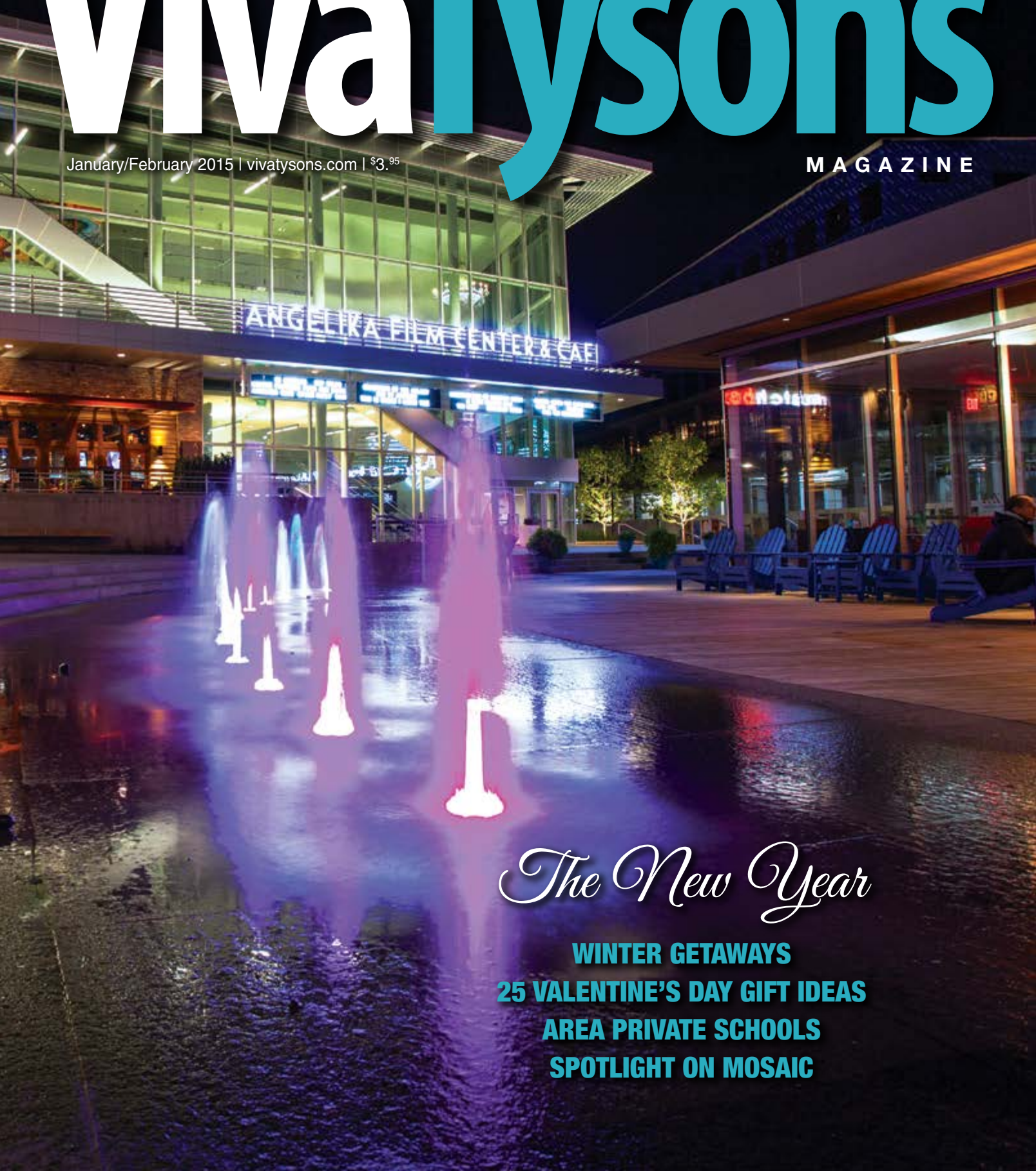


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MAGAZINE



The New Year

WINTER GETAWAYS

25 VALENTINE'S DAY GIFT IDEAS

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FEATURES



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LIVE, WORK & PLAY AT MOSAIC

By Keith Loria

After almost two decades of hopes and dreams of rejuvenating the Merrifield area into a walk-friendly community with shops, restaurants and apartments, all the stars aligned last year, as the Mosaic District became a reality.

...>

HILLBROOK INN & SPA

By Allison Chase Sutherland

Just head out Route 7 to the bucolic Scenic Byways and before you know it, you'll realize you've arrived at the magical Hillbrook Inn & Spa. The long gravel lane will further slow your pace – and your pulse – but it might just speed up your imagination. It's so refreshing you might want to do it twice.



<...

2015 WINTER GETAWAYS

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...>

PRIVATE SCHOOLS OF NORTHERN VIRGINIA

By Rick Mundy

Throughout the Northern Virginia area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools.



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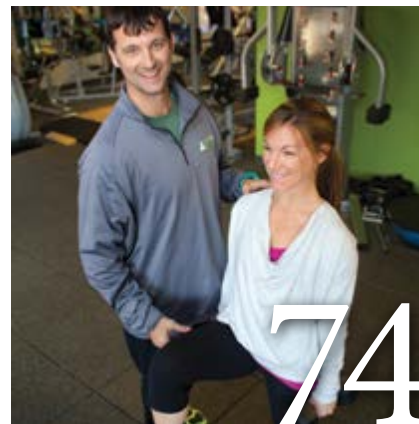
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JANUARY // FEBRUARY 2015

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ON THE COVER:
Mosaic District

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**Onstage @ The Alden
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Saturday, Feb. 21, 8 p.m.

**Onstage @ The Alden
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Tuesday, Feb. 24, 7:30 p.m.

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JANUARY-FEBRUARY
2015



Happy New Year and welcome to the new "downtown" of the Washington Metropolitan Area. And when we say new, we mean new. New shopping and dining districts like the Mosaic, the smorgasbord of new restaurants and entertainment venues here or arriving soon, new options for health and beauty, new and interesting places to visit and people to meet. Right here, in Tysons!

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Have you spent any time this year at the Plaza at Tysons Corner Mall? Ice Skate? Had some chocolates at the German Market Place this holiday? Strolled along Strawberry Lane in the Mosaic District? This is not your father's Tysons Corner.

Our writers and contributors had you in mind and heart for this issue. Mary Jeanne Cincotta has some ideas on romance for Valentine's Day, Rick Mundy spent some time at the new Cypress Fitness and The Sylvestery in McLean, and Linda Barrett teaches us how to create our own wine tasting notes.

Say "Cheese" and smile with Keith Loria as he takes us through some thoughts on cheese. And talk of smiles, Renee Sklarew explores the world of "Kid Friendly Restaurants" for those of us whose dining options are decided by our kids. We know you'll chuckle at Jan King's thoughts on giving up smoking.

Renee also reviewed Sea Pearl in Falls Church and Shamshiry in Vienna-giving us two more exciting reasons to celebrate our town!

Our friend and valued contributor, Marcia McAllister of The Dulles Corridor Metrorail Project has been an integral part of our mission to bring our readership the updates of our new city. Marcia has been battling some illness and we hope to have her back on our pages soon. We send our prayers for a full speedy recovery. Marcia, we miss you.

I would like to take a moment to thank our advertisers and supporters for our success in 2014. We feel very fortunate to know and be working with so many wonderful people—how lucky are we? I would also like to thank and congratulate our artists and writers for the successful launch of Le Nouveau Moi, our new purse companion beauty publication. Our publisher, Mary Jeanne Cincotta, has raised the bar for us once again and we are grateful for her talents...we will do our best to do her proud.

And a big "Thank You" to our readers who keep us on the kitchen table and support so many of our local merchants and service providers. You rock!

Have a healthy and Happy New Year. Cheers!



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JANUARY 9 **THE TONE RANGERS** **Jammin' Java** **8pm | \$15**

The Tone Rangers delight audiences from coast to coast with a dynamic blend of tight harmonies, inventive arrangements and keen wit. In a few choreographed minutes, the Tone Rangers propel through 900 years of Western music--from Gregorian chant to classic rock to TV theme songs--in a fresh approach to contemporary a cappella music and comedy.

THE YING QUARTET **The Barns at Wolf Trap** **8pm | \$35**

Arguably the finest string quartet in the US, the Ying Quartet occupies a position of unique prominence in the classical music world, combining brilliantly communicative performances with a fearlessly imaginative view of chamber music in

today's world. Composed of violinists Ayano Ninomiya and Janet Ying, violist Philip Ying, and cellist David Ying, they have been hailed for their technical mastery, musical insight, vivid imagination, and tireless enthusiasm.

JANUARY 11, 18, & 25 **2015 KITCHEN BOOT** **CAMP SERIES**

Open Kitchen
7115 Leesburg Pike, #107,
Falls Church
2-5pm | \$75/person/class

During our three-week hands-on cooking series, Chef Katie Reineberg will guide you through a complete cooking Boot Camp - you'll learn essential culinary techniques through classic cooking methods and gourmet recipes! We'll cover all the bases of the kitchen as we master everything from professional knife skills to gourmet desserts. On January 11, week one, you'll Master the Stovetop

- Stocks, Soups, and Sauces. On January 18 you'll learn Moist Heat v. Dry Heat Cooking. And on January 25 you'll learn Baking and Pastry Basics.

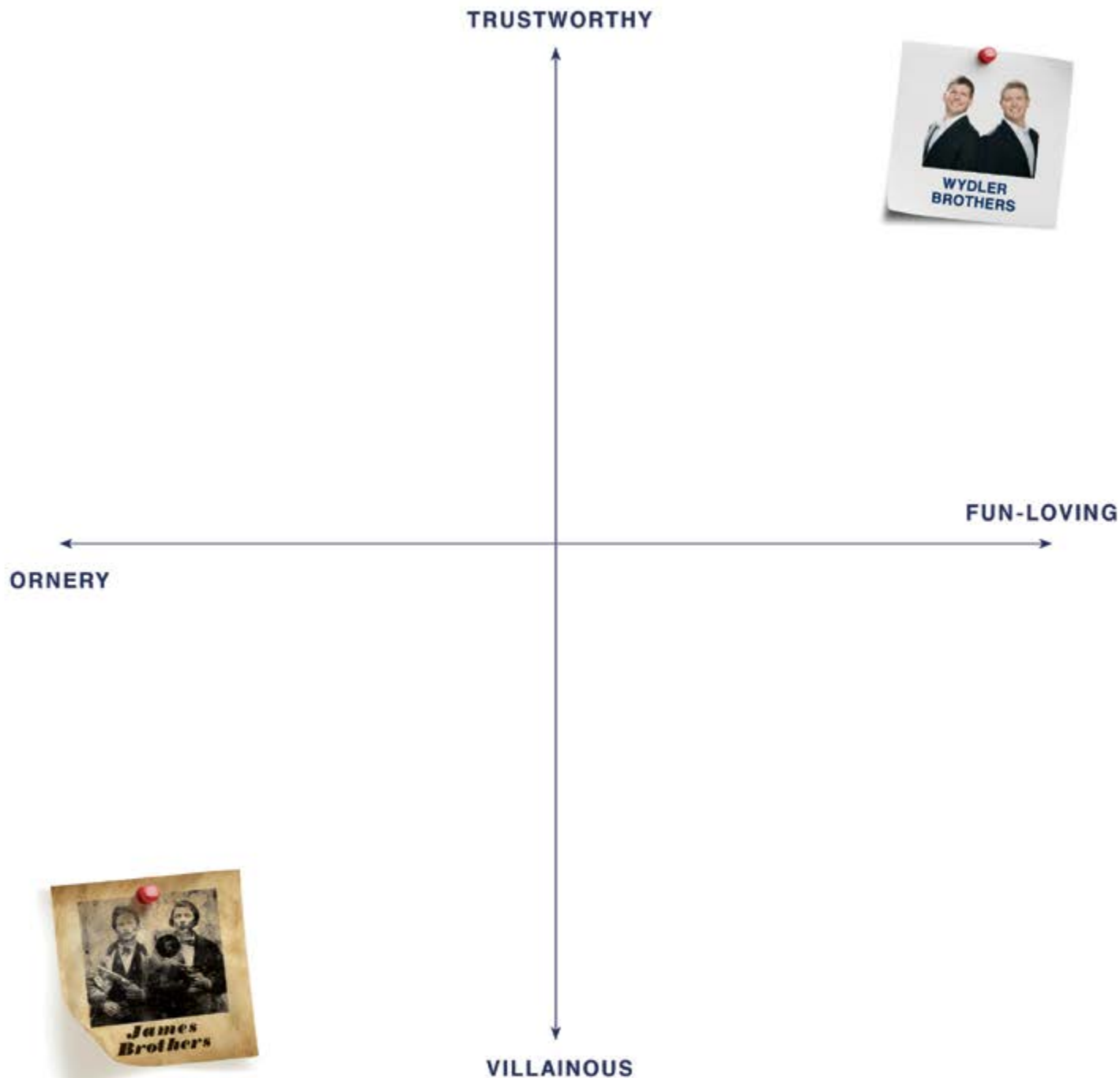
JANUARY 13 **DANCE FOR EVERYONE** **Colvin Run** **Community Hall** **8:00-10:30pm | \$12** **Beginner/Intermediate West** **Coast Swing lesson** **6:30pm-8pm**

Tuesdays are Dance for Everyone at Colvin Run with Rumba, West Coast Swing, East Coast Swing, Hustle, Shag, Latin, Country Western 2-Step, Waltz, and more. You'll meet friendly people and learn some new steps on their beautiful dance floor. \$12 cover charge includes lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.

JANUARY 15 **THE ELEPHANT** **SESSIONS WITH ROBBIE** **SCHAEFER** **Jammin' Java** **7:30pm | \$10**

Join singer-songwriter and artist-activist Robbie Schaefer (Eddie From Ohio) for a unique weekly musical gathering. The Elephant Sessions are informal and intimate evenings focused on music and exploring the creative process. We hope to present an occasional special guest, spark conversation, and enjoy music and one another. It's kind of like a musical town hall. With snacks. And beer.

CONTINUED ON PAGE 20



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JANUARY 15
KEVIN GRIFFIN
OF BETTER THAN EZRA
The Barns at Wolf Trap
8pm | \$25-27

A rare solo show by the front-man and songwriting mastermind of alt-rock band Better Than Ezra, who has written for Train, Sugarland, James Blunt, Howie Day, Missy Higgins, Blondie, and more.

JANUARY 16
JAMMIN' JAVA AND
THINKGEEK PRESENT
PAUL AND STORM
Jammin' Java
7:30pm | \$16

Paul and Storm have been performing as comedy music duo since 2004. Before that, they were one half of a cappella band Da Vinci's Notebook. In addition to touring as "Paul and Storm", they're the evil geniuses (along with Wil Wheaton and Adam Savage) of the nerd-oriented variety show *w00tstock*; co-conspirators in *JoCo Cruise Crazy*; and are co-creators and stars of the webseries "LearningTown", on the Geek and Sundry YouTube Channel.

JANUARY 16
THE IGUANAS
The Barns at Wolf Trap
8pm | \$25

These Bourbon Street party-starters mix New Orleans jazz, R&B soul, and traditional Mexican melodies to cook up their eclectic musical gumbo. Combining New Orleans jazz, Chicago blues, and Mexican conjunto music, the Iguanas include Rod Hodges (guitar, accordion, vocals), Joe Cabral (saxophone, bajo sexto, vocals), René Coman (bass), and Doug Garrison (drums).

JANUARY 16-17
THE INFAMOUS
STRINGDUSTERS
The State Theatre
8pm | \$22-27

Dismiss labels. Forget trying to fit into a scene. Be true and play your songs. That encompasses the prevailing spirit of *Let It Go*, the fifth studio album from Grammy-nominated bluegrass expansionists The Infamous Stringdusters. The new effort, released April 1 on the band's own High Country Recordings, finds the band on firm footing, at ease with an evolving sound that defies categorization. It's acoustic music, sure, but not the kind you'll hear from any other band. Roots can be traced but boundaries don't exist.

JANUARY 17
LIVINGSTON TAYLOR
The Barns at Wolf Trap
7:30pm | \$25

Lauded for his "intimate and laid-back musical approach" (*AllMusic.com*), this timeless singer/songwriter is treasured for his warm demeanor and well-crafted folk/pop songs like "I'll Come Running."

JANUARY 18
SHENANDOAH RUN
Jammin' Java
7pm | \$20

Shenandoah Run presents the songs and sounds of American folk music, with an occasional infusion of songs from other lands and from the worlds of country and bluegrass. From the esoteric to the toe-tappingly familiar, their songs are treated to a lush multi-part vocal harmony and skillful instrumental backing that defines what is becoming their instantly recognizable sound. They present arrangements that are fresh, varied, and unique, while keeping with the spirit of the folk-music sound and they deliver it all with a chemistry that delights both audiences and the performers themselves.

CONTINUED ON PAGE 22

Courtesy of Wolf Trap



R.S.V.P.

DOBET GNAHORÉ

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

Hailing from the Ivory Coast, Dobet Gnahoré left her home country to escape civil war in 1999. After forming a band of eclectic musicians in France with her guitarist husband Colin Laroche de Feline, she released her debut album *Ano Neko* (2004) to much acclaim. Discover delicate ballads and vivacious African grooves from this Grammy-winning vocalist, percussionist, and dancer praised as one of contemporary African music's most charismatic talents.

JAN
8



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**JANUARY 20****DANCE FOR EVERYONE****Colvin Run Community Hall****8:00-10:30pm | \$12****Intermediate West Coast****Swing lesson 6:30pm-8pm**

Tuesdays are Dance for Everyone at Colvin Run with Rumba, West Coast Swing, East Coast Swing, Hustle, Shag, Latin, Country Western 2-Step, Waltz, and more. You'll meet friendly people and learn some new steps on their beautiful dance floor. \$12 cover charge includes lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.

JANUARY 21 AND 22**DAVE MASON****The Barns at Wolf Trap****8pm | \$45**

This prolific guitarist and former frontman of the legendary English band Traffic has rocked out with Eric Clapton, Jimi Hendrix, George Harrison, and more throughout his illustrious career. After cofounding Traffic, Dave Mason left the group to pursue other endeavors: throughout the late '60s and early '70s, he joined Delaney & Bonnie and Friends, served as a guitarist in Eric Clapton's band Derek and the Dominos, recorded with George Harrison, and formed a duo with Cass Elliot. For a short time during the early '90s, Mason joined Fleetwood Mac.

JANUARY 23**THE FABULOUS DIALTONES ROCKIN' AND DANCIN' PARTY Jammin' Java****8pm | \$12-20**

The FDTs return to Jammin' Java to perform a rocking, dancing night of music with their full horn section. Their rock set consists of song from the golden era of classic rock and roll. The combination of their signature vocal harmonies and the FDT horns make for an evening of new and old memories with covers from Chicago, The Beatles, Doobie Brothers, Steely Dan, Santana, Blood Sweat & Tears and many more, including a number of Motown classics and originals.

CANELLAKIS-BROWN DUO**The Barns at Wolf Trap****8pm | \$35**

Both members of this duo – cellist Nick Canellakis and composer/pianist Michael Brown – have impressive musical pedigrees and credentials. More important is the way audiences respond to their intense, impassioned music making. The program will feature works by Beethoven and Chopin alongside works arranged by Mr. Canellakis and composed by Mr. Brown.

THE SMITHEREENS**The State Theatre****9pm | \$21**

Dressed in leather, brandishing heavy guitars, and an unabashed fetish for British Invasion pop, the Smithereens were an anomaly



Courtesy of Wolf Trap

JANUARY 23
Canellakis-Brown Duo
The Barns at Wolf Trap

MICHAEL BROWN

in the American college rock scene of the late '80s. They came onto the national radar in 1988, and the first single, "Only a Memory," not only became a college and modern rock hit, but it crossed over to album-rock stations as well. The Smithereens made their attempt at big-time album-rock success with their third album, "11". Hiring producer Ed Stasium brought a heavier guitar sound, which made "A Girl Like You" a Top 40 hit, sending "11" to gold status, and solidifying their spot in our memories.

JANUARY 24**ARI HEST****The Barns at Wolf Trap****7:30pm | \$25**

This heartfelt acoustic singer/songwriter channels "poignant, acoustic reverie" (*USA Today*) with his smoky, soothing voice and introspective lyrics. Hest's songs have been featured in TV shows like *Private Practice*, *Army Wives*, and *One Tree Hill*. He also scored the film, *Dreamriders*, which won numerous independent film awards.

CONTINUED ON PAGE 25



Dr. Michael T. Gocke

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JANUARY 24
ALL GOOD PRESENTS
DONNA THE BUFFALO
The State Theatre
9pm | \$17-20

"Donna the Buffalo is from central New York State, not Louisiana, but this widely loved quintet has woven that joyful, hip-shaking zydeco pulse into the DNA of its sound, and leaders Jeb Puryear and Tara Nevins have wrapped that core vibe with hopeful, mellow lyrics."

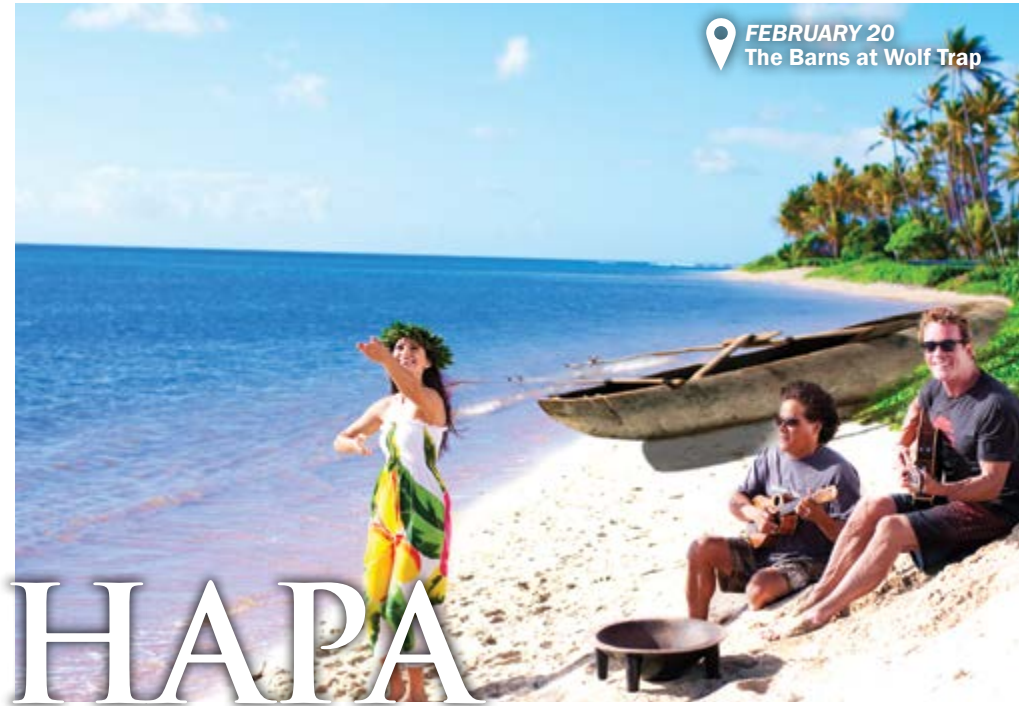
--*Music City Roots, Craig Havighurst*

The group draws its inspiration from a cherished part of the American heritage: the old-time music festivals of the south that drew entire towns and counties together. "Those festivals were so explosive, and the community and the feeling of people being with each other, that's the feeling we were shooting for in our music," Puryear says. "Donna the Buffalo is an extension of the joy we've found."

**WEST COAST SWING/
 HUSTLE WITH ED
 COTTRELL & GAIL
 CRUM**

Colvin Run Community Hall
6:30-11:00pm | \$15
Beginner/Intermediate West Coast or Hustle Lesson
7:00pm-8:30pm

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@



FEBRUARY 20
The Barns at Wolf Trap

Courtesy of Wolf Trap

macp.org or 703-435-5620. \$15 cover charge includes optional lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.

JANUARY 25
LAURA BENANTI
The Barns at Wolf Trap
7:30pm | \$40

Broadway and ABC Nashville star praised for her "bright, full soprano" blends theatre classics with pop music, original works, and her brilliant, down-to-earth humor --*The New York Times*

JANUARY 29
JONATHAN EDWARDS
The Barns at Wolf Trap
8pm | \$25

Champion of the acoustic guitar, this vibrant singer/songwriter spreads "Sunshine" through earnest songs, feel-good folk, and heartfelt Americana.

JANUARY 30
SAN FERMIN
The Barns at Wolf Trap
8pm | \$22

Experience exhilarating Baroque pop and indie music from these young talents whose sound is hailed as "gloriously complex" (*The Telegraph*). Named after the high-stakes thrill of Pamplona's Running of the Bulls, San Fermin's music explores themes of youth, nostalgia, and unrequited love.

FEBRUARY 3
DANCE FOR EVERYONE
Colvin Run Community Hall
8:00-10:30pm | \$12
Intermediate West Coast Swing lesson 6:30pm-8pm

Tuesdays are Dance for Everyone with Rumba, West Coast Swing, East Coast Swing, Hustle, Shag, Latin, Country Western 2-Step, Waltz, and more. You'll meet

friendly people and learn some new steps on their beautiful dance floor. \$12 cover charge includes lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome.

FEBRUARY 4 AND 5
INTERNATIONAL
GUITAR NIGHT
The Barns at Wolf Trap
8pm | \$25-27

A night of international guitar virtuosos featuring poetic lyricist (Brian Gore), Grammy-winning classical guitarist (Andrew York), jazz master (Diego Figueiredo), and steel string prodigy (Maneli Jamal).

CONTINUED ON PAGE 26



Courtesy of Wolf Trap



JANUARY 16
The Barns at Wolf Trap

FEBRUARY 6
THE MONTROSE TRIO
The Barns at Wolf Trap
8pm | \$35

Accomplished soloists and chamber musicians Jon Kimura Parker, Martin Beaver, and Clive Greensmith join forces to offer an exciting new piano trio that will showcase their impeccable playing and captivating performance style.

FEBRUARY 7
BEAUSOLEIL AVEC MICHAEL DOUCET
The Barns at Wolf Trap
7:30pm | \$27

Led by fiddler Michael Doucet, this Grammy-winning ensemble combines zydeco, Caribbean calypso, and traditional Louisiana folk music for an irresistible Cajun mix. BeauSoleil is the first Cajun band ever to win

a Grammy Award, earning Best Traditional Folk Album in 1997 for *L'amour Ou La Folie*. They earned a second Grammy in 2010 for *Live at the New Orleans Jazz & Heritage Festival*.

BRUCE IN THE USA
The State Theatre
9pm | \$25

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

Springsteen. But, what we saw could have been the Boss himself!"

FEBRUARY 12
AN EVENING WITH EILEEN JEWELL
Jammin' Java

7:30pm | \$15-20

Eileen Jewell is the queen of the minor key. Sad songs are her wealth and finery. But beware, savvy observer. Do not confuse the singer and her songs. Eileen's fans have marveled at her warmth, unique wit, and onstage humor. Her song writing is a blend of influences from early blues, rockabilly and surf-noir, to 1960s era rock and roll. Her repertoire includes everything from up-tempo rockers that swing to stunning, lyrically poetic ballads.

FEBRUARY 13
SATISFACTION/ THE INTERNATIONAL ROLLING STONES SHOW

The State Theatre

9pm | \$16

Internationally acclaimed as the most authentic cast and production show available honoring the World's Greatest Rock & Roll Band. "Shined like the real Stones"—*Las Vegas Sun* "A must see...you get Satisfaction"—*CBS News/ New York* "They have you in the aisles like Jumping Jack Flash"—*Showbiz Magazine*

FEBRUARY 13 AND 14
SOLAS

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

Solas, whose name derives from the Gaelic word for "light," has been brightening America's Irish folk scene since the group's original members began playing in Irish bars in New York City in 1994. Hailed by *The Washington Post* as "one of the world's finest Celtic-folk ensembles," this quintet's diverse repertoire includes innovative original songs as well as Irish classics.

FEBRUARY 14
THE NIGHTHAWKS
Jammin' Java

7pm | \$20

Founded in the Washington, D.C. area in 1972, the 'Hawks' were a roots band before anyone had come up with the term. Their mix of



blues, rock, rockabilly, soul and swing appeals to a widely diverse audience, built over years of touring throughout the United States, Europe and Japan. The band's current lineup features founding member Mark Wenner on harp and vocals, Paul Bell on guitar and vocals, Johnny Castle on bass and vocals and, on drums and vocals, Mark Stutso, who replaced longtime member Pete Ragusa.

FEBRUARY 18
EDWIN MCCAIN
The Barns at Wolf Trap
8pm | \$30

Dubbed "the great American romantic" by *The New York Times*, this platinum-selling alt-rockers performs ballads like "I'll Be" and "I Could Not Ask for More" along with fresh new songs. Since this Charleston, South Carolina native created his first demo in 1991, Edwin McCain has gone on to release 10 successful albums laden with chart-topping heartfelt songs, including "I Could Not Ask for More" and "Solitude."

FEBRUARY 20
HAPA
The Barns at Wolf Trap
8pm | \$25-30

With songs ranging from ancient chants to contemporary Hawaiian tunes, it's no wonder the *LA Times* calls HAPA's music "beautiful, fragile, spiritual, and powerful" all at once. By infusing the traditional

Polynesian sound with tasteful pop and worldbeat twists, HAPA has created its own musical niche and gained a devoted following throughout the Hawaiian islands and beyond.

FEBRUARY 21
LOPEZ STUDIOS:
BROADWAY REVIEW
CONCERT SERIES
Jammin' Java
2pm | \$15

Our Broadway Concert Series is a new yearly concert celebrating the best of Broadway. Each season will be dedicated to one of these genres and alternate for each year after. Our 2014-2015 Genre is "Pop Music"!

FEBRUARY 24
BETTYE LAVETTE
The Barns at Wolf Trap
8pm | \$45-48

Dubbed the "High Priestess of R&B," this sizzling soul singer turns up the heat with her soaring voice that made "My Man—He's a Lovin' Man" a Top 10 hit —*The Huffington Post*

FEBRUARY 25
KAT EDMONSON
WITH SPECIAL GUEST
ROBERT ELLIS
The Barns at Wolf Trap
8pm | \$25-30

When jazz, bossa nova, and the spirit of the Great American Songbook are

combined, the result is Kat Edmonson's unique brand of vintage pop. Growing up, Edmonson found inspiration in classic cinema—her appreciation for bygone eras was revealed in her debut album *Take to the Sky* (2009) which included covers from Gershwin's "Summertime" to The Cure's "Just Like Heaven."

CONTINUED ON PAGE 28



Courtesy of Wolf Trap

R.S.V.P.

SCHOONER FARE

The Barns at Wolf Trap
7:30pm | \$27-32

Maine's premier folk duo presents an exuberant mix of original folk songs, country ballads, and maritime masterpieces laced with "Down East" humor. With captivating harmonies brought to life on banjos and six- and twelve-string guitars, Schooner Fare transitions from Celtic folk and classic sea shanties to traditional folk effortlessly. "Be prepared to adore this versatile, dynamic group." —*The Boston Globe*

JAN
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FEBRUARY 27

JAMMIN JAVA'S MID-ATLANTIC BAND BATTLE #12 - FINALS! Jammin' Java

8pm | \$12-15

Jammin Java presents The Twelfth Mid-Atlantic Band Battle. Everyone had such a killer time with all eleven Mid-Atlantic Band Battles, that they're doing it all over again! Jammin' Java is searching for the best bands of any genre from up-and-down the East Coast to prove that they have what it takes to win \$2500 cash, your own headlining show at Jammin Java, studio time @ Cue Recording Studios with producer Jim Ebert, and more!

JOHN EATON

The Barns at Wolf Trap

8pm | \$25-27

John 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. Renowned pianist, vocalist, musicologist, and humorist delivers renditions of cherished American songs.

FEBRUARY 28

BIG SAM'S FUNKY NATION The Barns at Wolf Trap

8pm | \$24

Join these New Orleans "hot purveyors of funk," (*Miami New Times*) for urban funk electrified by distinctive trombone riffs and rhythmic, jazzy beats.

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If you've ever traveled anywhere by boat, plane, train or bus and lived to tell about it, this is the show for you! Based on the best-selling book from Fodor's, *Secrets Every Smart Traveler Should Know*, is a hilarious revue that offers travel tips and cautionary tales certain to tickle the ribs - or chill the spine - of anyone who has ever set foot outside of his or her own hometown. Everything from the coach class blues to pesky customs officials is lampooned in this smash-hit off-Broadway revue. So hop on for the ride — a hysterical time for all!

WEST COAST SWING/ HUSTLE WITH ED COTTRELL & GAIL CRUM

Colvin Run

Community Hall

6:30-11:00pm | \$15

Beginner/Intermediate West Coast or Hustle Lesson 7:00pm-8:30pm

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. \$15 cover charge includes optional lessons, dancing, and refreshments. Dress is "ballroom casual." Everyone is welcome. ❖



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KIDS' NIGHT

The Tavern at Great Falls

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

MONDAY WINE SPECIAL

J. Gilbert's

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

PRIX-FIXE NIGHT AT
ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

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

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Brx American Bistro

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

\$2 TACO TUESDAYS

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

Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken



tinga, and carnitas with \$2 Dos Equis to wash it all down.

KIDS' TUESDAY

Pizzeria Orso

Kids 10 and under get one free item from the children's menu for each traditional or house specialty pizza. Not valid with any other special offer or advertised coupon. Not valid for cash. Dine in only.

SALSA NIGHT

Iris Lounge | 6:30pm

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

OSSO BUCO NIGHT

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.

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 of 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.

MUSSEL MADNESS

Argia's

Try our award-winning Solo Mussels Argia Or Marinara. Regularly \$14.95, these delectable entrees are just \$8.95 on Wednesdays. (Over Pasta \$15.95)

\$5 BOTTOMLESS

GUACAMOLE

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

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

WINE'D DOWN

WEDNESDAYS

Entyse, Wine Bar & Lounge | 5:30pm

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

CONTINUED ON PAGE 32

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HALF OFF PRIMETIME Palm Restaurant | 5pm-7pm

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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 our 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 Brx American Bistro

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

BOGO THURSDAY Pizzeria Orso

Buy One Pizza, Get one 50% off
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with any other special offer or
advertised coupon.

AFTERNOON TEA Entyse, Wine Bar & Lounge | 12pm

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

TERRY LEE RYAN Maplewood Grill | 6pm

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

BURGERS & OPEN MIC NIGHT Clyde's of Tysons | 11am- 4pm

Try a 6.75 oz. locally-raised,
grassfed Clyde's burger, any way
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SATURDAYS

LIVE MUSIC SATURDAYS

Entyse, Wine Bar & Lounge | 8:30pm

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

BARBEQUE NIGHT

Brx American Bistro

Head out to Brx 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

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

FREE YOGA WITH TYSONS FIT CLUB

Tysons Plaza | 9-10am

Join us for free outdoor yoga classes on the Plaza instructed by Dawn from East Meets West Yoga Studio. Breathe deep every Sunday from 9-10am.

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.

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SUNDAY BRUNCH

La Sandia

Every Sunday, 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.

FABULOUS BUFFET BRUNCH

Ireland's Four Provinces

Come to the 4P's for a grand buffet brunch that includes smoked salmon, Eggs Benedict, carved roast beef homemade omelets, shepherds pie, corned beef hash, potatoes, sausage, soup, salad, pastries, fruits, and SO much more.

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.

SUNDAY BRUNCH

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.

SUNDAY BRUNCH

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

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

Assaggi Osteria | 11am

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

SUNDAY BRUNCH

Evo Bistro | 11am-2pm

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



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JANUARY 23
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 GMU Center for the Arts

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Courtesy of Vienna Arts Society



R.S.V.P.

**JAN
6**

WINNERS' WALL

January 6–31

Vienna Art Center

Tuesdays - Saturdays | 10am - 4pm

The Vienna Arts Society showcases winners from the 45th annual Treasury of Art as well as Artist of the Year Helen Dille Barsalou. The Art Center holds classes and workshops for adults and children. Check the website www.ViennaArtsSociety.org, or contact the Art Center Director, Lu Cousins, at 703-319-3971 for information.

JANUARY 1-25

DINER

Signature Theatre

7:30pm or 8pm | \$37-80

Nine-time Grammy Award Winner Sheryl Crow and Academy Award-winning original screenwriter Barry Levinson makes a stunning debut as writers 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.

JANUARY 23

AQUILA THEATRE: THE TEMPEST

George Mason Center for the Arts

Concert Hall

8pm | \$26-44

Shakespeare's ultimate commentary on life and art, vengeance and forgiveness is unique among his work and is widely considered to be one of his finest. The acclaimed British-American touring company, Aquila Theatre, brings to our stage this tale of shipwrecks, magical powers, vengeance, forgiveness, and enlightenment. The Bard's tale is the story of Prospero, the Duke of Milan and self-taught sorcerer, who was put to sea with his daughter, Miranda, but found exile on an exotic and mystical island. Seeking justice against those who usurped him, and with retribution finally within his grasp, his relationship with his child is tested when she falls in love with the son of one of the conspirators. Prospero's memorable soliloquy and epilogue, in which he vows to give up magic, is thought to be Shakespeare's retirement speech. "If energy be the food of Shakespeare, then Aquila Theatre serves up a smorgasbord." (*Boston Globe*)



JANUARY 24

JASMINE GUY AND THE AVERY SHARPE TRIO: RAISIN' CANE: A HARLEM RENAISSANCE ODYSSEY

George Mason Center for the Arts
Concert Hall

8pm | \$29-48

By the 1920s, Harlem had become the heart of the African-American community in New York, and was a breeding ground for intense creativity. This outpouring of artistic expression became known as the Harlem Renaissance. In an extraordinary performance, renowned actress, singer and dancer Jasmine Guy, along with the acclaimed Avery Sharpe Trio, honors these legendary artists, who struggled against racial inequality, prejudice, and segregation. Weaving together text, song, movement, and imagery into a panoramic experience, Guy and the trio transport audiences to this prolific period through the voices of Langston Hughes, Countee Cullen, Zora Neale Hurston and W.E.B. Du Bois. Ms. Guy is well known for her extensive work on stage, film, and television, including her starring role on "The Cosby Show" spin-off, "A Different World." Mr. Sharpe is considered one of the greatest jazz bassists of his generation.

JANUARY 30 – FEBRUARY 22

THE TURN OF THE SCREW

Creative Cauldron

Fri-Sat 8pm | Sunday 2pm and 7pm

This world premiere musical by the talented creative team of Stephen Gregory Smith and Matt Conner is adapted from the classic novella by Henry James. In Bly, the imposing country estate, a sensitive young governess quickly learns that there are dark secrets surrounding the two young orphans that have been placed in her care. A foreboding sense of evil begins to envelop her, and she is soon convinced that the children are being influenced by sinister forces present at Bly. But is she imagining this? Are the apparitions that she sees real? In this fresh new take on one of literature's most gripping ghost stories,

Smith and Conner take us on a thrilling psychological journey turning the screw tighter with every twist of the story. This is the first installment in Creative Cauldron's five-year "Bold New Works for Intimate Stages" commissioning project.

FEBRUARY 6 – MARCH 1

DOUBT, A PARABLE

BY JOHN PATRICK SHANLEY

1st Stage

Fri 8pm | Sat 2pm and 8pm | Sun 2pm and 7pm | \$15-28

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Set in 1964 against the backdrop of an America in the midst of change, a progressive young priest's conduct with a student comes under question by the parish school's principal, a veteran nun twice his age. But with no proof, can there be certainty? As questions begin to plague her, Sister Aloysius finds herself consumed by doubt in an ancient institution that once provided the comforts

of community, discipline and faith.

A powerhouse drama enclosed in an eloquent and provocative investigation of truth and consequences.

FEBRUARY 14

PINKALICIOUS

The Alden Theater

2 pm | \$15-20

Ages 4+. Pinkalicious can't stop eating pink cupcakes despite warnings from her parents. Her pink indulgence lands her at the doctor's office with Pinkitis, an affliction that turns her pink from head to toe - a dream come true for this pink loving enthusiast. But when her hue goes too far, only Pinkalicious can figure out a way to get out of this predicament. ♦



Courtesy of Irish Eyes Photography by Toby

R.S.V.P.

13

January 30–February 15
Alden Theatre

Fri and Sat 8pm | Sun 2pm | \$23-25

The McLean Community Players present 13—a hilarious coming-of-age rock musical with music and lyrics by Tony Award®-winning composer Jason Robert Brown and a book by Dan Elish and Robert Horn. When Evan Goldman is forced to move from New York City to a small town in Indiana after his parents' divorce, he must establish his popularity and avoid an "un-cool" label among his fellow middle school students. Even though the show features an entirely teenage cast, the stories and emotions in this memorable musical are timeless.

JAN
30

by Alex Zilberman



BY KEITH LORIA



by Bonnie Sen

LIVE, WORK & PLAY AT MOSAIC

by Anne Chan



by Dan Cunningham



by Bonnie Sen



After almost two decades of hopes and dreams of rejuvenating the Merrifield area into a walk-friendly community with shops, restaurants and apartments, all the stars aligned last year, as the Mosaic District became a reality.

Offering an array of reasonably priced food at hip restaurants, a little entertainment, and trendy low- and high-end shopping opportunities, the Mosaic District is a great place to spend the day.

"It's a really strong community and not your typical shopping center," says Steve Boyle, managing director of EDENS, which develops, owns and operates Mosaic. "We have people living there, plus we have so many small business owners who give back to the community and are really invested in it, I think that's what really sets it apart."

Currently, Mosaic is comprised of 50 retailers, 40 of which are small businesses; 21 dining options; a 148-key boutique hotel; 525 apartment units; 112 townhomes; an 8-screen Angelika Arthouse cinema; 73,000 square feet of Class A office space; and its signature Strawberry Park with big-screen viewing.

David Reiner, a long-time Reston resident, is pleased to see something thriving in what he calls "a once suburban wasteland between Falls Church and Fairfax."

"Bringing a European vibe, complete with outdoor art festivals and farmer's markets to the area is an exciting and wonderful thing," he says. "It's a cool concept that is working great."

With so many great retailers and restaurants, Mosaic tries to tie a theme together each season and many of those who live and work in the area take part. For example, in the fall, it was all about food and diversity. In winter, businesses highlighted the holidays.

In January and February, Mosaic will be focusing on health, fitness and wellness. This was chosen as a number of fitness-based retailers will be opening, including Spark Yoga, SolidCore and Zengo Cycle.

"Sometimes things fall in place and we had three significant fitness businesses opening within a month or two, so we thought that this would be a great theme for the months," Boyle says. "People are really focused on fitness and health in the New Year with resolutions, so it's really the perfect time."

A LITTLE HISTORY

Originally referred to as the Merrifield Town Center project, the Mosaic District was made possible by great work from the Greater Merrifield Business Association, who fought for the project for years.

"The goal was to make an urban setting, one where people could walk and gather and go to great shops and restaurants," says Ed Hogg, president of the Greater Merrifield Business Association, who has been in the Merrifield area since 1984. "Our goal was to bring in a diverse amount of businesses and professionals and more people are going to want to live in proximity to all of this."

The genesis of all of the development activity dates back to the mid-'90s, when Bob Mortensen, then-president of the Greater Merrifield Business Association, began a series of town meetings with then-Supervisor Gerry Connolly.

"We got together and wondered what we could do about Merrifield. It's in a fantastic location, has major hospitals, a golf course, metro station, and kind of an industrial area," Mortensen says now. "At our town meetings we got some ideas and learned that people were jazzed by it."

As the awareness of Merrifield conditions and potentials became known, Connolly appointed a 28-person task force to come up with a

DINING & ENTERTAINMENT

Angelika Film Center
Brine
CAVA Mezze Grill
Chipotle Mexican Grill
Cold Stone Creamery
Cyclone Anaya's Mexican Kitchen
DGS Delicatessen
Dolcezza Gelato & Coffee
Four Sisters Vietnamese Restaurant
Gypsy Soul
Le Pain Quotidien
Matchbox Vintage Pizza Bistro
Noodles & Company
Panera Bread
Red Apron Butcher
Sea Pearl Restaurant & Lounge
Sisters Thai
Starbucks
sweetgreen
Taylor Gourmet
Ted's Bulletin
True Food Kitchen

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Alex and Ani
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Palace 5ive & Federal
Paper Source
Pastry XPO & Espresso Bar
South Moon Under
Swirl & Sip
Take 5 Boutique
Target
Timothy Paul Home

Your Guide to Mosaic

CONTINUED ON PAGE 40



by Dan Cunningham

Live, Work & Play at Mosaic

CONTINUED FROM PAGE 39

comprehensive plan, with Mortensen serving as chair.

“We met for three years and developed a sound strategic plan and essentially we wanted to develop some sort of town center that would identify the core of Merrifield,” he says. “We wanted it to be traffic neutral and wanted to maintain as many community services as possible.”

Shortly after the board adopted the plan in June 2001, there was almost \$2 billion of development and improvement dollars committed to what would become a new main street. But things were halted due to the recession and other financial worries.

Over the ensuing dozen years, Supervisor Linda Smyth became a relentless champion of the plan. She was on the original task force and graduated to the Planning Commission and then to Supervisor. She was a big part in making Mosaic a reality.

SHOPPING AND DINING

Mosaic is very selective in the type of stores that can come in.

“We are very invested in what Mosaic will become. We are getting a lot of people from Arlington and the surrounding counties coming by and it’s one of the most affluent and highly educated areas in the country so our customer base is very sophisticated,” Boyle says. “We see very savvy consumers, so we can’t just offer the same chains, we look to offer something special.”

A lot of the stores were selected because they are unique, maybe having one or two other locations in the DC Metro area. Others are one-of-a-kind, or offer something completely different. Meanwhile, popular downtown restaurants such as Ted’s Bulletin, Red Apron, Matchbox, Dolcezza and DGS Delicatessen all have a strong following but not too much saturation in the market.

“We are always growing and we have some pop-up concepts that have recently come in and some of them may become permanent businesses,” Boyle says. “There will be more

development there in the next year so more opportunities will become available for retailers, as well.”

LIVE AND PLAY

With thousands of people taking advantage of the housing components offered, the Mosaic District is becoming the ideal place to live and play. It offers unique experiences (such as the piano that sits outside one store with the words “play me” inviting people to stop and play), plus great family experiences as well. There’s a giant chess board for people to play, large benches for people to picnic on, communal tables to enjoy lunches, and a big screen in the middle of it all that shows movies all summer and fall. A recent showing of *Frozen* attracted thousands and this summer the screen was used to show World Cup games and the lawn was packed to capacity.

“Mosaic elevates the community experience to a new standard by creating a vibrant, sophisticated environment that connects families and friends together,” Boyle says. “This unique district is created through a hand-selected mix of retailers and restaurants, intelligent urban design and our passion for enabling authentic community engagement.”

Mosaic includes a hand-selected mix of DC’s top independent fashion boutiques, inspired culinary options, healthy grocers, an art house cinema, and premier national retailers. It brings all of these together to create the DC Metro’s most innovative retail and entertainment community. ♦

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



by Dan Cunningham



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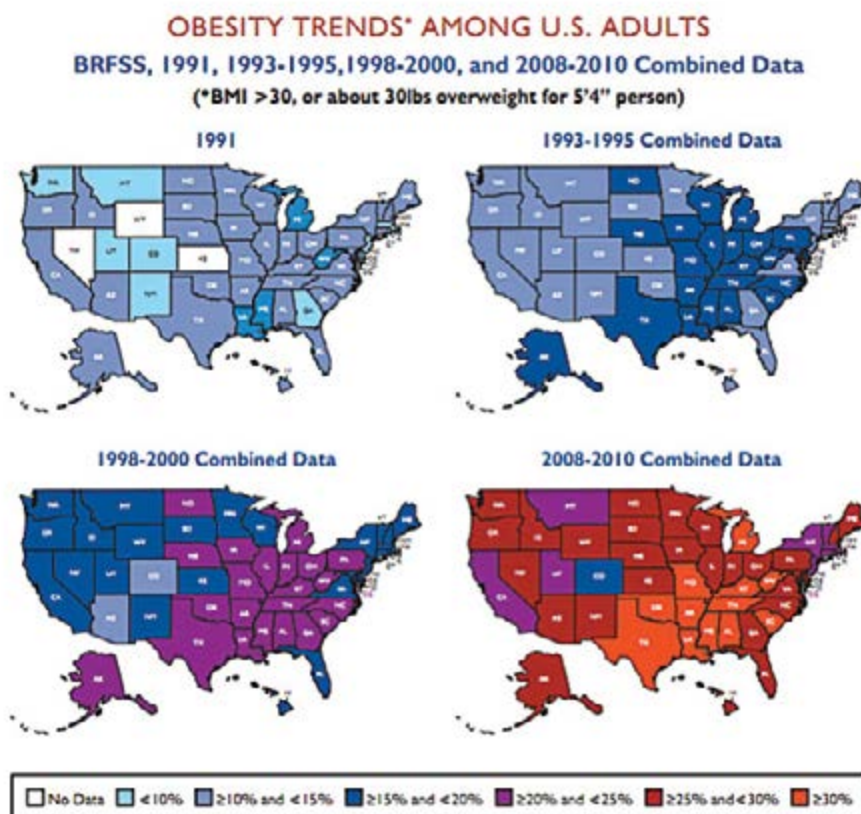


BY CINDY PAVELL

HOLIDAY HEALTH: THE MISSING INGREDIENT!

“Dial down the crazy” – if you happen to have seen the movie, *The Judge*, this was one of the great lines! The expression can definitely apply to the holiday season... especially in Northern Virginia!! Each year I read, and write, a plethora of articles about how to keep the pounds off, how to eat well and not junk out for four weeks, and how to keep exercising during all the holiday shopping, traffic, and stress! Wow!! Tall order. With the holidays over, you are now getting back into your routine, but you want to be different. It is 2015 and you want to feel better...more confident...more fit...more energetic...more alive! You generally start out with great intentions and enthusiasm, but by February or March, the novelty has worn off and you find yourself slipping back into behaviors you pledged to be purged from your life. How can you prevent that common pattern? Support. Develop daily support.

In over 25 years in wellness and fitness, I have never had a client say to me, “I wish I would have stuffed myself yesterday,” or “Darn, I wish I didn’t exercise yesterday,” or “I feel so much better about myself when I live like a slug for days on end.” I have never heard it. Even though people know that eating well and living an active life allows them to live more fully, to live with more confidence, and to be more present for themselves and others...the couch and junky comfort food can still continue to win. Amazing right?



It is no secret that obesity has become a serious and very costly health problem (according to the CDC, the estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight). The focus of this article is not obesity, but I want to arm you with some facts about where the U.S. is headed and the effect it has on our health care costs.

On page 42 are the obesity trends from the CDC. As time went on, it was necessary to create new levels, of obesity. Scary.

So how do you stay healthy? What can you do differently? Do you want to avoid starting each day feeling regretful and trying to ignore it? You can. Start today. Right now. This minute. Make the decision. Stay in the moment. Step by step, meal by meal. You may have started to do all these things in the past to get healthy or to stay healthy during the holidays and into the new year, but it didn't last. Again, what can you do differently?

Support. Create and reach for support. Technology makes daily connecting very convenient and easy. Look around you. Who has similar health goals as you? Whom do you know that truly desires to lose that holiday 7? Family members? Co-workers? Your mate? Friends? If you are involved in hobbies (i.e., book club, bridge club), maybe someone there?

Once you have found two or three people, create a small circle of people and have each member decide how this process can work for them. Make a daily commitment for at least 60 days of what you are going to do or not do that day. Most importantly, make a commitment to contact at least one or all people in the group BEFORE you break the commitment. For instance, I commit each day to two other people to "no white." "No white" for me means no sugar and no white starches. When either sugar or

starches starts talking to me, I text, call, or email someone that my "drug of choice," sugar, is calling my name. I may talk about how I am feeling or why I think eating a bunch of sugar is some kind of solution to my angst... which I know it is not. Another person in the group is putting down cigarettes. The other is committing to her Weight Watchers™ points each day. There is something about committing to others that has made living true to my goals much easier. We all have experienced a greater level of success and for a longer period of time. THIS WORKS!! This has been the missing link to ongoing success. To know that those two ladies are there and in my corner has helped me tremendously. Give it a go. Try something different. You do not have to wake up with regret! ♦

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BY KEITH LORIA

BUILDING AN ART CAREER

Ever since she can remember, 58-year-old Jean Sausele Knodt has worked with some form of art. It started with drawing, transitioned into painting on canvas, and throughout all these forms there was always some component of constructing things nestled in.

“The building of things is something that I remember doing very young,” she says. “That’s when I would lose track of time, spending hours to find sticks to make structures among tree roots and inlets of lake-side rocks. When I later reflected on what I did as a 5- or 6-year-old child and into the middle school years, I came to understand, even after many years fully invested, that working with paint on canvas wasn’t right for me.”

While pursuing a fine arts degree at Skidmore College, Jean drew directly from life to uncover gesture and possibilities of sequence and transition of line, value, form, planes and contour. She reflects now that this was another way of building, here on the two-dimensional plane. Those interests were further engaged, with the additional focus on color and paint, while studying for her MFA at the University of Pennsylvania under artists Neil Welliver, Rudy Burckhardt, Yvonne Jacquette, Janet Fish and Alex Katz, and while at the Skowhegan School of Painting and Sculpture under Francesco Clemente and Judy Pfaff.

“I came to understand that establishing a process-based, series approach strengthens the work as a whole; and drives it forward. Each individual piece or “product” then

becomes a statement of an enriched process,” she says. “Essential for that process to manifest itself is to establish the trust and personal authority needed to visualize and orchestrate a rich set of working elements—ones from which ideas can grow. Then it’s just about consistent time in the studio and letting the ongoing work continue to reveal and inform possibilities.”

Critical to her development as an artist has been her work as an educator, both at the university and K-12 levels. Knodt says she has been teaching in one form or another since she was 16 and her focus on developing open-inquiry learning practices for children spearheaded her own exploration of natural curiosity, “sustained absorption,” and finding what Mihaly Csikszentmihalyi calls “Flow.”

This personal investigation resulted in a departure from realism, first through working with printmaking, and to her current painting assemblages, which started in 2009.

“I always saw my work with the Inquiry Lab as an extension to my work as an artist: teaching and implementing a process-based thinking arena,” Knodt says. “The many years I spent developing the ‘Think Tank’ for my son’s school, and then writing a book about the program, essentially set the stage for a new beginning with my work in the studio.”

She started questioning where she was headed with her work.

“I was finally ready to open up and ask a few ‘essential questions’ about myself and my work; questions driven by what I saw children in the open-inquiry environment do with such vitality: What are you curious about? Children know; I once knew,” she says. “Setting aside all the education, vital skills, remarkable ideas, guidance, voices and expectations, I asked myself, “what are your core intuitive interests? What led you toward this fine art path in the first place? What do you want ask about and explore?” Once I touched base with the dispositional side of things, it wasn’t long before my studio work opened up and gained the vital pulse I was looking for.”



© j sausele knodt



That's why in the last five years, her work has become much more sculptural in nature.

For example, in Knodt's current work on display at the Atrium Gallery at the McLean Project for the Arts, still with a big nod to painting, Knodt shows works made of cut-out pieces of plywood and Masonite, painted in oil and arranged in nest-like structures.

"McLean Project for the Arts is truly a remarkable venue to see great and challenging art, and for me, having a show in the Atrium Gallery—is like coming home. My family and I lived within walking distance to the center, attended classes and events. Our son has even shown a piece in the Ramp Gallery in a Fairfax County student show," she says. "I've worked as a scenic stage designer at the Alden Theatre and have drawn in the model sessions. It's additionally quite exciting that nearly 2000 students of Fairfax County will be attending MPA this month since the lab program I developed was right here in McLean at Kent Gardens Elementary."

Based on flora and fauna found in landscapes, her artwork sorts and assembles fragments and color into a newly personalized sense of place.

"What I find I do is pull in the various cut pieces and set them into play," she says. "The activity can be very animated and dance-like, yet also quite a wrestle, with color going in and being wiped out, until finally a piece appears to somehow settle."

In 2014 Knodt became part of the Longview Gallery, and her work in the New Year, New Artists exhibition was one of the most talked about—even earning a big write-up in *The Washington Post*. She continues to work with the gallery and looks forward to what's ahead in the upcoming year.

"I am so thankful to see the work welcomed in and part of the Longview Gallery—one of the most open and engaging art spaces I have seen in Washington," she says. "I can sit on the steps in that 9000 square foot space (once a car dealership complete with ramp) very happy to soak up the atmosphere of the place—the artists' work on view and the rich patina of old paint on the high concrete walls."

An interesting part of her process is working with a saw to create the images she wants.

"I now draw with saws. The feel and connection to contours and gesture happens right there at the blade," she says. "In addition, I set fluid lacquer-like gesture lines on top of the cut painted pieces. New to the mix have been cast cement pieces and metals, which together with the hollow core and laminated Masonite pieces, are

assembled with dowel rods and stainless steel bolts and screws."

Knodt has a lot to be excited about in 2015. Her one-person show at the Atrium Gallery (running Jan. 8 to March 7) followed by the Alchemical Vessels Exhibition + Benefit at the Joan Hisaoka Healing Arts Gallery, DC (March 27 to May 22); then a one-person show at the Ward Center for Contemporary Art in Petersburg, Va. (September and October); and of course, she will continue showing at the Longview Gallery.

"I came to understand that establishing a process-based, series approach strengthens the work as a whole; and drives it forward. Each individual piece or "product" then becomes a statement of an enriched process," she says.

"As with any life effort, if you uncover and ask the questions that bring you closer to your instinctual ways of being, you gain the vital energy needed to open up innovative thinking and doing. Sometimes it is just a tweak here or there that's needed to set the stage," she says. "It intrigues me to set a group of fragments "out for a spin" and search for new ways they can connect and come together. Indeed, I am thankful that this work has led me to both celebrate and build understandings with all that whirls about in my life."

For more on Knodt's artwork, visit www.jsauseleknodt.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.



© j sausele knodt



BY KEITH LORIA

Meet the SMITHEREENS in 2015

True fans of the Smithereens know that there's plenty of music to listen to if you just do a little searching. For example, in October, iTunes released "The Smithereens Live at the Roxy," a live recording of the legendary Carteret band's first-ever Los Angeles concert, with 19 incredible tracks.

Earlier in 2014, the band released a collection of 23 covers from the likes of T.Rex, The Who, Bruce Springsteen and The Kinks—available on the band's website, as well as the iTunes store.

Before that, there was loads of music over the past dozen years, highlighted by the band's first attempt of new music with *Smithereens 2011*, since 1999's *God Save the Smithereens*.

"We still put out a lot of albums, it's just that nothing with much original material," says Pat DeNizio, founder and leader of the group. "I had done a solo album a couple of years ago which was sort of a stealth Smithereens album with everyone except [drummer] Dennis [Diken], who wasn't available, so it's not as though we have been inactive."

Those following closely know that the Smithereens also released a lot since 2000. There were several well-received live albums, a greatest hits anthology, a Christmas album and three widely popular tribute albums: *Meet The Smithereens* and *B-Sides*, both Beatles tributes, and *The Smithereens Play Tommy*.

On Friday, January 23, the Smithereens will be returning to the State Theater in Falls Church to play a show full of fan favorites and some surprises from many of these recordings.



"We work very hard to keep things 'us.'" We're one of the few bands left to plug the guitars directly into the amps," DeNizio said. "At the same time, every night is something different and the sound isn't entirely what you would hear on the recording."

It's been quite the ride for DiNizio and his band. When he was 13, DiNizio worked on his dad's garbage truck, and spent nearly two decades earning an honest living while trolling away in music with his high school friends Jim

Babjak, Mike Mesaros and Dennis Diken in the basement of his New Jersey home.

Calling themselves the Smithereens, the band had a sound reminiscent of the Beatles and brought '60s power pop to the '80s. Their first performance was in Hillside, N.J., in March 1980, and over the next five years they released popular EPs "Girls About Town" and "Beauty and Sadness."

They came onto the national radar in 1988, and the first single, "Only a Memory," not only became a college and modern rock hit, but it crossed over to album-rock stations as well. Soon after, they hit it big with chart-topping tunes "Blood and Roses" and "A Girl Like You."

"I was 31 when we hit, and we didn't just open the door, we kicked it down," DiNizio says. "I've met a lot of young kids who made it right away and they have no idea what it's like to live in the real world and have real responsibilities. For us, we appreciated everything that was happening and aimed to be the best we could."

In addition to touring regularly, DeNizio and his bandmates spend a lot of time pursuing other opportunities. In addition to launching solo careers and playing with other bands, DiNizio himself spent a few years in our area, working for XM Satellite radio.

"I was living in an 1863 house with a bunch of misfits in D.C. proper, performing occasionally at local venues, including the State Theatre. I really enjoyed my time in the area," he says. "I played a number of solo shows at the State and it's a great venue. Last year the Smithereens played there and it's somewhere that I feel at home."

The Smithereens have been plugging away for decades, which has left DiNizio with a wealth of anecdotes and behind-the-scenes dish and gave him the idea for a one-man show, "Confessions of a Rock Star," which began in Las Vegas and now plays weekly at the Langosta Lounge in Asbury Park, NJ.

"I think the show offers the audience something they can't find anywhere else," DiNizio says. "It's real rock and roll, not watered down by any stretch of the imagination, in addition to being the story of a guy who was a garbage man for his whole life and then woke up one morning and had a hit song on the radio."

During the show, a live band performs the hits that shaped DiNizio's childhood, paying tribute to his musical heroes such as The Beatles and Buddy Holly, and also playing select tunes from the Smithereens. Video screens show rare footage and photos that accompany the musical journey from his earliest roots in New Jersey.

"The best thing is that I can get out whenever I need to do a Smithereens show, so it's really the best of both worlds," he says. "We have great fans—really I should call them supporters—and they have followed us all along and we're going to continue taking them on our journey." ♦

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



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BY ALLISON CHASE SUTHERLAND

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Photos by Allison Chase Sutherland

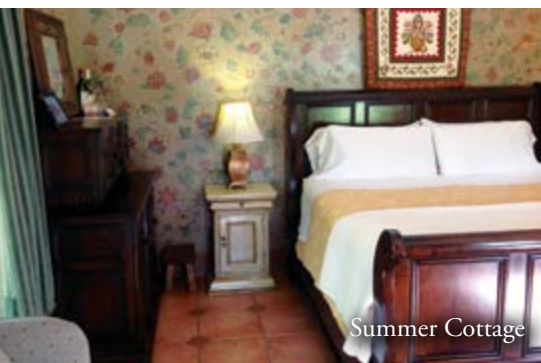
Once upon a time,
there was a magical and
charming inn called Hillbrook,
and it was very, very good indeed.



Yes, once upon a time, there was indeed a charming little inn called Hillbrook, hidden in the mysterious wilderness of West Virginia, but as fortune would have it, you don't have to go back in time to get there. Just head out Route 7 to the bucolic Scenic Byways, wander a little further over hill and dale past the woodlands and craggy rock outcroppings so typical of the rugged West Virginia landscape, and before you know it, you'll realize you've already arrived, in about an hour – not a century – at the magical Hillbrook Inn & Spa. The long gravel lane will further slow your pace – and your pulse – but it might just speed up your imagination. It's so refreshing you might want to do it twice.

As you approach the Main House, you will be greeted by an idyllic little pond edged by reeds and cattails. It almost winks at you. Hillbrook is a living, breathing fairy tale, with its stately English Tudor manor, perfect for romance, a transporting spa experience, quintessential tranquility, or even a memorable mother-daughter getaway. Imagine, if you will, arriving by coach or horse carriage. I know the children can. Let their imaginations soar; let their feet roam. Play a giant game of chess, loll away the time in a hammock, or skip over a quaint curved bridge. Swing on a tree swing from a giant walnut tree at the edge of Bullskin Run, which leads to the ivy-covered Spring House constructed back in the 1700s, but which provided spring water to Hillbrook up until 2005. Just beyond the fence, you'll discover a horse grazing quietly in the pasture beyond.

Hillbrook Inn cascades down a natural limestone ridge like a babbling brook meandering playfully down a hillside. Set on 17 acres – 30 acres total across three properties where you can also choose to stay (tough choice) – its half-timbered façades





of stucco and stone masonry, steep gabled roofs with dormers, and multiple chimneys belie its Tudor influence. Adorned throughout with European furnishings and art, Hillbrook is elegant, refined, timeless...

Marcy Deck, resident innkeeper, lovingly articulates that Hillbrook is “refined without losing the heart and soul of the place. Everybody takes care of it as if it’s our own. And they take care of the guests as if they’re family too.” This is a place you never want to leave. In fact, just this October, Innkeepers Carissa and Chris Zanella celebrated 10 years at Hillbrook... and counting.

The first owner, General Frank Bamford, was originally mesmerized by the guiles of Tudor style while in Normandy, France after the First World War, and his treasured estate was constructed during the 1920s. Some of the original Model T Fords were once parked in the garage which is now the tavern, as General Bamford and Henry Ford were lifelong friends. Seek out hidden nooks, narrow passageways, and winding staircases; devices or ‘riddles’ were often incorporated to demonstrate wit and delight visitors. It’s like a never-ending secret you want to keep exploring forever.

The gracious and polished Ricardo will welcome you to the rustic yet elegant Bullsken Tavern, with its brass banister and snug interior. Wrap your fingers around a mug of hot apple cider (add a little spike of rum to make it a hot toddy) on chillier days, or the signature Hillbrook Bellini – Italian prosecco, ruby red grapefruit juice,



and cranberry juice – in the summery months. Ah, quite refreshing, full of antioxidants – and bubbles too! What more could one ask for?

How about some history? The benevolent and well-versed Ricardo will gladly oblige. He paints a vivid picture of the life and times of the fabled Hillbrook. This sprawling 2,700-acre tract was originally owned by George Washington’s family. As a surveyor for Lord Fairfax, young George was keenly aware of the lands available for purchase. Consequently, his younger brother Charles Washington settled here in a hunting lodge built in 1762, hence the neighboring Charles Town.

Replenish yourself with breakfast on the bright Sun Porch with an orange blossom spice tea. Enjoy a respite in the parlor or the reading room, tickle the ivories in the tavern, or gather around the cozy hearth for a lively chat which such settings often inspire. A three- or five- course dinner in a historical manor by firelight is, of course, always a great privilege. Not to mention that Chef Justin is “poetry in motion.” Afterwards, head out to the fire pit just behind the Main House and sink deep into a sturdy wooden Adirondack chair complete with your s’mores kit and a quilt from the house to keep you nice and toasty. Out here in the countryside, marvel at the magnitude of the stars in the night sky. If you opt to stay at the Hawthorn House, you can engage in some celestial stargazing with the telescope in the solarium, as an immensity of stars fills the space beyond the stratosphere. Trust me, you’ll sleep well tonight, sinking into the luxurious beds of the inn.

Settle in one of the eclectic guest rooms in the Main House. A stroll down a lighted stone path will lead you to the cottages, set among the evergreens. All are quaint little chambers, with gas log fireplaces, double whirlpool tubs, and private porches overlooking the vast lawn; the Summer Cottage and Winter Cottage have king-sized beds, with the Winter Cottage enjoying the best view. Impeccable touches such as a tiny beveled glass, wrought-iron peekaboo door hole



The graceful Hawthorn House and its glorious play of light.

CONTINUED ON PAGE 50



Sunset at the Hawthorn House

This landscape is strikingly beautiful all year long, even in leafless interludes, with the stark, dark branches contrasting against the pale winter sky. But just wait for that perfect “pink moment” where the landscape is bathed in a soft light. Behold the breathtaking countryside sunset for yourself. Unwind on the porch or in the gazebo with a nice glass of Hillbrook wine and a quilt on your lap, and watch the glow of the night emerge, perform its graceful watercolor dance across the evening sky, and finally disappear.



Hillbrook Inn

CONTINUED FROM PAGE 49

to welcome in fresh air delights both the eye and the senses. This secluded haven is nestled among draping conifers interspersed among old-growth trees – trees which have seen history. What happened here over the centuries? Sometimes I wish I could ask the ancient trees.

The Gate House

Just near the gravel entrance to the grounds is the Gate House, which houses the Serenity Suite, a very comfy nook perched over the Gate House Spa. Bathed in earth tones of slate and sand, it enjoys a large oval soaking tub adorned by a Tiffany-style lamp, a modern gas log fireplace, and even its own private sauna right in the room! Wake up to a cup of tea in a signature Hillbrook mug on your own little deck, gazing out over deer quietly grazing at forest edge. The Gate House Spa is that restful space you’ve been seeking for so long. Polarity with Light and Sound with Board-certified Polarity Practitioner Jenna Newsome of Transformative Energy Healing is a 90-minute session of stimulating, gentle, and restorative touches “to create energetic balance, working to clear the energy source.” Through this soothing and deeply healing experience, the sincere and empathetic Jenna aims to restore



Cottage & Carriage (modern-day, that is...)

vitality and harmony, helping you to express your life’s true path.

The Farmhouse

Venture out just two miles down the road from the inn to The Farmhouse, which resides on an endless apple orchard owned by former Gov. Harry Byrd, now owned by his grandson Harry Byrd III. If you’re lucky, the right smile might get you an apple. There you will encounter a cedar chest of quilts from the quilting center

that used to be housed at the Gate House. The Sunset Room has a fireplace and enjoys magnificent sunsets. The second floor Sunrise Suite has two beds and looks out over the apple orchard and cow pastures. Pastoral yet with a very modern interior, (read granite countertops and ultra-modern appliances,) the timber inside was reclaimed from outbuildings on property. The Farmhouse is historical, yet contemporary, with iPad minis – and quilts – everywhere.

The Hawthorn House

Just a stone’s throw away, a gravel road winds through apple orchards to the stately Hawthorn House – an extensively restored yellow clapboard and stone estate. As the first building in Jefferson County, the Hawthorn House, circa 1714, is an authentic historical landmark. Five dormers jut out of the steel roof of this impressive Georgian Colonial. Step inside onto wooden floors with Oriental rugs and be transported back in time by the period exposed log walls and wrought-iron balustrade. The historical flair is palpable here at the Hawthorn House, with its log cabins and historical structures. The main floor South Suite has access to the side porch from a private door and enjoys morning views of the quiet countryside and undulating mountains beyond. The surrounding farms grow apples, peaches, corn, and alfalfa, and house about sixty dairy cows. Then you’ll notice something you almost never see anymore – silos, real silos. Yes, they still exist.

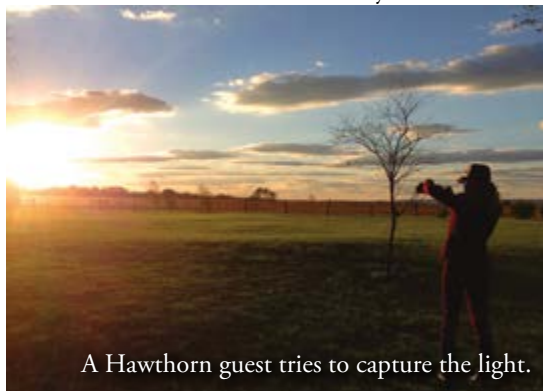
All suites have stone gas fireplaces (larger downstairs) and inspired writing desks, not to mention the delightfully ubiquitous mini iPads. Suites on the main level (downstairs) have sturdy stone walls and immense gas fireplaces. The upper level (East and West Suites) rooms (upstairs) have timbered walls. The North Suite also features inviting window seats and a grand Roman soaking tub.

Ricardo, once an investigative reporter for the *Sacramento Bee* and now resident innkeeper at the Hawthorn House, describes it as your “home away from home.” Like home with boutique hotel amenities from Gilchrist & Soames, that is. You can rent the whole place and even bring in your own chef, who will delight in the sunlight-flooded country kitchen window. It’s even pet-friendly. Modern amenities for the wired set include an electric dart board, pool, and ping-pong in this wood- and stone-walled cave of a Billiard Room downstairs. The bar in the wine cellar was hewn from a downed tree. The soon-to-be-opened tasting room will offer pairings with chocolate, truffles, and cheeses. How wonderfully decadent! So sip away, if you will.

The Hawthorn House delights in spectacular views of the West Virginia countryside. This landscape is strikingly beautiful all year long, even in leafless interludes, with the stark, dark branches contrasting against the pale winter sky. But just wait for that perfect “pink moment” where the landscape is bathed in a soft light. Behold the breathtaking countryside sunset for yourself. Unwind on the porch or in the gazebo with a nice glass of Hillbrook wine and a quilt on your lap, and watch the glow of the night emerge, perform its graceful watercolor dance across the evening sky, and finally disappear.

Hillbrook Inn is a storybook hideaway. If you close your eyes, you can easily imagine Snow White ambling along among the Old World trees of this enchanted forest, winding her way back to that cottage of curious cohorts. (Apples everywhere! Beware!) And I’m pretty sure Granny lives nearby. You may want to take her a basket of goodies. Check the tavern for treats –maybe homemade chocolate chip cookies, streudel, or bourbon blondies. Or perhaps some chocolate-covered strawberries or cherries. Just remember the old adage – don’t talk to strangers – but here I must say that’s

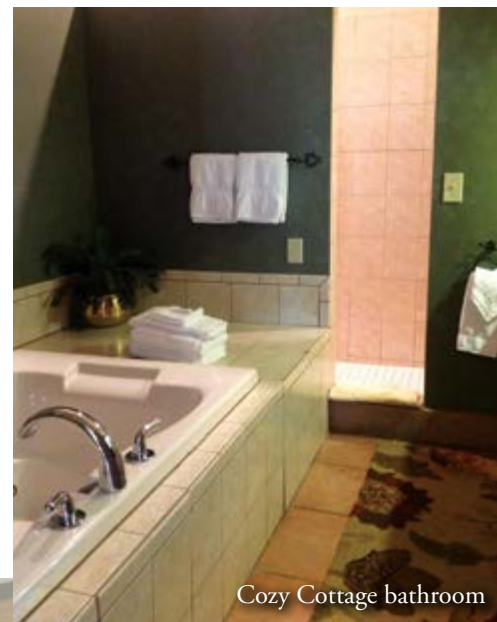
Photo by Kari Cannistraro



A Hawthorn guest tries to capture the light.

not so easy. The strangers here are just so friendly. Hillbrook might just cause you believe in fairy tales again – at the very least architecturally. So the spell has surely been cast. But please don’t pinch me. I really don’t want to wake up just yet. Oh, right – and they lived happily ever after. You, that is... ❖

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



Cozy Cottage bathroom



Behold the elegant serenity of the Gate House Spa.

WHY CAN'T I STICK TO MY DIET & EXERCISE PLAN?

BY JUDY CAPLAN

Already into the New Year and beating yourself up for not sticking to your resolutions? Well, you are not alone. I know you said this year would be different and you believed it would be... so what happened?

Generally when you make broad resolutions that are filled with absolutes like "I am not going to eat any junk food," you are more likely to fail. Why? For two reasons: One because making sweeping changes all at once is very difficult and two, change comes more easily when it is broken down into small doable, specific pieces. Instead of thinking that all of your bad habits will be gone in one fell swoop, you might be more likely to succeed if you take baby steps. Identifying one or two new changes at a time helps integrate new ways of being into your already busy life. Breaking change down into achievable steps, leads to success.

Often times what seems overwhelming when looked at as a whole, like "I have to lose 25 pounds by Valentine's Day," is more easily accomplished when you start to differentiate the task. For instance, just saying you have to lose weight doesn't really break it down into manageable parts. But when you identify four quick breakfasts that you can throw together before you run out of the house or that you can grab at work, you are heading down the path to victory. Same thing holds true with "I have to go to the gym." Simply telling yourself that you have to go won't cut the muster, but sitting down

with the gym's class schedule and your schedule and finding convenient times that work, and classes that interest you, will greatly increase the probability of exercising more. Take into consideration if you are a morning or evening person. Make what you do fit with who you are.

Identifying the goal and then breaking it down into small pieces makes it much easier to accomplish. If you don't want to be eating junk food, you have to plan ahead. Is there food in the house that I can eat for meals?

What about snacks? When is a good time to make a shopping list and go to the store? Many times fast food restaurants are the default. You are starving with no plan for dinner, so on the way home you pull up to the drive in window and order what is not going to help you reach your weight loss or health goals. Then you usually chow it down in the car before you even get home! What happened to sitting at a table and eating? If you take ten minutes in the morning, throw dried beans, canned tomatoes, green chilies, and lean protein into a crock pot, you could come home to a piping hot meal. Add some fresh, sliced avocado, grated low fat cheese, and spicy salsa and you will be singing Dixie! Not to mention saving money.

So instead of giving up, recommit and start fine tuning what you can do to keep those well intentioned resolutions alive. ❖

AUTHOR: Judy Caplan is a registered dietitian with a private practice in preventative health in Vienna, VA. Her children's book, *Gobey Gets Full—Good Nutrition in a Nutshell*, is now available. For more information about Judy and her company, Nutrition Ammunition visit www.GoBeFull.com.



2015 SKI GETAWAYS



BRYCE MOUNTAIN RESORT

Bryce Mountain Resort offers true beginner terrain and is the perfect place to learn how to ski or snowboard. In 2010, the resort received the *OnTheSnow.com* Visitor's Choice Award for the most family-friendly ski resort in the Mid-Atlantic/Southeast region.

Bryce Mountain accommodates all visitors with lower slopes that are fit for beginners, and the upper slopes which are challenging enough for more advanced skiers and snowboarders. One of the best features of the mountain is how the slopes funnel into one central area, so for those of you who want to kick back and relax, but need to keep an eye on the kids, you can do both! Lodging is offered through private rental agencies, and includes condominiums, townhomes, and chalets.

BASYS, VA

www.bryceresort.com
Season: Dec-March
Summit Elevation: 1750 ft
Annual Snowfall: 30 inches
Skiable Area: 25 Acres
Number of Lifts: 7
Number of Trails: 8
Longest Run: 3500 ft
Easiest: 34%
More Difficult: 33%
Most Difficult: 33%
Expert Only: 0%
Terrain Park: No
Tubing: Yes



CANAAN VALLEY RESORT

Canaan Valley Resort is nestled in a tranquil part of the Mid-Atlantic, and overlooks the panoramic views of the valley and surrounding mountains. Enjoy skiing, snowboarding, snow tubing, and a mini terrain park. Canaan Valley Resort is the only Mid-Atlantic resort to offer a fully dedicated area and park just for airboarding. The resort offers a 250-room lodge, over 20 cabins, and over 30 campsites for its visitors. The resort provides guests with a full-service ski area, exquisite dining options, fitness centers, indoor and outdoor pools, and spas. Canaan Valley Resort was named one of "America's Best Parks" by Arthur Frommer's Magazine and one of the "50 Great Places to Stay" by *Washingtonian Magazine*.

DAVIS, WV

www.canaanresort.com
Season: Dec-March
Summit Elevation: 4280 ft
Annual Snowfall: 160 inches
Skiable Area: 91 Acres
Number of Lifts: 3
Number of Trails: 39
Longest Run: 6600 ft
Easiest: 30%
More Difficult: 40%
Most Difficult: 30%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes



TIMBERLINE SKI RESORT

Tucked away in the Allegheny Mountains, and located right near Canaan Valley Resort, lies Timberline Ski Resort, a fun and exciting winter wonderland that offers great skiing, and more importantly, great snow! Sitting over 4,000 feet above sea level, Timberline gets over 200 inches of snow each season! Timberline offers some of the longest runs in the area, some as long as two miles. Timberline partnered up with

Canaan Valley Resort to offer some of the finest lodging in West Virginia. Comfort and service await all of the guests who stay in the many cottages, cabins, campsites and lodges. Travelers come by for the skiing and other snow sports, but they stay for the peace that the beautiful natural setting has to offer.

DAVIS, WV

www.timberlineresort.com
Season: Dec-April
Summit Elevation: 4268 ft
Annual Snowfall: 150 inches
Skiable Area: 100 Acres
Number of Lifts: 4
Number of Trails: 37
Longest Run: 10,560 ft
Easiest: 34%
More Difficult: 34%
Most Difficult: 32%
Expert Only: 0%
Terrain Park: Yes
Tubing: No

WINTERPLACE RESORT



Halfway between Bluefield and Beckley, West Virginia, and not too far from the DC area, lies the largest snow tubing park in West Virginia. We assure you that the kids will be begging to come back year after year, and you will happily agree! You will enjoy the slopes with the family, but if you need a break, the resort offers Frosties Kinder Care program for the little ones in the family. Winterplace also provides top of the line rental equipment, boarding and skiing lessons, four on-site restaurants, and a comfortable resort to crash at after a fun-filled day.

GHENT, WV

www.winterplace.com

Season: Dec-March

Summit Elevation: 3600 ft

Annual Snowfall: 100 inches

Skiable Area: 90 Acres

Number of Lifts: 11

Number of Trails: 28

Longest Run: 6600 ft

Easiest: 41%

More Difficult: 44%

Most Difficult: 15%

Expert Only: 0%

Terrain Park: Yes

Tubing: Yes

CAMELBACK RESORT



Within the Pocono Mountains, Camelback exists for the sole purpose of bringing out the little kid in every-

one. There is an endless supply of fun that can be experienced by all ages. It's no surprise that Camelback greets over one million visitors every year! All 34 trails are available for night skiing, as well as 15 lifts. Camelback believes in a "more sliding, no climbing" policy, which the kids love. It's easy for visitors to unwind and enjoy their vacations with the comfortable lodging provided at the resort. Visitors can choose from a wide variety of hotels, resorts, cottages, and inns.

TANNERSVILLE, PA

www.skicamelback.com

Season: Dec-April

Summit Elevation: 2050 ft

Annual Snowfall: 125 inches

Skiable Area: 160 Acres

Number of Lifts: 15

Number of Trails: 34

Longest Run: 6000 ft

Easiest: 39%

More Difficult: 26%

Most Difficult: 26%

Expert Only: 9%

Terrain Park: Yes

Tubing: Yes



BEAR CREEK MOUNTAIN RESORT

Conveniently located right outside the DC area, Bear Creek is a perfect getaway for those of you who don't want to drive too far for a wintery and relaxing vacation destination. There's skiing, snowboarding, and tubing for winter enthusiasts. In the summer there is hiking, golfing, mountain biking, boating, disc golf and even geocaching! Plus, Bear Creek also offers a spa, and childcare for those of you who really want a break from your busy lives. While you're here, you will enjoy your stay at the beautiful, cozy and modern hotel that is located right on the base of the mountain. The hotel offers activities and amenities that will keep the entire family happy, and coming back every year.

MACUNGIE, PA

www.bcmountainresort.com

Season: Dec-Feb

Summit Elevation: 1100 ft

Annual Snowfall: 40 inches

Skiable area: 86 Acres

Number of Lifts: 6

Number of Trails: 21

Longest Run: 7920 ft

Easiest: 30%

More Difficult: 40%

Most Difficult: 30%

Expert Only: 0%

Terrain Park: Yes

Tubing: Yes



WISP SKI RESORT

With an energy-efficient and world renowned snow making system, plus the 100 inches of annual snowfall each year, Wisp has one of the best winter playgrounds in the state! Enjoy everything from skiing and snowboarding to cross country skiing, ice skating, snowshoeing, and snowmobiling. However, you don't have to be a snow-sport fanatic to enjoy yourself at this wintery getaway. This beautiful spot, located three hours from DC, is a great destination for leisure travelers. You can relax in the spa, enjoy the scenery, try out some ice fishing, or dine at the wonderful restaurants. Lodging includes the conveniently located Wisp Resort Hotel with guest rooms and two-room suites as well as several vacation rental homes.

MCHENRY, VA

www.wispresort.com
Season: Nov-March
Summit Elevation: 3115 ft
Annual Snowfall: 100 inches
Skiable Area: 132 Acres
Number of Lifts: 7
Number of Trails: 32
Longest Run: 7920 ft
Easiest: 41%
More Difficult: 28%
Most Difficult: 31%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

WHITETAIL RESORT

Their goal at Whitetail Resort is to provide a total recreational experience so enjoyable that their guests choose to return again and again. With improvements coming each year, the resort now offers more trails, more lifts, two terrain parks and plenty of amenities for recreation and relaxing – 2 dining areas, snack shop, Starbucks café, and sport shop. Night skiing and snowboarding is offered every evening until 10 PM. From skiing and snowboarding to snow tubing you'll have a blast with the whole family. Places to stay around Whitetail include everything from a cozy bed and breakfast to roomy hotel suites, and all are located in close proximity to the slopes. Whitetail is located just 90 minutes from DC.



MERCERSBURG, PA

www.skiwhitetail.com
Season: Dec-March
Summit Elevation: 1800 ft
Annual Snowfall: 40 inches
Skiable Area: 109 Acres
Number of Lifts: 7
Number of Trails: 21
Longest Run: 4500 ft
Easiest: 22%
More Difficult: 53%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes



LIBERTY MOUNTAIN RESORT

With sixteen trails and slopes placed along two sides of the mountain, Liberty Mountain has a very diverse layout that offers a wide variety of terrain for each guest. There are beginner slopes which are gentle and easy to learn on, many groomed and challenging intermediate slopes, as well as steep and thrilling expert slopes, they actually have the most expert terrain in the area. Liberty Mountain Resort also offers several levels of terrain parks ranging from beginner to expert for skiers and boarders. Enjoy a stay at the Liberty Mountain Hotel with 99 comfortable guest rooms or stay in one of the nearby inns or hotels. Located only 60 miles from the DC area, Liberty Mountain will be a great place to stay this winter.

CARROLL VALLEY, PA

www.libertymountainresort.com
Season: Dec-March
Summit Elevation: 1190 ft
Annual Snowfall: 45 inches
Skiable Area: 100 Acres
Number of Lifts: 8
Number of Trails: 16
Longest Run: 5200 ft
Easiest: 35%
More Difficult: 40%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

ROUNDTOP MOUNTAIN RESORT



SAVINGS TIP:

Snow Time Inc. offers one season pass good at Liberty, Roundtop, and Whitetail Resorts.

Roundtop Mountain offers an enjoyable experience for everyone. Beginners are offered a specially designed Discovery Area where they quickly can build up their confidence and expand their skills. Kids, as young as 3 years old, can learn in the Izzy Bear Terrain Garden which is reserved just for the little ones; it even comes with its own lift! There are a variety of cruiser runs for the intermediate skiers, as well as challenging slopes which are perfect for expert skiers. Roundtop offers magnificent snow conditions, and with a new snowmaking compressor and snow guns, fresh snow can cover the terrain faster than ever. There are many comfortable lodging options offered to guests to make their vacations fun and relaxing.

LEWISBERRY, PA

www.skiroundtop.com

Season: Dec-March

Summit Elevation: 1400 ft

Annual Snowfall: 40 inches

Skiable Area: 100 Acres

Number of Lifts: 10

Number of Trails: 16

Longest Run: 4100 ft

Easiest: 38%

More Difficult: 32%

Most Difficult: 30%

Expert Only: 0%

Terrain Park: Yes

Tubing: Yes



SEVEN SPRINGS RESORT

The exceptional service at Seven Springs Resort provides memorable escapes for everyone. The entire family can hit the slopes for fun-filled adventures, or the kids can go snow tubing while the parents receive their luxurious spa treatments. Seven Springs has five terrain parks, which resulted in the resort being selected as the #1 Terrain Park as well as the #4 Halfpipe in North America by *TransWorld SNOWboarding Magazine*, for 2012. Seven Springs also offers Tiny Tots' Ski School and the

Youth Snowsports Academy, featuring the Burton Learn-To-Ride program, that will have your little ones shredding the slopes in no time. After a fun day in the park and on the slopes, Seven Springs has top-quality lodging for everyone.

SEVEN SPRINGS, PA

www.7springs.com

Season: Dec-April

Summit Elevation: 2994 ft

Annual Snowfall: 205 inches

Skiable Area: 285 Acres

Number of Lifts: 10

Number of Trails: 32

Longest Run: 6600 ft

Easiest: 35%

More Difficult: 40%

Most Difficult: 15%

Expert Only: 10%

Terrain Park: Yes

Tubing: Yes

BLUE KNOB RESORT



It is rumored that Blue Knob offers the most challenging slopes for downhill skiing, as well as exhilaratingly fast snow tubing and Nordic skiing for all its visitors. Blue Knob is nestled in the Allegheny Mountains, and is located only two hours from the DC area. Guests can enjoy the cozy lodging in the solitude of the vast and wild forests, and can go to the Alpine Village for nightly entertainment, during the winter. The clubhouse and restaurant are a perfect option to relax and have fun after a day on the slopes. There is even a daycare when adults need to relax and take a break. Come visit the resort readers voted as the runner up for "Best Bargain" by *DCSki*.

CLAYSBURG, PA

www.blueknob.com

Season: Dec-March

Summit Elevation: 3146 ft

Annual Snowfall: 125 inches

Skiable Area: 100 Acres

Number of Lifts: 5

Number of Trails: 34

Longest Run: 10,560 ft

Easiest: 20%

More Difficult: 35%

Most Difficult: 35%

Expert Only: 10%

Terrain Park: Yes

Tubing: Yes-New for 2011-12



WINTERGREEN SKI RESORT

Located less than three hours from Washington DC is the scenic and appealing Wintergreen Resort. This stunning vacation spot is applauded for their seasonal skiing, snowboarding, and snow tubing activities, as well as full-service spas, luxury accommodations, and gourmet dining options. Upon deciding to book a vacation here, you can choose from various housing options including villa-style condos and rental homes that overlook the picturesque Blue Ridge Mountains. Whether you choose the simple and quaint studio suites, or one of the more elaborate seven-bedroom homes, each housing option offers a fully furnished kitchen and a comfy living room-most of which offer fireplaces, balconies, and decks.

WINTERGREEN, VA

www.wintergreenresort.com

Season: Dec-March
Summit Elevation: 3515 ft
Annual Snowfall: 40 inches
Skiable Area: 129 Acres
Number of Lifts: 7
Number of Trails: 26
Longest Run: 7392 ft
Easiest: 23%
More Difficult: 35%
Most Difficult: 21%
Expert Only: 21%
Terrain Park: Yes
Tubing: Yes



SNOWSHOE MOUNTAIN SKI RESORT

Whether you are an avid skier or snowboarder, or just someone who wants to take in all of the

beauty and fun that winter has to offer, Snowshoe Mountain is a wonderful winter getaway. It is conveniently located about five hours from the DC area, and is an ideal "winter wonderland" for all ages. Some guests choose to come for a long weekend, others for a mid-week getaway, but there is always an abundance of activities and entertainment to keep everyone smiling. After an exciting and invigorating day on the

mountain, you can choose from countless options for where to stay and relax. The resort has everything from hotels, condominiums, cabins, and townhomes, to mountaintop chalets offering serene and cozy housing.

SNOWSHOE, WV

www.snowshoemtn.com
Season: Dec-March
Summit Elevation: 4848 ft
Annual Snowfall: 180 inches
Skiable Area: 230 Acres
Number of Lifts: 14
Number of Trails: 60
Longest Run: 6600 ft
Easiest: 41%
More Difficult: 36%
Most Difficult: 23%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes



MASSANUTTEN RESORT

For over 30 years, Massanutten Resort has continued to offer several snow sports to all outdoor enthusiasts including, skiing, snowboarding, snow tubing and more. Anyone can enjoy the plentiful amount of activities, while overlooking the majestic views of the Blue Ridge Mountains. All levels of athletes from expert

skiers and snowboarders to eager learners can come and enjoy Massanutten. This resort also provides two terrain parks, 1100 vertical feet, snow tubing, and 14 trails for night skiing. Then, after a fun time on the slopes, you can relax in a comfortable condominium with up to four bedrooms, which come with full or partial kitchens, whirlpool tubs, decks, fireplaces, and other luxuries.

MCGAHEYSVILLE, VA

www.massresort.com
Season: Dec-March
Summit Elevation: 2925 ft
Annual Snowfall: 56 inches
Skiable Area: 70 Acres
Number of Lifts: 7
Number of Trails: 14
Longest Run: 4100 ft
Easiest: 30%
More Difficult: 35%
Most Difficult: 35%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes



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MCLEAN ORCHESTRA AWARDED GRANT *from the Arts Council of Fairfax County*

McLean, VA – The McLean Orchestra has been awarded a grant from the Arts Council of Fairfax County that will be used for concert operations and the orchestra educational project, the McLean Youth Orchestra. The 2014-15 season is the McLean Orchestra's 44th season. The orchestra performs 5 orchestral programs in the Oakcrest School each season.

"I want to thank the Arts Council of Fairfax County for this generous grant. The money allows us to continue to provide high quality classical music for the Greater McLean Community, as well as provides support for the McLean Youth Orchestra," said Executive Director Mark Francis.

"Across Fairfax County, arts and culture are helping to build stronger communities, improve the quality of life, and foster economic growth. The Arts Council's grant programs provide vital funds for basic operations of local arts organizations and recognize the valuable programs and services they provide to Fairfax County residents," said Linda S. Sullivan, President and CEO of the Arts Council of Fairfax.

Thanks to the government of Fairfax County, the Arts Council awards nearly \$500,000 annually in county and private funds to artists and arts organizations of all disciplines. In FY2013 the Arts Council awarded 62 organizations and 3 artists, funded over 2,600 performances and activities that were attended by over 1.2 million people. ♦



Photos courtesy of Joy Asico.

DC'S DANCING STARS INAUGURAL GALA

Clinton Portis, Chris Cooley, Chris Bukowski & more turned out to support first annual black-tie dancing challenge

Over 400 dance enthusiasts and philanthropists turned out to support the first-ever DC's Dancing Stars Gala at the Ritz Carlton in Tyson's Corner last October. Event co-chairs and Fred Astaire Studio of Fairfax owners Maria Coakley David & Jim David and Executive Director Susannah Moss brought together notable Washingtonians to help raise over \$150,000 in support of local charities.

Former Washington Redskins players and teammates Clinton Portis and Chris Cooley reunited off the field to host the debut gala. Dancing with the Stars dancer Jonathan Roberts, The Bachelorette's Chris Bukowski and former Washington Redskin Gary Clark teamed up to judge the dance competition and crowned NBA wife Charrisse Jackson-Jorden and PBS' Rina Shah the DC's Dancing Stars Champions. Both took home the coveted DC's Dancing Stars trophies.

Other celebrity dancers included: House of Cards actor Lamont Easter, former NFL player John Booty, WUSA9's Mike Hydeck and Andrea Roane, America's Miss DC 2012 Sarah Hillware, America's Miss DC 2013 Antoinette Cordova, VP of DARCARS Automotive Group Tammy Darvish and Ted Britt Automotive Group General Manager

Evelyn Smallwood. Guests also enjoyed performances by the Fred Astaire Studio of Fairfax professionals, the event's presenting sponsor.

Former NFL player and ESPN contributor Rich 'Doc' Walker and Brian Carpenter were on-hand to lead the live auction. The two also awarded Cindy Hardeman the winner of the Redskins Challenge for receiving the most votes for her dance performance at the event. Emily Lozano was recognized as the fundraising challenge winner for raising over \$10,000 in honor of the DC's Dancing Stars Gala.

Charitable institutions who benefitted from the night's entertainment include: The Washington Humane Society, Girls Health Ed, T.A.P.S, Hope for Henry Foundation, The Parkinson Foundation of the National Capital Area, The Leukemia & Lymphoma Society and The Washington Redskins Alumni. ♦

1) Former Washington Redskin Gary Clark, The Bachelorette's Chris Bukowski and Dancing With The Stars' Jonathan Roberts judge.

2) Former NFL player John Booty and Missy Nilson. 3) Charrisse Jackson-Jorden and Rina Shah took home the coveted DC's Dancing Stars Trophy. 4) Former Washington Redskins Clinton Portis and Chris Cooley.



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

3
Dr. Dennis Faludi
AESTHETIC MEDICAL CENTER
703 992 7979
8150 Leesburg Pike, Suite 820

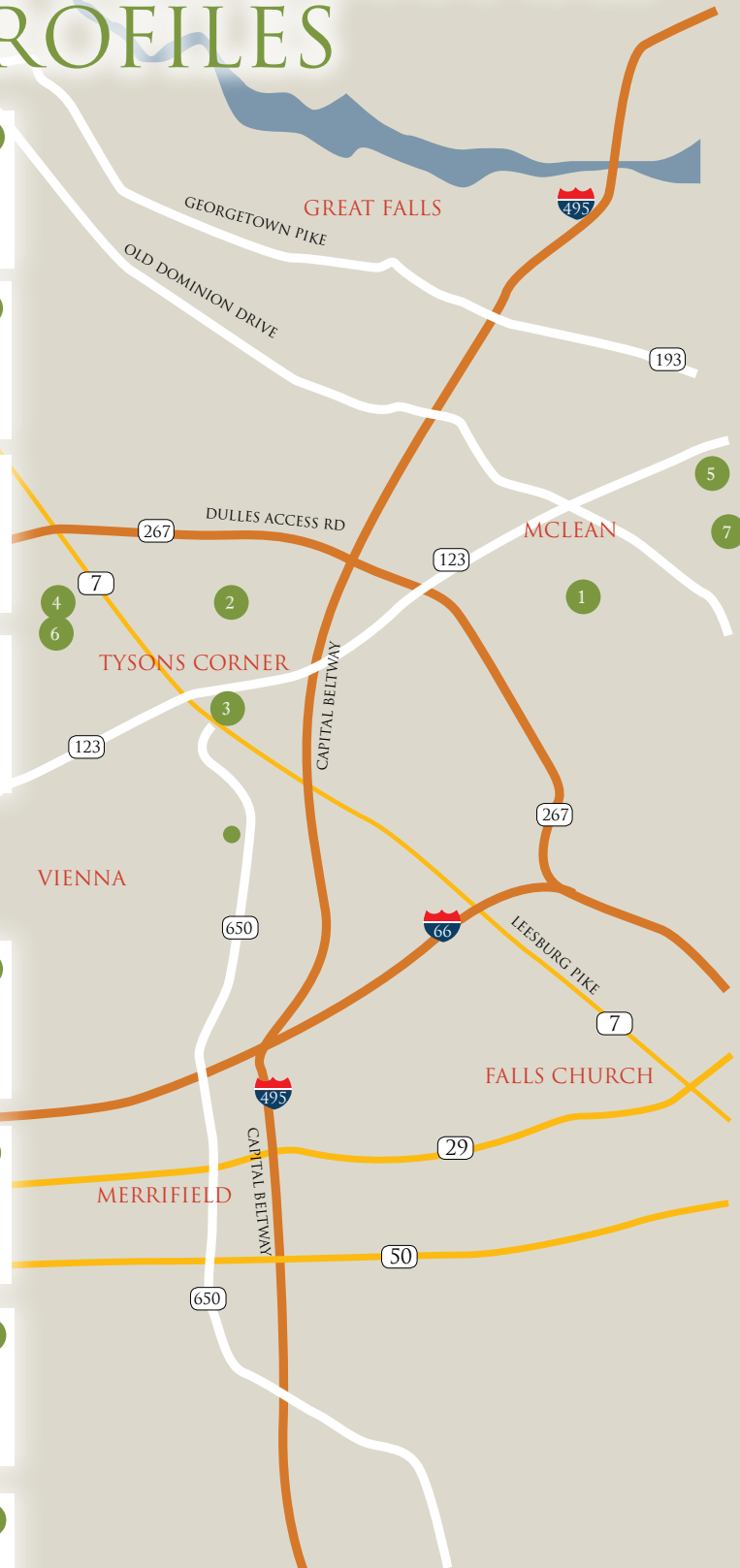
4
Dr. Gema Island
ISLAND CHILDREN'S DENTISTRY
703 790 1320
1500 Cornerside Blvd, Suite 310

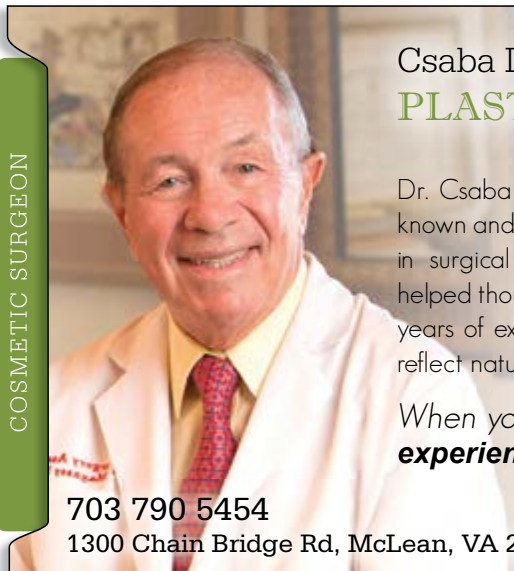
5
Drs. Csaba L. Magassy
PLASTIC SURGERY ASSOCIATES
703 790 5454
1300 Chain Bridge Road, McLean

6
Drs. Kate Snodgrass & Sonya Adam
VIRGINIA HOSPITAL CENTER
703 712 1600
1500 Cornerside Blvd, Suite 600

7
Drs. Alan & Andrew Hinkle
ALAN & ANDREW HINKLE, DDS
703 356 4034
6711 Whittier Ave, Suite 103

8
Steve Turner
TURNER, LEINS & GOLD, LLC
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108 Center St N, 2nd Floor





Csaba L. Magassy, MD, FACS PLASTIC SURGERY ASSOCIATES, PC

Dr. Csaba L. Magassy is one of the Washington area's best-known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, Dr. Magassy has helped thousands reach their cosmetic goals. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients.

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www.islandchildrensdentistry.com



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Dr. Franklin Richards, MD

COSMETIC SURGERY ASSOCIATES

Dr. Franklin Richards, MD, a long-standing resident of the Washington D.C. metro area and a graduate of George Washington University in 1982, is board certified and has been in practice since 1989. Dr. Richards has a passionate interest in and is known specifically for his expertise in mini facelift, eyelid surgery, breast augmentation and abdominoplasty.

Individuals needing correction or improvement of previous cosmetic procedures also seek him. His outstanding abilities inspire such confidence that fellow doctors and their spouses (including plastic surgeons), when in need of cosmetic procedures, come to Dr. Richards. His surgical skill, trustworthiness and approachability have earned him a lasting reputation.

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Steve Turner

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Dr. Dennis Faludi, MD

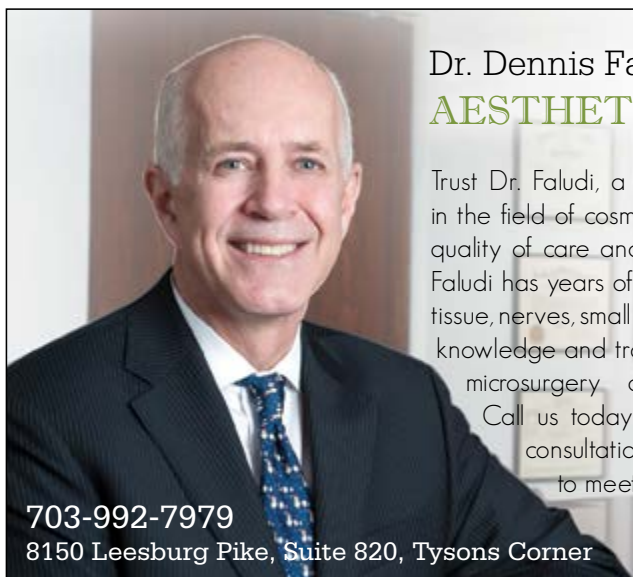
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 As Needed
 Hypertension Management
 Diabetes Management



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Dr. Sonya Adam
VIRGINIA HOSPITAL CENTER
 Physician Group Primary Care Tysons

Board Certified in Family Medicine, Dr. Adam forms true partnerships with her patients, encouraging their input on their care and treatment plans. With a particular interest in women's health, adolescent care and the management of chronic conditions, Dr. Adam makes good health maintenance and preventative care as central to her practice of medicine as she does the diagnosis and treatment of illness.

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 1500 Cornerside Boulevard, Suite 600, Vienna, VA 22182

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 Wellness Visits
 Treatment of Acute
 Illnesses/Injuries
 Chronic Disease
 Management
 Referrals to Specialists
 As Needed
 Hypertension Management
 Diabetes Management



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Dr. Daria Hamrah
NOVA SURGICARE

As a Board Certified Oral and Maxillofacial Surgeon, Dr. Hamrah has devoted all his training and experience to cosmetic, reconstructive and oral surgery treatments related to the head and neck. His specialized training in these areas has earned him much regard as one of the top facial cosmetic and oral surgeons in the Northern Virginia area. With a state of the art operating facility and a caring and well trained staff, Nova Surgicare welcomes you for a complimentary consultation.

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Come Out Smokin'

BY JAN KING

Smokers are a dying breed...yeah, pun intended. Recent statistics show only 19% of Americans are still hooked on the habit. Holy R.J. Reynolds! What happened? Smoking used to be one of life's great pleasures, ranking up there with food and sex—often surpassing both. We smoked unfiltered in the 50's, filtered in the 60's, and doobies in the 70's. After that we can't remember what happened.

Sure, we were mildly aware of the dangers of smoking—like smelly clothes and hacking up a lung, but nobody really cared. Hey, we couldn't help it! Everywhere we looked through the fog of ciggy smoke, we'd be pummeled with ads telling us that smoking makes you feel good, look cool, and act sexy. From the women's lib empowering Virginia Slims commercials to the fantasy of lassoing the ripped abs of the Marlboro man, we got hooked—physically and psychologically.

Forget about cigarettes shortening your life. The only life threatening event I ever witnessed was when my glammo girlfriend sprayed her Farrah Fawcett hairdo with 3 cans of Aquanet (it was 97% alcohol), attempted to light her Newport slim and her head spontaneously burst into flames. Luckily, she escaped with only singed bangs and eyebrows—well worth it to look so sophisticated. But nowadays, the image has changed. Anyone smoking in public risks the humiliation of having a third grader walk up to him and say, "Dude, that's NOT cool." Sigh. Smokers are being outlawed from just about every public place on earth except maybe their own basements. I wouldn't be surprised if the remaining smokers were deported to Molokai. Oops, forget it—the lepers don't want them either.

So, what are the options?

1. Quit Cold Turkey

UPSIDE: In one year you'll save the equivalent of a college tuition.

DOWNSIDE: Nasty nicotine withdrawal, weight gain, and paying for a lifetime of anger management classes.

CONCLUSION: The trade-off for being skinny and poor is being fat and rich.

2. Smoking Cessation Meds like Chantix

UPSIDE: Self-medication is very chic.

DOWNSIDE: Contraindications include loss of sleep, disturbing dreams, stroke, heart attack, weird behavior, depressing thoughts, and suicide.

CONCLUSION: Your odds of living are better if you don't quit.

3. eCigs

UPSIDE: You're inhaling harmless water vapor laced with addictive nicotine.

DOWNSIDE: You look like a geek smoking a pen.

CONCLUSION: Even gorgeous pitchwoman Jenny McCarthy and her gorgeous gams can't sell these things.

Which way would I go? None of 'em...pass the Prozac. ❖

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



25

WAYS TO SAY "I Love You"

BY MARY JEANNE CINCOTTA

CUPCAKES FOR THE KIDS

Try Strawberries 'n' Cream or
Red Velvet Cupcakes
at Danielle's Desserts
2001 International Dr, McLean
(703) 442-4096
daniellesdesserts.com

MAKE IT LAST

Write down 25 outings or other fun
things to do on popsicle sticks and
pull one out of a jar every Saturday.

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or Squares at
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Ste 180B
Vienna
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laviesucree.us

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www.achikian.com

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Do you love to take pictures of you and your significant other at special events? Print out 1 year's worth of couple's selfies and label them from whence they came to take a glimpse back at your time together.

LOVE LETTER

Try your hand at being a true romantic and put down in words all that your loved one means to you. There is nothing more cherished than a sincere love letter.

BE TRADITIONAL

Order those red roses locally at Karin's.
527 Maple Ave E
Vienna, VA
(703) 667-4790
www.karinsflorist.com

ROMANTIC DINNER

Discover a new romantic place to dine in Tysons in the Taste of Tysons section beginning on page 94.

MAKE IT A WEEKEND GETAWAY

Pull out all the stops and blow her mind with a weekend at Parma in Little Washington. Nestled among the Blue Ridge Mountains, Parma Spa provides the ideal setting for the best in ayurvedic, aesthetic, and spa services. Relax in the Inn beautifully furnished in Old World antiques and contemporary pieces.

105 Christmas Tree Lane, Washington, VA 22747
(540) 987-8588
parmainlittlewashington.com

GIVE THE GIFT OF BEAUTY

NOVA SurgiCare has state-of-the-art skin treatments that can make one look ten years younger. A gift card is just the thing.
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Suite 601, McLean
(703) 288-4495 novasurgicare.com

MAKE A "HONEY DO" LIST

Have a few annoying chores that you never seem to have time for on the weekend? Make it a Valentine's Day promise to get them done.

TURN YOUR MESSAGES INTO A BOOK

Have all your emails and facebook messages to each other printed into a book at
memeoirs.com

FOR THE DRINKER

Buy a heart box of chocolates and empty it and purchase mini bottles of your significant other's favorite liquor and arrange them inside. On the inside of the box's top write: "Every minute that is spent without you is a minute that is **wasted**. xoxo"

COUPLE'S YOGA

Purchase a private yoga hour for two at Bikram Tysons and get a personalized workout to leave you feeling refreshed and rejuvenated.

1420 Spring Hill Rd
Suite 130, McLean
(703) 854-1611
www.bikramtysons.com

LINGERIE

There's nothing like lingerie for Valentine's Day that makes both parties feel loved and appreciated. Visit Trousseau and get the right size. 306 Maple Ave W, Vienna (703) 255-3300 trousseaultd.com

COUPLE'S COOKING CLASS

Visit Open Kitchen, a unique culinary gathering space, for private cooking lessons. 7115 Leesburg Pike, Falls Church (703) 942-8148 openkitchen-dcmetro.com

COOLSCULPTING

Is she always complaining about her figure? A coolsculpting package from Astoria Laser Clinic will reduce the stubborn fat she's been trying to lose in as little as 2 treatments. 2106-B Gallows Road, Vienna, (703) 992-9290 astorialaserclinic.com

PINK POST-IT HEART

Write down 25+ quirky, fun, and/or interesting things about your valentine that you love on 25+ individual post its and create a heart shape with them on their mirror. One post it should say: "Why I love you. . ."

MAKE A COUPON BOOK

You know your loved one best, so why not give them unconditional permission to ask for those things with no strings attached. A coupon book does just that. Each sheet contains one nice act that you can do for your loved one like: receive a full body massage, prepare a bubble bath, or include an event or outing he or she may enjoy like a trip to the theatre or a wine tasting. And don't forget relieving him or her of a daily chore for a week. You can purchase already made coupon books at www.gifts.com

MAKE IT A MOVIE NIGHT

With tons of people crowding the areas restaurants, a cozy movie night at home may be just the ticket. Light up the fireplace and pop the popcorn. You can even make it a time to watch those home movies with the kids.

TICKETS!

Solas is playing at The Barns at Wolf Trap on Valentine's Day. This quintet's diverse repertoire includes innovative original songs as well as Irish classics. Show starts at 8pm. www.wolftrap.org

PRINCESS JEWELERS

Visit one of the largest inventories of loose gemstones and diamonds and choose something perfect for her.

529 Maple Ave W, Vienna, VA 22180
(703) 255-5050
www.princessjeweler.com

FOR THE SENSES FOR HIM

Buy 5 uniform boxes and label them with hearts of the five senses: see, hear, taste, touch, and smell and fill them with items accordingly. Get a pair of sexy underclothes for "see," cologne for "smell," his favorite candy for "taste," etc.

"ROSES" FOR HIM

Buy 12 silk roses and take off the buds and replace them with 12 individual strips of bacon rolled into the shape of a rosebud before cooking. Attached the cooked "bacon buds" onto the silk stems and "viola!"—an edible bouquet for him.

GO ICE SKATING

Dress up in your warmest sweaters and favorite scarves and try out Tysons Plaza's new ice skating rink.

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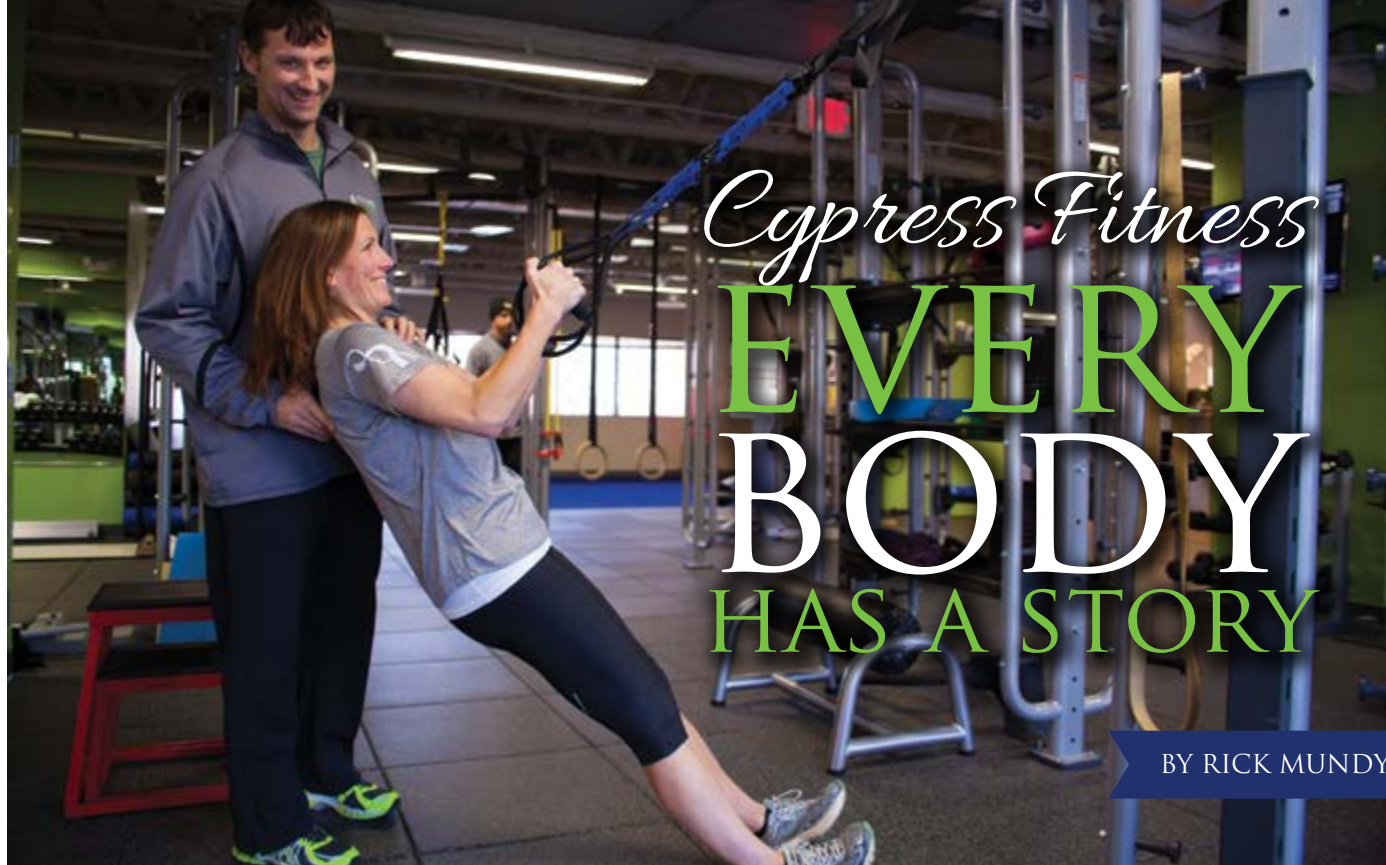
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This intimate setting is perfect for lunch or dinner and for any celebratory occasion. Perfect for that special evening, with that someone special, on that special day. Cafe Renaissance offers an exemplary fine dining experience for you and your guests in a warm and welcoming, yet elegant and sensual ambiance. Serving exquisite continental cuisine with a French and Italian flair with impeccable personal service. Reservations recommended.

163 Glyndon Street SE, Vienna, Virginia 22180

www.CafeRenaissance.com

703-938-3311



Cypress Fitness **EVERY BODY HAS A STORY**

BY RICK MUNDY

Here we are at the beginning of 2015, and many of us have chosen to establish new goals for ourselves, especially in the area of health – lose weight, become more fit, eat healthier, become less stressed. Fortunately there is an answer that encompasses all those concerns in a single facility.

From the moment one enters Cypress Fitness at 6867 Elm Street in McLean, it is evident that this is not your average fitness center. Oh, one will recognize much of the equipment used, but similarities to a standard gym stop there. Replacing Elm Street Fitness about a year ago, the facility underwent a \$750,000 renovation. They upgraded the technology, revamped the equipment, and installed state-of-the-art, high-density 4" thick flooring for ideal impact conditions during workouts.

Monitors strategically placed throughout the workout area report individual's progress such as calories burned, current heart rate, effort being maintained and more. It is, in fact, a process of constant assessment and feedback of your body's activity while exercising. Each individual has a belt with a computer chip analyzing the workout. Even when on vacation, the client's efforts will be recorded, then uploaded to the computer upon returning to the fitness center.

Owner Chris Mattice describes the experience as a technology-based fitness solution. They have married technology and analytics with labs and fitness, completing biometrics assessment and developing individualized coaching programs to address each client's specific needs.

As Chris says, "Why guess? Let's assess." They analyze the client's blood, urine, and genetics to write a unique fitness program for each client. "We do as much in house as we can" but they also use outside labs to analyze data as required. Once the client has all the data, Cypress can show them how to use the information to maximize their training based on the client's goals. Marketing Director Katherine Quinn explains, "Biometrics are retested regularly and fitness programs are adjusted. It is a concierge fitness experience."

Coaching can be one-on-one, semi-private, or in a group. A typical client will do both group and individual sessions, maybe one or two of each per week. Each session lasts an hour. The group coaching is just like one-on-one. It is programmed and coached for each individual but the group sessions are based on camaraderie. Chris says, "We all thrive with encouragement and motivation to succeed. People want to do more work, but it's difficult when they are exercising on their own."

"There are no sitting pieces of equipment but that is intentional. The body is designed to move and that is the way you should exercise. We suffer from sitting disease in our lives today. We sit at breakfast, on the drive to work, we sit at work, on the drive home and at dinner. Then we sit at the various screens that are in our lives. We can all benefit from less sitting and more body movement."

Another significant area of evaluation is that of nutrition. Cypress will undertake a review of the client's diet and, again through lab analysis, determine which foods are best for each individual. The average person consumes 26 foods in their

diet, some may be good for that individual, some may be bad. The analysis will say which of 256+ foods are compatible with your body and which are not. For example strawberries may be good for you while blueberries may not. The report can even tell you the exact types of nuts that are good for your body.

As their slogan says, "every body has a story." The body has a cellular response to each food. Negative responses can result in inflammation, which can result in sleeplessness or brain fog or other maladies. Cypress will investigate the causes of your condition based on the foods you eat. Then the client can follow their recommendations or take the results to their own doctor for follow-up.

Chris has worked for sixteen years amassing this knowledge while apprenticing with the likes of trainers Charles Poliquin, Lavalle, and Cosgrove. He has developed this total fitness approach to help people feel better and be as healthy as possible, with more energy and better sleep. "We look to be the one-stop shop where health needs are met both inside and outside the body to have a happy, healthy, and pain-free life. We are educators who provide real fitness for real people.

"As far as we know, Cypress Fitness is the only center that takes this kind of approach to your health, with a personalized treatment program for each client. As we continue, our goal is to be an ever-increasing part of the community, helping with programs like youth sports safety."

To inquire about a technology-based fitness program, contact Cypress Fitness, at 703 442 0748, www.cypressfit.com. ♦



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Living at the **SYLVESTERY** BRINGS PEACE OF MIND

BY RICK MUNDY

From the first time the memory-impaired person takes off from home unescorted in the middle of the night, the caregiver never has another night's rest. Will he run off again? Will he get hurt if he does?

As one's memory loss becomes ever more acute, the challenges for the family multiply until there is no break in the 24/7 physical and emotional demands being placed on them. Hence a need for assisted living arrangements develops. At the Sylvestery the administration and staff understand all of these issues. Marketing Director Dave DeClark explains, "We consider all of our residents from multiple perspectives, including social, nutritional, and clinical needs – and pay particular attention to the family members also."

"A major concern is: who takes care of the family member/caregiver? We don't want them to be the forgotten group."

Indeed bringing their loved one to a new home can create a lot of guilt. At The Sylvestery the family is encouraged to be a significant part of the resident's life.

The clinical team encourages regular visits and there is much freedom for the families to take the residents out frequently. As much as possible the center includes the family in caretaking discussions and activities. "We want the family member to say "I'm really glad they're here." " says DeClark. In fact the resident council meetings are really family council meetings as some residents can't speak for themselves.

Another factor of note is that The Sylvestery is one part of the Vinson Hall Retirement Community which also comprises independent living, assisted living and nursing care. The management looks to maintain the community aspect as individuals may move from one facility to another. Spouses often live within the community but at another level of care. In fact one group of ladies

CONTINUED ON PAGE 78



I WAS LOOKING FOR A PLACE FOR MOM AND DAD, NOW I WANT TO MOVE THERE TOO!

We designed the Renaissance Program at The Sylvestery specifically for those in the early phases of memory impairment.



Contact us for
a tour today!
703-538-2975

In our maintenance-free environment, your loved ones enjoy life at their own pace through engaging activities promoting physical and spiritual well-being based on individual abilities and group interests.

Our award-winning layout provides the safety, comfort, and freedom which allows residents to move freely through continuous walkways and numerous courtyards to enjoy safe outdoor experiences.

With a highly-trained, personable staff and a calendar of events, you can be sure our residents get the most out of life. Residents of the Renaissance Program can enjoy home-cooked lunches and dinners in our Compass Rose Café.

The Sylvestery Memory Support is open to the community and does not require any military affiliation.



THE SYLVESTERY MEMORY SUPPORT — VINSON HALL RETIREMENT COMMUNITY
1728 KIRBY ROAD | MCLEAN, VA 22101 | WWW.VINSONHALL.ORG



Living at the SYLVESTERY

continued from page 76

used to get together while living at Vinson Hall and now they play cards together at The Sylvestery.

The decision to establish The Sylvestery was made because there was a pressing need for a memory support facility in the community. Previously the Arleigh Burke Pavilion was used for memory-impaired residents. However the population is aging in place so Vinson Hall needs to design and plan for the future. The goal is to give the residents the best possible life experience while they can still enjoy it. The Sylvestery uses an all-inclusive pricing model without charging for add-ons. That allows families to pre-budget as the preparations are made.

The building itself was designed specifically to cater to the needs and safety of memory-impaired residents. As you enter the building, you see the beautiful Compass Rose Café where the residents can enjoy their lunch or dinner in a charming setting. From the lobby one continues along beautiful hallways, past delightful courtyards, and through numerous gathering spaces where residents can socialize and share activities.

Safety is of paramount importance. Certain residents may decide to take a walk at 3 am. They are not prevented from doing so, and due to the continuous hallway design they can move easily without encountering dead-ends which can be frustrating. The staff always watch the individual rooms and check on the residents very regularly. In fact The Sylvestery meets or exceeds all regulations and compliance requirements for assisted living care and even look after residents on a one-to-one basis as needed.

There are 36 private suites, each with full bath, which are constantly updated as new residents arrive. Each has the same



floor plan with either a left or right orientation, but they can be customized with furniture for the individual desires of the resident and family. Safety issues are key which accounts for the size and positioning of the major furniture.

Cubbies can be designed to create interesting variations and the facility provides cable if desired. The bed is oriented to the toilet so that the individual can easily see it,

reducing the level of incontinence, which helps assure their dignity. The individual bathrooms are “wet” rooms without shower stalls. Balance bars are always near and even the towel holders double as balance bars. The table lamps are attached to the bedside tables and can’t be knocked off. The science of designing for folks with dementia must take all manner of issues into account.

TV’s are not automatically offered as the goal is to draw the residents into more social settings. They are engaged with a network of people and the staff promotes the human interaction as much as possible.

As one could predict, there is a low turnover rate of employees. Many have been with The Sylvestery since it opened in 2002 which helps because they know the residents, they know the family members, they are part of life here at The Sylvestery. In return the families are happy because the staff is taking great care of their loved one. By knowing the residents, they can watch for red flags. If a resident’s eating habits change quickly, they can react to assist the individual who can’t always communicate.

Regular activities are cognitive-centered, including various speakers, trunk shows, music therapy, book and current event discussions. There are birthdays and visits from outside groups. Recently the Girl Scouts held an ice cream social for the

residents. There is a sensory oasis – a room with colors everywhere, lights, and all manner of objects for tactile stimulation. There is even a memory therapy robotic seal, Paro, who is a resident favorite. Four courtyards include such diversions as grills and a potter's shed for the gardeners. There is even a washer/dryer available for those who find a sense of purpose in laundry activities.

Our craft room is available for the messier activities. Fitness instructors keep many residents active and leisure time can include spa time when they can soak and get their nails done, and regular appointments at the in-house barber shop and beauty salon are often on one's schedule. In short residents at the Sylvestery enjoy a busy and fulfilling life in a setting of great caring, dignity, and safety. ♦




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Washington Gas
A WGL Company.

Righteous
CHEESE

Say Cheese

BY KEITH LORIA



(At left) Righteous Cheese Counter (At top) Williamsburg Cheese Shop (Above left) Arrowwine Cheese Shop (Above right) Cheesetique Restaurant (Opposite at left) Cavalry Camp Ash of Georges Mill Farm (Top right) Being chased by goats on Georges Mill Farm

As one who likes to plan the family vacations around cheese—travelling to the Normandy region of France, Alkmaar’s cheese museum in Holland and the Great Wisconsin Cheese Trail—eventually I came to realize that man can not vacation by cheese alone and I was forced to visit the theme parks and cruise destinations that other families frequent.

That left a void in my life, but thankfully, a little research and savvy investigating showed me that I didn’t need to venture far outside of my Northern Virginia home to enjoy the merits of a delicious cheese dish.

The Farms

A great way to spend a weekend is by heading south and visiting some of the state’s best cheese farms. You can visit three of my favorites in one day or make a weekend out of it and stay in one of the charming bed and breakfasts in the mountains.

Begin your journey with a short trek to the two-year-old Georges Mill Farm Artisan Cheese in Lovettsville, to taste its selection of handcrafted farmstead goat cheese. Located less than an hour from DC, this Northern Virginia farm boasts a creamery hidden inside a historic bank barn, with the lower serving as housing for its goats.

The farm also offers tours, tastings and cheese-making classes on select Sundays, but call ahead to schedule so you don’t miss out.

“We have the animals and make the cheese here so we do everything on site,” says Molly Kroiz, owner and cheesemaker of the farm. “We really pride ourselves on being accessible to people and love having people come out and see where the food comes from and of course, taste our cheeses.”

The farm is known for a wide assortment of cheeses, but my favorite is the Catocin, a pungent cheese with a creamy paste and an earthy, mushroomy flavor.

Others that you must try include the Dutchman’s Creek Chevré, a soft, tangy cheese named for the creek running through the property; and its Cavalry Camp Ash, a semi-soft cheese, named for the 6th NY Cavalry which spent the winter of 1864 camped on the property.

“It’s really a different product when you can get it fresh,” Kroiz says. “We came into this business because I loved being outside and working with my hands. It’s really fun and our days are



so variable—I could be birthing baby goats, making cheese and delivering to restaurants in the same day.”

Next, head to the Piedmont region of Virginia, just 90 minutes outside of DC, and stop in at the Everona Dairy in Rapidan, which provides daily tours at its creamery, allowing visitors to see the cheese making process and conclude with a scrumptious tasting.

Be sure to try its signature cheese, the Everona Piedmont, a sheep’s milk cheese with a nutty flavor and sweet aftertaste. Everona also recently began selling its first blue cheese—a real treat—with a soft, spreadable, almost liquid center inside.

Other popular offerings include its Beer Washed, Chocolate Torta, Cheddar and Earthquake cheeses.

The Everona Dairy is owned by second-generation family members Brian and Carolyn Wentz, a master cheesemaker, carrying on the tradition of the 15-year-old farm.

End your cheese excursion in the southern mountains of the state and stop at the Meadow Creek Dairy in Galax, where the creamery is patterned on traditional European techniques.

“One of the best things about being a farmstead cheesemaker is you have your own milk. As we are a seasonal grazing dairy this creates a very unique milk which serves as the basis for our cheeses,” says cheesemaker Helen Feete. “We live in the Appalachian Mountains so our specific location, soils, grass, climate and altitude all combine to contribute to our cheese.”

A personal favorite is the Appalachian, a lightly cooked, pressed-curd cheese, aged for at least 60 days, that brings out a taste of a bright, lactic cheese with buttery overtones and a mushroomy earthiness.

The farm also offers the Grayson, a cheese inspired by a trip the family took to Ireland, which has a rich, beefy paste, and tastes slightly sweet, with grassy and nutty notes and a solid earthy undertone; and the Mountaineer, a washed rind cheese with a delicate, supple texture that just melts on the tongue.

Stop Here

In addition to the farms, there are a couple of places that every cheese lover is going to need to visit to experience a cheese-tastic life.

Virginia is home to one of the most unique cheesemaking ventures in the world, as a group of nuns at the Our Lady of the Angels Monastery in Crozet, Va., churn out a delectable gouda using a native Dutch recipe and cheese culture shipped fresh from Wisconsin.

All the work—from making the cheese to packaging to providing mail-order marketing—is done by the nuns in a red-and-white barn that sits down the hill from their monastery, complete with a stainless steel vat holding 725 gallons of curds and whey.

“The cheese-making is our means of self-support. It covers our living expenses, and allows us to give alms to those in need,” says Sister Barbara Smickel. “And it is a very bonding experience for us—nothing quite like working together on a common project, making something good and wholesome and sharing this with the rest of the human family. Also, our life of prayer is quite intense, and the good manual labor done together is a wonderful complement to this.”

The sisters produce only what they need to support themselves so that they can remain focused on their life of worship and charge just \$25 for a two-pound wheel. It’s definitely worth stopping by and grabbing a wheel or two to take home and enjoy. It’s just heavenly.

Then there’s the Cheese Shop in Williamsburg, a restaurant in the historic Merchant Square, which offers cheeses from all over the U.S. for tastings, in sandwiches and to go with its more than 4,000 wines and micro beers. It also features a takeout window for people to enjoy a nice cheese treat as

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Say Cheese

continued from page 81

they explore the streets of Colonial Williamsburg.

Owned by second-generation restaurateurs Cathy Power Pattisall, Thomas Power, Jr., and Mary Ellen Power Rogers, the Cheese Shop first began in 1971 in Newport News and moved to its current location in 2001 and is one of the busiest and most popular places in town.

The Restaurants

Without question, my favorite dining option in Northern Virginia is Cheesetique, which has locations in both Alexandria and Arlington. Friends and family who visit me are almost always taken here on their first night and once looking at the menu, they understand my passion for the place.

The gourmet boutique features over 300 cheeses from around the world, and you can order as many as you desire on a cheese plate. But my favorite thing about the place—aside from the nice cushy red couch that you can claim with a party of four—is its signature Fromage Fort, an ever-changing fondue blend that is made from whatever cheeses happen to be available on a given day. It never disappoints.

Then of course, the restaurant has a menu full of “adult grilled cheeses,” which are made with cheeses like Gruyere and Pimiento, plus specialty meats and served on mouthwatering breads. Add a nice bottle of Bordeaux and a side of olives, and you have a meal fit for a king.

Another interesting place to check out is the Screwtop Wine Bar and Cheese Shop at 1025 N. Fillmore St. in Arlington. The store sells a unique selection—such as wasabi cheddar—and the restaurant has nice cheese/flight pairings that change monthly. Its menu features cheesy delights such as grilled cheese sliders and fiesta nachos.

If you’re in the Cleveland Park area, be sure to check out Ripple (3417 Connecticut Ave. NW), an award winning upscale casual restaurant that offers fresh, local cheeses from Maryland and Pennsylvania, as well as a selection of international cheeses.



(At left) The nuns with their cheese (Above) Cheesetique

These can be ordered as part of a cheese plate (with resident cheese monger J.R. helping with selections) or on one of its signature grilled cheese specials at its high-end grilled cheese bar. The latter offers rich treasures, such as the rich e rich with hand sliced prosciutto di parma, morbier and truffle butter, or you can build your “dream” sandwich by selecting the bread, cheeses and toppings you desire.

The Shops

When I’m up for a cheese picnic or a dinner at home with friends and family, I usually opt to head to Arrowine & Cheese in Arlington, Va., or its sister site Arrowine & Spirits on K St., in DC to choose my selections.

Not only does it offer some of the best cheeses from around the world—my favorite being Ewephoria—but it has a selection of fine wines that puts most wine stores to shame. With an olive bar, charcuterie station and fresh bread available every day, you can spend an hour in the store tasting cheese favorites of the staff and leave stuffed before you even get home to your meal.

The staff knows its stuff and will join you in sampling any cheese you desire and there’s no better place to talk about the subject of cheese in the area.

Those in DC should check out the Cowgirl Creamery at 919 F St. NW, as it specializes in selling fresh, delicious organic cheeses made by head cheesemaker Maureen Cunnie. The store provides numerous cheese samples, and you can also pick up pasta, spreads, crackers, nuts and other cheese complementary items.

Finally, Righteous Cheese at 1309 5th St. NE in DC, located inside the Union Market in NoMa, attracts a younger college crowd with its cheese/beer pairings. The trendy eatery changes cheeses monthly, and the shop offers wine and cheese classes taught by noted Fromagier Carolyn Stromberg.

If you’re “cheese crazy” like me, you don’t need to worry about not getting your fix if you come to the DC area. With scrumptious restaurants, incredible shops and farms you can make daytrips to, there’s no reason why every week can’t be cheesetastic. ❖

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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Dear Wine Diary

Creating Your Own Wine Tasting Notes

BY LINDA BARRETT

When it comes to describing wine, we all know enough to be dangerous. Yet, even the most knowledgeable among us are flummoxed by some of the terminology and methods used to describe wine. Here, we'll help you understand how wines are described and show you how you can create your own tasting notes or tasting journal.

Wine terminology

Visit any winery and you will be handed the wine list, with its corresponding descriptions. Here are a few common terms that may help you understand how a wine receives its description.

Acidity Wines with high acidity are described as "tart" as opposed to "round." Reds generally have a lighter color, and whites can have characteristics similar to citrus juice.

Austere Considered an "unfriendly" wine, austere generally means the wine has very high acidity and very little fruit flavors.

Big A big wine brings a large flavor involving all sections of your mouth and tongue. It can also mean that it has big tannins.

Bright Bright wines make your mouth water due to their higher acidity.

Buttery Buttery wine is aged in oak and is rich and flat, or less acidic, with a creamy texture that resonates on the middle of the tongue like oil or butter, with a smooth finish.

Cigar These wines hint at sweetness and cedar, and offer a smoky taste. This is a wine to sit and sip.

Complex In a complex wine, the flavor changes from the time you sip it to the time you swallow.

Crisp Crisp wine is simple and generally is a white. It's great for a hot summer day.

Earthy This term describes a sometimes-unpleasant green finish on a wine.

Elegant An elegant vintage has higher acidity and more green characteristics, and is better once it has aged a bit. It is often described as elegant when it is not bold, fruity or big.

Oaked Fermenting in oak gives white wine a butter, vanilla or coconut overtone, while in red wines it adds flavors similar to vanilla, baking spices or dill.

TASTING NOTES:
Blenheim Vineyards Cabernet Franc
"This Virginia red wine is aged 9 months in American and Hungarian oak barrels. Notes of smoke, dried herbs, eucalyptus, cedar and cracked pepper make this an intriguing example of Virginia Cabernet Franc. This wine is not masked by oak, creating a juicy expression of this varietal."

Opulent Opulent describes a wine that is smooth, bold and rich.

Structured A structured wine can be difficult to drink due to its high tannin levels. Age this wine and it should mellow out.

Toasty These wines refer to those aged in Medium Plus Toasted Oak barrels, offering a burnt caramel finish.

Unoaked An unoaked white wine is zesty, with lemony flavors, while a red is likely to be tart. Unoaked refers to the lack of vanilla, butter, cream or baking spices flavors.

Velvety Like chocolate, velvety wines are smooth, silky and lush.

Writing your own tasting notes

With any wine tasting, it's fun to taste and make comments. Take it to the next level by creating your own tasting journal with these helpful steps.

1. Appearance

Describe the color you see in the wine, and note its shade intensity using descriptive words for the red, purple or yellow tones, such as deep, medium, golden, greenish, opaque or pale.

2. Aromas

Aromas are sometimes referred to as the “nose” or “bouquet.” Take a first sniff and jot down the aromas that come to mind first. First impressions can include “fruity” or “floral.” Then swirl your glass and take a second sniff to look for more descriptors such as “fruit,” “buttery” or “vanilla,” or even “barnyard,” “musty” or “earthy.” List the primary aroma first.

3. Flavors

Take a healthy taste and swirl the wine around in your mouth several seconds before swallowing. Describe the wine's taste as it hits your tongue and note whether you perceive it as sweet, bitter, sour or salty, and note similarities to foods.

Primary: Primary tastes come from the type of grape and its terroir, and might be described as tobacco, black pepper or plum, for example. When describing a wine for your own tasting notes, list the primary taste first, with others to follow.

Secondary: Developed in the winemaking process, secondary flavors can include slightly more subtle notes such as fresh butter, baked bread, fruity, chocolate, nutty or caramel.

Tertiary: Tertiary flavors develop through aging and often the oak, and include more identifiable flavors such as vanilla, clove, coconut, smoke, or almond.

4. Acidity, Tannins and Body

Acidity: Acidity refers to the tartness or how puckering a wine is. With a high acidity, the wine may offer characteristics similar to a lemon or lime. With low acidity, it may be similar to watermelon.

Tannins: Texture is the key. Note whether the wine has a “grip,” or a feeling that it sticks to your teeth.

Body: Notice how the wine feels in your mouth—its silky, rough, heavy or thick feel. The fuller it feels, the more body it has.

5. Finishes

The finish occurs the moment after the wine's flavor dissipates, and leaves a specific aftertaste such as earthy, woody or sweet. While you can make a pleasant wine from inferior grapes, you cannot fake a long finish. Only the best grapes and the best winemaking processes result in a beautiful finish. (Note: On a wine grading scale, the finish is what often gives wine its highest ratings.)

Sweet Finish: The most popular finish, the sweet finish offers a note of sweetness, even if the wine itself is dry. In reds, the note could be reminiscent of sweet blackberry or sweet tobacco.

Tart but Tingly Finish: With a more bitter or tart finish, with some possible green notes, a quality wine's acid will tingle and persist, giving it a long finish.

Fresh Finish: This finish indicates a number of secondary flavors on the finish, and may refer to freshly-made wine.

Keeping a wine tasting journal will help you record wines you loved, and perhaps some you didn't. In either case, the most enjoyment comes when you can recognize the complexities and flavors each individual wine can offer. ❖

TASTING NOTES:

*Chrysalis
Vineyards Viognier*

“The wine has a heady perfume; a mélange consisting of cantaloupe, peaches, nectarines, orange blossoms and honeysuckle. On the palate, the wine is bold with sweet citrus and apple notes follow by hints of pineapple and Limoncello, with an underlying minerality. Fermentation in neutral oak barrels round out the wine and add a creamy texture.”

Total Wine & More provides two wine tasting records—one each for reds and whites—you can download and use for your own tastings.

Download them:

www.totalwine.com/extra/tasting-sheets/tasting_sheet_white.pdf
and

www.totalwine.com/extra/tasting-sheets/tasting_sheet_red.pdf

AUTHOR: Linda Barrett is Wine Editor for Viva Tysons and owner of the corporate writing firm All the Buzz, www.allthebuzz.net.

A photograph showing three students in a science laboratory. They are wearing green safety goggles and gloves, working with various glassware and equipment. A teacher or adult is also present, observing their work. The scene is brightly lit and focused on the students' activity.

PRIVATE SCHOOLS OF NORTHERN VIRGINIA

BY RICK MUNDY

Students at Nysmith School are deeply engaged in a science experiment.

Throughout the Northern Virginia area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools. While the following is not an exhaustive list of schools in the area, they represent schools that have earned a reputation for quality instruction and nourishing development of inquisitive young minds.

Bright Horizons creates developmentally appropriate learning opportunities building upon individual strengths and talents that empower children to be confident, successful, lifelong learners.

Early childhood is a time of remarkable growth, when children are experiencing rapid development, learning new skills, and progressing steadily towards physical, intellectual, and social-emotional milestones. Children at Bright Horizons are assured of getting the care that they need, the creative learning experiences they enjoy, and the intellectually challenging opportunities they deserve.

Regional Manager Vallerie Tribble says “Bright Horizons has an extreme commitment to the growth and development of our children who are the center of our efforts. We focus on

the whole picture, providing the best learning [environments and highly-qualified teachers and administrators in an effort] to create the best partnerships with our families. It is this connection among all groups that makes Bright Horizons stand out as a leader in early childhood development.”

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Road, Falls Church, VA 22042
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www.brighthorizons.com
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Brooksfield encourages children to be confident in who they are and who they are becoming. Everyday provides a range of opportunities for children to grow into their potential and to express themselves in a natural, spontaneous fashion.

BROOKSFIELD SCHOOL

1830 Kirby Road
McLean, VA 22101
703 356-5437

www.brooksfieldschool.org
Pre-K through 4th
Montessori school

CONGRESSIONAL SCHOOLS OF VIRGINIA

3229 Sleepy Hollow Road

Falls Church, Virginia 22042

Phone: (703) 533-9711

www.congressionalschools.org

Infants through eighth grade

Congressional Schools of Virginia offers a welcoming environment for families interested in providing the best possible education for their children.

Through an innovative and accelerated curriculum, the Congressional Schools prepare children to embrace the opportunities and responsibilities they will face as global citizens. The core curriculum is enriched with foreign languages, fine arts and athletics.

Congressional's unique approach to education includes integrating study across disciplines as well as across grade levels, building relationships and a reassuring sense of continuity in their education.

FLINT HILL SCHOOL

3320 Jermantown Road

(Upper School)

10409 Academic Drive (Lower and Middle School)

Oakton, VA 22124

703 5842300

www.flinthill.org

Transitional Kindergarten through Twelfth Grade

A **Flint Hill** education focuses on the learner. Within a context of strong relationships, we create developmental experiences that embrace the best practices of traditional and contemporary education.

Different learning styles are recognized and personalized attention given; Learning how to learn, through mastery of critical thinking, problem solving and writing skills, is given as much attention as mastery of subject matter.

The Flint Hill School experience is not merely a stepping stone to college,

but one that has lifelong meaning and deep satisfaction. Headmaster John Thomas explains, "Flint Hill's dynamic learning environment prepares students for success in a rapidly-changing world. Our teachers are committed to inspiring, encouraging and supporting every student to think deeply, engage in substantive interactions, and participate in meaningful conversation. Our students are nurtured toward achieving their personal best while remaining mindful of others and building lasting relationships with their instructors and peers."

Green Hedges School provides an experience that emphasizes core academic subjects, foreign languages, the arts and athletics, while supporting the overall growth of the students.

A balance between academics and the arts and a whole child approach permeates the school culture. Headmaster Bob Gregg adds, "Children enter schools with diverse sets of skills, perceptions and experiences. Yet, an independent school, by virtue of its "independence" from external governing forces, has the unique ability to celebrate these differences within the context of the school's clearly defined core values. At Green Hedges, these values include Achieve Distinction, Commit to Character, Explore Opportunities and Become Yourself. The collective efforts at GHS embrace these themes and facilitate the creation and preservation of an environment where preschool, elementary and middle school children comfortably grow intellectually, emotionally, physically and spiritually."

continued on page 88

GREEN HEDGES SCHOOL

415 Windover Avenue NW.

Vienna, VA 22180

703.938.8323

www.greenhedges.org

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www.brooksfieldschool.org

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Langley School Head Dr. Scully visits with two students.

PRIVATE SCHOOLS continued from page 87

LANGLEY SCHOOL

1411 Balls Hill Road
McLean, Virginia 22101
703 356-1920

www.langleyschool.org
Pre-School through Eighth Grade

The Langley School creates a child-centered environment that is academically challenging and uniquely engaging. The curriculum is integrated across disciplines,

developmentally appropriate, and multicultural.

The students blossom in a safe, structured, and academically rigorous community that enables intellectual risk-taking while promoting positive social and personal development. The Langley School celebrates the middle school years to ensure they are not simply a sandwiched transition between elementary and high school.

For every child the innovative and differentiated teaching is tailored to the different learning styles of the students. Students learn so much more than how to read, solve a math problem, speak Spanish, or use a microscope. Langley prepares students for a life of intellectual engagement and responsible citizenship.

Dr. Elinor Scully, Head of the School remarks, "What distinguishes Langley is our commitment to pre-school through eighth grade children. These are foundational years that can position a child to thrive at work and in the community. We underscore the intellectual, social and emotional development and have a curriculum that is designed to ensure each child's success.

Tutoring Club of McLean provides tutoring in reading, writing, all levels of math and sciences, history, English, foreign languages, study skills, SAT/ACT prep and more. The friendly tutors and positive atmosphere are the perfect choice for helping students strive academically and gain self-confidence.

Parents and students have quickly grown to appreciate Tutoring Club of McLean's warm, fun and nurturing environment, and frequently comment on the flexibility,

customer-focus and results. Through daily actions and involvement in the community, the Tutoring Club also strives to educate children on how they can make a difference in the world in which they live.

TUTORING CLUB

6228 Old Dominion Drive
McLean, VA 22101

703 237-8886

www.tutoringclub.com/mcleanva
Tutoring for Pre-Kindergarten through Twelfth Grade

General objectives of the **Montessori program**

are to: nurture self-confidence, independence, concentration, coordination, a sense of order, and an awareness of self, community and the world,

to encourage and direct the natural desire to learn, choose and solve; and to provide a carefully prepared environment and personnel to support learning as it moves from the concrete base to greater abstraction.

The Primary (preschool/kindergarten) environment is divided into four main categories: practical life, sensorial exploration, language, and mathematics. The academic program also includes art, music, geography, science, history, foreign language, and physical education.

The rich Elementary curriculum includes mathematics, language, reading, grammar, writing, spelling, geography, history, technology, foreign language, and science.

Co-Head of School Meredith Wood offers, "Our mission is to nurture the whole child and to inspire an enduring love of learning that prepares children to live joyful lives as responsible, compassionate citizens, therefore contributing to a peaceful and benevolent society."

Combining "serious fun" with exceptional academics, **Nysmith**

School motivates students to become their best selves academically and socially.

Nysmith teachers have created an active, hands-on program where students

role-play in social studies, dissect in science labs, discuss in language arts, and create in computer class. Methods are lively, engaging, and take advantage of students' innate joy in discovery and learning. Classes are small so teachers and students can truly collaborate.

Ken Nysmith comments, "The reason people drive their children from Bethesda or Arlington to our school in Herndon is that we are so committed to diversifying the academics for the children to flourish. They typically perform at four levels

MONTESSORI OF MCLEAN

1711 Kirby Rd.

McLean, VA 22101

703 790-1049

www.mcleanmontessori.org
Montessori for children 24 months through 12 years old

NYSMITH SCHOOL

13625 EDS Drive

Herndon, VA 20171

703 435-7711

www.nysmithschool.com
Preschool through Eighth Grade

above grade level. Nysmith School really meets the needs of our children in a loving and nurturing environment.”

OAKCREST SCHOOL

850 Balls Hill Road
McLean, VA 22101
703 790-5450
www.oakcrest.org
Girls' School for Sixth
through Twelfth Grades

Oakcrest educates the whole person. Inspired by the teachings of the Catholic Church and the spirituality of Opus Dei, they weave together a rich liberal arts curriculum, character development, one-on-one advising and service to create a vibrant environment that graduates confident young women who will make a difference in all they choose to do.

Students at all-girls schools report having higher aspirations and greater motivation, being challenged to achieve more, engaging more actively in the learning process, feeling more comfortable being themselves and expressing their ideas, showing greater gains on core academic and life skills, being and feeling more supported in their endeavors.

OUR LADY OF GOOD COUNSEL CATHOLIC SCHOOL

8601 Wolftrap Road
Vienna, VA 22182
703 938-3600
www.olgcschool.org
Kindergarten through
Eighth Grade

The School provides a Catholic education instilled with the spirituality of St. Francis de Sales. It is intended to “make your child’s faith a living, conscious, and active one through the light of instruction.” The integration of religious truth and values with life is the focal point of the curriculum. OLGC School strives for academic excellence, encourages appreciation of the fine arts,

fosters self-respect and respect for all life, and attempts to develop responsibility for the total community.

The **Potomac School** prepares students to achieve academically and to live healthy, principled, and successful lives. Potomac faculty truly get to know each child - their interests and passions and what lights their intellectual fire, challenging students with a rigorous program of inquiry and study. Potomac graduates develop a framework for understanding the world and the skills and traits to succeed in it.

Head of School John Kowalik notes, “A Potomac School education is distinctive in many ways. I think immediately of the excellence of our teaching and the beauty of our wooded, 90-acre campus. One of our great strengths is the fact that Potomac is a K-12 school with all grade levels in one location; this creates exciting opportunities for collaboration and contributes to the strong sense of community for which our school is known.

“In addition to academic achievement, Potomac emphasizes character development and excellence in all dimensions of a student’s life. This is the promise of our mission—to prepare students to achieve academically, and to lead healthy, principled, and successful lives.” ❖

POTOMAC SCHOOL

1301 Potomac School Road
McLean, VA 22101
703 356-4100
www.potomacschool.org
Kindergarten through Twelfth Grade



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BY RENEE SKLAREW



HIDDEN TREASURE:

SEA PEARL

RESTAURANT & LOUNGE IN THE MOSAIC DISTRICT

When you step into Sea Pearl, you can't help but be impressed. The stunning flower arrangement in the expansive entry, the cozy couches in the lounge, the hushed dining area—it feels more like a posh downtown restaurant than a suburban eatery. Sea Pearl is where a couple might celebrate a romantic anniversary or treat themselves to date night. The elements are all here for an evening to remember.

I asked Chef Sly Liao how he and his partner/wife Ly Lai created such a stand-out dining experience, and he explained simply, “We like to do what we like to do.” The independent-minded husband and wife team took no investors when they designed Sea Pearl, a one-of-a-kind restaurant located in Merrifield at the entrance to the bustling Mosaic District. They were pioneers; the first to bring fine dining to what had been an industrial neighborhood with a few fast food places. Six years ago, when Sea Pearl opened its doors, the restaurant blazed a new trail with an eclectic menu, soft, alluring interiors, and attentive service.

Questioned about why they chose Merrifield, Sly says, “It’s where we live. This is our neighborhood. We know our neighbors have disposable income, and there was nothing like this here before. So I thought it would be great for us,” he pauses, “Maybe it’s time for the suburbs.” Agreed.

Sea Pearl has many loyal customers who know and regularly patronize the restaurant, but in some ways, it’s still a hidden gem. “We are still waiting to be discovered,” notes Liao. “We have full confidence in what we do—it’s all from our passion. We’re making what we like to eat. People have recognized that, and they love us for it. We get most new customers from word of mouth.”

The design is sleek—black, grey and orange furnishings—with cascades of pearly white shells hung in strategic spots. The lounge can be lively, but the dining area remains serene, an ideal place for meaningful conversation. Additionally, the private dining room seats up to 100 people.

CONTEMPORARY ETHNIC

Exotic sushi rolls; Moroccan root vegetable stew; hefty braised lamb shank—Sea Pearl’s menu defies categorizing.



The wide range of ethnic influences is a result of the partners' impressive pedigrees. Sly was born in India to Chinese parents, and his world involved eating different cuisines. Growing up, he sampled a wide range of spices, and that exposure continued when he cooked in New York City for ten years before heading to Washington DC to become the regional chef for Ark Restaurant Group. Before opening Sea Pearl, Sly was headquartered at Sequoia in Washington Harbour.

Sea Pearl's manager, Ly, is the eldest of Northern Virginia's famous Four Sisters, a Vietnamese restaurant dynasty that has provided her with serious food cred. Sly and Ly (pronounced Lee) endeavor together, side-by-side with their enthusiastic staff members. "We feel like a family," says Sly. "It's great for them. They see us working here every day. They are involved; we explain things. It's more personal, hands-on. You can't substitute that."

THE MENU

What to order? That's a conundrum when you peer at this menu for the first time. Ideally, you would go a few times to explore all they have to offer. But a good start is the signature sushi. These are not your grocery store sushi rolls. Besides the clever combinations

"We are still waiting to be discovered," notes Liao. "We have full confidence in what we do—it's all from our passion. We're making what we like to eat. People have recognized that, and they love us for it..."

of the freshest seafood, each plate looks as good as it tastes. I recommend their popular Firecracker, Paradise or Hell rolls.

The First Course dishes are just as imaginative—the Spicy Tuna Tartar features velvet slivers of tuna, accompanied by pickled vegetables and Yuzu Kosho emulsions, a citrusy, spicy aromatic. For a main course, if you're up for more seafood, order the Cobia. Considered sustainable, this fish has as many nutrients as salmon, and Sly grills it perfectly. He places the cobia atop squash, sugar snap peas, and freshens it with lobster curry emulsion. Which brings me to the sauces. They are part of what makes Sea Pearl exceptional. Sly deepens the features of each dish with his complex drizzles. They mix their spices in house.

For a dish guaranteed to warm a cold winter night, consider the Macaroni and Shrimp—it is rich and satisfying. They also serve classic beef

short ribs and Amish chicken. You might add a side of Kai Lan, succulent Chinese broccoli in garlic oil.

Sea Pearl serves lunch, and their weekday happy hour features drink specials and a selection of appetizers, including Cornmeal Crusted Calamari, Mosaic Crispy Rice Cakes and American Artisan Cheeses. Weekend Brunch consists of Asian-inspired dishes, salads and American breakfast fare too. Adventurous diners should check out the blackboard. It lists daily specials like live uni, spiky black sea urchins, or live scallops in their shells, all imported from Japan. "We have some guests who really appreciate these," says Sly.

With daring cooking like this, and the growing enthusiasm for the Mosaic District, Sea Pearl will not remain a hidden treasure much longer. Maybe it is time for the suburbs. ♦

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



BY RENEE SKLAREW

TYSONS'

Kid-Friendly

RESTAURANTS

What makes a restaurant kid-friendly? Families say it's having a kids' menu with healthy options. Others say it's when restaurants distribute crayons and games. Some moms and dads want inexpensive food, clean booster seats, and a friendly, patient wait staff. But parents agree—the best places have all those features. So here is a short list of some of the area's most accommodating restaurants for families with younger children:

1 LUCIANO ITALIAN RESTAURANT AND PIZZERIA

in Tysons Corner Center
1961 Chain Bridge Road
McLean, 703-893-8488

Besides serving authentic New York style pizza by the slice, Luciano's is the perfect place to take your kids when they are wiped out from shopping, and you both need a time to decompress. The gracious wait staff will bring your child a balloon and offer crayons and coloring paper—it's a pretty cozy place in a sea of chaos. Stop in for ice cream or a kid-sized plain pizza "with no weird things on it."

2 COYOTE GRILL AND CANTINA

10266 Main Street
Fairfax, 703-591-0006

With easy parking in the heart of Fairfax, this is a favorite stop for families who have kids with allergies or are just plain picky. This Tex-Mex food isn't overly spicy, and the kitchen will make any item on the regular menu in a smaller size for kids. There are gluten free, vegan and dairy free options on the menu. Kids get coloring paper and crayons when they enter, and the friendly staff makes you feel like finding you a booster seat is their pleasure.

3 MCLEAN FAMILY RESTAURANT

1321 Chain Bridge Road
McLean 703-356-9883

For many families, weekend breakfasts are a celebration, especially when the celebration is at this family-owned restaurant. From cozy booths come peals of laughter as kids slurp up spaghetti and feast on French fries. It's not unusual to see multigenerational meetings over pancakes at this Northern Virginia institution established back in 1969.

4 THE VIRGINIAN RESTAURANT

The Vienna Shopping Center
169 Glyndon Street, SE
Vienna 703-938-2333

Enjoy a little piece of Americana in this old-fashioned neighborhood diner known for hearty breakfasts and Southern comfort food. It's a popular stop for families with young children who love the pancakes and biscuits with their famous sweet gravy served any time of the day. Older kids will enjoy the vintage high swivel chairs and the campy signs.

5 SILVER DINER

(www.silverdiner.com in multiple locations—
Tysons, Mosaic, Reston, Fair Oaks)

Silver Diner isn't your typical diner. The founder is a firm believer in using locally sourced products and offering a wide variety of healthy dishes—like pesto veggie pasta or black bean quesadilla. However, Silver Diner doesn't scrimp on traditional breakfast items or their burgers and fries. Kids are given crayons and a placemat to color upon entering. Some kids' meals are served in a cardboard car they can bring home. Tuesday nights are "kids nights" when the restaurant may distribute balloons, host a musician, or provide face painting. The mini jukebox at the table is a nice distraction for older kids. Younger children are treated with patience, and the staff rarely frowns on messiness or noise.



MIKE'S DELI AT LAZY SUNDAE

112 North West Street
Falls Church 703-532-5299

With a premier location on the W&OD Trail, this diner-style deli serves breakfast all day, burgers, shakes, and as the name says, primo ice cream sundaes. Popular with hikers, cyclists, and families, Mike's Deli has a loyal following and aims to please with friendly, upbeat service and homemade ice cream with flavors that change daily.

UNCLE JULIO'S FAIRFAX CORNER

4251 Fairfax Corner Avenue
Fairfax 703-266-7760

Where can you take your little lovelies and not worry when they start to whimper or spill? Uncle Julio's is that perfect place. The concrete floors are up to any disaster, and it's often so noisy, no one will notice your screaming child. This Tex Mex cuisine is kid friendly—chips, quesadillas, tacos, grilled chicken—they love it all. Upon entry, kids are given crayons and games, and while waiting for your food to be served, ask for a ball of dough or watch the dough transformed into hot tortillas by the automatic tortilla machine. It's best to go early, or during off hours, because the place gets crowded.

SOCIAL BURGER

350 Maple Avenue
Vienna 703-364-5420

The new Social Burger, a family owned and operated restaurant, opened this year to rave reviews from families who enjoy the generous portions, high quality burgers and efficient, friendly service. Parents say this neighborhood restaurant is better than many top rated competitors. Using only all natural, hormone free beef, buns baked daily and a number of innovative toppings—cranberry sauce, fried egg, bacon jam, homemade pickles, red curry mayo—appeals to Mom and Dad. When parents are happy, kids are usually happy too.

GLORY DAYS GRILL

3059 Nutley Street
Fairfax 703-204-0900

Glory Days is a sports bar, and the owners sponsor local kids' sports teams. As a result, there are often oodles of kids celebrating here after their games. In good weather, families enjoy sitting outside on the outdoor patio, savoring their signature chicken wings. Multiple television screens keep little ones entertained, and the kids' menu has special dishes like BBQ ribs, fried shrimp and pizza bagels. Each booth has its own entertainment center with volume control that allows customers to select a televised sports game or music.

ORIGINAL PANCAKE HOUSE

7395 Lee Highway
Falls Church 703-698-6292

Kids, pancakes. Pancakes, kids. Yes these two things go together nicely. So, if your kid loves pancakes, they will love the food here. It's a cheery place, with enormous portions that can be easily shared. The OPH is known for its popular Dutch Baby, a puffy donut with lemon and powdered sugar, and for their fluffy crepes. They also serve gluten free dishes.

OPEN ROAD BAR & ICEHOUSE

8100 Lee Highway
Falls Church 571-395-4400

Merrifield has a popular new bar that's surprisingly kid friendly. Ideally, families should go early in the evening before the live music starts. Servers here have been known to comp a kid's meal when the little customer is "well behaved." But even if your little critter has a meltdown, it won't be noticed much since the restaurant is usually noisy. The Harley motorcycle on display fascinate kids who love vehicles (what kid doesn't?). Another big draw is the free popcorn while you wait for your meal.

PIZZERIA ORSO

400 S. Maple Avenue
Falls Church 703-226-3460

Kids almost universally adore pizza, so it's no surprise that families enjoy eating at this cheerful brick oven pizzeria. The bargain lunch deal is only \$8 for a two-topping pizza and fountain drink, and on Tuesdays kids age 10 and under are eligible for one free item from the children's menu. Because of the generous portions, you can save on your bill by sharing.

BONUS: MOST KID FRIENDLY CONCERT VENUE

JAMMIN JAVA

227 Maple Avenue East
Vienna 703-255-1566

Family-owned Jammin Java is a coffee shop, concert venue and fun place to hang out. They have one of the most active children's music programs in the region. Kids love the "Tot Rock" shows with entertainers like Groovy Nate and The Great Zucchini. Check out their website for concerts hosted weekday and weekend mornings, but go early to get a seat. Stay after the show for a hot dog, fresh baked pastry or kids' lunch special. They also serve parent-friendly food like salads, appetizers and flavorful chili dishes like Spicy Pork n' Tomatillo. ♦

AUTHOR: Renee is a local food and travel writer. She has two daughters—one who eats everything and one who is very particular. Follow her on Twitter @DCWriterMom.





ARLINGTON RESTAURANTS

METRO 29

4711 Lee Highway, Arlington
703.528.2464

metro29diner.com

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

FALLS CHURCH RESTAURANTS

2941 RESTAURANT

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

www.2941.com

Nestled in a corner of an office building off the Beltway, 2941 offers an upscale casual

dining experience in a cozy, open setting. Chef Bertrand Chemel creates succulent dishes with fresh, locally-sourced ingredients. \$\$\$

ARGIA'S

124 N. Washington St, Falls Church
703.534.1033

www.argias.com

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

CELEBRITY DELLY

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

www.celebritydeliva.com

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

CLARE AND DON'S BEACH SHACK

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

www.clareanddons.com

Located next to the State Theatre 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.



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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

8110-A Arlington Blvd., Falls Church
703-942-6600

www.elephantjumps.com

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

HAANDI FINE INDIAN CUISINE

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

www.haandi.com

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

HONG KONG PALACE RESTAURANT

6387 Leesburg Pike, Falls Church
703-532-0940

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

IRELAND'S FOUR PROVINCES

105 West Broad Street, Falls Church
703.534.8999

www.4psva.com

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



Ristorante Bonaroti Est. 1982

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

**JV'S RESTAURANT**

6666 Arlington Blvd. Falls Church
703-241-9504

www.jvsrestaurant.com

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

LA CARAQUENA

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

www.lacaraquena.com

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

LITTLE SAIGON RESTAURANT

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

www.littlesaigoncuisine1.com

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

OPEN KITCHEN

7155 Leesburg Pike, Falls Church
703.942.8148

openkitchen-dcmetro.com

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

THE ORIGINAL PANCAKE HOUSE

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

www.ophrestaurants.com

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

OPEN ROAD GRILL AND ICEHOUSE

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

openroadmerrifield.com

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

PANJSHIR RESTAURANT

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

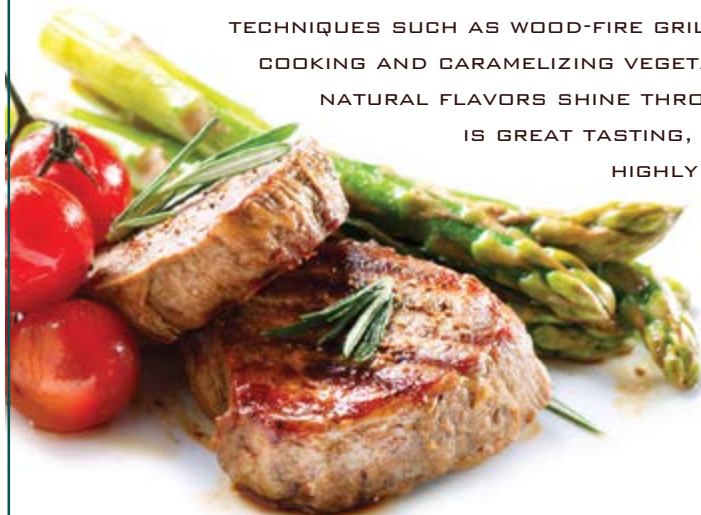
www.panjshirrestaurant.com

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

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WWW.SEASONS52.COM

**PIE-TANZA**

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

www.pietanza.com

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

PIZZERIA ORSO

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

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

PUBLIC HOUSE NO. 7

6315 Leesburg Pike, Falls Church
703-942-6383

www.publichouse7.com

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

RED HOT AND BLUE EXPRESS

169 Hillwood Ave. Falls Church
703-538-6466

www.redhotandblue.com

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

SAIGON CAFÉ

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

www.saigoncafe-va.com

Saigon Cafe offers a warm and spacious environment. The restaurant specializes in Vietnamese dishes, including famous appetizers and 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.

SEA PEARL

8191 Strawberry Lane, Falls Church
703.372.5161

www.seapearrestaurant.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. **\$\$**

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**TARA THAI**

7501 Leesburg Pike, Falls Church
703.506.9788

www.tarathai.com

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TRIO GRILL

8100 Lee Highway, Falls Church
703-992.9200

www.triomerrifield.com

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

FAIRFAX RESTAURANTS**CHUTZPAH DELI**

12214 Fairfax Town Center, Fairfax
703.385-8883

www.chutzpahdeli.com

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

CYCLONE ANAYA'S

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

www.cycloneanaya.com

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

DOLCE VELOCE

10826 Fairfax Boulevard, Fairfax
703-385-1226

dolceveloce.com

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

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

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Friday & Saturday 11 am - 10 pm

Sunday 12 pm - 8 pm

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



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. \$\$\$

IDYLWOOD GRILL

& WINE BAR

2190 Pimmit Dr, Unit B, Falls Church
703.992.0915

www.idylwoodgrill.com

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

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.

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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 Zerehs 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 meals.

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

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office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts.

BUSARA THAI CUISINE

8142 Watson St. McLean
703-356-2288

www.busara.com/ty-main

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

CAFÉ DELUXE

1800 International Drive West, McLean
703-761-0600

www.cafedeluxe.com

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

CAFÉ OGGI

6671 Old Dominion Dr, McLean
703.442.7360

www.cafeoggi.com

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

CAFÉ TATTI FRENCH BISTRO

6627 Old Dominion Dr.
703-790-5164

www.cafetatti.com

This French bistro brings diners classic French dishes including vichyssoise, Quiche Lorraine, Filet with Béarnaise Sauce, and Flounder Belle Meuniere. Closed Sundays. \$\$

CAPRI

6825-K Redmond Dr.
703-288-4601

www.caprimcleanva.com

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



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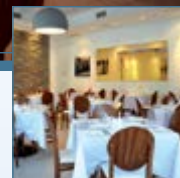
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8100 boone blvd.
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METRO29DINER.COM

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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. \$

FLEMING'S PRIME STEAKHOUSE AND WINE BAR

1960 Chain Bridge Rd. McLean
 703-442-8384

www.flemingssteakhouse.com

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

GREENBERRY'S COFFEE CO.

6839 Redmond Dr. McLean
 703-821-9500

www.greenberrys.com

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

HARTH AT HILTON MCLEAN TYSONS CORNER

7920 Jones Branch Dr. McLean
 703-761-5131

www.Harthrestaurant.com

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

J. GILBERT'S

6930 Old Dominion Dr. McLean
 703-893-1034

www.jgilberts.com

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



JOE'S SIMPLY AMAZING BURGERS

6710 Old Dominion Dr. McLean
703-288-0288

www.joesburgersmclean.com

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

LA SANDIA

7852 Tysons One Pl, McLean
703.893.2222

www.richardsandoval.com/lasandiavirginia/

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

LEBANESE TAVERNA

1840 International Dr. McLean
703-847-5244

www.lebanesetaverna.com

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

MOBY DICK HOUSE OF KABOB

1500 Cornerside Blvd
703-992-7500

mobysonline.com

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

O'MALLEY'S PUB

1960 Chain Bridge Rd. McLean
703.893.2100

www.omalleyspub.com/tysons

O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs and grab a beer with your friends. Diners

can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos. \$\$

PAUL BAKERY TYSONS GALLERIA

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

www.paul-usa.com

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

ROCCO'S ITALIAN 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. \$

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1445 Laughlin Ave, McLean, VA 22101
703-749-9090
www.starnutgourmet.com

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

THE CAPITAL GRILLE

1861 International Dr. McLean
703-448-3900
www.thecapitalgrille.com

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

RAOUCHE 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.anitacorp.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. \$\$



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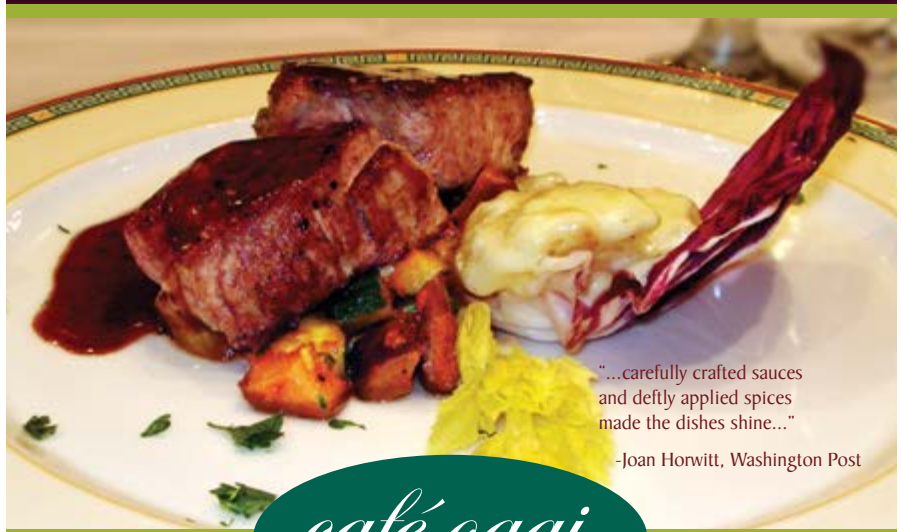
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**BAZIN'S ON CHURCH**

111 Church St, Vienna
703.255.7212

www.bazinsonchurch.com

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

BJ'S BREWHOUSE

8027 Leesburg Pike Vienna
703-356-7305

www.bjsbrewhouse.com

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

BRIX & ALE IN THE SHERATON

8661 Leesburg Pike, Vienna
703.448.1234

www.brixandale.com

Diners can choose an old-school favorite or try a traditional dish that's been updated to reflect a modern take on classic comfort food while wine enthusiasts will marvel in our state of the art wine preservation system that allows guests to sample different wines from numerous vineyards. Brix & Ale also features handcrafted cocktails which are artfully prepared with the freshest ingredients. \$

CAFE RENAISSANCE

163 Glyndon St SE, Vienna
571.938.3311

www.caferenaissance.com

Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. Try Escargot Bourguignonne, Medallions of Monkfish with garlic, mushroom & white wine sauce, or Maryland Style Crab Cake with beurre blanc sauce. Visit Cafe Renaissance for the most romantic dinner in Northern Virginia. \$\$

CHEF GEOFF'S

8045 Leesburg Pike Vienna
571-282-6003

www.chefgeoff.com

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

CHIMA BRAZILIAN STEAKHOUSE

8101 Towers Crescent Dr. Vienna
703-639-3080

www.chima.cc

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

CLYDE'S OF TYSONS CORNER

8332 Leesburg Pike, Vienna
703-734-1901

www.clydes.com/tysons

Clyde's offers authentic American dining with a menu featuring locally grown produce, hormone-free beef, and desserts made in-house.



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and make your reservation today.

6641 Old Dominion Dr, McLean, VA 22101 • www.AssaggiOsteria.com



This restaurant, located in an Art deco-inspired setting, features a brunch menu, bar menu, and raw bar. \$\$

I-THAI

8607 Westwood Center Dr, Vienna
703.992.7921

www.i-thairestaurant.com

Taste authentic Thai cuisine and Sushi, where quality is never compromised at i-Thai in Tysons West. I-Thai has a delicious selection of Thai dishes served in a buffet-style format. Their talented chefs' extensive knowledge and expertise are able to transform each dish with the perfect blend of herbs and spices into a delightful experience with the boldest and most genuine flavors possible.

MAGGIO'S

421 Maple Ave E, Vienna
703.938.7777

www.maggiosvienna.com

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

MAPLE AVE

47 Maple Ave W, Vienna
703.319.2177

www.mapleaverestaurant.com

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

MAPLEWOOD GRILL

132 Branch Road, SE, Vienna
703.281.0070

www.maplewoodgrill.com

The Maplewood Grill provides a blend of top rated food and beverage selections in a unique environment of artistry decor. The informal atmosphere is custom-tailored to combine good food with comfortable surroundings. The seasonal menus are created by our award winning Chef Paul. Live pianists are featured Wednesday through Saturday.

NEIGHBOR'S RESTAURANT

262 D Cedar Lane, Vienna
703.698.8010

neighborsrestaurantva.com

Come in to watch soccer, football or basketball games. Featured games can be seen on their huge screen, visible from just about any seat in the restaurant. Enjoy karaoke on Friday and Saturday nights. The restaurant's ambiance is relaxed and the service is professional with a goal to bring the best Persian and American cuisine experience for our customers. \$\$

NEISHA THAI

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

www.neisha.net

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

NOSTOS

8100 Boone Blvd. Vienna
703-760-0690

www.nostosrestaurant.com

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

PALADAR LATIN KITCHEN & RUM BAR

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

www.paladarlatinkitchen.com/locations/tysons-va

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



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**PAZZO POMODORO**

118 Branch Road SE, Vienna
703.281.7777

pazzopomodoro.com

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

PEKING EXPRESS OF VIENNA

103 Center Street N #107, Vienna
703.281.2445

www.peking-express.com

Love, love, love! Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg roll and choice of soups, authentic appetizers, chicken, shrimp, and beef and pork selections, and the fried rice or lo mein is to die for!

PLAKA GRILL

110 Lawyers Rd NW, Vienna
703.319.3131

www.plakagrill.com

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

RISTORANTE BONAROTI

428 Maple Ave E, Vienna
703.281.7550

www.bonarotirestaurant.com

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

SAKURA JAPANESE STEAK HOUSE

8369 Leesburg Pike #10 Vienna
703-356-6444

www.sakurasteakhouse.com

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

SHAMSHIRY

8607 Westwood Center Dr. Vienna
703-448-8883

www.shamshiry.com

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

SUNFLOWER VEGETARIAN RESTAURANT

2531 Chain Bridge Rd. Vienna
703-319-3888

www.crystalsunflower.com

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

TYSONS BAGEL MARKET

8137 Leesburg Pike, Vienna
703.448.0080

www.tysonsbagelmarket.com

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

WOO LAE OAK

8240 Leesburg Pike, Vienna
703-827-7300

www.woolaeoak.com

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

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Persian Delight: SHAMSHIRY is a Taste of Home

BY RENÉE SKLAREW

Stop in Shamshiry, day or night, and you are likely to see groups sharing a meal and relishing the familiar taste of their homeland. This family-owned restaurant serves as a communal gathering place for Iranian expats who dine alongside other international patrons enchanted by this evocative cuisine. Although most Americans will never have the opportunity to visit Iran, diners can still experience an authentic Persian meal thanks to Shamshiry, a fixture in the Tysons Corner restaurant scene since 1993.

Tucked behind the entrance of an unassuming office building on Route 7, Shamshiry has become a popular outpost for people working around the area. The restaurant does a brisk to-go business at lunch, but it's never too early or too late to see large families gathered there. Shamshiry acts as a kitchen or dining room table to groups of Middle Easterners. They come for the heaping plates of fluffy basmati rice—some flavored with dill or butter—and the smoky charcoaled kabobs.

Epicurious.com calls Persian cooking a “Mother Cuisine.” It provided a foundation of flavors and cooking techniques that influenced developing cultures along the Silk Road. Beginning with Cyrus the Great in 6th Century B.C., Persian perfumed stews, roasted meat and fruit-infused rice spread to the Far East and North Africa. During the Middle Ages, Arabs conquered Persia and began incorporating their preference for mixing sweet and sour flavors into traditional dishes. Although Persian cuisine has evolved over time, basmati rice continues to hold a place of honor on virtually every plate*.



BEGINNERS: WHAT TO ORDER

After taking a seat in the saffron-colored dining room, open the bag of warm flatbread on the table. I recommend ordering the creamy Mast-o Khair—a bowl of tart yogurt with sliced cucumbers, chopped dill and other herbs—it's very fresh and mellow. The Persian Salad Bowl is another fine start to a meal here. The salad is prepared with cucumbers, tomatoes, sliced black olives, kidney beans and goat cheese mixed with a dressing of olive oil and lemon juice.



Vegetarians and vegans will enjoy Shamshiry's four rice dishes with additions like sour cherries, sugared orange peel, pistachios and almonds. The Baghali Polo, prepared with dill and fava beans, is a more savory option.

Smoldering kabobs are Shamshiry's top sellers, and probably the feature that attracts the steady flow of customers in week after week. Generous portions of Halal meat are marinated in herbs and fresh garlic juice for more than 15 hours. Slid onto a metal spear, the meats are grilled on a blistering-hot charcoal fire tended by a patient pit master. You can watch him in action through the window into the kitchen. A.R. Atash-Sobh, son of owner Bijan Atash-Sobh, says Shamshiry only serves first quality meats—like the Chelo Kabob Barg made from filet mignon. "We lose money on it," he explained to Kojo Nnamdi on WAMU. "But barbeque is a family tradition."

One showcase kabob is the Chelo Kabob Kubideh, ground beef patties made with a potent collection of herbs, and served with a mound of saffron-infused rice (I'm getting hungry just thinking about it). Upon serving the steaming hot dish, a raw egg is cracked into the rice, along with butter and a few shakes of powdered sumac. The waiter mixes the ingredients thoroughly at your table, so while you watch, the egg cooks and coats the rice with a warm, rich texture.

Seafood fans might try the Mahi Kabob. Despite the name, this refers to salmon croquettes seared on every surface rendering them tender and pink inside. The fish comes with an enormous mound of green rice flavored with dill and fava beans, and a crunchy pancake of rice with a golden crust made of clarified butter, saffron and yogurt.

Smoldering kabobs are Shamshiry's top sellers, and probably the feature that attracts the steady flow of customers in week after week.

Desserts at Shamshiry are slightly fragrant with a hint of rose water. The saffron ice cream is worth sampling. It is served between two crispy waffle crackers. If you prefer something less exotic, the cinnamon ice cream is also luscious. A perfect end to the meal is a steaming cup of Persian tea. Served in a glass mug, drink it black, or add a few sugar cubes.

WELCOME MAT

Generations of homesick Iranians are fortunate to have Shamshiry, a restaurant with an attentive staff who cares deeply about their guests' dining experience. The servers are happy to explain the variations of any dish to those unfamiliar with the cuisine. In the end, diners often feel like they've been invited to a home and welcomed to share this beloved culture. Besides being a great value, this food is a kid pleaser—they all seem to love kabobs. Clearly, restaurants like Shamshiry make living in Northern Virginia a comfortable new hometown for the international community.

*According to University of Pennsylvania's Penn Language Center, Persian refers to a dialect and a Province in Iran, as well as the ancient culture of the region. Iran refers to the legal name of the largest country in that region.

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

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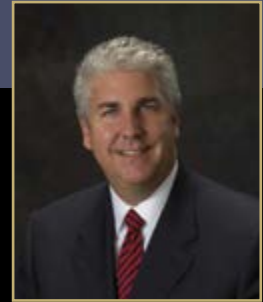
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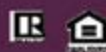
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JANUARY/FEBRUARY *Style*

BY LAUREN SIMMONS



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BY JOHN BYRD



(Top) Scott and Denise Kidd of Fairfax Station are starting off the New Year with a vastly improved kitchen-centric entertainment suite. (Above) By eliminating a wall dividing the kitchen (left) and the family room and introducing a floor-to-ceiling custom cabinet, a new space plan by Sun Design Remodeling effectively unifies the entire first floor of the Kidd family's 30-year old center hall Colonial. Glass-facing cabinets provide handy display space for china and stemware; the 8' x 2' *bianco romano* granite surface more than triples the kitchen's horizontal serving capacity.

Elegant Kitchen/Family Room Reconfiguration

IDEAL FOR ENTERTAINING

Sun Design's Transitional-Style Interior Solution Dramatically Improves A 30 Year-Old Floorplan.

The most dynamic possibilities for an interior design solution may only be revealed in unexpected ways and over time. Denise Kidd, for instance, who has occupied a thirty year old center hall Colonial in Fairfax Station with husband Scott for over twenty years was certain the couple had "made the house their own" when they remodeled the kitchen fourteen years ago.

The makeover had everything Denise had wanted: a U-shaped counter with easy access to stove, refrigerator and clean-up; pleasant maple cabinets; a pantry in an adjacent family room.

Moreover, the plan discretely partitioned the kitchen from the family room; the cook's work space from the breakfast nook.

The cook's work triangle-- according to the accepted space-planning literature of the day-- needed to be protected. Yes, some parts of the floorplan were a bit boxy-- but isn't setting perimeters what good design is supposed to do?



But flash forward a few years, and what a difference a stunning realization can make.

Now empty-nesters, the Kidds had been gradually looking at ways to deepen their satisfaction with their home-- which is situated in a lovely leafy setting, and frequently the site of extended family entertaining.

The large screen porch off the family room, for instance, was designed to segue into well-landscaped acreage complete with decking, hot tub and sports court. The window wall in the breakfast room, likewise, exists principally to emphasize the home's visual connectivity to natural surroundings.

All these matters considered: why then shouldn't Denise's kitchen also be an "open" affair, a place where the cook can interact with guests while still enjoying the omnipresence of a beautiful day?

Yet, interestingly, the revolution in Kidd's thinking about her kitchen has humble origins, beginning when she decided that she simply wanted a wider, deeper refrigerator.

Seeing plainly that a more capacious model would not fit the tall, narrow cavity holding the current unit, she contacted a remodeling firm the couple had recently hired to remodel their bathrooms in search of advice.

In short order, designer Liz Lee of Sun Design Remodeling proffered a plan that would accommodate a deeper refrigerator, yet also pointed to larger horizons that might feasibly be pursued.

"Liz pointed out that we could increase the height in several rooms in the back of the house a full 12 inches by eliminating the dropped ceiling," Kidd explains.

"I was intrigued at once, and when she worked up perspective drawings, I realized that the plan would open up sight lines and dramatically alter the dynamics of the entire space. It seemed

right for Scott and me in this new phase of our life."

Adds Lee: "Raising a ceiling usually makes a space seem much larger. Especially when you have the kind of indoor/outdoor connectivity this house was designed to profile."

Working with rooms that suddenly seemed expansive, even generous, Lee's plan deftly reconfigures the 90 square foot galley kitchen into a more confluent relationship with the breakfast nook and family room.

To gain floor space for new appliances, the designer relocates the doorway between the kitchen and dining room to the middle of the wall, installing a pair of frosted glass pocket doors for both privacy and added natural light.

Deleting the cumbersome pantry that had served as a space divider between the kitchen and the family room, the designer next opens up the space by wrapping an interior wall with custom-designed floor-to-ceiling cabinetry.

Situated between a pair of archways linking the house from front to back,

the piece features two glass-facing cabinets backlit to artful effect. As the new home for Denise's stemware and fine china, the built-in displaces a bulky space-consuming hutch in the breakfast nook. Better yet, its 8' x 2' bianco romano granite surface more than triples the kitchen's horizontal serving capacity.

CONTINUED ON PAGE 122

(Below) The Kidds had remodeled the kitchen 14 years ago, introducing a U-shaped counter and maple cabinets.

(Bottom) An L-shaped kitchen counter has been replaced with a curvilinear multi-level surface that gracefully curves into the more open family living area.





IDEAL FOR ENTERTAINING

CONTINUED FROM PAGE 121

"It's a great serving station for the entire first floor including the screened porch," Denise says. "It's created logical, uncluttered circulation patterns we simply didn't have before."

Meanwhile, a substantially larger refrigerator, wine cooler and microwave now occupy formerly restricted kitchen floor space which opens invitingly into the family room.

Roughly paralleling the new cabinet console, a curvilinear multi-level surface that gracefully curves into the breakfast nook replaces the existing L-shaped counter. Equipped with a pair of stainless steel clean-up sinks and a dining counter with two stools, the new design functions as a casual mid-room gathering spot-- steps from the breakfast table, an easy stride from the mudroom, new pantry and laundry room.

"People were always gathering at the counter anyway," Denise recalls. "Liz's plan simply makes it a lot easier for friends to drop in for a chat while I keep an eye on the meal."



(Above) To gain square footage, the doorway between the kitchen and dining room was relocated to the middle of the wall; a pair of frosted glass pocket doors provide both privacy and added natural light. Two stools at the new dining counter make it easier for guests to drop in for a chat with anyone tending to kitchen duties.

(At left) A substantially larger refrigerator, wine cooler and microwave now occupy formerly restricted kitchen floor space.

Better yet, the new interior allows Denise to take in the backyard views while standing at the sink.

Balancing the panoramic sight lines, Lee's thoughtful finishwork gives the space its panache and brighter, lighter ambiance. A stone and glass tile backsplash unifies kitchen walls with the elegant new china cabinet. Crown molding and other detailing marry the bold new built-in to

the home's fundamentally formal interior design elements.

"The execution is pretty consistent with what has come to be known as transitional design style," Lee observes. "Formal elements carefully integrated into an open plan allow for easier interaction within a cohesive aesthetic presentation."

For Denise, that also means it's easier to tend to the kitchen while also entertaining...and the timing couldn't be better.

"We're having fifteen for Christmas, and I'm ready," Denise says. "It's a good feeling."

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

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

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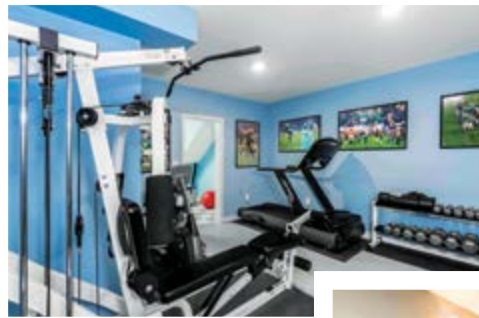
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Chris Arnold at Foster Remodeling Solutions completed the intricate lower level interior of a Great Falls home. One component: a replica Irish bar with an exposed 300 bottle wine rack tucked under the stairs.



Accessible only through a back hall, the 200 sq ft fitness center offers weight machines and a treadmill in a brightly lit room adorned with photos of the owner's favorite sport: rugby.



BY JOHN BYRD

FINISH WORK

Foster Remodeling Collaborates With An Architect/Homeowner To Create An Expansive Lower-Level Solution

Sometimes it's not that the lower-level is "unfinished", but rather that the house itself is "incomplete".

Consider a 4,500 square foot Craftsman-style home on a five acre lot in Great Falls. The rear elevation segues to a pool and patio. Yet there's no same-level bathroom, no changing room, no convenient shower; just 1,500 square feet of ground-level insulated basement situated behind French doors.

Interestingly, the homeowner is an architect. He had sketched out a floor plan years for a fully developed lower level ago, but was too busy with other priorities to take the necessary actions.

Seventeen years later, after interviewing several contenders, he hires Chris Arnold, top designer at Foster Remodeling Solutions.

"I was presented with a floor plan and several key concepts," Arnold explains. "The owner had been looking for someone with particular skills to help him realize the many details in a project of this scope.

By scope, Arnold means a suite of rooms that includes: a replica Irish pub, a billiards room, a media room, a fully-equipped fitness center and a wine

cellar-- as well as pool changing area, bathroom and pool-access foyer.

"The collaboration began where the floor plan left off," Arnold explains.

As became apparent from the start, the pub would be one of the suite's central gathering areas.

Borrowing a few ideas from photos of actual pubs, Arnold constructed replica beams and stained them the signature black of rough-hewn timber. The room's existing steel vertical supports are, likewise, now clad in the same walnut-hued wood.

Searching for a festive central icon, Arnold proposed a 300 bottle wine rack neatly tucked behind glass doors under the stairway:

"It's entirely practical dry space storage," he notes. "But visually compelling."

To unify the suite's public spaces, the Foster team installed a prefinished oak hardwood flooring in the pub, billiards room and family room.

The bar counter is surfaced in Black Galaxy granite. Backbar cabinets are in cherrywood with a dark espresso stain. For contrast, mirrored wall panels, glass shelves and hallogen lighting create a sparkling surface any pub aficionado will admire.

Other lower level chambers are equally well-conceived. From the pool, one passes through French doors into 135 square foot foyer tiled with slip-resistant porcelain. To the left: a shower room and changing area; on the right, the ever-convenient half bath.

The suite's largest gathering spot is a nearly 400 square foot family room accessible from both the pool foyer and the pub. Featuring nine foot ceilings and four eight foot divided-light windows flanking a central fireplace, the room offers a multitude of home entertainment options.

The room's defining focal point, however, is the hearth. Originally builder-grade brick, the new design employs cultured stacked fieldstone, a look consistent with interior's "old country" ambiance.

The adjacent billiards room-- which features a three window bay-- was designed to accommodate a regulation (10' x 5') sized pool table.

There is also the 200 square foot fitness center situated for privacy and accessible only through a back hall. The facility features weight machines and a treadmill in a brightly lit space adorned with photos of top rugby teams (the owner's favorite sport).

In short, a perfect place for pursuing a "personal best."

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



WHAT IS YOUR New Year's RESOLUTION?

BY HUBIE CRAM

Another year has arrived and roughly half the population uses this event to plan improvements to their lives through the iconic New Year's

Resolution. This time-honored tradition takes place with the best intentions for improvement, yet we always hear the anecdotes of those who break their resolutions within a couple of days, a week, or a month. In fact, a recent survey found that 88% of people fail to maintain their resolutions, even though 52% were confident that they would succeed when they started.

It doesn't have to be that way. Success can be achieved with some thought and a bit of effort. After all, the New Year's resolution is nothing more than a goal to improve one aspect of your life. If approached with a little planning, the improvement you desire can be yours.

As with any goal you set in business or in your family life, the best results are achieved through a well-developed strategy. Once you have your goal, establish steps to ensure your success. One doesn't lose weight by simply stating the goal or even making a few minor adjustments. You have to know what you need to do to



MOST POPULAR RESOLUTIONS

Spending time
with family and friends
Become more fit
Lose weight
Quit smoking
Enjoy life more

Quit drinking
Get out of debt
Learn something new
Help others
Get organized

get to the goal line. Take the time to read and do some research. Learn what has worked for others and work those "best practices" into your strategy.

Other hints for success:

MAKE ONLY ONE RESOLUTION. Your chance for success is greater if you focus on one behavior. There's always another year to fix another aspect of your life, meanwhile master the first.

BE REALISTIC AND SPECIFIC. Make your goal attainable, measurable, and include a timeline. "Lose 10 pounds by March 1" or "Size 8 by my reunion" have higher chances of success than "lose some weight" or "I'm going to lose 100 pounds this time."

WRITE YOUR GOAL ON POST-ITS or file cards. Place them in places where you will see them often. Rewrite the goal every week so that you will continue to notice it afresh.



SHARE YOUR GOAL WITH YOUR SPOUSE or friend. Encourage them to share one with you. That way you are both accountable to one another and you can encourage each other when one of you needs a boost to keep going.

MOST OF ALL, DON'T THROW IN THE TOWEL IF YOU HAVE A SETBACK. We all slip once in a while. Just get back to your plan and keep on working toward your goal. You have a reason for making the change, and that reason should continue to motivate you positively.

Good luck and make this your best year ever!

OTHER NEW YEAR'S FACTOIDS

The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts.

In 1943, Woody Guthrie's resolutions included 33 ideas such as Take bath, Change socks, Play and sing good, Make up your mind.

Anybody see a pattern? Let this be the year we change the pattern and succeed in all our endeavors. ❖



BY AMY SCHOEN, MBA, CPCC

ASK COACH

Amy



DEAR COACH AMY,

I have started to date a guy who lives two hours away that I met online. He has his own business and is pushing 60 and never has been married. We both have very busy careers and can only see each other on the weekends. I am in my early 40's and still want to get married and have a family. He says he is marriage minded and wants a family, as well, although he is almost 60. He does look much younger than his years. I thought our last time together was very nice and when he visited me, he was a perfect gentleman.

I have not heard from him since last week so I sent him an email tonight. He then asked if I would like to go to his place tomorrow night which is Friday. I said I would prefer Saturday and he said he can't do it. But he didn't tell me why. Last week, he invited me to his house also on Friday night and then asked if I would like to stay (sleep) with him but I chose to stay in the guest room.

He used to give me some explanations why he was not available on Saturday night. Now he doesn't. Is he seeing other women? Is Saturday more important than Friday in terms of dating? Is it expected that some men may be dating several women at the same time while also sleeping with all of them?

Bewildered in Ballston



DEAR BEWILDERED,

If this guy is such a catch, I am sure he is dating (or checking out) other women. You can't assume he is sleeping with them although he may do so if they were open to it as it seems.

He's a guy!

Something is not right with this guy. You have not been wooed or romanced—and you are making all the effort. He should want to come to you. This is the reason this guy is not married. He is not willing to make the effort. I remember these guys—cute, smart and want sex! Yes, Friday night is reserved for second place (if you make the effort that is). Saturday night is for preference. Or he may have an event that he is committed to that he doesn't wish to divulge for some reason. There may be other women making advances as well.

You are not in an exclusive relationship so it's acceptable that he dates other women until you both have that discussion about being exclusive. What would it mean for you to be in an exclusive relationship and what are your expectations around that? It's a great exercise to get clear on that. For instance, if you were to be in an exclusive relationship, then you would no longer be looking online (and off!) and you would be seeing each other most Saturdays and part of Sunday and he would be coming to you how often? There may even be a discussion about where you both would live if the relationship moved towards engagement.

I do not see that you are even close to having that discussion with this man. Also, this discussion is best if it's initiated by him! Then you would surely know he is Motivated to Marry you. By the way, many of my Motivated to Marry couples in your age group get engaged within three to six months.

You want a guy to want you and be willing to make most the effort or you will be doing most of the work in the relationship. Is that what you want? You deserve better.

Yes, he may look good online (and in person!), however, he may be what I call an “almost, not quite” man. If you didn't contact him, you may never have heard from him again. Please stop initiating. It is not serving you. He is not your last hope and there are other guys who would treat you in the manner that you deserve—like a princess!

Warmly,

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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BY GARY SCOTT

SELLING YOUR HOME?

Find out how to have the best chance to generate multiple offers

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1,895,000
1,645,000
2,195,000
1,995,000

Homeowners getting ready to list their property are, of course, eager to sell their home quickly and for the highest possible price. No one wants their home to linger on the market while they have to keep it polished day after day, but at the same time no seller wants to give their home away at a rock-bottom price. Local market conditions dictate how fast your home will sell and at what price, but there are steps sellers can take to maximize their chances at receiving a strong offer and, ideally, maybe even multiple offers. If you've placed your home on the market to test the waters or have decided only to sell if you're offered a contract above all other recent sales in your community, you won't necessarily garner several offers. Multiple offers tend to be made on properties that are in a sought-after area with few homes on the market, priced competitively in relation to other homes and in prime condition.

PRICING YOUR HOME TO ENTICE BUYERS

You and your real estate agent should work together to determine what price will generate immediate interest in your home among buyers who have the financial wherewithal to purchase it. Your real estate agent should prepare a comparative market analysis (CMA) that evaluates the most recent sales prices of similar homes, homes that are currently on the market and homes that have been taken off the market because they didn't sell. In addition, your agent should have a strong knowledge of statistics not just in your overall market, but also in your neighborhood.

Before you can pinpoint an appropriate price you need to know whether or not homes are selling quickly in your community and what your competition is for buyers. You also need to understand the importance of pricing your home right from the start – we call that the “Golden Moment” in real estate. Buyers today have more information than ever at their fingertips and are savvy enough to understand that a home that's overpriced may not appraise for the full value of the contract. If sales prices are rising and homes are selling fast in your neighborhood, you may be able to get away with a slightly higher price than if prices are stable or falling and homes are taking 30, 60 or even 90 days or more to sell.

If homes that are similar to yours have recently experienced competition among buyers, you and your agent should discuss the option of pricing very slightly below market prices in the hope of generating excitement and several competitive offers. Keep in mind that if you use this strategy and only get one



offer, you should be willing to accept the offer if it's for full list price. You also need to be careful not to price your home so low that buyers assume there's a problem with the property. Your agent can help you strike the right balance.

PRESENTING YOUR HOME TO ATTRACT BUYERS

Garnering multiple offers requires more than just a price adjustment. Real estate agents recently have pointed to what they call the "HGTV effect" on buyers: they expect every home they visit to be in prime condition and staged to television-quality perfection. Few buyers today are willing to look past any flaws or consider even minor cosmetic repairs, so even though sellers have the upper hand in some housing markets, they still need to make their home as attractive and well maintained as possible, particularly if they want to receive more than one purchase offer. Areas to pay attention to include the front door and exterior curb appeal, your kitchen and your bathrooms. Your agent can help you prepare your home to highlight its best features and reduce the appearance of any flaws. If you want to opt out of all this prep work, though, be aware that buyers might expect you to offer your home at a lower price and even then may ask for a further discount to cover the costs of painting, replacing carpet or making other repairs.

While you prepare your home to appeal to buyers, your real estate agent should be getting ready for a marketing blitz with stellar professional photos that showcase your home at its best and that help garner widespread attention on as many websites as possible. It's tough to get multiple offers on a property unless a wide array of prospective buyers is aware that it has been listed for sale. Many agents actively network their listings with their colleagues and many let each other know when a home is about to come on the market in order to generate prelisting interest.

OVERCOMING THE OBJECTIONS OF POTENTIAL BUYERS

Real estate agents have special training that helps them understand how to identify what's stopping a potential buyer from making an offer and what it would take to overcome that obstacle. Buyers today are more concerned than ever about making sure the home they buy will hold onto its value over the long term and that their housing payment will fit comfortably into their budget. Borrowers understand that if mortgage rates are higher when they lock in their loan, their payments will be higher than they would be at a lower rate. Depending on the limits of the loan program chosen by the borrowers, sellers can sometimes ease the burden for buyers by offering to pay some closing costs or to buy down the interest rate by paying one or more discount points. Offering financial assistance to buyers upfront is one way to encourage more buyers to consider your home, which could in turn generate more offers. ♦

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

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BY RICK MUNDY

BURT SHARP MAPPING & EXPLORING THE EARTH

Burt Sharp probably knows the world better than the vast majority of its inhabitants. After all, he spent his entire career measuring the globe from every conceivable angle. Upon retirement he just continued exploring. "You don't find many people like me," Burt explains. "I've traveled extensively on every continent except one since 1951."

Burt grew up in West Virginia graduating from West Virginia University with a degree in forestry. Upon graduation his life became and remained focused on surveying, mapping the world. One lesson the military learned from World War II was that maps were woefully inadequate. The detail for vast land masses was simply lacking and using classical surveying techniques was the best way to improve knowledge in this area.

Also satellite use was just down the road, (Sputnik would be launched in 1957), and the mapping of the earth and its gravitational fields was high on the government's priority list. So Burt traveled, measured, and collected data, first in the

Caribbean, then Latin America and beyond. His work carried him to the most remote island in the world (Heard Island) and he negotiated with local officials from mayors to sheiks to establish tracking stations for satellite data.

Burt's efforts eventually resulted in his being recognized as the Army Mapping Service's Man of the Year for Effectiveness and Productivity. Asked about his early role in what ultimately resulted in the development of the Global Positioning System (GPS) we all use on a daily basis, he is reflective. "I was a bit player in a large-scale operation. Each of us was important and everything we did meshed together to increase the knowledge and precision with which we measure the earth. Everyone involved made a contribution."

Burt retired in 1986 but 35 years of crisscrossing the globe had made an impression and he continued on the move. "I love hiking and exploring and there is so much to see," he admits, "I believe I needed to spend some time looking for "me". I have learned more since retirement and have had a better time seeing the world since retiring."

His life has been an adventure these past 28 years. Sharp has traveled to 33 countries but has always been particularly drawn to the Himalayas, although he claims to be "a walker, not a climber." He has taken part in the popular Annapurna Circuit trek, a 26-day hike around the world's tenth highest mountain.

He volunteered for three years with the National Forest Service, working in the Teton National Park in Jackson Hole, Wyoming. He has visited the International Wolf Center in Ely, Minnesota, dogsledding and cross-country skiing, and camping out in temperatures that reached 33 degrees below zero. He has even explored the Arctic National Wildlife Preserve in Alaska, floating down the Noatak River for 12 days with a guide, a writer, and a National Geographic photographer. The tough part was moving camp frequently to "avoid the grizzlies."

Even today Burt continues his busy life. He regularly spends two hours a day reading and studying philosophy, religion, and science. He also volunteers for the Shepherd's Center of Oakton/Vienna, driving seniors to doctor appointments or to the grocery store. Chances are he'll have no trouble finding his way there. ♦



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IS YOUR DOG SAFE FROM EBOLA?

Q: Should I be worried about my dog if Ebola is found more often in the United States?

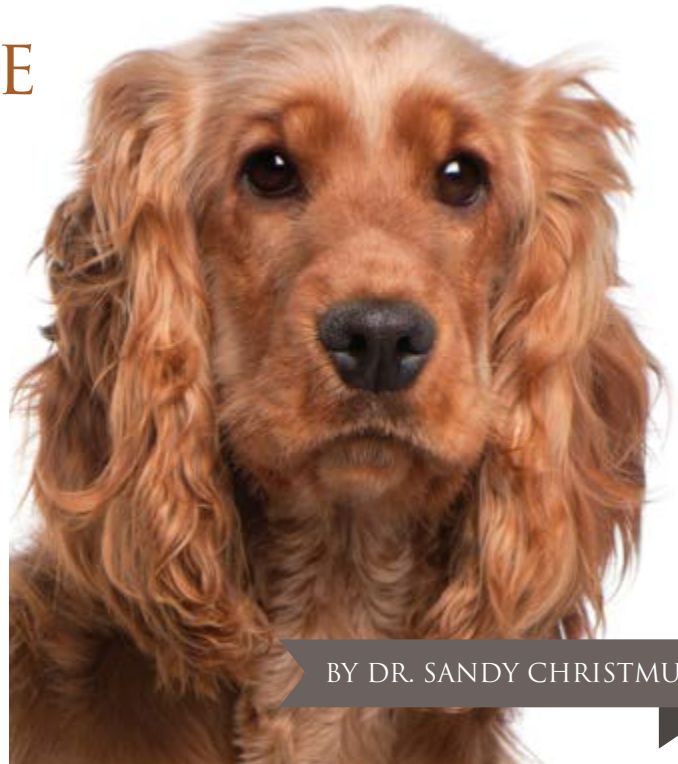
— *Suzie D., Burke*

A: As I write this answer, two months before publication, we've seen only a handful of cases of Ebola in humans in the US, and we've had only one quarantined dog, which never developed any illness associated with the virus. I hope there isn't much change in that information before this magazine goes to press.

Unfortunately, much is unknown about Ebolavirus and our pets. I'll give you what information I have, but I hope more will be known over the next few years.

In 2005, researchers found that dogs that lived in areas near outbreaks of Ebola in Africa developed antibodies to the virus. In addition, dogs that lived closer to the outbreak area were more likely to have antibodies against the virus than those that lived farther away. Antibodies are one of the immune system's defenses against invading bacteria and viruses. They are proteins specifically designed to attach to the invader and signal other immune system cells or chemicals to destroy the organism. Doctors can test for antibodies to see if an individual has been exposed to an organism. For example, when we test for Lyme disease in dogs, we're looking for antibodies against the *Borrelia* bacterium. Unfortunately, a positive antibody test doesn't prove that the individual actually contracted the disease, only that they were exposed to the organism. In the aforementioned 2005 study of dogs in Africa, the researchers found antibodies, but couldn't find any evidence of viral genetic material or proteins associated with the virus in the dogs' blood. While not confirmed in this study, it appears dogs can mount an immune response against the virus, but the virus may not be able to replicate within dogs to cause disease or spread the virus through their stool or secretions.

Despite suspicions that dogs spread Ebola to humans in Africa, the documentation from those areas is circumspect and incomplete. There have been no proven cases of dogs or other domesticated animals spreading Ebolavirus, but there



BY DR. SANDY CHRISTMUS

haven't been any studies to examine whether infected dogs are able to pass the virus to humans, either. As you can see, there is little certainty when it comes to information about dogs and Ebola.

The reason Excalibur was euthanized in Spain and Bentley, the dog in Texas owned by a nurse who tested positive, was quarantined was that no one knows with certainty that dogs can't spread the virus after they have contact with a person who has been exposed. Bentley never got sick during his quarantine, and all three of his Ebola blood tests were negative throughout his 21-day adventure.

How would dogs get Ebolavirus from their pet parent anyway? The virus is spread only through the feces, blood, or bodily fluids of an infected individual. There is no evidence that Ebola can spread to others by aerosols (sneezing, spittle), food, or water. Dogs would have to be in immediate contact with an infected person's blood or bodily fluids even to be exposed to the virus. Even if dogs do contact the virus, it appears they won't get infected or be able to spread the virus themselves.

My answer to your question about whether you should worry about your dog contracting Ebola is a definitive "probably not." It appears that the risk of dogs acquiring and spreading the disease is almost zero, but because studies haven't been performed, we can't say for sure that there's no risk at all. We can only hope that any rare cases of Ebola in people will be quickly contained and the risk to the general population and our pets will remain very small.



KEEPING THE CAT AWAY FROM YOUR PLANTS

Q: My cats like chewing on any plants I have in the house. Now that my outdoor plants are inside for the winter, what can I do to prevent this behavior? – *Lola C., Vienna*

A: My cats love to chew our greenery, too, so I understand your pain. Most importantly, be sure none of your plants are toxic to your kitties. Search for “toxic plants” at ASPCA.org. Most plants aren’t terribly dangerous, but the worst offenders are lilies. We recommend that you not even bring lilies into a house with cats. Ingesting even a few pollen grains can cause fatal acute kidney failure.

Rather than keeping kitties from eating your greens, give them their own greens to eat. Plant a small container of “cat grass” that grows in a sunny windowsill. You can sometimes find cat-grass seeds at Whole Foods or Merrifield Garden Center. Such seeds are also available online at several web sites, such as BotanicalInterests.com. Depending on where you buy the seeds, they are either a combination of oats and barley or 100% oats (*Avena sativa*). The sprouts grow quickly in a little pot of soil that’s watered every three to four days. The grass doesn’t live long, or the cats destroy the shoots quickly, so have a couple of pots in circulation. Not all cats vomit grass they eat, but many enjoy the crunch and maybe the chlorophyll. ❖



AUTHOR: Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit OVVHpets.com. Please e-mail questions to askthetvet@ovvhpets.com.



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Wall Street Journal's tech analyst, Geoffrey Fowler writes that if you work with photographs (even if you are not a pro) or stare endlessly at spreadsheets, Fowler says this Retina Mac screen is like putting on new glasses with type and images seemingly printed on the screen. The 27-inch Retina screen iMac has 14.7 million pixels and begins at a salty \$2,500.



ONEDRIVE IS THERE EVEN WHEN WIFI ISN'T

One great feature of Microsoft's OneDrive cloud storage systems (besides unlimited space) is that you can make all your files from OneDrive available offline. So if you are away from WIFI, or at an untrusted location, you can easily work on files. When you are again linked with WIFI, the OneDrive will sync up again, allowing you to share the newest version of the file with someone else, if you care to.

To do this in Windows: right click the OneDrive icon in the system tray. Select Settings. Check the box under Access OneDrive Files Offline.



NEWEST PLAYER IN TABLETS IS UNEXPECTED

It all started when AARP (the American Association of Retired Persons) offered learning seminars on technology. Scores of people showed up with tablets still in the box.

That sparked a question: Why is there not a tablet for the 70 million digitally challenged people among us?

After talking to tablet makers (and getting the boot), AARP decided to join with Intel for technology and Wal-Mart for distribution. Their new RealPad was born and is on shelves now. The one characteristic that separates it from the crowd: 24-7 real people help. ♦



Oakton-Vienna Veterinary Hospital proudly welcomes Dr. DeVries. A seasoned veteran in internal medicine, soft tissue surgery and dentistry, she received her Doctorate of Veterinary Medicine from Iowa State University.

Having spent the last 10 years working in general practice and emergency medicine in California, Dr. DeVries offers a wide breadth of knowledge and experience to care for our special friends.

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BEING BRILLIANT IS OVERRATED

Your company's success depends on more than how smart you are

When you see lists of successful and less-successful companies, you may think successful leaders must be smarter than those that didn't make the list, but in most cases that's not true, one business strategist says.

To determine the right success factors, Inc. Magazine asked for the insights of Patrick Lencioni, president of the Table Group and author of 10 best-selling books on organizational management.

He says that intelligence, knowledge and product expertise are vastly overrated as the driving forces behind competitive advantage and success.

Meanwhile, the importance of organizational health is severely underrated. Organizational health includes management, strategy, operations, and a culture that fits them all together.

Academics and analysts have attributed business success to knowledge of their

market and brilliant ideas — two qualities that are essential to success. But those qualities don't account for continued success.

Leaders of longtime brand winning companies — Whole Foods and Southwest Airlines, for example — will tell you over and over that they value their corporate cultures more than any single strategy or intellectual property.

To develop organizational health, Lencioni advises leaders to be sure their top team is clear about the identity and direction of the company, and that they act in ways that indicate they are aligned.

These leaders should not tolerate any violation of corporate identity and culture.

Address problems like passive aggressiveness in meetings and back-channel second guessing.

Lencioni says the benefits of organizational health include lower hiring costs, higher employee retention, better word-of-mouth marketing and greater customer loyalty. ♦



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Celebrating Our 20th Year in the Town of Vienna

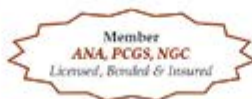


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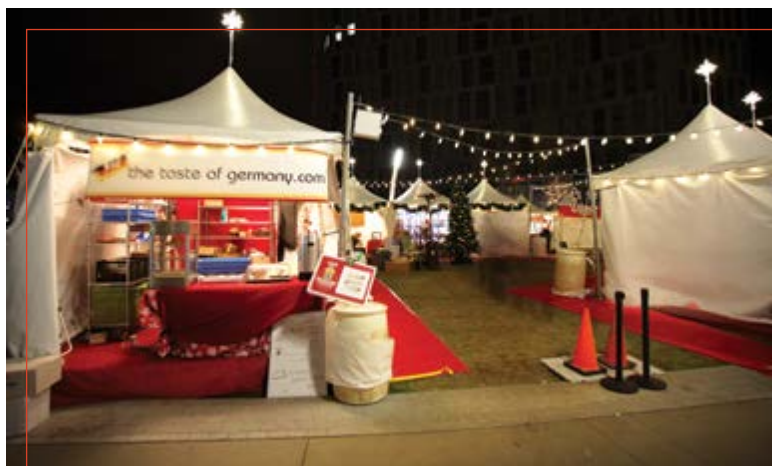
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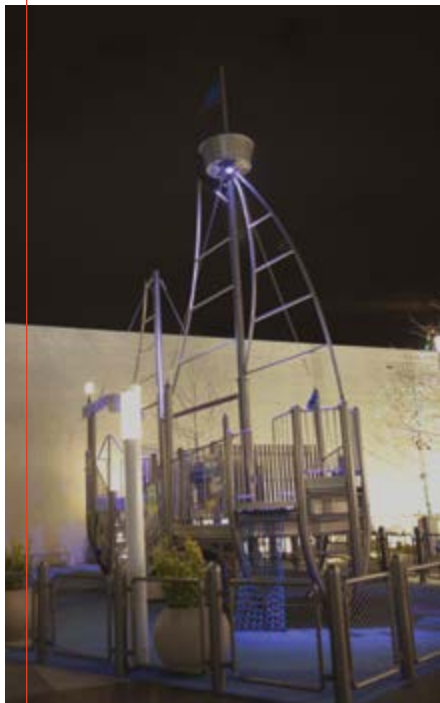


PHOTOS BY STEPHEN SCHURESKO

TYSONS PLAZA SHOWS OFF IT'S HOLIDAY SPIRIT

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PETS WE LOVE



Gidget & Indy

Owner: Chris & Ashley Beard



Sara & Emma want to come too

Owner: Mary Ellen Lynch



Jack & Rosebud

Owner: Brenda Davis

Is your pet ready for their close-up? Send photos to articles@vivatyson.com.



Photo Copyright: Capitol Media USA

THE ARTS COUNCIL OF FAIRFAX COUNTY AND THE FAIRFAX SYMPHONY ORCHESTRA *Have moved to Merrifield*

Fairfax County Board of Supervisors Sharon Bulova, Chairman, and Linda Q. Smyth with County Executive Edward L. Long Jr. cut the ribbon on a new home for the Arts Council of Fairfax County and the Fairfax Symphony Orchestra.

The Arts Council of Fairfax County and the Fairfax Symphony Orchestra have moved to Merrifield, thanks to a space proffered by HITT Contracting, Inc. to the county.

Board of Supervisors Chairman Sharon Bulova, Supervisor Linda Q. Smyth and County Executive Edward L. Long Jr. were joined by 60 guests celebrating the grand opening of the new office spaces conveniently located three blocks away from the Dunn Loring-Merrifield Metro Station on the Orange Line.

Attendees also celebrated the dedication of the Arts Council's conference room to the memory of R. Dennis McArver, former board chairman and long-time supporter of both the Arts Council and Fairfax Symphony Orchestra. Mr. McArver passed away unexpectedly in September of 2013. The conference room is being furnished by donors to the R. Dennis McArver Memorial Fund.

The Arts Council of Fairfax County's new address is 2667 Prosperity Avenue, Suite A, Fairfax, VA 22031. Directions to the Arts Council office can be found at artsfairfax.org/about/directions. The Fairfax Symphony Orchestra's new address is 2667 Prosperity Avenue, Suite B, Fairfax, VA 22031. ♦

Photo Caption (*from left to right*):

Curtis L. Sano of Holland and Knight LLP and Arts Council board member; Doug Bardin of HITT Contracting Inc; Facilities Management Department Assistant Director Marguerite Verville Guarino; County Executive Edward L. Long Jr.; Fairfax County Board of Supervisors Chairman Sharon Bulova, and Providence District Supervisor Linda Q. Smyth; Douglas N. Carter of DCS Design and Arts Council board member; Steve Seville of DCS Design; and Joe Ritchey of Prospective, Inc. and chairman of the Arts Council Board of Directors.



SANTA RIDES SILVER LINE to Tysons Corner Center



*Photos Courtesy of Tysons Corner Center.
Photo credit: Rassi Garvez Borneo.*



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TRIVIA TEASER: IN BLACK AND WHITE

1. What black-and-white animal appears in the logo of the World Wildlife Fund for Nature?

- a**-Panda **b**-Zebra
c-Aye-aye **d**-Skunk.

2. What band's number one hits were "Mama Told Me (Not to Come)," "Black & White," and "Joy to the World"?

- a**-Blood, Sweat and Tears
b-Creedence Clearwater Revival
c-Kansas
d-Three Dog Night.

3. The standard daily New York Times crossword puzzle is how many squares wide?

- a**-11 **b**-13
c-15 **d**-17.

4. What was the last black-and-white movie to win the Best Picture Academy Award?

- a**-"The Artist" **b**-"The Good German"
c-"The Apartment" **d**-"Schindler's List"

5. Who played the guitar introduction on the Michael Jackson hit "Black or White"?

- a**-Eddie Van Halen **b**-Steve Vai
c-Slash **d**-Eric Clapton

6. Who directed all but one of the Pepe Le Pew cartoon shorts for Warner Brothers?

- a**-Friz Freleng **b**-Chuck Jones
c-Tex Avery **d**-Bob Clampett

7. In what year did Nabisco introduce the Double Stuf Oreo?

- a**-1974 **b**-1987
c-1991 **d**-2001

8. Burkina Faso is drained by the Red, Black, and White tributaries of what river?

- a**-Niger **b**-Ubangi
c-Volta **d**-Nile

9. What 1946 fantasy film about a WWII pilot featured Earth filmed in Technicolor and Heaven filmed in black and white?

- a**-"The Cockeyed Miracle"
b-"Angel On My Shoulder"
c-"The Call"
d-"A Matter of Life and Death"

10. The Dalmatian is a breed of dog that traces its roots back to the region of Dalmatia in what country?

- a**-Macedonia **b**-Slovenia
c-Croatia **d**-Serbia

WORD FIND: STEVEN KING NOVELS

BLACK HOUSE
CARRIE
CELL
CHRISTINE
COLORADO KID
CUJO
DARK HALF
DARK TOWER
DEAD ZONE
DUMA KEY
GERALDS GAME
GREEN MILE
INSOMNIA
JOYLAND
MISERY
MR MERCEDES
REVIVAL
SALEMS LOT
TALISMAN
THE SHINING
THE STAND

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

CHURCH DINNER DISH

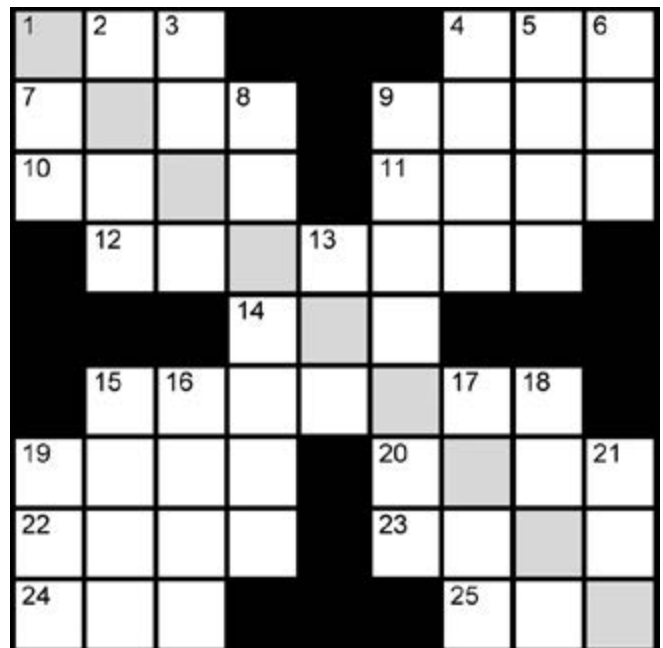
CROSSWORD CLUES

ACROSS

- PC "brain"
- "Harper Valley ____"
- Role
- British pound
- "The Sun ____ Rises"
- Cemetery sights
- Command
- "Comprende?"
- Trust implicitly
- Ablutionary vessel
- Baker's unit
- Needlefish
- Christmas season
- "____ moment"
- In Tiger's bag

DOWN

- | | | | |
|----------------------------|-----------------------|---------------------------|-----------------------------------|
| 1. Tax preparer, for short | 5. Minuscule | 13. Contents of some bags | 17. Boxing match |
| 2. Tropical tree | 6. Pop-ups, e.g. | 15. Kind of song | 18. Its motto is "Lux et veritas" |
| 3. Celestial bear | 8. Horseshoes players | 16. "The Way We ____" | 19. "I" problem |
| 4. Engine sound | 9. In an odd way | | 21. Charge |

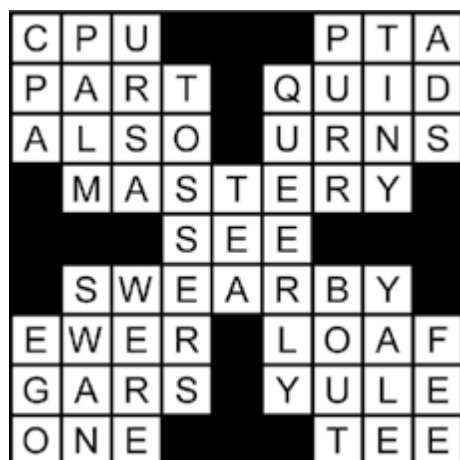




WORD FIND Answers



CROSSWORD Answers



Answer to 'In Black and White'

- 1-a, Panda
- 2-d, Three Dog Night
- 3-c, 15
- 4-a, "The Artist"
- 5-c, Slash
- 6-b, Chuck Jones
- 7-a, 1974
- 8-c, Volta
- 9-d, "A Matter of Life and Death"
- 10-c, Croatia

IF MURPHY WERE A . . .

...LAWYER

Alley's Axiom: Justice always prevails... three times out of seven.

Green's Rule: What the large print giveth, the small print taketh away.

First Law of Negotiation: A negotiation shall be considered successful if all parties walk away feeling screwed.

Power's Principle: If the law is on your side, pound on the law. If the facts are on your side, pound on the facts. If neither is on your side, pound on the table.

Potter's Parking Principle: The person you beat out of a prime parking spot will be the judge in your first case of the day.

Goulden's Law of Jury Watching: If a jury in a criminal trial stays out for more than 24 hours, it is certain to vote not guilty, save in those instances when it votes guilty.

Bloom's Law: The judge's jokes are always funny.

Andrew's Law: Honesty is almost the best policy.

...DOCTOR

Dolman's First Law: The first time you screw up a colonoscopy, your patient will definitely be a lawyer.

First Rule for Interns: Never say, "I'm new at this," to a patient.

The HMO Principle: The necessary procedure will not be allowed.

Edd's Law of Radiology: The colder the X-ray table, the more of the body the patient is required to place on it.

The First Rule for Ob/Gyns: All babies are born between midnight and 5:00am.

Morse's Law of Online Research: Any search for medical information will yield at least one porno site.

Law of Laboratory Work: Hot glass looks exactly the same as cold glass.

Stettner's Law for Surgeons: Never say "oops," while your patient is conscious.

Breezy's Translation: When the doc says, "That's interesting," he really means, "Oops."

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

REVENGE

REVENGE OF THE SPAM HATERS

Background: In November 2002, *Detroit Free Press* columnist Mike Wendland wrote a story about a man named Alan Ralsky. Ralsky had become a multimillionaire through marketing spam on the Internet. How much spam? His company sent up to 250 million e-mails a day. The story told readers about Ralsky's new 8,000-square-foot, \$740,000 home. The spammer bragged that one entire wing of the house was paid for by a single weight-loss e-mail.

Revenge Gone Wild! A group of spam haters decided to give Ralsky a dose of his own medicine. They posted his e-mail address and his phone number, and the mega-junkmailer got inundated with the very thing he had made his millions from—spam. And, no surprise: *He was annoyed!* Ralsky later complained, "They've signed me up for every advertising campaign and mailing list there is. These people are out of their minds! They're harassing me!"

REVENGE OF THE NON-WITNESS

Background: Jane White was upset that Jehovah's Witness had come to her house once a month, every month, for 12 years. At first she politely told them that she wasn't interested. Finally, after a visit on a Saturday in January 2002, she had had enough.

Revenge Gone Wild! White went to the group's local Kingdom Hall in Peacehaven, England, the following morning, carefully timing her visit for the middle of the Sunday service. She banged on the door loudly, again and again, until someone answered, and then proceeded to offer members of the congregation religious literature that she had brought along. "I tried to hand out free magazines just like the Jehovah's Witnesses hand out," she said. "Nobody seemed to want them, though." She continued her "mission" for 30 minutes until the police showed up and asked her to leave.

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

JANUARY



CAPRICORN: You'll have the chance to make considerable progress in 2015, but you'll have to cope with unexpected situations. Don't rush. If you keep calm, you'll win.



AQUARIUS: This year might start off with a bang, but it will take your style to keep the year running in the right direction, even if tasks seem commonplace or mundane.



PISCES: Look for synergy. Your life needs it and your special project won't fly without it. Find people or organizations you work well with, because you can't do it alone.



ARIES: Attitude adjustment isn't needed this year, you already have a positive outlook. Fine-tune your "vibration" to attract more success, and the results will be sensational.



TAURUS: As a tradition-minded person, you're thinking it could be time to rethink your commitments. Know your role in dealing with co-workers, bosses and clients.



GEMINI: Inspiration will soon come to you in a meeting and provide meaningful insights. Don't keep them to yourself. Decide what you can do to bring them to fruition.



CANCER: You and your partner have been focusing on a decision that now should be made. A new car, a vacation destination, save money? You'll determine the best bet.



LEO: A status-quo-altering event will soon occur. It has the potential to bring greater satisfaction at work or a change in your living arrangement, maybe a home or apartment.



VIRGO: You like to feel grounded in your work and your life. So just think of yourself as an anchor in a sea of disarray. Stand strong in the face of uncertainty.



LIBRA: Productivity and a sense of accomplishment bring an era of cooperation with your co-workers. Do whatever you can to keep the ball rolling.



SCORPIO: January begins a new year, one in which you'll have the confidence to solve a financial issue. Anyone could have one, but this one is yours to handle over time.



SAGITTARIUS: Interactions with the others will be stimulated and stimulating all through January. The relaxing atmosphere at your workplace helps you feel secure.

FEBRUARY



AQUARIUS: This month, you will feel compelled to create. Do it at work and away. Your creativity is broader than a professional effort. Isn't it time to consider your decor?



PISCES: Getting along with the other gender is easier when you stop expecting them all to have the same strengths, manners and behaviors. Take a closer look at individuals.



ARIES: You'll like February. The stars predict that the last two weeks will have many opportunities to relax and have fun. You've earned it so go ahead and enjoy it.



TAURUS: The end can be a good place to start. Embrace the closing of a chapter but stay alert to loose ends and unanswered questions. Open your eyes on Valentine's Day.



GEMINI: Any event at any point of time has a downside, so face it and don't give up. Even a negative outcome wouldn't be the worst thing that could happen to you.



CANCER: In the past, you've adjusted well to surprises, but one that is heading toward you is different. As you accept it, your staying grounded will set a pattern for others.



LEO: Your worries dissipate as your strength and flexibility of spirit develop. Having a positive outlook is contagious and lightens the spirits of those around you.



VIRGO: At the beginning of the first ten-day period of this month, you will realize that you are standing at a crossroad. Among your options, there is definitely a positive one.



LIBRA: You are assuming a low-key persona, but right now, you want to learn more. When you say less, another person will reveal his or her thoughts on the subject.



SCORPIO: Some look at the scene and declare that there's little to be done about it. You use your innate charm and ability win followers to tackle a difficult situation.



SAGITTARIUS: It can seem that when you are ready for entertainment and fun, your friends aren't available. Inviting a new pal or friend could bring surprising fun.



CAPRICORN: There will be outside factors to challenge you and obstruct your path. You have a talent for handling them, but be careful not to create extra impediments.

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