unsettling ethereal shine not entirely attributable to the chaotic array of ghost-hunting equipment and variant-spectrum lights Alfie Flynn deployed to lure back facts in fear's wake.

There seemed a scent to the glimmering letters, too. It was a light smell, barely discernible yet still undeniable, of something sulfuric, and burned. By no conscious bidding of my own, an image of misty ashen lava fields encamped around a massive, somnolent volcano crept into my mind.

The small clutch of us, everyone present in the Hight House that night, crowded around Alfie and his command laptop. The young man's slender fingers flew across the keyboard, pulling up one screen before dismissing it for another in rapid-fire

succession while digitized data and imagery burbling

in tongues only intelligible to rarefied technological cognoscenti like Alfie dashed and dived across the computer's screen. I glanced over Alfie's shoulder. The anxious faces of Sarah Carson, Florence Verlassen, and Kashmira Jones were suffused in the monitor's pulsing, viridian glow. Sarah pulled her gray shawl closer around her thin frame, and shivered.

I assumed Kashmira and her family had lived in the Hight House long enough by then to have experienced all the notorious dwelling's eerie idiosyncrasies. "Has this happened in the house before?" I asked her. "Writing, I mean, appearing on walls?"

Kashmira turned from the monitor to reply to my question. I couldn't be sure in the scant and strange light throbbing in the troubled room, but it seemed to me her eyes stopped on Florence's face for a heartbeat, before arriving at mine. "No," she said in a tone hardly distinguishable from a whisper.

I held up the earring Sarah's sister Felicia had worn the grisly night in 1949 when the Bunny Man slaughtered Felicia and two young men at the bridge in Clifton. It was the earring that had inexplicably dropped from out of nowhere and nothing onto the Hight House's timeworn hardwood floor at the same time the letters on the wall manifested in front of Kashmira Jones not an hour earlier. It was also, purportedly, the twin of the other earring that too had appeared out of nowhere and nothing during the séance Florence conducted at the funeral home

earlier that night. The earring dangling from my fingertips shimmered in the emerald light palpitating from Alfie's laptop. "What about something like this—a solid object materializing out of thin air?"

"No," she said, shaking her head.

I peered at Kashmira in the unsteady light. Then I let my eyes wander over the faces of Sarah and Florence as they watched Alfie's computer try to explain the writing on the wall. Another vision slipped into my head. I saw again the note neatly typed on Kommen & Verlassen's stately letterhead by unseen hands silently working the keys of an unattended manual typewriter.

"she lies"

Who lies? The question's answer eluded me as much as its purpose, much less its source.

I waggled my head to clear it, and redirected my attention to Alfie and his overworked machines. "What do you make of this?" I asked.

Alfie looked up from his laptop at the wall, and pointed. "That," Alfie he said.

The letters on the wall were hissing and writhing, like a rhumba of grotesquely misshapen red rattlesnakes yanked from slumber by the imprudent tread of an inattentive hiker. In a display as utterly mesmerizing as it was incomprehensible, the serpents wrenched themselves against and among one another on the wall, obliterating the cryptic message they previously had formed commanding Kashmira to dash to the funeral home with a long-murdered woman's missing jewelry.

Alfie yelped and sprang from his seat, knocking his wooden chair onto the floor with a loud clatter that echoed down the dark hallways of the old house. He stepped back from the wall, his eyes clearly far wider from fear than wonder. Sarah and Kashmira jumped back too, ensconcing themselves behind what slight defense Alfie's skinny shoulders might offer, as unable to wrench their eyes from the squirming things on the wall as they were to dare moving an inch closer to them.

Not Florence, though. Florence straightened herself, and took a long, slow step toward the monsters lewdly sinuating amongst themselves. She took a long breath and risked another step, less assured and much shorter than her last. The tempo of the creatures' sounds and movements decreased as she got closer to them, positioning herself within a foot or so of the wall. Concerned for my dear friend's safety I moved quickly in her direction to pull her away, but one of the red things peeled a part of itself from the wall and jabbed at me, hissing a warning from a mouth I couldn't see.

I shielded my head with my arms as sudden explosions of glass and ceramics ripped through the room. Shards of broken glass ricocheted off my body, drawing blood from my exposed skin. The floor shook under my feet, and the ceilings and

walls swayed around and above us. Everywhere in the house we could see or hear, mirrors and glass shattered, lamps and vases flung themselves against the floor, and windows erupted, shooting whirling blades of glass into the rainy suburban streets outside. All the screens on Alfie's machines flared up in a dizzying miasma of kaleidoscopic color before rupturing. The acrid smell of electrocution stained the air.

In patchy moonlight seeping through broken windows, I reached again for Florence, to force her to the floor and protect her from flying glass. Fangs snapped into the flesh of my outstretched my hand. I snatched it back, raising my head to see what attacked me.

For the first time in my life, I accused my eyes of lies.

The red things had left the wall. They were slithering over every inch of Florence's slight frame. They wrapped themselves about her wrists and ankles, her knees and waist, and her arms and shoulders were cruelly trussed by preternatural invertebrates without a single rational reason to exist. Some of them wound themselves round and round her throat and mouth, so the high neck of the elderly woman's elegant pearly blouse was invisible beneath a crimson reptilian swarm. Florence was rendered immobile and silent, but for the shrill, soundless screams from her terrified eyes.

I heard it, then. I looked back at Alfie, asking him with a glance if he heard the same thing. He moved his chin as slightly as possible to answer me. Yes, he heard the sound, too. The vile noise was not merely part of some nightmare all my

It was far worse than that.

The red snakes imprisoning Florence were hissing again. This time, though, they hissed in a low murmur, in a concert orchestrated by an invisible baton wielded by an unearthly conductor. They hissed like a hellish chorus as they squeezed their powerless victim tighter and tighter.

I stood completely still, forcing myself to believe what I was seeing, and steadying my breathing so I could concentrate on the sound the snakes were making. And then I heard it.

The sound was words.

"she lies"

To be continued... ❖

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BY LEIGH MACDONALD

Catchers' Mitts E Throwing Back: HONORING WORDS BY MAYA ANGELOU

This year, the world lost Maya Angelou, an amazing teacher, poet, and activist. Despite a difficult childhood and challenges too numerous to count, she provided the world with a wealth of wisdom, compassion, and leadership. She will long be quoted by people looking to inspire or be inspired.

My favorite Maya-ism isn't particularly mainstream, and it comes from a 1998 television interview with Oprah Winfrey. During the interview, which marked Maya's 70th birthday, she shared — among other things — 13 things that she'd "learned." One of them struck me the moment I heard it, and it's a phrase that I ponder often. She said, "I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw something back."

She simply stated the point, along with 12 other points she'd learned. On many occasions, I've longed for the context in which she first pondered the idea, as I believe context is the true origin of a quote's weight. Over the years, I've come up with a few ways I apply it. And so . . . I share with you my interpretations of these wise words by Maya Angelou.

Listen. Really listen. And then respond. This may seem fundamental, but it's a mistake so often made. When we meet someone interesting, it's natural to want to soak up every word . . . to wear two "catcher's mitts" so as not to miss a moment or thought. But it's better to listen, engage, and fully respond. Doing so will foster real conversation, that is, conversation that connects people and flows in more than one direction.

Be kind, receive graciously, and say thank you. This also sounds basic, but many of us sometimes forget to be gracious. And an earnest "thank you" — while so easy to say — is really nothing more than "throwing something back." I can't sufficiently emphasize the impact it makes when we are gracious with cashiers, receptionists, and servers, not to mention the impact when we are gracious with our spouses, children, friends, and co-workers. And that impact isn't felt only by the person on the receiving end of our graciousness. Instead, graciousness seeps into the air, people feel it, and it prompts more of the same. It just does.

Allow others to love you, cook for you, and help you . . . all the while knowing you'll return the favor or pay it forward. I know that I'm not alone in the struggle to graciously accept kindness or help from others. I've researched this phenomenon, and at its core, the issue lies somewhere between control and feelings of weakness [that's a different article altogether].

Fortunately for me, I've been blessed with a handful of family members and friends who easily nurture others. One girlfriend stands out. Tina absolutely glows when she hosts friends or family for a meal that she labored over for hours, but she also finds it easy to sit in a comfy chair in my home while we chat about her day or mine. She is the quintessential example of gracious give-and-take, and I am confident she is a lesson to everyone who knows her.

Without question, Maya Angelou knew — at the end of her 86 years — that she was leaving the world better than she'd found it. Her legacy and words provide a wealth of guidance on happy, productive, and soulful living. For more information on Maya Angelou's life or writings, visit MayaAngelou.com. ❖

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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(Above) The Hackmans enlarged and upgraded the existing full bath so as to better accommodate overnight guests.

Innovative lower level solution with art studio works beautifully for three generations

"A home is a machine for living in," said 1930s architectural pioneer Eduard LeCorbusier. He meant that good residential design should meet current lifestyle requirements, yet retain enough flexibility to readily transition into a place that supports newly arising needs.

LeCorbusier died in the late 1960s, so he never met design consultant Mindy Mitchell. But, the two concur on some basic principles.

"You want a solution that fully responds to everyday needs," Mitchell said. "But it's also useful to consider how you might be re-using key spaces from time to time or even a decade from now."

This may be especially true in a "creative" household, Mitchell adds, where the goal is fostering an environment that organically responds to all sorts of overlapping projects within an orderly template.

Case in point: the recently re-invented lower level plan to the Great Falls home of Lesley and Tim Hackman, two long-term residents now actively involved in the community's burgeoning art scene.

Looking around the sunny, crisply articulated family play space (which will be featured in Sun Design's upcoming remodeling home tour October 17–19. For







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(Above) The stairway from the upper level opens directly into the media center. Lesley's studio is down the hall. Sun Design's Mindy Mitchell, who is also a professional organizer, was instrumental in designing a space with ample storage that's easy to maintain.

(Left) The Hackmans had gradually stopped using their nearly 1,000 square lower level except as a place for laundry and storage. An unexpected flood last Spring prompted Lesley to call in Mindy Mitchell of Sun Design Remodeling to explore ideas.

more information, see page 100.), it's a little hard to imagine that, last year, the Hackmans were scarcely using the suite at all.

Recently retired, Tim was free from professional obligations. The couple's two daughters were out of the house, raising families of their own. Like most empty-nesters, the Hackmans were idly wondering how to better use a spacious home designed for past needs.

"We had been talking about upgrading some rooms, but weren't using the lower level for much more than laundry and storage," Lesley said. "All the light in the entire suite originated from windows and doors on the rear elevation, so the interior rooms were too dark. Still, we hadn't gotten too far into an actual plan."

Then, an unexpected turn brought latent remodeling considerations to the fore. Last Spring, the entire lower level was flooded by 3 inches of water when a sump pump failed; it was a situation that could not be ignored.

"One way or another, we knew we were going to have to do something about it," Lesley said. "That's when I decided to talk to Mindy."

CONTINUED ON PAGE 128









that keeps works-in-progress out of view except when the creative process is actively underway.

(At left) Lesley uses her studio for quilting, photography and other art projects. Mindy Mitchell designed a cabinet system

CONTINUED FROM PAGE 127

A professional organizer as well as a space planner, Mitchell has been working with Sun Design Remodeling for close to a decade. Hackman had read about her projects. A possible collaboration seemed worth exploring.

"I'm generally the point person and *de facto* project manager," Mitchell said. "My job is to help owners get a clear idea of what they're looking for so that the design process is focused and on-track from start to finish."

This is especially critical, Mitchell noted, when the makeover needs to satisfy a diverse agenda.

For instance: Lesley wanted functional studio space for her quilting and photography. But, she would also babysit two

of her grandchildren three days a week, a commitment that would require work stations for arts and crafts projects as well as kitchenette suitable for the occasional cooking lesson.

She needed a media center large enough for the extended family (both daughters live in the metro area) and places to prepare and share a meal with easy access to an adjacent outdoor patio and backyard barbecue.

On an entirely different note, the lower level still had to perform its duties as the family laundry room. And it should also provide quarters for the occasional sleep-over guest.

"It's when an agenda becomes more specific that space planning really needs to be thoughtful and precise," Mitchell said. "In this case, we sought ideas that would give every lifestyle component its own integrity, while also allowing for modular adjustments where needed."

Hence, the existing full bath is enlarged and upgraded into something suitable for overnight guests, while one wall of the studio now accommodates a handsome custom cabinet that discretely conceals a comfortable Murphy bed.

The redesigned "all purpose" laundry/kitchenette/dining room now features a full-sized refrigerator, microwave,



(At left) The beverage center includes a wine refrigerator and ample storage for juices and soda.

(Below) Project lead designer Kim Kruskamp proposed several handy built-ins including a wet bar with square flat panel maple cabinet facings and 4" white granite surface.

(Bottom) While situated in the all-purpose room, the washer and drawer are usually behind paneled doors, entirely out-of view until needed.



and dishwasher. The washer and dryer are entirely out-of view behind paneled doors.

The great room on the lower level's southwestern corner is set up for family entertainment. There's a beverage center with a wine refrigerator in one corner. On the opposite side of the room, a wall-sized console with a flat screen television stretches out in front of an L-shaped viewing couch.

The new family room now segues down an adjoining hall into Lesley's new studio (formerly the unused guest room), which is also accessed from the "all purpose room" through a pair of frosted glass doors that maximize available light from the rear elevation.

"As a functional measure, we designed a series of shelves to hold ongoing projects," Mitchell said. "But they're all neatly tucked inside custom cabinetry, which means the studio can easily transition into a comfortable and private guest room when necessary."

Upstairs, the plan called for fully upgrading the master bath and an adjacent hall bath. The master bath features a walk-in shower with a glass surround and granite surfaced whirlpool bath that affords a restful view of the backyard tree tops.

Leslie Hackman said that the makeover has proven to be a perfect solution in this newly active phase of her life.

"I can spend the morning or afternoon working on art projects and helping the grandchildren. Then take a hot bath. It's a great environment. I'm really glad we created it."

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

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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. His work has received numerous Press Association awards for excellence in journalism. He can be reached at byrdmatx@comcast.net or www.HomeFrontsNews.com







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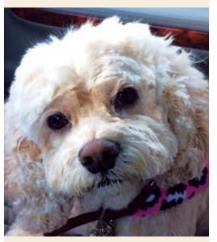




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MORTGAGE FINANCING IN 2014:

Is it Easier or More Challenging to Get a Loan Today?

ONE OF THE BIGGEST QUESTIONS BEING ASKED IN 2014 IS WHETHER CONSUMERS WILL HAVE A TOUGHER TIME QUALIFYING FOR A HOME LOAN OR IF THE LENDING PROCESS WILL BECOME EASIER THAN IT WAS IN 2013. NO ONE ANTICIPATES A RETURN TO THE LOOSE LENDING ATMOSPHERE OF THE HEIGHT OF THE HOUSING MARKET, WHICH WAS FOLLOWED BY A WAVE OF DEFAULTS AND SUBSEQUENT FORECLOSURES. These days, mortgage lenders are required by law to have all applicants provide extensive documentation of their income, assets, debt, employment history and credit history to demonstrate that they have the "three Cs": character, capital and capacity to repay a home loan.

New Mortgage Qualification Guidelines & Their Impact On Home Loans

In January, the Consumer Financial Protection Bureau introduced new regulations for the mortgage industry under the Dodd-Frank Wall Street Reform & Consumer Protection Act. Most notable of these requirements were qualified mortgages, also known as QMs, and the ability to repay rules, both of which were designed to protect consumers from taking on mortgages that exceeded their financial means. With QMs, for example, lenders are required to obtain full documentation from borrowers and allow a maximum debt-to-income ratio

of 43 percent. These loans must have a maximum term of 30 years and cannot include any risky features such as negative amortization, interest-only payments or balloon payments. Additionally, all points and fees must total three percent or less for loan amounts over \$100,000. (1)

The impact of QM rules on loan standards has yet to be determined, but projections anticipated about 20 percent of 2013 loans would not have met QM requirements. Additionally, the February 2014 Real Estate Lending Survey by the American Bankers Association shows that about 80 percent of respondents anticipate that QM rules will have a measurable reduction in credit availability. However, only 41 percent of those surveyed think credit will be less available on all mortgage segments, including QM and non-QM loans. The other 40 percent, meanwhile, believe only non-QM loans will be less common. (2)

Interestingly, recent statistics from Ellie Mae, a provider of data about mortgage loans, indicate that it may be getting a little easier than in previous years for borrowers to qualify for a home loan. Ellie Mae's April 2014 Origination Insight report shows the average credit score for an approved mortgage was 726 compared to 742 in April 2013. (While individual lenders vary in their qualification standards and QM does not set credit requirements, borrowers generally must have a credit score of 740 or greater to be eligible for the lowest interest rates.) The report also shows that 33 percent of closed loans in April 2014 had an average credit score of less than 700, compared with



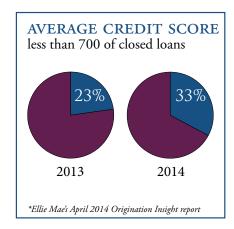
just 23 percent one year ago. At the same time, the average debt-to-income ratio for approved loans rose from 35 percent in April 2013 to 37 percent in April 2014. (3) Those figures include both Federal Housing Administration (FHA) insured loans and conventional financing.

HAVE THE REQUIREMENTS AFFECTED JUMBO LOAN FINANCING?

In addition to meeting the new credit and debt-to-income standards required by lenders, borrowers must meet the loan limits established by the government. In most housing markets, FHA loans and conventional conforming loans are limited to \$417,000, while in high cost markets such as San Francisco, New York City or Washington, D.C., the limit is set at \$625,500. Any loans above those limits are considered jumbo loans, which generally require a higher credit score and higher cash reserves than conforming loans.



Lenders, however, are increasingly competing for jumbo loan borrowers and competition keeps mortgage rates low. In addition, some lenders have been lowering their down payment requirements for jumbo loans to 15 percent and some experts believe lenders will approve jumbo loans with as little as 10 percent down. Jumbo loans are available as both QM and non-QM loans, but either way, borrowers should



expect to provide full documentation of their income and assets. (4)

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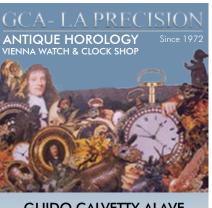
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Sources:

- 1. Consumer Financial Protection Bureau 2. American Bankers Association 2014 21st Annual ABA Real Estate Lending Survey 3. Ellie Mae Origination Insight Report, April 2014
- 4. MarketWatch

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. From extensive, neighborhood-level market information to Long & Foster's core services companies, providing mortgage, settlement, insurance and property management services, Long & Foster offers the services necessary to make today's real estate transactions manageable for owners and investors.

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Real Estate Update Courtesy of The Belt Team

HOME SALES DOWN ACROSS THE BOARD,

What About Prices?

BY TERRY BELT

As professional Realtors, it's our job to have a read on the housing market. We do this by taking the market's temperature and its pulse.

WHAT'S THE TEMPERATURE?

98.6 degrees Fahrenheit: that's the exact number that just about anyone can quote when you ask them what a normal temperature is. In real estate, we also like to know exact numbers.

On our blog (www.TheBeltTeam. com/blog), you'll find a year-overyear comparison between last year's and this year's home sales and home prices for each city in Northern VA. What you'll see is that, although each city varies in the exact number, the trend for the entire market is that the number of home sales is down. Great Falls and Oakton lead the way with

the largest home sale drop (44 percent and 36 percent down respectively). Burke and Springfield also had less home drop

WH

H areas have drop flat. a 12.3 percent rise in price. However, with only 13 home sales so far this year, that number is probably less statistically accurate and more of an anomaly. Chantilly and Vienna were the other two winners in largest price gain, with Chantilly prices rising 7 percent and Vienna right behind at 6.8

On the other end of the spectrum, we have what most consider to be the primary "luxury markets" of Northern Virginia: McLean and Great Falls. Both of these markets have seen the average home price drop since last year. McLean prices are down 3.1 percent, and Great Falls is down 1.6 percent. We also have

s so far this year, but only pped by 5 percent and 1 percent.	
HAT ABOUT PRICES?	_
Iere we see a wide swing. Some s have seen prices rise, while others	percent. Quite a few areas (Alexandria, Arlington, Ashburn, Burke, Centreville
e seen the average home price p. Still other areas have remained Dunn Loring leads the way with	Herndon, Springfield, and Sterling) are seeing prices rise, but very moderately in the 2 to 4 percent range.

NORTHERN VA	2013 SALES	2014 SALES	YR OVER YR	AVG SP 2013	AVG SP 2014	YR OVER YR
ALEXANDRIA	3122	2869	-8%	\$485,653	\$500,383	3%
ARLINGTON	1807	1644	-9%	\$599,888	\$621,221	3.6%
ASHBURN	1069	911	-15%	\$482,263	\$495,125	2.7%
BURKE	377	357	-5%	\$438,739	\$447,383	2.0%
CENTREVILLE	638	567	-11%	\$386,947	\$395,292	2.2%
CHANTILLY	513	434	-15%	\$449,341	\$480,806	7.0%
DUNN LORING	17	13	-24%	\$793,618	\$891,538	12.3%
FAIRFAX	1365	1163	-15%	\$494,691	\$502,509	1.6%
FALLS CHURCH	941	801	-15%	\$504,457	\$510,076	1.1%
GREAT FALLS	177	100	-44%	\$1,217,869	\$1,198,601	-1.6%
HERNDON	525	460	-12%	\$469,813	\$484,617	3.2%
MCLEAN	471	418	-11%	\$1,082,324	\$1,049,266	-3.1%
OAKTON	247	159	-36%	\$663,576	\$664,913	0.2%
RESTON	732	626	-14%	\$457,445	\$465,474	1.8%
SPRINGFIELD	776	772	-1%	\$432,298	\$446,459	3.3%
STERLING	737	676	-8%	\$378,760	\$393,913	4.0%
VIENNA	530	483	-9%	\$744,413	\$794,770	6.8%



several markets that are close to flat lining. Oakton, Fairfax, Falls Church, and Reston have all seen a less than 2 percent rise in prices.

WHAT'S THE PULSE?

When the nurse takes your pulse, they're measuring your heart rate. So, professional realtors measure the heart rate of the market.

How do we do this? We monitor the anecdotal data that we gather from open house attendance, conversations with potential and actual buyers and sellers, information from our trusted lending and settlement partners, competitive contract situations, and more. That's why a real estate team with more sales is much more in tune with what's happening in the market than a solo agent.

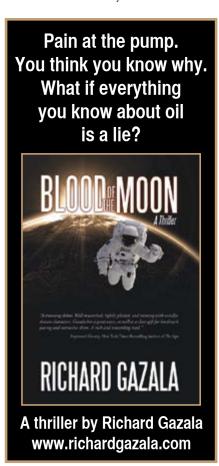
The heart rate in Northern Virginia remains healthy, but it has definitely changed over the past few months. While there are still pockets where homes sell in a few days and even have multiple contract offers, there are many areas where homes sit on the market for months.

Open house attendance is good, but there are not many opens that are just swarmed with people. Part of this is the seasonality of the market. But part of this may also be the psychology of the market. For a variety of intangible reasons, the market seems to have softened somewhat. And buyers are a bit more tentative.

BUYERS: Before you start looking for a home, ask your realtor to update you on your market numbers. Define your market by price range and city, maybe even school district, zip code, bedrooms, acreage, and anything else that is important to you. This will help you approach the market more intelligently in terms of whether you can make a low ball offer or whether you may still have to compete and pay over asking price.

SELLERS: Pricing your home to the market is the most important thing you can do to avoid sitting on the market for months. (Condition is second.) Many sellers think testing the market is ok. In some cases, that strategy might work. But in most cases, all it does is lower your eventual selling price and prolongs your carrying costs of the home. Statistics from the National Association of Realtors show that the longer a home is on the market, the lower the price it will sell for. If you have priced the home too low, then the market will respond accordingly, and you'll get multiple offers that bid the price back up to the max the market will bear.

For more info about your neighborhood or the neighborhood that you want to live in, contact The Belt Team at (703) 242-3975. We'll help create a personal strategy for your market. Regardless of whether you're buying or selling, you deserve the best Real Estate Team in Northern VA! (The Belt Team is ranked in Top Teams in the State of VA out of 30,000 Realtors.) ❖







ASK COACH

DEAR COACH AMY,

I am an attractive, professional single woman in my late 30s that would really

like to settle down and have a family. Most of my friends are married and are having their families. In dating, I feel I have been going in circles with the men that I have dated. I don't have trouble meeting men, and yet I just can't seem to find someone who I click with. The ones that like me, I'm not interested in, and the ones that I am attracted to are not interested in me. I am not sure anymore that I am evaluating my potential partners correctly with the right criteria. What am I doing wrong?

Frustrated in Falls Church

DEAR FRUSTRATED,

It seems like your love connection radar is off! Perhaps you have heard that in business it's all about location, location, location! However, I believe for relationships, it's all about values, values, and values! What do I mean by values?

Your values are what you treasure. They're what you hold dear. When your values are not aligned with your love interest's, you will feel discontentment and out of sorts. I can't stress how important it is to have a list with a detailed description of your values so that you can adjust your love radar connection in the right direction.

As a dating coach, I have observed that many of my clients' love connection radar is off and that they are choosing inappropriate people to date based upon the wrong criteria. When you adjust your love connection radar through your values, you will make better choices for yourself, and you will recognize a good potential mate sooner rather than later.

So, how do your values help you with finding that special person? Let me share with you my 3-Step Motivated-to-Marry Dating Secrets System:

1. First clarify who would be a good match for you.

Once you have written a detailed description list of your values, then you have to figure out which ones are your *personal values* and which are your *relationship values*. Your relationship values need to be *aligned* with your life partner, and your personal values need to be *supported* by your partner.

2. Next focus on where to go to find people who share your core relationship values.

You need to figure out where to meet people who share your values. You will find that you will connect with people because you share similar values. For instance, if you have value giving back to your community, you may find singles' volunteer opportunities so that you can meet other single people who feel the same desire. Also, it's important to express your values in your online dating profile so that you will attract the right people to your profile! Moreover, you can tell the people setting you up with dates what you are looking for in a partner based upon these relationship values. Then they can more accurately choose better matches for you.

3. Lastly, your relationship values will solidify your connection to your romantic partner. By honoring your core relationship values, you have the glue that will keep you together during the ups and downs of a relationship. When you share and support one another's values, you both get one another and find that you have an appreciative, supportive, respectful, and caring partner. This will give you the best chance for your future happiness in your romantic love partnership.

By disregarding your relationship values, you are missing the one thing that can make dating easier by determining who is a good fit. Then you also have a way to kindly pass on those who don't share your core values and be okay with that.

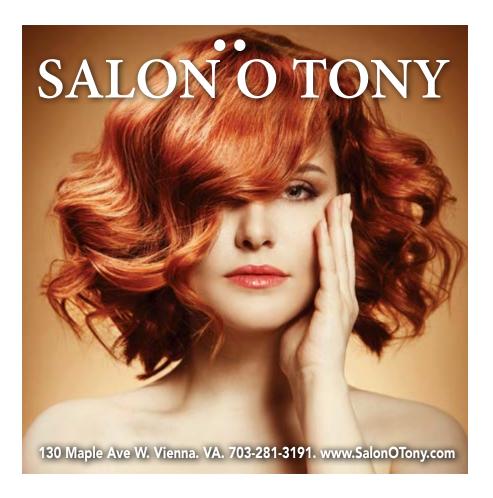
You will find that you will recognize the right one when you do focus on your values. Don't give up! I am sure the right guy is out there for you when you shift how you are looking for him.

Intentionally yours,

Coach Amy &

PS. If you would like to learn more about how to utilize your values to find and solidify true love, go to www.motivatedtomarry.com so you can best uncover your personal and relationship values in support of your quest to find and connect with your Motivated to Marry Mate!

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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Q: What should I do for my pets to prepare in case of a disaster?

- Betsy L., McLean, VA

C: Living in this area puts us at risk for events such as snow, ice, hurricanes, earthquake, terrorism, or war. We need to prepare for ourselves and our animals.

Rescuers may not take your pets, and, left behind, they may not survive. At times, people have been told to leave their homes for a short while, only to find that they cannot return for days or weeks. Having a plan quickens your response to disaster and ensures you can evacuate your entire household safely.

Create a plan so you do not end up like the Katrina victims who did not evacuate because shelters did not allow pets. In the aftermath, some people were found dead in their homes with their pets sitting quietly beside them. Others had to leave and then risked their lives to return to find pets on tabletops, swimming in their living rooms, or dead.

Because so many people didn't evacuate during Katrina because of their pets, that Representative Tom Lantos of California proposed The Pets Evacuation and Transportation Standards Act. It requires the FEMA director to ensure local plans take into account the needs of individuals with household pets and service animals.

Don't assume you have a special reason that your pet will be allowed in the rescue vehicles. During super storm Sandy, a blind woman in New Jersey was airlifted from the floodwaters of her apartment, but the helicopter did not allow her to take her seeing-eye dog, Molly. A nurse arranged the rescue and treatment of Molly. The team brought Molly to the hospital. The surprised owner said, "Oh, there's my baby!" Can you imagine how that woman's life and independence would have suffered if Molly had died? Seeing-eye dogs take two years of intensive training and testing, and cost thousands of dollars, yet her value didn't warrant her being rescued.

Natural disasters like hurricane Katrina and super storm Sandy do have a silver lining: making people cautious during disaster warnings and leaving when first prompted. How do you plan for your furry, feathered, or scaled family members?

The American Veterinary Medical Association has a booklet called "Saving the Whole Family." Download it free at www. avma.org/disaster. Refer to it for more information on the following guidelines.



Assemble an evacuation kit.

In a plastic storage bin, store all the items listed in the booklet to keep your pets comfortable. If you must leave, or if you're home without running water, electricity, or mobility. Items such as a battery-operated radio and bottled water will also keep you comfortable.



Have identification. This item is the most important.

Types of identification include the following:

Collar tag: Have your permanent address on the tag, put tape on the back of the tag and write your evacuation-site information with permanent marker. If you evacuate to Ohio, your address in Vienna will not help if your pet gets lost.

I was once driving on 395 and came upon an SUV on its side, the windshield shattered. Others were helping, so I slowly passed. I saw a small dog running along the shoulder. I stopped and called to the little dog. I put her in the car, called the number on her tag, and left a message. The owner was relieved I had found her dog that had jumped through the missing windshield. The owner did not have major injuries, but feared her pet had been hurt or lost.

Unfortunately collars and tags can come off, so you should also have a permanent form of identification.

Microchip: A veterinarian who volunteered with the animal rescue efforts



in California after a wildfire said that if all the animals had microchips, it would have increased their pet-owner reunion rate by 70 per cent.

Tattoo: Most people put their phone number, which may not be helpful in a disaster with lines and cell towers down, but it can at least prove ownership.

Proof of ownership: If your pets land in a shelter or with an individual, you will get them back quicker if you have your pets' registration, adoption papers, purchase receipts, microchip information, and photos of you with your pets. Keep these items in your evacuation kit in a Ziploc bag.

When Lyons, Colorado suffered a massive flood, an owner of two collies evacuated and left the dogs on the roof with food and water. They were rescued, but their trail was lost. Through a misunderstanding, they were not scanned for a microchip. The owner finally found the right rescue group, provided microchip numbers, and the dogs were eventually returned to their owner. This story shows why it's important to keep your pet's records and why you cannot rely on disaster rescues.



Arrange transportation and housing. Know where you are going and how you are getting there.

Have a leash, collar, or harness for each pet (even cats, rabbits, ferrets, and large lizards). Have a carrier for each pet; no sharing. In stressful times nerves are frazzled and friends can fight. Also, pets may be in carriers for days. Bird cages act as small-bird carriers, but if you have larger bird, you will need a dog-style carrier, fitted with a perch, ready to go. No one will dolly out a large steel cage in an emergency. Carriers should be large enough to hold two bowls, leaving room for the pet to stand and turn around. Have a portable litter box for cats (tinfoil baking dishes make compact, portable ones).

Locate and prearrange an evacuation site for your family and animals outside your immediate area, ideally with a friend or a pet-friendly hotel. Also, have options such as kennels, veterinary hospitals, and animal shelters. Have these addresses and phone numbers in your evacuation kit. Find places two, four, and six hours away in different directions.



Plan for what to do if you're not home. Sometimes you can't make it home and have to evacuate from where you are.

Have stickers (most veterinarians carry them) on your front windows to indicate that animals are on your property and show where to find your evacuation kit.

In your kit, keep muzzles, wild-cat gloves, and catch nets (a fishing net from a sporting goods store works). Your sweet kitty will probably not let someone pick her up and deposit her in a carrier when water is pouring into the house, fire is raging, or sirens are sounding. Your kitty will be a frantic, fight-or-flightraging ball of adrenaline. Most rescuers are not professional animal handlers. Most are volunteers because they care. In New Orleans, a group of ASPCA volunteers, known as The Ninja Team, could get animals no other team could. A chihuahua was such a little land shark that two teams failed to rescue it. The Ninja Team went in and, with towels, gloves, and guts, got the snarling ball of muscle into a crate. Don't let your pet require The Ninja Team; give helpers the tools they need to make the rescue, no matter what you think of your pet's personality.

Have two designated caregivers (can be the same person). One should be short-term, one long-term.

The short-term caregiver should be a neighbor (no driving required because roads may be blocked) who is home when you are at work and should have a key, know your pets, and know the location of your evacuation kit. He or she should also have your contact information, including your designated evacuation location.

The permanent caregiver needs to be someone you entrust your pets to if you die or are disabled. Have a full discussion with this person about the type of care your pets need and your expectations. Consider providing a financial trust for your pet's future, so you don't cause financial hardship for the permanent caregiver. Contact your lawyer or the ASPCA at www.aspca.org for help with the legal aspects.

For helpful websites see www.aspca.org, which has pet recovery sites; www.paw-rescue.org; and www.takeyourpet.com. The "Saving the Whole Family" booklet lists even more sites.

As a pet owner, you have the responsibility of another living being. Don't forget about your pets when times get tough. Plan ahead to include them in your household disaster preparedness plan. *







CAN YOU HEAR ME NOW?

impairment hearing close captioned

middle congenital

BY RICK MUNDY

Mae Belle Fuselier is no stranger to this magazine. She was the subject of a senior profile back in May 2012. When she recently recounted the tale of her hearing loss, subsequent struggles, and ultimate success, we recognized a great opportunity to talk about exceptional customer service and also to get her name correct for our readers. It's Mae Belle, not Maebelle. As she explains, "In the South, almost everyone has two names." Sorry, Mae Belle. But on to her story.

Three or four years ago, Mae Belle started noticing that she was beginning to have trouble understanding everything in a conversation, especially if several people were involved. If she was on the phone, she would find herself asking people to repeat what they had said. Many times in church she struggled to understand the priest.

One week a member of her over 50 club referred her to someone who had sold him a hearing aid, so she got in touch and purchased hearing aids for herself. Well, she started having problems with them right from the start. They didn't fit quite right and the sound quality was less than expected. Mae Belle called to make an appointment to get adjustments but there was no answer. Apparently the company had gone out of business without letting anyone know. She questions whether the provider was even a doctor.

A short time passed and Mae Belle went on struggling with conversations and wearing headphones while watching TV in order to hear more clearly. Then she found Ascent Audiology and Hearing, the office of Dr. Ana Anzola. What Mae Belle experienced was night and day when compared to her earlier episode. "The minute you walk through the door, you feel welcome," she exclaims. "They are completely at ease with everybody and they make you feel like they've known you forever. They make you feel so good that you can relax and stop being nervous."

She was tested and fitted for new hearing aids and the new ones were "so much better than before. I don't have to maintain eye contact with the speaker all the time in order to understand everything being said. I don't need the headphones with TV and I enjoy conversations again because I understand what's being said. It's so much clearer. On top of the improved hearing, these new hearing aids were less expensive than the first ones."

Mae Belle goes on to describe the service she received. "Dr. Anzola will tell you what you really need. She doesn't try to sell you something that wouldn't be right for you. Then they keep tabs on you to make sure that everything is working to your satisfaction. I went back three times to be checked so they would know that the hearing aids were doing the job and were comfortable. This is a company that doesn't forget you and they won't disappear on you."

A friend who accompanies Mae Belle to many of her appointments chimed in with more praise. "I have never seen anyone treat the elderly so well (Mae Belle is almost 95). They know everyone's name and treat each person with the utmost respect. There is no stress, no rushing to get to the next patient. It's like visiting a friend. Plus the parking situation is perfect, especially for older people, since the office is on the first floor. In fact, if they see you getting out of the car, they'll come out to help you in."

Mae Belle adds, "If I had to recommend a doctor to anybody, I would certainly recommend Dr. Anzola and her staff.

In a time where smaller independent offices are threatened by much larger chains, Ascent Audiology and Hearing has obviously discovered the benefit of extraordinary customer service. If it chooses to, the small company can

provide a very personal experience that the client treasures. This makes for lasting relationships and a strong local economy.

As for Mae Belle, she is thrilled that she can go about her life with one less thing to worry about. She still drives and better hearing makes her less uncomfortable on the road. "There was a period of time earlier in my life when I did not drive," she admits, "I felt like a prisoner not being able to take off when I wanted or needed to."

These days there is little that holds Mae Belle Fuselier back. "I don't think about my age much. No matter what age you are, you should go ahead and do what you feel like doing. Compared to a younger person, I probably don't do much, but I don't just sit around. In fact I don't have enough time to do all the things I want."



It sounds like we haven't heard the last from our friend, Mae Belle, and perhaps dear readers, you'll learn even more about this nonagenarian in the future. *





BUDDING ARTISTS at Any Age

Recent Works

BY RICK MUNDY

ccording to the well-known adage, "You can't teach an old dog new tricks." This suggests that, as people advance in age, they are less likely to take on new activities and hobbies. Not true at Sunrise of Falls Church, a senior living community. An intrepid group of Sunrise's residents gather weekly to learn to share their feelings and ideas through art.

Thanks to the efforts of Theodor Munteanu, the activities and volunteer coordinator for the Falls Church facility, art classes are held every Thursday afternoon under the direction of local artists, Eileen Hecht-Levy and Donna Byrne.

The fledgling artists meet in the front room, where they will usually find a bowl of fruit or other still-life arrangement for inspiration. Some may choose to paint that scene, while others create from imagination. It doesn't matter to Hecht-Levy whether they paint the fruit, their own mountain scene, or some other design.

"The goal is that they discover new ways to express themselves and have fun!" Hecht-Levy said.

On this particular day, there are seven artists, accompanied by one supportive spouse, who are concentrating intently on the activity before them. None speak very often as they explore their innate abilities with color, texture, balance, and design.

Of the five who choose to represent the bowl of fruit on paper, there are five unique interpretations of the model before them. Colors vary greatly. Some have a delicate approach, others bold. At the end of a class, the paintings may end up in the residents' rooms, in relatives' homes, or in the collection at Sunrise.

Eileen and Donna guide, make suggestions, and possibly draw an outline to assist with the process. Their combined style is one of gently supporting each individual in their craft, so their main techniques are encouragement and praise.

It is indeed evident to the non-artistic casual observer that true talent is present in the room. The seven include Marie, Jenny (with husband Don), Jean, a gentleman known as Cowboy Bill, Peter (at 100 years old), Paula, and Julie.



When Jenny was asked where she learned to paint so well, she said, "I taught myself."

Each has their own history of accomplishments, family and community interactions to draw on and their art is simply an expression of who they are.

Likewise, the activity coordinator and instructors have their histories.

Theodor comes from Moldova. He attended a military boarding school and has worked as a supervisor in customer service, managed restaurants, and helped friends develop businesses. Arriving at Sunrise from the Trade Center Management Association, he directs volunteers and activity programs for the residents. He hopes to advance within Sunrise to director. He originally saw the potential for the art class and recruited Eileen Hecht-Levy.

As one of the students' most enthusiastic fans, Theodor shows off their work from past months. In fact, the Sunrise artists were featured in an art show during FIRSTfriday of Falls Church last winter.

Eileen studied at the University of Arts in London. She is an accomplished artist who devotes much of her time to helping others discover their artistic ability. She credits her late husband, Dr. Chauncey Levy, with encouraging her to go back to teaching. Her many area students are fortunate that she did.





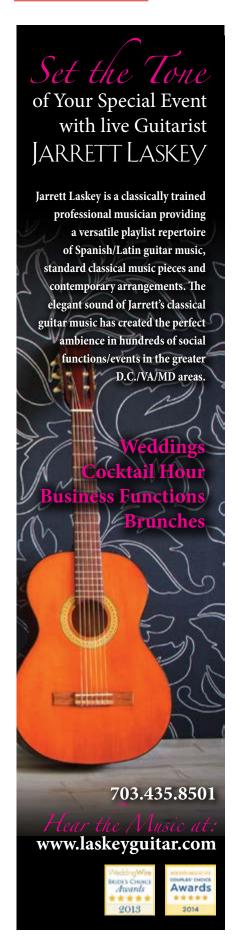


Donna Byrne (profiled in the May-June 2011 VivaTysons) is another artist who enjoys working with new artists. She has been painting since she was 15 and believes strongly in the idea of "art for all": that everyone can achieve fulfillment from exploring their own artistic bent.

"Donna is the best," Eileen said. "She does beautiful work. Without Donna, I'd be up a gum tree."

Renowned American folk artist, Grandma Moses started painting in her late 70s and achieved great fame. Thanks to the efforts of the dedicated support team and the small band of committed artists, Thursdays at Sunrise are exciting and emoting afternoons. Perhaps the next Grandma Moses is getting ready to emerge. *





YOUR OFFICE DESK AND FLOOR



SOME LIKE IT MESSY, SOME LIKE IT NEAT. What's the difference?

WALK INTO AN OFFICE WITH A DOZEN DESKS AND YOU'RE LIKELY TO SEE 11 THAT ARE CLEAN, ESPECIALLY AT NIGHT, AND ONE THAT HAS MISCELLANEOUS PAPERS, FILES, BOXES, AND HALF-EMPTY BOTTLES OF WATER.

The person who works there says he's just creative and likes to have all his stuff in sight so he doesn't have to dig into a file cabinet.

Some research supports the messy/ creative system. A study of 48 students at the University of Minnesota showed that people working in a messy room came up with more creative ideas for using pingpong balls than those in a tidy room.

But for neat co-workers, just the sight of piles of papers and stuff can stress them out, distract them from work and may even hurt their performance. The appearance of your desk and work area is hugely important, says Judith Bowman, author of books on corporate

etiquette. But the desk and floor around it are very personal. Criticizing them is like telling someone they're a sloppy dresser or a bad housekeeper.

Some messy people say they work too fast to stop and file things. Others say the clutter itself has an organizing system. Still others say the mess is like a visual to-do list. Pressuring mess-makers to clean up isn't easy.

About 57 percent of adults surveyed by Adecco, a staffing company, have judged co-workers on the appearance of their workspace, and 28 percent say they would be less likely to promote someone with a messy workspace.

A few employers hold annual decluttering days. Messy people just make their paper stacks look neater.

The Wall Street Journal tells of one executive whose desk includes porcelain animals, sports memorabilia, foam guns, computers and batteries.

If he wants to concentrate on something, he moves to another room. &



Investors live in hope that someone can answer this question for them. They believe that "experts" can know when the environment is right for gold or emerging market stocks or biotech. Unfortunately, the reality is that nobody knows the future since, as Winston Churchill once said "History is a series of surprises." The history of financial markets is no different...a series of booms, bubbles, crashes, depressions, inflationary spirals, stagflation, etc.

Investors' quest to find the best places to invest leads them to make very poor decisions, tending to crowd into hot investments near the top and to exit near the bottom. The research firm DALBAR tracks this through the money flows into mutual funds and consistently finds that investors underperform the overall indices by about 3.5% per annum. Interestingly, investors tend to overstate their own returns by about the same amount...somehow convincing themselves that they have matched the market when they haven't.

The traditional wealth management/financial planning firms will answer the question of where to invest now by claiming that market timing does not work, so one should just hold a diversified portfolio of asset classes. While this may help investors get the "market" returns over time, it exposes the portfolio to large potential losses during market dislocations. Investors felt this pain in 2008 as nearly all markets fell simultaneously...stocks, commodities, real estate, private equity. Most hedge funds also fell in this period as their strategies turned out to be sensitive to market conditions as well...and thus were not really hedge funds at all. Wealth managers' major role during the 2008 crisis was to answer worried investors' phone calls and advise them to hang in there despite the significant real losses they were experiencing.

Is there a better way? The answer relates to the market timing issue. Yes, most investors are bad at market timing...because they get greedy near the top and panic near the bottom. If their timing is so poor, who is making the money that they are leaving on the table? It turns out that there are specific strategies that do a much better job of navigating the twists, turns and surprises in the market...

methods built around the proven core concepts of momentum and relative strength. Specifically, I think in terms of two strategy types...defensive, which automatically exit from poorly performing assets on the way down in order to avoid getting caught in serious bear markets ("know when to hold 'em and when to fold 'em"), only returning when the market turns around, and opportunistic, which seek to rotate exposure into assets that are doing well ("there's always a bull market somewhere") and away from those that are doing poorly.

Investors should rethink diversification. I propose that investors should be diversifying across assets as well as true hedge-like strategies in order to be better prepared for the unknowable future. Investors need to "lean in" and demand better choices for their hard earned wealth than



passive buy and hold portfolios. **AUTHOR:** Jacqueline Ko Matthews is CEO of PJMINT.COM. She is a former Goldman Sachs investment banker and worked for Virginia U.S. Senator Mark Warner's \$200m family investment

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COMPANIES PLAN TO STAY SECURE WITHOUT PASSWORDS

THE BEST PASSWORDS INCLUDE LETTERS, NUMBERS, SYMBOLS AND A MIX OF CAPITAL LETTERS.

They are long, complicated and hard to remember. As a result, technology companies are rushing to provide solutions that are both more secure and more convenient.

Many laptops come with built-in fingerprint readers. Smartphones and other devices are opening up options such as facial recognition and voice recognition.

Apple says its new iPhone will come with a fingerprint sensor, and Microsoft says its Windows 8.1 operating system is optimized for fingerprint biometrics.

Google, Paypal, Lenovo and others have come together in an organization called FIDO (Fast Identity Online) Alliance, which is working toward creating industry standards for forms of so-called strong authentication.

A password token could also be the answer. Google is testing tokens with their employees this year and may offer them to consumers next year. The tokens provide a way of logging in created by Yubico, Inc. They generate numeric passwords which companies have used for years as a second form of authentication.

Employees simply plug the token into a USB port or touch it on a mobile device using near-field communication. •

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AMAZON'S NEW FIRE PHONE:

THE ULTIMATE IN IMPULSE BUYING

AMAZON HAS CREATED A STORE THAT TRAVELS WITH YOU, INSTANTLY CONNECTING YOU TO THE THINGS YOU WANT AT THIS PARTICULAR MOMENT.

Retailers are saying the new Amazon Fire smartphone is too smart for its own good with its unique Firefly button.

Press the button and the phone can instantly recognize a tune you are hearing on the radio, or a dress you see in a store. Or faces. Or artwork. Even scenes from a movie.

And, of course, you will be instantly hooked up with the Amazon purchase site. Talk about impulse buying.

Plus the new dynamic perspective technology gives a 3-D look at products or games that moves in concert with the user's head.

Cloud storage: Among its better features is unlimited cloud storage for your photos.

Mayday 24-by-7: It's tech support for the phone, which made its debut on Kindle Fire last fall. Help is available if you have roaming issues or need advice on how to install Bluetooth in your car.

AT&T will be the exclusive wireless provider on the phone.

The cost of the Fire Phone is \$199 with a two-year contract and 32 gigabytes of storage. It costs \$649 without service. •

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Thousands of riders are now getting to and from Tysons Corner aboard the Silver Line.

After waiting through years of planning, construction, and delays in opening, Metro began service along the Silver line on July 26, connecting Reston and Tysons Corner directly to downtown Washington without transferring.

People stood in long lines in Reston to ride the first train open to the public. While dignitaries and political leaders praised those who had worked on the project and thanked themselves over and over again, the smiles on the faces of those first passengers best told the story of the excitement of those who caught that first train.

Since opening day when ridership numbers passed most expectations, the number of people riding the Silver Line trains has been impressive.

Metro officials, elected officials, and those who built the project for the Metropolitan Washington Airports Authority all say the new line is off to a solid start. Metro reported that nearly 220,000 trips were taken to or from the five new Silver Line stations during the first week of operations.

CONTINUED ON PAGE 150





- First, the old service roads that used to parallel both the east and west bound lanes were done away with as part of the necessary widening of the roadway to accommodate the rail line in the median.
- As construction of the rail line moved close to completion, sidewalks were built along both sides of Route 7 to improve pedestrian passage. These sidewalks have variable widths between 11.5 feet and 17 feet wide depending on the area along Route 7.
- Route 7 has 3 crosswalks, one at each of the 3 major intersections (Westpark/Gosnell, Spring Hill Road and Westwood Center/Tyco Road). There are crosswalks across the side roads as you travel east or west along Route 7.
- Pedestrians may also cross Route 7 using the pedestrian bridges at the Spring Hill and Greensboro Metro stations. These are free to those who simply use them to cross the streets rather to access the Silver Line trains. Those bridges are accessible by stairs, escalators and elevators and are open the hours as rail service.
- In addition, trees have been planted along the sidewalks where street lights are being installed.

Fairfax County continues to work to improve other sidewalks along streets in the station areas.





(Bottom left, opposite page) View of a shopping plaza from the Silver Line along Route 7.

(Top right) Screen on Silver Line train.

(Middle right) Commemorative Silver Line farecards were given out during the Opening Day celebration.

(At right) View of the pedestrian bridge and Kiss & Ride from the McLean Station.







CONTINUED FROM PAGE 148

Those numbers are expected to grow as residents adjust to the new system and learn how to get to and from the stations. The end of summer vacations and the start of the school year will mean more riders.

At mid August, Metro said 15,942 passengers were boarding at new Silver Line stations daily. That's two-thirds of the long-term goal of 25,000 boardings after a year of service.

Those numbers don't surprise elected officials who have long supported the project and believed in the transformation that it would bring to Tysons Corner.

Fairfax County Board chairwoman Sharon Bulova, who has touted the successful opening and what the new line means for Virginia and the metropolitan region, quoted the Washington Post's traffic guru Bob Thomson (otherwise known as Dr. Gridlock) to describe the Silver Line. "This new train thing is going to be big. No planner's document, no artist's rendering matches the understanding conveyed by taking transit through Tysons Corner, out to the western suburbs and back to the middle of the D.C. region. Creating train access for shoppers to gigantic malls at Tysons is like telling 16th century European merchants that they have a sea route to the Spice Islands. They'll figure out the rest. For commuters, there's new, car-free access to job centers previously reachable only by braving some of America's most soul-sapping drives," Thomson wrote after his first ride. *











(At left) Passengers ride on one of the first trains on Opening Day.

(Below) Riders enter through the faregates at the Wiehle-Reston East Station.

(Above) View of the car dealerships from the Spring Hill Station.

(Top Right) Signage for the Spring Hill Station.





approaches platform.

(At right) New reflective artwork displayed on the

(Below) View of the Kiss & Ride and Route 123 from the McLean Station.







PLAZA AT TYSONS CORNER

Signals Dramatic Changes

For those who prefer a visual experience to help them understand what is happening, they must visit the plaza at Tysons Corner Center, the delightful outdoor area that encircles Tysons Tower, a 22-story office building that is home to Intelsat and DeLoitte; The Vita, a luxury residential tower with 429 luxury apartments and several penthouses; and the Hyatt Regency, a 300-plus room hotel.

The plaza, about the same size as football field, sets the tone for the incubating urban Tysons that is now so evident. It is a gathering place for the young and old, a surprising place to sit, relax, and people watch, a new entrance way into Lord & Taylor, a playground, a life-sized chess set, movies, music, fire pits, ping-pong tables, and a a fountain. Come Christmas, there will be a towering Christmas tree, destined to become a community tradition. Macerich, the owners of the mall, refer to the plaza as "the heart of Tysons Corner."

The plaza includes a special public art project named Early Bird. Created by a group of local artists called the Workingman Collective led by two George Mason University professors, Early Bird includes more than 60 individual life-size birds representing those that are native to this area. According to Macerich, Early Bird is named for the first communications satellite, launched into space in 1965 by Intelsat, the anchor tenant in the new office tower adjacent to the plaza.

There is a bridge connection between the plaza, which is suspended about 32 feet above ground, and the new Tysons Corner Silver Line station.







According to Macerich, it is the first elevated plaza on the East Coast.

While the plaza and the office building are now opening, the apartment and the hotel will not open until next Spring. With those additions will come several new restaurants. Shake Shack has already opened on the plaza. Today, more than 22 million shoppers come to Tysons Corner each year for the mall's more than 330 shops, restaurants, and entertainment attractions including a 16-screem IMAX movie complex, The American Girl Store, Microsoft, and Disney Store.

As a lawyer from Alabama walked the plaza on a recent Sunday afternoon with his young daughters and looked at the nearby Tysons Corner rail station and the construction around it, he simply said, "This is amazing." Indeed, a far cry from the days when he stood in line at the old Tysons movie theaters that used to be in the area when he was growing up at the edge of Tysons. He says he plans to come back to see the 50-foot Christmas Tree that is planned for the plaza later this year. *















PUBLIC ART Installed at Tysons Corner

Artist Ray King installs his creation using the natural phenomena of light interacting with optics of glass along the Route 123 side of the Tysons Corner Station. The Philadelphia artist was selected to create public art at this station through an international competition. Photos by Chuck Samuelson, Dulles Corridor Metrorail Project.



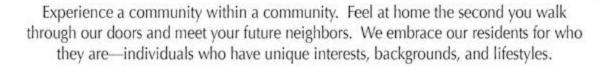


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The long awaited "Gypsy Soul" has opened in Fairfax, also in the Mosaic District at 8296 Glass Alley gypsysoul-va.com. Celebrated Chef RJ Cooper's new restaurant features both classic and contemporary flavors inspired by the chef's "free-spirited wandering." His motorcycle license plate says "BRAISE." We're on our way!



Local Vienna Resident Denise Lee is opening Social Burger in The Jade Shopping Center at 350 Maple Ave. West in Vienna. A September opening is planned.









It's Here! Shake Shack has opened in the new Tysons Plaza with

ShackBurgers, Shakes, Flat-Top Dogs, (and table tennis)...Pick up some Shack Burger dog biscuits, too...www.shakesshack.com.



And more...Finnegan's Irish Pub will be paddy barry's on Route 7 at International Drive. Can't

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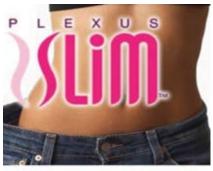
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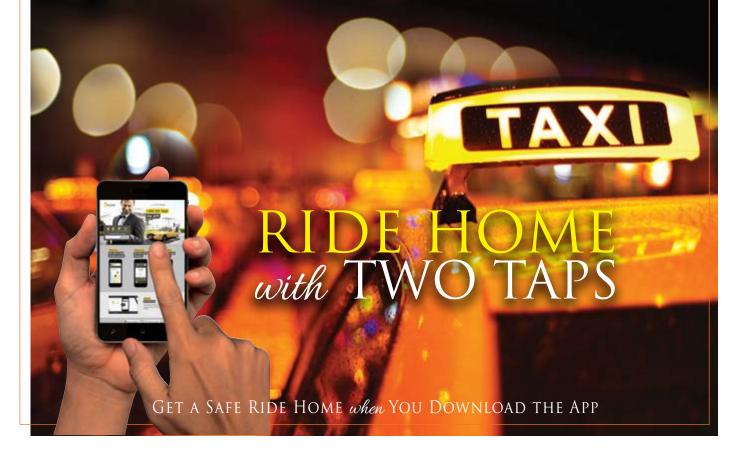
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- Uber vehicles are brand new

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TRIVIA TEASER: A SLICE OF PIE

- 1. What toy was based on empty pie tins thrown by Yale University students?
- a-Hula hoop

b-Frisbee

- c-Yo-yo
- **d**-Super ball
- 2. In 2000, who had a hit with a cover version of the Don McLean song, "American Pie"?
- a-Lady Gaga **c**-Madonna

b-Fergie

- d-Fiona Apple
- 3. Who starred as a pregnant, pie-making waitress named Jenna in the 2007 movie "Waitress"?
- a-Keri Russell c-Ashley Johnson

b-Lea Michele

d-Mary Elizabeth Mastrantonio

4. How many wedges fill the pie piece in the game of Trivial Pursuit?

b-5 **c**-6 **d**-8 **a**-4

- **5.** What letter follows pi in the Greek alphabet?
- a-Upsilon b-Rho c-Sigma d-Zeta
- 6. The Pie Hole was the name of a pastry shop on what TV series?

a-"Men in Trees"

b-"Pushing Daisies"

- **c**-"Northern Exposure" **d**-"Wonderfalls"
- 7. "I Think I'm Having a Relationship with a Blueberry Pie!" and "My Granddaughter Has Fleas!" are compilation books of what comic strip?
- a-"The Family Circus" b-"Marmaduke"
- c-"Garfield"
- d-"Cathy"
- **8.** What actor played dimwitted jocks in the movies "American Pie" and "Election"?
- a-Chris Klein
- **b**-Ashton Kutcher
- c-Matthew Bomer
- d-Chris Pine
- 9. Tamara, the Queen of the Goths, is served a meat pie made of the flesh of her own sons in what Shakespeare play?
- a-"The Tempest"
- **b**-"Titus Andronicus"
- c-"Coriolanus"
- d-"The Winter's Tale"
- 10. Which character on "The Big Bang Theory" was nicknamed "Moon Pie" by his grandmother?
- **a**-Howard Wolowitz **b**-Sheldon Cooper c-Rajesh Koothrappali d-Leonard Hofstadter

HOW TO **SOLVE SUDOKU**

PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

EASY NINES SUDOKU

6		4						
2	8			9				
		9	7	8		2		5
	9	1						
3		2				5		9
						1	8	
9		6		2	7	3		
				4			6	7
						9		4

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MATH PROBLEMS

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

Simon wants to attend more group exercise classes at his gym. This week, he plans to attend 3 cardio classes and 2 weightlifting classes, which will last a total of 266 minutes. Next week, he hopes to attend 3 cardio classes and 5 weightlifting classes, which will last a total of 395 minutes. Given that all cardio classes and all weightlifting classes are the same length, how long is each class?

Every cardio class lasts for __ minutes, and every weightlifting class lasts for __ minutes.

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

Lyla is thinking of two numbers. Adding 10 times the first number and 8 times the second number gives a total of 46. Also, adding 7 times the first number and 8 times the second number gives 37. What are the two numbers?

The first number is ___, and the second number is ___.



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Stephen Covey, consultant, author of "The 7 Habits of Highly Effective People"

SUDOKU Answers

6	5	4	1	3	2	7	9	8
2								
1	3	9	7	8	6	2	4	5
8	9	1	2	7	5	4	3	6
3	6	2	4	1	8	5	7	9
4	7	5	3	6	9	1	8	2
9	4	6	8	2	7	3	5	1
5	2	3	9	4	1	8	6	7
7	1	8	6	5	3	9	2	4

GOOD COMMUNICATION IS AS STIMULATING AS BLACK COFFEE, AND JUST AS HARD TO SLEEP AFTER.

Anne Morrow Lindberg, American author, aviator, wife of Charles Lindberg

HAPPINESS COMES When Your Work and Words are of Benefit to Yourself and Others.

Jack Kornfield, American author, teacher of Buddhism

Answers to 'A Slice of Pie'

- 1-b, Frisbee
- 2-c, Madonna
- 3-a, Keri Russell
- 4-c. 6
- 5-b, Rho
- 6-b,"Pushing Daisies"
- 7-d, "Cathy"
- 8-a, Chris Klein
- 9-b, "Titus Andronicus"
- 10-b, Sheldon Cooper

Answers to **MATH PROBLEMS**:

- A) 60 min for cardio, 43 min for weightlifting
- B) first number = 3, second number = 2

WEIRD WORLD

ALE-EMENTARY SCHOOL

"Got beer? Belgian first graders do. A group called Limburg Beer Friends has talked at least two elementary schools into serving low-alcohol lagers and bitters at lunch, and more may follw this fall. Students are lapping up the program, says LBF chair Rony Langenaeken, who's convinced beer is better for kids than sugary soda drinks."

-NEWSWEEK

THANK YOU, COME AGAIN

"When an armed robber who took less than \$100 from a 7-11 store in St. Peters, Missouri, couldn't get his getaway car started, he returned to the store, handed back the money and told the two clerks it was all just a joke. They agreed to give his vehicle a jump start, not to write down his license plate number and wait about 40 minutes before calling the police. 'We have a friendly town out here,' police Officer David Kuppler noted, indicating the suspect was arrested anyway, 45 minutes later."

-WACKY NEWS

Excerpts taken from: Uncle John's Unstoppable Bathroom Reader

ONE-OF-A-KIND HOTELS

Jule's Undersea Lodge

There's only one way to check into this pleasure palace—by scuba diving to it. Set at a depth of five fathoms (30 feet) below the clear waters off Key Largo, Florida, this two-bedroom facility is the only underwater hotel in the world. As you flipper down from the surface, you will pass through schools of fish on your way to the barnacle-encrusted building, a former scientific habitat. You'll pop up into the lobby through a small pool (compressed air pumped into the lodge keeps the sea water out). Moments later a "mer-porter" delivers your luggage in watertight containers. There's a lounge with a comfy couch and a TV/VCR, but most guests prefer to watch sharks through the 42-inch picture windows in each bedroom. A "mer-chef" will dive down to cook and serve your lobster dinner. You can take an evening stroll along the bottom of the coral lagoon, your way lit up by millions of phosphorescent plankton.

OUT 'N' ABOUT TREE RESORT

Set in the deeply wooded Illinois Valley of Oregon, this "treesort" has 14 different treehouses, some as high as 36 feet up. Since many are connected by swinging bridges and rope ladders, once you're aloft, you never have to put your foot on the ground until you check out.

At one time local authorities closed the tree-houses to the general public because they didn't conform to county codes. However, the owners friends were welcome to stay there. Michael Garnier called his friends "Treemusketeers." Soon Treemusketeers from all over the world were buying T-shirts with specific dates on them. When they arrived to pick up their T-shirts, Garnier would invite his new "friends" to spend the night in one of his treehouses. (The county finally gave up in the face of this scheme and issued a permit.)

Excerpts taken from: Uncle John's Unstoppable Bathroom Reader

HOROSCOPES

SEPTEMB



VIRGO: Do the groundwork properly and leave the rest to the future. Realize that you'll have to know all the technicalities before you venture into that new territory.

LIBRA: Your long term plans and ideas are taking shape, But your values could be put to test as the year closes. Stay in touch with those around you, the near and dear ones.

SCORPIO: In general, peace and tranquility will prevail in your life for rest of 2014. As your status improves, more of the comforts you yearn for will be available to you.

SAGITTARIUS: Now, you can look forward to the recognition you think has been eluding you. Pay attention to the finer points and teamwork will do well for you.

CAPRICORN: When you feel a little sluggish in the a.m., in spite of coffee, avoid being a victim to it. You know that when you get started and interested, the fatigue will pass.

AQUARIUS: You are in a position to understand your partner in a much better way. And yes, the magic of love will hold its sway over your emotional personality.

PISCES: The rest of the year blesses you with energy, vitality, and vices. Year vitality, and vigor. You'll manage your emotions, mental state and relationships with ease. Avoid junk food.

ARIES: In spite of present circumstances, toward the end of the year you will come out with flying colors. You will get the good support of authorities during this period.

TAURUS: There will soon be action and new adventures in your life. Your confidence level will be boosted up and you will be able to live up to your ideals.

GEMINI: Realize that what you want to do may be far different from current plans. Your plans might be ahead of their time. Try to seed a current plan with your ideas.

CANCER: You are working hard and reaching your limits. Some hindrances are likely when it comes to relationships with authorities. You will handle them with ease and deft.

LEO: Your presence is inspiring to others. Keep this in mind as you cooperate with co-workers. It's not always easy to have that positive attitude they look forward to.



LIBRA: You may need to take a break before the hectic holiday season. Travel to a place where you can gaze into the water. Relaxation is also the birthplace of new ideas.

SCORPIO: Just do it. Instead of focusing on timetables and deadlines, just stay on course. You will make more progress than you ever though possible.

SAGITTARIUS: Add unexpected expenses to a tendency to overspend and they can add up to a financial problem. No need to worry, just make a plan and follow it.

CAPRICORN: Your boss won't be surprised at what your co-workers think are your unconventional ideas. Change is inevitable, and someone has to lead the way. It's you.

AQUARIUS: Don't let yourself be trapped in an illusion about your workplace future. Focus on conditions as they are and what you can do to improve your position.

PISCES: On the outside, you look good, but you know there are a few health matters that need attention. Don't put off a doctor's visit until a big problem surfaces.

ARIES: Your playful but deliberate manner attracts others to you, making you an unofficial leader in many instances. Anyway you look at it, it's a responsibility.

TAURUS: Friday is your detail day. You accomplish a lot when you focus of matters that must be handled now so you can relax and rejuvenate yourself over the weekend.

GEMINI: Christopher Columbus took a chance, and you could do it too. Think about that great plan you have to increase efficiency and take it to your boss.

CANCER: Managers could take on a new position with added responsibilities. Good communication skills are vital, but sometimes you will communicate by example.

LEO: The workplace harmony you seek may be difficult to find in October. But placing your immediate goals on the back burner isn't the best way to create new alliances.

VIRGO: Don't get scared on Halloween! Use your creativity to come up with a costume for a party or for escorting your kids around the block. Don't eat their candy.

creative concepts

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- Nazli

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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.

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