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By Linda Barrett

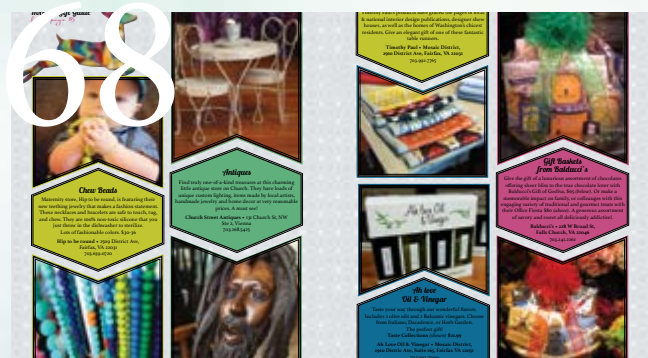
With the holidays approaching quickly, it is time to “break out the bubbly”...Virginia sparkling wines, that is.

...>

HOLIDAY GIFT GUIDE

Need to find the perfect gift for co-workers, friends, and family? Our gift guide highlights some of Tysons’ best retailers, boutiques, and hot spots of the season for finding the perfect thing to give that certain someone.

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HOLIDAY HAPPENINGS

The Christmas season is full of wonderful holiday events throughout Northern Virginia, including a plethora of concerts, sing-alongs, theatre productions and light shows keeping things festive all winter long. Three of this writer's favorite local events—and worthy of revising year after year—are Wolf Trap's annual Sing-A-Long, Meadowlark's Winter Walk of Lights, and The Bull Run Festival of Lights.

...>

OUR DAILY BREAD BUILDS BRIDGES OF COMPASSION

By Rick Mundy

With a small staff of just sixteen dedicated individuals, Our Daily Bread works miracles in serving many of the 76,000 people in Fairfax County living in poverty. This is a year-round challenge and yet, as we enter the season of giving thanks and celebrating with family and friends, there are greater opportunities to consider the needs of those who may be less fortunate than the average Northern Virginian.



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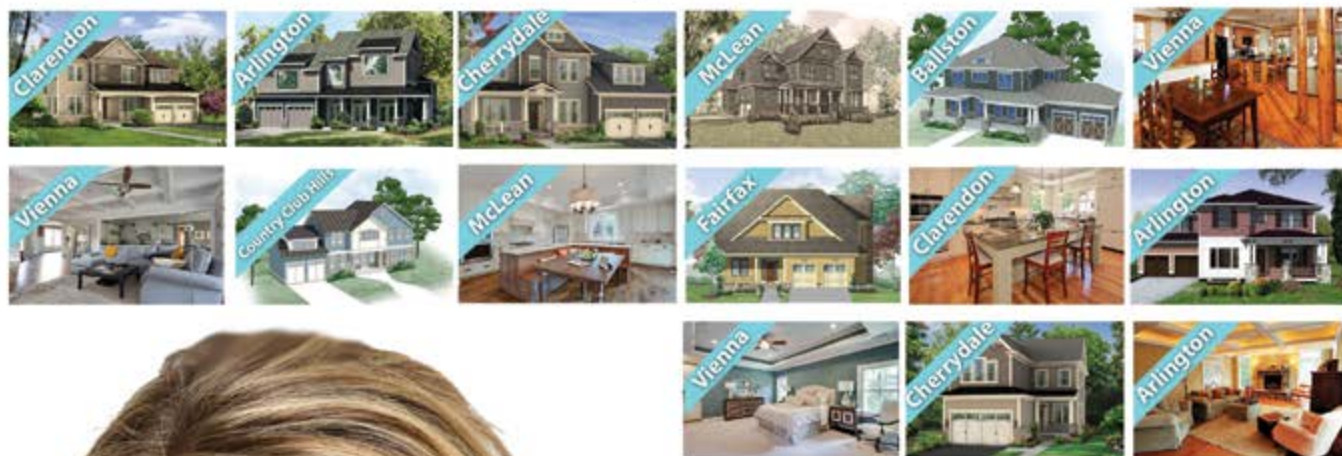
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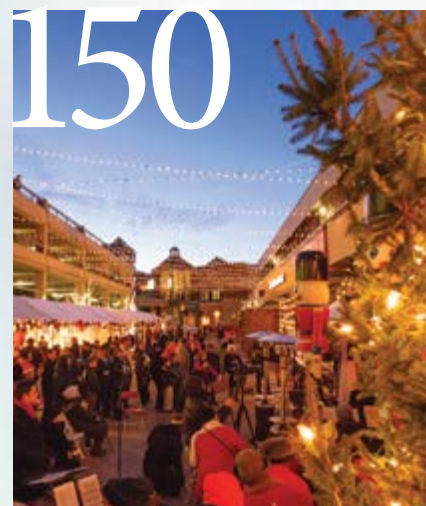
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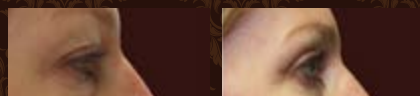
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Bazin's Next Door

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What's Up? Look up. What a changing skyline we have in store for us. Tysons Tower, the 552,000 square foot office building, the 19 story Ovation at Park Crest, the 26 story Ascent and more are popping up around us. And with them, so many new restaurants, retailers, and service providers—it's hard to keep up. We keep trying, tough to get it all in.

Meet Renee Sklarew, one of our favorite food writers who recently reviewed two new restaurants in our market, Gypsy Soul and True Food Kitchens, both in Mosaic. Thanks, Renee.

Rick Mundy found a celebrity living in the Rotunda. Well known and accomplished opera star Carol Cramer is still singing and teaching a new generation of opera singers.

Judy says "Whole is the new Nutrient" and Cindy shows us how to keep our cardio "fresh."

Allison writes about the wonderful Parma Spa in Vienna, and Keith shares the story of Ken and Maral Achikian of Achikian Jewelers on Church Street in Vienna. Rick Mundy give us a look at the non-profit "Our Daily Bread" and their work in Fairfax County to help those who struggle to make ends meet.

Bubbly from Virginia? Linda knows and tells. Thanks, Linda. Recently, Jim Wordsworth was honored by the Greater McLean Chamber of Commerce. His Community Impact

Award is spot on and we congratulate him and Karen.

'Tis the season—and we have some ideas to make the most of it. Check some recipes from our area's celebrated chefs, find glorious ethnic foods, last minute catering solutions, and events you won't want to miss. This issue is filled with ideas to help make the holiday more magical, and you don't have to leave Tysons! Included are some ideas for gift giving from a small selection of small shops, last minute gift cards and restaurant gift certificates, and Holiday "Happenings." We included a section on special holiday events for your consideration.

Once again, we hope you will consider doing some of your shopping in our smaller, independent retailers who need every dollar of your support these days.

We extend a special thanks to our advertisers, new and old, and our readers who are the reason we come to work each day with a renewed sense of purpose. We will keep trying harder to bring you the "Best of Tysons."

All of here at Calamity Media extend our warmest wishes for a safe, glorious holiday and a happy and healthy New Year. Stay safe.

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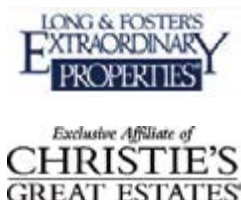
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Selected EVENTS



NOVEMBER 4

DOYLE BRAMHALL II

Jammin' Java

7:30pm | \$30

Doyle Bramhall II stands as one of the most distinctive vocalist, guitarist, composer and producer in contemporary music. In the aftermath of two critically acclaimed solo albums Jellycream and Welcome, Bramhall II's unparalleled skills as guitarist won the attention of both Roger Waters, who featured the guitarist on his In The Flesh tour, and Eric Clapton. Once recruited by Clapton, their association blossomed. Bramhall II toured with Clapton, collaborated on songs and left an indelible mark on albums such as Searching Robert J, Reptile and 2013's Old Sock, which he also co-produced.

NOVEMBER 5

ADRIAN LEGG + PEPPINO D'AGOSTINO

Jammin' Java

7:30pm | \$20

Described by Audio magazine as a "kind of cross between Robert Fripp and Garrison Keillor," Legg is a genuine entertainer who excels at not only painting pictures if not frescoes and telling stories with music but

also wittily regaling his audiences with tales from his life and travels and his cogent and often oblique yet thought provoking observations on a spectrum of topics. Known for what the Chicago Tribune praises as his "virtuosity and complexity," as well as his gift for composing "memorable melodies," the renowned multi-talented Peppino D'Agostino brings his trademark poetic eloquence and grace to venues stateside in the Northeast.

NOVEMBER 6

THE LAST BISON

Jammin' Java

7:30pm | \$15

In 2012 The Last Bison seemingly rose from the marshes of southeastern Virginia to captivate the national music scene with a rare blend of music that NPR dubbed, "Classical influenced southern folk rock." WXPB of Philadelphia noted The Last Bison "has subsequently swept the musical scene with its complex arrangements, refined lyrics and vocal harmonies."

NOVEMBER 7

THE SIXTEENTH ANNUAL ROTARY MONTE CARLO NIGHT

Ballroom at the Fairview Park
Marriott - 3111 Fairview Park
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6:30 to 11:00 pm | \$75

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CONTINUED ON PAGE 22



Courtesy of Wolf Trap

R.S.V.P.

JUSTIN HAYWARD

The Barns at Wolf Trap

8pm | \$75

Legendary guitarist of The Moody Blues, takes fans back with outstanding acoustic versions of his old and new songs. As the driving force behind The Moody Blues at the height of their powers Justin Hayward penned classics like "Nights in White Satin" and "Your Wildest Dreams," combining progressive-rock power with symphonic romanticism.





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NOVEMBER 7

DEER HOOF
WITH WHITE REAPER
AND XENIA RUBINOS

The StateTheatre

8:15pm | \$18

San Francisco's Deerhoof mix noise, sugary melodies, and an experimental spirit into sweetly challenging and utterly distinctive music.

NOVEMBER 8

GRANT-LEE PHILIPS +
HOWE GELB

Jammin' Java

6:30pm | \$18

Phillips, elliptically explores the intersection of past and present, personal and political. While the songs delve deeply into the subconscious mystery, they simultaneously reveal the resonance and insight of ancient myth in parallel to contemporary man's emotions, actions, and errors. In 1980, Gelb formed the post punk band Giant Sandworms, with his close

friend Rainer Ptacek. The new Giant Sand record, *Blurry Blue Mountain*, hit the #1 Canadian College Chart position earlier this year for 2 weeks and brilliantly includes all of the mashed-up genres that reflects the band's credo from the get-go.

NOVEMBER 8

CON BRO CHILL

Jammin' Java

9:30pm | \$10

When LMFAO, OK GO, and Freddy Mercury were smashed together, the Power Party Pop group "Con Bro Chill" was born. This party has been brewing for decades and is finally being unleashed unto the world to slam people right in the face with the most mind blowing HAPPY you've ever experienced. Made up by Connor Martin (Party Host/Keytar/Pro Lacrosse Player), SAMM (Lead Vox/Producer), Ty Andre (Party/Art Director), and Steve Felts (Party Warrior/Art Demon) this band is here to have a good time. Lets Party.

THE MAVERICKS

The State Theatre

9pm | \$40-50

The Mavericks are back. The country-steeped garage band with a Cuban American lead singer that had emerged from Miami in 1989 with their sultry debut that was equal parts innocence, intensity, and vintage influences has reunited in 2012 after an eight-year hiatus. Time has a way of melting when you're busy living life – and two decades have passed since their polyrhythmic brand of post-modern country has given the world "All You Ever Do Is Bring Me Down," "Here Comes The Rain," and "Dance The Night Away."

BALLROOM WEST
COAST/HUSTLE DANCE

Colvin Run Dance Hall, 10201

Colvin Run Road, Great Falls

7-8:30pm West Coast or Hustle

Lesson, 8:30-11:30pm dance

\$15 for the evening

DJ music mix of 50/50 West Coast/Hustle music. with an

occasional Country 2-step or Nightclub II. No partner or prior dance experience required. For additional information contact Ed Cottrell at edcottrell@macp.org or 703-435-5620.

NOVEMBER 10

AARON CARTER

Jammin' Java

7:30pm | \$22

Carter, now 26, began his career at the age of 7 singing lead for the band Dead End. Two years later in 1997 he made his first solo appearance when he opened for brother Nick Carter's band the Backstreet Boys in Berlin, Germany. Within months Carter was signed to a record label and released his first hit single, "Crush On You," followed by his first album, "Aaron Carter" which achieved gold status in several countries around the world.

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NOVEMBER 11

DECLAN O'ROURKE

Jammin' Java

7:30pm | \$15

Declan's debut album in 2004. Since *Kyabram*, debuted at no. 5 on the Irish Charts and scored double-platinum sales, earning him three Meteor Awards nominations including Best Male, Best Album, and Best Folk/

Courtesy of The State Theatre



📍 NOVEMBER 7
State Theatre

DEER HOOF



GREAT FALLS · MCLEAN · VIENNA · OAKTON · FALLS CHURCH

Traditional Album, as well as landing him a recording contract with V2. His debut album launch took place over three sold-out nights in Whelan's, one of Dublin's most popular music venues, broadcast live nationally on Today FM.

NOVEMBER 12

ECHOSMITH

Jammin' Java

7:30pm | \$15

What a difference a year makes. In 12 short months, Echosmith have gone from little-known Los Angeles alt-pop gem to Warped Tour's undeniable breakout band. With a blend of style and substance, it's no wonder Echosmith is connecting with both critics and fans. Alternative Press named them as one of the "100 Bands You Need To Know in 2013," MTV declared them a "Buzzworthy Obsession" and Seventeen called Sydney's voice "stunning." "Cool Kids," a dreamy Smiths-esque strut encourages people embrace our differences because that's actually what makes each and every one of us cool.

NOVEMBER 15

BALLROOM DANCE

Colvin Run Dance Hall, 10201

Colvin Run Road, Great Falls

8-9pm Cha-Cha Lesson,

9-11:30pm dance

\$15 for the evening

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

NOVEMBER 16

SUSAN WERNER

Jammin' Java

7pm | \$20

Dubbed by NPR as the "Empress of the Unexpected,"

singer/songwriter Susan Werner confirms her reputation as an artist changeable as the weather with her newest recording Hayseed. Paying tribute to American agriculture and to her Iowa farm roots, Werner again keeps her audiences guessing and laughing simultaneously, lending her wry humor and passionate voice to subjects such as farmer's markets, agrochemicals, climate change, drought, longing for a sense of place, and the movement towards sustainable agriculture.

NOVEMBER 19

AN EVENING WITH

GREG BROWN

Jammin' Java

7:30pm | \$35

In 2006, Greg released *The Evening Call*, his first new studio album in over four years, which charted high on Americana and folk radio, earned him five stars in Mojo and garnered rave reviews in No Depression, Acoustic Guitar and The Washington Post. Greg's new collection *Dream City: Essential Recordings Vol 2, 1997-2006* features some of these new Americana classics along with other fan favorites from his last six studio albums and some previously unreleased material and live tracks.

NOVEMBER 20

GRAHAM COLTON

Jammin' Java

7:30pm | \$18

Over the years Graham has proven himself to be a diverse writer with a knack for pop hook. He is a frequent writing collaborator that enjoys working with both established writers such as Dan Wilson, Richard Marx and Kevin Griffin to up and comers like Lucy Schwartz, Chad Copelin and Jarod Evans. His songs have been featured on numerous TV shows including

American Idol, The Voice, About a Boy, Pretty Little Liars, Kyle XY, Oprah's Big Give, Newport Harbor, Castle, Wildfire, October Road Fall promo, HBO Winter promo, Sundance promo, and many others. He has just opened a full production studio in OKC with his long-time writing, musician, recording collaborators Brine Webb and Dustin Paige.

JAMES COTTON

The Barns at Wolf Trap

8pm | \$25

Widely regarded as one of the best harmonica players of all time, this powerful instrumentalist and blues legend has made his mark on music history. As a solo artist and bandleader Cotton has won a Grammy Award (for 1996's *Deep In The Blues*) and continues to top the charts, most recently peaking at No. 4 on Billboard's Top Blues Albums chart with the 2013 album *Cotton Mouth Man*.

NOVEMBER 21

HEATHER MALONEY

Jammin' Java

7pm | \$15

Heather Maloney is a western Massachusetts based artist who has received numerous accolades for her startlingly soulful voice and literate songwriting exploring themes of spirituality, transformation, and impermanence. Critics are quickly discovering Maloney's talent with No Depression raving "Her music is riveting, her voice adventurous, her lyrics thought-provoking..." while *Blurt Magazine* wrote "Heather Maloney is one of the most talented tradition-based singer-songwriters I've heard in some time...the writing is stunning."

CONTINUED ON PAGE 25



Courtesy of Wolf Trap

R.S.V.P.

CHRIS SMITHER & THE MOTIVATORS

The Barns at Wolf Trap

8pm | \$30-35

The fingerstyle guitar wizard showcases his gritty but gorgeous songcraft and unmatched performing chops. "With a weary, well-traveled voice and a serenely intricate finger-picking style, Mr. Smither turns the blues into songs that accept hard-won lessons and try to make peace with fate." —*The New York Times*





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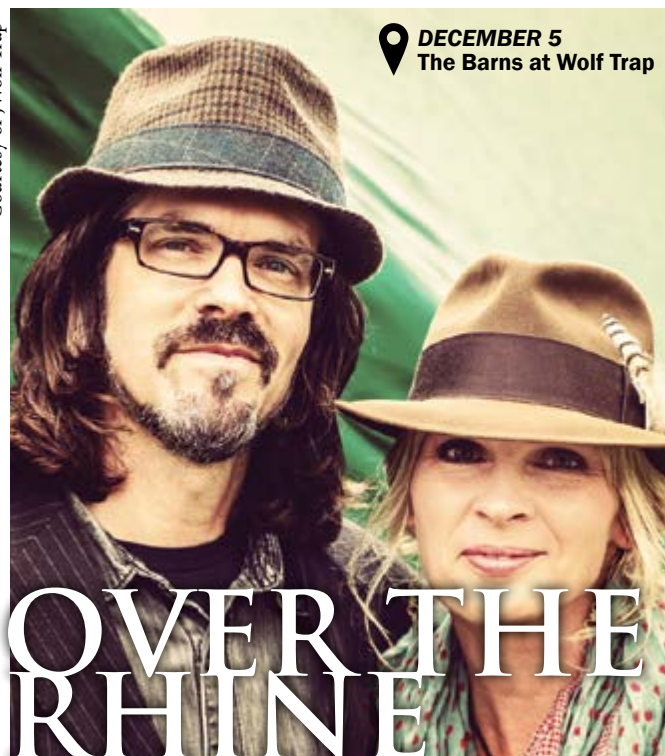
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Courtesy of JWOLF Trap



DECEMBER 5
The Barns at Wolf Trap

NOVEMBER 21

SISTER HAZEL

The State Theatre
9pm | \$22

Sister Hazel is living the dream. In the 15+ years that they have been recording and performing as a band, they have accomplished something that for most artists is only a dream: they have built a career with a solid foundation, seemingly impenetrable by the shifting sands of the record industry and the economy.

NOVEMBER 22

BALLROOM WEST COAST/HUSTLE DANCE

Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls
7-8:30pm West Coast or Hustle Lesson, 8:30-11:30pm dance

\$15 for the evening

Ed Cottrell as DJ playing a music mix of 50/50 West Coast/Hustle music. with an occasional Country 2-step or

Nightclub II. No partner or prior dance experience required. For additional information contact Ed Cottrell at edcottrell@macp.org or 703-435-5620.

NOVEMBER 23

MOUTHS OF BABES

Jammin' Java

7pm | \$15

Mouths of Babes is Ty Greenstein (Girlyman) and Ingrid Elizabeth (Coyote Grace). This tender tomboy and rough-and-tumble lady come together to melt hearts and shake souls with undeniable chemistry and a truly unexpected heralding of wisdom. Mouths of Babes' sound is equal parts celebration and blues, folk and soul, salve and anthem—an invitation to love this life, to sing your sob story and end it with a smile.

NOVEMBER 28

POOR MAN'S COPYRIGHT

Jammin' Java

8pm | \$13

Since first forming in 2008, this Nova based 3-piece brings you a clever blend of rock, reggae and dub. These boys have been growing in the local scene and performed with many well known artists in their genre. Chanting meaningful lyrics of love, peace, unity and the pursuit of understanding ourselves, Pmc's music has captured the hearts of many and their creativity is reaching a new level that is sure to rise them to the top. With Nic Glumscic's (drums), Justin Madison's (bass) and Sharif Youssif (vocal/guitar), their explosive combination will no doubt, get you rockin'. You will quickly become fond of their personalities, perfectly fitted to their tracks. This power trio is sure get you groovin' right.

THE NIGHTHAWKS AND SKIP CASTRO BAND

The State Theatre

9pm | \$20

Washington's favorite bad boys, the Nighthawks are masters of electric Chicago Blues and the kings of sh*t kicking roadhouse rock. They're not called America's Best Bar Band for nothing... The Nighthawks history is extensive, beginning in the '70s when the band criss-crossed the country playing clubs and colleges then dominated by the sounds of country rock and disco. The band spread their version of roots rock, soul, rockabilly, and blues that was hardly the standard fare. In addition, the Nighthawks were considered touring pioneers, since only a handful of Chicago blues stars were touring nationally, and the west coast

blues bands stayed on their side of the Great Divide.

It began a long time ago. 1978 to be exact. Four musicians, out of work at the same time got together because honestly, they liked to play music. Thus, the Skip Castro Band was born. A mutual love of rhythm 'n blues, swing, boogie woogie and rock 'n roll became the foundation.

JOHN EATON

The Barns at Wolf Trap

8pm | \$25-27

Renowned pianist, vocalist, musicologist, and humorist delivers renditions of cherished American songs. Join John Eaton for a celebration of the swingin' 1930's including the music of Count Basie, Benny Goodman, Cole Porter, George Gershwin's Porgy and Bess, Rodgers and Hart, and more. Eaton began his illustrious career as a student at Yale in the 1950s under the tutelage of famed classical teacher Alexander Lipsky. Eaton is regarded as a master interpreter of the Great American Songbook.

NOVEMBER 29

THE EXCENTRICS REUNION

Jammin' Java

8pm | \$15

Nineties Power Pop is alive and well in 2013. The Excentrics original lineup disbanded in 1996 but now, by fan demand, they are back and better than ever. A Kickstarter campaign to fund a new album of never-recorded songs from the band's heyday reached its goal in a matter of days.

CONTINUED ON PAGE 26



NOVEMBER 29

STEPHEN KELLOGG

The Barns at Wolf Trap

7:30pm | \$25

This lively performer and talented everyman combines soulful songwriting and passionate guitar for a classic rock 'n' roll sound. Hailed as "the best live act you've never seen" by CBS Radio, Kellogg has performed more than 1,500 concerts in the past decade, with highlights including a European tour with Josh Ritter and a performance for the US Armed Forces in the Middle East. Accompanied by an acoustic trio, his current tour explores uplifting songs about life, love, and the pursuit of happiness.

DECEMBER 1

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DECEMBER 5

OVER THE RHINE

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

Uplifting Midwestern Americana duo whose "soul-nourishing music" (LA Times) will transport you to "The Edge of the World." They have dubbed their music

"post-nuclear, pseudo-alternative, folk-tinged art-pop," a mishmash of genres that gained them a strong following in their native Cincinnati. Over The Rhine has toured extensively throughout the United States over the years. Detweiler and Bergquist have shared the stage with Bob Dylan, Ani DiFranco, My Morning Jacket, and others.

DECEMBER 6

DYNAMIC DUOS:
THE KENNEDYS +
THE NIELDS

Jammin' Java

7:30pm | \$20

Pete and Maura of The Kennedys remain the Energizer bunnies of the folk/rock world. Their touring schedule makes Bob Dylan seem lazy - they've played about 1500 gigs in the last 12 years, everywhere from house concerts to major festivals, and have recently rejoined Nanci Griffith's tour as part of her band and as her opening act in theatres and festivals around the world.

Sister Holler, the newest and 14th career release from Nerissa and Katryna Nields, is a "roots album," but with a difference. Rather than simply reinterpret or re-record the music what brought 'em, the sisters from Western Massachusetts, have decided in Sister Holler to retool, assimilate and flat out burgle the music they grew up with to create something new. They tell the listener right up front that they're even going to lift entire lines from some of the best songs ever written, and then they do it, right before your very ears. The result is a delightful oxymoron of songs simultaneously familiar and surprising.

DECEMBER 13

BALLROOM WEST
COAST/HUSTLE DANCE

Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls
7-8:30pm West Coast or
Hustle Lesson, 8:30-11:30pm
dance

\$15 for the evening

Ed Cottrell as DJ playing a music mix of 50/50 West Coast/Hustle music. with an occasional Country 2-step or Nightclub II. No partner or prior dance experience required. For additional information contact Ed Cottrell at edcottrell@macp.org or 703-435-5620.

DECEMBER 14

DOPAPOD

Jammin' Java
8:30pm | \$18

Their third studio effort 'Redivider' was released on December 21st 2012. Opting to take a different route than recording in a studio, the band brought their own to the barn of the farm and produced it by themselves. Redivider displays a drastic evolution in the band's songwriting skills as well as marking the first time ever that the band has added vocals into songs. The added texture serves as yet another dimension in what allows the band to look in multiple directions at one time while remaining focused on a cohesive blend of sound.

DECEMBER 27

BALLROOM WEST
COAST/HUSTLE DANCE

Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls
7-8:30pm West Coast or
Hustle Lesson, 8:30-11:30pm
dance

\$15 for the evening

Ed Cottrell as DJ playing a music mix of 50/50 West Coast/Hustle music. with an

Courtesy of State Theatre



R.S.V.P.

SISTER HAZEL

The State Theatre
9pm | \$22

Sister Hazel is living the dream.

In the 15+ years that they have been recording and performing as a band, they have accomplished something that for most artists is only a dream: they have built a career with a solid foundation, seemingly impenetrable by the shifting sands of the record industry and the economy.

NOV
21



GREAT FALLS · MCLEAN · VIENNA · OAKTON · FALLS CHURCH

Courtesy of The State Theatre



NOVEMBER 8
The State Theatre

occasional Country 2-step or Nightclub II. No partner or prior dance experience required. For additional information contact Ed Cottrell at edcottrell@macp.org or 703-435-5620.

DECEMBER 28

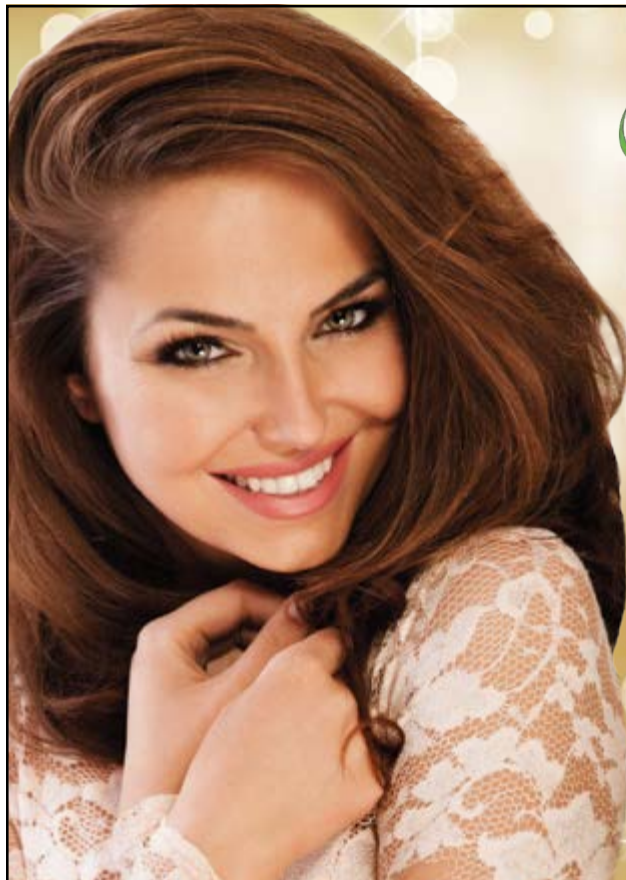
DEANNA BOGART BAND


Jammin' Java

7pm | \$20

Drawing on a variety of musical sources ranging from boogie-woogie to New Orleans R&B to swing to rock & roll, singer and barrelhouse pianist Deanna Bogart emerged as one of the most eclectic performers in contemporary blues. Blues music award winner and multi instrumentalist singer songwriter Deanna Bogart has been a successful bandleader for over twenty years. Playing dazzling piano and soulful saxophone, her eclectic streak and style of adventurous "blusion" has garnered her numerous awards and accolades while touring throughout the US and abroad.

CONTINUED ON PAGE 29






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Photo courtesy of Mary Jeanne Cincotta

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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.

“FALL IN LOVE WITH YOUR SKIN!”

Lofty Boutique

354 W. Maple Ave Vienna 3-7 pm

With the holidays fast approaching, now is the time to visit Lofty Spa to take care of yourself and your skin.

Pumpkin Enzyme Peel Facial

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 - Reduces hyperpigmentation & evens out skin tone
 - Leaves skin firm & radiant with increased elasticity
- Special expires on 11/30/14

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

Brx American Bistro

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

PUB QUIZ

Ireland's Four Provinces | 8pm

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

JAZZ NIGHT

Iris Lounge | 7-11pm

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

\$5 BOTTOMLESS GUACAMOLE

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

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

WINE'D DOWN WEDNESDAYS

Entyze, 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.

CONTINUED ON PAGE 30



ASSAGGI OSTERIA

WEDNESDAYS

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 crescent city, then come to Maplewood Grill on Thursdays.

UNCORKED THURSDAYS

Brio Tuscan Grille

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

FRIDAYS

DJ & DANCING

Iris Lounge

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

JAZZ FRIDAYS

Entyse, Wine Bar & Lounge | 8:30pm

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

FRIDAY NIGHT WINE TASTING

The Vineyard | 3-7pm

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

FREE WINE TASTING

Red, White & Bleu | 5-8pm

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

SATURDAYS

BURGERS & OPEN MIC NIGHT

Clyde's of Tysons | 11am-4pm

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

DJ & DANCING

Iris Lounge

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

**LIVE MUSIC SATURDAYS**

Entyse, Wine Bar & Lounge | 8:30pm

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

BARBEQUE NIGHT

Brix American Bistro

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

PREMIUM WINE TASTINGS

Evo Bistro | 1-6pm | \$15

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

SATURDAY WINE TASTING

The Vineyard | 12-5pm

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

SATURDAY BRUNCH AT WILDFIRE

Wildfire | 11am

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

SUNDAYS**½ PRICE BURGERS**

Dogwood Tavern | 7pm

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

½ PRICE WINE AT RISTORANTE BONAROTI

Ristorante Bonaroti

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

SUNDAY BRUNCH AT LA SANDIA

La Sandia

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

SMALL DOG MEET & GREET

Wylie Wagg | 3-5pm

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

BRUNCH AT CAFÉ DELUXE

Café Deluxe

Can't miss menu items include the Deluxe Benedict, sourdough toast topped with black forest

ham, poached eggs and sundried tomato hollandaise sauce served with a side of breakfast potatoes, and the Brioche French Toast, topped with powdered sugar, cinnamon and fresh fruit.

BRUNCH AT CYCLONE ANAYA'S

Cyclone Anaya's

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

SUNDAY BRUNCH AT WILDFIRE

Wildfire | 11am

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

SUNDAY BRUNCH AT**ASSAGGI OSTERIA**

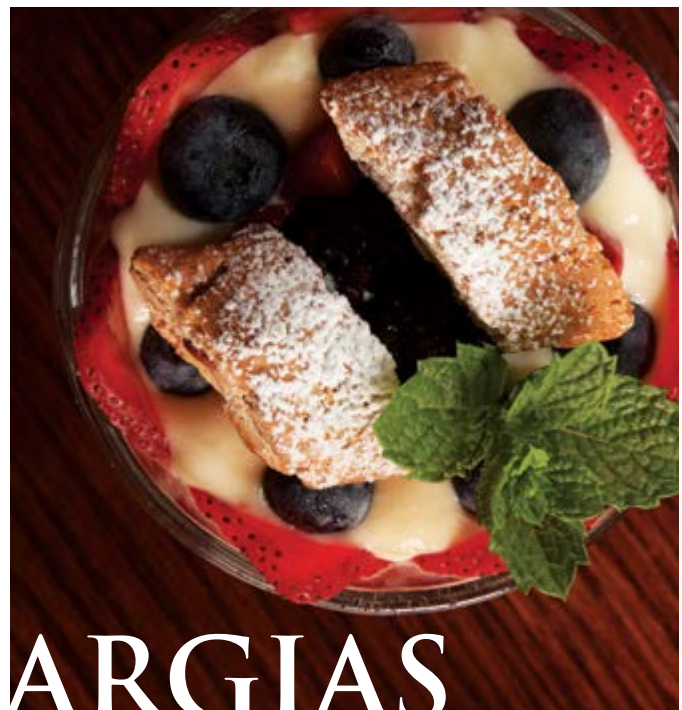
Assaggi Osteria | 11am

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

SUNDAY BRUNCH AT**EVO BISTRO**

Evo Bistro | 11am-2pm

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





Arts & Theatre EVENTS

CREATIVE CAULDRON • GEORGE MASON UNIVERSITY CENTER
FOR THE ARTS • THE ALDEN THEATRE •
1ST STAGE IN TYSONS

NOVEMBER 1–23

ARABIAN NIGHTS

**Creative Cauldron | F
7:30pm, SAT 2pm and
7:30pm, SUN 2pm | \$15**

Travel to the faraway sands of Arabia and come under tent of the Persian king. His wife, Scheherazade, is waiting there for you, weaving her spellbinding stories to save her life. Full of mischief, valor and romance, the Arabian Nights tales have enthralled audiences for centuries. Aladdin and his wonderful lamp, Sinbad, Ali Baba and his 40 thieves all make appearances in this enchanting Learning Theater production that will sweep you away on a magic carpet ride of invention and creativity.

NOVEMBER 1– DECEMBER 7

SEX WITH STRANGERS

**Signature Theatre
4200 Campbell Ave.
Arlington, Virginia
Shows at 7:30pm or
8pm | \$48-80**

A raging snowstorm traps strangers Olivia, an unsuccessful, yet gifted, thirty-nine-year-old writer, and Ethan, a tech-addicted and wildly successful young blogger, in a secluded cabin. opposites instantly attract, undeniable chemistry ignites and sex is imminent. As the dawn rises, however, what

could have just been a one-night-stand transforms into something more complicated when online exploits interfere with their real-life connection. Starring Holly Twyford (*The Little Dog Laughed*), *Sex with Strangers* is a sexy, provocative and intimate exposé that playfully explores what happens when private lives become public domain.

NOVEMBER 2

NEW ORLEANS LEGENDS: FEATURING THE PRESERVATION HALL JAZZ BAND AND ALLEN TOUSSAINT

**George Mason University
Center for the Arts,
Concert Hall | 7pm |
\$29-48**

These two musical titans from the Big Easy celebrate the great music of their city with a tour they've dubbed the "Oh Yeah! Tour." The legendary jazz and New Orleans R&B pianist, Allen Toussaint recently received the highly prestigious National Medal of Arts by President Obama in recognition of his seminal influence on New Orleans music. Joining Toussaint, from the heart of the French Quarter comes the one-and-only Preservation Hall Jazz Band. Praised as "the best jazz band in the land" (San

Francisco Examiner), this iconic group has invigorated traditional New Orleans jazz through performances at Preservation Hall, extensive tours and recordings, and its collaborations with a diversity of musicians. Don't miss these jazz greats in a concert of extraordinary music-making!

NOVEMBER 3–7

RAPHAEL WARSHAW-PLACE/ IDENTITY: MASTER OF FINE ARTS THESIS EXHIBITION: PHOTOGRAPHY

**George Mason University
Fine Arts Gallery | FREE**

Time is distributed along a path from an unknowable past to an unfathomable future with history and memory as waypoints. Size likewise is a point along a scale from infinitesimal to panoptic. A photograph is a single coordinate of both time and scale. I want the viewer think about scale and time from a place of my choosing - if it's blatant they will only note the single place and time - if it's subtle they may see and feel beyond it.

—Artist statement by
Raphael Warshaw



(above) Rachel Rotenberg *Journey*,
8x3x3 feet, cedar wood, oil paint.

NOVEMBER 7

MARTHA GRAHAM DANCE COMPANY

**George Mason University
Concert Hall | 8pm | \$28-46**

Described by The Washington Post as "one of the seven wonders of the artistic universe," this venerated ensemble is committed to preserving the legacy of its preeminent founder, Martha Graham, whose timeless and uniquely American style of dance has influenced generations of artists. Featured in this marvelous evening of contemporary dance is *Appalachian Spring Suite*, which includes a narration created from letters between Graham and Aaron Copland, Graham's *Cave of the Heart* set to the music of Samuel Barber, and *Maple Leaf Rag*, which was Graham's last work.

CONTINUED ON PAGE 34



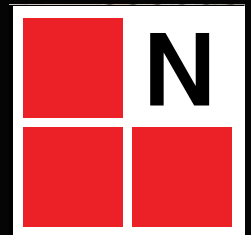
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NOVEMBER 6 –
DECEMBER 20

SCULPTURE BY RACHEL ROTENBERG

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

Rachel Rotenberg's sculptures beautifully encompass a myriad of contradictory forces. Monolithic and strong in bearing, they are created organically and intuitively from wood and other natural materials. Imposing and warm at the same time, each piece stands firm and true to its own form, yet also winds and twists to follow unexpected turns that lead to secret and surprising interior spaces. Abstract, yet echoing the fundamental familiarity of nature, these human-scale works exude a confidence and clarity that gives them a naturalistic yet distinct authority.

PAINTINGS BY RYAN CARR JOHNSON

McLean Project for the Arts, Atrium Gallery, 1234 Ingleside Avenue, McLean | M - TH 9am-11pm, F and SAT 9am-midnight, SUN 12noon-6pm | FREE

Maryland artist Ryan Carr Johnson makes paintings that live in the intersection between surface and shape. Created by building layer upon layer of paint, one on top of another, through a slow and time-consuming process, the paintings become evolutionary versions of their original selves. Time is an active component, both in the creation and in the visceral experience instinctually understood by the viewer. Color, or the lack thereof, is added to the mix, furthering the visual understanding of the artists' process.

PRINTS BY JD DEARDOURFF

McLean Project for the Arts, Ramp Gallery, 1234 Ingleside Avenue, McLean | M - TH 9am-11pm, F and SAT 9am-midnight, SUN 12noon-6pm | FREE

Deriving both imagery and energy from the world of comic books, JD Deardourff creates explosive collaged silk-screen prints that burst into space with uncommon exuberance. Abstracted space is constructed through drawing together visual fragments with color. Works that hum with movement and draw the viewer into an open storyline are the end result.

NOVEMBER 16

L.A. THEATRE WORKS: IN THE HEAT OF THE NIGHT

George Mason University
Concert Hall | 7pm | \$26-44

This gripping detective murder mystery is a vivid portrayal of the black experience in the deep South during the 60s. This powerful story, brought to our stage by America's premier radio theater company, begins on a steamy August night in a small Southern town, where the body of a wealthy white man is discovered. Police arrest a black stranger passing through town for the murder, only to learn that he is a respected homicide detective. The detective reluctantly finds himself working with the chief of police to solve the murder, while wrestling with the fear, hatred, and prejudices prevalent at the time. John Ball's timely novel became an Academy Award-winning film and an Emmy Award-winning television show, as well as a series of subsequent novels. This stunning stage adaptation is written by acclaimed playwright Matt Pelfrey.

DECEMBER 9–
JANUARY 25TH

DINER

Signature Theatre
4200 Campbell Ave.
Arlington, Virginia
Shows at 7:30pm or 8pm |
\$48-80

Nine-time Grammy Award Winner Sheryl Crow and Academy Award-winning original screenwriter Barry Levinson makes a stunning debut with the world premiere musical adaptation of the landmark movie *Diner*.

Christmas, Baltimore: 1959. A circle of childhood friends reunite for the upcoming wedding of one of them. Well, only if his fiancée passes a football trivia test. From the comfort of their all-night diner, the men, now in their early-twenties, confront the realities of adulthood: marriage, careers, money and the ever-mysterious opposite sex. But no matter where life takes them, they know they're welcome back at the diner, the one place they'll always belong. Infused with swinging 1950s rock and roll sound, three-time Tony Award®-winning director and choreographer Kathleen Marshall joins Crow and Levinson to transform *Diner's* groundbreaking evocation of burgeoning adulthood and friendship for the stage. ❖

Courtesy of Vienna Art Center



"Malabar Farm", batik painting by
award-winning artist Carol Higgs

FREE

45TH ANNUAL TREASURY OF ART

Vienna Community Center, 120 Cherry Street, Vienna
Friday 10am-9pm, Sat 10am-7pm, Sun 12pm-4pm |
FREE

Vienna's largest art show of the year, a juried exhibition featuring hundreds of original artworks by artists from around the region and beyond. Meet the artists and enjoy light refreshments and music by the Serenada String Quartet at the Awards Reception Friday, November 21, 7:00 pm - 9:00 pm. Saturday features the Difficult Run String Band from 5:00 pm - 7:00 pm.

NOV
21-23



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MPA SPOTLIGHTS THREE EXHIBITS THIS WINTER

BY KEITH LORIA

Ryan Carr Johnson, *Vector-Vice-Versa*, 2013, layered paint, light, shadow on wood, 18x21 in

Located inside the McLean Community Center, the McLean Project for the Arts has had a mission to showcase local and up-and-coming artists from the DC Metro area since 1962.

From Nov. 6 to Dec. 20, MPA will be presenting three new exhibits inside its gallery that are sure to delight any art lover. It all starts on Nov. 6 with a free reception and gallery talk from 7 to 9 p.m.

In the Emerson Gallery, Baltimore sculptor Rachel Rotenberg will have a series of sculptures on display. (See *artwork* on page 32.)

"Her sculptures are big and they are pretty impressive," says Nancy Sausser, exhibitions director for the MPA. "They are pretty much carved out of wood and very organic and strong. They have a contrast of being warm and natural, but a little imposing in a good way."

The artist creates an aesthetic world of wood sculpture populated by sensually curving surfaces, intriguingly formed negative spaces, and forceful volumes. She begins her process by drawing in a sketchbook and builds her sculptures with sticks of cedar lumber. Evocative stains and colors are then applied to complete the work.

"I begin my creative process with drawings. I work an idea until a leading image emerges. I build form and structure through a process of subtraction and addition. I grind, sand, and paint to further articulate texture and detail," she says. "My sculpture engages the observer in the moment."

According to Sausser her work "pulls you in" and "feel like something you would encounter on a woods walk, but have been manipulated with the human touch."

In the Atrium Gallery, a series of paintings by Maryland artist Ryan Carr Johnson will be on display. Johnson is no stranger to the MPA, having been shown in a number of group shows and juried exhibitions in the past.

"He builds work essentially through painting layer and layer and layer," Sausser says. "Then he sands back through those layers. The work is primarily abstract and sometimes has holes in it that emerge from the layers. It's partly about what emerges from the piece."

His work tends to be extremely heavy because of the number of layers of paint, and have a relic-like demeanor.

"He's creating these paintings that become objects and you can see the history of their making when you look at them," Sausser says. "They are very cool and really engaging."

In his artist's statement, Johnson describes his work as being in the age of instants.

"As a result, history has become abbreviated and flattened into footnotes. How I relate to this current interval of accelerated time shapes, defines, and evolves the forms which I create," he says. "Time exists within space, and space within slices of time. The nature of time is simply a sequence of actions and subsequent events. How we choose to spend our time defines how we're ultimately remembered in time."



Washington D.C.'s own JD Deardourff will be showcasing a series of pop art silk screen prints in the Ramp Gallery.

"In my collages I remove the positive space information from comic pages until I am left with the vocabulary of comic book art that really interests me: exaggeration, movement, energy, the interplay of sequential imagery, black contour line, and, most importantly, artificial color," Deardourff says. "Before computers, separators colored comics by hand using a four-color (CMYK) method. I use screen printing to mimic this process."

Sausser calls him "an exciting young artist who is influenced by comic books both in color and composition."

"He has a lot of the same energy you would see in graphic novels, so there's a lot of movement in them, yet there are no words at all," she says. "They are not telling a specific story and have a lot to do with urban energy and post-apocalyptic urban debris. They have very bright, electric colors."

While Sausser says that the non-profit often tries to find a common theme in its exhibits, it doesn't always happen because of scheduling, so these three exhibits may be a bit more diverse than past shows.

"I do think that Rachel and Ryan's work will flow together nicely because they are both working with abstraction and looking back into the piece, and that will come across," she says. "Definitely, JD's work is of a different ilk all together."

In addition to the exhibits, the McLean Project for the Arts is hosting a Family Workshop on Nov. 14. Private tours are also available by request. For more information, call 703-790-1953. ♦

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.



JD Deardourff, *The Annexation of Puerto Rico*, screen print

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TREAT YOURSELF

to a Little Bubbly

FROM VIRGINIA

BY LINDA BARRETT

WITH THE HOLIDAYS APPROACHING QUICKLY, IT IS TIME TO “BREAK OUT THE BUBBLY”...VIRGINIA SPARKLING WINES, THAT IS. VERY MUCH LIKE CHAMPAGNE, VIRGINIA’S PRODUCTS ARE CALLED SPARKLING WINES BECAUSE ONLY THOSE PRODUCED IN THE CHAMPAGNE REGION OF FRANCE ARE ENTITLED TO THE NAME “CHAMPAGNE” UNDER THE RULES OF THE APPELLATION, A LEGALLY-DEFINED AND PROTECTED GEOGRAPHICAL INDICATION USED TO IDENTIFY WHERE THE WINE GRAPES WERE GROWN.



Of the approximately 254 wineries in Virginia, only about 18 produce a sparkling wine (as listed by the Virginia Wine Board), with some wineries producing more than one selection.

Why aren't more Virginia wineries making sparkling wines? According to Annette Boyd, director of the Virginia Wine Board Marketing Office, “Sparkling wine is time and labor intensive. It involves fermenting twice and it takes special equipment to do it. You need to be committed to the process to invest the time and money to produce a sparkling wine.”

This double fermentation process is known as the “Méthode Champenoise,” which creates the bubbles found



in sparkling wines and Champagne. Bringing to this region generations of tradition from the Champagne Region of France, Virginia's sparkling wines capture the flavors and essence of the Virginia terroir and deserve a taste.

GREENHILL WINERY & VINEYARDS

Virginia's climate is good for sparkling winemaking, said Isabelle Truchon, branding consultant and Greenhill Winery & Vineyards in Middleburg

(and wife to winemaker Sebastien Marquet). She explained that because of our climate challenges, sometimes the grapes don't get to ripen as fully as the winemakers would like because of wetness, mold, lack of heat, brightness, etc. "For producing a sparkling wine, we usually pick [our grapes] earlier because we want a high acidity level in the wine," she explains. By picking earlier, the brix level (percentage of sugar) in the wine is higher and this creates a more crisp, beautiful sparkling wine."

At Greenhill, their Blanc de Blancs sparkling wine is made with 100% Chardonnay grapes, produced in the traditional Méthode Champenoise. It is fermented in stainless steel, and aged for 22 months in barrels before undergoing its second fermentation in the bottle.

"It was important for us to have a sparkling wine because we brand ourselves as elegant, upper scale and traditional. It made sense," Truchon said. Their Blanc de Blancs' wine profile is in the European-style of elegant, complex wines and has performed well in national competitions, winning the San Francisco Gold Medal in 2014, and in the San Diego Winemaker's Challenge, taking the Best of Show and Class awards.

Sparkling wine can be made from several types of grapes, the normal choices being Chardonnay, Pinot Noir and Pinot Meunier. It can be produced with just one type of grape, or from a blend of all three. Fermenting with just the juice of the grape and not the skins allows it to maintain its light color.

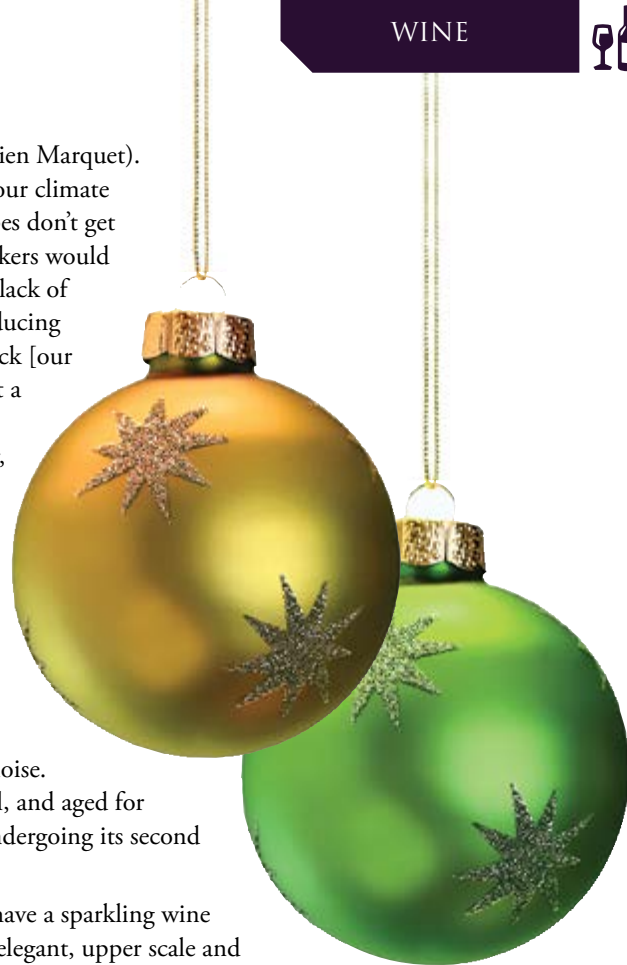
TRUMP WINERY

The Trump Winery in Charlottesville prides itself in making quality wines from their estate-grown fruit in the heart of the Monticello AVA. Their sparkling vineyards are planted in Chardonnay, Pinot Noir and Pinot Meunier in sites chosen for their cooler terroir that help preserve the natural acidity and minerality needed to make a truly great sparkling wine.

Also made via the traditional Méthode Champenoise, and finished brut, Trump offers four sparkling wines: Blanc de Noir, SP Rosé, Sparkling Reserve, and Blanc de Blanc, that account for 40% of their total wine production.

"All four sparklings are unique to each other, with a different flavor profile and different food pairings," said Kerry Woolard, General Manager. "Some, like our Sparkling Reserve, are as complex or more complex than the biggest, heaviest reds." The wines are produced by winemaker Jonathan Wheeler, who has been with the property since 2006.

"For us it's a labor of love and a time-intensive project," Woolard explained. "The vineyards we use for sparkling wines were planted to be sparkling wines. The clones are Dijon clones specifically chosen for the sparkling program and are found in the



TREAT YOURSELF

continued from page 39

low-lying area of the property where they get the cool, sometimes foggy, mornings and slower ripening.”

“We see growth in the popularity of sparkling wines. Take the popularity of Prosecco, for example,” Woolard said. “Great sparkling wines are made around the world, and Virginia is no exception.” The Trump sparklings have been rated among the Top 10 American Sparkling Wines, its Blanc de Noir has placed in the Top 20 in the Global Wine List, and its Sparkling Reserve was the first Virginia wine to receive a 91-point score by Wine Enthusiast.

THIBAUT-JANISSON

French winemaker Claude Thibaut has been called a “master of Méthode Champenoise.” He moved to Charlottesville in 2003, joining a local winery as a consultant to spearhead the creation of a sparkling wine, then in 2005, began his own label in partnership with Manuel Janisson, producer of the Champagne Janisson & Fils. Their first vintage was released in November 2007 under the brand: Thibaut-Janisson. Their sparkling wines include the popular Blanc de Chardonnay and a creamy Virginia FIZZ, and can be found in retailers throughout the Commonwealth.

TOAST TO THE SEASON

This holiday season, don't reach for the usual Champagne. Try a little bubbly from Virginia instead. The Greenhill Blanc de Blancs, the Trump Blanc de Blanc, and the Thibaut-Janisson Blanc de Chardonnay are perfect for toasting...or everyday enjoyment. ❖



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AUTHOR: Linda Barrett is the Wine Editor for Viva Tysons magazine and is looking forward to trying all of Virginia's sparkling wines. She is also the owner of All the Buzz, a corporate writing and PR firm, www.allthebuzz.net.

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Ken Achikian at work



BY KEITH LORIA



Karya Saxon and Katie Rice help out at the store

A JEWEL of a shop

If you're looking for one-of-a-kind, handcrafted jewelry, people in Northern Virginia know the place to go is Achikian Goldsmiths, which for more than 20 years has operated on Church Street in Vienna and provided customers with unique jewelry and unparalleled customer service from owners Ken and Maral Achikian.

A master goldsmith, Ken Achikian learned his craft in Beirut, Lebanon from a master artist when he was just 14 years old.

"I started in the summertime after school as an apprentice and one thing led to another. By the time I was 20 I was doing it full time," Achikian says. "It took me almost six years to learn everything from my master and I really enjoyed the work."

Achikian's great-grandfather was a jeweler, and though he never met him, he does feel the craft is "in his blood."

"If someone wants to do something like this, they need to have patience and an artist's eye," he says. "I've seen lots of people try but they couldn't learn or didn't have the patience and they were gone in a day, week, or month."

When war broke out in his country, Achikian immigrated to California and worked as a jeweler for four years before moving to the Washington, D.C. area to accept a goldsmith position.

"When I came to this country I was 21 and didn't know anything about retail, so I worked in manufacturing in Los Angeles. I lived there five years, got married, and

moved here," he says. "A jeweler offered me a repair job but found out I could make things and started advertising that, and my position became greater."

After working a few years there, he and Maral established Achikian Goldsmiths, Inc. in Vienna.

"Initially, we worked out of the home, but I moved to Church Street in 1993," Achikian says. "The way we survive in this industry is by offering things other jewelry stores don't. We make things that people don't see elsewhere."

For instance, one of Achikian's specialties is his hand-made wedding rings. He is often featured in wedding publications and is the talk of those in the wedding industry.

"People go and buy engagement rings and don't think about what's going to follow up—the wedding band to match," he says. "That's where I come in. Probably 40-50 percent of my business

is making custom wedding bands that will match the beautiful engagement rings.”

People usually bring him an idea of a design or a sketch and then let his experience and talent go to work.

“I start with a sketch on paper, then create a wax mold of what they want and if changes need to be done, it’s easier to make in on the wax,” he says. “That will turn into metal, whether it’s white gold, 14K, 18K, 22K, or platinum.”

He prefers working with gold and platinum for their unusual malleability and warmth. He doesn’t normally use silver unless it’s an heirloom someone wants to repair.

The store is also known for creating Armenian jewelry, including a cross, Armenian bible, and pendant with the Armenian alphabet.

“It’s very popular and we have customers from as far as Austria ordering them,” he says. “It offers true Armenian history, culture, and tradition.”

Achikian Goldsmiths can customize special jewelry from conception to the final product, including charms, pendants, necklaces, bracelets, rings, earrings, brooches, matching sets, and many more beautiful items.



For Achikian, each piece possesses a personality that comes from listening closely to his clients and understanding what they envision their ornament to represent. He also works extensively with antique jewelry, can repair heirloom pieces or reset stones and has experience in restyling settings to achieve an extraordinary new look.

The secret to success, Achikian says, is being a service-based shop.

“We treat our customers like our friends, so they keep coming back to us,” he says. “We not only give people jewelry they won’t forget but work with them, offering them the best deals and best service we can.” ♦

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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A woman with dark hair is lying down, her head tilted back, eyes closed, and mouth slightly open. A brass pot is suspended above her head, pouring a stream of water over her forehead. The background is a warm, solid brown color.

BY ALLISON CHASE SUTHERLAND

Shirodhara at Parma Spa - AN AYURVEDIC EXPERIENCE

Ayurveda, which literally means the knowledge of life, is the traditional healing science of India. Viewing disease as a natural end result of living out of harmony with our environment, Ayurveda emphasizes reestablishing harmony and balance as the means of recreating a state of optimal health in our bodies and minds.

The ancient Indian healing science of Ayurveda describes five basic elements of the earth – air, space, fire, earth, and water, according to Thara Kodandaramachandra, an Alternative Medicine Practitioner at Parma Spa in Tysons Corner who has studied and taught Ayurvedic medicine for the last decade. In an article published by the California College of Ayurveda, “Ayurveda, which literally means the knowledge of life, is the traditional healing science of India. Viewing disease as a natural end result of living out of harmony with our environment, Ayurveda emphasizes reestablishing harmony and balance as the

The symbol of Parma is a graceful statue of the female form, almost dancing, balancing on top of the universe.

The practitioners at Parma follow a holistic approach to health – that is, mental, spiritual, and physical.

Parma offers various skin care and spa treatment options. “We want you to look beautiful on the outside and feel healthy and nurtured on the inside,” says Afsheen Ather, Director of Medical Aesthetics at Parma.

I experienced a massage service inspired by Ayurvedic tradition by the name of shirodhara. This experience rests and calms the mind. Deeply relaxing. Deeply transporting. Following a therapeutic massage, a thin stream of oil infused with lavender patchouli, and ylang ylang essential oils is drizzled gradually back and forth over your forehead – otherwise known as the sixth chakra or third eye – from a copper vessel, or ‘fountain.’ This fragrant oil then flows over the scalp and through your hair, enabling you to relax deeply, while you melt away to the harmonious sounds of gentle music. You are then left to rest quietly and absorb the benefits of the experience in your warm cocoon of luxuriously soft warm Italian linens. It is suggested that you then leave the oil in for several hours for maximum effect, but – if you prefer – you can shuffle upstairs in your comfy

means of recreating a state of optimal health in our bodies and minds.” Thara agrees. “When you balance these elements, you balance your health.”

The symbol of Parma is a graceful statue of the female form, almost dancing, balancing on top of the universe. The practitioners at Parma follow a holistic approach to health – that is, mental, spiritual, and physical.

chamois robe and bath slippers to take a shower in the exquisite Italianate bathroom.

I don’t know if that was an official rainforest showerhead, but I felt like I was in a rainforest nonetheless. Perhaps the shirodhara helped my imagination, as it is said to soothe and reinvigorate the senses and the mind. Although usually water-conscious, I did wash my hair twice. Lather, rinse, repeat. It is of course not usually necessary to obey those instructions as they’re just meant to sell you more shampoo. But in this case, it’s not a bad idea.

Then, stepping onto the soft bath mat, the kind that your feet sink into, I slipped back into my robe and blow-dried my hair in a comfortable chair before an ornate gilded mirror mounted on the gold-leaf painted wall. This upstairs room of earth tones had touches such as leopard settees and a glass bowl filled with water and rose petals. A vase of soft pussy willows reminded me of my childhood. In the springtime, everyone always had forsythias, daffodils, azaleas, and pussy willows. How lovely!

By the time my hair was almost dry, I was ready to revisit the world. So take a deep, slow breath, and repeat after me – shirodhara – an exquisite, exotic experience worth trying – in distant India on the subcontinent or in an Ayurvedic oasis a bit closer to home. How about really close? It’s right around the corner – Tysons Corner, that is. ❖

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BY JAN KING

THE MIDDLE-AGED BODY: IN HARM'S WAY

How many times have you heard somebody comment about taking a risk using the old adage: "Well, you could get run over by a bus when crossing the street." Oh Yeah? I've got one better. Let me tell you something my friend. At middle age the risks are even scarier because now we're in danger of getting injured by doing either *nothing* or *next to nothing*.

Here's the *Top Five Injuries* that happen regularly past the ripe old age of 50.

#1. SLEEP INJURY: You roll into bed perfectly healthy and enjoy a great night's sleep. But when you wake up, to your shock, you've sustained some kind of bodily injury. God knows how this happened. You might wake up with a stiff, painful shoulder, or a massive Charlie horse which makes you limp out of bed, a pain under your ribs, an aching back, or some other kind of crippling injury. And you say to yourself, "How the hell did this happen? Am I in such a pathetic state of physical condition that I can get injured doing *nothing*? OMG, kill me now."

CAUSE OF INJURY: *Unknown*

#2. SHOWER INJURY: You're enjoying the feeling of that great warm water pulsating down and relaxing every muscle in your body when you turn just a smidge (like 4 degrees) to get the soap and BAM! Your spinal column feels like it's a lightning rod that just got hit with 25,000 volts. Your entire back is spasming with the kind of pain that will require a 20 year Percodan addiction. You try to climb out of the shower without screaming, fall over your cat, and end up in traction.

CAUSE OF INJURY: *Picking up a two ounce bar of soap*

#3. WALKING INJURY: Normally, a younger person could get injured on a walk by being bitten by a dog, tripping over some hidden object like a rock, or even being mowed down by a

senior citizen on his way to a Denny's Grand-Slam breakfast. But the most humiliating thing for us "more mature" people is discovering that you have sustained a stress fracture in your foot by none of the above—simply by walking.

CAUSE OF INJURY: *Your own body weight*

#4. EATING INJURY: Forget salmonella poisoning! Many older folks sit down to enjoy a delicious meal and suddenly hear *crunch* followed by either half a tooth falling out or TMJ. Your jaw is frozen open to the point where you're unable to close your mouth without the aid of a hammer. Then there's always the possibility of the food going down the wrong pipe and narrowly escaping death unless your St. Bernard is on hand to perform the Heimlich. As MasterCard says, the possibilities are endless.

CAUSE OF INJURY: *Lack of targeting your jaw muscles in the gym*

#5. FOREPLAY INJURIES: These are the *most* depressing of all injuries. After menopause, foreplay can get mighty risky if performed any place other than on a top-of-the-line Serta Perfect Sleeper mattress covered with a 12 inch goose down mattress pad. Having foreplay in locales like the beach, on the floor in front of the fireplace, in the hot tub, or on the butcher block in the kitchen can cause any of the following injuries:

Abrasions	Drowning
Contusions	Fractured Pelvis
Rug Burns	Sprained Kegel

CAUSE OF INJURY: *Obamacare not paying for Vagifem*

What's the solution to all of the above—other than mass euthanasia for Baby Boomers or keeping a physician on call 24/7? Hey, don't ask me...I'm only the reporter. ♦

AUTHOR: Jan King is a national bestselling author and currently has three books on Kindle Amazon. You can read her blog at www.jankingauthor.com

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BY CINDY PAVELL

WANT TO KEEP YOUR CARDIO FRESH? EVALUATE YOUR SOCIAL ENVIRONMENT

You know you need to exercise. You feel good about yourself when you stick with it. Then there comes a point where you are just bored out of your mind with your cardio workout.

You change the program on the elliptical or treadmill, or maybe try a different piece. You try a new gym and vary your exercise classes. Still, you struggle getting your cardio workouts in each week. Whether you are a seasoned exerciser or just starting out, keeping your cardio interesting can be a challenge! Let's take a totally different approach.

I recently attended a Leadership in Coaching conference hosted by Harvard. Research was presented pertaining to the effectiveness of self-regulation. Bottom line: self-regulation does not produce lasting change. Think about all the people you know who are trying to lose weight and/or trying to make exercise a regular part of their life. Who is successful in the long haul (at least two years)? I bet it is a very small percentage, if anyone at all comes to mind. If you do know of someone, what are they doing? How are they succeeding when most are not? I am not talking about the psycho exerciser who is completely obsessed. That is not freedom. That is torture and joyless. For some, it is sheer punishment. Who do you know that is a happy exerciser? I beckon you to take a look at their social support and structure. Is this person "connected"?

We are social beings. Even biologically, we are meant to connect. Research has shown that when your partner supports your efforts you have about a 30% greater chance of succeeding in your endeavors. What happens in our brains when we feel safe and connected to those around us has a profound effect on the choices we make. When have you felt your best? What was going on in your life? Who was in your life? The time I have looked and felt best about myself

was when my home life felt safe, comfortable (different from familiar), genuine, and I felt free to communicate openly and honestly with my housemates. Because of the setting in my home, my work was more productive; I had lots of energy and exercised daily without having to force myself; I *wanted* to eat well and I did.

According to various theories on relationships, for a person to thrive, it is important that certain relational components are present in one's life: a sense of belonging and acceptance, to feel loved, respected, and appreciated. You may be thinking, "What on earth does this have to do with my cardio workouts?" Everything! We already know the "wagging finger" form of self-regulation is not effective. How long have you been struggling with your cardio workouts? Living in the land of the "shoulds"? You may have small periods of time, a few months, where you are really doing great! How can you maintain it? This is how: check out the depth and level of connection that you have with yourself and others. If you are running around trying to manage your life with mental power, you will not have the energy you need for your cardio workout. Do you have connection? Do you have support? Try some cardio with someone you can connect with. Form new connections. How is your home life? If it is chaotic, your cardio will be chaotic. Ask for help. You want to keep your cardio going because you feel better, you look better, and you like yourself more when you are regular with it.

I leave you with this question: What can you do today to make cardio valuable enough for you to do something different? You feel more energized and carry a higher level of confidence when you are physically active. Risk. Connect. Make time to connect. When you feel connected, you will want to take better care of yourself. Cardio matters. You matter. You deserve it! ❖

AUTHOR: Cindy Pavell, M.S., Wellness Development Coach, www.cindypavell.com

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“WHOLE” IS THE NEW NUTRIENT

BY JUDY CAPLAN

For the last 20 years, the scientific nutrition community (and the not-so-scientific community – internet, blogs, magazines, etc.) have been focused on individual nutrients and supplements. They say, “Take some of this to cure some of that.” Unfortunately, our health statistics have not dramatically improved and our obesity and accompanying chronic disease rates have skyrocketed despite having spent billions of dollars a year on supplements and special foods, not to mention the myriad of appliances that help us juice, dice, dehydrate, and mash.

While there are many studies supporting the use of dietary and nutritional supplements, most of us are in a daze when it comes to what to take. Many of us in search of trusted advice jump on Dr. Oz’s “supplement of the day” bandwagon, thinking this is a panacea to all that ails us.

Is it possible that our hyper focus on individual nutrients has misled us to miss the big picture? Human nutritional science is still in its infancy. We are just learning that many of the nutrients we know may not exist in isolation but in combination with yet undiscovered biochemically active compounds. We also know that many of the nutrient studies have not panned out and, in fact, some herbal supplements and specific vitamins and mineral supplements may be toxic to vital organs and increase the risk of disease.

So what are we to do? Should we throw away all supplements and close our eyes and ears to new studies? Or should we widen our vision and consider new studies that promote “wholeness.”

First of all, if you think you need dietary supplementation, do not attempt to do it on your own based on internet advice. Consult a registered dietitian or a holistic physician who knows what they are talking about.

Secondly, embrace the notion that real food (fruits, veggies, whole grains, beans, seeds, nuts, and lean protein), even if it is not organic, still provides nutrients in combination with other substances that promote health. Real, whole foods do not come with only one nutrient. They come packaged by nature with a whole host of vitamins, minerals, fiber, phytochemicals, etc. that cannot always be perfected in a lab.

Thirdly, realize that many of the lifestyle-induced diseases that are not caused by genetics are due to the ingestion of denatured, over sugared, and over processed food including bad fats, sodas, processed meats, energy bars, and other sweets. Lack of fresh produce is another disease enhancer. Tobacco use, sedentary day jobs, and too much time spent on electronic devices are also disease initiators. It may be that these factors do indeed contribute to increased nutrient needs but relying on supplements alone is not the answer.

Fourth, increase your intake of real, whole foods. Stop relying on quick white flour, white sugar, deep fried, fast food to make your life easier. Start buying ingredients that need to be cleaned, cooked (left raw), and eaten. No time? I hear you... but you have to *make* time. Because making time is the exact remedy for the thought process that tells you can rely on individual nutrients to build and maintain health.

Finally, start slowly. Maybe commit to bringing your lunch three days a week and cooking dinner 3 days a week. What you do not spend on supplements you can spend on real whole food. Cooking can be fun. Eating real whole food is delicious. Make “whole” your new nutrient. ❖

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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HUNDREDS OF COMMUNITY MEMBERS WILL CREATE ART FOR THE SKY PHOTO

Fairfax High School, November 9

Fairfax City resident and JMU student Brian Wilk receives a \$200 prize for creating the winning image for Our Daily Bread and Food for Others' 2014 Complete the Circle FoodRaiser. The Art for the Sky project and community event to raise awareness about hunger and need in the Fairfax County area will be held on November 9 in Fairfax City. Brian Wilk's design was chosen from a host of images submitted by community members as the design that hundreds of participants will turn into a "living picture," photographed from high above by Art for the Sky's Daniel Dancer on the practice field at Fairfax High School, on the afternoon of November 9, 2014. The outer circle of the design will be created by food donations contributed by the public that day. ❖



Presenting Brian Wilk with the check are (from left): Kista Fleming, Vice President and Area Manager of United Bank, an event supporter; Our Daily Bread Executive Director Lisa Whetzel and Food for Others Volunteer and Operations Manager Nikki Clifford. Photo courtesy of Our Daily Bread.

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- Strategic Partnerships Equals Strategic Revenue Generation
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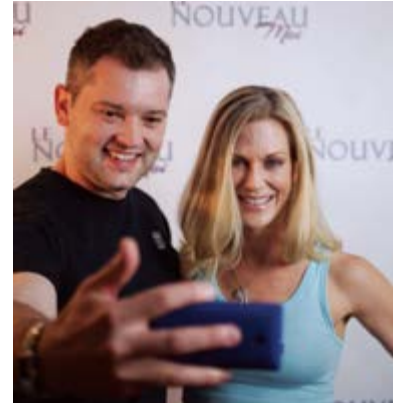
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Astoria Laser Clinic threw a great party at the Tysons Sheraton last October. The swag bags for the first 200 guests went fast as all the lovely ladies of Tysons were enlightened by the array of beauty services available at Astoria. Party-goers enjoyed hors d'oeuvres and drinks from Brix and Ale as the DJ got them all dancing by the end of the night. VivaTysons was happy to co-sponsor the event and rolled out the red carpet with a Selfie-Station promoting *Le Nouveau Moi*. *Le Nouveau Moi* is VivaTysons' new Beauty, Fashion, and Wellness minizine. ❖





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

MCLEAN WOMAN'S CLUB

Donates \$5,500 to Local Nonprofits

At its monthly meeting on September 2, the Woman's Club of McLean donated a total of \$5,500 to four local nonprofits: \$2,000 to the Wounded Warrior Transitional Housing program at Vinson Hall, \$1,500 to Claude Moore Colonial Farm, and \$1,000 each to Alternative House and the McLean Volunteer Fire Department.

The donations were part of the club's ongoing mission of supporting a variety of local nonprofits and charities with the proceeds of its annual Holiday Homes Tour and other fundraisers. ♦
-by Laura Sheridan



From left: Woman's Club President Mildred Thompson; Wounded Warrior program representatives Fred Johnson, Kathleen Martin and Paula Manczuk; Heather Bodin, Operations Director at Claude Moore Colonial Farm; and Jade Leedham, representing Alternative House.

OCTOBER WAS FESTIVAL MONTH
at Merrifield and Tysons Fall Festivals



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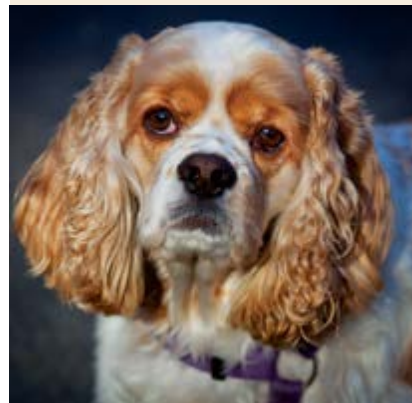
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—MARIA
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 1320 Old Chain Bridge Road, Suite 185

Dr. Daria Hamrah
NOVA SURGICARE
 703 288 4495
 8201 Greensboro Drive, Suite 601

Dr. Dennis Faludi
AESTHETIC MEDICAL CENTER
 703 992 7979
 8150 Leesburg Pike, Suite 820

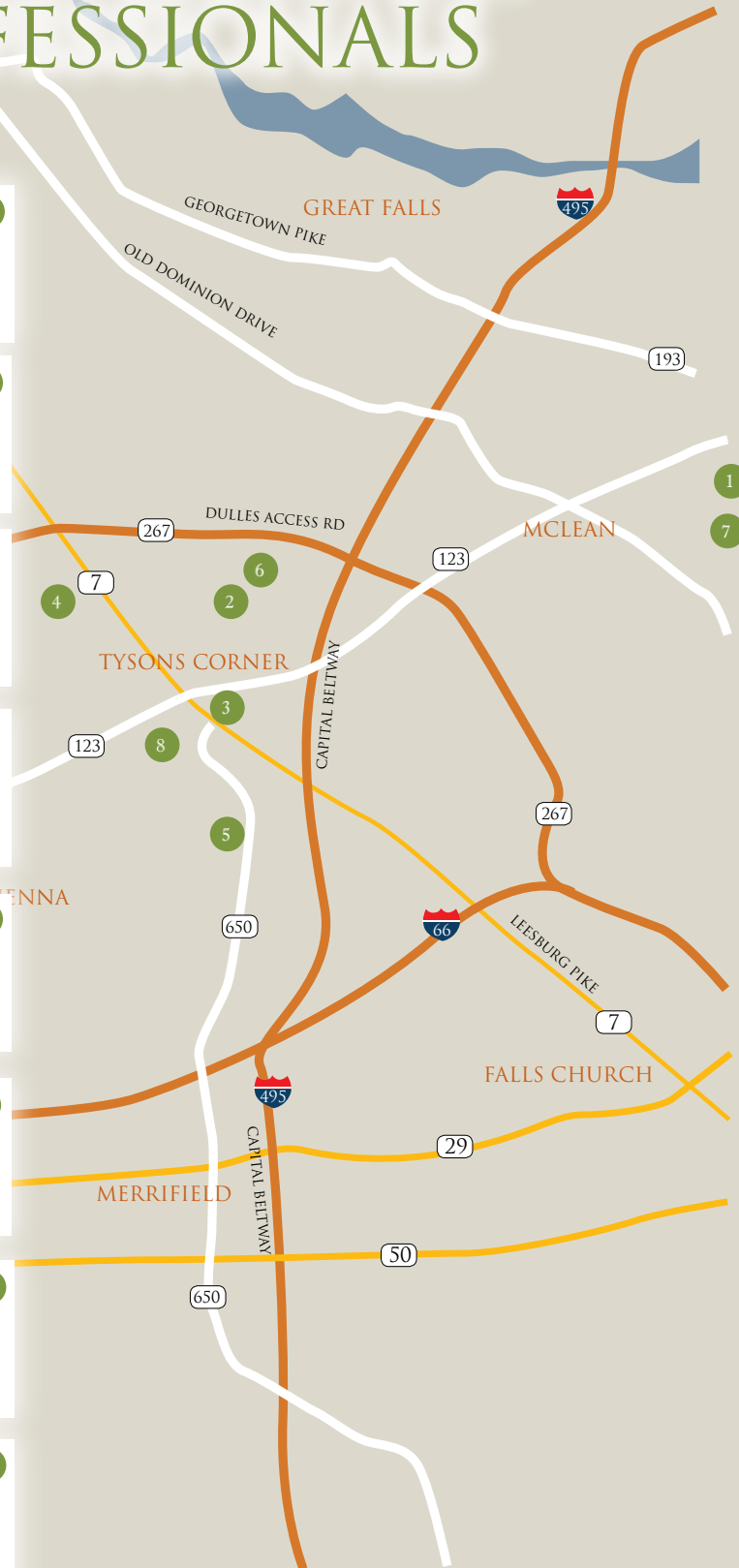
Dr. Gema Island
ISLAND CHILDREN'S DENTISTRY
 703 790 1320
 1500 Cornerside

Drs. Jules Feledy
ASTORIA LASER CLINIC & MED SPA
 703 992 9290
 2106-B Gallows Rd

Dr. Asma Zia
SMILES AND DENTAL CARE
 703 559 5118
 7901 Jones Branch Dr., Suite 220

Drs. Alan & Andrew Hinkle
ALAN & ANDREW HINKLE, DDS
 703 356 4034
 6711 Whittier Ave, Suite 103

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Dr. Jules Feledy is a specialist in both Reconstructive Plastic Surgery and Aesthetic Plastic Surgery, particularly known for his reconstructive plastic surgery expertise in breast reconstruction, melanoma and skin cancer procedures. Specialties include VASER liposuction with fat grafting, breast augmentation and abdominoplasty. An award-winning, board-certified plastic surgeon, Dr. Jules Feledy is consistently list among the area's "Top Doctors."

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Alan Hinkle, DDS & Andrew Hinkle, DDS

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McLean based Ascent Audiology & Hearing is a full service audiology practice providing the best in hearing aids, tinnitus treatment, diagnostic hearing evaluations, personalized care, and custom treatment options. Known for her extensive knowledge and aftercare service,

Dr. Ana Anzola is a constant Award Winner in her field. Her twenty years of experience and depth of knowledge and understanding of auditory therapy enable her to treat complex hearing disorders and provide the best options of care for her patients. A conversation with Dr. Anzola is a must for those seeking audiological services and hearing solutions.

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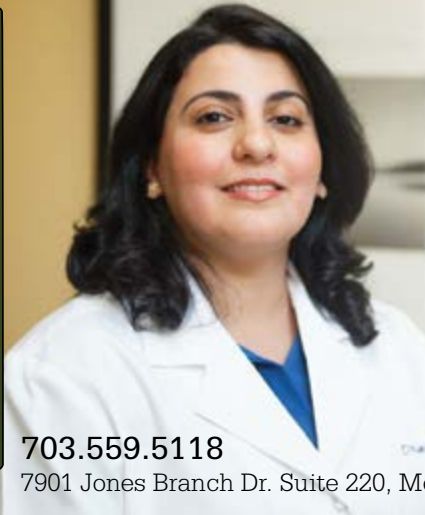
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Dr. Barry D. Laurent, DDS

DR. BARRY D. LAURENT, DDS

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

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NOVEMBER 11

VETERANS DAY CEREMONY

Memorial Amphitheater, Arlington
National Cemetery | Free

About 5,000 visitors attend each of the two major annual remembrance ceremonies in the Memorial Amphitheater. They take place on Memorial Day and Veterans Day and are sponsored by the U.S. Army Military District of Washington. Many military organizations also conduct annual memorial services in the amphitheater. In addition, organizations also host memorial observances and events at Arlington. All ceremonies and

special events are free and open to the public. Call (877) 907-8585 for details.

NOVEMBER 14-16

NORTHERN VIRGINIA CHRISTMAS MARKET

Dulles Expo Center, 4368 Chantilly Shopping center, Chantilly
Friday, Saturday 10am-6pm, Sunday 10am-5pm | \$8/adult, children 12 and under are free. (\$1 off admission with a canned food donation)

More than 300 juried artisans from across the country offer fine art, functional & decorative pottery, handcrafted jewelry, glass, photography, woven baskets, furniture, decorative

arts, collectible dolls, wearable art, and much more. Specialty food vendors offer gift-packaged gourmet fare such as steamed puddings, almond pound cakes, party dips, sparkling cider, and fruit cakes. Events Management Group, Inc. works with the Capital Area Food Bank helping needy families during the holiday season by collecting donations of canned goods. Receive \$1.00 off admission by bringing a canned food donation for the Capital Area Food Bank. Call (757) 417-7771 for details.

NOVEMBER 14 - JANUARY 4

MEADOWLARK'S WINTER WALK OF LIGHTS

Meadowlark Botanical Gardens
9750 Meadowlark Gardens Court,
Vienna, VA
5pm doors, 5:30pm show
\$13 adults, \$8 children ages 3-12;
Children under 3 are free

Visit Meadowlark's Winter Walk of Lights from November 14th - January 4th to experience over 500,000 LED lights and displays that bring Meadowlark Botanical Gardens to life! Imagine the beauty of Meadowlark's renowned gardens transformed into a winter wonderland, including a flowing stream of softly glowing lights. Marvel at the two story animated fountain, stroll past the Gingerbread Village, and explore the beauty of nature like you've never seen it. This event is sure to be the highlight of your holiday season! Call (703) 255-3631 for details.

NOVEMBER 15

STUFF THE SLEIGH

Jones Branch Dr.
Tysons Corner- 9am

A 5k Run and 1 Mile Walk to help keep children safe from human trafficking in America. This event is run by Abolish Child Trafficking Now, Inc. or ACT-NOW, a U.S based humanitarian initiative. The race will start and Finish in front of 7925 Jones Branch Drive.

NOVEMBER 15-16

FAIRFAX HOLIDAY CRAFT SHOW

Fairfax High School, 3500 Old Lee Highway, Fairfax
Saturday, 10am-5pm and Sunday
10am-3pm | \$5, children under
18 are free

Enjoy handmade crafts including baskets, dolls, floral items, jewelry, paintings, photographs, pottery, clay, wood items and more.

NOVEMBER 20-22

OAKTON CHURCH OF THE BRETHREN'S 21ST ANNUAL CHRISTMAS CRAFT SHOW

Oakton Church
10025 Courthouse Rd, Vienna
Thurs-Fri 10am-7pm,
Sat 10am-4pm | FREE

Come browse around and find unique presents and stocking stuffers; cards and gift bags; seasonal decor; kitchen accessories; baby and children's items; scarves, hats, and other attire; jewelry; pillows and linens; ceramics; fresh baked pies and cakes, and much more at this three-day event featuring a wide variety of hand-made items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren.org, or call 703-281-4411. The event is a fundraiser for church projects.

NOVEMBER 23

VIENNA TURKEY TROT

Vienna Volunteer Fire Department
400 Center Street South
Vienna, VA
7am Registration
8am Kids Fun Run
8:30am 5K/10K

The James Madison High School Band will be hosting the 12th Annual Vienna Turkey Trot 5K/10K and Fun Run Proceeds will benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race and the Finish Line Festival!

NOVEMBER 27 MCLEAN HAMLET TURKEY TROT

Dunsinane Ct.
McLean - 10am

The McLean Hamlet Turkey Trot starts at 10am on Thanksgiving Morning. Join friends, neighbors and family to enjoy a 2.5 mile Run, Jog,

Walk or Bike, Scoot (if you are a kid). Dogs on leashes and Babies/Toddlers in strollers are welcome. Non-perishable food contributions to SHARE are strongly encouraged.

NOVEMBER 28-30, 2014

VIENNA ARTS & CRAFTS SHOW

120 Cherry Street, SE, Vienna

This show features more than 80 juried artisans offering original, handmade arts and crafts, including decorative painting, fused, etched, painted and stained glass, ceramics and pottery, hand-painted silk, woodworking handweaving, photography, and more.

NOVEMBER 28 & 29

THANKSGIVING OPEN HOUSE

Horton Vineyards
6399 Spotswood Trail, Gordonsville,
VA 22942
10 am - 5 pm | \$10/person includes
glass, tastings and cellar tours.

Join us for hot soup and and Horton Norton Chili. Browse for gifts for the wine lover. Take a stroll through the vineyard and walk off some of that Thanksgiving feast. Stock up on wine for the Holiday season with special discounts on our award winning wines. 540-832-7440.

DECEMBER 1

CHURCH STREET HOLIDAY STROLL

Historic Freeman Store and Museum
6pm-9pm

Santa will arrive and greet children at the Historic Freeman Store and Museum and then help the Mayor light the Holiday Tree at 6:20 pm. All merchants along Church Street will remain open for holiday shoppers. Enjoy fun family friendly activities including a petting zoo, free hot chocolate and roasting marshmallows at supervised bonfires. Holiday entertainment will be provided throughout the evening.

DECEMBER 4

MCLEAN WOMAN'S CLUB HOLIDAY HOMES TOUR

10am–3pm
\$25 before Dec. 4 and
\$30 on the tour day
Admission to the MarketPlace
will be free

The Woman's Club of McLean will host its 48th annual Holiday Homes Tour and MarketPlace. This year the four tour houses are located close together in Langley Farms, a historic McLean neighborhood just off Dolley Madison Boulevard (Route 123). During the same hours, the fundraising fair known as the MarketPlace will be held at Trinity United Methodist Church, 1205 Dolley Madison Boulevard, across Route 123 from Langley Farms and less than a half-mile from the tour houses. The four houses are large, custom designs built on earlier home sites. They will be festively decorated in line with the owners' tastes, and Woman's Club members will serve as hostesses. Free shuttle buses from the church will serve the tour area, as street parking will be limited. Tour tickets may be obtained on the tour day at the featured homes and the MarketPlace. For more information, visit the Woman's Club website, www.mcleanwc.org, or contact Laura Sheridan, McLean Woman's Club, (703) 556-0197.

DECEMBER 5-7

MCLEAN HOLIDAY CRAFT SHOW

McLean Community Center, 1234
Ingleside Ave. McLean
Friday, 11am–7pm, Saturday,
10am–6pm, Sunday, 11am–4pm | \$3 for
adults and \$1 for children
under the age of 14

Enjoy a wide variety of arts & crafts and
holiday music by local school groups.

DECEMBER 5-14

2014 TYSONS CORNER CENTER HOLIDAY MARKET

Tysons Corner Center, Tysons
Friday 11am–9pm, Saturday and
Sunday 10am–8pm

Located on the Plaza at the mall
entrances from the Silver Line Metro,
the festival will be in a spectacular
new space surrounded by amenities,
including an ice skating rink, new
offices, a new Lord & Taylor entrance,



a Shake Shack, and outdoor seating
around fire pits. A stage, spectacular
Christmas tree, entertainment, beer
garden, and other festive and engaging
activity will support the intimate gift
purchasing and fun shopping experience
of the market for 20+ exhibitor booths.

DECEMBER 5-28

MADELINE'S CHRISTMAS

Creative Cauldron | | F 7:30pm, SAT
2pm and 7:30pm, SUN 2pm | \$15

"In an old house in Paris that was
covered with vines lived 12 little
girls in two straight lines." With that
familiar phrase, author/illustrator
Ludwig Bemelmans sets in motion the
adventures of a precocious little girl
named Madeline, winning the hearts of
generations of readers to come. In this
musical adaptation, it's the night before
Christmas, and Madeline's schoolmates
and their tutor Miss Clavel are all sick
in bed. Brave and resourceful, Madeline
comes to the rescue with help from a

magical rug merchant who takes them
all on a Christmas journey they will
never forget.

DECEMBER 6

WOLF TRAP HOLIDAY SING-A-LONG

Wolftrap Filene Center
4pm | FREE

Kick off the holiday season with
family and friends at Wolf Trap's 2014
Holiday Sing-A-Long! This annual
musical celebration hosts a performance
by the United States Marine Band and
a Sing-A-Long of Christmas carols
and Hanukkah songs with choir and
vocal groups from the metropolitan
Washington area.

Wolf Trap will be participating in Toys
for Tots by collecting new, unwrapped
toys at the entrance to the Filene Center
before the Sing-A-Long. Donations are
strictly voluntary and not a requirement.
Admission is free, and no tickets are
required. Parking is free, but limited, so
please plan on arriving early.

Bring a candle and join the tradition
of exiting the Filene Center with a
candlelight processional during the last
verse of "Silent Night." There will also
be a "Jing-A-Long" during the singing
of "Jingle Bells," so remember to bring a
candle, a bell, and a new, unwrapped toy!

CELEBRATION OF LIGHTS

Great Falls Village Centre
Great Falls 5:30pm

The 23rd annual Tree Lighting
ceremony joined by holiday music, a
petting zoo and pony rides, and a live
nativity scene. Santa & Mrs. Clause will
arrive to light the tree.

SANTA PAWS EVENT AT CLEMYJONTRI PARK

Clemyjontri Park
6317 Georgetown Pike
McLean, VA 22101
12pm–2pm

The Fairfax County Park Authority
will be holding its annual Santa Paws

event at Clemyjontri Park, and the Friends of Clemyjontri will be there to help celebrate. There will be plenty of holiday inspired crafts and fun along with photographs with Santa Paws himself and newly restored and renovated play areas ready to provide the backdrop for your family holiday memories. For directions and additional information go to www.friendsofclemy.com.

DECEMBER 6 - 7

CITY OF FALLS CHURCH HOLIDAY ARTS AND CRAFTS SHOW

City of Falls Church Community Center, 223 Little Falls St. Falls Church
Saturday, 9am-4pm,
Sunday, 11am-4pm

See more than 60 crafters who sell unique handmade items and baked goods. Children's activities include a craft corner, face painting, and breakfast with Santa. Call (703) 248-5077 for details.

HOLIDAY GLITTER — MCLEAN ORCHESTRA

Location TBD
Saturday 8pm | Sunday 3pm

The McLean Orchestra is proud to announce its 44th season, "A Season of Brilliance," as Music Director and Conductor, Miriam Burns begins her third season with the McLean Orchestra. Holiday Glitter will feature the Broadway baritone, Sal Viviano. The concerts will offer a wide variety of traditional and spiritual favorites.

TOWNE SQUARE SINGERS HOLIDAY CONCERT

ArtSpace Herndon
750 Center Street, Herndon, VA
Saturday, 7:30pm; Sunday, 2pm

The Herndon Towne Square Singers, which is sponsored by the Town of Herndon Parks and Recreation Department, numbers 25 strong for the upcoming concert. Many members hail from the Town of Herndon and others come from surrounding communities

in Fairfax and Loudoun counties. Call (703) 787-7300 for details.

DECEMBER 7

"CHRISTMAS IN CAMP" - CIVIL WAR LIVING HISTORY

Historic Blenheim and the
Civil War Interpretive Center
3610 Old Lee Highway, Fairfax, VA
12pm - 4pm | Free

Discuss Civil War-era holiday customs, make Victorian ornaments, and participate in camp drills with Company D, 17th VA Infantry, "Fairfax Rifles" C.S.A. Guided tours of Historic Blenheim House. Call (703) 591-0560 for details.

HOLIDAY ARTS & CRAFTS SHOW

Herndon Community Center
814 Ferndale Avenue, Herndon, VA
10am-4pm | Free

Over 70 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. Visitors are encouraged not to bring strollers inside the building during show hours due to limited space. Free admission and parking. Additional parking at the Herndon Centennial Golf Course. Call (703) 787-7300 for details.

DECEMBER 12-23

HOLIDAY FOLLIES

Signature Theatre
4200 Campbell Ave. Arlington, Virginia
\$32 - \$35

The popular holiday cabaret returns! Tune that piano to the key of glee for a jolly festivity featuring special guest performers, buckets of cheer and all your cherished yuletide tunes.

DECEMBER 13 - 14

GREAT FALLS STUDIOS HOLIDAY SHOW AND SALE

Wolf Trap Center for Education
1645 Trap Rd, Vienna, VA
FREE

Great Falls Studios presents Great Falls Annual Holiday Art Show and Sale. This annual show includes paintings, pottery, traditional and digital photographs, jewelry, drawings, art quilts, and hand pulled lithographic prints, plus artful gifts and cards. All of the artwork is created by Great Falls artists, most of whom work out of their home studios.

DECEMBER 14

"FOUR CENTURIES OF VIRGINIA CHRISTMASES"

Fairfax Museum
10209 Main St, Fairfax, VA
2pm | Free

Join author Mary Miley Theobald to explore Virginia Christmas customs and their evolution from pagan, British, German, and Dutch precedents. Call (703) 385-8414 for details.

DECEMBER 22

JAMMIN' JAVA PRESENTS TODD WRIGHT'S 12TH ANNUAL SANTA CLAUSTER-F@%! CHRISTMAS SPECTACULAR

Jammin' Java
7:30pm | \$15

'Tis the third and the second nights before Christmas
When Santa Claus gathers some sixty musicians
To play holiday songs without ever rehearsing
Making music and magic with minimal cursing
And before all this holiday dust starts to settle
There'll be polka, folk, rock and the heaviest metal
So get tickets now or you'll be out of luck ❖



Holiday Gift Guide

from our area's top local vendors in tysons



Gift Box Arrangements & Petit Fours

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Mantle Clocks

Glasstine's bowshaped mantle clock (*above*) in a rich mahogany finish. The glass on four sides highlights the 14-day passing bell strike movement, which has polished plates and a polished brass pendulum. **\$525.00**

Athens' brushed, solid brass table clock (*below*) with polished edges, beveled glass center panel, and four solid brass reeded columns. **\$149.10**

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Holiday Gift Guide
from page 69

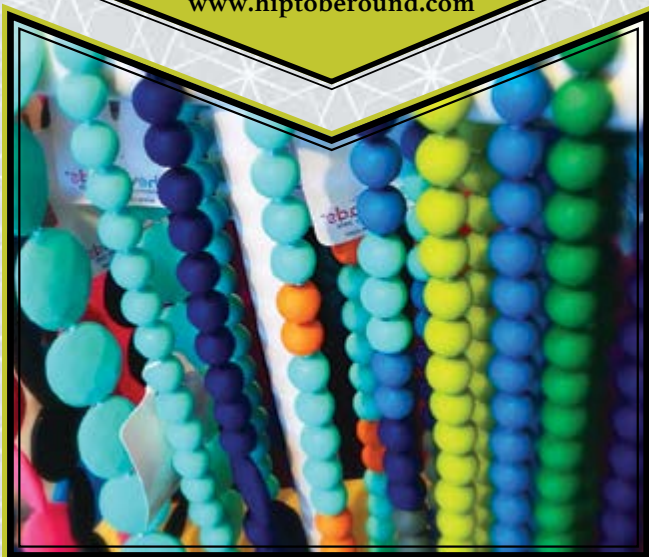


Chew Beads

Maternity store, Hip to be Round, is featuring their new teething jewelry that makes a fashion statement. These necklaces and bracelets are safe to touch, tug, and chew. They are 100% non-toxic silicone that you just throw in the dishwasher to sterilize.

Lots of fashionable colors. \$30-36

**Hip to be round • 2509 District Ave,
Fairfax, VA 22031 • 703.639.0720
www.hiptoberound.com**



Antiques

Find truly one-of-a-kind treasures at this charming little antique store on Church. They have loads of unique custom lighting, items made by local artists, handmade jewelry and home decor at very reasonable prices. A must see!

**Church Street Antiques
131 Church St, NW Ste 2, Vienna
www.churchstreetantiquesva.com
703.268.5425**

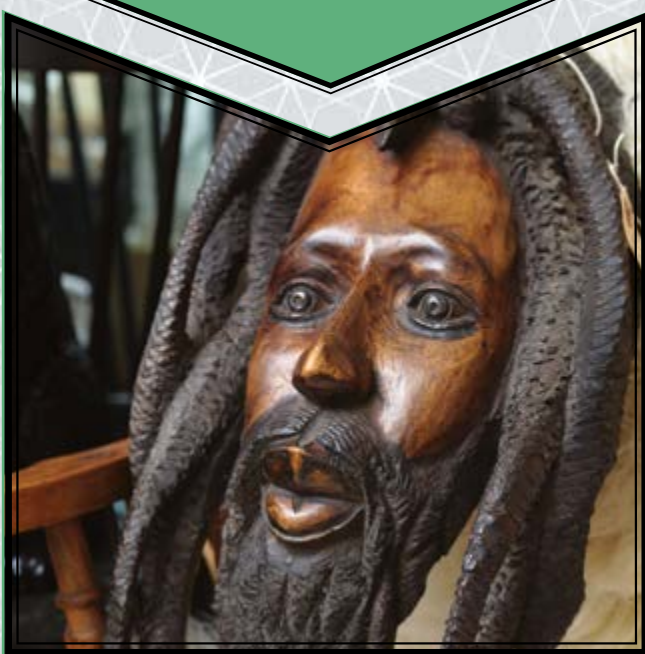


Table Runners

Timothy Paul's products have graced the pages of local & national interior design publications, designer show houses, as well as the homes of Washington's chicest residents. Give an elegant gift of one of these fantastic table runners.

Timothy Paul • Mosaic District, 2910 District Ave,
Fairfax, VA 22031 • 703.992.7765
www.timothypaulhome.com



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703.992.7000 • www.ahloveoilandvinegar.com



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Give the gift of a luxurious assortment of chocolates offering sheer bliss to the true chocolate lover with Balducci's Gift of Godiva, \$65 (below). Or make a memorable impact on family, or colleagues with this engaging variety of traditional and gourmet treats with their Office Fiesta \$80 (above). A generous assortment of savory and sweet all deliciously addictive!.

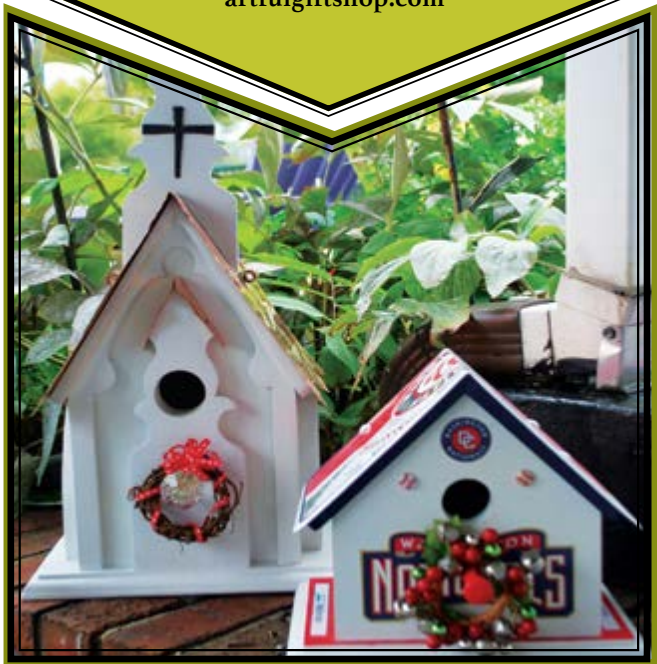
Balducci's • 228 W Broad St, Falls Church
703.241.2262 • www.balduccis.com



Handmade Birdhouses

The Church (shown below) \$200, Sports teams (shown below) are \$68-\$76 and available at the Artful Giftshop in Vienna. All handmade by Vienna Local, Howard Lewis. Custom orders are excepted.

Artful Giftshop • 145B Church Street NW
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artfulgiftshop.com



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 703.790.8844
www.golfdomgolf.com



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Pure Argan Oil from Morocco is rich in vitamin E and various essential fatty acids—great as a daily moisturizer, skin treatment, for treating split ends, and softening cuticles among other things. Argan Oil easily absorbs into your skin to give a youthful glow. With amazing healing, conditioning, and anti-aging properties, Argan Oil from Bella Luna is also an amazingly appreciated gift.

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www.spabellalunava.com



Holiday Beauty and Retail GIFT CERTIFICATES

Everyone will treasure gift certificates from these local establishments. You may want to give her a gift of a beauty treatment or a unique treasure. Shop these selected favorites for the perfect gift.

Aesthetic Medical Center

8150 Leesburg Pike, Suite
820, Tysons corner
703.992.7979
aestheticmedctr.com

Astoria Laser Clinic and Med Spa

2106 Gallows Road, Vienna
703.992.9290
astorialaserclinic.com

Achikian

132 Church Street NW,
Vienna
703.255.2255
www.AchikianGoldsmiths.
com

Bar Method

2070 Chain Bridge Rd
#185, Vienna
703.854.1379
tysonscorner.barmethod.com

Bikes@Vienna

128A Church Street NW,
Vienna
703.938.8900
bikesatvienna.com

Cameo Coins & Collectibles

444 Maple Avenue E,
Vienna
703.281.7053
cameocoinsonline.com

Colour Bar Studio

8100 Boone Boulevard,
Suite 115, Vienna
703.848.2000
colourbarstudio.com

Fitness Together

8300 Boone Boulevard
703.289.9909
fitnesstogether.com

Gilda's Beauty

2304 Gallows Road, Dunn
Loring
703.641.8444
gildasbeauty.com

La Boutique D'Isabella

6635 Old Dominion Drive
McLean
703.506.0503

La Vie Sucree

8150 Leesburg Pike, Suite
180B, Vienna
703.848.8950
laviesucree.us

Liljenquist & Beckstead Jewelers

Tysons Galleria
2001 International Drive,
McLean
703.448.6731
liljenquistbeckstead.com

Noufal Haircolor Studio

8605 Westwood Center
Drive Suite 160
Vienna, Virginia 22182
703.893.7711

Nova Surgicare

8201 Greensboro Drive,
Suite 601, McLean
703.288.4495
novasurgicare.com

Oakton Wine Shop

2952A Chain Bridge Road,
Oakton
703.255.5425
oaktonwineshop.com

Parma Spa

8212 Old Courthouse Road,
Vienna
703.506.8401
parmaspa.com

Plastic Surgery Associates, P.C.

The Magassy Building
1300 Chain Bridge Road,
McLean
703.790.5454
plasticsurgerymclean.com

Princess Jewelers

529 Maple Ave W, Vienna
703.255.5050
princessjeweler.com

Ronnie Elias Salon

2951-I Chain Bridge Road,
Oakton
703.255.1114
ronnieeliassalons.com

Salon Daniel

6828A Old Dominion
Drive, McLean
703.893.5000

Salon Michel & Spa

6700 Old McLean Village
Drive, McLean
703.442.7323
salonmichel.com

Salon O Tony

130 Maple Avenue W,
Vienna
703.281.3191
salonotony.com

GMU HOLIDAY

Arts & Theatre Events



Seraphic Fire Christmas: Carols by Candlelight

November 29, at 8:00 pm

George Mason University, Concert Hall

Begin celebrating the holiday season with the rapturous voices of this revered a cappella ensemble. This critically acclaimed group comes to the Center for the first time to present a dazzling holiday performance — a candlelight Christmas concert with a popular mix of Gregorian chant, carols, motets, and contemporary music. Based in Miami, and under the direction of its founder and artistic director, Patrick Dupré Quigley, Seraphic Fire's reputation as an important vocal ensemble has been enhanced by two Grammy nominations, a top-ten appearance on the Billboard classical chart, and a number-one debut on the iTunes classical music charts. "The singing is just fabulous; this group has a really excellent blend." (NPR's Morning Edition)

\$50, \$43, \$30.



Holiday Celebration with The 5 Browns

December 12, at 8:00 pm

GMU, Concert Hall Family-Friendly Event

For a truly impressive holiday experience, come witness this youthful quintet of siblings performing beloved Christmas music on five grand pianos. In their Center debut, these virtuosic pianists present a merry evening of music-making featuring everything from Tchaikovsky's *The Nutcracker Suite* to selections from Vince Guaraldi's *A Charlie Brown Christmas*. Praised by *Entertainment Weekly* for their "scorching piano," these five first made headlines when they were accepted at Julliard simultaneously, and have since exploded onto the classical music scene. The Billboard chart-topping artists have appeared on *The Tonight Show*, *Today*, *Oprah*, and even in their own PBS special, but nothing can match the experience of enjoying these talents live onstage thundering away on five Steinways.

\$50, \$43, \$30.



American Festival Pops Orchestra: Holiday Pops: Songs of the Season

December 13, at 8:00 pm

GMU, Concert Hall

Family-Friendly Event

Always a treasured holiday tradition at the Center, this gifted orchestra spreads holiday cheer and good tidings. This festive concert celebrates the season with cherished Christmas carols, holiday favorites, guest soloists, and a popular carol sing-along. Under the baton of founder and Artistic Director Anthony Maiello, this ensemble of 60 of the finest musicians from the D.C. area presents a jubilant evening full of joyful musical favorites that is certain to create precious holiday memories.

\$50, \$43, \$30.



Moscow Ballet's Great Russian Nutcracker

December 17 & 18, at 7:00 pm
GMU, Concert Hall

Moscow Ballet's Great Russian Nutcracker is the unique telling of the classic story of Masha (Clara) and her Nutcracker doll told with true Russian flair. The whimsical fantasy of Moscow Ballet's Nutcracker is legendary, with the piece firmly enshrined as a Christmas staple for audiences across the United States and Canada. Pyotr Ilyich Tchaikovsky's beloved Nutcracker Suite, and Moscow Ballet's company of 40 Vaganova-trained dancers are the perfect combination for a holiday celebration for all.

\$122 (VIP), \$88, \$68, \$48, \$28

Vienna Boys Choir: Christmas in Vienna

December 20 & 21
Saturday at 8pm; Sunday at 4pm
GMU, Center for the Arts

This spirited performance by these remarkable Austrian youngsters features everything from ancient hymns and traditional Christmas carols to popular holiday favorites and songs from across the globe. Audiences and critics worldwide have praised these talented singers for their celestial voices, rapturous harmonies, pure tone, appealing demeanor, and, above all, a wide-ranging repertoire spanning centuries and genres. The history of this choir has been associated with many of the world's great composers, including Mozart and Bruckner; Franz Schubert himself was even a chorister.

\$50, \$43, \$30

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BY KEITH LORIA

HOLIDAY HAPPENINGS

The Christmas season is full of wonderful holiday events throughout Northern Virginia, with a plethora of concerts, sing-alongs, theatre productions and light shows keeping things festive all winter long.

Three of this writer's favorite local events—and worthy of revising year after year—are Wolf Trap's annual Sing-A-Long, Meadowlark's Winter Walk of Lights, and The Bull Run Festival of Lights.

Get Into the holiday spirit at Wolf Trap. On Saturday, Dec. 6, the Filene Center plays host to the free holiday sing-along at 4 p.m., featuring the United States Marine Band.

"The Wolf Trap Holiday Sing-A-Long is a tradition that celebrates everything that's great about our community: generosity, through the Toys for Tots collection; service and volunteerism, with performances by the Marine Corps Band and local choirs; and the spirit of togetherness that is made possible by live music," Arvind Manocha, Wolf Trap's president and CEO, says. "It's a free event—just one of many ways Wolf Trap gives back to our community—so bring your family, a candle, your

singing voice and your jingle bells. What better way to kick off the holiday season?"

Guests can come sit in the seats or on the lawn and join in singing Christmas carols and Hanukkah songs with top choir and vocal groups from the metropolitan Washington area.

As with every year, Wolf Trap will be participating in Toys for Tots by collecting new, unwrapped toys at the entrance to the Filene Center before the Sing-A-Long. Donations are strictly voluntary and not a requirement.

The event ends every year with a candlelight processional during the last verse of "Silent Night." There will also be a "Jing-A-Long" during "Jingle Bells" and a special holiday guest is rumored to be making an appearance this year.

WOLF TRAP
HOLIDAY
SING-A-LONG





WALK THROUGH THE LIGHTS

Meadowlark's Winter Walk of Lights, at 9750 Meadowlark Gardens Court, will light up its gardens again beginning Nov. 14 with special holiday light exhibits on display along a .6 mile long path until Jan. 4, 2015.

The popular outdoor walking light show includes more than 500,000 LED lights and displays, consisting of themes based on animals, Christmas and flowers. Children can even take part in a scavenger hunt that lets them track down special lights and displays for a chance to win a prize.

MEADOWLARK'S WINTER WALK OF LIGHTS



Each evening, an animated light show, called Lakeside Lights, will run continuously set to five favorite holiday songs. The energizing show features over 40,000 LED lights on more than 200 circuits.

Tickets are sold at the door, but timed admission tickets are required and it's suggested that you get your tickets in advance to avoid the sold out crowds. Once inside, you can walk around as long as you want until the park closes at 10 p.m.

Hot chocolate and coffee is available for the walk and other holiday refreshments are on sale. Kids will enjoy all of the flashing jewelry and moms and dads will love the holiday ornaments commemorating the show available at the Snowflake Shoppe.

For more information, visit www.winterwalkoflights.com.

LIGHTS TO DRIVE BY

A Northern Virginia tradition for more than 15 years, the Bull Run Festival of Lights will be open seven days a week from 5:30 to 9:30 p.m. from Nov. 19 to Jan. 4, 2015.

The event was created by the Northern Virginia Regional Park Authority and annually welcomes over 30,000 cars and more than 130,000 people each year.

"The Festival of Lights is a great way for families to enjoy time together and it's a truly unique holiday experience that visitors of all ages will enjoy," says Jenny Hoffer, communications and fundraising specialist for the parks authority. "It's a great holiday event to go through together. You can be in the comfort of your car and not be outside freezing."

The holiday-themed lights are packed into a 2.5-mile drive through Centreville's Bull Run Regional Park, offering more than 100,000 lights in one-of-a-kind displays.

"The Festival of Lights provides families with an exciting experience that they can all share together while creating memories at the same time," says Carmela Brittingham, events specialist for Bull Run Regional Park. "The event can become a family tradition as a means to bring everyone together during the holiday season."

Among the more popular displays are "The 12 Days of Christmas," "Candy Land," which features scenes from popular children's stories, "Salute to the Season," and, as always, the drive ends with Santa in his sleigh with his reindeer.

"There's also a Wizard of Oz-themed display that we added a few years ago," Hoffer says. "The colors are spectacular and families will create great memories. Each year we add new lights so it's different every season."

Included with admission is access to the holiday carnival at the end of the drive (complete with fun rides and food vendors), lighted Christmas trees, and Santa's Enchanted Lights located in the Holiday Village.

Tickets are \$15 per car Monday through Thursday, with weekends and holidays costing \$20. For more information, visit www.bullrunfestivaloflights.com. ❖

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

THE FESTIVAL OF LIGHTS



GIVE

The Gift of Giving

BY KEITH LORIA

Look around your home this holiday season—notice the lavish decorations, wrapped presents and big meals on the dining room table?

Well, not everyone is so lucky. For some, a hot meal or a warm place to sleep is all they hope for this Christmas. That's why the holiday season often pulls a little harder on the heartstrings of people's charitable nature and it's the perfect time to help.

Many people give to their churches and toy drives at work—and hopefully everyone reading this will follow suit if they aren't already—but for those looking to do a bit more, there are numerous places close to home that could use your help, be it money or time.

Northern Virginia may be considered one of the wealthiest jurisdictions in the country, yet it still faces a poverty rate of about five percent. This means, based on U.S. Census figures, that more than 90,000 people are living in poverty and 30 percent are children.

Here is a list of five local charities helping people and animals in all sorts of ways. And remember, charitable donations are needed all year long,

not just when the rest of us are feeling festive. Every little bit helps.

Arlington-Alexandria Coalition for the Homeless

Created in 1985 by concerned citizens of Arlington and Alexandria, the Arlington-Alexandria Coalition for the Homeless, Inc. does more than offer shelter to homeless people, it provides them with a foundation to rebuild their lives. AACH works in coordination with public agencies, businesses, and community groups to give homeless people the support, shelter, counseling, and employment training they need to regain self-sufficiency.

AACH

3103 N. Ninth Rd.,
Arlington, VA 22201
703-525-7177

Food for Others

Food for Others is the largest distributor of free food directly to people in need in Northern Virginia. The charity provides the assistance vitally needed by unemployed and low-income neighbors in the community.

The 501(c)(3) tax exempt nonprofit organization provides a safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse.

Food for Others is funded in part by the Fairfax and Arlington County governments and also receives funding from foundations, churches and many generous individuals.

Financial contributions to Food for Others are tax-deductible. Donations can be made to the address below. For more information, visit www.foodforothers.org or call 703-207-9173.

Food for Others

2938 Prosperity Avenue
Fairfax, VA 22031

Friends of Homeless Animals

Animals need help, too, and that's why Friends of Homeless Animals, a no-kill animal shelter located in Northern Virginia, is dedicated to caring for abandoned and abused dogs and cats while they wait for their permanent, loving homes.

Friends works to find qualified adoptive homes for all the animals in its care, while keeping the commitment to providing a safe and healthy haven for as long as may be necessary. Approximately 500 dogs and cats per year have found permanent, loving homes with its help.

Donations can be made to the address below. For more information, visit www.FOHA.org

FOHA

P.O. Box 415
Aldie VA 20105

MAG America

Jonathan Goldsmith, aka The Most Interesting Man in the World, wants people to know that MAG America removes landmines and unexploded ordnance from countries recovering from conflict.

This year the Washington, DC based Mines Advisory Group has two “interesting” ways it is encouraging donations over the holidays.

First, you can choose from some favorite things from Jonathan Goldsmith, the actor who portrays the iconic Most Interesting Man in the World in Dos Equis commercials. He has signed premium cigars, including Romeo Y Julieta, Bauza, or Licenciados, packages of Ray Ban sunglasses, and flip flops made by all veteran owned company

Combat Flip flops. You can buy them at magamerica.org/jonathansfavoritethings with all proceeds going toward clearing landmines and unexploded ordnance in countries like Laos, Cambodia, and Vietnam.

If your tastes are more international, with every \$100 donation you can receive a gift from Laos’ team of female de-miners, who have created a basket of three handicrafts produced in Laos, including a beautiful silk scarf in vibrant colors. You can give this beautiful gift to someone else or keep it for yourself. Regardless your money will go towards keeping a child safe from losing a limb or their life in a landmine accident.

To donate or for more information, visit www.maginternational.org

Our Daily Bread

This year, Our Daily Bread is celebrating 30 years of providing help and hope to struggling residents of the

Fairfax County area. Since its inception, ODB has been dedicated to tailoring services to meet the ever-changing needs of the working poor or those in crisis.

Our Daily Bread has continued to respond to this urgent need by providing emergency food, financial assistance, and seasonal assistance, while also offering financial mentoring and instruction services so that our clients can develop a plan to move forward.

Donations can be made to the address below. For more information, visit www.odbfairfax.org.

Our Daily Bread

4080 Chain Bridge Road
Fairfax, Virginia 22030
(703)537-0643 ♦

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.



Holiday hair

BY SALON BLEU

BY COLLEEN ORME

'TIS THE SEASON FOR GIFTS, GATHERINGS AND GALAS. SO WHY NOT WRAP YOURSELF IN STUNNING STYLE BEFORE YOU VENTURE OUT IN SEARCH OF EGGNOG AND MISTLETOE?

Salon Bleu, named one of *Elle Magazine's Top 100 Salons of the Year*, is the only salon in Virginia to hold that recognition three years in a row (2011, 2012 and 2013). Bleu also touts stylists which hold the esteemed American Board of Certified Hair Colorists (ABCH) certification, a distinction held by only a few select, expert stylists in the industry.

So just what is the best holiday hair strategy? Make sure to get your color done well ahead of your calendar of festivities. Save the trim for your post-season down time. That way if you are unable to get to the salon, you can curl your hair and/or use hair accessories, to dress up your look (note our favorite the Pink Pewter headband—see picture).

So look as exquisitely packaged as that gift your giving and get yourself, "Party Ready." For the holiday 'you,' get 'bleu.'

www.salonbleutysons.com 703-448-1300



Romantic Side Swept Bun

featuring Pink Pewter headband

Stylist: Nadia Hijazi
Client: Julie Snee



Classic Voluminous Upstyle

Stylist: Ela Loynab
Client: Laura Zeinoun





Hollywood Curls

Stylist: Henry Mont
Client: Melissa Terry



Side Swept Waves

Stylist: Rita Tadros
Client: Mary Jeanne Cincotta



Thanksgiving STANDOUTS



French Onion Soup

By Executive Chef Jacques Haeringer, L'Auberge Chez François.

French Onion Soup

Ingredients

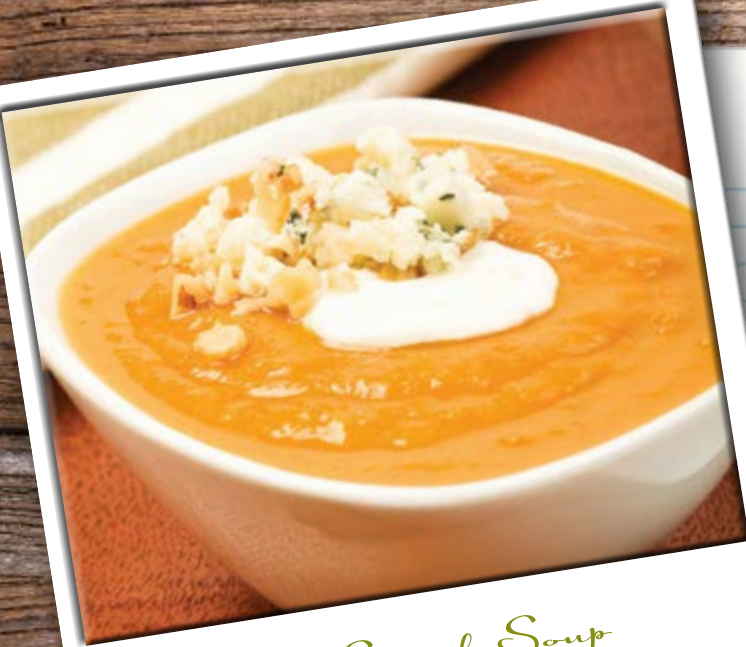
2 Tbsp butter
3 cups thinly sliced onions
2 Tbsps flour
2 quarts fonds blanc or beef stock
¾ tsp salt
¼ tsp freshly ground pepper
16 half-inch slices French bread
8 Tbsps of equal parts grated Gruyère and Parmesan cheese combined

Method

Melt the butter in a heavy saucepan or a Dutch oven. Add the prepared onions and cook slowly, 30 to 40 minutes, over low heat until golden brown, stirring often. When the onion are browned, stir in the flour and fonds blanc or stock, blending it vigorously with a whisk. Bring the soup to a full boil. Reduce heat and simmer for about 30 minutes. Taste for seasoning and add salt and pepper as needed.

Split a loaf of French bread in half, lengthwise, and cut ½-inch slices. Place the slices on a baking sheet and brown lightly in a 375°F oven for five to eight minutes.

Pour soup into ovenproof bowls. Cover the surface with the prepared croutons and top with grated cheese. Use one heaping tablespoon per bowl. Place the filled bowls under the broiler or in a very hot oven to melt and brown the cheese. Serve immediately.



Butternut Squash Soup

By Chef Tim Ma, Maple Ave Restaurant.

Butternut Squash Soup

Ingredients

2 medium butternut squash	2 bay leaves
2 medium red onions	3 Tbsp crème fraîche
2 Tbsp butter	2 Tbsp cinnamon
chicken stock to cover	1 Tbsp nutmeg
4 parsley stems	1 Tbsp cloves
4 thyme sprigs	1 tsp cardamom
10 black peppercorns	1 Tbsp salt
2 garlic cloves	½ cup brown sugar, packed

Method

Peel, then cut the butternut squash at the base of the neck. Firmly holding the bulb of the squash, cut in half and scoop out the seeds. Cut the bulb and the rest of the neck of the squash into 1-inch by 1-inch cubes. Slice the onions along the grain thinly.

Wrap parsley, thyme, garlic, black peppercorns, and bay leaves in cheesecloth and tie tightly with kitchen twine.

Melt butter in a large stock pot, sweat the onions over low heat until translucent. Add the squash and coat with butter and onions.

Cover with enough chicken stock to just come over the squash. Add cheesecloth with aromatics. Bring to a simmer and simmer for 20 minutes or until squash is tender. Remove cheesecloth of aromatics and discard. Working in batches, ladle squash into blender and cover with enough liquid. Leave an air gap in the cover of the blender to prevent hot soup from splashing out after blending. Start with low speed, move up to maximum speed slowly until soup is smooth.

After completing all of the squash, add crème fraîche, spices, and sugar, and whisk until incorporating. Taste and adjust as necessary.

Semi-Candied Yams

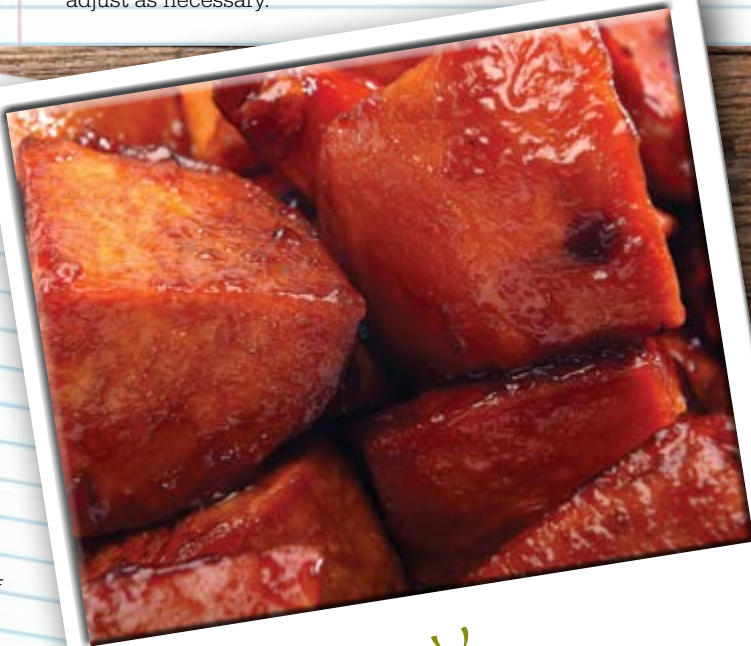
Ingredients

4 pounds yam or sweet potato
¼ cup brown sugar
1 tsp walnut oil (or olive oil)
1 tsp vanilla extract
½ tsp cinnamon
1/8 teaspoon nutmeg

Method

Preheat oven to 400°F. Wash yams. Place in an ovenproof pan with one cup of water. Cover and bake until done, 30-60 minutes, depending on size of yam. Let cool then remove from baking dish & peel off yam skin.

Whisk together the rest of the ingredients. Place yam in a lightly greased oven proof baking dish. Dot or dab with sugar mixture. Bake for a few minutes to reheat and melt sugar.



Semi-Candied Yams

By Chef Bonita Woods.

Sausage and Mushroom Stuffing

Ingredients

- 1 loaf white bread or your favorite bread (cubed)
- 1 stick butter
- 1 onion diced
- 2 sliced shitake mushrooms
- 1/2 lb Italian sausage or chorizo
- 1 Tbsp sage (chopped)
- 1 Tbsp rosemary (chopped)
- 1 Tbsp chives (chopped)
- 4 to 6 cups of chicken stock
- 3 eggs
- Salt and pepper

Method

Toast cubed bread (set aside). Put butter in sauce pan. Add onions and cook for five minutes. Add sliced mushroom, crumbled sausage, and cook five minutes. Add fresh herbs and salt and pepper to taste. Add chicken stock and cook for five minutes and taste. Pour mixture over cubed bread and let sit. Mix in eggs. Butter your favorite casserole pan and pour mixture in. Bake for 35 minutes at 350°F. Check for doneness and bake ten minutes more, if needed.



Sausage and Mushroom Stuffing
By Executive Chef Patrick Bazin, Bazin's on Church.



Sugar Free Apple Tart

By Executive Chef Domenico Cornacchia, Assaggi Osteria.

Sugar Free Apple Tart

Ingredients

- 3 Granny Smith apples, peeled, cored, and cut into wedges
- Phyllo dough
- 1/3 cup of canola oil
- 1/3 tsp cinnamon
- 1/3 tsp nutmeg
- 6 packets of Splenda
- 1 tsp lemon juice
- 1 tsp vanilla extract
- 2 Tbsp sliced almonds
- 1 Tbsp raisins

Method

Preheat oven to 350°F. In a medium-sized pan, sauté apple wedges for about five minutes in canola oil. Add Splenda, cinnamon, nutmeg, lemon juice, and vanilla extract to apples. Cook for another two minutes and set aside. Coat a 4 to 6 inch pie pan with cooking spray. Layer two Phyllo dough sheets on top of each other, then layer apple wedges, sliced almonds, and raisins on top to fill pan. Bake for 35-40 minutes or until browned. Let cool to ten minutes then serve.

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BY RICK MUNDY



Our Daily Bread BUILDS BRIDGES OF COMPASSION

With a small staff of just 16 dedicated individuals, Our Daily Bread works miracles in serving many of the 76,000 people in Fairfax County living in poverty. This is a year-round challenge and yet, as we enter the season of giving thanks and celebrating with family and friends, there are greater opportunities to consider the needs of those who may be less fortunate than the average Northern Virginian.

Two significant events hosted by Our Daily Bread offer tremendous ways for anyone and everyone to support this worthwhile organization.

The Complete the Circle FoodRaiser is an exciting group effort to gather food for help those needy families. On **November 9th** from 1:00 pm to 2:30 pm, hundreds of community volunteers will assemble to create an Art for the Sky photo and raise awareness about hunger and need throughout the area. In partnership with Food for Others, Our Daily Bread has a target of 1,000 participants, 10,000 pounds of food, and \$10,000 to help the needy in Fairfax County.

Students, families, churches, businesses, groups, and individuals of all ages are encouraged to register to participate on the 9th by visiting www.CompleteTheCircleFX.org. An organization can also contact Jennifer Rose at 703 273 8829 or develop@ODBFairfax.org.

A second November event is **Wine and Wonderment** which benefits the Holiday Program. It will be held November 19th from 6:30 pm to 8:30 pm at 2941 Restaurant in Falls Church. Limited space suggests that registration should be completed right away by visiting ODBFairfax.org.

The **Holiday Assistance** program provides struggling families with meals and gifts for the children under 18 years of age. During the fall Our Daily Bread strives to support 1000 families in Northern Virginia with donations coming from individuals, families, churches, and businesses. A donation of \$25 will sponsor meals for one individual, \$50 takes care of a family of 2-3, \$75 can help a family of 4-6, and \$100 supports a family with seven or more people. ODB suggests \$25 per child for gifts which can be best handled through cash or gift cards. A sponsoring group can choose to connect with the family or remain anonymous. For more information about donating, go to <https://www.odbfairfax.org/Holiday>

Our Daily Bread is celebrating their 30th anniversary this year and began as a homeless shelter. A couple of years later it expanded to include a soup kitchen. Now it provides



Church of the Holy Comforter Congregants Deliver Food to an ODB Client April 2013. Photo by Cory Martin

emergency safety net services for low-to-moderate income families throughout Fairfax County. The goal is to help people avoid homelessness by guiding them toward self-sufficiency. It costs \$13,000 a year to house one person in a shelter and once in, it is so hard to pull yourself out.

In 2005, Our Daily Bread added a **Financial Literacy** component to help folks take better control of their financial situation. Through this program people can create budgets and strive to live within their means. The program includes one-to-one mentoring, classes offered to the public, and a free financial counseling clinic.

Of course even on a budget, unexpected events can occur that can create havoc so Our Daily Bread has a program of **Financial Assistance** as well. It provides limited one-time support to a family to help with food, rent, or utilities if they are in desperate need and are referred by a social service or church organization. As one client commented, "I want to express my deep gratitude to Our Daily Bread. You recently helped me with a car repair. I needed a new transmission which I could not afford. ODB was able to help with this and I was able to repair the



In Scope International packaged and delivered food to ODB clients Thanksgiving 2013

car. Now I'm able to get to work and help my family. Thank you so much!"

Another vital program is **Food Bridge** so that families can have enough to eat. ODB prefers food gift cards, especially so that fresh and perishable foods can be purchased, and families with dietary restrictions can obtain the proper foods. Storage space is also minimized. Of course donations of nonperishable food and toiletries are always welcome for those who prefer to give in that manner.

Project BRIDGE is a pilot project through which 12 families are supported to provide a solid foundation for success. Working with a mentor throughout the year, a family can receive food assistance, financial help, and are eligible for another \$500 to be used toward workforce development such as a class. As Cherie Parker, a Project BRIDGE graduate said, "I learned that I can set goals and stick to a plan. I learned that I can set a budget and live by one."

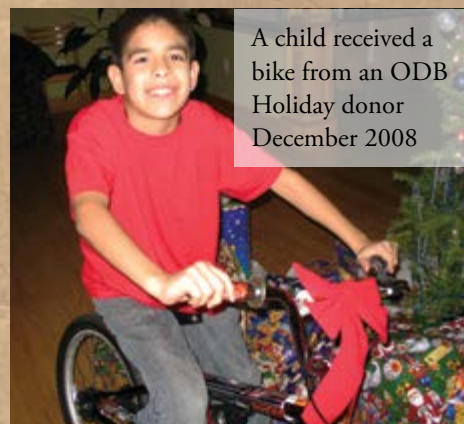
The **Back to School** program assists families in making sure that their children have the proper tools to begin the school year so that they can integrate into the classroom easily.

With all these programs the staff could easily be overwhelmed if not for the volunteers who see the tremendous benefits to the community. Twelve hundred volunteers help execute the programs of Our Daily Bread which include 30 mentors, 15 instructors, 700 helping with food drives, plus office volunteers and more giving of their time and talent. Additionally the ODB board donates their time and professional expertise.

As one might surmise, even with all the staff and volunteer work, plus the community support through donations of food, money, and more, the need is great and grows larger each year. Won't you consider donating or increasing your donation to help our neighbors throughout Fairfax County? See you at Fairfax High School on November 9 as we Complete the Circle. ❖



Kiwanis Fairfax Thanksgiving food shopping 11-26-13



A child received a bike from an ODB Holiday donor December 2008



INTERNATIONAL GOURMET DELIGHTS FOR THE HOLIDAYS

Having a party or get-together over the holidays? New friends and colleagues you want to get to know better?

With one of America's most demographically diverse populations, we're a hub of international cultures and cuisines from across the globe. We have the Vendors to prove it. Here is just a small sample of the available international merchants, many of which carry the food, music, films, as well as advice and suggestions to the cultures, and dietary restrictions you may want to know about. Looking for some exciting recipes? Check out www.allrecipes.com, www.epicurious.com, or www.cooksrecipes.com for authentic international recipes.

YAS BAKERY SUPERMARKET

Lavash? Fresh pastries? YAS has a super selection of Middle Eastern foods, products, and ingredients. Located in Vienna, this supermarket is open seven days a week and has what you need to prepare those dishes and desserts to make the holiday special. Halal proteins.

Pleasant, friendly and very helpful staff. Salam Ati!

137 Church Street NW
Vienna, VA
(703) 242-4050
www.yasbakery.com

GERMAN GOURMET

What's a holiday without a nutcracker, smooth imported chocolates, or biscuits, or distinctive candies from Europe? You'll find everything you need to complete your authentic holiday meal. From sausages and pates, to cake mixes and spaetzel, they have a very impressive collection. You can also find great gifts that your friends are sure to enjoy. Since 1962 the German Gourmet has been offering authentic European food and items to the DC area. You'll love this place. Prost!

5838 Columbia Pike
Falls Church, VA
(703) 379-8080
www.germangourmet.com

SHIRAZ MARKET

This is truly an international supermarket, offering products from around the world including the Middle

East, Turkey, India, Egypt, and Asia. They offer a variety of vegetarian and organic foods, specialty meats, produce, herbs, nuts, and dried fruits. They also bake and package their own breads, including Taftoon, and unique pastries that are special to their bakery. Sahtein!

8486 Tyco Road
Vienna, VA
(703) 992-9566
www.shirazwholesalemarket.com

WOODEN BAKERY

At Wooden Bakery, you'll find a large variety of homemade pita breads, assorted pies, (sweet and savory), and desserts like Baklava, Hlewet Jebne, Shaaybiyet, plus international groceries. Such unique food would add a fabulous flair to your holiday celebrations.

303 B Mill Street NE
Vienna, VA
(703) 242-9296
www.woodenbakeryusa.com

H MART

An Asian food lover's heaven! H Mart has just about everything you can imagine – several varieties of sake, kimchi and unique side dishes, seafood

selections, dried foods, rice and grains, several types of noodles, as well as different flours and mixes. They also offer a health and beauty section where you can find great distinctive gifts.

Gun bae!

8103 Lee Highway
Falls Church, VA
(703) 573-6300
www.hmart.com

MOM'S ORGANIC FOODS

MOM's offers an organic market with an environmentally conscious mission. They choose organic food and buy locally whenever possible as well as only purchasing sustainable seafood. MOM's is also built using only green materials and utilizes 100% wind power to run their stores. By having such a unique store, Mom's provides a shopping experience and food you can feel good about. Cheers!

8298 Glass Alley
Fairfax, VA
(703) 663-8810
www.momsorganicmarket.com

STARNUT GOURMET

Have a special occasion that calls for a selection of nuts, chocolates, or international sweets? Attending a diplomatic reception and not sure what to take? Ask Joe or Denise! They will help you put together a top-notch selection of treats to bring with you, or to give as gifts. They have wonderful gift baskets for any occasion. Top Quality, unique packaging, and a reputation that screams, we care! You'll be a hit!

1445 Laughlin Avenue
McLean, VA
(703) 749 9090
www.starnutgourmet.com

ADITI SPICE DEPOT

One of Vienna's most raved about Indian grocery stores. Choose from a delectable array of curries, spices, masalas, treats, relishes, and breads.

They also have a large variety of frozen foods and prepared meals. Be sure to check out the video store which specializes in Indian videos, great gift ideas.

A la sature!
409 Maple Avenue E
Vienna, VA
(703) 938-3400

BROOKLYN'S DELI

If you're looking for those special foods for "The Big Mischpoche," see Guy at Brooklyn's Deli in Rockville, Maryland. Fox's U'Bet chocolate syrup, Dr. Brown's sodas, whitefish salad, smoked salmon, and real NY-style deli selections. The pastrami is out of this world! The New York tastes you know and love are wrapped up in Brooklyn's Deli. Perfect for a buffet spread during the holidays. "Ah ge-ZOONT deer in POO-pik" or "Good health to your belly button."

1089 Seven Locks Road
Rockville, MD
(301) 279-9393
www.brooklynsdelimd.com

OLIO2GO*

Olio2go* has over 75 varieties of olive oils imported from Italy, the olive oil capital of the globe. They also have an intriguing selection of vinegars, nuts, salts and seasonings, infused oils, and baskets of imported Italian specialties. You can also indulge in the olive oil skin care section where you'll find hand creams, shampoos, conditioners, lotions, and anti-aging specialties. Salute!

8400 Hilltop Road, Suite H
Fairfax, VA
(703) 876-4666
www.olio2go.com

APHRODITE GREEK IMPORTS

Aphrodite specializes in bringing authentic and fresh Greek imports to our area. A great selection of roasted

nuts, chickpeas, olives, cheeses, coffee, baked goods, frozen foods, and freshly made tzatziki, and taramousalata. They have a wide array of feta cheeses from Egyptian to Greek as well as a variety of spices. They've been here for over 30 years. You don't want to miss the experience. Nostimos!

5886 Leesburg Pike
Falls Church, VA
(703) 931-5055

AMERICANA GROCERY

A Latin grocery store located in the heart of Falls Church, Americana Grocery offers a full gamut of Latin favorites from Mexico, Central America, and the Caribbean. You'll find freshly cut international meats, a fine selection of Chilean, Argentine, Spanish and Portuguese wines, as well as imported beer from Peru, El Salvador, Mexico, Bolivia, and Portugal. They also have a selection of West African and Portuguese foods. Salud!

6128 Columbia Pike
Falls Church, VA
(703) 671-9625
www.americanagrocery.com

THE SWISS BAKERY AND PASTRY SHOP

The Swiss Bakery is a full service retail bakery specializing in artisan breads, French pastries, cakes, wedding cakes, fresh ice creams & sorbets, and European style desserts. They offer a wide variety of imported Swiss and German gourmet products, including many hard to find world class chocolates, coffees, teas, and condiments. They are committed to very high quality and carrying on the culinary traditions of the Swiss. Bakery items are prepared fresh daily.

Ravensthorpe Shopping Center
5224 Port Royal Road
Springfield, VA
703-321-3670
www.theswissbakery.com





Holiday Restaurant GIFT CERTIFICATES

Your thoughtfulness will be appreciated when you give a gift certificate to their favorite restaurant. Or maybe there's a place they've been wanting to try. Now you can make that happen for them. Here's a selection of some of the great local restaurants that can make your holiday shopping easier.

Alegria

111 Church Street N, Vienna
703.261.6575
alegriaonchurch.com

Assaggi Osteria

6641 Old Dominion Drive,
McLean
703.918.0080
assaggiosteria.com

Bazin's on Church

111 Church Street N, Vienna
703.255.7212
bazinsonchurch.com

Café Oggi

6671 Old Dominion Drive,
McLean
703.442.7360
cafeoggi.com

Café Renaissance

163 Glyndon Street SE,
Vienna
703.938.3311
caferenaissance.com

Caffe Amouri

107 Church Street NE,
Vienna
703.938.1623
caffeamouri.com

Chef Geoff

8045 Leesburg Pike
Vienna, VA 22182
(571) 282-6003
chefgeoff.com

Clyde's of Tysons Corner

8332 Leesburg Pike, Vienna
(703) 734-1901
clydes.com

Dolce Veloce

10826 Fairfax Boulevard,
Fairfax
703.385.1226
dolceveloce.com

El Tio

1433 Center Street, McLean
703.790.1910
eltiogrill.com

Gypsy Soul

8296 Glass Alley, Merrifield
703.992.0933
gypsysoul-va.com

Ireland's Four Provinces

105 W Broad Street,
Falls Church
(703) 534-8999
4psva.com

L'Auberge Chez Francois

332 Springvale Road,
Great Falls
703.759.3800
laubergechezfrancois.com

Maggio's Family Restaurant

421 Maple Avenue E, Vienna
703.938.7777
maggiosonline.com

Maplewood Grill

132 Branch Road SE, Vienna
(703) 281-0070
maplewoodgrill.com

Metro 29 Diner

4711 Lee Highway, Arlington
703.528.2464
metro29diner.com

Neighbor's Grill

262-D Cedar Lane SE,
Vienna
703.698.8010
neighborsrestaurantva.com

Nostos Restaurant

8100 Boone Boulevard,
Vienna
703.760.0690
nostosrestaurant.com

The Old Brogue

760 Walker Road, Great Falls
703.759.3309
oldbrogue.com

Pazzo Pomodoro

118 Branch Road SE, Vienna
(703) 281-7777
pazzopomodoro.com

Plaka Grill

110 Lawyers Road NW,
Vienna
703.319.3131
plakagrill.com

Ristorante Bonaroti

428 Maple Avenue E, Vienna
703.281.7550
bonarotirestaurant.com

Sea Pearl

8191 Strawberry Lane,
Falls Church
703.372.5161
seapearlstaurant.com

True Food Kitchen

2910 District Ave #170,
Fairfax
571.326.1616
truefoodkitchen.com

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AND
COMPASSIONATE..."

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DENTIST..."

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THEIR ABILITIES..."

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703.356.4034



Andrew Hinkle, D.D.S.
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gas products in your home,
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1 Source: Energy Solutions Center

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Natural gas appliances save money on utility costs all year. Homes outfitted with natural gas appliances can save significant money on utility costs—almost \$850 a year when compared to all electric homes.

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Gas**

A WGL Company.



Photo credit: Fox Restaurant Concepts

autumn ingredients salad



BY RENEE SKLAREW

GUILT FREE GOURMET:

TRUE FOOD KITCHEN IS MAKING IT REAL

If you believe healthy food lacks flavor, then you're in for a surprise. True Food Kitchen, a new restaurant in the Mosaic District, is serving some of the best tasting food in Northern Virginia. It just happens to be good for you.

World-renowned leader in holistic health, Andrew Weil, MD, created the concept for True Food Kitchen based on studies showing how processed food is linked to obesity and heart disease. He opened the first True Food Kitchen in his hometown of Phoenix, Arizona, and subsequently added locations in California, Chicago and Atlanta.

The burgeoning Mosaic District was Weil and his team's first choice for opening the restaurant chain in the Washington DC Area. They plan to add two more—in the District and Bethesda. Fortunately, for Northern Virginians, the Mosaic District is

attracting some of the best restaurateurs in the country (including RJ Cooper in his new outpost, Gypsy Soul. See my review on page --).

Dr. Weil created True Food Kitchen's menu from a Mediterranean diet—one that relies on fresh fruit and vegetables, whole grains, nuts, beans, seafood, and healthy treats like red wine and dark chocolate. "These ingredients are part of an anti-inflammatory diet," explains Weil who visited Northern Virginia for the opening. "We really don't rub people's noses in the fact that it's healthy food, but in fact, the menu happens to conform to cutting edge nutritional science. And you feel good after you eat here."

Walk in the restaurant, with its floor-to-ceiling windows and bright open kitchen, and you'll feel something special. Besides the distinctive food and modern design, the employees are friendly and enthusiastic; True Food Kitchen staff members are clearly excited about serving this food.

Another apparent asset at True Food Kitchen is the cocktail menu. You might wonder why a restaurant like this serves alcohol, but Weil says he favors moderate alcohol. "I drink red wine and sake. It's part of the Mediterranean diet," he notes. But, True Food Kitchen puts a healthy twist on these drinks by juicing raw fruit and veggies, as well as using syrups made from natural sugars like agave. The energetic mixologists behind the bar also serve nonalcoholic cocktails called "Natural Refreshments," like Kale-Aid



Photo credit: Renee Sklarew



Photo credit: Renee Sklarew

chicken tandoori



Dr. Weil created True Food Kitchen's menu from a Mediterranean diet—one that relies on fresh fruit and vegetables, whole grains, nuts, beans, seafood, and healthy treats like red wine and dark chocolate... "We really don't rub people's noses in the fact that it's healthy food, but in fact, the menu happens to conform to cutting edge nutritional science. And you feel good after you eat here."

made with kale, apple, cucumber, celery, lemon, and ginger. Drinks with spirits include Cucumber Martinis and Asian Pear Mojitos, the latter a tart concoction made of rum, acai, and pear, with a sprig of fresh mint harvested from the restaurant's outdoor planters. It's entertaining to sit at the bar and watch the bartenders in action.

For your first course, consider ordering the Edamame Dumplings—silky wonton wrappers stuffed with daikon radish and edamame. The umami, or savory flavor, comes from white truffle oil. These dumplings float in a sweet-soy broth topped with bitter baby greens—rendering all five tastes in one fine-tasting bowl.

Autumn Ingredients is another standout. This salad contains a symphonic medley of roasted Brussels sprouts, squash, white beans, pomegranate, and poached cauliflower served

at room temperature and bathed in mildly spicy horseradish vinaigrette. Never have vegetables made such beautiful music together.

For an entrée big enough to share (so you can taste more dishes), order the Red Chili Shrimp, a happy bundle of sesame noodles, gai lan (Chinese broccoli), spinach, and shiitake mushrooms. Vegetarian, vegan, and gluten free options are designated clearly on the menu, but if you crave meat, True Food Kitchen serves a hefty bison burger topped with mushroom, onion, and watercress on a toasted flax seed bun.

Weil says he cooks many of these dishes at home, but his favorites are the spaghetti squash casserole, made with fresh mozzarella, tomatoes, and zucchini; the kale salad and squash pie. True Food Kitchen desserts are made in house, and are mostly gluten free and vegetarian. Although the flourless chocolate cake tastes decadent, it's made with 72% cocoa—another sanctioned ingredient in the Mediterranean diet.

When questioned about the future of his revolutionary restaurant, Weil sounds every bit the doctor. He promises more ways to show Americans that nutritious food tastes heavenly. He also wants it to become more accessible. "People have to taste the food," adds Weil. "A lot of people think that healthy food, and food that's delicious, are in opposition. It's my job to show them that's not so. We have one way of doing it here at True Food Kitchen. If we can do it on a fast casual scale, that's even better. People just need the experience of tasting food that is both good and good for you."

Watch out Chipotle. ♦

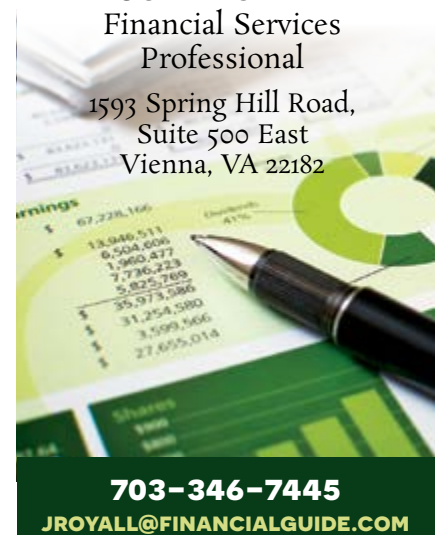
AUTHOR: Renee Sklarew is Washington DC Area food and travel writer, contact her at reneesklarew@gmail.com.

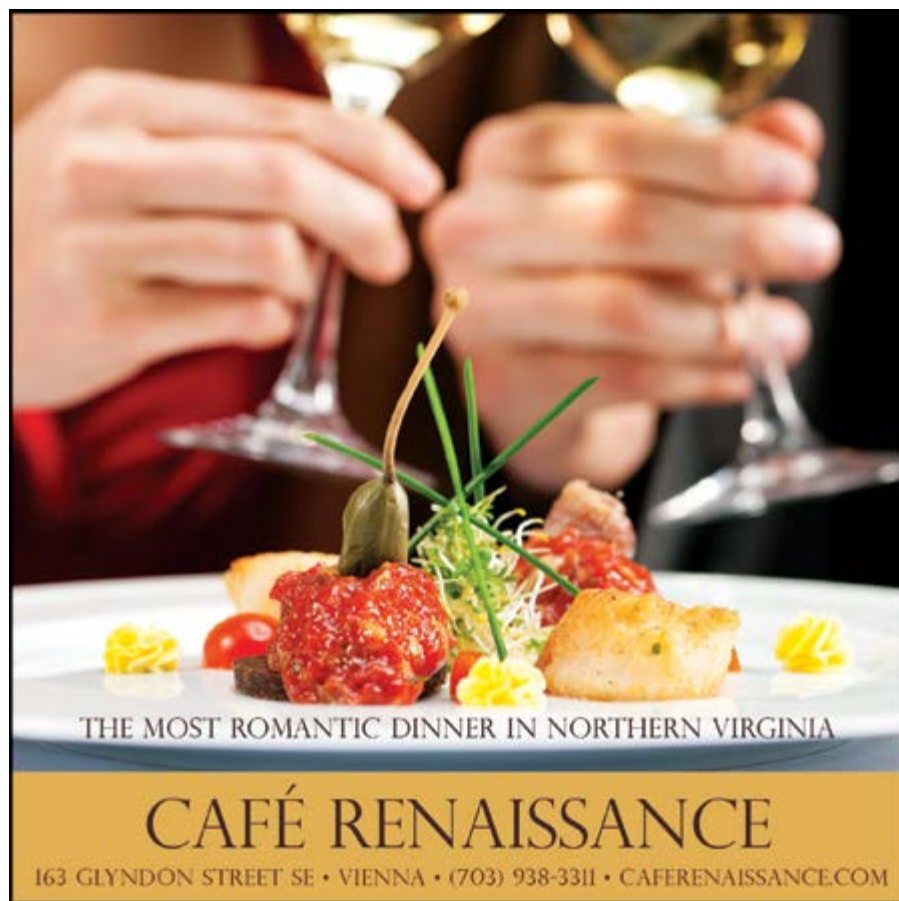
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Fairfax, Virginia 22031
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www.truefoodkitchen.com



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Suite 500 East
Vienna, VA 22182





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. \$



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f LaSandiaRestaurants @lasandiar @lasandiar



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

DOGWOOD TAVERN

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

www.dogwoodtavern.com

The creators of Ragtime and William Jeffrey's Tavern is described as a "celebration of the Old Dominion," which offers steaks, seafood, pasta, and burgers. The tavern offers live music on weekends. \$\$

DUANGRAT'S

5878 Leesburg Pike, Falls Church
703-820-5775

www.duangrats.com

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

EDY'S CHICKEN AND STEAK

5420 Leesburg Pike, Falls Church
703-820-5508

Edy Durnovsek's secret recipe combines flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. Peruvian Chicken, Steak a la Brasa, and

sandwiches are just a few items to try on the menu.

ELEPHANT JUMPS THAI RESTAURANT, FALLS CHURCH

8110-A Arlington Blvd.
703-942-6600

www.elephantjumps.com

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

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. \$\$



Ristorante Bonaroti Est. 1982

"SALUTE!"
WELCOME TO SERGIO'S SPUNTINI WINE BAR!

Sergio Domestici and the Bonaroti family invites you to visit and enjoy the warmth and hospitality of the Vienna's newest meeting spot.

Located inside Ristorante Bonaroti, the tradition of classic Italian cuisine and service continues with your favorite libations and appetizers.

Come join the fun, meet new friends and experience the warm and romantic atmosphere that only Sergio can deliver.

Open seven days a week and featuring half-priced wines by the bottle.

428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.com

**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 PROVINCES105 West Broad Street, Falls Church
703.534.8999www.4psva.com

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

JV'S RESTAURANT6666 Arlington Blvd. Falls Church
703-241-9504www.jvsrestaurant.com

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

LA CARAQUENA300 West Broad St. Falls Church
703-533-0076www.lacaraquena.com

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

LITTLE SAIGON RESTAURANT6218-B Wilson Blvd. Falls Church
703-536-2633www.littlesaigoncuisine1.com

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

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

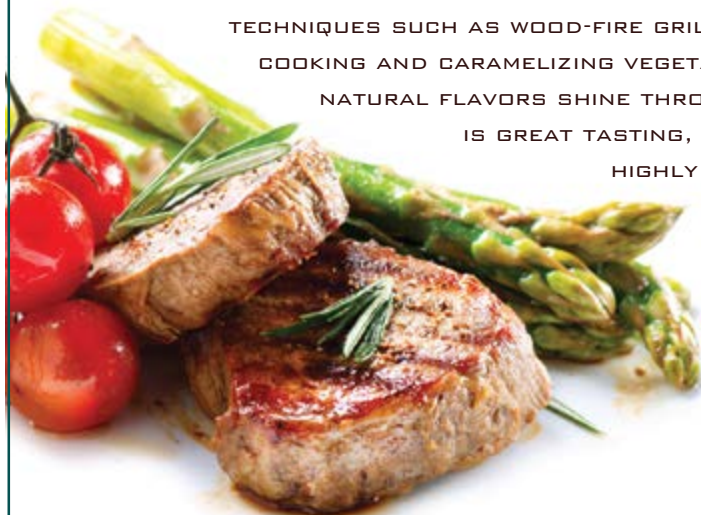
Eat, Cook, and Entertain. Featuring a bistro where food and wine lovers gather to enjoy seasonally-inspired handmade food in our open kitchen. Diners will savor global and local wines, worldly cuisine, freshly roasted coffees, hand-blended teas in an environmentally-conscious establishment.

THE ORIGINAL PANCAKE HOUSE7395-M Lee Highway Falls Church
703-698-6292www.ophrestaurants.com

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

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FRESH | GRILL

THE *Seasons 52* menu IS SEASONALLY-INSPIRED WITH THE FRESH APPEAL OF THE FARMER'S MARKET. WE USE NATURAL COOKING TECHNIQUES SUCH AS WOOD-FIRE GRILLING, BRICK-OVEN COOKING AND CARAMELIZING VEGETABLES TO LET THE NATURAL FLAVORS SHINE THROUGH. THE RESULT IS GREAT TASTING, LOW-CALORIE, YET HIGHLY SATISFYING FOOD THAT JUST SO HAPPENS TO BE GOOD FOR YOU!



(703) 288-3852

7863-L TYSONS CORNER, MCLEAN, VA 22102

WWW.SEASONS52.COM



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. \$\$

PANJSHIR RESTAURANT

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

www.panjs Shirrestaurant.com

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

PIE-TANZA

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

www.pietanza.com

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

PIZZERIA ORSO

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

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

PUBLIC HOUSE NO. 7

6315 Leesburg Pike, Falls Church
703-942-6383

www.publichouse7.com

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

RED HOT AND BLUE EXPRESS

169 Hillwood Ave. Falls Church
703-538-6466

www.redhotandblue.com

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

SAIGON CAFÉ

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

www.saiгонcafe-va.com

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



Argia's

Nestled in the heart of Falls Church, Argia's is a lively, neighborhood favorite for delicious & authentic Italian cuisine. Homemade pasta & fresh ingredients makes Argia's a great choice for dates, family dinners & private parties.

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NOVA by Northern Virginia Magazine!**

124 N. Washington Street, Falls Church | (703) 534-1033 | www.argias.com



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. \$\$

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703-698-8010

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www.neighborsrestaurantva.com

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Hours of Operation:

Monday thru Thursday 11 am - 9 pm

Friday & Saturday 11 am - 10 pm

Sunday 12 pm - 8 pm

(703) 319-3131

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

**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.

GYPSY SOUL

Mosaic District
8296 Glass Alley, Fairfax, Va 22031
703-992-0933

gypsypsoul-va.com

Chef RJ Cooper's free-spirited wandering on his motorcycle to various farmers and producers around the Mid-Atlantic region inspires the name of this restaurant. The menu features American fare both classic and contemporary, strong in flavor. Talented Cheftender Bryan Tetorakis from Rogue 24 designed the entire beverage repertoire. From local spirits from around the Mid-Atlantic and South to wines and cans of beer, there is a libation for all to imbibe on while enjoying Chef's cuisine. \$\$\$

IDYWOOD 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, veal, 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. \$\$

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**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. \$

TED'S BULLETIN

2911 District Ave
Fairfax, VA 22031
571.830.6680

tedsbulletinmerrifield.com

A family restaurant in the heart of Merrifield, Ted's Bulletin offers conventional and classic American fare with the classics, including breakfast all day. Great bakery items to go, especially those Pop Tarts. The latest from the Matchbox Food Group.

TRUE FOOD KITCHEN

2910 District Avenue, #170
Mosaic District, Fairfax
571-326-1616

www.truefoodkitchen.com

With a wide selection of vegan, vegetarian or gluten free options, you need only a desire to give your body nutrients and your palate

something memorable to enjoy True Food Kitchen. The basis for the anti-inflammatory diet is to make us feel better, live longer and make us happy while enjoying the salads, Pizza, seafood entrees, and those to die for "Natural Refreshments." \$

GREAT FALLS RESTAURANTS**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. \$\$\$

THE OLD BROGUE

760 Walker Rd, Great Falls, VA 22066
(703) 759-3309

www.oldbrogue.com

Classic Irish Pub and Restaurant near Great Falls Park featuring award winning food and drink, Katie's Coffee Shop, Great Sunday Brunch and Live Music Thursday-Saturday. A Great Falls Institution with outside seating and enclosed patio. \$\$

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.

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Falls Church 7630 Lee Hwy, Falls Church, VA 22042 • 703.204.0233

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www.nostosrestaurant.com

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Restaurants 2012, 2013, 2014**
-Washingtonian

Editors' Pick 2012, 2014
-Washington Post



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METRO29DINER.COM

BOSS HOG'S

6811 Elm St., McLean
703-821-1869

www.bosshogssmokebbq.com

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

BOULEVARD CAFE & CATERING

8180 Greensboro Dr, McLean
703.883.0557

www.boulevardcafecatering.com

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

BUSARA THAI CUISINE

8142 Watson St. McLean
703-356-2288

www.busara.com/ty-main

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

CAFÉ DELUXE

1800 International Drive West, McLean
703-761-0600

www.cafedeluxe.com

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

CAFÉ OGGI

6671 Old Dominion Dr, McLean
703.442.7360

www.cafeoggi.com

For over 22 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more.

**CAFÉ TATTI FRENCH BISTRO**

6627 Old Dominion Dr.

703-790-5164

www.cafetatti.com

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

CAPRI

6825-K Redmond Dr.

703-288-4601

www.caprimcleanva.com

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

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. \$

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(703) 448-8448

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444 West Broad St.

(703) 992-7500


mobydick HOUSE OF KABOB
mobysonline.com

**HARTH AT HILTON MCLEAN
TYSONS CORNER**7920 Jones Branch Dr. McLean
703-761-5131www.Harthrestaurant.com

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

J. GILBERT'S6930 Old Dominion Dr. McLean
703-893-1034www.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 BURGERS6710 Old Dominion Dr. McLean
703-288-0288www.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 SANDIA7852 Tysons One Pl, McLean
703.893.2222www.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 TAVERNA1840 International Dr. McLean
703-847-5244www.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 KABOB1500 Cornerside Blvd
703-992-7500mobysonline.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 PUB1960 Chain Bridge Rd. McLean
703.893.2100www.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



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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 RESTAURANT
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. **\$\$**

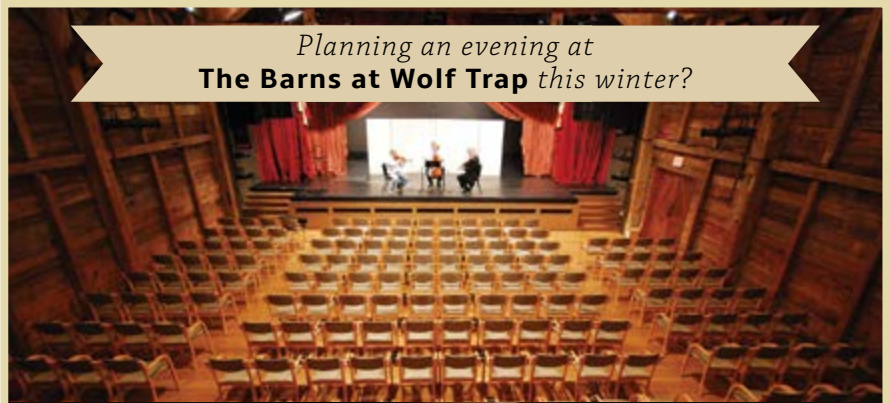
SILVER DINER
8101 Fletcher St. McLean
703-821-5666
www.silverdiner.com/restaurants/tysons

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. **\$**

*Planning an evening at
The Barns at Wolf Trap this winter?*



MapleWood Grill
by MapleWood Catering



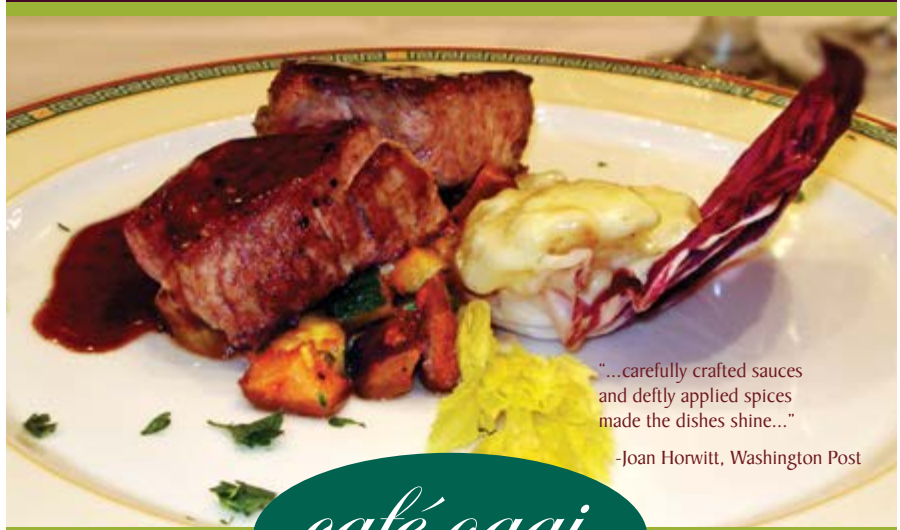
*An early dinner from **Maplewood Grill** makes the evening that much more enchanting. Chef Paul is now offering a complete menu to accommodate any curtain time 7 days a week.*

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132 Branch Rd. SE | Vienna, VA 22180 | www.maplewoodgrill.com

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703.760.9000

1524 Spring Hill Rd
McLean, VA 22102

THE CAPITAL GRILLE

1861 International Dr. McLean
703-448-3900

www.thecapitalgrille.com

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

THE PALM RESTAURANT

1750 Tysons Blvd. McLean
703-917-0200

www.thepalm.com/Tysons-Corner

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

PADDY BARRY'S

8150 Leesburg Pike
Tysons Corner, VA 22182
703.883.2000

www.paddybarrysva.com

Brendan Barry has open an authentic Irish Pub in the heart of Tysons—classic Irish fare and hospitality TV's to watch the game, and of course—classic Black and Tan's. Open seven days a week...

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. \$\$

PASSION FIN

Asian Bistro & Sushi Bar
2750 G Gallows Rd..
Merrifield, VA 22180

703-204-2969

Newly added dining experience in the Halstead District. Elegant, yet comfortable dining experience with full Asian inspired menu, Sushi, Sake and full stocked bar for getting together with friends. The cuisine is wonderful. Open daily for Lunch and Dinner. \$\$

ROUCHE CAFE

2839 Gallows Road
Falls Church, VA 22042
703.205.9099

www.raouchecafe.com

Don't be fooled by the store front, this is one of the best restaurants if you are a Middle East dining enthusiast. Grape Leaves, Lebneh, Falafel, just about everything we tried is terrific. One our favorite spots—(my favorite for grape leaves!) Say "hi" to Hussein... \$\$

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
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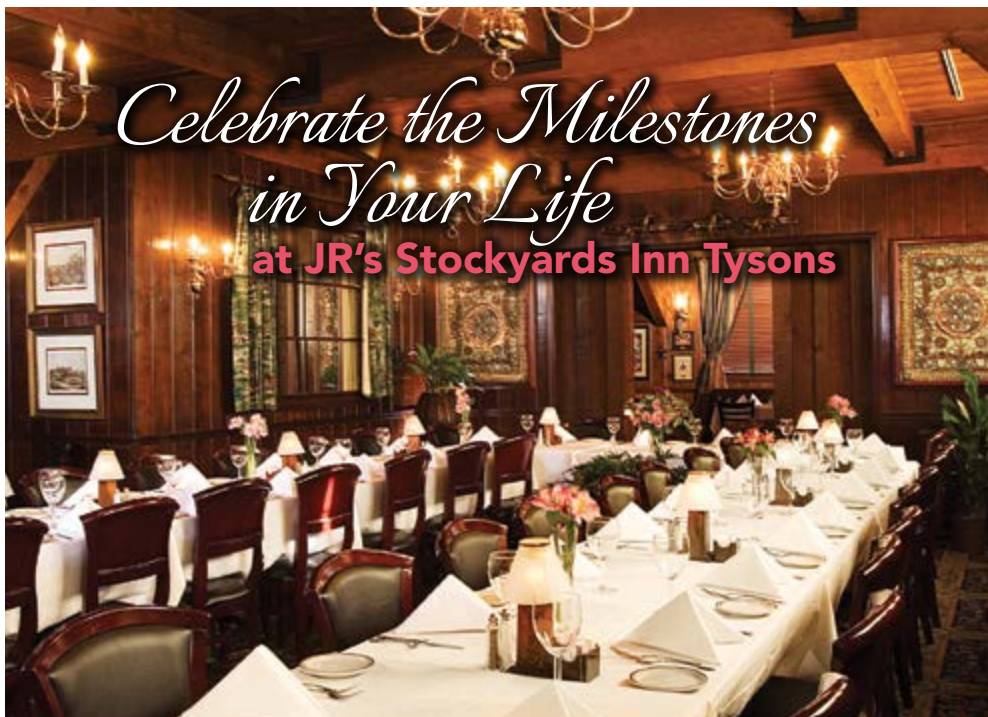
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BY RENEE SKLAREW

SOUTHERN COMFORT: GYPSY SOUL WANTS TO ROCK YOUR WORLD

In the last decade, Southern American cuisine has experienced a revival. Chefs and diners are coming together to celebrate traditional dishes, or what was once considered “comfort food.” Ask a food historian, and they’ll say Southern American food was always about eating locally harvested produce and meats. Now, as chefs embrace the freshest ingredients they can find in their local markets, Southern American cuisine has made a comeback.

Helping to steer the movement is Chef RJ Cooper, who opened his second restaurant in the area in the vibrant Mosaic District. Gypsy Soul is a hybrid restaurant—a combination of modern décor and classic American cooking. I use the term loosely, because the menu features Cooper’s distinctive interpretation, or as Cooper calls them, “fall-to-the-wall updated takes on American classics.

Cooper’s impressive pedigree includes winning the StarChef award in 2007, and the James Beard Award in 2008 for his work at Vidalia, Washington’s popular Southern-influenced fine dining restaurant. A native of Detroit, Cooper opened his own DC restaurant in 2012, called Rogue 24, where his multi course tasting menus received acclaim, partly because guests enjoyed scrutinizing the cooks’ unconventional techniques in the restaurant’s open kitchen. Watching Rogue 24’s cooks is said to be better than any reality television show featuring food preparation, because the cooks often interact with diners while they’re at work.



Cooper, a charismatic personality who rides a Harley Davidson motorcycle to work, is comfortable in the spotlight. He is the star of Chefs of Anarchy, a web series that illuminates some of the country’s most innovative chefs and eateries, and he has been a chief battler on Iron Chef America.

At Cooper’s new restaurant, Gypsy Soul, you can order à la carte from a menu that offers a wide variety of dishes—from sharing plates and generous entrées, to decadent desserts. The drink menu has been getting a lot of buzz too. “Cheftender” Bryan Tetorakis has developed his own tasting



menu featuring cocktails with regional spirits and unusual ingredients like arugula.

Though not complimentary, guests should order the breadbasket at Gypsy Soul. It is equipped with focaccia, challah, flakey lard biscuits, and the world's best cornbread, which is delightfully creamy as if the kitchen used creamed corn in the recipe.

The lunch menu has a fair number of side dishes that demonstrate Cooper's mastery of fresh ingredients. The "heirloom grains and tubers" include a chewy farro that is elevated by smooth mascarpone cheese and salty, brined heirloom tomatoes. It is a flattering combination of textures and flavors. The tomatoey okra stew will win over the most skeptical okra dissenters, and the tangy vinegar and sweet onions in smothered greens overcome any bitterness that leafy vegetables often have.

There are more surprises in store. The Smoked Albacore Dip with lavash crackers tastes like fresh tuna had been charcoaled and blended smooth—this appetizer is easy to share and pairs perfectly with one of Tetorakis' sublime libations. The Chicken Skin Cracklins with "snake oil and roof top honey" will remind you why crispy fried chicken is a national dish.

Two entrees that appear simple, but require a skill like Cooper's to render so impeccably, are the grilled vegetables with risotto, and the short ribs with risotto. These are hearty, pleasing dishes that leave you warm and satiated. Another recipe, as rocked out as the 70's music serenading the restaurant, is Cooper's shrimp and grits with sinfully rich andouille gravy. Every bite was a slightly different combination of sweet corn, spicy sausage, pillowy shrimp, tangy onions, and buttery grits.

There are homemade condiments sitting on the bar—such as pickled peppers and preserved Meyer lemons—that help add complexity and authenticity. For dessert, Cooper is again inspired by popular Southern ingredients like bacon and bourbon, but uses them in unconventional ways. A peach crisp with sour cream ice cream was the epitome of seasonality, but since Cooper creates with seasonal ingredients, desserts will likely change depending on the harvest at nearby farms. Expect the unexpected, though, like spruce or onion ice cream, and chocolate pudding with bananas and peanuts.

The restaurant currently serves brunch, lunch and dinner, and the open kitchen allows guests to watch the cooks in action. It's an impressive sight to see and not unusual to find Chef Cooper in the mix. He's a hands-on restaurateur with vital relationships with local farmers, and those relationships allow Gypsy Soul to remain well stocked in premier ingredients. To be sure he's there, Cooper says look for his Harley parked out front. ♦

AUTHOR: Renee Sklarew is Washington DC Area food and travel writer, contact her at reneesklarew@gmail.com.

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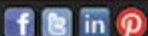
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BY RICK MUNDY

SMILES COME EASILY

at Island Children's Dentistry

Walk into the offices at Island Children's Dentistry and you've arrived at your happy place. This is the dentist's office where the young ones are king. From the brightly colored tropical island décor to the large aquarium where even the fish are relaxed, this office is a welcoming and fun environment for children.

The doctor explains, "We wanted to create an atmosphere that is kid-friendly for kids that are young as well as teenagers – nothing cheesy. A visit to the dentist should be soothing and relaxing. That's why we have iPads next to the fish tank. They have the technology they love plus contact with nature." Island Children's Dentistry also uses technology to deliver quality care, using the latest techniques and equipment. Dr. Gema has a special permit by the State of Virginia to provide conscious and IV sedation to her anxious patients, including Nitrous Oxide and

Wand Anesthesia, along with Laser Dentistry, to reduce pain.

Dr. Gema Island started her practice in Tysons just six months ago. She is a Diplomate of the American Board of Pediatric Dentistry, a Fellow of the American Academy of Pediatric Dentistry, and a member of the American Dental Society of Anesthesiology. Previously, she worked with a dentist in Florida for five years, a practice that she ultimately took over. Upon arriving in Northern Virginia, she worked in another pediatric dentist's office in Ashburn. However, she lives in McLean, loves the community, and wanted her own practice again. "I did it before, I know how hard you need to work, but this is my dream practice," she exclaims.

That's a big win for local children because Dr. Gema *loves* working with them. "Kids are so friendly," she remarks. "They have great personalities and it's a delight to be around them. They aren't automatically afraid, so if we introduce the work we do in a fun way, going to the dentist will be a pleasant experience that will have a positive impact on the child. When we are done with the appointment, they leave happy and that means that the parents also leave happy and everyone looks forward to coming back."

Dr. Island understands how children think and act and she can talk to them in a nurturing way. She also understands what mothers and fathers are thinking and easily relates to their concerns and needs. "As a mom, I have a lot of empathy when it comes to children's issues. I think kids sometimes feel better in the care of a woman. I'm told that I am a pretty good listener as well. Listening to the kids, I learn why they might be anxious. Listening to their parents, I can appreciate how they manage their families and will always help them with treatment options that meet their needs."

Growing up, Gema thought she would be either a pediatrician or a teacher because she loves the sweet innocence of youngsters. She also loves science like biology and chemistry and likes using what she knows into her everyday work. Add to that the fact that her own mom was a dentist and it's easy to understand how she became a



"AS A MOM, I HAVE A LOT OF EMPATHY WHEN IT COMES TO CHILDREN'S ISSUES. I THINK KIDS SOMETIMES FEEL BETTER IN THE CARE OF A WOMAN. I'M TOLD THAT I AM A PRETTY GOOD LISTENER AS WELL. LISTENING TO THE KIDS, I LEARN WHY THEY MIGHT BE ANXIOUS. LISTENING TO THEIR PARENTS, I CAN APPRECIATE HOW THEY MANAGE THEIR FAMILIES AND WILL ALWAYS HELP THEM WITH TREATMENT OPTIONS THAT MEET THEIR NEEDS."



pediatric dentist. "My mother had her office on the first floor of our house. I loved going in there and still remember the familiar smell of a dentist's office at that time. I would even play with the equipment sometimes," she laughs. "Instead of playing house, I was playing dentist so the idea to become a dentist was in the back of my head early on."

Dr. Island studied in Mexico and graduated at the top of her class so she had the opportunity to do post-graduate work at the University of Southern California. There she met her husband who became a doctor. "He always says we were two nerds in love. Instead of meeting in a bar, we met in a lab." They have been married for 14 years and have two children.

While at USC, Dr. Island worked in infant oral care especially within the Latin community. There she participated in the Infant Oral Care and Prevention of Early Childhood Caries Project at San Francisco General Hospital.

When she went on to Tufts University for her three year residency in pediatric dentistry, she researched and wrote on treating baby teeth with new materials, instead of simply pulling decayed baby teeth which had been standard practice. "Pulling teeth in a young child can often negatively impact the child's self-esteem. There are alternatives for restoring baby teeth and we are pleased to be able to offer other options," Dr. Island says. She has published articles in peer review journals and has lectured nationally and internationally on pediatric dentistry.

While she does not focus on orthodontics, she admits that some issues are easy to correct such as facial asymmetry or crossbite. By keeping an eye on a child's development she can help with these and other problems. "The faces of children, especially at three or four years old, are still growing so we can make simple adjustments with terrific results." She also watches for signs of other concerns – tonsils, adenoids, mouth breathing at night – and works with several ear-nose-throat specialists to address those concerns. "Sometimes a child is diagnosed with ADD or ADHD when there may be an easily treatable problem like sleep apnea resulting in a tired child which is the real issue."

Obviously Dr. Island and Island Children's Dentistry are highly committed to the oral health of children in the Northern Virginia area. They are located at 1500 Cornerside Boulevard, Suite 310 in Tysons Corner and their website is IslandChildrensDentistry.com. ♦



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BY JOHN BYRD

Three generations (*left to right*): Janyce Rogers, Wanda Rogers and Julia Walker display recent handiwork.

Quilting Studio is Final Phase to Well-Planned RETIREMENT *Dream House*

AT 72, WANDA ROGERS HAS RESUMED PRACTICING AN EARLY AMERICAN CRAFT SHE FIRST LEARNED FROM HER GRANDMOTHER

Quilting takes patience; ditto the steps entailed in setting up a quilting studio all of one's own.

Such are the reflections of Wanda Rogers, 72, who is now tapering off a 51-year professional career, and increasing precious hours spent in the pursuit of a mountain state handicraft she learned from her mother and grandmother.

"We were all quilters where I grew up in West Virginia," Rogers recalls, "my mother, my grandmother, my aunt. The originality of a quilt's pattern is the larger artistic goal—but it takes a lot of concentrated quiet time to achieve it. Between

raising children, moving frequently and then working—there just weren't a lot of hours for quilting before now, much as I love it."

The particularly hectic phase of Rogers' young married life included setting up 18 different households in places where husband Ted, an Air Force pilot, was stationed. In the early 1980's, the family finally settled into a 2,533 square foot ranch house on a two acre lot near Springfield.

Three years ago, when Ted retired, the couple collaborated with remodeler David Foster in transforming the ranch into a substantially enlarged and upgraded "dream house"—complete with a two-car garage topped by a future quilting studio.

"I knew my plans were getting closer to reality when we added drywall to the attic room above the garage," Rogers says. "Once the space was shelled-in, I began to see how the studio would look and function."

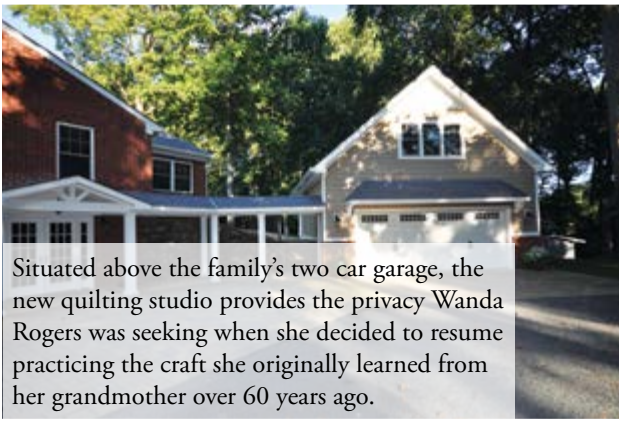
For the next three years, however, Rogers kept up her daily work schedule with a healthcare consulting firm, a job that requires frequent out of town meetings.

"We had installed temperature controls in the studio when we remodeled the house," Rogers says. "Everything was well-insulated and bright, so I moved-in an easy chair and started thinking about what I wanted to do."

Last year, Ted presented Wanda with a professional quality Bernina sewing machine, and the studio makeover got underway in earnest.

"We designed the suite specifically to support Wanda's creative process," says Foster, who has operated Foster Remodeling Solutions for over 35 years. "We had to allocate enough floor space in the middle of the room so she could completely lay out a quilt in progress. Her process also requires a way to keep carefully catalogued materials within easy reach."

At 400 square feet, with large windows on both the eastern and western facing walls, the studio is flooded with natural light during the day, an effect Wanda finds inspiring. The hickory wood flooring—



Situated above the family's two car garage, the new quilting studio provides the privacy Wanda Rogers was seeking when she decided to resume practicing the craft she originally learned from her grandmother over 60 years ago.

With the quilting studio now completed, Wanda Rogers is gradually retiring from her 51-year professional career, and spending more time practicing a craft she first learned at young girl in West Virginia.



The studio, which includes a full bath with walk-in shower, can provide a guest accommodation as needed.



apart from its lovely aesthetics— is entirely functional as a surface for cutting and assembling fabrics. Built-ins on either side of the assembly area have been custom-designed to hold specific fabrics and other essentials. Rogers says some of the fabrics date back to the 1930's and were passed down from her grandmother.

"All the women in the family were active in quilting bees" Rogers recalls. "One of my aunts' designs was featured over the cover of a national magazine. We were also active in the National Quilting Symposium."

But for all its delicacy of color and pattern, a quilt must also be functional as a bed cover. To assure the end-product is well-made, Rogers employs a Berina surger— which stitches finished overlock seams on the side of the quilt opposite from the display pattern. Since Rogers likes to regularly consider fabrics in a variety colors, shades and textures, the studio offers some 64 cubic feet of additional storage space behind each wall.

Like most dedicated artisans, Rogers insisted on a self-sufficient studio that would allow her to stick with a developing vision without interruption. Hence, the kitchenette, the full bath with walk-in shower. Also, the Advantium oven; two-burner cooktop; the WiFi hook-up, the laptop.

"I don't have to run back to the house for lunch, or a cup of tea," Rogers says. "The amenities simply allow me to concentrate on the project at hand. That's what it takes to do this kind of work well."

While the full bath and refined finishwork, in fact, will also allow the attic to double as a guest room when needed, Rogers says studio is fundamentally designed for quilting. By inserting

a specially designed cutting board over the sink, for instance, the L-shaped kitchenette surface converts to a work table. There's even an unseen custom niche to hold the ironing board Rogers uses to flatten fabric.

"I see the studio as an integral part to my life ahead," says Rogers, adding that that her 10-year-old granddaughter now wants to learn quilting from her. "This kind of fulfillment isn't just good luck, it's something you have to plan."

On a related note, David Foster observes that the studio is consistent with the kind broader-scale retirement home upgrades his firm has been seeing in the recent past. Seventy five percent of his current clients are now over 55; as of last year, 44% had come back to him for a second project.

"We're seeing a lot more interest in a phased development approach to retrofitting the family house for retirement," Foster says. "To save money on future projects, a remodeling client sometimes asks us to insulate and drywall a part of the house they don't plan to actually use for a while. This is a simple way of thinking ahead that adds value and usually doesn't appreciably increase the existing remodeling budget. There's a kind of generational search for more enduring housing solutions that's now underway, and it's evolving rapidly."

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. For information: 703/550-1371 or www.fosterremodeling.com ❖

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



BY JOHN BYRD

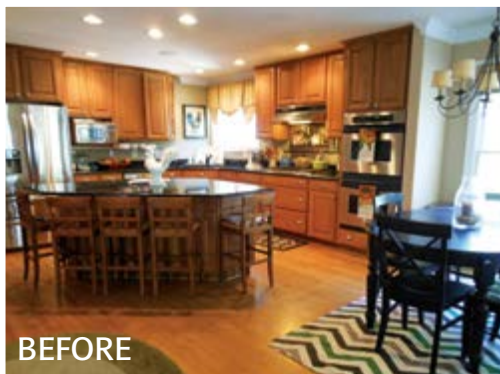
Builder-Grade Kitchen Suite Transformed into FRENCH COUNTRY *Elegance*

(Above) The newly remodeled kitchen suite to Rick and Kelly Layfields home in Clifton Heights features clean lines and compelling visual continuum. The interior scheme by Sun Design Remodeling's leader designer Jon Benson raises the ceiling, introduces more windows on the rear elevation and a much better rationalized floorplan that supports the family's everyday needs. Granite *bianco* surfaces, marble tile wall covering, a coffered ceiling delineated in a white and grey duotone are among the fine finishwork details distinguishing a well-integrated "open" plan.

It's odd how little things can determine whether a space works or not. To access an outside grilling area, you have to squeeze past a kitchen table. The grill itself is down the stairs in the backyard. Nothing strenuous here. Just a family adapting to a home they own but didn't design. Yet such inconveniences can gradually diminish simple pleasures.

"We had actually just stopped grilling," Kelly Layfield acknowledges. "The kitchen plan wasn't very well organized."

For Rick and Kelly Layfield, parents of three children under 12, the slight conflict between a naturally-occurring family process and their physical environment started when they bought their 3,700 sq. ft., four bedroom, traditional-style home eight years ago.



BEFORE

(Above) Kelly Layfield found the original kitchen too dark, and lacking sightlines to the children's backyard play areas. The pentagon-shaped island wasn't well-suited for the available space and was seldom used for in-kitchen dining.

(Below) A new built-in flanked by wine racks has proven to be a perfect space saver in a part of the room that was previously too cluttered.

(Bottom right) The newly designed coffee bar positioned between kitchen the dining room now includes an icemaker.

The house had much to recommend it: an acre and a half of wooded privacy in the Clifton Heights section of historic Clifton; a big backyard ideal for supervised children's games.

"The kitchen suite was a primary selling point," Layfield says of the 400 square foot room. "It segues directly to a family room with fireplace. There was also a door in the corner that opens onto a large screen porch."

Of course, there's that matter of tight squeeze past the family breakfast table.

But the larger problem for Kelly was that kitchen was too dark, and sightlines to the children's backyard play areas were not well-aligned with the cook's work space.

Additionally, there was an odd two-dimensional ceiling. The bulkhead over the primary food preparation zone, it seemed, was an interior offset compensating for the fact the back half of the kitchen projected out from under the home's two-level rear elevation.

Even trimmed in crown molding, Kelly found it obstructive, a breach

of the clean lines she had always envisioned as the essence of her dream kitchen.

The food preparation island and dining counter featured a pentagon-shaped surface. While geometrically compelling, it wasn't well suited for storage needs, and the five dining stools projected too far into the kitchen's high traffic lanes.

"The angle was wrong; it was taking up too much space" Layfield recalls.

Thus, with so many daily reminders that her kitchen didn't quite work, Kelly's first meeting with Jon Benson, lead designer at Sun Design Remodeling, was a breath of fresh air.

"He understood the logistical and aesthetic issues right away," Layfield says. "He began presenting designs almost immediately— which initiated a very productive collaborative process. He also had inspired ideas for original built-ins that dramatically improved work efficiencies and the space plan itself."

CONTINUED ON PAGE 130





(At left) The 160 sq. ft. grilling deck is level with screen porch and the new kitchen door.

(Below) The old rear elevation prohibited easy access to the spot Rick Layfield had selected for grilling.

(At bottom) The re-designed fireplace features a hearth with colorful stone facing and a cedar mantle.



CONTINUED FROM PAGE 129

The food preparation island, for instance, would be replaced with a wholly new Benson original—a rectangular affair with a granite surface, perfectly parallel with the two corners of the cook's work zones, though now utilizing only three stools, each completely owns its floor space. The built-in also features pull-out drawers custom-designed for Kelly's requirements, and a microwave/ convection oven the kids can use easily.

To improve light, sightlines and available floor space, Benson eliminated an unneeded window over the corner sink, adding a three foot wide divided light door in the middle of the rear elevation.

Tweaking the plan still further, he deleted the side door linked to the screened porch, eliminated two floor-to-ceiling windows and rebuilt the corner wall around a pair standard sized windows. With the new niche now fully formed, he designed a dining banquette perfectly aligned with the family breakfast table.

To foster easy indoor/outdoor continuum, he added a new 16' x 10' grilling deck—level with the screen porch and accessible from kitchen's new rear door.

A new egress connecting the screen porch from the family room completes the circle—inviting circulation that is both logical and perfect for entertainment.

Interior Design

The interior design scheme itself is a study in what designers sometimes refer to as “transitional” style, a fundamentally open plan that incorporates period-specific or iconic design elements to effect.

The kitchen's incongruous overhang has been replaced with an elegant coffered ceiling. Consisting of two sets of coffers (12" in the center; 8" on the edges), the ceiling not only unifies the room visually, but also reintroduces classical elements





found in the home's formal front rooms that had been curiously missing in its formerly builder-grade kitchen interior.

Where the previous kitchen had been dark (down to its high maintenance black granite surfaces), Benson helped Layfield explore the lighter, more textured hues she had been seeking all along.

Marble subway tile wall covering. Surfaces in Granite Bianco Antico. White cabinets with glass facings. An oven backsplash in a white *quatrefoil* tiling. The coffers, likewise, are delineated in a restful white and grey duotone.

In the family room, Benson re-designed the fireplace—introducing colorful stone facing to the hearth and a cedar mantle. The first floor mudroom is now functional and inviting.

A seldom used desk was replaced with a handy cabinet flanked by wine racks. The newly designed coffee bar in a recess at the entrance to the dining room now contains a convenient icemaker.

A big, sweeping, comprehensive plan.

"Yet the conveniences are wonderful, too—subtly woven into a really uplifting interior. This is just the balance I was looking for," Kelly observes, adding: "it feels like home."

Sun Design Remodeling will be sponsoring a tour of this remodeled home on November 15, 2014. Headquartered in Burke, the firm recently opened a second office in McLean. The firm is currently celebrating its 26th year in business. For information call 703.425.5588 or www.SunDesignInc.com. ♦

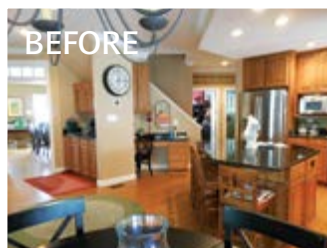
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(Above) The new food preparation island perfectly parallels with the two corners of the cook's work zones.

(At right) Benson re-designed the corner of the kitchen to incorporate window seats perfectly aligned with the family breakfast table.

(Below) In the previous kitchen, a ceiling bulkhead (over the island) obstructed views of the backyard. Benson raised the interior ceiling 12", and introduced eye-catching coffers.






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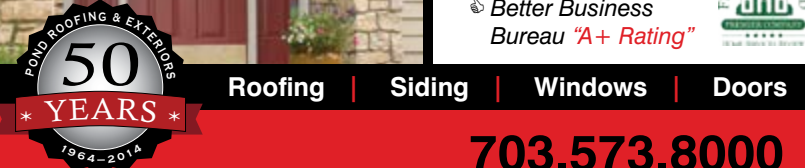
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It is was around 1982 when my wife, Michelle, and I enjoyed our first meal at JR’s Stockyards Inn. We have terrific memories of good times there, the rich maple and redwood beams, stained glass windows and soft comfortable plush chairs—and of course, the food. We used to hear the steaks talking to us as they left the kitchen on the cast iron skillets. Along with the steaks, the fresh seafood, the ever wonderful baked potatoes and wines, came the service and attentive staff, many of whom are still with the “Goodtimes” family today.

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BY AMY SCHOEN, MBA, CPCC

ASK COACH

Amy

Q

DEAR COACH AMY,

I have been interested in a woman that I know from work who is much younger than me and I have been trying to pursue her. I am a 55 year old divorced man (no children) who would really like to get married and have a family. I am in good shape and don't look my age. The woman that I am crazy about is 37 and I feel we have a great connection. I could see a future for us. We are not in the same department so we could date. Recently I expressed an interest in dating her and she told me that she was not interested in a relationship with me. Should I persist? I have heard that women do change their minds sometimes if the guys stands firm. What do you recommend?

Pining Away in Potomac

A

DEAR PINING,

It sounds like she has already given you your answer and told you she is not interested in dating. That could be for several reasons. I am curious about:

1. Is she truly open and ready for a relationship? Is she actively dating? Or is she coming off from a bad relationship and getting her equilibrium back?
2. Did she give you a reason for not wanting to date you? Could it be she has a rule not to date at work? You may want to probe further. Just brace yourself she may tell you she is not attracted to you in a romantic way.
3. Or perhaps she is emotionally closed and has trust issues. It may not be you. Or she has other goals in her life and does not want to get into a long term relationship or marriage or want a family. I am learning of more women in this category in DC.

4. Or perhaps it is a timing issue and in time she will see you as a worthy mate. Can you wait and if so, for how long? Is there a way to continue to show her your interest and she may come around? However, I see this as a very low probability strategy.

I have to ask you why you want to go after someone who is unavailable and does not seem receptive to your romantic interest. Don't you want to be with someone who is thrilled to have you in her life? Someone who is open and ready for a relationship?

In rare instances have I seen this kind of situation turn around. I recommend that you find a way to come to terms with this rejection and, if need be, move on by working with a coach or a therapist. I suggest you look for a woman who can appreciate you and also wants the family life you seek. There are many women in their late 30's and early 40's who dream about finding a great guy and having a family.



If you are truly as youthful as you say, then you will not have any trouble meeting eligible women. You just have to be open to getting out there to meet women for dating either by targeted online dating, by asking people who you trust to introduce you or by using a dating—matchmaking service to introduce you to such a woman. In your 50's you can still have the loving married life and family if you are willing to stay focused on this goal and stop pining for this unavailable woman.

Intentionally Yours,




Coach Amy ❖

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

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HOW TO TREAT POISON INGESTION

Q: I have recently learned of a new rodent killer on the market that is deadlier than previous products and does not have an antidote. How do I avoid this product?

— Garrett D., Alexandria, VA



BY DR. DEVRIES

A: That is a great question and one that more people should know about. To attract mice and rats, all rodent baits contain some grains and are sweet. Unfortunately, dogs like these flavors, too, so they often eat any bait blocks they can find. First, let me give you some background on the common rodent poisons available, all of which can cause toxicity in dogs, and then we'll discuss your concerns.

For many years, the most common rodent poison was warfarin, an anticoagulant that prevents blood from clotting. The most common brand of these products is d-Con. You may have heard of warfarin (Coumadin) because it's also used, in carefully monitored doses, as a blood thinner for people. The toxic effects of warfarin last about seven days, during which time they prevent vitamin K from doing its job in the cascade of chemical reactions that create a blood clot. Animals that ingest toxic doses of warfarin can't form blood clots, so any damage to any vessel anywhere in the body will cause continuous bleeding, which can lead to severe anemia and death. The newer generations of anticoagulants, such as bromadiolone, brodifacoum, and diphacinone, have the same

effect, but they cause toxicity for up to a month. Thankfully, if caught early enough, anticoagulant toxicity is treatable by simply giving dogs extra vitamin K as an injection, to start, and then orally for as long as needed, depending on the toxin they ingested. If it's not known that dogs ate one of these toxins, there are a couple of tests we can run to diagnose anticoagulant toxicity in dogs that are having symptoms of this toxicity. Symptoms of anticoagulant toxicity can range from obvious bleeding from the gums or nose to bruising under the skin, which can be difficult to see in dogs with thick coats. If the bleeding is only internal, then dogs may show weakness and lethargy, breathe more rapidly, or they may die suddenly. Prognosis is good if treated early, but it becomes worse with increased bleeding and associated complications.

Another, less common rodent toxin that can affect dogs is cholecalciferol, also known as vitamin D-3, which enhances calcium absorption from the bones and kidneys, leading to the thinning of bones and mineralization of soft tissue structures. Symptoms are often seen a few days after ingestion and include depression, vomiting, and increased thirst and urination. Laboratory findings reveal greatly elevated calcium, phosphorus, and kidney values. If dogs are brought to the veterinarian quickly after known ingestion of these baits, treatment includes decontamination and supportive care with



IV fluids to decrease calcium levels. Prognosis is guarded to grave if animals are not treated until severely clinical; however, early treatment does improve survival time. Products that contain this toxin are Rampage and Quintox.

The product to which you refer is known as bromethalin. It has been on the market for a number of years; however, we've seen more of it in residential areas, because the EPA prohibits the use of second-generation or long-acting anticoagulants in residential settings. Most manufacturers became compliant with these new regulations in 2011, with many using bromethalin instead of anticoagulants in their products. This change

was designed to make rodenticides safer for children, pets, and wildlife. Unfortunately it also has unintentionally made diagnosing and treating rodenticide poisoning harder. With anticoagulants we have an effective test and treatment; unfortunately we have neither with bromethalin.

Bromethalin is a neurotoxin found in baits under the trade name of products such as Tomcat Mouse Killer, Hot Shot, Sudden Death, and Assault, to name a few. It inhibits the processes that cells use to produce energy to which the brain is particularly sensitive, thus causing brain swelling and damage. Early intervention is critical in treating patients exposed to this rodenticide. Depending on the dose, symptoms may be seen within hours to days of ingestion. Higher doses produce symptoms such as muscle tremors and seizures, and lower doses leave patients with decreased reflexes, unsteadiness, rear-

leg weakness, and vomiting. It is possible to have brain damage as a result of cerebral edema. Death often occurs from respiratory arrest. Cats are much more sensitive to this rodenticide than dogs, and even very low doses can cause severe reactions. Laboratory confirmation of bromethalin is difficult to confirm in tissues, and routine blood tests are often useless. Many other diseases can cause this same constellation of vague symptoms in dogs and cats, so diagnosis of bromethalin toxicity is very difficult unless ingestion of the product is known or suspected.

For pets that have ingested this product, immediate treatment is key, as once clinical signs are present, prognosis is very guarded to poor. Early treatment includes decontamination (inducing vomiting and administering activated charcoal orally), supportive care to control seizures, and attempts to minimize brain swelling and damage. Dogs poisoned with bromethalin often spend at least a couple of days being treated in the hospital, ideally with 24-hour monitoring and care.

Thankfully many of these products come in tamper-resistant packages, but as we all know, few things are tamper proof, and special packaging doesn't always stop our pets from tampering.

This information can be overwhelming, but with careful attention to rodent baiting and knowledge of other sources of exposure, you should be able to successfully protect your pet. If you need to have these toxins in your environment, be aware of their dangers and frequently monitor the locations where the baits are placed and stored. Knowledge of possible toxin ingestion may allow testing, early treatment, or at least a pointed discussion with your veterinarian about any symptoms to watch for at home. ❖

AUTHOR: Dr. DeVries is a seasoned veteran in internal medicine, soft tissue surgery and dentistry, she received her Doctorate of Veterinary Medicine from Iowa State University.



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BUYING A NEWLY BUILT HOME?

BY GARY SCOTT

A REALTOR IS VITAL TO THE TRANSACTION



UPGRADES VS. OPTIONAL FEATURES

When you visit a model home it can be tough to tell which features are included and which cost extra. A real estate agent can help you identify upgrades and help you see past the interior design touches that make model homes so appealing.

OPTIONS THAT ADD VALUE

Builders typically have design experts who can help you make good choices in the context of your selected floor plan, but a real estate agent can advise you about the long-term value of particular decisions in the context of your local market. For instance, if you have limited money to spend on options, it's always best to focus on things that are difficult to change later, such as ceiling height and living space. A Realtor can also help you match the price of your home and the cost of options with local market values so you don't overspend.

TRANSACTION MANAGEMENT

A typical sales transaction for an existing home lasts a few weeks to a couple of months, but on a newly built home, the process between making an offer and moving day can last six months or longer. Your real estate agent can manage the transaction, stay in communication with your lender and your builder, and accompany you on the multiple inspections that occur while your home is under construction.

Most homebuyers, whether they are first-time or repeat buyers, value the advice and expertise of a real estate agent when they're searching for a home and negotiating a purchase. In fact, 88 percent of buyers surveyed for the National Association of Realtors' 2013 Profile of Buyers and Sellers used a real estate agent to purchase a home. While it's natural to work with an agent when you buy an existing property, you should also consider obtaining representation by a Realtor when you're buying a new construction home or evaluating both options—existing homes and newly built residences.

When you buy an existing home, your real estate agent provides you with insight into the local market, helps you evaluate your property choices, and assists you with contract negotiations. When you buy a newly built home, a sales consultant who works with the builder will also support you. They can explain the differences between various floor plans, talk about which models can be built on various lots, review which optional features can be added to the different floor plans, and share information about special deals and financing options. However, it's important to remember that while all this information is extremely valuable, the on-site sale consultant represents the builder's interests, not yours.

HOW A REAL ESTATE AGENT CAN HELP WHEN YOU'RE BUYING A NEW CONSTRUCTION HOME

There are multiple ways a real estate professional can help you when you're buying a new home, particularly if you opt (as you should) to work



with an agent experienced with newly constructed homes. Read the insets in blue and yellow, to see all the ways a real estate agent can help.

WHAT STEPS YOU NEED TO TAKE TO MAKE SURE YOUR BUILDER KNOWS YOU'RE WORKING WITH AN AGENT

When you work with an agent to purchase an existing home, your Realtor gets paid a commission by the seller at the settlement. The same process holds true when you buy a new construction home since your builder is the seller. However, you must follow the procedures established by the builder in order to get your Realtor's commission paid. Most builders request that your Realtor accompany you on the first visit to the sales center and that your agent register you. If you register yourself and provide the builder with your contact information, the builder may not be willing to pay your agent. If you want representation, make sure you and your Realtor meet the builder's requirements for registration.

When you get ready to buy a new home, consider talking to a Long & Foster agent. Long & Foster offers multiple divisions that can help buyers of existing homes and new homes. The company provides a wealth of market data to agents and their clients in their Market Minute, Market Conditions, and LuxInsight reports so you can feel confident that you have the most accurate, up-to-date information about all homes on the market. All Long & Foster agents can leverage the company's broad network, not only in the agent's own office, but also across the entire firm and its global affiliates like Christie's International Real Estate and Luxury Portfolio International. Additionally, Long & Foster's agents have access to local, trusted resources such as moving companies and contractors to make every move as smooth as possible. ♦

AUTHOR: Gary Scott is president of Long & Foster Real Estate, the largest privately held residential real estate company in the United States. He has more than 25 years of experience in the real estate business and is known for his ability to create an inspirational and productive environment for employees and sales associates. In his current role, Mr. Scott oversees Long & Foster's more than 10,000 sales associates across the Mid-Atlantic and Northeast regions, ensuring the company maintains its position as market leader and its commitment to its sales associates and their customers.





BY RICK MUNDY



CAROL CRAMER:

Teaching the world to sing

At age three, Carol Cramer knew she was going to be a singer. She recalls the baby grand Steinway in the house and saying to her mother, "I'm going to be a singer when I grow up. PLEASE teach me the piano." Her mother replied, "Stay away from that piano. It is for company to look at, not for you to play." Unfortunately Carol had to wait. Even when she went to college and wanted to major in music, her mother prevailed and Carol majored in English. Finally, at the age of 27, Carol's childhood premonition came true and she began to sing. At 81 she hasn't stopped.

It turns out that the English classes at Butler helped launch her career. One day her professor talked about Todd Duncan, the original Porgy in Porgy and Bess, and in typical Carol Cramer fashion, she knew instantly that she wanted to work with Mr. Duncan. That's how she found herself singing for Todd Duncan at 27. She couldn't read music and she only knew one song, "My Mother Bids Me Bind My Hair," but she sang. Duncan reacted, "You have been sent to me by God." Thus began a 12-year education. He always called her "darlin'," she called him "papa." "He made my life better," says Carol. "I adore the man." Lessons were \$12.50 per lesson which was a considerable sum in 1960. Carol managed to take what Duncan taught her to teach her own student for \$7.50 a lesson.

Carol also studied with Frances Yeend, Rosa Ponselle, Dr. Peter Herman Adler, and John Bullock (father of Sandra Bullock). She has sung many world premiere operas, and adores singing concerts and oratorios. Her favorite music, however, is not opera but the music of the 50's and 60's – Cole Porter, Henry Mancini, and others.

As an eight-year-old in Indianapolis Carol loved to read, especially a column by Roscoe Drummond entitled "The State of the Nation." She continued to read

it through high school. When she moved to D.C. she sang for years at the 5th Church of Christ, Scientist in Washington. Unbeknownst to her, Roscoe Drummond attended that church and one day her girlfriend held a party just so Carol could meet Mr. Drummond. Roscoe was taken with her, took her on one date, and the next day told Carol, "I have fallen in love. You and I will marry." Her response was "Huh?" In spite of a 30-year age difference, they were married shortly after.

The marriage worked. She claims it was one of the three best things in her life, the other two being her adoption and her training/friendship with Todd Duncan. One evening Roscoe told her to "put on something nice" whereupon he took her to meet President and Mrs. Carter at the White House. "Everyone should understand that you can go in any direction you choose. Here I was, a poor, adopted kid from Indiana dining at the White House."

Her resume is long: performing with the Washington Performing Arts Society for 34 years, appearing with the National Symphony Orchestra, the National Cathedral, Washington National Opera, Fairfax Symphony Orchestra, and others too numerous to mention. She was also host of the Sounding Board for station WGTS in Washington for seven years.

She has had her share of memorable moments over such a long career. Once while performing "Die Fledermaus" at the Lake George Opera Company, "my skirt fell off! I just kept on singing and at the end the audience gave me a standing ovation." Another time she was performing at the Kennedy Center Opera House with a bowl of fruit on her head and a tambourine in hand. And then she dropped the tambourine. As the tambourine clattered along in slow motion the conductor glared but Carol stayed in character. After the performance the conductor said she would do anything to get attention.

These days she is also focused on teaching. She taught at the McLean School of Music for several years, teaches voice at Music and Arts, and is starting at a second Music and Arts next month. She also has a cadre of private students. In addition to singing, acting, and teaching, Carol's career has included painting and writing. She has done several commercials. She also plans to take piano lessons until she "falls off the piano bench and dies."

She says the key to life is to "keep busy all the time" and she certainly lives what she preaches. "I've done the best I can," she comments, "it's the body that is getting old, not me!" Her approach to life is to be the best you can be, while making sure to harm no one, take advantage of no one, and be fair in all dealings. When she teaches, she covers more than voice, offering thoughts on manners, goodwill, and courtesy. "My positive nature has carried me through life. Don't put your troubles on others. What's the point? You'll just bore everybody." ♦



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HOW T.J. MAXX KEEPS IT FRESH



Every retail operation is different, but whether you sell appliances, garden tools or women's clothing, one of the strategies by TJX might work for you.

American-based TJX is an international retailer with stores such as Marshalls and TJ Maxx, selling off-price fashion and home items.

One of the company's most important secrets, revealed by former executives of the company to Fortune, is making the shopping hunt exciting. They put real treasures in the treasure hunt — Discounting a \$1,250 Stella McCartney dress to just \$499, for example.

Shoppers trumpet their scores on the Pinterest: A discounted Hermes watch hiding among dozens of other brands; weird studded Christian Louboutin heels hidden in racks of shoes; denim for under \$20.

Most important for the concrete and highway retailer, you have to come to the store to score the big finds.

TJX doesn't lose money on these secret treasures. As a giant retailer they can buy low. And they don't have to buy seconds or discontinued items.

They say the company specializes in moving merchandise fast. Stores take delivery of a product and put it out on the floor the same day. The “door to floor” plan cuts down on the space needed for back room storage.

Sources say items typically go on markdown if the turn rate is seven weeks. The company never has storewide sales because they feel it would damage customers' belief that they're getting the lowest price possible from the beginning, a basic driver for the company.

Quick turns keep the merchandise fresh.

The theory is: People love new and they know there are many items, but maybe just one dress in a particular size. That makes the purchase special and shoppers know it. ♦



DIVERSIFICATION: IS IT REALLY A FREE LUNCH?

BY JACQUELINE KO MATTHEWS

My goal in these articles is to help readers understand the important difference between the theoretical and real worlds of investing. This time I want to talk about diversification. Modern Portfolio Theory (MPT)...which is not so modern any more at age 60...had the core idea that, for any level of risk tolerance, there was an associated "optimum" portfolio of assets. This seems reasonable because it is simply saying that, by mixing risky assets which zig and zag at different times, one can smooth out the performance. In the simplest case which prevailed for many years, the recommendation for US investors was to have 60% in US equities and 40% in Government bonds. Over time...as computing power increased...investment managers kept expanding the diversification idea to incorporate assets such as individual stock sectors, international developed and emerging market stocks, private equity funds, real estate investment trusts, high yield (junk) bonds, commodities and alternative investments like hedge funds. Again, the idea was that one could stretch out to some riskier investments because the diversification effect would keep the overall risk to an acceptable level. This is why diversification is considered a free lunch...supposedly the only way to get more return without increasing risk.

The real world is not so easy. Diversification of this type is not a free lunch. Here are some of the problems. First, MPT is truly a theory based on a whole series of assumptions that are not true. To calculate the best portfolio you have to input the expected returns, risks (volatility) and correlations among the assets. The thought was you could just plug in some historical data and that would be good enough. The reality is that it is impossible to know these parameters in a complex interactive world which is constantly changing. As a simple example, the Japanese stock market is down 70% from levels of 24 years ago...that return is miles from the estimates of 6-8% per annum returns that would have been expected on the basis of prior history. The returns of risky assets are not stable and the correlations can shift quickly. Sometimes bonds are negatively correlated with stocks and sometimes can be positively correlated for long periods. Academic researchers have shown that poor estimates of the future returns and correlations leads to portfolios that are far from optimum...garbage in, garbage out.

Another problem is that, by always holding each asset regardless of performance, you will automatically be in the worst performing asset and, if you rebalance to keep the weights constant, will be adding to the losing assets and taking money from the winning assets. If markets were guaranteed to "mean revert" that would be ok, but,

once again, reality is different. Markets tend to move in waves of momentum and can move far from any reasonable levels on both the upside and downside. That is why we have bubbles and crashes...something not expected by the assumptions of MPT.

Finally, the theory does not account for the tendency of correlations to move to one during periods of crisis. We saw this in 2008 when nearly everything except safe Government bonds had large declines. We are even seeing it recently as global stocks, commodities and high yield bonds are all falling simultaneously. The US stock market has been one of the last asset classes to decline but, even there, small cap stocks have fallen 13% from recent highs and are down 4% for the year. If all of these assets keep falling, the free lunch could be quite expensive.

So what is the solution? It turns out the solution is diversification...but a different kind of diversification across complementary strategies. Think of passive diversified buy and hold as just one kind of strategy that can be good sometimes and very bad some other times. What other strategies can help? You should be looking for strategies that incorporate strict risk management...reducing or eliminating positions that are losing...and momentum/relative strength rules which allow one to shift exposures towards assets performing well and away from those performing poorly. These risk management and momentum methods are well established in practice and in the academic research community but most investors are totally unaware of this type of diversification. So there is a free lunch...but it is hard to find. ♦



AUTHOR: Jacqueline Ko Matthews is CEO of Investment POD, LLC. She is a former Goldman Sachs investment banker and worked for Virginia U.S. Senator Mark Warner's \$200m family investment office.

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SUPERSIZE YOUR KIDS' *Digital Playground*

Here's a supersized tablet computer for mini people.

Fuhu, a well-known tablet maker for kids, has introduced a blazing, 24-inch touch-screen tablet made for kids to play with and share games together. Kids as young as three or four can use some of its features.

With smaller tablets, kids can have fun but they are in their own world. With the giant Big Tab, kids can play together, just as if they were playing traditional board games which, by the way, are loaded on to Big Tab.

It runs on Android and has a 1080p high-definition touch screen capable of registering 15 simultaneous finger taps, and a built-in battery. The main thing the battery is used for is to transfer the unit to another location in the house so you don't have to reboot everything.



Its two player games include air hockey, Fruit Ninja drawing studios puzzles and family board games that are generic versions of games like Candyland and Chutes and Ladders.

Wall Street Journal analyst Wilson Rothman says his two children didn't argue when they played, instead they talked and laughed.

The 24-inch screen unit costs \$530 — pricey but not much more than an X-box and a little more than the entry-level iPad Air.

The company will soon introduce a 20-inch unit for about \$450. ♦



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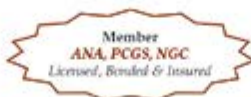


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BY HENRIK SUNDQVIST

Public Art & Community Engagement COMES TO TYSONS IN 2015

Arts Council of Fairfax County selects artist Julia Vogl for interactive public art project *Imagine Art Here*.

The Arts Council of Fairfax County selected London-based artist Julia Vogl for the public art and engagement project *Imagine Art Here* in Tysons. Over 130 national and international artists responded to a public call-out and Ms. Vogl was selected by a panel comprised of an architect, an artist, a county planner, public arts administrators, and county Master Arts Plan Task Force members from the community.

Ms. Vogl's art specializes in visualizing public feedback. "My art engages communities, giving them a voice and platform to reinvestigate their surroundings," she said. "*Imagine Art Here* will be a 'social sculpture' which will give public feedback on future cultural opportunities in Tysons and Fairfax County." *Imagine Art Here* will utilize public art to gather critical information on how to enhance the quality of life for residents and visitors in Tysons, while also fostering creativity and collaboration and creating a distinct sense of place that brings everyone together.

From March through May 2015, the artist will conduct a series of community engagement sessions at several sites near the new Silver Line Metro stations culminating in a large scale installation in June through August 2015. *Imagine Art Here* will elicit a vision for the arts in Tysons and collect resident, workforce, and retail visitor feedback on the type of arts programs, facilities, public art and related amenities desired.

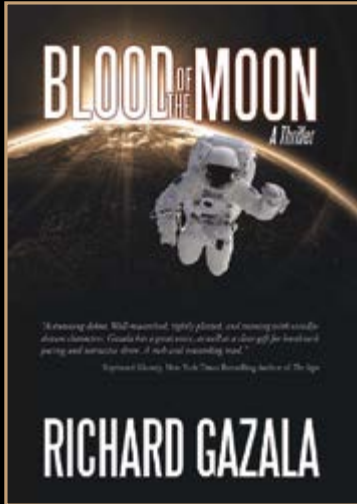
Imagine Art Here has been made possible through a lead Our Town grant of \$50,000 from the National Endowment for the Arts. The grant requires a 1:1 match, for a total project cost of \$100,000 or more. "We are beginning our private sector fundraising," said Linda S. Sullivan, president & CEO, of the Arts Council of Fairfax County. "We have a few exciting early pledges and more to raise."

The input from the *Imagine Art Here* initiative will inform a Master Arts Plan (MAP) being developed by the Arts Council of Fairfax County on behalf of the County. The goal of MAP is to expand community access to and engagement in the arts and culture by planning cultural facilities and public art throughout Fairfax County that reflects its diversity, considers existing facilities, and responds to future growth. In 2010 the Board of Supervisors tasked the Arts Council, with the collaborative leadership of MAP. A MAP task force consisting of Arts Council Board members, community representatives, and government officials was formed to assess existing cultural assets in the county, growth trends and community needs, and the engagement of community input that will inform a plan for future arts facilities and public art.

To obtain more information on *Imagine Art Here*, visit <http://www.artsfairfax.org/map/imagine-art-here>. ♦



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*Soon it will be
Christmas season....*

BY MARCIA MCALLISTER



Last year's market

SILVER LINE TO BRING CHRISTMAS TREE AND ICE SKATING *to Tysons Corner*

*T*yson's Corner will be more than a shopping madhouse this holiday season, thanks to the opening of the Silver Line Metrorail service which connects this giant marketplace to Reston, downtown Washington, and the Maryland suburbs.

While the Silver Line isn't promising the sounds of "Silver Bells" as portrayed in the old holiday favorite that reminds us of shoppers rushing home with their presents, it is almost certain to deliver more shoppers, diners, and entertainment seekers.

Nowhere will this be more visible than at Tysons Corner Center which is now connected to the Silver Line's Tysons Corner Station via a pedestrian bridge leading to a football field size public plaza. The plaza will be transformed into Winterfest 2014, a holiday wonderland to be dominated by a 52-foot tall Christmas tree and a 5,200 square foot ice rink.

All this will evoke the sense of Christmas in New York's Rockefeller Center.

According to Tysons Corner officials, the holiday celebrations will begin with a tree lighting event on Nov. 29, complete with music and other entertainment, the details of which are still being developed with an eye toward creating a magical experience for young and old alike.

Throughout the season, visitors to the plaza nestled between Lord & Taylor, a new (but not yet open) Hyatt Hotel, and new residential and office towers, will be greeted by nightly light shows.



And, there will be live musical and stage performances.

The skating rink will be open from Nov. 28 until the end of February. Skate rentals will be available.

There will also be an outdoor German Christmas street market, often referred to as Christkindlmarket associated with the celebration of Christmas taking place during the four weeks of the Advent season. Such markets date back to the late Middle Ages and were generally held in town squares and featured music and dance.

Vendors will include crafts by Kathe Wohlfhart, long a Christmas tradition in Germany and throughout the world for generations. Miniatures, nutcrackers, smokers, Schwibbogens (candle arches), Christmas tree ornaments, music boxes and more will be sold. It opens on Nov. 28 and closes on Christmas Eve.

There will be more than 30 artisan gift and food

purveyor vendors offering traditional fares, Gluhwein, and beer from December 5 through Christmas Eve.

In addition, Shake Shack, the popular Manhattan-based eatery which opened this summer, continues to offer up its very special frozen custards, hot dogs, burgers, fries, beer, and wine on the plaza.

Other holiday events will be held at Tysons Galleria and at hotels throughout Tysons Corner. Santa Claus will make appearances at both the Galleria and Tysons Corner Center.

One of the best known traditions is at the Ritz Carlton Tysons where a life-sized gingerbread house will open to the public Nov. 28 through Jan. 2. Special gingerbread decorating classes for children will be held in early December. Visit the hotel's website for details.

Meanwhile, as the holidays approach, Metro continues to post positive ridership numbers for the Silver Line since its July opening. Weekend

numbers are especially strong at the Tysons Corner Station. ♦



German market product



Officials toast at last year's tree lighting



SPRING HILL

RECenter EXPANSION NEARS FINISH LINE

BY MATTHEW KAISER

Spring Hill RECenter will soon be the premier location for fitness in Tysons, the Dranesville District, and perhaps all of Fairfax County. As a \$10 million renovation and expansion project winds down at the Fairfax County Park Authority recreation center, excitement about the new and improved facilities is ramping up. From staff members to instructors and patrons, everyone is eager to experience the new amenities at Spring Hill.

Before the end of the year, an airy, new two-story fitness center and a gymnasium with an elevated indoor track will be finished. Land Program Manager Nicole Falceto said the new gym will support additional programs such as pickle ball, volleyball, basketball leagues, and indoor tennis. “The opportunities are endless,” she said. Patrons are already enjoying the privacy of individual shower stalls, which opened in September, and five new family changing rooms – each with its own bathroom and shower – are open now, too.

Once the project is completed in February 2015, health-conscious residents in the Tysons area will enjoy the finest facilities in the area. The new 12,000-square-foot fitness center will be nearly four times the size of the former fitness center and the Park Authority’s largest. The current circuit of strength training machines will be replaced with the latest Cybex line, and the number and variety of cardio machines will be greatly expanded. Spring Hill Fitness Director John Bartok said some will feature personal TV screens, while others will offer something never before possible: “a view of our beautiful park!” The free-weight area will be greatly expanded, and users will now enjoy their own dedicated floor. “As interest in CrossFit, MMA (mixed martial arts), and sport-specific training continues to grow, we are adding new machines in this area that will support those seeking to add more functional movements to their fitness programs,” Bartok said.

The new 3,000-square-foot group exercise room will provide room for additional fitness classes and events. Bartok says the multimedia-equipped room can be divided, support barre classes, and will feature a custom-built TRX suspension system to accommodate larger classes than the existing system. “A dedicated Pilates reformer studio will be created to support classes and private lessons for a wide-variety of students – a skilled athlete, an introverted adolescent, someone working through a physical challenge or limited range of motion, or anyone in between,” Bartok explained.

The new 12,000-square-foot fitness center will be nearly four times the size of the former fitness center and the Park Authority’s largest.

Marketing Manager Nick Duray said the Park Authority has been adding fitness equipment in recreation centers wherever possible ever since a 2004 needs assessment revealed a growing interest in physical fitness. When existing space runs out, facilities need



WHAT'S NEW AT SPRING HILL?

- ✓ Two-story, 12,000-square-foot fitness center
- ✓ 15,000-square-foot gymnasium with elevated, three-lane track (1/12 mile lap)
- ✓ 3,000-square-foot group exercise room with multimedia capabilities and a TRX suspension system
- ✓ Three new multipurpose rooms, including a dedicated Pilates reformer studio
- ✓ New private showers
- ✓ Five family changing rooms with private bathrooms including showers
- ✓ New administration area and renovated lobby
- ✓ New line of Cybex weight machines and new cardio machines outfitted with FitLinxx virtual training partner
- ✓ Utility upgrades

to be expanded to meet demand. Spring Hill's new fitness center was preceded by the opening of expanded fitness centers at Oak Marr RECenter earlier this year and South Run RECenter in 2008.

As breathtaking as the new facilities are, Spring Hill is more than just gleaming glass and shining steel; it's a community. Without passionate staff and returning members, the recreation center would just be an architectural wonder with no soul. Carla Tucker became a Spring Hill RECenter member seven years ago following her retirement from a marketing and public relations career. She attends water aerobics classes for her arthritis three to four times a week. "You meet people that live where you live," she said. "You find out about the new restaurants, best doctors, latest Tysons news, people's vacation spots. It fulfills a lot of different needs for a lot of different

people. No one can match the caliber of instruction at Spring Hill. It's just a wonderful place, it really is."

Kristen Pierce, an instructor at Spring Hill for more than eight years, is passionate about improving people's lives through health and wellness and wants the community to "catch the thrill of the hill." She says the enhanced facilities will save families both time and money because so many different fitness activities will be available in one place. She says she is looking forward to the new indoor track. "I am planning specific walking programs for active, older adults, as well as collaborating with our nationally certified running coach to create new, sport-specific training for run/walk events in the community," she said.

Ruth Palenski has been a Spring Hill RECenter member since the late 1980s. She says she has had many marvelous teachers over the years at Spring Hill, but she gives credit to Pierce for pushing her to run her first 5K. Walking had always been a part of Palenski's fitness routine, but running was something she thought she could never do. She was turning 60 the first year of the Park Authority's Healthy Strides Run at Burke Lake Park and decided to give it a try. "I do not think I would ever have run a 5K without Kristen's support and encouragement," she said. "I have run it three years in a row now, something that would not have happened had she not believed that one can accomplish new things, no matter one's age."

Many people are unaware of the depth and breadth of Spring Hill's martial arts programs, something Shifu Doug Moffet hopes to change. He has been teaching martial arts classes at Spring Hill since 2001, training his students to compete at the international level. He's taught at ten different health clubs but says the martial arts program at Spring Hill is second to none, especially the kung fu program. Moffet said expanded classrooms and the new gym will provide more space for martial arts tournaments, seminars, and workshops. Of the new facilities, Moffet exclaimed, "The new view is pretty awesome! There's lots of natural light. Remarkable."

As the expansion project nears the finish line, the Park Authority thanks the community for its patience and long history of support for bond referenda to improve county parks. A public ceremony to officially reopen Spring Hill will be announced soon. Residents are also encouraged to participate in the current Parks and Recreation Needs Assessment, Parks Count. ♦

AUTHOR: Matthew Kaiser serves as deputy public information officer for the Fairfax County Park Authority.





12 New Buildings in “THE NEXT GREAT AMERICAN CITY”

WE KEEP LOOKING UP AS WE COME TO WORK EACH DAY. DESPITE SOME VERY HARD ECONOMIC INDICATORS, WE HAVE A LOT OF CONSTRUCTION HAPPENING AROUND US.

According to The Tysons Partnership, we have 12 new buildings now leasing, currently under construction, or about to break ground to create “The Next Great American City.”

Bottom line? Three million square feet of residential, 2.3 million square feet of office, and another 85,000 square feet of retail expected to come online close to the four Silver Line metro stations by the end of 2018.

Projects already delivered this year include the 300-unit, 19-story Ovation at Park Crest; a 404-unit 26-story Ascent at Spring Hill Station; and the new Tysons Tower, a 552,000 square foot office building at the Tysons Corner Metro Station.

TYSONS CONSTRUCTION PIPELINE

Building Name	Start Date	Completion Date	Land Use** (RS, O, RT, H)
Ovation Park Crest	Feb. 2012	Feb. 2014	RS: 359k O: 0k RT: 0k H: 0k
Ascent Springhill	Mar. 2012	Mar. 2014	RS: 430k O: 0k RT: 0k H: 0k
Tysons Tower	Apr. 2012	Jun. 2014	RS: 0k O: 552k RT: 0k H: 0k
VITA Tysons Corner Center	Mar. 2013	Jan. 2015	RS: 499k O: 0k RT: 13k H: 0k
MRP Tysons Overlook	Mar. 2013	Nov. 2014	RS: 0k O: 326k RT: 10k H: 0k
Hyatt Tysons Corner Center	May 2013	Jan. 2015	RS: 0k O: 0k RT: 4.5k H: 267k
Nouvelle Arbor Row	Oct. 2013	Jan. 2016	RS: 510k O: 0k RT: 7k H: 0k
MITRE Building 4	Nov. 2013	Jun. 2016	RS: 0k O: 340k RT: 0k H: 0k
1775 Tysons Boulevard	Dec. 2013	Jan. 2016	RS: 0k O: 457k RT: 19k H: 0k
Garfield Scotts Run	Jun. 2014	Jan. 2017	RS: 476k O: 0k RT: 0k H: 0k
Elan Tysons West	Sep. 2014	Mar. 2017	RS: 412k O: 0k RT: 6.5k H: 0k
*Capital One Headquarters	Jan. 2015	Q3, 2018	RS: 0k O: 900k RT: 25k H: 0k

* Project has not yet broken ground **RS-Residential O-Office RT-Retail H-Hotel



Next up, coming in November, will be MRP Realty's office building with 326,000 square feet, half of which is committed to LMI Government Consulting. In January, look for the VITA Tysons Corner Center apartment building and our first Hyatt in Tysons Corner, now visible above Tysons Corner Shopping Center.

And coming in mid 2016: Nouvelle at Arbor Row, with 510,000 square feet of residential and 7000 square feet of retail; MITRE Building number four, with 340,000 square feet of residential; Lener Enterprises at 1775 Tysons Boulevard with 457,000 square feet of office and 19,000 square feet of retail.

Garfield Scotts Run with 15 stories of residential and Elan Tysons West with 412,000 square feet of residential and 6,500 feet of retail is set for completion in 2017. And in 2018? The Capital One Headquarters Building (and the tallest in Tysons at 470 feet) with 975,000 square feet of office space will surely be a regional landmark. Tysons is exploding. ❖



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WE CAN'T KEEP UP, BUT WE'LL KEEP TRYING...



Dining Explosion! They just keep coming... In The Mosaic District, recently opened **Gypsy Soul**, **True Foods Kitchen**, and **Ted's Bulletin** give us new options for breakfast, lunch and dinner-see what Renee says in her reviews on the restaurant pages. **Velocity 5** in Merrifield has closed.



The Tysons area...**Chick-fil-A**, and **Chipotle** now opened near the Best Buy on Route 7, with **roti Mediterranean Grill** expected to open shortly. **Vino Volo**, which opened less than a year ago in Galleria has closed its doors. **Shake Shack** has some great hot dogs if you're a wiener lover and we are awaiting **Eddie V's** and **The Hyatt** to open soon.



Brendan Barry is the new proprietor of **Paddy Barry's Irish Pub** (formerly Finnegan's Pride at 8150 Lessburg Pike), and we anxiously await the new **Levant Restaurant and Lounge**. We have spoken to Levant's Mack Mukalis who tells us the restaurant fare will include a traditional culinary style, but also a combination of older and modern Turkish dishes. He won't reveal the name of the chef, but assures us it will be a surprise. His new restaurant will be in the same location as the former **Lebnan Zeman**. Expect an early December opening.



In Fairfax Square **Miele** and **Liljenquist & Beckstead** have opened, giving us more options for luxury home furnishings, watches and jewelry.



In the heart of Vienna, Patrick and Julie Bazin will be using **Bazin's Next Door** for private parties, receptions and business gatherings moving forward. Demand for private affairs and receptions has been too great to accommodate at Bazin's on Church and bookings are already coming in for the holidays.

So who's going into the **Wu's** old building? **Potbelly's**, **Zoe's Kitchen**, and retail. Mediterranean dishes are all the rage these days and gaining more popularity as the health benefits of the cuisine become better known.



Sergio at **Restaurant Bonaroti** has opened **Sergio's Spuntini Wine Bar** giving us a new meeting place in the heart of Vienna. Still awaiting Johnathan's Quinn's new Bistro going into the old **Wolf Trap Deli**. And recently opened **Social Burger** is all about community and good food. Denise Lee and family are Vienna based and have plans for some fabulous dishes...stay tuned.



There's authentic Saudi cuisine in our future. **Aldeerah** is coming to the Cedar Shopping Center this fall. The name Aldeerah, which translates as "the homeland," was carefully chosen to reflect one of their main goals: to be a home away from home for all those craving dishes from Saudi Arabia. The dishes offered are mainly from the central part of Saudi Arabia, known as Najd. Because this central region is isolated by surrounding desert areas, the cuisine is unique in itself and unaffected by neighboring countries. Evolving purely from generations of Bedouin culture, these dishes not only burst with flavor but have valuable nutrition. We can't wait!

Washington Jewelry Services located in the Rene Michel building opened up on September 2, 2014. Owner Adrian Gotjen informed us they were a diamond wholesaler and was the area's only while-u-wait jewelry store. No appointment



needed. Their services include appraisals, repairs and insurance. His passion is to provide service to the customer.

In Falls Church, **Anthony's Restaurant** has re-opened at 3000 Annandale Road (intersection of Route 50 and Annandale Road). A Falls Church landmark for decades, we love the fact that he's back!

La Boutique D'Isabella is opened in McLean at 6635 Old Dominion Drive—near **Balducci's**, offering some elegant and exclusive lines previously unavailable in our area. Say "hi" to Isabelle and Molly. And here comes **Santini's** where Chicken Out used to be at 1443 Chain Bridge Road in McLean featuring the same great menu selections as in Oakton, Reston, Sterling, and Chantilly. See the menu at www.mysantinis.com and meet us there for lunch! ♦

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ARTS COUNCIL OF FAIRFAX COUNTY

CATERERS FOR THE HOLIDAYS

Planning a party, get-together, soiree, or special event? Here's are some wonderful local caterers that can bring that extra polish to your festivities and ease your stress. From contemporary to Italian to Middle Eastern, this list gives you a wide variety of styles and options. Cheers!

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McLean
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Paladarlatinkitchen.com

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(703) 281-0070
maplewoodgrill.com

SANTINI'S (all locations)

1443 Chain Bridge Road,
McLean
(703) 748-7777
mysantinis.com

SWEET CITY DESSERTS

131 Maple Avenue W,
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PAZZO POMODORO

118 Branch Road SE,
Vienna
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pazzopomodoro.com

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(703) 631-0050
purpleonioncatering.com

CLYDE'S OF TYSONS CORNER

8332 Leesburg Pike, Vienna
(703) 734-1901
clydes.com

LEBANESE TAVERNA

1840 International Drive,
McLean
(703) 841-1503
lebanesetaverna.com

OPEN KITCHEN

7115 Leesburg Pike, Falls Church
(703) 942-8148
openkitchen-dcmetro.com

WOO LAE OAK

8240 Leesburg Pike, Vienna
(703) 827-7300
woolaoak.com

DIYA

2070 Chain Bridge Road,
Vienna
(703) 970-7500
diyatyson.com

NOURISH MARKET

8100 Old Dominion Drive,
McLean
(703) 288-3031
nourishmarket.com

THE ITALIAN DELI

6813 Elm Street, Vienna
(703) 506-1136
italiandelitogo.com

BOULEVARD CAFÉ

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(703) 883-0557
blvdcafecatering.com

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TRIVIA TEASER: WHITE ALL OVER

1. Which child received a whole box of Turkish Delights from the White Witch in "The Lion, the Witch, and the Wardrobe"?

- a**-Lucy **b**-Peter
c-Edmund **d**-Susan

2. What TV series featured a chemistry teacher named Walter White?

- a**-"Mr. Peepers"
b-"Breaking Bad"
c-"Our Miss Brooks"
d-"Malcolm in the Middle"

3. What city is the setting for Erik Larson's historical book "The Devil in the White City"?

- a**-Detroit **b**-Vatican City
c-Chicago **d**-Baltimore

4. What city is located at the confluence of the White Nile and the Blue Nile?

- a**-Alexandria **b**-Cairo
c-Thebes **d**-Khartoum

5. The Chicago White Sox lost the 1919 World Series in what became known as the Black Sox Scandal. Which team won that Series?

- a**-Brooklyn Dodgers **b**-Cleveland Indians,
c-Cincinnati Reds **d**-New York Yankees

6. What track on the Beatles "White Album," running over 8 minutes long, is the longest song recorded by the group?

- a**-"Revolution 9"
b-"While My Guitar Gently Weeps"
c-"Helter Skelter"
d-"Dear Prudence"

7. Which NBA team retired the #10 jersey of point guard Jo Jo White?

- a**-Chicago Bulls **b**-Milwaukee Bucks
c-Philadelphia 76ers **d**-Boston Celtics

8. "White Blood Cells" and "Elephant" were successful albums from what rock duo?

- a**-The Black Keys **b**-Hall and Oates
c-Capital Cities **d**-The White Stripes

9. What musical instrument is Jaleel White shown playing during the opening credits of the TV sitcom "Family Matters"?

- a**-Electric organ **b**-Harmonica
c-Accordion **d**-Banjo

10. What comic strip crimefighter was assisted by the sidekick Ebony White?

- a**-The Spirit **b**-The Phantom
c-The Rocketeer **d**-Green Lantern

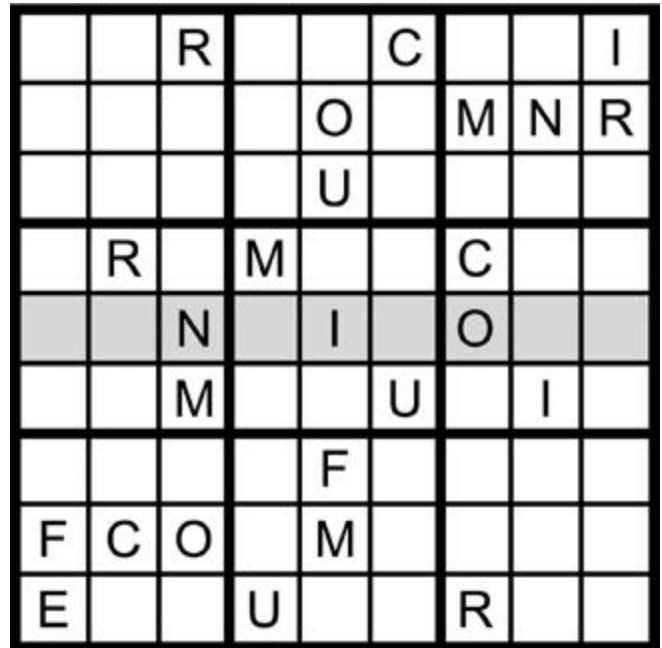
HOW TO SOLVE WORDOKU PUZZLES

To solve a Wordoku, you only need logic and patience.

Simply make sure that each 3x3 square region has all the letters of the word cuneiform with only one occurrence of each letter.

Each column and row of the large grid must have only one instance of the letters in the word cuneiform. The difficulty rating on this puzzle is medium.

WORDUKO: CUNEIFORM



MOST IMPORTANT MEAL?

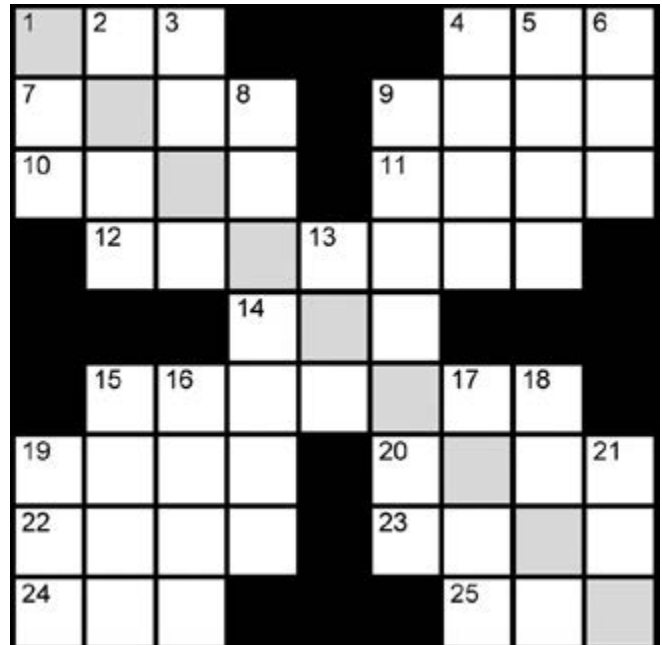
CROSSWORD CLUES

ACROSS

1. Get in a pool
4. Farm female
7. Flower with a bulb
9. Black cat, maybe
10. Cut the fat
11. Warm-hearted
12. Back-to-school purchases
14. Island strings
15. Fir or pine
19. Ancient ornamental collar
20. Debussy subject
22. Sound of relief
23. Gaelic language
24. Thickness
25. Allow

DOWN

1. "One no", in bridge
2. Iroquoian Indian
3. Wedding cake feature
4. Arabic for "commander"
5. Cysts
6. Conclude
8. Firm
9. Painter Georgia
13. Schuss, e.g.
15. Helix
16. Spree
17. ___ of Sandwich
18. Trick
19. Cooking meas.
21. After expenses





DON'T WAIT FOR EXTRAORDINARY OPPORTUNITIES. SEIZE COMMON OCCASIONS AND MAKE THEM GREAT.

Orison Swett Marden,
inspirational author who focused
on common sense.

WORDOKU Answers



CROSSWORD Answers



BAD TOOTH

A man and his wife entered the dentist's office.

"I want a tooth pulled," the woman said. "We are in a big hurry, so let us not fool around with gas or Novocain or any of that stuff."

"You are a brave woman," remarked the dentist. "Which tooth is it?"

"Show him your bad tooth, honey," she said to her husband.

ADOPTED TWINS

A woman has twins and gives them up for adoption. One goes to a family in Egypt and is named "Ahmal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother.

Upon receiving the picture, she tells her husband that she wishes she also had a picture of Ahmal.

He replies, "They're twins! If you've seen Juan, you've seen Ahmal."

BAD GOLFER

Jim was 26 over par by the eighth hole, had landed a fleet of golf balls in the water, and dug a trench trying to get out of the rough. When his caddy coughed during a 12-inch putt, Jim exploded.

"You've got to be the worst caddy in the world!" he screamed.

"I doubt it," replied the caddy. "That would be too much of a coincidence."

Answer to 'White All Over'

- 1-c, Edmund
- 2-b, "Breaking Bad"
- 3-c, Chicago
- 4-d, Khartoum
- 5-c, Cincinnati Reds
- 6-a, "Revolution 9"
- 7-d, Boston Celtics
- 8-d, The White Stripes
- 9-c, Accordion
- 10-a, The Spirit

WHAT THE #!&%?

QUESTION MARK

When early scholars wrote in Latin, they would place the word *questio*—meaning "question"—at the end of a sentence to indicate a query. To conserve valuable space, writing it was soon shortened to *qo*, which caused another problem—readers might mistake it for the ending of a word. So they squashed the letters into a symbol: a lowercase *q* on top of an *o*. Over time the *o* shrank to a dot and the *q* to a squiggle, giving us our current question mark.

EXCLAMATION POINT

Like the question mark, the exclamation point was invented by stacking letters. The mark comes from the Latin word *io*, meaning "exclamation of joy." Written vertically, with the *i* above the *o*, it forms the exclamation point we use today.

EQUAL SIGN

Invented by English mathematician Robert Recorde in 1557, with this rationale: "I will sette as I doe often in woorke use, a paire of parallels, or Gemowe [i.e., twin] lines of one length, thus: ==, because noe 2 thynges, can be more equalle." His equal signs were about five times as long as the current ones, and it took more than a century for his sign to be accepted over its rival: a strange curly symbol invented by Descartes.

AMPERSAND

This symbol is a stylized *et*, Latin for "and." Although it was invented by the Roman scribe Marcus Tullius Tiro in the 1st century B.C., it didn't get its strange name until centuries later. In the early 1800s schoolchildren learned this symbol as the 27th letter of the alphabet: X, Y, Z, &, but the symbol had no name. So they ended their ABCs with "and, per se, and" meaning "&," which means "and." This phrase was slurred into one garbled word that eventually caught on with everyone: *ampersand*.

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

NOVEMBER

DECEMBER



SCORPIO: A veteran plays an important part in your life November 11, Veterans Day. You have a chance to learn something important, if you listen.



SAGITTARIUS: Though you are strong-willed and know what you want, this might be the time to decide whether it's more beneficial to let another party take the lead.



CAPRICORN: November is a month that can bring great accomplishments, but which could also be marked by separation and conflicts. Keep your eyes on road ahead.



AQUARIUS: You'll soon be taking off for an unknown destination, a place or a time. Don't be anxious to get there. You're already traveling to where you want to be.



PISCES: It's possible that you'll be in a burdened state of mind, obsessed with something from the past or simply be in a "stand-by" phase. Get away! Relax and move on.



ARIES: When you think of where you are and where you're going, realize how much of life you still have to discover and to create. You are gifted with wisdom and vision.



TAURUS: In the first week of November, you'll think your colleagues and superiors are be trying to impress you. Of course, each one will have a different goal.



GEMINI: Sudden changes of attitudes and finances require innovation to turn a potential loss into a gain. Narrow your focus, but don't spread yourself too thin.



CANCER: You will choose the right words to help a friend or co-worker get past an obstacle. Letting him or her express feelings without judging can help.



LEO: On Thanksgiving Day, forget your work. Just forget it for a while! Join with your family or friends to give thanks for all you have.



VIRGO: When you are young, your rough edges have not been ground down by cynicism. For others, remember Bob Dylan's generous wish, "May you stay forever young."



LIBRA: Your boss is resistant to your latest idea. Don't let your imagination run away with you. Other issues might be at work. Use questions to get decision-makers to open up so you can refine your thinking.



SAGITTARIUS: You can be a good earner as well as a saver of money, but soon you may be faced with some challenging news about money. Take a step back and regroup.



CAPRICORN: Setting your high standards for honesty, perseverance and dedication to duty make you an excellent manager. You develop loyalty in yourself and others.



AQUARIUS: The holidays promise firmer ground, so throw panic away and plan carefully with your future happiness in mind! Stay calm and handle whatever comes up.



PISCES: Yes, you are sensitive, compassionate, hardworking, and reliable. You also know how to get to the heart of a matter, which makes you an excellent problem solver.



ARIES: A lucky break might set you off in a new direction that can add depth and dimension to your work. There is a sense of unity in your group that encourages enthusiasm.



TAURUS: Christmas comes but once a year. You may think that's a good thing, but enjoying the traditions, religious aspects, family and friends can be inspiring.



GEMINI: As a born leader, you are more comfortable taking charge than taking orders. But your ability to envision the future will make the steps to get there fall into place.



CANCER: Aspiring to lofty ambitions is admirable if it motivates you to do more and better. Avoid setting an unreasonable timetable for reaching your destination.



LEO: Now, you have a desire to make your home a place of refuge. You are also determined to make things better for others. That helps you and it helps your loved ones.



VIRGO: The stars say that with your talents, you should be a doctor, nurse, psychologist or writer. Whatever your job may be, you turn to books or training to learn more.



LIBRA: Be ready for holiday get-togethers. The stars say your powers of attraction are strong in December. Your partner will be romantic; new acquaintances will notice.



SCORPIO: While practicality is your keyword, you are basically scientific in nature. Methodical, you do well organizing projects and coming up with practical plans.

creative concepts

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