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TYSONS

MAGAZINE

March/April 2015 | vivatyson.com | \$3.⁹⁵

Springtime in Tysons

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HONORING FALLEN HEROES

PROTECTING OUR CHILDREN

TYSONS EVENTS CALENDAR

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FEATURES



<...

LANDSCAPING CREATES BEAUTY IN YOUR YARD

As the temperature starts to climb and the threat of snow and sleet begins to wane, our thoughts turn naturally to outdoor projects. It's time to clean up the outside from the effects of winter and consider those projects that can transform the yard into an area of beauty. Landscaping and gardening increase curb appeal and bring joy to homeowners.

...>

CLEMYJONTRI PARK WHERE EVERY CHILD CAN PLAY

By Rick Mundy

Clemyjontri is the inspiration of Adele Lebowitz who donated the 18 acres in Langley to establish a playground which is completely accessible to everyone, blurring the line between physically able and physically challenged children. The extraordinary space opened in 2006 and now hosts over 200,000 visitors from across the United States and the world annually.



<...

ARENA RACING POLICE OFFICER HONORS FALLEN HEROES

By Rick Mundy

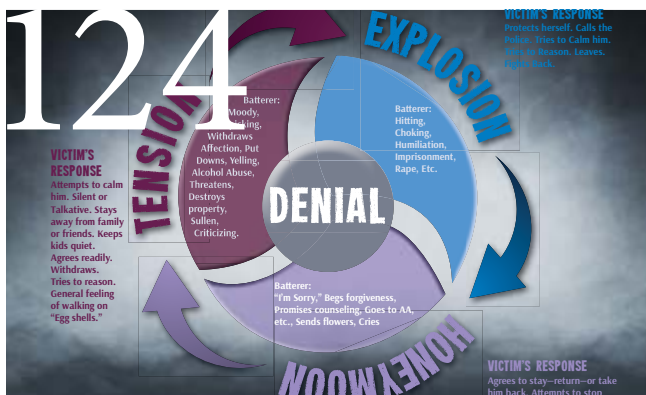
A race for John goes beyond thoughts of winning. He also has in mind the fallen heroes he is honoring. John Alford has been a Fairfax County police officer for 22 years, first as a patrolman, including via motorcycle for ten years. Prior to his police work, he raced cars throughout the Midwest both on dirt track and asphalt oval racing.

...>

SANCTUARY—A HAVEN OF HEALING

By Linda Barrett

Walk into Sanctuary Interior Design Build and immediately one feels at home in the plush and elegant surroundings that define Staats' interior design business. In April, however, Sanctuary will hold a different meaning—one close to Staats' heart. People will gather here to talk about how domestic violence affects children.





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DEPARTMENTS



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after

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MAGAZINE

THE MAGAZINE FOR GREAT FALLS • MCLEAN
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MARCH // APRIL 2015

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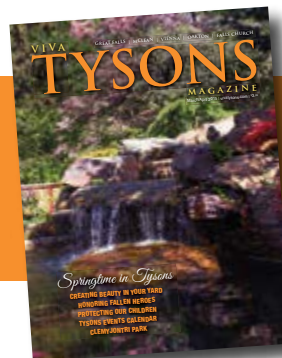
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Pre-register by March 25.

Spring Fest
Saturday, Apr. 4, 10 a.m.-noon
\$5 per person; free children up to 36 months.

Onstage @ The Alden
Pilobolus
Friday, Apr. 17, 8 p.m.
\$50/\$40 MCC district residents

McLean Spring Community Garage Sale and Recycling Event
Saturday, Apr. 18, 9 a.m.-1 p.m.
Free admission
1420 Beverly Road

Onstage @ The Alden
"Call Me William: The Life and Loves of Willa Cather" by Prudence Wright Holmes
Sunday, Apr. 19, 2 p.m.
\$20/\$15 MCC district residents

"Fabulous Floral" Day Trip Virginia Museum of Fine Arts
Tuesday, Apr. 21,
8:45 a.m.-5:30 p.m.
\$130/\$125 MCC district residents

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
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I'm a big fan of spring. It's a change in season that signals a new beginning and it's especially true in the new great American city we call home. So much going on!

Have you been to the new Founding Farmers Restaurant on Tysons Boulevard? Renee Sklarew takes us on a tour and gives us a review. We love the place – maybe a perfect example of the trajectory for new places yet to open in Tysons.

Friends of Clemyjontri is holding its annual fundraiser this April 25th. Learn more about Clemyjontri Park, a fantastic play destination accessible to all and maybe consider a gift in support of this McLean treasure. And The Wydler Brothers have recently joined with A Wider Circle to help families in need with their 1000 Bed Challenge. They need beds. Please help if you can.

With so much landscaping planned for Tysons, we thought we would bring you some ideas for the home. Jane Leigh Luce gives us some ideas and thoughts on water gardens.

Keith Loria talks with Art Garfunkel at Wolf Trap and shows us the two sides of artist David Carlson.

Bone Broth? Read Judy Caplan's take on the latest health craze.

Donny, Gail and Judy of The Clock Shop of Vienna have been helping us keep our time treasures ticking for decades. A wonderful landmark and the place to buy an heirloom for the family. Stop in and say hi.

Think all pharmacies are the same? Read about Bijan Ahmadi and his wife Shahla Shakeri of Tysons Pharmacy. Outstanding service and great value. You'll be amazed at the value they can extend to your prescription needs.

We've been enjoying the Amphora Diner in Vienna for years – it's a great story of the American Dream and the Cholakis/Bilidas families. And please check out more restaurant reviews from Renee Sklarew on Nostos and Ristorante Bonorati. Lucky us, so many great family owned places to *mangia*!

This summer Fairfax will be hosting The World Police and Fire Games in June. 12,000 public safety athletes from 70 countries will be right here in Fairfax. That's a big number – (more than the number of athletes in the 2012 Summer Olympics). They are in desperate need of volunteers – please consider lending a hand.

We hope you're enjoying our new mini-zine, *Le Nouveau Moi*, as much as we are enjoying its production. Our publisher, MJ Cincotta, is on the lookout for your thoughts and comments. Write her at MJ@vivatyson.com.

Have a great spring. See you in May.



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MARCH 5
Austin Lounge Lizards
The Barns at Wolf Trap

Selected EVENTS

MARCH 5
AUSTIN LOUNGE LIZARDS
The Barns at Wolf Trap
\$25-27 | 8pm

Texas' favorite musical satirists light up the stage with their one-of-a-kind Americana, bluegrass, and rock songs, with style similar to Loudon Wainwright III

and "Weird Al" Yankovic. Armed with an eclectic alt-country and folk sound and pointedly satirical lyrics, the self-described "most laughable band in show business" has dedicated itself to the art of spoofing sex, politics, and the countless absurdities of life through song.

MARCH 6
ALTAN
The Barns at Wolf Trap
8pm | \$25

One of Ireland's most respected traditional Celtic music acts blends lively strings and ethereal vocals to transport listeners to the heart of the Emerald Isle. The world's premier traditional Irish folk group, Altan, captivates audiences with its authentic Irish sound using a rich medley of instruments ranging from the fiddle to the bouzouki.

MARCH 7
YALE UNIVERSITY'S "LOW STRUNG" ALL-CELLO ROCK ENSEMBLE
Jammin Java
2pm | \$15

Low Strung is a group of ten classically trained cellists from Yale University who make up the largest all-cello rock ensemble in the world. The group transforms classics of the rock, pop, metal, and blues genres into pieces designed exclusively for the cello. The final product is something that cannot be found anywhere else: music that bursts with the excitement of rock but is executed with the thundering bass and butter-smooth treble of the cello. Their constantly-expanding repertoire spans the gamut from the 1960's to today, from The Who and Led Zeppelin to Lady Gaga and Imagine Dragons.

MARY FAHL (FORMERLY OF OCTOBER PROJECT)
Jammin Java
7pm | \$20

"Sounding like no other singer of her generation" (Allmusic.com), Mary Fahl is an expressive, emotional singer/songwriter. Since the October Project disbanded, Mary has released several compelling albums, including the fantastic re-working of Pink Floyd's *Dark Side of the Moon* for V2 Records; her wonderful, original studio album *The Other Side of Time* on Sony Odyssey; and her acclaimed album *Love and Gravity*. She has also written and performed songs for several major motion pictures, including the lead song ("Going Home") for the Civil War epic, *Gods and Generals*.

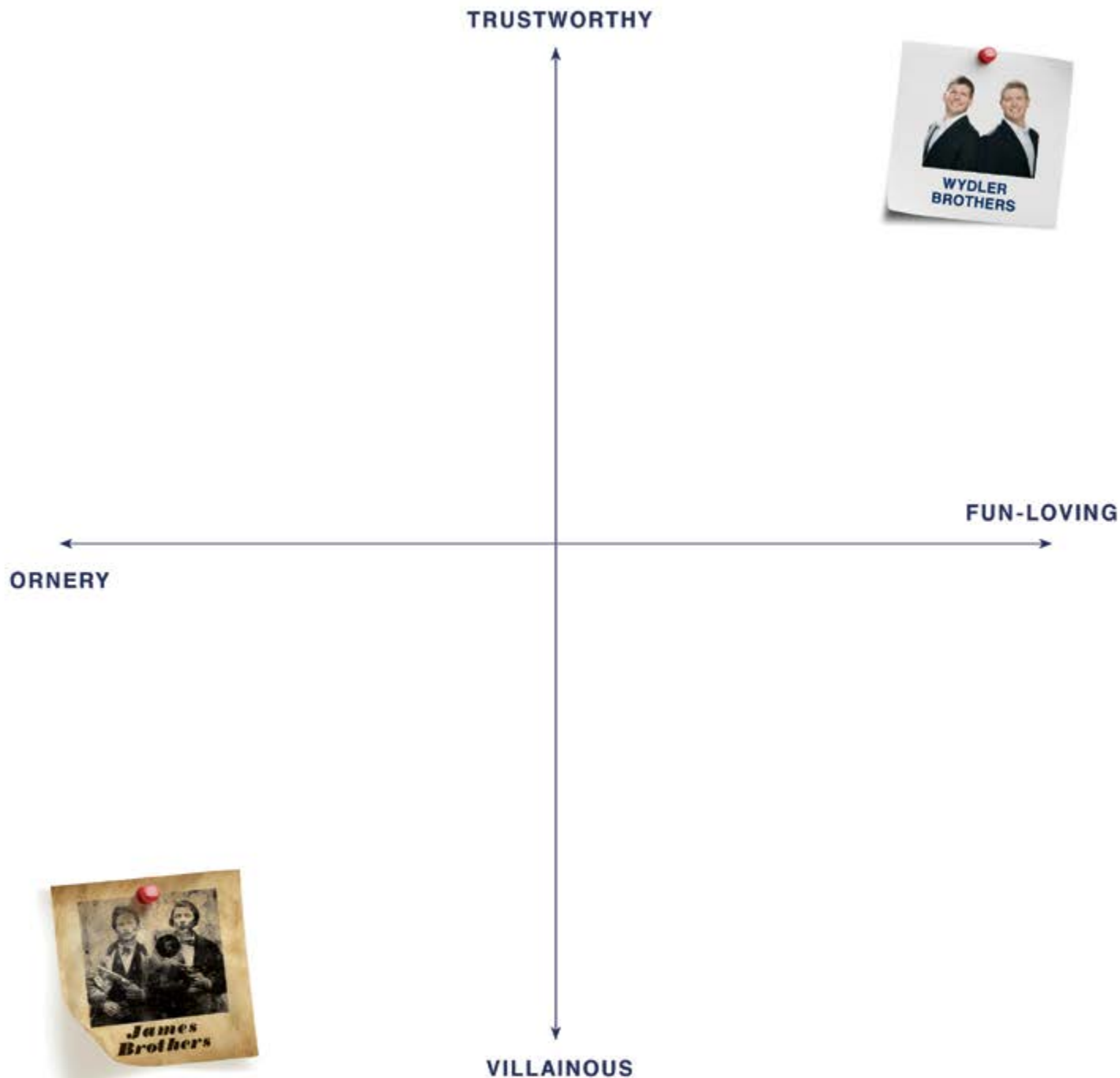
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MARCH 7

VATSALA MEHRA

The Barns at Wolf Trap

8pm | \$50

Known as the “Ghazal Queen,” this celebrated Indian singer has been honored by her home country for her Sufi songs and valuable contributions to India’s musical tradition. Vatsala Mehra released her first album, *Guftu*, in 1980 in India. Ghazals are a type of musical lyric poems, with a fixed number of verses and

a repeated rhyme. Since then she has gone on to perform for audiences worldwide.

MARCH 10

AN EVENING WITH
PETER BRADLEY
ADAMS

Jammin Java

8pm | \$15

Peter’s arrangement and interpretation of Stephen Foster’s “Hard Times,” the opening track on the eastmountainsouth CD,

appeared in Cameron Crowe’s film, “Elizabethtown,” and also was included on the soundtrack album. Peter’s songs and music from eastmountainsouth (as well as solo) has appeared in over 30 films and television shows in the US, including *One Tree Hill*, *Smallville*, *The Mentalist* and *Alias*. Years later, sales of eastmountainsouth’s self-titled and only release rank in the top 20 in Amazon.com sales under the Alternative Folk category.

has been featured on film soundtracks including *The Waterboy* and *The Big Easy*.

Most recently, they opened the final episode of *Late Night with Jimmy Fallon*.

MARCH 13

DYLAN GARDNER

Jammin Java

7:30pm | \$12

Dylan is one of a new breed of young artists for whom the internet is a great education. He has spent the last 10 years of his life obsessed with the art of songwriting. Dylan taught himself to be a multi instrumentalist, pro-tools engineer, and bedroom producer (though it’s not your typical bedroom; the closet has been turned into a vocal booth). None of this would matter if Dylan’s songs weren’t so effortlessly, effervescently extraordinary. Innocent yet sophisticated, classic but up-to-the-minute, and utterly comfortable and confident in his own skin, Dylan is a major talent. In 2013, he signed to Big Deal Music Publishing, and recorded his debut album *Adventures in Real Time*, co-produced with John Dragonetti of the Submarines.

CONTINUED ON PAGE 20

Courtesy of Wolf Trap



8 P.M.

THE BEST OF
THE SECOND CITY

The Barns at Wolf Trap

8pm | \$27

Chicago’s legendary improv troupe showcases some of the best sketches, skits, and songs from their 55-year legacy, along with uproarious new material. With 11 full-time touring ensembles and resident theatres in Chicago and Toronto, The Second City performs raucous improvisational comedy sketches that have entertained audiences for 55 years.

MARCH 11

UNITY: A 311 DAY
TRIBUTE

Jammin Java

8pm | \$13

In late 2010, after many late-night jams between members of Irresponsible and Feed God Cabbage, it became clear that they were being called to form a 311 tribute band. On 3/11/2011, Unity brought a shoulder-to-shoulder crowd to Fat Tuesday’s in Fairfax, VA, and made an explosive entrance into the DC music community. On 3/11/2012, Unity took the show to Jammin’ Java and made sure no walls were left standing.

BUCKWHEAT
ZYDECO

The Barns at Wolf Trap

8pm | \$28

Join a “Swamp-boogie joy ride” (*People*) as this Grammy-winning zydeco band serves up their vibrant brand of Creole music. Since 1979, Buckwheat Zydeco has performed with legendary artists like Eric Clapton, at prestigious events including both of President Clinton’s inaugurations, and



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MARCH 14

ORLA GARTLAND

Jammin Java

7pm | \$10

Orla's trademark summery vocals and heartfelt songwriting lends itself to the kind of crossover pop that appeals to a mass audience. With close to 11 million hits on Youtube, positioning her as a refreshingly credible One to Watch for 2015.

Her emotional delivery and genuine passion for songwriting have been embraced with Orla's new 4 track EP which includes title track, "Lonely People" (produced by Andrew Maury; RAC, Panama Wedding). The end result being a raw and honest body of work, which shows wisdom beyond her years, full of energy and purpose.

ZOSO THE ULTIMATE LED ZEPPELIN EXPERIENCE

The State Theatre

9pm | \$20

ZOSO - The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant, Bonham and Jones in their spirit, tightly-wound talent and authenticity.



MARCH 19
Lucy Kaplansky &
Richard Shindell
The Barns at Wolf Trap

Courtesy of Wolf Trap

MARCH 19

AN EVENING WITH MARY GAUTHIER & ALLISON MOORER

Jammin Java

7:30pm | \$25

Mary Gauthier's tempos shuffle and trudge more than they dash. And her songs? They're about as idiosyncratic as anything in the wide world of "popular music." They're painfully personal, especially on *Trouble and Love*. Yet they somehow infiltrate the souls of her listeners. Singer/songwriter Allison Moorer knows making sense of things isn't always easy, for sifting through life's various complexities can make for a good song and even better story. On "Sorrow (Don't Come Around)," one of the starkly candid songs on Moorer's forthcoming effort, *Crows*, she hints at a hidden optimism that sometimes is ignored or forgotten.

LUCY KAPLANSKY & RICHARD SHINDELL

The Barns at Wolf Trap

8pm | \$26-28

Enjoy contemporary, introspective folk from an exceptional harmonist who "beautifully augments her soulful vocals and stunning songwriting with stylish guitar playing" (Vintage Guitar). Dubbed "the songwriter laureate of modern city folk" by *The Boston Globe*, Lucy Kaplansky delights audiences with original music, as well as covers of classics including "Ring of Fire" and "I'm Looking Through You." Folk troubadour Richard Shindell released eight acclaimed studio albums, toured with the likes of Joan Baez, and won an AIM Award for his 1997 release, *Reunion Hill*.

MARCH 20

EMERSON HART + TOBY LIGHTMAN

Jammin Java

7:30pm | \$25

On his new record, Emerson Hart touches on loss, but also the beauty of rebirth, newfound love, family and starting a clean slate. *Beauty in Disrepair* marks a remarkably polished and honest follow-up to his 2007 solo debut *Cigarettes & Gasoline*, a critically-acclaimed album that spawned two Top 20 singles. In a world of auto-tune, Toby Lightman's pure and soulful voice cuts through the noise. She "...oozes spirituality, if not outright womanly sensuality..." -*Billboard* From her major label debut in 2004 to her current album *Every Kind of People*, Toby has mastered her own sophisticated urban pop. With each song, recording or collaboration, Toby continues to hone, craft and perfect her unique sound.

CONTINUED ON PAGE 23



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MARCH 20

EDDIE TRUNK, JIM FLORENTINE AND DON JAMIESON FROM "THAT METAL SHOW"

The State Theatre
8pm | \$22

Eddie Trunk is a 30 year music industry veteran who has built a reputation for being one of the most respected personalities in the world of hard rock and heavy metal. Eddie has spent time as a record executive and has also worked in artist management, but has really found his calling as a broadcaster. He is currently host and co-producer of the hit series *That Metal Show*, the longest running program in the station's history. *That Metal Show* is seen around the world and is a favorite destination for many hard rock/heavy metal fans.

ENTER THE HAGGIS

The Barns at Wolf Trap
8pm | \$28

Experimental roots-rock stalwarts push the boundaries of Celtic music with vigorous performances and inventive albums. Mastering a wide range of instruments, from fiddle, accordion, whistles, and ukulele, Enter The Haggis's diverse instrumentalists include Trevor Lewington, Brian Buchanan, Craig Downie, Mark Abraham, and Bruce McCarthy.



Courtesy of The State Theatre

MARCH 21

CITY OF FAIRFAX BAND "GIVE OUR REGARDS TO BROADWAY"

Fairfax High School
3501 Rebel Run, Fairfax, VA
7:30pm

The City of Fairfax Band goes Broadway, with special appearances! Broadway hits of yesterday and today mixed with classic medleys from the Golden Age of Broadway. Tickets www.fairfaxband.org

MARCH 22

AN EVENING WITH JOHNNY A

Jammin Java
7:30pm | \$20

Johnny A. has one of the most eloquent voices in modern music - and he doesn't sing a note. Instead, he channels joy, love, humor, sadness... every aspect of the human experience, through his guitar. Only the finest musicians have the ability to capture the nuances of life in sound,

which puts Johnny in a very exclusive group of six-stringers that includes Les Paul, Wes Montgomery, Jeff Beck, Chet Atkins, and Jimi Hendrix. The secret is his blend of melody, sonic definition, technique and that indefinable-yet-tangible quality called "soul." And he's eloquently shared that secret on the CDs *Sometime Tuesday Morning* (2001), *Get Inside* (2004), and the instructional DVD *Taste, Tone, Space* (2006), which are approaching combined sales of 150,000 copies.

PIANIST DR. RAFFI KASPARIAN IN CONCERT

The Oakton Church of the Brethren Community
10025 Courthouse Rd., Vienna
4pm | FREE

Concert Series welcomes pianist Dr. Raffi Kasparian who will perform Modest Mussorgsky's "Pictures at an Exhibition" and "Carnaval," Opus 9, "Little Scenes on Four

Notes," by Robert Schumann. No tickets or reservations are required for this free concert — just come, take a seat and enjoy! Donations will be accepted for the outreach programs of Oakton Church of the Brethren. For more information, see www.oaktonbrethren.org, or call 703-281-4411.

MARCH 25

KARLA BONOFF
The Barns at Wolf Trap
8pm | \$27

A velvety-voiced, folk-pop singer/songwriter whose heartfelt ballads have been covered by Linda Ronstadt, Bonnie Raitt, and Wynonna Judd. After developing a musical partnership with Linda Ronstadt, Bonoff eventually landed a record deal with Columbia and released her hit song, "Personally," from *Wild Heart of the Young* (1977).

CONTINUED ON PAGE 24



Courtesy of Wolf Trap



April 10
The Barns at Wolf Trap

MARCH 25 AND
APRIL 22

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MARCH 27

THE MACHINE PERFORMS PINK FLOYD

The State Theatre
9pm | \$23

The New York based band focuses on making every show an authentic Floydian experience for their fans. Known for performing a diverse mix of The Floyd's extensive 16-album repertoire (complete with faithful renditions of popular hits as well as obscure gems), The Machine's stellar musicianship, dramatic lighting and video, and their passionate delivery sets them above and beyond the rest.

CANTUS

The Barns at Wolf Trap
8pm | \$35

"The premier men's vocal ensemble in the United States" (*Fanfare*) makes its Barns debut in this

program which explores when and why people sing together. Anthem features works ranging from the Hebrew Burial Kaddish to the African American work song, "Rainbow 'Round my Shoulder," to Latvia's beautiful unofficial national anthem that came from the historic Singing Revolution, and even the lively Cuban folk tune "Arroz con Leche."

MARCH 29

AN EVENING WITH DON ROSS

Jammin Java
7pm | \$20

At the age of eight, when Don's sister came home from boarding school with an old Stella acoustic guitar, he knew he had met his new best friend. He was fascinated by the possibility of playing several lines at once: melody, middle voices,

bass line. Don decided that the best forum for what he did as a composer would be to perform his guitar music himself. In 1988 and 1996, he won the U.S. National Fingerstyle Guitar Competition. Signing with Narada Records in 1999, Don released his first completely solo-guitar CD, *Passion Session*. The CD has gone on to top many of the "all time best acoustic guitar recordings" lists in publications like *Acoustic Guitar Magazine*.

MARCH 30

FRNKIERO AND THE CELLEBRATION

Jammin Java
8pm | \$15

Stomachaches, Frank Iero solo debut on Staple Records, credited to frnkIero and the celebration, finds Iero playing everything on the album save for drums, which were manned by former MCR touring drummer Jarrod Alexander. Produced by Iero and mixed by Ed Rose, the album is a rocket ride of styles, attitudes and emotions, at times conciliatory and resigned, contradictory and caustic. The songs are brash and confident, but deceptively fragile, like a vanquishing prizefighter hovering over his crumpled opponent but unaware he is actually two punches away from death.



APRIL 3

AN EVENING WITH STEVE FORBERT

Jammin Java
7:30pm | \$25

Thirty-five years after Steve Forbert's first release, *Alive on Arrival*, the muse of a true romantic continues to burn. *Over With You*, his 14th studio album, points out the lyrical brilliance of Forbert, an expert in capturing the essence of human interaction since bursting onto the global music scene in 1978. He vaulted to international prominence with his second album, *Jackrabbit Slim*, which went gold behind the hit single, "Romeo's Tune", and his tribute to Jimmie Rodgers, *Any Old Time*, was nominated for a Grammy Award in 2004.

TOM PAXTON

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

Timeless folk icon whose "stirring songs of social protest and gentle songs of love, [are] each woven together with his personal gift for language"—Judy Collins. "[Paxton's] hits like 'The Last Thing on My Mind,' 'Bottle of Wine,' 'Ramblin' Boy,' 'The Marvelous Toy,' and 'Going to the Zoo'...transcended the genre and took root in America's imagination." —*Chicago Sun-Times*

APRIL 10

CHARLIE HUNTER TRIO FEAT. BOBBY PREVITE ON DRUMS AND CURTIS FOWLKES ON TROMBONE!

Jammin Java
7:30pm | \$20

Often lumped in with the so-called "jam band" crowd after earning a following on the festival circuit, Charlie Hunter's music isn't so easy to pigeonhole. Having touched on elements of soul-jazz, reggae and boisterous funk-rock in the past, Hunter recently set aside electronics for a cleaner tone well-suited for a 2010 solo album of classic covers chosen by his 100-year-old grandfather aptly called *Public Domain*.

POULENC TRIO

The Barns at Wolf Trap
8pm | \$35

This wind trio (pianist Irina Kaplan, oboist Vladimir Lande, and bassoonist Bryan Young) is based in Baltimore and has been delivering delightful, virtuosic performances for over a decade performing a virtuosic evening of French music. "The Poulenc Trio does its namesake proud." —*The Washington Post*

APRIL 11

BIG O AND DUKES PRESENT WRINKLE NECK MULES

Jammin Java
8:30pm | \$15

In 2005, Big O and Dukes became the first major market terrestrial talk show to publish their show's podcasts

on iTunes. From politics to pop-culture, each approaches subject matter from very different perspectives. The podcast format gives the guys an unbridled medium to relay their opinions and their frustrations about anything and everything. Step into the

studio with Chad Dukes, Oscar Santana and Drab T-Shirt; by the end you'll have laughed yourself right out of your chair, but will have gained a window into the lives of three new friends.

CONTINUED ON PAGE 26



Courtesy of Wolf Trap

8 P.M.

APR
9

JANE MONHEIT

The Barns at Wolf Trap
8pm | \$30-35

With the spirit of jazz and the swagger of cabaret, this talented songstress takes audiences on journeys from Brazil to Beatles-era Britain. Her work has earned 2 Grammy nominations in the Best Instrumental Arrangement Accompanying Vocals category, for 2002's *In The Sun* and 2004's *Taking A Chance On Love*.



APRIL 15

IF I COULD
CHANGE ONE
THING TOUR:
SETH GLIER

Jammin Java

7:30pm | \$12

Despite his relatively young age, MPress recording artist Seth Glier is a seasoned troubadour. A singer-songwriter, producer and

multi-instrumentalist who averages over 250 live performances annually, Seth has gone from opening act to headlining his own shows and playing major festivals. He's shared the stage with artists as diverse as James Taylor, Ani DiFranco, Edwin McCain, Martin Sexton, Emmylou Harris and Ryan Adams, and has quickly become known for

his passionate live sets and powerful command of both piano and guitar. His music has also caught the ears of fans, industry and critics alike, with *USA Today* stating that his "exquisite tenor echoes Bruce Springsteen and Billy Joel."

himself, remains an influence for a whole generation of guitar slingers.

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APRIL 17

EILEEN IVERS

The Barns at Wolf Trap
8pm | \$27-30

Eileen Ivers has won nine All-Ireland championships for fiddle, one for tenor banjo, and more than 30 championship medals in total. Her 2003 self-titled album peaked at No. 11 on Billboard's Top World Music Albums chart. This virtuoso's award-winning skill and Irish-inspired playing prove she is "the Jimi Hendrix of the violin" — *The New York Times*

APRIL 22

LEE ANN WOMACK

The Barns at Wolf Trap

8pm | \$27-30

Enjoy the sweet, southern vocals and earnest songwriting of this Grammy-winning country star behind the hits "I Hope You Dance," "I May Hate Myself in the Morning," and "Last Call." Known for her authentic country style, this Texas native's songs are filled with hard-hitting tales of love, loss, and real-life emotion. *TIME* magazine describes her as having "the clarity of a soul that realizes loss is a form of purification."

CONTINUED ON PAGE 28

Courtesy of Jammin Java



7 P.M.

APR
25THE NIELDS *XVII*
ALBUM RELEASE SHOW

Jammin Java

7pm | \$18

XVII is the Nields' seventeenth album. With a career that's more than well established, the Nields turn to meditations on time, and turning points, their roots and community — both musical and personal — but they also express joy in the present, faith in the future, and a whole lot of hope and promise. The Nields' albums are often an eclectic mix of ideas and music styles, but clear themes emerge. The songs on *XVII* are about the lessons we hopefully learn by midlife. They are about accepting the passage of time and the choices we've made, and being thankful for the moments of grace.

APRIL 19

PAT TRAVERS
BAND

Jammin Java

7:30pm | \$22

In 1979 The Pat Travers Band recorded what would become one of the slickest and hottest guitar-rock albums ever committed to vinyl. *Live! Go for What You Know* released on Polydor Records went platinum and was a huge success internationally and acclaimed by their musical peers, fans, and music critics alike. It was high energy. It was electric. It was lightning in a bottle. The album, much like the Canadian musician

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APRIL 11
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APRIL 23

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

John McCutcheon plays more than a dozen instruments including banjo, fiddle, autoharp, and his signature instrument, the hammered dulcimer. Johnny Cash lauded him as “the most impressive instrumentalist I’ve ever heard.”

APRIL 24

WILLY PORTER**Jammin Java**
7:30pm | \$23

Porter’s songwriting is both lyrically rich and musically adventurous, and he is an accomplished finger-style guitarist. Porter’s music moves easily from guitar-driven rock to the open-tuned wonderland of the new

acoustic frontier. His live shows combine his guitar playing, songwriting and on-stage improvisational skills as a storyteller and performance artist. With a career spanning more than 20 years, Porter’s latest CD is entitled, *Cheeseburgers & Gasoline*, (released Nov 2012) and is available from Weasel Records.

**SYBARITE5
DEBUT ARTIST****The Barns at Wolf Trap**
8pm | \$35

Award-winning young string quintet Sybarite5 is changing the face of concert music and redefining how it is performed and enjoyed. The Shuffle Effect sets a new standard in audience experience. The traditional program format is replaced with an iPod containing the group’s repertoire. The set list for the concert is determined live from the stage, as the players press shuffle on the

iPod and play whatever piece shows up on the screen. Audiences must be prepared for anything—from Mozart to Radiohead, Brahms to Brubeck, and Piazzolla to Led Zeppelin. The Shuffle Effect allows the musicians to showcase their skill, innovation, and vibrancy in a totally spontaneous presentation.

APRIL 25

**HAWAIIAN SLACK
KEY GUITAR
FESTIVAL****The Barns at Wolf Trap**
7:30pm | \$27-30

2014 Nā Hōkū Hanohano finalist Ian O’Sullivan is a classically-trained guitarist and composer from the North Shore of Oahu. Skilled at Hawaiian slack key guitar and ukulele, O’Sullivan regularly tours around the United States and released his debut solo album *Born and Raised* in 2013. Enjoy

melodic island music with uncommon tunings and finger picking by Hawaii’s finest players.

APRIL 30

**AN EVENING WITH
EWAN DOBSON****Jammin Java**

7:30pm | \$15

CandyRat Records recording artist Ewan Dobson has established himself as one of Canada’s most brilliant and exhilarating guitarists. “Time 2” from Ewan’s second album was his most successful song and became a viral video hit on the internet acquiring millions of views. The video has been specially featured on numerous media websites across the internet.

BLACK VIOLIN**The Barns at Wolf Trap**

8pm | \$25-27

Combining classical music with hip-hop beats, this striking violin/viola duo defies boundaries with spellbinding vocals and high-energy compositions. Viola and violin players, Wilner “Wil B” Baptiste and Kevin “Kev Marcus” Sylvester, met in high school orchestra. After graduating college, they formed Black Violin playing a groundbreaking fusion of classical, rock, R&B, bluegrass, and hip-hop music.

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PAGE 32



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CONTINUED
ON PAGE 32

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CONTINUED ON
PAGE 34



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.

WEDNESDAYS

MARTINI WEDNESDAYS

Brio Tuscan Grille

Join Brio Wednesdays for \$5 Martinis.

LOBSTER SPECIAL

Assaggi Osteria | \$19.50

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

HALF OFF PRIMETIME

Palm Restaurant | 5pm-7pm

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

WINE WEDNESDAY

Pizzeria Orso | 4pm-9pm

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

THURSDAYS

SUSHI THURSDAYS

Entyse, Wine Bar & Lounge | 5:30pm

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

CONTINUED ON PAGE 34




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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 of equal or lesser value. Not valid for cash. Dine in only. Not valid with any other special offer or advertised coupon.

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

TERRY LEE RYAN

Maplewood Grill | 6pm

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

UNCORKED THURSDAYS

Brio Tuscan Grille

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

THURSDAY MORNINGS WITH THE GREAT ZUCCHINI

Jammin' Java

10:30am-11:30am | \$5

The Great Zucchini, Washington's funniest and most magical preschool and kindergarten entertainer, performs a colorful magic show where every child is a star and guaranteed to laugh! Experience the excitement of the children when they get to learn a magic trick at the end of show!

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.

FRIDAY MORNINGS WITH ROCKNOCEROS

Jammin' Java

10:30am-11:30am | \$5

As every family with youngsters in the DC area already knows, Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. "An outstanding mix of folk and rock..literate songs.. poppy approach.. multi-generational appeal." Best Music for Kids and Families - *NPR*

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.

CONTINUED ON PAGE 36

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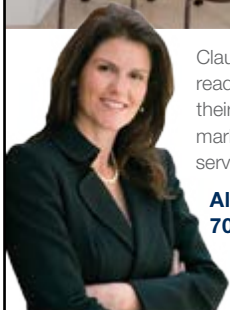
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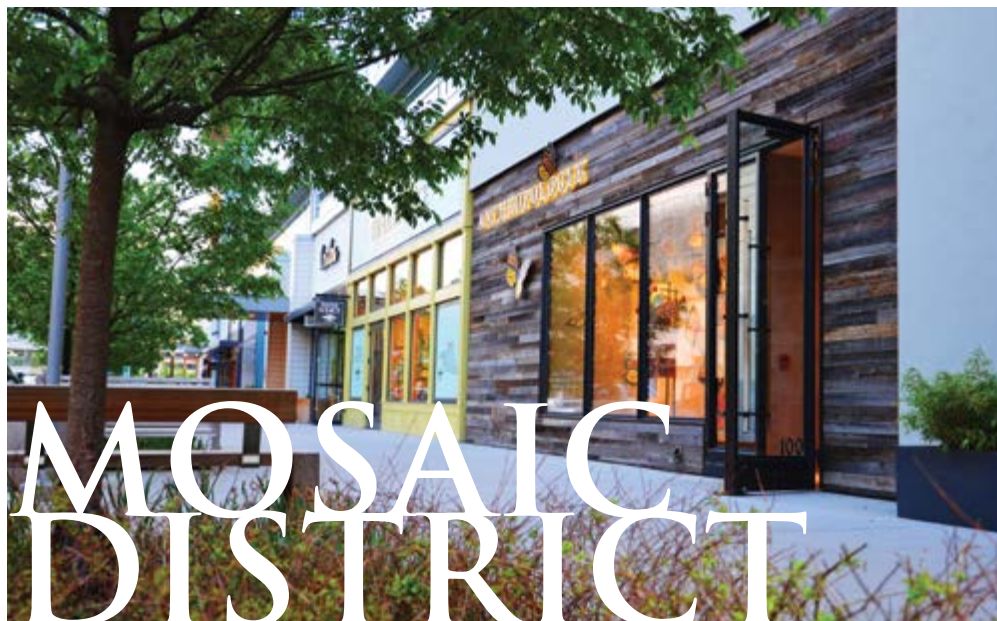
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**FREE WINE TASTING****Red, White & Bleu | 5-8pm**

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

AFTERNOON TEA**Entyse, Wine Bar & Lounge | 12pm**

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

SATURDAYS**DJ & DANCING****Iris Lounge**

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

LIVE MUSIC SATURDAYS**Entyse, Wine Bar & Lounge | 8:30pm**

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

BARBEQUE NIGHT 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.

½ PRICE WINE**Ristorante Bonaroti**

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

SUNDAY BRUNCH**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



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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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Email us at events@vivatyson.com and we just might publish it here next issue!



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Arts & Theatre EVENTS



APRIL 19
The Sleeping Beauty
GMU Center for the Arts

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Photo courtesy of Larissa Pedenchuk

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MARCH 1 - MARCH 22

KID VICTORY

Signature Theatre

Times vary | \$29-85

The highly anticipated and chilling world premiere musical from legendary composer John Kander and acclaimed playwright Greg Pierce (*The Landing*). Seventeen-year-old Luke returns home after vanishing a year ago. Profoundly changed, Luke and his parents struggle to adjust to life following his disappearance. Only finding solace with Emily, the quirky proprietor of an offbeat garden shop, Luke grapples with a past undone and a coming of age that came too late to a boy who just wants to fade away. The second collaboration between Kander (*Chicago*, *Cabaret*) and Pierce (*Slowgirl*), *Kid Victory* is a hauntingly mesmerizing original musical about what it means to disappear.

MARCH 6 - MARCH 29

THE JUNGLE BOOK

Creative Cauldron

**Fri 7:30pm, Sat 2pm and 7:30pm,
Sun, 2pm | \$15**

Our Learning Theater turns to one of the most well loved books in the English language, presenting an original musical adaptation of Rudyard Kipling's *The Jungle Book*. Danger lurks everywhere for the lost little boy Mowgli. He learns the "laws of the jungle" from his good

friends Akela, the wolf, Baloo, the bear, and Bagheera, the panther, who warn him that Shere Khan, the tiger, wants to eat him. But when Mowgli is forced to leave his friends and return to the village from which he came, he soon learns that man is the most dangerous creature of all. With sensitive themes about loyalty, honor, courage, and persistence, *The Jungle Book* stories have irresistible appeal for audiences of every generation.

MARCH 7

TANGO BUENOS AIRES: SONG OF EVA PERÓN

**George Mason University Center
for the Arts, Concert Hall**

\$29-48 | 8pm

This renowned company uses the art of tango to journey through the life of Argentina's larger-than-life former first lady, Eva Perón. From her impoverished childhood in the slums to her position as one of the country's most powerful and influential figures, Perón's story is told in this riveting new performance by these celebrated dancers, singers, and instrumentalists. Tango Buenos Aires, one of Argentina's greatest cultural exports, is recognized worldwide for its authentic interpretations of this captivating dance. Tango originated in dance halls and brothels during the late 19th century, and soon captured the attention of European high society, establishing its reputation as one of the world's most seductive and passionate



dances. "Swirling, fast-paced tapestries of movement, laced with proud postures and sensual couplings." (*The Washington Post*)

MARCH 8

KEYBOARD CONVERSATIONS* WITH JEFFREY SIEGEL: TORMENT AND TRIUMPH – THE ROMANTIC MUSIC OF FRANZ LISZT

George Mason University
Center for the Arts, Concert Hall
\$24-40 | 7pm

Jeffrey Siegel elucidates and enlightens audiences on two of the most celebrated composers of the Romantic era in his third performance at the Center this season. In this enchanting evening of classical music, Mr. Siegel performs Liszt's heavenly "Ave Maria," the devilish "Mephisto Waltz," and the stupendous "Sonata in B minor," perhaps Liszt's most autobiographical work – musically expressing the battle within him between Satan and saint. "Siegel's programs strengthen the fragile bonds of communication between composer and listener and are as welcome as they are rare." (*Chicago Tribune*)

MARCH 10 - APRIL 26

SOON

Signature Theatre
Times vary | \$29-85

It is the hottest summer in human history and, in a few short months, all water on earth will evaporate. In response, twenty-something Charlie has taken to her couch with only her beloved possessions: peanut butter, Wolf Blitzer and Herschel, the fish. Her mother, roommate and sometimes-boyfriend all attempt to persuade her to leave her apartment and enjoy life. However, as Charlie's memories take over, more complicated reasons for her self-inflicted hibernation emerge as she confronts her deferred dreams and considers the possibility of life and love just outside her door.

MARCH 14, 15, 21 AND 22
"TOTALLY RED!"

The Alden Theatre
3pm | \$15-20

This is a unique and fun retelling, in multiple styles, of the classic battle of wit and deception. We meet Red (who is nobody's fool) and the wolf (who tries to be cool). The story is told in classic sto-

rybook theatre style (Little Red Riding Hood), melodrama (The Perils of Being Miss RED), Elizabethan (Much Ado About RED), 80's hip-hop (REDz in the Hood), avant-garde (Call the Moment RED) and American musical style (RED! The Musical!).

CONTINUED ON PAGE 40



Courtesy of The Artists

8 P.M.

**RUSSIAN NATIONAL BALLET THEATRE:
CINDERELLA**

George Mason University Center for the Arts
Concert Hall

8pm | \$34-56

Don't miss one of the most enchanting and delightful storybook ballets - Cinderella. With Russia's finest dancers, Prokofiev's exuberant music, sumptuous costumes, lush scenery, and comical stepsisters, this performance is a treat for audiences of all ages. The classic fairy tale tells of the virtuous and mistreated servant girl who is magically transformed by her fairy godmother allowing her to attend the grand royal ball. She captures the heart of the handsome prince, but dashes off at the stroke of midnight, leaving only her glass slipper behind. Russian National Ballet Theatre is committed to upholding the grand, national tradition of Russian ballet, and at the same time offering opportunities for emerging young artists. "A cut above many of its rivals." (*The Washington Post*)





MARCH 12 - APRIL 5, 2015

3-D ART SHOWArtSpace Falls Church
Pearson Square,
410 S. Maple Ave

View three-dimensional media at this show at ArtSpace— sculpture, assemblage art, paper construction, anything that is three-dimensional, whether freestanding, framed or hanging.

MARCH 17, 24, 31

**PASTELS CLASS
WITH RICHARD LEVINE**
ArtSpace Falls ChurchPearson Square,
410 S. Maple Ave
Tuesdays - 10 am - 1 pm

Think about taking some wonderful art classes from very successful professional artist/instructors and see your art go to a whole new level.

MARCH 21 AND 22

**VIRGINIA OPERA:
LA TRAVIATA**George Mason University Center for
the Arts, Concert Hall

Sat 8pm, Sun 2pm | \$44-86

One of the most dearly loved operas,

Verdi's heart-wrenching tale of the desirable and fragile courtesan is a heart-rending classic. Violetta is the most desirable courtesan in Paris, enjoying a luxurious lifestyle filled with glamorous soirées and wealthy gentlemen. She gives it all up for Alfredo, with whom she has fallen deeply in love, but when Alfredo's father claims her reputation is ruining the family name, she selflessly attempts to end the relationship. Will true love win out in the end, or does failing health seal her fate? This tragic love story is brought to life through the glorious voices of Virginia Opera. Sung in Italian with English supertitles.

APRIL 10 - MAY 3

OLD WICKED SONGS

1st Stage in Tysons

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

Hoping to reconnect with his music and shatter the artistic block that's plagued his career, Stephen Hoffman, an arrogant young American piano prodigy, ventures to Vienna and finds himself in the hands of a passionate master-teacher. It seems impossible that they will ever get along, much less work together. One is European, one American; one old-fashioned, the other modern; one passionate, the other technically precise; and finally, one a seeming anti-Semite, and the other a Jew. Only music—their one common bond—releases the burning emotions of the teacher and melts the frigidity of the student.

APRIL 19

**RUSSIAN NATIONAL
BALLET THEATRE: THE
SLEEPING BEAUTY**George Mason University
Center for the Arts
Concert Hall
4pm | \$34-56Considered the crown jewel of legendary choreographer Marius Petipa's career, *The Sleeping Beauty* is the magical fairy tale of the beautiful, sleeping princess who awaits the kiss of her prince. Brought to life by one of Moscow's finest ballet companies, this enchanting tale isINTERSECTION OF THE THAMES AND THE MEDWAY,
oil painting after J.M.W. Turner by Dick Neff

10 A.M. - 4 P.M.

**MAR
3****WEATHER OR NOT**Vienna Art Center
115 Pleasant St., NW, Vienna VA 22180
10am - 4pm, Tuesdays through Saturdays | FREE

Enjoy an exhibition of Vienna Arts Society members' original artworks expressing all the drama of the changing seasons, March 3 through April 4. The attached image, "Intersection of the Thames and the Medway", will be on display.

Come back for the following show entitled SPRING HAS SPRUNG, the Vienna Arts Society's annual judged show of all media, April 7 - May 2.

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.

set to Tchaikovsky's magnificent score. A grand theme of good versus evil, the ballet is about the story of Aurora, who has been cursed since birth by the evil fairy Carabosse. After pricking her finger on a spindle, the princess and her whole kingdom fall into a deep sleep that will last one hundred years until she is saved by the brave prince, Désiré. Luminous costumes, elaborate sets, and the graceful movements of these gifted Russian dancers result in a sublime afternoon of breathtaking artistry.

APRIL 24

BBC CONCERT ORCHESTRA

George Mason University Center for the Arts, Concert Hall

8pm | \$36-60

Keith Lockhart, conductor

Charlie Albright, piano

Ravel: "Le Toupé de Couperin"

Ravel: "Piano Concerto in G major"

Walton: "Crown Imperial"

Vaughn Williams: "Norfolk Rhapsody No. 1 in E minor"

Britten: "Variations and Fugue on a Theme of Purcell"

From its beginnings in the early fifties as a radio orchestra, the BBC Concert Orchestra has grown into one of the world's most respected and versatile orchestras, with an enviable reputation in light music, opera, ballet and musicals. Performing regularly on radio, television, and in the concert hall, it is featured on BBC's weekly radio program *Friday Night is Music Night*, and can be heard on countless television soundtracks, including *Blue Planet* and *Planet Earth*. Under the baton of principal conductor Keith Lockhart, who is also the conductor of Boston Pops, BBC Concert Orchestra performs music of British and French composers and is joined by pianist Charlie Albright. "Its style is gutsy... the ensemble is solid, not flashy." (*Los Angeles Times*) ♦





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TWO SIDES Of Artist David Carlson

BY KEITH LORIA

It was back in Glasgow, Kentucky when Arlington's own David Carlson first became interested in art on a serious level; learning from his high school teacher, Karl Weiss.

"Weiss used to shake his head at my ideas which only encouraged me to play more," he says. "I felt it was important to be good at rendering, but in the long run I knew the way I put together ideas is what interested me."

When it was time to go to college, his parents encouraged him to go to a state school, since he would be studying art, so he began his studies at Murray State University.

"My Grandma Johnson really provided stimulating discussions about being an artist," he says. "She treated me as an equal, and that has encouraged me ever since. I am grateful to her for that."

Although he started in abstract work, he later found a calling in digital media art. The digital video came out of a collaborative idea to produce work for the Dakart Bienale in Senegal back in 2000.

"Originally there were three visual artists, a performance and sound artist. We began the work with just the idea of video, which now, looking back was pretty crazy because none of us had a clue of how to make video, let alone work with the computer," he says. "During that time, I was able to take digital classes with the Corcoran which helped me tremendously."

To date, he's created 13 pieces of video art. Carlson was attracted to both abstraction and digital media for very different reasons.

"Abstract painting has grown out of many years of working, defining, redefining, changing, understanding and approach," he says. "I actually, like most artists, started out making representational works. Adding new ideas to that began changing the meaning and approach. Through many years of digging I finally arrived at abstraction, which has proven the best way for me to work with ideas that lie below the tangible. This gives me great freedom to approach my work that is directly defined in the painting themselves."

As for digital media, the artist explains it's a way to ask completely different sets of questions from a whole different perimeter.

"While the painting is much more internal, the digital video is more external dialogue working with the camera to gather footage and source material for the piece," he says. "I isolate the figure or environment using it directly to create new questions of space, time and relationships between the object (video) and the audience. My concepts in the digital works are different but the process is very much the same as the abstract painting."

Today, the 58-year-old teaches at MPA and Marymount and has exhibited all over Virginia and Washington, D.C. His Digital Videos series has shown in venues in Senegal, Egypt, South Africa, Belgium, Turkey, Illinois and Texas.

When talking about art that has truly inspired him, Carlson has to go back nearly 40,000 years to the very first artists, when you would strip away content in art.

"I have thought about my personal philosophy over the years and what interests me most is the original creative act that took place during the Paleolithic period," he says. "That simple act of



making an image or object was a huge shift in consciousness. There has been much conjecture about reason, but I prefer to contemplate the straight representation of something, not so much why, but who."

On a more personal level, he says, his philosophy is more of a question: "What is the nature of reality?"

"This is my constant thought while I work. The tension between opposing paradigms of structure and change continually challenge me to look for different ways to understand this question," he says. "I have a natural curiosity that fuels me, followed closely by the process or search for meaning in something. The question always comes up, 'what if I do this?' I like the challenge of the tension between the intuitive and the known and art fills that nicely."

In April, Carlson will be exhibiting a new video installation as part of the McLean Project for the Arts, which will show in the MPA Emerson Gallery at the McLean Community Center.

"I have been speaking with Nancy Sausser, the curator for the McLean Project for the Arts, about video projection for sometime. I think my latest body of work finally struck a chord that really made sense for this exhibition to happen," he says. "The upcoming show titled, 'Water Unspoken,' will consist of three projected high definition videos, one digital piece along with a video presented on a monitor, which will be very dramatic, lovely and visually enticing."

Carlson feels NOVA has an amazing amount of artists of all caliber, and that locally, the art community revolves around powerhouse nonprofit spaces including McLean Project for the Arts,

On a more personal level, he says, his philosophy is more of a question: "What is the nature of reality?"

"This is my constant thought while I work. The tension between opposing paradigms of structure and change continually challenge me to look for different ways to understand this question," he says.

Arlington Arts Center, Workhouse Arts Center and the Torpedo Factory.

"What I appreciate in being involved for over 30 years with MPA and AAC is the sense of stability and opportunity for growth provided by these forward thinking groups," he says.

Carlson is also involved in an on-going project entitled, "Take Me to the River," which is an international collaborative group of artists.

"They have had a major impact on my creative life and from a human perspective as well," he says. "We created TMTTR as a bridge between people of different cultures using art as a voice and creative tool to share and exchange ideas. Our scope has encompassed exhibitions and outreach projects in Egypt, South Africa, France, Turkey, Uruguay and the United States."

Looking ahead, Carlson will also take part in a two-person show, "Fields," at the Athenaeum in Alexandria, will be taking a trip to Kyoto, Japan, and is working on a project with TMTTR in New Orleans, La.

"As for the future I look to broaden my exhibitions to include museums, university galleries and new private galleries," he says. "Also there are some collaborations with international artists that prove to be quite interesting."

To view more of Carlson's work, visit davidcarlsonart.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.





BY KEITH LORIA



THE ART OF HARMONY

Art Garfunkel guesstimates that he's probably done close to 50,000 interviews in his lifetime, so he pretty much knows what to expect when a reporter peppers him with questions about his career.

Still, he says, he's happy to do it, because he gets to talk about his favorite subject—music. Especially since he lost his voice a few years back and for a short time, he was worried it wasn't coming back.

"My voice left me, but now it's back and I'm so grateful," he says. "I have been singing since I was five; it's my best friend so I worked hard to get it back to where it should be."

A discussion with the heavily educated Garfunkel (he has a bachelor's degree from Columbia College in Art History and a master's degree in Mathematics at Columbia University) runs the gamut with subjects such as philosophy, existentialism and even horror films (can you say "Boxing Helena") coming up in relation to his career.

"My age and the 20th Century and America's place is a very lucky sync," the 73-year-old says. "People of my age came of age as swing music was turning into rhythm 'n blues and rock 'n roll. We were coming of age as America was becoming a post-war success story. We took mono and made it stereo, a beautiful soundscape. Songs like 'Let it Be,' 'Bridge Over Troubled Water' and 'Good Vibrations' took advantage of this and rode the phenomenon."

Garfunkel says he and his "buddy," Paul, set out to do something that was positive and full of love. Of course, he's talking about Paul Simon, whom Garfunkel first teamed with in 1957 under the monikers of "Tom and Jerry." The two spent decades making spectacular harmonies together, and after changing their name to Simon & Garfunkel, the duo rose to

fame thanks to songs such as "The Sounds of Silence," "Mrs. Robinson," "Bridge over Troubled Water," and "The Boxer."

Simon & Garfunkel went on to win five Grammys, sold hundreds of millions of records, played to half a million people in Central Park and were inducted into the Rock and Roll Hall of Fame.

That success, combined with all Garfunkel has achieved as a solo artist in the past three decades, has allowed the singer to do what he wants, and that means touring.

"I was thrown into a place called 'Do what you like or why do it?' Live performing and not recording has become my focus," he says. "Present tense is all you have and you have to stay cooking in the present tense in order to like one's self. It's important to continually be interesting in your own eyes, otherwise you sag a little. As a live performer there are many things I have not gotten to do, so I am new at the game of refining my show. I have been doing different formats and different set lists and I play on my notepad to design the different shows."

The singer heads to Wolf Trap for three nights, March 29-March 31, for shows that he promises to be full of fan favorites. The 6-time Grammy winner currently tours with guitarist Tab Laven and his live set includes his solo works, Simon & Garfunkel classics, and covers by some of his favorite songwriters like Jimmy Webb and Randy Newman.

"I've learned not to do too many Simon & Garfunkel songs or they will think you are retro, but also not to be too stingy with them because they want to hear 'Bridge Over Troubled Water' and some of the others," he says. "Match your tempos and your slows and don't do too many slows in a row. I'm one who doesn't have too many spikes in the show, so I need to place them judiciously."

He's not sure how long he will continue being out on tour, but he's very excited to be back and doing what he loves.

Check out Garfunkel March 29-31 at Wolf Trap's Barns Theater. For more information, visit www.wolftrap.org. ♦

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

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GOLDEN EMPIRE OF THE INCAS PERU



BY ALLISON CHASE SUTHERLAND

The Mysterious Civilization of Macchu Picchu

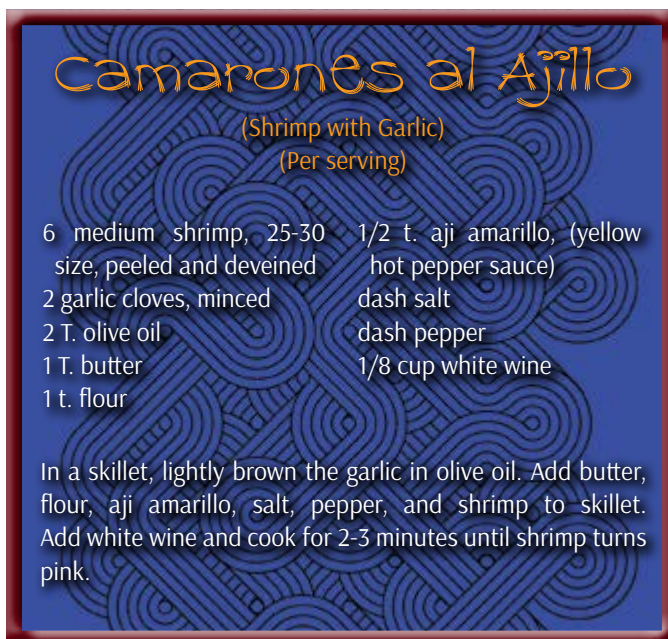
Peru was the center of the golden civilization of the Incas, also known as the people of the sun. During the fourteenth and fifteenth centuries, the highly developed government of the Incas was centered in and around the colonial city of Cuzco and in Macchu Picchu, fascinating testament to this mysterious civilization.

Cuzco was founded by Manco Capac, the first Inca, or ruler, of the empire, and his wife, Mama Ocllo, who came from nearby Lake Titicaca. Today, Cuzco is a picturesque colonial city with many Spanish cathedrals and monuments. And by all accounts, the famous lost city of Macchu Picchu is breathtaking and unforgettable. To reach Macchu Picchu, you must take a train and then a small minibus which zigzags up the mountain. Another popular way to reach this site is to take the train to the bottom of the mountain and slowly wind your way up during a three-day excursion which allows one to appreciate the varied flora and fauna of the Amazon. Hidden among the misty peaks of the verdant mountains of the

Cordillera Central, Macchu Picchu is an unrivalled feat of human architecture. Jim Clark of Vienna had always been intrigued by the ancient civilization of the Incas and recommends that Macchu Picchu be observed from the top of the peak of Huayna Picchu, the peak that towers over Macchu Picchu, with a view that could only be described as magnificent.

Modern Peruvian cuisine is a reflection of Peru's long history and varied climate, and as such offers a dazzling array of tropical juices, such as tamarind, horchata, maracuya or passion fruit, and the Peruvian specialty, chicha morada, made from purple corn mixed with pineapple, with a dash of lemon juice, cinnamon, clove, sugar, and chopped apples. Also popular are tamales, prepared from corn meal mixed with sautéed pieces of fresh chicken, wrapped in a banana leaf and steamed, a tradition linking back to the Incan past. In remote areas, Quechua, the native language of the Incas, is still spoken, and llamas are still used for transportation. Alpaca, vicuna, and huanaco are used to produce fine wool sweaters and ponchos to protect against the cold climate of the high Sierra.

The Incas used the Intihuatana sundial, made of one solid piece of stone, in their religious rituals such as Winter Solstice, and also to tell if it was summer or winter, to determine the rotation of the moon, and to decide when to plant crops. In Peru, there are 2,000 varieties of potatoes, and numerous varieties of corn, including cancha, a white corn which can be toasted for a snack, and mote, a very large kernel corn, similar to hominy. Papa a la Huancaína, a dish prepared with boiled potatoes and hard-boiled eggs, topped with a spicy cheese sauce made of native soft white cheese and delicious yellow aji amarillo, is an authentic dish from the Sierra. Another potato favorite is Papa Rellena, fresh mashed potatoes filled with a mixture of ground beef, sautéed onions, raisins, and



Camarones al Ajillo

(Shrimp with Garlic)
(Per serving)

6 medium shrimp, 25-30 size, peeled and deveined 2 garlic cloves, minced 2 T. olive oil 1 T. butter 1 t. flour	1/2 t. aji amarillo, (yellow hot pepper sauce) dash salt dash pepper 1/8 cup white wine
--	--

In a skillet, lightly brown the garlic in olive oil. Add butter, flour, aji amarillo, salt, pepper, and shrimp to skillet. Add white wine and cook for 2-3 minutes until shrimp turns pink.

olives. Once the potato mash is stuffed, the mixture is then rolled in a cornmeal and lightly fried. Start off your authentic Peruvian meal with Palta a la Reyna, or Avocado Stuffed with Chicken.

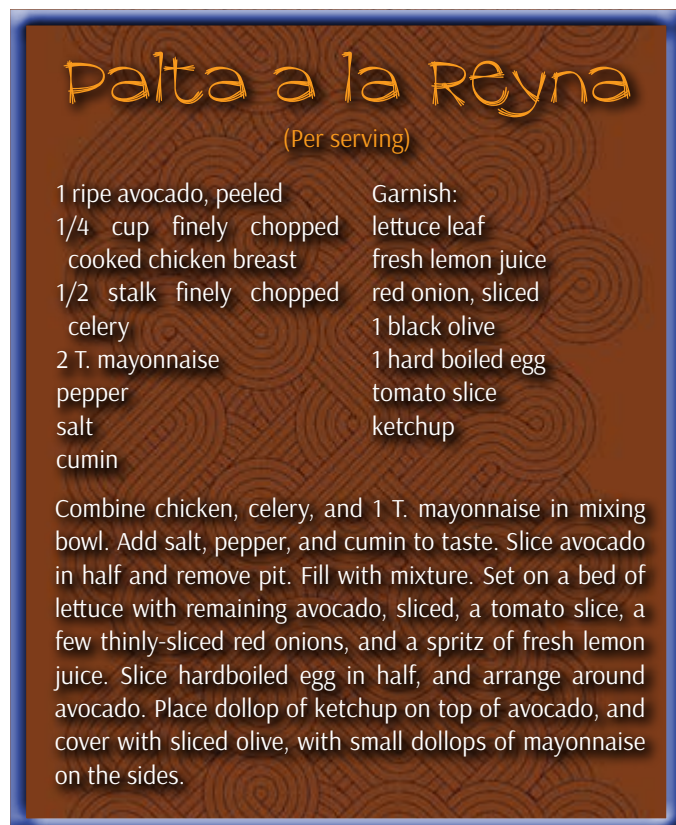
From the Andes Region

Peru also enjoys beautiful agricultural traditions in the North near the border of Ecuador. Orchards there have the unique opportunity for longer days, moderate rainfall and a moderate climate that does not lend to freezing. Enjoy this recipe for Palta a la Reyna with freshly baked bread, perhaps from your local panaderia (Peruvian bakery).

And to the Pacific Coast

Peru also enjoys a Pacific coastline and is known for its delectable seafood specialties. Enjoy this delicious but simple recipe for Camarones al Ajillo. The aji amarillo, or yellow hot pepper sauce,

CONTINUED ON PAGE 48



Palta a la Reyna

(Per serving)

1 ripe avocado, peeled 1/4 cup finely chopped cooked chicken breast 1/2 stalk finely chopped celery 2 T. mayonnaise pepper salt cumin	Garnish: lettuce leaf fresh lemon juice red onion, sliced 1 black olive 1 hard boiled egg tomato slice ketchup
---	--

Combine chicken, celery, and 1 T. mayonnaise in mixing bowl. Add salt, pepper, and cumin to taste. Slice avocado in half and remove pit. Fill with mixture. Set on a bed of lettuce with remaining avocado, sliced, a tomato slice, a few thinly-sliced red onions, and a spritz of fresh lemon juice. Slice hardboiled egg in half, and arrange around avocado. Place dollop of ketchup on top of avocado, and cover with sliced olive, with small dollops of mayonnaise on the sides.



Aji

(Peruvian Green Hot Pepper Sauce)

4 jalapeño peppers 2 spring onions, finely chopped 1/4 medium white onion, finely chopped 1/8 cup cilantro	3 sprigs parsley 4 T. olive oil dash red wine vinegar salt pepper dash lemon juice
---	---

Blend ingredients until smooth. Pour into small serving bowl. Squeeze fresh lemon over top. Stir to blend. Serve.



GOLDEN EMPIRE OF THE INCAS PERU

CONTINUED FROM PAGE 47

a popular Peruvian condiment, can be found at most Latin groceries and is the perfect accompaniment to many a dish.

The popular Peruvian condiment, aji, is eaten with virtually everything, from buttered bread to meat, poultry, and seafood dishes, or anywhere you want to 'heat' up a dish. This delicious accompaniment is whipped up in virtually minutes.

To Huancayo in the Sierra

Roberto Carlos Munive Llanas, of Fairfax, grew up in Lima, capital of Peru and coastal city to 9 million inhabitants. Roberto, also known as Tito, remembers when he was ten years old and he visited the land of his ancestors for the first time near the Indian town of Huancayo high in the Sierra. He recalls that the air was so thin, you could

French Fries

2 cups frozen French-fried potatoes, julienne cut
vegetable oil
salt

In sauce pan, fry frozen julienne cut French-fried potatoes. Set on paper towels, towel dry, and salt lightly. Serve over Lomo Saltado.

hardly walk, and you had trouble breathing. In the Sierra, there is no humidity, and your hands and lips chap. "If you bring a llama to Lima, it will die from the humidity." He goes on to describe his homeland. "It was so beautiful, the mountains were so green, and the land went on forever." And he stood with his father, who said, "This is our land, as far as the eye can see." In the morning, he remembers seeing "the whole red sun, high in the sky," and at night, "the shooting stars falling from the sky." The farmhouse of Roberto's grandfather was made of mud and is still in use. Roberto's grandfather grew potatoes, sweet potatoes, yucca, corn, and oca. His great-great-grandfather was Spanish and his great-great-grandmother was Indian Incan, both of whom were living at the time of the Spanish conquest.

According to Roberto, the beaches along the coast of Peru are beautiful. Some are white sandy beaches, some are rocky. There are even black beaches. There are beach clubs on the beaches, such as Playa Pucusana and San Bartolo, both within an hour's drive south from Lima. "In summer, people don't sleep during the night. Bars, restaurants, everything is open." Roberto Munive, who received a diploma in Professional Culinary Arts from Stratford University in Tysons Corner, has worked as a chef de partie, is currently in the restaurant business and enjoys cooking at home for his wife, Katie, and two sons, Joshua and Jacob. Roberto Munive of Lima offers us his favorite version of Lomo Saltado. ❖

Lomo Saltado

(Serves 2)

1 lb. prime USDA beef, cubed	1/3 yellow pepper, sliced
vegetable oil	1 large ripe tomato, sliced in wedges
1/4 t. salt	1/2 t. aji amarillo, (or to taste)
1 t. season salt	1/2 t. achiote
1/4 cup red wine	1/2 t. paprika
1 large red onion, sliced	1 cup rice
1/3 green pepper, sliced	parsely sprigs
1/3 red pepper, sliced	

Over medium heat, saute beef in vegetable oil with salt and season salt until medium-rare. Stir in red wine, reduce heat, and allow to simmer for 1 minute to allow beef to absorb wine. Add onions, green, red, and yellow peppers, tomato, and aji amarillo. Add achiote and paprika. Stir ingredients together, cover and continue to simmer for 10-15 minutes. Serve with rice. Garnish with parsely sprigs.

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

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*Several Virginia Wydler Brothers agents are ready to meet the challenge.
Above, left to right: Claudia Kern, Allie Chamberlain, Tracy Williams, Jane Phillips, Steve Wydler, Greta Kohlhausen*

The Wydler Brothers Team recently formed a partnership with A Wider Circle to help families in need in the Washington, D.C., community.

The mission of A Wider Circle is to end poverty. The organization's holistic approach focuses on providing essential items such as beds, dressers, couches and dining room tables and chairs, as well as comprehensive job training. One of the organization's greatest needs is *beds*. Last year, A Wider Circle received more than 12,000 requests for beds, many of which came from mothers and fathers whose children were sleeping on the floor.

In response to that need, Wydler Brothers, along with some strategic partners, will donate 1,000 beds to A

Wider Circle in 2015. For every home bought or sold with a Wydler Brothers agent this year, the lead agent will donate a bed to the campaign. To help reach the goal of 1,000 beds, Wydler Brothers has teamed up with several partners. For every Wydler Brothers purchase/sale that involves one of these partners, that partner will also donate a bed. They include KVS Title; Client First Settlement Services; Jon Neal of Metropolitan Moving and Storage LLC; Patrick Gardner with 1st Portfolio Lending; Jonathan Okun and Ryan Dailey with Prosperity Home Mortgage; and Mark Hennessy with State Farm Insurance.

Steve Wydler commented, "When we met Mark Bergel, executive director of A Wider Circle and learned about their mission and needs, we immediately wanted to help in a significant way and created the 1000 Bed Challenge. The agents are also very excited about the campaign. By focusing our energy and efforts together on this challenge, we can make a significant impact locally. A Wider Circle is a local charity and every one of us is a part of the community. We are thrilled to help support this local organization."

The Wydler Brothers Team is a Long & Foster residential real estate team formed by Hans and Steve Wydler (aka the Wydler Brothers) specializing in fine homes and condominiums throughout the greater D.C. metro area. With close to \$1 billion in sales since its inception, Wydler Brothers is among the highest producing teams inside the Beltway and currently ranked No. 38 in the United States by *The Wall Street Journal*. For more information visit www.WydlerBrothers.com

Last year, A Wider Circle served more than 20,000 children and adults in suburban Maryland, Washington, D.C., and Northern Virginia in its mission to end poverty. For more information about A Wider Circle, visit www.AWiderCircle.org.

Join the 1000 Bed Challenge. To make a donation directly, visit www.1000bedchallenge.com. ♦

We want to help local families have sweeter dreams.

Each night, many families sleep on floors just miles away from some of our nation's greatest wealth. These families need beds. That's why the Wydler Brothers Team created the 1000 Bed Challenge. For every home bought or sold with Wydler Brothers this year, our lead agent will donate a bed to A Wider Circle, a local charity helping thousands of families in need. To help us reach our goal of donating 1000 beds, we have joined with the generous partners listed below who will also donate beds to A Wider Circle. Please help us deliver sweeter dreams to local families in need.

TO LEARN MORE OR MAKE A DONATION, VISIT
1000BEDCHALLENGE.COM



In-kind donation by Art Director: Craig Coughlin, Copywriter: Francis Sullivan, Photographer: Elliott O'Donovan



&



We want to thank our partners for their support of this campaign.



Wydler Brothers Team, of Long & Foster Real Estate, Inc.





Landscaping **CREATES BEAUTY** IN YOUR YARD

As the temperature starts to climb and the threat of snow and sleet begins to wane, our thoughts turn naturally to outdoor projects. It's time to clean up the outside from the effects of winter and consider those projects that can transform the yard into an area of beauty. Landscaping and gardening increase curb appeal and bring joy to homeowners.

Often the idea of establishing new outdoor projects can seem daunting. Why not make it an enjoyable process by following some simple steps? Landscaping professionals can be a tremendous resource both in planning and executing landscape improvements, saving time and effort for the homeowner. Regardless of whether you use a professional or go it alone, here are some helpful hints.



THE MAGIC OF *Having Water* IN THE GARDEN

BY JANE LEIGH LUCE

1) *Get motivated.* The decision to work on your yard means you have already determined that improvements are needed. But what should your yard look like? Take a stroll through the neighborhood or drive around town to see what others have done. Go to local gardening centers to see specific plants you like. Check out programs on HGTV and other channels. Go online to websites like www.houzz.com or Pinterest sites for a plethora of ideas.

2) *Know the climate.* Before you go wild with your new project, find out what plantings make the best choices for your yard. In Northern Virginia we are fortunate to live in a fairly moderate climate without severe weather conditions. In terms of hardiness, the Greater Tysons area is part of Zone 7A, (USDA Growing Zones) a rating identifying which plants are most likely to thrive in the area. Also factor in the amount of sun and shade in different areas of the yard throughout the day. The possibility of pests such as insects, wildlife, and stray animals should also be considered.

3) *Complement your home's exterior.* Plants should be chosen that enhance the beauty of your home's exterior. A modern home should call for a very different landscape than a colonial house might. It is also appropriate to think about when different flowering plants will bloom so that you can enjoy color and beautiful flowers all season long.

4) *Create a design.* Once you have determined the plantings you want, you can draw a simple diagram or just stake out where plants will go. Allow enough room for growth and the ultimate size of bushes and trees. Most plants will show expected height and width on the accompanying labels when purchased at the garden center. Plantings too close to a sidewalk, for example, eventually can lead to obstructions for your walking neighbors.

5) *Plant at the appropriate time of year.* If you are doing your own planting, pay attention to the suggested planting season for each plant, tree, or shrub. Those are also marked on the labels or can be researched online.

6) *Maintain your plants.* Once you or your landscaping professional has designed and planted your beautiful yard, garden, or flower beds, regular care is required to keep everything growing and thriving as planned. We won't call it work, because many motivated homeowners derive tremendous pleasure from the simple tasks of weeding, watering and pruning, knowing that their efforts are enhancing the look of the entire yard and helping plants to grow. Once again you can choose a do-it-yourself approach or rely on the expertise and time-freeing care of a professional gardener or lawn service to make your yard sparkle.

Now it's time to pull out the Old Farmer's Almanac to check for final frost predictions and get your landscaping project in focus. ❖

Of all the things you could decide to do with your garden this spring, adding the presence of water in any form will make the most dramatic difference in your enjoyment of your outdoor space.

Even if it is just a simple plume of water dancing joyously in a small garden bird bath, what else could bring you such a mesmerizingly beautiful effect and can provide such an immediate sense of "sanctuary?" It doesn't have to be elaborate to have a profound effect on your living space.

There could be a small formal reflecting pool with a bubbler sending ripples out serenely in all directions or a rill carrying water down the hill next to a flight of steps. How about a winding stream meandering through a meadow or even a wild waterfall down a woodland slope? Water in all its various forms is always full of magic, ever changing and yet always the same. Water is the essence of life, and sustains all life.

CONTINUED ON PAGE 54



Having Water IN THE GARDEN CONTINUED FROM PAGE 53

It is the heart of every garden, whether we choose to celebrate this in a totally visible way or not.

When we do include water in some active and visible form in our garden or outdoor living space, the effect is always dramatic. Without fail the presence of water will cause the vibrancy of our outdoor space to expand exponentially all around us. The presence of clean moving water is essential if we want to create a more sustainable Eden for us and all of nature around us.

Projects can range from very small Edens like a copper-tiered birdbath in the center of a Spiral Bird Sanctuary in Great Falls to a very large scale project with a magnificently rugged waterfall pouring into a broad waterlily pool behind a contemporary home in D.C. Every homeowner has distinctly personal tastes and family lifestyle as well as budget and actual yard space available. The designers and artisan craftsmen at Through the Garden Inc, a design & build landscape architecture firm, love the challenge of coming up with the perfect water feature and environment that matches the desires and needs of the homeowner.

Creating custom water feature environments is something that requires a great deal of technical expertise but also real artistry to bring them all together in a way that ends up feeling like a beautiful natural world unto itself. Nothing is more pleasing to the team at Through the Garden when their work is complete than to see how thrilled their clients are and hear them say how simply amazed they are at how perfectly it fits their space and “feels like it’s been here forever!” And that is the whole point...to fit our worlds to nature and nature to our worlds in a beautiful seamless continuum that will be a delight in our day to day life and nurture us just as wonderfully as we nurture it.

Through the Garden Inc. handles the whole range of landscape design and installation projects, but one of their favorite specialties is creating water features that really fit their individual clients and make their home space feel like their personal sustainable Edens. ❖

AUTHOR: Jane Luce is an artist and landscape designer, with Through The Garden, Inc. who has been creating sustainable Edens for 22 years. She is known for creating unusually naturalized, painterly environs with rich color and texture combinations. Her work has appeared in the Home & Design Magazine for the D.C. Metro area and is included in their Top 100 Designers Portfolio Magazine. She can be reached at jl@landscapeart.com.

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BONE BROTH

The Latest Health Craze

BY JUDY CAPLAN

Some fads come and go but others stand the test of time. Bone broth might be one such fad. While bone broth might sound medieval and barbaric, it is basically a soup stock recipe that has been around for centuries with the reputation of a cure-all.

Bone broth is made from the bones of beef, lamb, chicken, or fish with added vegetables, and a little cider vinegar, that is slowly cooked for long periods of time, anywhere from 4 to 48 hours. The theory is that the slow cooking draws the minerals, fats, and amino acids from the bones into the liquid. This tonic is thought to be good for immunity as well as a myriad of ailments.

While I could find no scientific studies per se on the actual benefits of bone broth, there was lots of anecdotal information as to why these broths promote health. Age old wisdom just might be the magical ingredient in this healing elixir. Here is what I found when researching the benefits of bone broth.

- **Reduces inflammation and joint pain:** The boiled down bones release chondroitin sulfate, glucosamine, and other compounds which help lubricate the joints.

- **Reduces and fights inflammation:** The amino acids proline, glycine, glutamine, and arginine have anti-inflammatory effects. Amino acids are the building blocks of protein and help:

- Wound healing
- Prevent breakdown of muscle tissue
- Repair liver cells
- Protect gut lining

- **Promotes strong bones:** Bone broth contains minerals like calcium and magnesium, but it is its high level of collagen that is responsible for building strong and flexible bones.

- **Encourages healthy hair and nail growth:** Gelatin from the bones is the component thought to strengthen nails and hair.

- **Fights infection:** Bone broth is thought to be an activator of immune cells in the body which can help fight cold and flu viruses.

See page 56 for a recipe excerpted from the book **NOURISHING BROTH** by Sally Fallon Morell and Kaayla T. Daniel, PhD, CCN. © 2014

CONTINUED ON PAGE 58



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BONE BROTH

CONTINUED FROM PAGE 56

Makes 4-5 quarts

Good beef stock requires several sorts of bones: knuckle bones and feet impart large quantities of gelatin to the broth; marrow bones impart flavor and the particular nutrients of bone marrow; and meaty ribs and shanks add color and flavor. We have found that grass-fed beef bones work best--the cartilage melts more quickly, and the smell and flavor is delicious.

INGREDIENTS

- About 4 pounds beef marrow and knuckle bones
- 1 calf, beef, or pig foot, preferably cut into pieces
- 3 pounds meaty bones such as short ribs and beef shanks
- 1 small can or jar tomato paste (optional)
- 4 or more quarts cold filtered water
- 1/2 cup vinegar
- 3 onions, ends removed and coarsely chopped (skin may be left on)
- 3 carrots, peeled and coarsely chopped
- 3 celery sticks, coarsely chopped
- 1 bouquet garni made with parsley sprigs, thyme sprigs, and bay leaf, tied together
- 1 tablespoon black peppercorns, or green or white peppercorns, crushed

DIRECTIONS

1. Place the knuckle and marrow bones and optional calf foot in a very large pot, toss with vinegar and cover with cold water.

Let stand for 1/2 to 1 hour. Meanwhile, place the meaty bones in a stainless steel roasting pan. For a particularly aromatic stock, brush the bones with tomato paste. Brown at 350 degrees in the oven, about 1/2 hour. When well browned, add these bones to the pot. Pour the fat out of the roasting pan, add cold filtered water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within one inch of the rim of the pot, as the volume expands slightly during cooking. Bring to a simmer and carefully skim any scum that comes to the top. After you have skimmed, add the vegetables, bouquet garni, and peppercorns.

2. Simmer stock for at least 12 and as long as 24 hours.

3. Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl or several 2-quart Pyrex measuring cups. Let cool in the refrigerator and remove the congealed fat that rises to the top. Transfer to smaller containers and to the freezer for long-term storage.

Note: The marrow may be removed from the marrow bones a couple of hours into the cooking, and spread on whole grain sourdough bread. If left in the pan for the entire cooking period, the marrow will melt into the broth, resulting in a broth that is cloudy but highly nutritious. ❖

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.

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¹ Source: Energy Solutions Center



BY CINDY PAVELL

LIVE HEALTHY... CONNECT TO YOUR VALUES!

We have just past the "Happy New Year and this is the year I am changing everything!" syndrome. The novelty and enthusiasm for New Year's resolutions has dissipated. Slowly, we are talking ourselves back into old patterns of behavior and thinking; the new healthy living habits have not had time to root themselves. We want to live well, to have more energy, to not be limited by our bodies... especially as we age. Unfortunately, the backslide into old destructive patterns is so subtle, so seductive, and so easy. Hard to resist. How do you keep moving forward? How do you change lanes and stay there?

Get, see, and create a clear picture of your best self! What do you look like? What is going on in your life? And most importantly, what do you *feel* when you are being your best self? Take some time, let your mind open and create. Think of a time in your past when you experienced being "in the flow." Time stops right? You were totally present, alive, and focused. Your mind was not wandering to your grocery list. Everything - mind, body, spirit - was working in perfect synergy!! This was a moment of your best self!

Once you have a clear picture, a guide, you then want to make a list of your top 5 - 10 values. What do you stand for? What matters to you? What kind of person do you want to be? What would your best friend say about you? How about someone who does not like you? What would that person say? Each day we are

managing the tension that lies between needs that are met and those that are not. How well do you sit in this angst? Are you *reacting* to life or are you *responding*? It is a valuable distinction.

If looking good and feeling better in your body were enough, the millions of people who diet each day would be thin and healthy. The "surface" motivators are short lived. They are not powerful enough to sustain lasting behavioral changes. Instead, connect your values to your wellness. If family is a primary value how can you connect it to your health? Example: *I am committing to eating vegetables at both lunch and dinner, and letting go of sugar. When I eat in this manner I know I have a lot more energy. I am much more present and capable of enjoying time with my family when I eat within these guidelines.* Practicing this decision is not about deprivation. It is about honoring who I want to be and living in accordance to my value system. I am not passing on a bunch of yummy sugary foods and thinking "poor me". I am passing on those foods knowing I like myself infinitely more and I am honoring what is important to me. I am not walking around in a sugar coma, dazed and fatigued. I am not bogged down with guilt. I am not waking up in the morning starting my day with regret over what I ate the day before. Hence, I have more energy and presence of mind to be doing what I want to do...to live the life I truly want to live!!

Do you want to live in the healthy lane of life? Do you really want to stay there? Clarify your best self, identify your values, and match them up. Stay in the day, know that there will be challenges and angst, but you can keep moving forward by honoring yourself! ♦

AUTHOR: Cindy Pavell, M.S. Exercise Science & Health, Fitness, Wellness, & Posture Alignment Specialist, cindypavell.com, cpavell@cox.net



TYSONS BUILDING LIGHTS IT UP

BY KEITH LORIA

Perhaps you've driven by Tysons Corner at night recently and noticed some cool lights shining off a building at 7900 Westpark Drive, sort of in the realm of the Empire State Building

Known as the Silverline Center, the property consists of a three building, 550,000-square-foot, Class A complex with the Tower building featuring an all glass façade adorned with 273 LED lights that are individually programmed to any color in the spectrum.

"We took the older façade off of the building and our development team came up with the idea of the light boxes to draw attention to it," says Jason Alexander, director of office leasing for Washington Real Estate Investment Trust, which is handling the property. "We can do any color, we can operate the lights individually, so there's quite a lot that can be done."

In February, the lights were all green because one of its tenants wanted to bring focus to its national convention; on Valentine's Day, they were red in honor of the holiday. Similar color patterns will be used for other events in the year ahead.

Inside, the Silverline Center features an enormous five-story atrium, providing tenants with a WiFi-enabled collaboration center, conference rooms, coffee shops, restaurants, fitness center, golf simulator, childcare, and more.

"The property is undergoing a \$35 million renovation," Alexander says. "We are creating a trophy-class property with direct access to Metro's recently opened Tysons Corner Silver Line."

Originally built in 1971, the building was renovated in 2003. In 2013, the building was awarded LEED certification at the Silver level by the U.S. Green Building Council. The building was also awarded an Energy Star label in 2013 for its operating efficiency.

"7900 Westpark Drive's prime location offer high visibility from the Capital Beltway and Route 123, making it an excellent candidate for a renovation of this magnitude," says Thoma Regnell, senior vice president & managing director of WRIT's office division. "We believe the Tysons Corner real estate market is a strong long-term investment, supported by the recent completion of the 495 express lanes and anticipated completion of the Silver Line of the Metro, along with the strong amenity base already existent in the submarket."

Currently, Washington Real Estate Investment Trust is in search of an anchor tenant for the building, and they expect space to be filled up quickly. Spaces include several floor plans of about 11,000 feet, six at 23,664 square feet, and one each of 4,650 square feet and 8,531 square feet. Additionally, the property includes 300 covered parking spaces. ♦

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.



MAKE LIFE LESS TAXING

BY GERALD GEDDES, CPA

In preparing hundreds of tax returns each year I learn something from every client. Sometimes I learn what not to do, like:

Don't have your all your passwords be "password," or

Don't keep all your tax records in a trash bag and then leave that bag next to the trash.

In 27 years we've encountered just about every difficult situation one could imagine.

Over that same time, we've learned a lot from those clients who set and have met their financial goals. A small percentage of my clients are always mindful of their expenses and their budget. These rare individuals enjoy balancing their checkbooks and poring over their quarterly investment statements. Planning and monitoring your finances are keys to making your life Less Taxing.

More common are clients who pay themselves first using payroll deductions, automatic withdrawals from checking, splitting up tax refunds, etc. These clients learn of a new investing or savings opportunity and immediately open the account with a small amount, then automatically add to it monthly. These people set it and

forget it, taking action because they don't want to think (or worry) about their finances.

Planning for the future should be the focus in creating financial health and wealth and is much easier than people think.

Tip of the month:

Create wealth in your family.

The CPA practice operates as a corporation, but I have another business which operates as a sole proprietorship. I employed my two children in that business when they were young.

Wages paid to my children lowered my self-employment tax and my federal and Virginia income taxes. More importantly I convinced my children to invest their earnings in a Roth IRA, explaining to them the rule of 72. Divide 72 by an annual rate of return and that determines how many years it will take your money to double at that rate.

If their accounts could earn a 9% rate of return, the account values would double every eight years: \$30,000 at age 21; \$60,000 at age 29; \$120,000 at age 37; \$240,000 at age 45; \$480,000 at age 53; \$960,000 at age 61; \$1,920,000 at age 69. As Albert Einstein remarked,

"Compound interest is the eighth wonder of the world. He who understands it, earns it ... he who doesn't, pays it." ♦

AUTHOR: Gerard Geddes, CPA, owns Geddes & Company in Fairfax and is a member of the American Institute of CPAs, Virginia Society of CPAs, and the Virginia Society of Enrolled Agents. With more than 27 years of experience, Mr. Geddes provides tax saving strategies that work and he works to lessen the stress of taxes for all his clients.

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Donny Sobel, the town clockmaker hard at work

BY RICK MUNDY

DISCOVERING QUALITY TIME

AT THE CLOCK SHOP OF VIENNA

As Donny Sobel is explaining a clock repair job to the customer before him, he chooses every word with the same precision and care that goes into every repair task. He sets the client's expectations for the possible extent of the repair, the timeframe, and the likely cost. Yes, he agrees with the customer that it could need "just a cleaning," but based on age, physical condition, and more, there may be bigger concerns. In 42 years, Donny has seen clocks of every size, style, and brand and has the skill and knowledge to repair any of them as well as the honesty to tell the customer if the repair would be beyond the value of the clock, not counting sentimental value of course.

The Clock Shop of Vienna has been at the same location on Church Street for those 43 years and is the perfect establishment for this quaint Vienna street. With a tremendous

selection of 500 clocks, five of them over 100 years old, there is a clock for every interest. Table clocks, wall clocks, and exquisite floor clocks adorn two rooms of the shop. Although many may appear old, they are incredible reproductions.

The floor clocks are from the finest manufacturers, such as Comitti of London, Hermle, Howard Miller, and Lindow of Pennsylvania. Donny describes the various floor clocks, what most of us might refer to as grandfather's clocks. Donny corrects, "A grandfather's clock is a clock that your grandfather owned. Check the song." He points out the intricate craftsmanship above the clock face – the moon phases (rather common), a rocking ship (rare), a rocking Father Time/Grim Reaper (incredibly rare). His Father Time floor clock, one of the true antiques, has been restored by the shop and is available for \$27,000.

The Clock Shop is truly a family affair. Donny's older sister, Judy Switt, is quality control. She does triage, movement removal, installing and case preparation as well as most of the quartz movement installations. Gail, Donny's lovely bride of 43 years, does bookkeeping, scheduling, much of the customer interaction, along with protecting the rest of the staff from an insane number of soliciting calls. Then there are the two other adopted family members, part-time clockmakers John Enloe and Ryan Johnson. The best "employee" Donny ever had, though, was his mother. "Mom loved to work with the customers. Everyone knew her as Mom and her business cards even said "Mom."

Finish carpenter
turned clockmaker

Donny started his career as a builder and finish carpenter, building homes around D.C., Maryland, and Virginia. The 6-person company was doing well with a reputation for quality and detail-oriented work. In the early 1970's, with a sewer moratorium from WSSC and with interest rates approaching 18 percent, the new housing market was in jeopardy so Donny started looking for something that would use his skills and ability.



Donny's father's company was Sobel Brothers, a distributor supplying tools, equipment, parts, and raw materials to watchmakers, clockmakers and jewelers. Donny accompanied his father on a road trip, meeting with several clients. The clients all had the same comments – they loved selling, the manufacturers and suppliers were great, but they told him to stay away from the repair business because “nobody does it well.” Rather than heeding such advice, Donny admits, “A light went off. There was a niche to be served.”

Long-time friend Tony Saguto helped make it happen. As a highly-regarded watchmaker at De Alberts' Jewelers on Connecticut Avenue in D.C., Tony was looking to retire. Donny was confident in his own intuitive mechanical ability - he could take a clock apart and put it back together but it might not be pretty. He knew that Tony could help polish his skills. Donny asked if Tony would be willing to come over and help him out? In 1973, The Clock Shop of Vienna was born. His affection for and admiration of Saguto is evident in the tributes posted around the repair shop.

Stepping into that repair shop upstairs, you could imagine you have entered a hardware store although there might be fewer hand tools in the hardware store. Donny admits he's a “certified tool-a-holic.” He claims his wife threatens to leave him if he buys another tool. He makes everything that isn't a tool - every bench and every device.

Once Donny starts work on a minor repair, the work may take two weeks

with interruptions, pulling the mechanism and replacing the worn or broken parts. Completely restoring an antique on the other hand, may take 1 ½ to 2 years. The parts in clocks that are over thirty years old are generally not available for purchase and need to be made, starting with raw material. It is a meticulous and exacting process as is most all of the work in the clockmaker's workshop. The logbook controls the workflow. The jobs are handled in the order they're received with simple jobs handled during the wait times of larger jobs. At any one time Donny may be working on one major restoration and 3-4 minor repairs.

A typical clock has around 25 gears, or wheels, as clockmakers refer to them and 250 individual parts. Does Donny ever make a mistake? “To say “no” would itself be to make a mistake,” he jokes. However as an expert craftsman, he works with confidence, knowing that at the end of each job, the clock will work just as it should.

“I am not an artist, I'm not creating anything new. I am copying and restoring other's work. It is meticulous work, but it is just what I love doing. My approach is to do it well, not fast. I take pride in my work. As someone once said, “If you love what you do, you'll never work a day in your life.” No two days are alike and no two clock repairs are the same.”

Donny and Gail have grown sons, both married, and both working in the IT field. As children you can bet that Dad put their Christmas/birthday toys together with the same precision he employs in the shop, although these days they often get tools for gifts.

What does the future hold for Donny? He's training two people in the trade, although he has no formal apprentice at this time. “I've been at this work for 42 years. I would love to have someone with substantial skills that could hone those skills and take on some of the work. I don't want to retire and I have no intentions of retiring, but I wouldn't mind a little less time on the job, a little less stress.”

Occasionally a customer will ask how long he's been open. His standard response? “Since 9:00 o'clock.” Definitely a clockmaker's joke. ♦



Penny, the cat, oversees the work of Judy, Donny, and Gail

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Judy Riedy shares a laugh with friends at the 19th Annual Jokers Wild Fundraiser for Cystic Fibrosis on February 14th at the McLean Hilton.



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Chef Katie Reineberg will guide you through a cooking Boot Camp at Open Kitchen in Falls Church— you'll learn essential culinary techniques through classic cooking methods and gourmet recipes!

SUNDAY, MARCH 8, 2015 2:00 PM-5:00 PM

This culinary battle of the methods and the final meal is sure to be a winner! Understanding the appropriate cooking technique for the type of food being prepared is an essential tool in the kitchen in this session we'll cover everything from poaching to pan-frying as we discover the differences between moist heat and dry heat cooking.

SUNDAY, MARCH 15, 2015 2:00 PM-5:00 PM

They say that cooking is an art and baking is a science. We say as long as we get to bake our cake and eat it too, we'll measure, mix and sift all day! In week three of our Boot Camp series we're switching gears from savory to sweet as we cover the basics of baking and pastry.

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Peter Farone (Regional Vice President, ClubCorp) & Tom Bannwart (General Manager, City Club of Washington)

THE TOWER CLUB'S *Expansion Unveiled*

The Tower Club at Tysons Corner, a ClubCorp property, has recently unveiled its expansion as part of the continued development at Tysons Corner Center. For the unveiling of the club's new Crescent Lounge and upscale restaurant Reserve, members were invited to the Tower Club's winter wonderland re-opening celebration on January 8th. Additional features of the club include new wireless work spaces and a new outdoor terrace with sweeping city views. The additions encompass the entire 17th floor of the office tower that completes the southeast section of the new urban center, with direct walkways to nearby shopping and restaurants. ♦



Executive Chef Marc Wilson, General Manager Kara Carmichael - Tower Club Tysons Corner



VIENNA BUSINESS ASSOCIATION MEGA MIXER *at the Barns at Wolf Trap*

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GLOBAL ARTS INITIATIVE

Targets County's Diverse Communities

On Tuesday, January 13, 2015 the Fairfax County Board of Supervisors recognized the Arts Council of Fairfax County for its new Global Arts Initiative for which the organization received an Arts Works grant from the National Endowment for the Arts (NEA).

The purpose of the Global Arts Initiative is to promote and support Fairfax County's diverse arts traditions through direct funding of ethnic and immigrant artists and arts programs. Through this pilot program, the Arts Council will play a leadership role in supporting and showcasing the County's diversity, introducing hundreds of thousands of residents to new art forms and outstanding arts programming taking place right in their own community.

"We are so pleased to have been recognized by Chairman Bulova and the Board of Supervisors for our new Global Arts Initiative. This initiative will serve as a catalyst for future community building, strengthening our ethnic and immigrant artists and arts programs," says Linda S. Sullivan, President & CEO, Arts Council of Fairfax County

As an expansion of the Arts Council's existing Project Support Grants program, this new initiative is designed to reach out to diverse audiences and support arts programming that reflect cultural traditions from around the world through the creation and presentation of visual arts, dance, music, poetry, theater and multidisciplinary festivals.

The Global Arts Initiative has been made possible in part through a NEA grant for which the Arts Council is currently seeking matching funds from corporate sponsors. ♦

Above: Fairfax Chinese Dance Troupe. "We are so excited about the additional funding opportunity to support diverse programming in the county. Our dance troupe is based in Annandale, Mason District. We feature over 60 dancers of all ages and offer over 20 performances annually in various arts & cultural festivals throughout the region. Additional funding would enable us to expand our programming to more audiences educating them about our cultural heritage." — Stella Choi, Artistic Director, Fairfax Chinese Dance Troupe. Photo Copyright: <http://fcdtdance.org>

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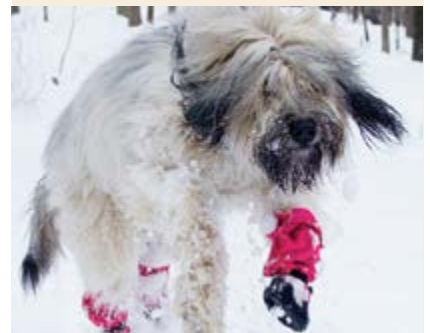
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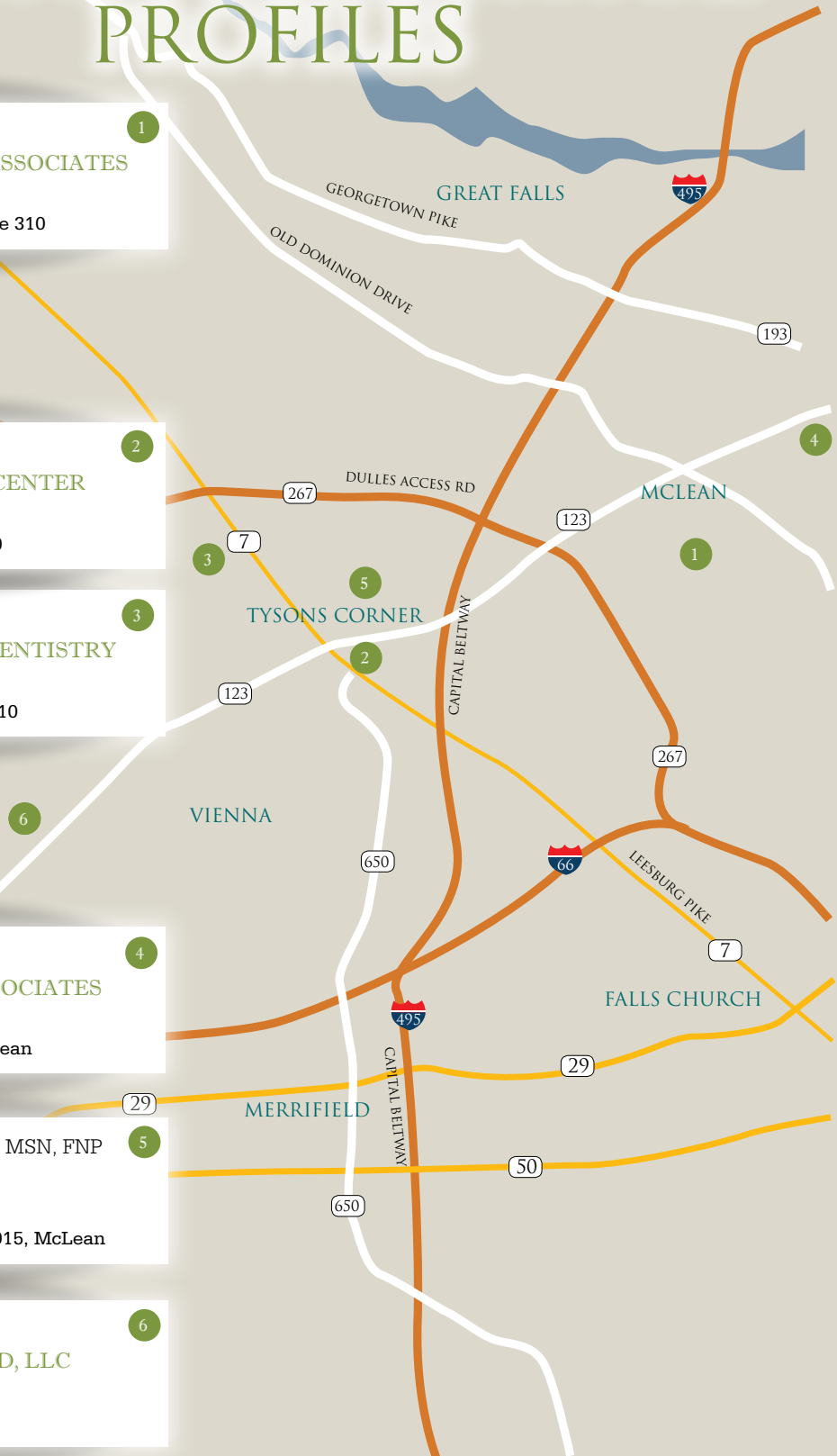
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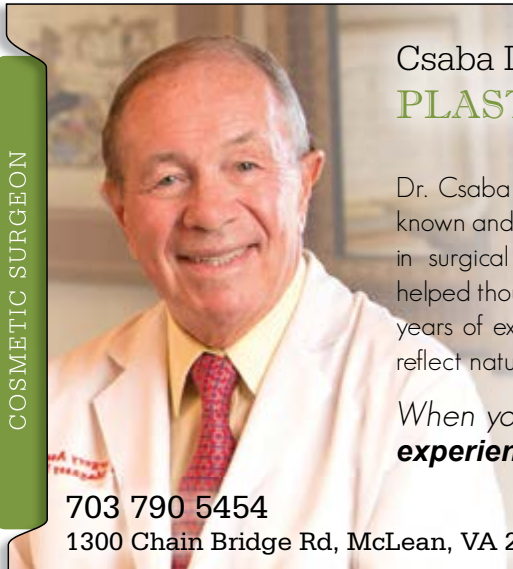
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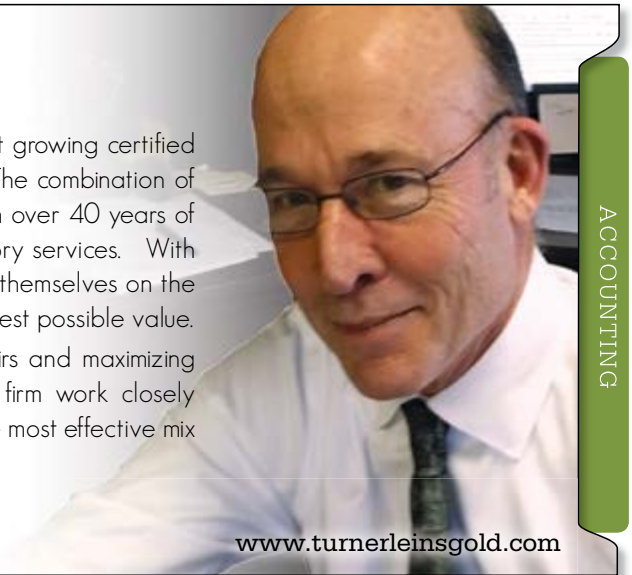
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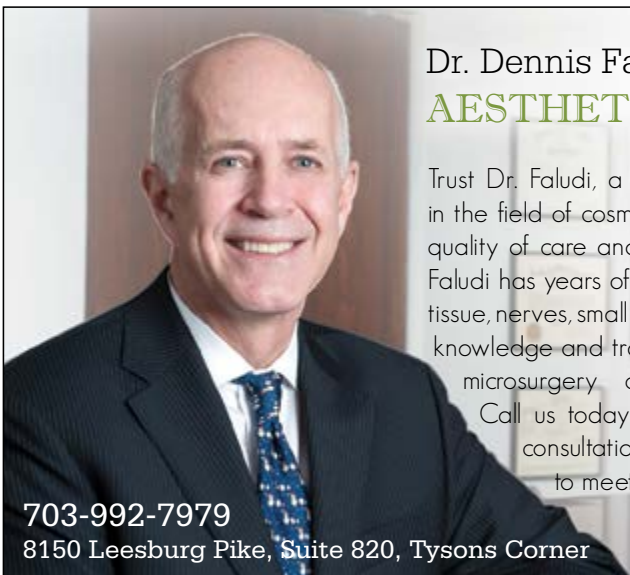
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COSMETIC MEDICINE



BY RICK MUNDY



Tyson's Pharmacy staff with several of their delivery vehicles including the Jeep for difficult storm days. Left to right: Shahla Shakeri, Bijan Ahmadi, Ben Saadi, and Vania Jeizan.

TYSONS PHARMACY— Delivering outstanding service

When Bijan Ahmadi and his wife, Shahla Shakeri, set out to create Tysons Pharmacy it was time to throw out old ideas about filling prescriptions. Both are pharmacists and have worked for well-known chains, he for Rite-Aid and she for CVS. However they did not wish to operate their community pharmacy with a chain-store mentality.

The Tysons Pharmacy mission is to “provide pharmacy care beyond excellence by using our experience and expertise to provide for your needs in the most reassuring and personal manner.”

Out with the old

The old concept in prescription fulfillment called for an individual to visit the doctor's office where a prescription might be written, then to travel to the drug store, stand in line, wait for the order to be filled, then travel home. For many people those steps can be tiring, time-consuming, and stressful, especially for older adults.

Add to that scenario issues like insurance company authorizations and high costs, and the average consumer can be overwhelmed. Bijan wondered, “If you can pick up the phone and order a pizza that gets delivered in 30 minutes, why not prescription refills?”

In with the new

The notion of quick delivery spoke to his desire to provide excellent service. It works whether the doctor is transmitting a new prescription or the patient is calling for a refill. The customer reactions to their prompt service and delivery range

from simply “Wow!” to “You nearly got here before I did.”

Bijan explains, “We are always working to improve our service. We group deliveries to be as efficient as possible. All of us from the pharmacists to the technicians to the cashiers have to be able to be a delivery person. The drivers call 10 minutes ahead of arrival recognizing that some folks may need that much time to get to the door. We have extraordinary customers. We get compliments, gifts, even lunches.

“Our drivers get to know the clients and spend time to listen and get feedback on customer concerns. We try to be in constant communication with them. In fact if we don't hear from some customers who are in touch regularly, we will call to make sure everything is OK. This communication is good for our pharmacy, good for the patient, and it improves patient compliance in filling prescriptions and taking medications as intended. This in turn leads to a decrease in emergency room visits which leads to a drop in healthcare costs. It is a model that is needed and hard to find.”

Tyson's Pharmacy works diligently for the customer. For example, one new

customer is a 65-year-old taking several medications. He was using CVS but is now saving \$150-200 per month on his medications at Tysons Pharmacy. The pharmacy looks for special promotions and other cost-cutting techniques to keep prices down for each client.

Community-based pharmacies offer options

Bijan has great enthusiasm for the community-based pharmacy concept. He strongly believes that it's an option for every community, as "people should have choices." It becomes a personal service in addition to a business. He believes that the community pharmacy can communicate with doctors and with patients in a way that big retail pharmacies cannot. Also insurance companies, who have often pushed a mail order approach, now often prefer to work with local pharmacies that offer the kind of service that Tysons does.

Making the program work

Formerly operating on Route 7 in Falls Church, Tysons Pharmacy has been on Pleasant Street in Vienna since



September. Bijan says, "We have made our business model succeed. The loyalty of our customers is tremendous." The employees are also key. "We see such caring and compassion with each of our employees. They are happy to connect with our customers and we are fortunate to have their commitment."

Of course success doesn't come easily. From age 19 to his current 53, Bijan has never worked less than 14-16 hours a

day, even working 6-8 hours on most days off.

These days that includes filling prescriptions, making deliveries, keeping up with government regulations, paperwork, and simply running a business of 10-12 employees.

His satisfaction comes in "helping somebody as much as we can. With the service we are providing, how can we not care?" ♦





BY RICK MUNDY

Although Vienna and Northern Virginia have grown considerably in the past four decades and bear little resemblance to the sleepy suburbs of the 1960's, the Bilidas/Cholakis family has been a constant. Brothers-in-law Louis Cholakis and George Bilidas started the Rollin Road Restaurant in 1962, then built the Amphora in 1977. The winning combination of providing freshly prepared food at reasonable prices, keeping the regulars happy and keeping new customers coming has made this family operation a valued friend throughout the area.

While Rollin Road had a big following, in the 70's Louis and George were anxious to open a New York style diner, to serve customers 24 hours a day. Over 35 years ago, there was much skepticism such an establishment was right for Vienna. There was concern that a 24-hour restaurant could bring an undesirable element to town. Many approvals were needed and the town dragged out the process.

The town fathers needn't have worried. Quite the contrary, Amphora became an asset to the town, bringing patrons to town and dollars to other Vienna businesses.

Plus, many workers have evening/overnight shifts and the restaurant became the place for breakfast or dinner before or after work when people needed a break. During storms, it was VDOT, the police, the Vienna Highway Department.

Several members of the family joined together to reflect on the history of the restaurant. One of the most prominent memories was the snowstorm of 1996. Some may recall the 24" of snow the area received—the roads were impassable for nearly a week. Almost nobody was open except Amphora. Not only was the restaurant open, but they had 4WD vehicles so they were able to deliver. Several employees lived nearby and made it into work. The news outlets picked up on the fact that meals were being served and they were very busy. The CIA in Langley even arrived in Humvees. During that entire week, they never ran out of food. Because of their typical volume of business and extensive menu, they always maintained a well-stocked storeroom of food.

Amphora has ardent fans. One woman, Cindy, has breakfast there every day and even had her wedding in their reception room. Actually they have many customers that visit on a regular basis. And they have employees who have been there for a long time. One server in Vienna started at the old restaurant and worked until her retirement over 25 years later. Several servers in Herndon have been there since the diner opened in 1997.

Today the Amphora Group includes the Vienna location, the Amphora Bakery which opened in 1989, Amphora Catering which started in the 90's and Amphora's Diner Deluxe in Herndon. Three generations of the Cholakis and Bilidas families have worked at and run the operation, serving at least four generations of customers.

Amphora group is part of the fabric of Vienna and Herndon communities.

For more colorful stories and history of this beloved local institution, please visit www.vivatyson.com. ❖

ATHENA CHOLAKIS

Remembered as loving, kind and welcoming

Athena Cholakis was a woman of extreme kindness and generosity.

Born to Stavros Bilidas and Stavroula Korini, in Greece, she was raised in the beautiful farm setting of her family's business, harvesting orange and olive groves.

Athena immigrated to America in her 20s with her elder brother and youngest sister, and married Louis Cholakis in 1961. Together they built an everlasting legacy, from their family to their businesses, Amphora Restaurant and Bakery, and throughout Vienna.

Her heart was boundless, and she thrived on nurturing her beloved children through sacrifice and perseverance. She was the foundation of support for her growing family as they built a business in a foreign country.

Her son George recalls, "My mom was a great cook and cooked for the family all the time. That was how items were often introduced at Amphora. If Louis liked a dish, it showed up

on the menu." Meg MacDowell Schubert remembers her skill, "It was in your mother's wonderful basement kitchen that my love of avgolemono soup began."

She loved her grandchildren in the same way as her children. As the Crevits family of Reston remembers, "Athena, [was] a most loving grandmother, with sparkles in her eyes every time she looked at her grandchildren."

She touched their lives and the lives of so many in a remarkable way. Sharon and Eleni Katsos agree, "She was one of the warmest, kindest, and most inclusive people I have ever met and always went out of her way to make us feel so very welcome in their home."

Athena Cholakis passed away on September 19, 2014 and is deeply missed by family and friends.

Perhaps her biggest legacy is love. "A heart is not judged by how much you love; but by how much you are loved by others." ♦



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TESTROGEN: The New Testosterone

BY JAN KING

I guess during every decade, there's always a new crop of wing nuts who predict the end of the world. Its either going to be by fire, nuclear holocaust, plague or extremely high carbs. Who knows? But, I do know one thing for sure. I've been around long enough to see that there will be an extinction of sorts. But, I predict the entire species of male *homo sapiens* will be drastically altered in the next hundred years.

In fact, the apocalypse has already begun. Nowadays in our society men are becoming so feminized that their body chemistries are mutating. Male testosterone is being infused with our female estrogen producing a new hybrid male known as a *metrosexual*. And I think they will become the dominant gender on the planet. How do you like them apples, Darwin?

I figure by now, most of you gals are snickering and shaking your heads in disbelief saying, "How does she know that?" To you non-believers I say, "Wake up girlfriends and smell the *testrogen*." Men just are not real men anymore. Case in point: the old benchmark of manhood, the unibrow, has been plucked into extinction.

What happened to those good 'ole smelly guy fests where real men gathered to drink beer, hold flatulence contests, and perform acts of skill like crushing beer cans on their heads? Why don't stag parties feature the familiar combination of the reek of bad breath, bad cigars, and GAPO: ie; gorilla arm pit odor? Because the species is becoming extinct, that's why. The traditional stag party has been replaced by *mancations* where metrosexuals jet away to cocoa-butter-intensive tropical isles and sip fruit-laden drinks with umbrellas floating in them instead of throwing back tequila shooters 'til they pass out.

Oh, oh. Guess what? They're over the typical male behavior, too. Metrosexuals are bonding at "sensitivity seminars" where they're getting in touch with their inner child and their softer sides. Here, they are experiencing the liberation of hugging each other and crying openly without shame. But, don't get all judgmental, gals. Because you know something? It's our faults. You bet your sweet, exfoliated bippy it is. We're always complaining that our men aren't sensitive enough. We're always saying that we need to allow our men the freedom to cry. So, I guess we're getting what we asked for---in sequined spades.

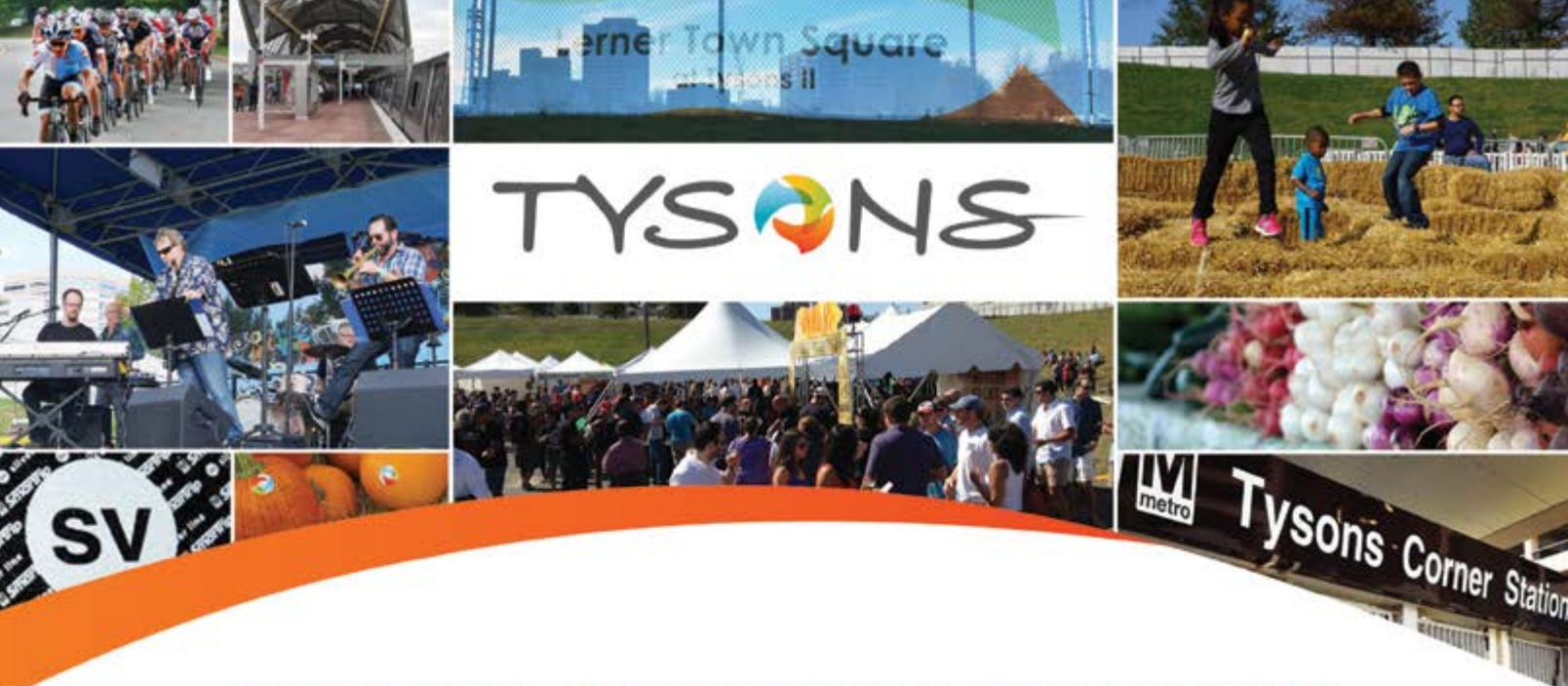
Wait, there's more. The traditional grubby guy image is being totally erased by the newfound practice of *manscaping*. It's bad enough to think that all that manly chest hair is being lasered, hot waxed and shaved away, but OMG now they're actually doing it to their parts down south. Eeeeew—I don't even want to *think* about it. Just examine a Ken doll, and girlfriend, that's what you're getting!

Somebody better break the news to Rob Becker that his "Caveman" has just moved to a Metrosexual Castle decorated by Nat Berkus. The old black leather couch and burlap drapes have been replaced with Egyptian cotton sheets, monogrammed towels, and moire silk pillows. It's just too much! I weep for the memory of moldy towels and having my toes sliced by Doritos in the shag rug.

Is it any wonder that 98% of the male population is overdosing on Viagra and Cialis and making daily runs to the Boston Clinic for sexual dysfunction? With all this feminizing going on, those poor Annie Lennox clones don't even know they're males anymore. Forget *Playboy*. They're leafing through the pages of *Architectural Digest* to get sexually excited.

Gosh, I hope it isn't too late. We still might have time to hide our waxing strips, home decorating magazines, and the OWN network from them. ♦

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



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**Silver Line Music & Food Truck
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Tysons Harvest Festival
October 17 – 18 and 24 – 25



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SYNONYMOUS WITH:
TYSONS
ENTERTAINMENT

BY KEITH LORIA

“There’s always something going on at the Iris Lounge!”

This is the mantra of Iris Lounge founder Robert Dispenza, who has created a multi-faceted entertainment center in the heart of Tysons Corner, which includes live music, dancing, great food, a billiards room and so much more.

In the past year, the Iris Lounge has added a series of special nights, including Salsa Night on Tuesdays, Live Jazz on Wednesdays and live music with EXT (the Efi Tovia Experience) on Thursdays.

“The Iris Lounge is somewhere you can go and simply change your entertainment for the evening by heading to a different part of the club,” says Dispenza. “It offers a unique experience for everyone and plenty of fun.”

Take Wednesday’s night jazz offering for instance, where world renowned Jaared Arosemena takes to his sax and invites other prominent jazz musicians to join him on stage.

“People can expect to see and hear not only the very best in jazz, but also most anything from the ’40s to current day hits,” Arosemena says. “Whereas I’m a contemporary jazz saxophonist, I’m also a vocalist. So for the Iris Lounge’s clientele, I mix it up every Wednesday night from 6:30-9:30 p.m. and play jazz to dance music.”

That makes the Iris Lounge the perfect place for anyone who wants to end their “Hump Day” with great food, great drinks, great service, and great music. Bartenders Sarah and Tracy make some of the best drinks in town and their service is impeccable. If sushi is your thing, James, your “Sushi Artiste,” makes some of the best looking and best tasting sushi in Northern Virginia, and if you like playing pool, look no further. Iris Lounge has four pool tables for your enjoyment.

“I always look forward to performing at Iris Lounge on Wednesdays. It’s my home away from home,” Arosemena says. “I hope others come by soon and

make Iris Lounge their home away from home as well.”

On Tuesdays, salsa lessons take place from 8-9:30 p.m., with live salsa to a DJ owning the floor until 1:30 a.m.

On weekends, you can find the movers and shakers of Northern Virginia and D.C. bandying about, as sports stars, politicians and celebrities like Rocky Patel stop by the 15,000-square-foot venue.

Suspended high above the dance floor, bar and billiards room you will find the Rocky Patel cigar room. Here you will be able to smoke the world’s finest hand-rolled cigars and enjoy 20-year-old single barrel scotch in a classy and relaxing environment. There is no better way to unwind after a long day at the office.

The menu of the Iris Lounge offers everything from burgers and chicken wings to steaks, crab cakes and gourmet options, so there’s something for everyone. There’s also an award-winning sushi bar.

“We have 150 brands of different liquors, including 20 different scotches and 15 bourbons ranging from high-end all the way down,” says Chris Mantello, the Iris Lounge’s bar manager. “We have 30 different bottles of wine and recently launched a reserve list, based on requests from our clientele.”

Dispenza grew up in the business, starting his career as a dishwasher in a small Buffalo venue and eventually opening 20 restaurants of his own throughout the East Coast. He served as general manager for eCitie Café, which would become Iris Lounge when he purchased it from noted restaurateur Paul Loukas.

“My goal was to create a venue where you could do a lot—parties, banquets, business meetings, fine dining, you name it,” he says. “Being from New York and dealing with night clubs all my life, I wanted to have this New York meets Las Vegas lounge feel. We offer great music and dance floors, eye-catching bars with amazing drink specials, great tasting food, and an overall atmosphere that has yet to be seen around the Tyson’s area.” ♦

CUSTOMINK T-SHIRTS UNITE!

BY HUBIE CRAM

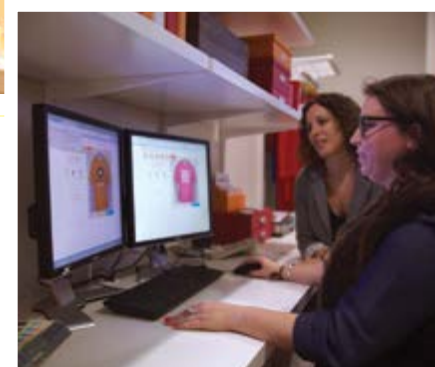
Introduced in 1913 as a simple garment worn by U.S. Navy personnel as part of their uniforms, the T-shirt has evolved over 100+ years to represent fun, fashion, politics, sports fans, political viewpoints, causes, road races, vacation spots, sponsorships, and more. Name a lifestyle category and T-shirts have helped make a statement.

About 15 years ago, two budding entrepreneurs, Marc Katz and Dave Christensen, worked on a plan to bring T-shirt design in a new direction and CustomInk was born. Their radical concept was to let people upload graphics onto T-shirts and buy them. From the start, the CustomInk team was comprised of people who really care – about their work, about their customers, about the quality of the product. This approach translated into exceptional customer service and in 2002, CustomInk started sharing all customer feedback on their website, uncensored, unedited and available for all to see.

The company grew and in 2003, based on observing employee attitudes and work habits, Custom Ink introduced their core values of The Golden Rule, Ownership and Innovation. Those employees, known as Inkers, are the essence of the company and they breathe those values. When hiring, the company looks for inkers who have a hard-working ethic – a high level of integrity, positive energy, and genuine warmth. “Don’t let the flip-flops fool you,” jokes Darcy Smith, vice-president of team development. “We look for those who want to be around people and who live by the Golden Rule. We call it getting a feeling for their inki-ness. It’s just a way of behaving – inkers always hold the door open for each other, they say hello to people they don’t know, and they work as a team.”

The culture of the workplace is a balance of work and fun. The café is always a happy place. There is an ample supply of snacks, coffee, frozen yogurt, and bowls of fruit. There are grills for the inkers’ use and occasionally a shipment of bagels or other treat may arrive.

The relaxed atmosphere in which there are highly dedicated and caring inkers



may partially explain why Fortune named CustomInk the #1 Best Retail Place to Work. As Jessica Haas, a 6 ½ year inker comments, “This is such a great company. Everyone is so nice and it’s a wonderful place to work. I had no idea how lucky I was when I started. It’s an awesome company.”

When asked what is interesting about the T-shirt business, Darcy quickly replies, “It turns out to be one of the most emotional purchases people might make. Our caring teams want to share in the client’s event. A mom who lost a child may be organizing a walk and her design needs to be a reflection of her feelings. Or maybe someone is organizing a family reunion for folks who have not seen each other in 20 years. Putting the family name and an appropriate symbol on a shirt that the entire family wears suddenly creates a special time.”

The Design Lab is at the heart of how CustomInk was envisioned. Customers

can go online, choose from thousands of ideas or use their own to create the perfect design for their cause. Then the CustomInk team makes sure everything looks perfect. In fact the team stands ready at any point in the process to help guide and complete the order to the customer's needs.

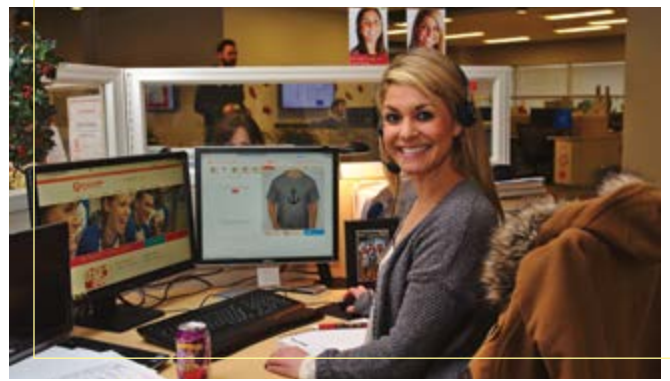
Real people answer every call seven days a week to answer questions, take orders, help finalize the perfect T-shirt, and work to make sure that every client is delighted throughout the process to final on-time delivery.

Booster

One of the newest initiatives introduced by CustomInk in 2013 is the Booster program, a new way to raise funds online. Maybe the local PTA fundraising chair needs a fresh idea to raise money. She could go online and create an appropriate design. Then PTA members can go online to buy the shirt and the PTA receives half the proceeds from each shirt.

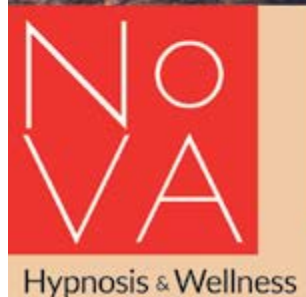
Three Hearts Initiative

The CustomInk Three Hearts Initiative was created to do good through charitable giving. (The CustomInk mascot is an octopus, an animal with three hearts. "Think of all the love we can spread," says their website.) The company has established key partners (like the Make a Wish Foundation and Be Good to Each Other) with whom they raise money, but they also donate to every charity customer. Still the majority of the programs start with inkers who see a need in their own communities and decide they want to help, with everything from giving trees to bake sales. The company also encourages that community service by



providing paid leave for volunteering and by making donations to the inkers' charitable activities.

CustomInk likes to say "T-Shirts Unite!" It seems they will do everything they possibly can with every customer to make sure that happens. CustomInk is located in the Mosaic District in Fairfax. Visit them online at www.customink.com ❖



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CLEMYJONTRI PARK.

Where every child can play.

BY RICK MUNDY

Clemyjontri is the inspiration of Adele Lebowitz who donated the 18 acres in Langley to establish a playground which is completely accessible to everyone, blurring the line between physically able and physically challenged children. She wanted a space where all children could use their imagination and learn while having fun. The extraordinary space opened in 2006 and now hosts over 200,000 visitors from across the United States and the world annually.

An early question is often about the name. Clemyjontri is a mash-up of the Lebowitz children's names: Caroline, Emily, John and Petrina. Adele was married to Mortimer Lebowitz, owner of Morton's Department Store in D.C.. Mortimer shared her belief that all people should be treated equally, having one of the first fully integrated stores in D.C. and being an equal opportunity employer.

Clemyjontri was named one of the Top Ten Most Imaginative Playgrounds Around the World by InCultureParent Magazine. Visiting the park on Georgetown Pike in McLean, one can easily agree. There is a multitude of attractions to delight every child, so plentiful that they are presented as "rooms."

There is the Rainbow Room which features a delightful series of colorful arches and lots of swinging and swaying equipment, all in different colors and designed to accommodate different abilities. Red swings have special handholds for those who cannot pump with their legs, yellow swings have high backs to support the head and neck. Then there is the Liberty Swing that can be used with a wheelchair.

The Schoolhouse Room offers a multi-solution maze with moving panels and offers many opportunities for learning or reinforcing facts with an abacus, maps of the United States and the world, along with alphabet and number displays.

The Movin' and Groovin' Room focuses on transportation and includes a wheelchair drag strip, a wheelchair-accessible helicopter and more. A musical drum circle of instruments was added in 2011.

The Fitness and Fun Room provides great activities devoted to physical development, including upper body strengthening and balance – balance beams, rock-climbing, etc. Everything is designed with safety in mind while motivating the kids to master challenging tasks.

The centerpiece of all this learning, growing, and fun is the beautiful carousel, featuring fourteen horses and three chariots. The platform is flush to the concrete to allow wheelchairs. In fact, if you're navigating in a wheelchair there is plenty of room to move anywhere in the park.



Join us for a Slice of Heaven

AT CLEMYJONTRI'S

Concert in the Park

APRIL 25, 2015

Featuring fine dining and live music hosted at the park. This is the Friends of Clemy primary annual sustaining fundraiser to preserve McLean's own slice of heaven.

Concert in the Park is a unique night of black-tie whimsy and unbeatable community. Seating is limited to 100 people. Reservations are \$1000 per guest or reserve a table for parties of ten.

Registration is available at www.friendsofclemy.com

The design of the entire facility takes all abilities into account. Signs are presented in multiple languages, American Sign Language, and in Braille. Even the plantings were chosen with care. Vegetation with a high pollen count or that attracts bees was minimized. The surface is soft and porous yet durable to accommodate wheelchairs. In spite of its durability, the high visitor count caused it to wear out in eight years instead of its projected ten years. The Fairfax County Park Authority, which operates and maintains the park, has just completed a \$1 Million resurfacing project.

Friends of Clemy is a non-profit volunteer organization which was founded to raise money and provide financial support for the park outside of the county's budget. With extremely low operating costs, almost all donations go directly into park enhancements. In 2010 they purchased and installed the Liberty Swing, in 2011, they donated the drum circle, in 2012 they helped purchase and install the permanent "Big Top" tent providing a space for events plus an additional shade location when children need rest or quiet play. The Friends also hosts events like the 2012 Wounded Warrior picnic where, in that case, the parents had disabilities. Everyone can enjoy Clemyjontri.

The future is bright for the park. There are new phases of development in planning, including a Discovery Zone geared toward slightly older children. Wheelchair-accessible trails also will be established around the property.

Clemyjontri is a fantastic destination location for thousands and it also brings diners and shoppers to the area. However the mission remains to provide a place "where every child can play." Perhaps the best story comes from a mother who explained that her child was developmentally disabled but, through their visits to Clemyjontri, her child was able to catch up with the other kids. Truly Clemyjontri is, as the Friends say, a slice of heaven. ❖



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BY KEITH LORIA

This summer Fairfax will play host to more than 12,000 public safety athletes from around the world, as the World Police and Fire Games are held from June 26 to July 5 all around our area. In total, athletes from 70 countries will participate in more than 60 sports, and 1,600 medal events.

"This is the 30th anniversary of the Games, the 16th Games overall, and the closest it has ever been to hear was New York," Bill Knight, Fairfax 2015' CEO, says. "This event travels throughout the world and this is huge for Fairfax. It actually can't all be done within the boundaries of Fairfax County due to its size, so it will be held throughout the National Capital region, with Fairfax serving as its host."

All competitions are free to the public and hundreds of thousands of people are expected to turn out during the week. Games officials estimate that the Fairfax County economy will see a direct benefit of \$60 to \$80 million dollars from the event.

The Hyatt Regency Reston will serve as the Athletes Village for the competition, as well as the location for registration, information, competitions, nightly entertainment and socializing with fellow athletes.

A HELPING HAND

For those that want to be part of the games, Fairfax 2015 needs approximately 4,000 volunteers to run the event at its maximum potential.

"We definitely need more volunteers registered," Knight says. "The volunteer core at this event is always so critical and creates such a festive and friendly atmosphere and that's what we need here, for the community to really join in enthusiastically and embrace these local heroes and serve them better than they serve us."

Volunteer opportunities exist in multiple areas of interest including Games Ambassadors, Special Events, Venues and Competition, PR and Marketing, Operations and more. During the Games, the volunteers will be looked upon to provide dozens of roles and functions, with everything from welcoming athletes, family and guests, assisting sports coordinators at each competition venue, to helping behind the scenes with technology, medical, protocol, communications and marketing.

Additionally, sport specific volunteers are needed for tasks that range from the posting and dissemination of competition results to line judging and officiating.

"Our volunteers are the heart and soul of this event, both during the Games this summer and over the course of the next several months as we plan for these competitions," says Kim

“...From our corporate partners to smaller contributions, we are looking to engage any business that wants to be part of this and be recognized for it, and give back to these heroes.”

Palmese, director, Workforce for Fairfax 2015. “Words cannot express the gratitude that we have for our public safety officials, but actions can. It is because of this that we encourage all area residents to volunteer and support the public safety officials who have dedicated their lives to serving us and our community.”

Interested parties can register at the Fairfax2015.com/volunteer.

Once in the system, volunteers will have the opportunity to sign in to various shifts and choose what they want to do.

“Volunteers will be outfitted with a volunteer kit, and you can expect a nice polo and cap,” Knight says. “We are also including our volunteers in our merchant incentive program, where merchants are offering discounts to shop in their stores.”

Those that volunteer can also check out the games and see some of the athletes up close and personal.

“This is an amazing opportunity to give back and enjoy the largest event ever to come to Northern Virginia,” Knight says. “There are some great, amazing athletes to be watched and enjoyed and this event allows for some very hands-on communication with the athletes, giving you the chance to find out some interesting things about their lives.”

THE ROLE OF THE MERCHANTS

The Fairfax 2015 Proud Hosts include Apple Federal Credit Union, LMI, Noblis, B.F. Saul Company, Galls LLC, Sage Communications, Macerich, Glory Days Grill, Reston Limousine, City of Fairfax, Karin’s Florist, NOVA Media Services, Clyde’s Restaurant Group, Level3 Communications, the Verizon Foundation, Globe, Dewberry, IMC, ESPN 980, Serco, Loudoun County, Grant Thornton, Prince William Convention and Visitors Bureau and Booz Allen Hamilton.

For information on the Proud Host Program, please contact Lisa Huffman at lisa.huffman@fairfax2015.com or call 703-752-9516.

Knight says that there’s still plenty of opportunities for local businesses to be a part of the World Police and Fire Games, as well.

“We need more local businesses to step up and participate in our sponsorship programs,” he says. “We have tons of opportunities that really covers the gamut of investment levels. From our corporate partners to smaller contributions, we are looking to engage any business that wants to be part of this and be recognized for it, and give back to these heroes.”

Any merchant can also participate with the Games’ Incentive Program, showing the athletes that they are behind them with “welcome” signs in their store windows.

“We want them to feel like Olympians because they are every bit the hero and more,” Knight says. ♦



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EAT, DRINK, AND PARTICIPATE

Three Special Wine Events To Check Out

BY LINDA BARRETT

Throughout the past year, I've had the great pleasure to attend some of Virginia's unique experiential wine events, all of which are open to the public, but not necessarily well-publicized. Here's a brief overview of each, designed to whet your appetite for more.

EPICURIENCE VIRGINIA

At Epicurience Virginia, held in August, guests of the Grand Tasting experienced a whirlwind of wine- and food-related activities on the picturesque grounds of Morven Park in Leesburg. A multitude of Virginia wineries, cideries and meaderies were on hand to provide tastings, and peppered throughout the Grand Tasting Tent delectable food samples were available, from artisanal cheeses to pies. Wine-themed items were also displayed for purchase.

In the Education Tent, seminars ran throughout the day. They included "The Perfect Pour," held by Marianne Frantz, founder and president of American Wine School, that walked guests through the ins and outs of using the right stemware and wine service and how it affects the taste. Seminars also featured "Virginia Wine 101" on how wine is made in Virginia, "Virginia

Cider and Cheese," and "Bubbles and Brine" that paired Virginia's sparkling wines with Rappahannock River Oysters.

Some of the area's best chefs, including Chef "Red" Shannon Overmiller from The Majestic Café and Chef Scott Drewno of The Source by Wolfgang Puck, demonstrated their kitchen prowess in cooking demonstrations. Celebrity cookbook author Nathalie Dupree gave a laugh-invoking demo of her own biscuit-making techniques followed by a signing of her newest cookbook, *Southern Biscuits*.

The Ultimate Winemaker Experience provided just 30 minutes for participants to pair up with Loudoun Winemakers to sample blending components and blend their personal entry. Excitement among the participants grew until the final taste-off where winners were chosen from each session. At the end of the day, winning wines from the individual heats were judged and the overall winner announced. I'm pleased to know my blend idea came in second place overall.

www.epicvirginia.com.



VIRGINIA WINE SUMMIT

Held in October, the Virginia Wine Summit brings together food and wine professionals, winemakers and wine writers from around the Commonwealth to share, learn, forecast, and celebrate Virginia's wine industry. Last year's event featured keynote speaker Ray Isle, executive wine editor of Food and Wine, who offered his take on the wine industry at the formal luncheon.

The morning opened with a Grand Tasting where an array of Bordeaux and Meritage-style blends adorned each table and panelists discussed the merits and held a blind comparison of each wine. Throughout the day, learning continued, with morning and afternoon breakout sessions where participants chose from three seminars each, including "Somm Might Say," a demonstration of how sommeliers approach wine and food pairings, "Meet Virginia (Whites)," where vintners told the story of their wine selections, and "How Sweet it Is," a classic pairing of Virginia dessert wine and cheese. Their formula for a correct tasting is: wine first, cheese, and wine to rinse. The day ended with a cocktail party featuring Virginia's sparkling wines and handmade truffles.

www.VirginiaWineSummit.com

Event photos courtesy of Linda Barrett.

FRANCIS FAUQUIER TOURNANTE

This year marked the 252th anniversary of Royal Governor Francis Fauquier's validation of the successful cultivation of a vineyard of European vines in Virginia. To celebrate, winegrowers of Fauquier County join together for an annual tradition to celebrate the Francis Fauquier Tournante, an event inspired by Saint Vincent Tournante in the Burgundian tradition, and held this year at the Philip Carter Winery in January. The celebration date falls between the vine's dormant winter state and the first appearance of new growth and signifies the beginning of the new winegrowing season.

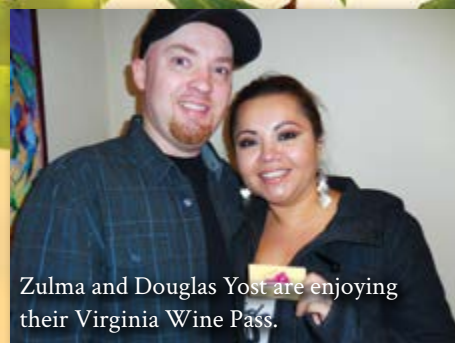


With the haunting notes of bagpiper Kevin McGrath leading the way, a progression of flags, each bearing the arms of each of the 11 participating Fauquier wineries, moved through the vineyard in a moving ceremony blessed by Pastor Kim Ciftci of Sermons from the Vine and led by the Knights of the Vine. It was followed by a general assembly of the brotherhood. Guests then sat down to enjoy camaraderie, wine tastings, live music and a pig roast. This event is hosted by a different Fauquier winery each year.

Each year, Virginia's wine culture expands and more events are added to the calendar. Plan to put these on your to-do list.



GET YOUR VIRGINIA WINE PASS



Zulma and Douglas Yost are enjoying their Virginia Wine Pass.

Pick up a Virginia Wine Pass and enjoy a full year's membership of exclusive offers, complimentary or reduced wine tastings, discounted wine purchases, free tours, and upgrades at many of Virginia's wineries and cideries. The 2015 Wine Pass is available for \$59 at www.virginiawinepass.com. Each Pass membership is good for 2 people throughout the calendar year. Check the website for participating wineries, offers and other requirements. ♦

AUTHOR: Viva Tysons Wine Editor Linda Barrett enjoys experiencing Virginia's wine culture. When she's not holding a glass, she runs All the Buzz, a corporate writing and creative agency, www.allthebuzz.net.

BY RICK MUNDY



Arena Racing Police Officer HONORS FALLEN HEROES

A race for John goes beyond thoughts of winning. He also has in mind the fallen heroes he is honoring.

John Alford has been a Fairfax County police officer for 22 years, first as a patrolman, including via motorcycle for ten years. For the past five years he has worked in traffic enforcement. Prior to his police work, he raced cars throughout the Midwest both on dirt track and asphalt oval racing. "I love my career," John proclaims. "I love my job because I'm helping people. A police officer helped me when I was just a kid and it made a huge impression on me."

With racing being his other love, he attended a NASCAR race in Richmond a few years ago where an arena racecar was on display. He spent a long time talking with Ricky Dennis, founder and CEO of Arena Racing USA, and his racing interest was renewed.

For those unfamiliar with arena racing, the car looks just like a standard racecar except in a smaller scale. (John's 2015 model resembles a Fairfax County police cruiser.) The car is about 9 feet long, 3 ½ feet wide, and 3 feet high. And costs around \$12,000. The total weight with driver must be at least 750 pounds. Arena races

are spec races, meaning each car must meet the same specifications – same tires, same fuel, same oil, and same weight so that no driver has an unfair advantage. This suggests that performance is mostly about the skill of the driver.

John is actually the driver-owner-mechanic. His girlfriend, Megan Stemen, is the spotter/photographer/videographer and another friend helps with the mechanics. The spotter is extremely important during a race because the cars have no mirrors. With limited visibility to the side of the car and none to the rear, the driver relies heavily on the spotter to tell, through radio communication, what is going on around the driver - cars approaching, trying to pass, etc.

The racecars are capable of going 100 miles per hour. However, with a track the size of a hockey rink, speeds in an actual race approach 50 mph tops. Each lap of a 50-lap race takes about 8 seconds. That means a race without wrecks would be about 7-8 minutes. Of course operating the 14 starting cars within the tight confines of the 1/10 mile track, which has been described as resembling "jet fighters in a fish bowl," does produce bumps and crashes.

Race day is always an exciting event. After qualifying rounds that place drivers in one of two or three heats called mains, a

meet-and-greet with the drivers begins the event, followed by the A, B, and C Mains, followed by audience events such as tire rolls. Then it's time for the youth group race.

Youth drivers are 8-13 years old and operate the same car except it has a restrictor in the carburetor. At 14+ years, they go to the Pro League. This year, there are 36 drivers with 2 women registered to run in the Pro League and 10 drivers, 3 of whom are girls, registered for Youth League.

The final race of the evening is the Top Dog in which the top 14 drivers from the combined Pro League mains compete for first place. Another meet-and-greet closes the festivities.

Currently the only venue in the country that offers arena racing is at Richmond Coliseum where the sport has been thriving for three years after starting in Norfolk in 2002. CEO Dennis explained that there are plans to expand the sport to other locations. Creating a new venue is both expensive and a logistical challenge. Dennis explains, "The huge 64-piece track has to moved in and out of an arena in four hours to accommodate other events."

Racing for a cause

John's team is the Fallen Heroes. He started looking for a cause as he wanted his efforts to help others. He had lost four police friends from Fairfax County, one from another department, in the line of duty. As a nonprofit, John races for the Virginia Public Safety Foundation, which helps survivors of police and firefighters lost in the line of duty. Also, as Virginia had been one of only five states without a memorial honoring those fallen heroes, the VPSF has been working to create such a memorial which was finally dedicated in December of 2014. Over his first two years of racing John has donated \$4000 to the VPSF.

John further honors his comrades, placing a fallen hero's name on his racecar for each race. Race attendees from the Virginia jurisdiction of the named individual receive half-price tickets through an arrangement with Arena Racing USA.

"Racing these cars is a blast. I hope to continue racing as long as I can make a difference in helping support families of fallen heroes," John remarks.

Mr. Dennis speaks fondly of John, "He's a great guy. I speak to audience members before a race and have often heard people say that the reason they're there is to watch John Alford race. "Our son's/friend's name is on the side of his car." I can tell there is hurt there but also joy in knowing that their son has been honored in that way. I realize what John is doing to help these families."

John has been fortunate to receive sponsorship help from local businesses. He spends the off-season (May through December) traveling the state going to car shows, expos, and grand openings, to create awareness of his cause as well as the sport of arena racing.

Current sponsors include Merrifield Garden Center, Intersport, iCore Networks, Freedom Bail Bonding, Richmond Traffic Control, May Jewelers, and Motion Motorcars. He welcomes interest from all who have an interest in supporting his efforts.

How long does John intend to pursue the sport? As he remarks, "Racing these cars is a blast. I hope to continue racing as long as I can make a difference in helping support families of fallen heroes."

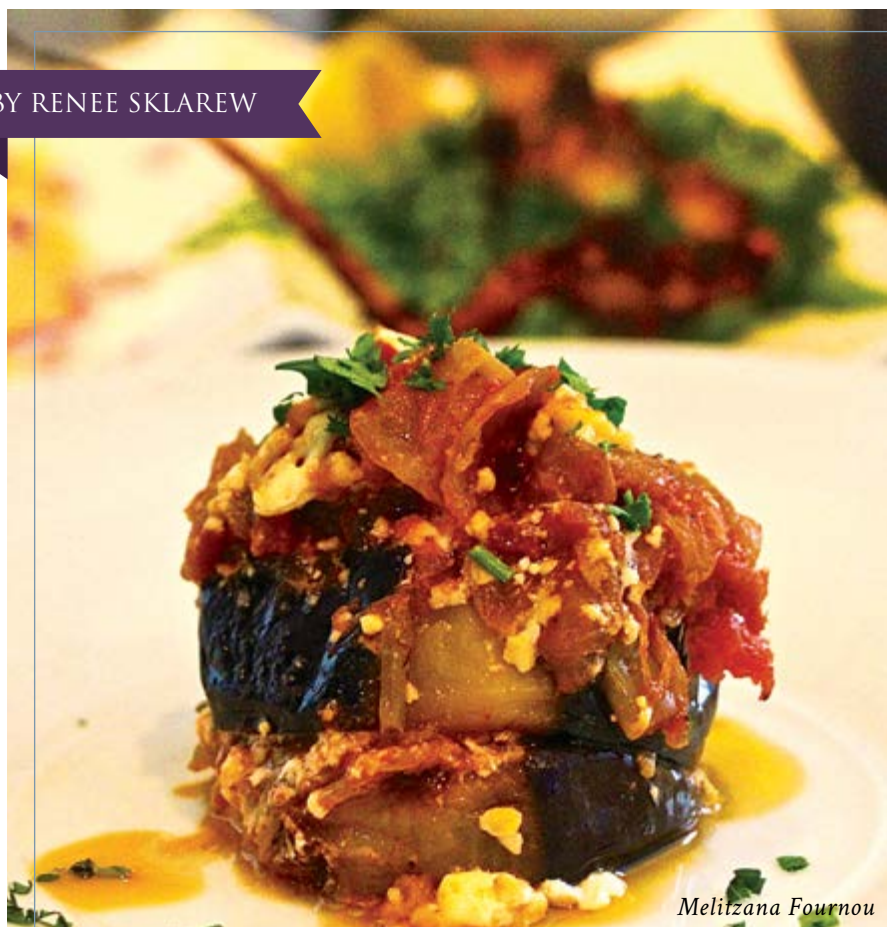
For more information on arena racing, go to ArenaRacingUSA.com. For information on the Virginia Public Safety Foundation, go to vpsf.org. For more information about John Alford, visit 91-1Racing.com. ❖



The advertisement features a photograph of two young boys sitting at a desk with multiple computer monitors, smiling and engaged in their work. In the top left corner, there is a QR code. Below the photo, the text reads: "Educating Inquisitive Minds To Their Potential" and "Accelerated Programs". To the left of this text is a small graphic of a book cover titled "VIRGINIA TOP 10 SCHOOL IN THE 2014 CITY MAGAZINE RANKING JOHN HOPKINS UNIVERSITY Center for Talented Youth". Below the main text, it says: "The award-winning Nysmith School nourishes minds with a caring environment and daily science, computers, foreign language and logic. Most importantly, subjects can be accelerated to reach the full potential of every child." In the bottom right corner, the Nysmith School logo is displayed, along with the text: "Private Tours Daily, Call Today. Limited Space 703-552-2912 nysmith.com Herndon, Va".



BY RENEE SKLAREW

*Melitzana Fournou*

NOSTOS

Once in a great while there's a restaurant that feeds guests more than good food, it also feeds their soul. That's how I felt after a meal at Tyson's beautiful Nostos restaurant.

When I asked owner Pete Pagonis the meaning of the name he explained, "Nostos is a Homeric word that means returning to your home. It describes Odysseus' yearning to return to his homeland in *The Odyssey*. It's the root word for nostalgia—nostos—it's a sentimental longing for places and things you love."

Lucky for his customers, Pete makes regular pilgrimages to his homeland where he uncovers new chefs assembling fresh spins on traditional Greek cuisine. He welcomes them into the Nostos kitchen and provides freedom to create new dishes. They employ the core ingredients of Greek cooking, but reimagine each dish, like Nostos' deconstructed baklava for example—two slivers of puff pastry,



filled with nuts, golden raisins, apples, apricots and frosty vanilla ice cream. Yes, it tastes as good as it sounds.

The Nostos décor is a soothing palate of white with grey stone, conjuring images of Greece's breezy tavernas. But Nostos is chic, rather than folksy. Pagonis directs our attention to his collection of black and white photos from the 1960's—people poised at various landmarks in Greece. We sat under a vintage photo of Elizabeth Taylor at the Parthenon. It was nice to have her join us for this authentic Hellenic meal.

As lovely as the restaurant is, the food is even more impressive. I was completely enamored with everything I tasted. But to begin, let me recommend you sample two extraordinary dishes. First under the Mezedes, or small plates, order the Melitzana Fournou. Any eggplant aficionado will be enchanted by this preparation of broiled eggplant, with feta, tomatoes, onion and mint. The ingredients sound mainstream, but the preparation renders it unique. As Pagonis says, "The Turks call this imam bayildi which means 'The Priest Faints,' but just about everyone does when they eat this."

The other most memorable dish here is the char-grilled octopus. Pagonis says he sells as many orders



Zucchini



Sautéed Shrimp



Baklava

The other most memorable dish here is the char-grilled octopus.

Pagonis says he sells as many orders of Htapodi as he sells coffee each day.

of Htapodi as he sells coffee each day. I'm not surprised. It is reminiscent of octopus that is fresh from the sea, and barbequed by local fishermen at a Mediterranean seaport. This octopus is not chewy; instead it's firm and lathered in olive oil and lemon on a bed of fresh arugula accompanied by fava bean puree for dipping.

My guests and I also enjoyed the slim disks of fried zucchini chips served with a generous helping of tzatziki—the batter is light, and the vegetables are just the right thickness. Nostos offers the Greek showstopper, Saganaki, or flaming cheese, which is flambéed tableside with brandy, transforming the soft kefalograviera cheese to form a crisp crust on the outside but remain creamy inside. Nostos' spanakopita, crunchy phyllo pockets of spinach, feta and scallions, does not disappoint.

For your entree, consider the Arnaki Fournou, or lamb shank; braised in wine tomato sauce. The dark, rich meat easily shreds off the bone with a fork. It lies in a heaping portion of orzo with tomato sauce that could be a standalone dish by itself. Another authentic Greek entrée worth savoring is the Lavraki, or Branzino, a firm white fish served hot off the grill and deboned tableside. Some entrees include lemony roasted potatoes and silky green beans in a tangy tomato sauce.

Besides enjoying the unconventional baklava for dessert, I likewise adored the Galaktoboureko, golden semolina custard wrapped in phyllo and bathed in a scented honey and

cinnamon syrup. This is a traditional Greek favorite, and the Nostos version is divine.

Nostos is romantic; the fine white table linens and impeccable service conjure the feeling of luxury. You could also go there for a first-class business lunch; the serene dining rooms are perfect for conducting meaningful conversation. Nostos accommodates families too, and has intimate rooms for private events. Yet, the restaurant is especially perfect for groups of friends who enjoy sharing small plates and sampling from the wide selection of Greek wines and spirits. Nostos is truly welcoming to everyone, and as the name says, you will long to return.

Nostos is located across from Tysons Mall on 8100 Boone Boulevard, Vienna. For hours and reservations call 703-760-0692 or visit www.nostosrestaurant.com. ❖

AUTHOR: Renee writes about travel, food and restaurants for VivaTysons and other publications, including Washingtonian, Pittsburgh Post Gazette, The Boston Globe and Northern Virginia Magazine. She and her family are native of the Washington DC Area and love sampling international cuisine.

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4711 Lee Highway 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. \$

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2941 Fairview Park Dr. 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. \$\$\$

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124 N. Washington St 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. \$\$

BENTLEY'S

6654 Arlington Boulevard 703.532.4100
www.bentleysfallschurch.com Bentley's is known throughout Northern Virginia for their breakfasts. Famous Eggs Benedict, omelets, waffles, pancakes, crepes and more are served every day... but still the weekends are the best time. Their banquet facilities accommodate 50 to 250 people and they offer American, Latin, & Southwest Asian cuisine and accompanying services. \$

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7263-A Arlington Blvd. 703.572.9002
www.celebritydeliva.com Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and homemade potato knish. Chuck Rossler knows his corned beef. Look for genuine New York Style deli sandwiches, half-done pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy. \$

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130 North Washington St. 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. \$

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132 West Broad St. 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 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 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. 703.942.6600 www.elephantjumps.com Elephant Jumps offers an extensive menu with more than 100 dishes including croissant green curry

chicken sandwiches, burrito satay chicken, and crispy salmon salad. Diners are sure to find classic Thai dishes as well as hard-to-find Thai dishes. \$\$

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1222 West Broad St. 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 703.532.0940 Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dandan 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 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. \$\$

JV'S RESTAURANT

6666 Arlington Blvd. 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. 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. 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. \$

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7395-M Lee Highway 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. **\$\$**

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8100 Lee Highway #300 571.395.4400 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. 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. **\$\$**

PISTONE'S ITALIAN INN

6320 Arlington Boulevard 571.388.3910 www.pistoneitalianinn.com Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on nutritious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment. Check out the bar lounge where you are invited to sing with talented pianists and vocalists in the area. **\$\$**

PIZZERIA ORSO

400 South Maple Ave. 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 703-942-6383 www.publichouseno7.com Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. **\$\$**

RED HOT AND BLUE EXPRESS

169 Hillwood Ave. 703.538.6466 www.redhotandblue.com This outpost of the Rosslyn-based barbeque chain offers hickory smoked pulled pork, brisket, pulled chicken, and catfish. Don't miss their award-winning ribs. **\$**

SAIGON CAFÉ

6286-B Arlington Blvd. 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

Seasons 52

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



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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 703.372.5161 www.seapearlrestaurant.com With the inspired creativity of Chef Sly Liao with the trend setting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend or early evening offerings during the week. \$\$\$

SWEETWATER TAVERN

3066 Gatehouse Plaza, 703.645.8100 www.greatamericanrestaurants.com/ Sweetwater The Merrifield outpost of this microbrewery serves handcrafted seasonal brews, burgers and ribs, and fresh seafood, chicken and pasta. The restaurant offers seasonal outdoor dining. \$\$

TARA THAI

7501 Leesburg Pike 703.506.9788 www.tarathai.com The word "Tara", commonly found in Thai folk literature, means water. Thus, our restaurant offers a unique and relaxing atmosphere, featuring

a variety of underwater art for your dining pleasure. Our menu consists of authentic Thai cooking, using family recipes that have been handed down for generations. \$

TRIO GRILL

8100 Lee Highway 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 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. 170 703.992.9227 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 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. \$

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mobydick HOUSE OF KABOB
mobysonline.com



GYPSY SOUL

Mosaic District 8296 Glass Alley
703.992.0933 gypsoul-va.com

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

\$\$\$

IDYWOOD GRILL & WINE BAR

2190 Pimmit Dr, Unit B 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. 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.

\$\$

TED'S BULLETIN

2911 District Ave 571.830.6680
tedsbulletinmerrifield.com A family restaurant in the heart of Merrifield, Ted's Bulletin offers conventional and classic American fare with the classics, including breakfast all day. Great bakery items to go, especially those Pop Tarts. The latest from the Matchbox Food Group.

\$\$

TRUE FOOD KITCHEN

Mosaic District 2910 District Avenue,
#170 571.326.1616 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. 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 703.759.3800 www.laubergerchezfrancois.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.

\$\$\$

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(intersection of Maple Avenue)
www.plakagrill.com



THE OLD BROGUE

760 Walker Rd 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 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 Zereskh 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 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. 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. 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 703.883.0557 www.boulevardcafecatering.com Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts. \$

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BUSARA THAI CUISINE

8142 Watson St. 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
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 703.442.7360
www.cafeoggi.com For over 22 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more. \$\$\$

CAFÉ TATTI FRENCH BISTRO

6627 Old Dominion Dr. 703.790.5164
www.cafetatti.com This French bistro brings diners classic French dishes including vichyssoise, Quiche Lorraine, Filet with Béarnaise Sauce, and Flounder Belle Meuniere. Closed Sundays. \$\$

CAPRI

6825-K Redmond Dr. 703.288.4601 www.caprimcleanva.com Chef Beatrice Zelaya serves classic Italian dishes just like Nonna used to make. This family-friendly restaurant offers a cozy dining atmosphere. Sip on a glass of red or white wine as you enjoy Insalata Caprese, gnocchi, or Vitello alla Parmigiana. \$\$

EL TIO

1433 Center Street 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. 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. \$\$\$



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GREENBERRY'S COFFEE CO.

6839 Redmond Dr. 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. 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. 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. 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

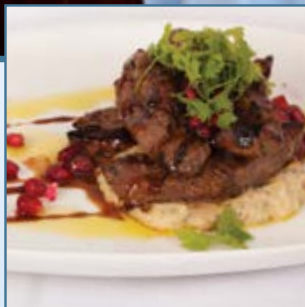
7852 Tysons One Pl 703.893.2222 www.richardsandoval.com/lasandiavirginia/ Chef Richard Sandoval, internationally recognized as the Father of Modern Mexican Cuisine, elevates Mexican cooking to new heights at La Sandia serving up authentic Mexican specialties alongside over 200 fine Tequilas. Inspired 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. 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. \$\$

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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. 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 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 703.821.3736
www.roccositalian.com 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. 703.821.5666 www.silverdiner.com/restaurants/tysons
This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. **\$**

STAR NUT GOURMET

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THE CAPITAL GRILLE

1861 International Dr. 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. 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 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 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. 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. **\$\$**



SKORPIOS MAGGIO'S FAMILY RESTAURANT

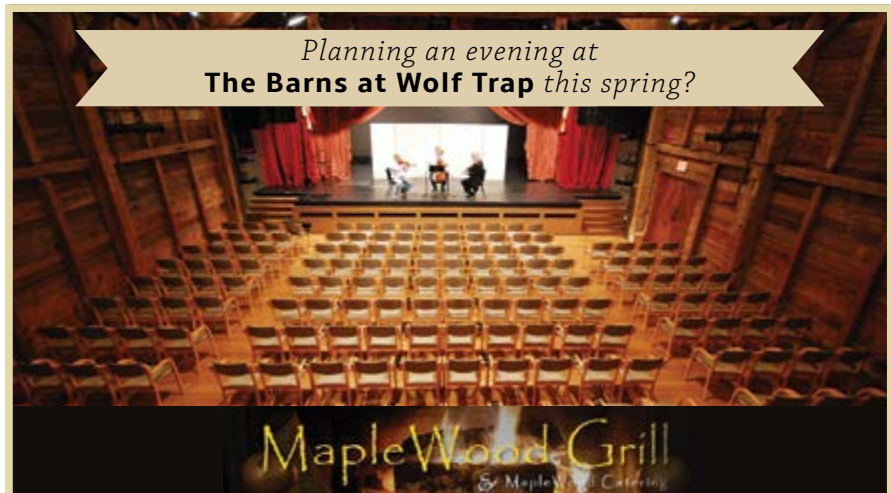
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Newly added dining experience in the Halstead District. Elegant, yet comfortable dining experience with full Asian inspired menu, sushi, sake and full stocked bar for getting together with friends. The cuisine is wonderful. Open daily for lunch and dinner. **\$\$**

RAOUCHE CAFE

2839 Gallows Road 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. 703.255.1001 www.anitascorp.com This local chain offers New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinners. **\$\$**

BAZIN'S ON CHURCH

111 Church St 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 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 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 571.938.3311 www.caferenaisance.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 beurreblanc sauce. Visit Cafe Renaissance for the most romantic dinner in Northern Virginia. \$\$

CHEF GEOFF'S

8045 Leesburg Pike 571.282.6003 www.chefgeoff.com The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free menu and a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Businesspeople can be seen dining or enjoying a drink during lunch hour and dinner. Chef Geoff's also offers a Sunday brunch and kid's brunch. \$\$

CHIMA BRAZILIAN STEAKHOUSE

8101 Towers Crescent Dr. 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 703.734.1901 www.clydes.com/tysons Clyde's offers authentic American dining with a menu featuring locally grown produce, hormone-free beef, and desserts made in-house. This restaurant, located in an Art deco-inspired setting, features a brunch menu, bar menu, and raw bar. \$\$

I-THAI

8607 Westwood Center Dr 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. \$



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BY RENÉE SKLAREW

TYSON'S NEWEST MEETING PLACE

Founding Farmers Tysons

Your neighborhood is exploding with exciting, new dining venues, and the latest addition is the DC Area-based destination restaurant, Founding Farmers. Located just steps from the Tysons' Silver Line Metro Station outside Tysons II Mall, the recently-opened Founding Farmers is the group's grandest setting yet, and arguably, the most appealing. This restaurant lives up to its mission—to use as many farm fresh ingredients as are available. And with a salute to the Old Dominion's culinary traditions, Virginia's farms and breweries supply a variety of menu items.

Parent company Farmers Restaurant Group debuted their first Founding Farmers on Pennsylvania Avenue. Next they expanded to a busy outpost in Potomac, Maryland. A few years ago, they opened their sophisticated, eco-chic Farmers Fishers Bakers restaurant in Georgetown's Washington Harbour. This year, Founding Farmers is poised to conquer Tysons.

This new Tysons' location of Founding Farmers tries to put a local-spin into everything they do. Here are some examples:

- They preserve their own produce.
- They formulate their own spices.
- They brew their own sun tea.
- They commissioned regional artists to adorn the space.
- They teamed up with a Virginia distillery to create signature spirits.
- They have an in-house butcher studio to prepare their meats.
- They serve 12 Virginia craft brews on tap.

The restaurant offers free parking and serves breakfast, lunch, dinner and weekend brunch, as well as a "Morning Grab & Go" option, which you can order online and then pick up. Designed to resemble the rooms in a farmhouse, Tysons' Founding Farmers décor features communal tables and stunning pieces of American folk art produced by Virginia artists—like their beautiful flag quilt and colorful cherry blossom mural.

Executive chef Joe Goetz has developed several popular dishes including Chicken and Waffles, Fried Green Tomatoes and the most satisfying mac n'cheese I've ever eaten (aka Seven Cheese Macaroni). Here at the Tysons' Founding Farmers, the menu incorporates the Commonwealth's artisan ham and Virginia-farmed sustainable oysters. These heritage items are served side-by-side with favorite dishes from the restaurant's other locations.





When asked about the recipe behind Founding Farmers' popularity, Goetz explained it this way: "We take a totally relatable dish that many Americans have grown up eating, and then chef it up." He uses the example of his favorite dish on the menu, Yankee Pot Roast. "What makes this staple so special is the freshly butchered prime cuts of meat and fresh produce. We also braise the meat a really long time." Goetz says his goal is to make Founding Farmers in Tysons, "the kind of place you might go to a couple times a week."

Desserts may be the most thrilling course at Founding Farmers thanks to executive pastry chef Ashley Soto. Last year, she won the Cooking Channel's Great American Doughnut Wars for her Maple Bacon Jefferson Donut. "The donut is available everyday on the regular menu, but we also make peanut butter pie, caramel mouse, cream cakes, macaroons, a cookie plate, and our French silk pie with marshmallow topping; it's really melty and buttery."

She describes the effort her team goes through to adhere to the farm-to-table mantra: "All our jam is made in-house. You can see our canning on the walls. It's a little bit of science. It looks nice, but it's also extremely functional for us. We've canned leeks, carrots, orange marmalade and candied lemons. There are green beans, asparagus, dill pickles, and our green tomato chow chow. We always try to can what's in season so we have it year-round."

Soto points to the rows and rows of cans shelved by the front windows, "We keep our spices in jars too, then use it for everything—rubs for meat, steak seasoning, burgers. When we need salt and pepper, we just use our spice mix."

Especially impressive is the spacious bar, framed in like a barn with handsome wood beams. Cozy booths surround the 28-seat bar; this is the place to sample the restaurant's proprietary "From Farm to Still" spirits. Through a partnership between Copper Fox Distillery and executive bar & beverage chef Jon Arroyo, Founding Farmers now serves their own Farm Gin and FF Rye Whisky, produced in Sperryville, Virginia. The restaurant will rotate their selection of 12 Virginia-brewed beers on draft, and provide the opportunity to buy a Growler or sample a flight of beers.

Arroyo also oversees the pressing of fresh juices everyday, some used to make scratch cocktails. There's even drink designed "to combat toxins and help with day-to-day stress and pressure." Yes, Founding Farmers' bar serves a Cleanse. "Let's spend some healthy days together too," Arroyo laughs.

There's a lot to love at Tysons' Founding Farmers. I think the restaurant will be a popular meeting place for people working in the area and an ideal destination before or after your next shopping spree. For reservations check their website wearefoundingfarmers.com or call 703-442-8783. The restaurant is located at 1800 Tysons Boulevard, at the corner of Galleria Drive and Tysons Boulevard. ❖

AUTHOR: Renee writes about travel, food and restaurants for VivaTysons and other publications, including Washingtonian, Pittsburgh Post Gazette, The Boston Globe and Northern Virginia Magazine. She and her family are native of the Washington DC Area and love sampling international cuisine.

Cracker Crusted Shrimp: shrimp, fries, coleslaw, cornbread wedge served with grainy mustard, cocktail and tartar sauce

Sun dried Tomato Herb Salad: bibb lettuce, radicchio, fresh herbs, red onion, green onion, sundried tomato, burnt orange and capers

Steak & Enchiladas: 8 oz beef topped with chimichurri sauce and served with avocado salad, street corn, and chicken cheese enchilada





MANGIA!

Ristorante Bonorati Treats You Like Family

BY RENEE MARCHESE SKLAREW

Sergio Domestici has always loved what he's doing, and it shows. You'll find him at Ristorante Bonorati six days a week, checking plates as they leave the kitchen, supervising the wait staff, and stopping by tables to greet his diners. After 33 years, he knows so many of them.

Sergio Domestici began his career as a restaurateur at age 15. Working in his uncle's restaurant in Italy, Domestici fell in love with the business, and enrolled in an Italian culinary school. At the age of 20, Domestici moved overseas to Washington D.C., where his uncle was a chef at the highly regarded 1789 Restaurant in Georgetown.

Domestici began cooking at Cantina D'Italia in Washington where he worked for nine years. In 1980, he and two partners opened their own restaurant, Michelangelo in Arlington. Two years later, Domestici debuted his Italian gem, Ristorante Bonaroti in Vienna, a popular neighborhood restaurant where diners gather for great food and warm ambiance.

One group in particular regularly patronizes Ristorante Bonaroti—the staff and players of the Washington Redskins. Team members often dine here on weekends before their games. Former Redskin and current broadcaster, Chris Cooley, has been an especially big fan. Domestici has Cooley's signed jersey and photos on display in the restaurant. Number 47 even has a dish named for him, Spaghetti Chris Cooley. Cooley wrote on his blog: "Ristorante Bonaroti is what I consider the best restaurant in the entire DC/Virginia area. Wait, really if I think about it, my favorite restaurant of all time." Cooley adds, "We just ask Serg what's the best thing we could order and he hooks us up every time {sic}."

Though the restaurant has operated for three decades, what makes Ristorante Bonaroti stand out is the personal service and modern Italian cuisine. "We keep improving the menu," says Domestici. "We do a little bit of nouvelle cuisine. We didn't stay behind; everything is different."

Longtime Chef Roberto Sorto has indeed transformed Italian classics, enhancing flavors and retaining nutrients, while reducing fat. For example, traditional Eggplant Parmesan typically consists of breading, then frying eggplant, then smothering it in a dense layer of cheese. In contrast, Sorto grills two medium-thick slices of eggplant, bathes them in a deep red sauce, and then drapes them with fresh, creamy mozzarella. "Grilling gives eggplant a nice flavor," says Domestici, and he's right.

Domestici's favorite dishes are the pastas, and I can taste why. Silky handmade dough is used to make manicotti, cannelloni, ravioli and pappardelle pastas. My ravioli dish resembled six fluffy pillows lovingly stuffed with spinach and ricotta, and topped with two fine sauces—creamy pesto and béchamel. Bonorati's pesto was unforgettable; I mopped up every drop with my bread.

Which brings me to one of the best reasons to eat here, bread. Waiters at Bonaroti's automatically place a heaping basket of fresh bread—Italian baguette, ciabatta and their homemade focaccia—on the table when you sit down. The breadbasket is accompanied by two spreads; a black olive tapenade that Domestici calls Olivata, and a sundried tomato mixture with Parmesan and olive oil. Waiters stop by to pour truffle-laced EVOO, aged balsamic vinegar and fresh grated Parmesan on your bread plate—already a veritable feast, and you haven't even ordered yet.

The pacing of the dignified service allows both for lingering or grabbing a quick bite. Catch a speedy, healthy lunch, or spend the evening savoring your multicourse meal.



Bonaroti's servers recommend the acclaimed veal osso buco; a veal shank slow-braised to perfection in wine sauce. This restaurant also does seafood very well, and there are usually three distinctive fresh fish on the long list of specials. Domestici himself may be the one to debone your fish at the table.

The seafood pastas are especially popular, and clam fans should consider the Linguine Alla Vongole; tender, fresh bivalves on the half shell served with your choice of red or white sauce. Salads are a la carte, but large enough for two to share. I really enjoyed the arugula and fennel salad; Chef Sorto's lemony vinaigrette dressing intensifies the brightness of the greens, and the chocolate profiteroles for dessert are spectacular. Complimentary almond biscotti arrives with your bill.

If you prefer small plates, try Bonaroti's new wine bar, where you can order from the regular menu, or choose from a wide variety of Italian tapas, along with soups, salads and panini. Drinks are half price from 4-7 pm in the bar, and on Sundays, a bottle of wine is 50% off in the bar and dining room.

Both in the bar and restaurant, there's a happy buzz, but it's never too loud for conversation, even on the busiest nights. Without a reservation, you may have to wait, but that provides an opportunity to scan Bonaroti's hall of fame in the entryway. Look for prominent people, and unrecognizable ones too. Domestici explains it this way, "These photos are all mainly customers. We take a picture, put it on the wall. They like it. They are not famous, but they are famous. Famous for me."

Obviously this is true. It's evident that many customers know and feel affection for their host, "Sergio," as most refer to him. That's what makes this neighborhood restaurant special—Ristorante Bonaroti is a place where you feel welcomed, eat well, but won't feel over-stuffed. After 33 years in business, and a packed house nearly every Saturday night, Domestici is clearly doing many things right. ♦

AUTHOR: Renee writes about travel, food and restaurants for VivaTysons and other publications, including Washingtonian, Pittsburgh Post Gazette, The Boston Globe and Northern Virginia Magazine. She and her family are native of the Washington DC Area and love sampling international cuisine.

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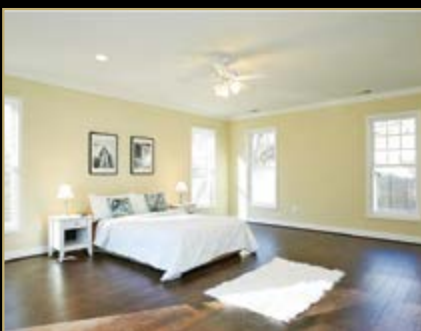


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OPEN FLOOR PLAN IN FALLS CHURCH



FALLS CHURCH, VA

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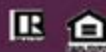
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MARCH/APRIL *Style*

BY LAUREN SIMMONS



1



3



4



2



5



6



7



8



9

COLOR OF THE YEAR...MARSALA

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- 2 Cambridge cable turtleneck sweater | JCrew.com
- 3 Elle Macpherson Intimates Golden Talisman lace-appliquéd bra | Net-A-Porter.com
- 4 Stella McCartney Minnie Sipping lace briefs | Net-A-Porter.com
- 5 Blush in Seduction from NARS | Nordstrom.com
- 6 Napoleon Perdis DeVine Goddess lipstick in Andromeda | BergdorfGoodman.com
- 7 Frayed scarf | Forever21.com
- 8 Campbell capri pants in bi-stretch wool | JCrew.com
- 9 420 sneakers | NewBalance.com



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BY LAUREN SIMMONS



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4 SUN DESIGN REMODELING PROJECTS NAMED WASHINGTON-AREA “CONTRACTOR OF THE YEAR” WINNERS

(Top) Grand winner. Sun Design Remodeling's reconciliation of a spacious Fredericksburg home to its poolside setting was named the Washington-area's Best Exterior design solution in the recently completed "Contractor of the Year" awards (COTY). The multi-component Craftsman-style architectural solution includes a large outdoor kitchen and many comfortable gathering places.

BY JOHN BYRD

STAND-OUT HOME IMPROVEMENTS RANGE FROM BEST EXTERIOR TO AN INNOVATIVE BASEMENT SOLUTION

It's been a good year for Sun Design Remodeling.

In January, the full-service design/build remodeler won four "Contractor of the Year" (COTY) awards from the Washington, DC chapter of the National Association of the Remodeling Industry (NARI). Then, in February, an already locally-honored gourmet kitchen was named category best ("kitchen above \$150k") in the 10-state southeastern region.

Winning projects include: a rear elevation poolside recreation solution; a French Country gourmet kitchen (also regional winner); an open kitchen plan in a traditional interior style; a lower-level build-out to designed for use by three generations.

A look at the firm's tops-in-category prizes reveals much about homeowner needs and the prevailing trends.

HOUSE AND GROUNDS RECONCILIATION JUDGED THIS YEAR'S BEST

Exterior Solution/ COTY Grand award winner

As Monte Zaben tells it, the rear elevation to his 8,300 sq ft colonial in Fredericksburg was so sun-exposed it was uncomfortable sitting by the pool he had just installed the year before.

"We spent about a year trying to picture a back yard plan that would make the pool and grounds a more satisfying recreational experience," he explains. "It was slow going."

After researching several options, however, he stumbled on Sun's Design's portfolio of indoor-outdoor solutions, and set up a meeting.

From the start, company founder Duroske proposed relevant ideas—including a design for a spacious,

shaded pavilion outside the home's lower level.

Combining an extended radius that steps down to the pool with vaulted entrance way, the structure's architecture is notably welcoming.

Tapered craftsman-style piers support a seam metal roof. Inside, three distinct activity zones fluidly interact: an open-air lounge just outside the lower level changing area seats eight to ten; there's a cozy poolside vista with a pair of wicker chairs; an outdoor kitchen equipped with a traditional grill, a power burner, refrigerators. Loaded.

As a practical consideration, Sun Design constructed a sound-abating, architecturally-appropriate brick wall around exterior HVAC units, and added a period-style heat-screening overhang to an upper level kitchen window.

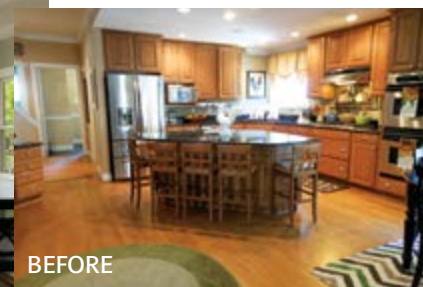
A second level grilling deck is now, likewise, under roof.



BEFORE



Layfield (Kitchen over \$120k) photo courtesy of: Greg Hadley



BEFORE

(At left) **Best residential kitchen.** The newly remodeled kitchen suite to Rick and Kelly Layfields home in Clifton Heights features clean lines and compelling visual continuum.

Happy with the outcome, Zaben says he enjoys the outdoor kitchen so much he was out grilling one of his specialties this past January.

"We make regular use of the outdoor space on just about every seasonable day," he adds. "It's very much a part of our lives now."

FRENCH COUNTRY KITCHEN IS LOCAL AND REGIONAL COTY WINNER

Residential Kitchen Over \$120,000

For Dr. Rick Layfield and his wife Kelly Layfield, the search for their dream kitchen started shortly after they purchased their 3,700 sq. ft. four-bedroom home in Clifton eight years ago.

"The kitchen suite was a primary selling point," Kelly says of the 400 square foot room.

But she found the rear of the house dark and dated. Sightlines to the children's back yard play areas were not well-aligned. And there was a visually obstructive bulkhead over the primary food preparation zone.

Also, the pentagon-shaped food preparation island and dining counter wasn't well suited for in-kitchen dining. And the corner breakfast area was cramped-- making hard to access a door to the back porch which used to be a pathway to the family's outdoor grill.

Fortunately, Kelly's first meeting with designer John Benson was productive from the start.

For instance, he proposed a rectangular food preparation island with a granite surface, perfectly parallel with the two corners of the cook's work zones.

To improve light, sightlines and floor space, he eliminated a corner window, adding a larger window over the sink and a three-foot-wide divided light door in the middle of the rear elevation.

He then deleted the side porch door as well as two floor-to ceiling windows, rebuilding the corner wall around two sets of windows and a custom-designed dining banquette.

The cumbersome bulkhead has been replaced with an elegant coffered ceiling.

Benson also helped Kelly explore the lighter, more textured hues she had been seeking.

Marble subway tile wall covering. Surfaces in Granite Bianco Antico. White

cabinets with glass facings. An oven backsplash in a white quatrefoil tiling.

The coffers, likewise, are delineated in a restful white and grey duotone.

A big, sweeping, comprehensive plan.

"This is just the balance I was looking for," Kelly observes, adding: "It feels like home."

OPEN FLOORPLAN DEFINES CASUAL BUT ELEGANT KITCHEN

Residential Kitchen; \$80k to \$120k; COTY Honorable Mention

Steve and Melynda Britt's four bedroom Colonial in Vienna offered considerable charms when the couple purchased it ten years ago.

There was a nicely finished library and living room, a formal dining

CONTINUED ON PAGE 122



(Top) **Best Residential Kitchen.** Sun Design's winning kitchen solution takes full advantage of a 13' cathedral ceiling with a two-level window wall. Owner Melynda Britt says the space is much better organized, yet more accessible—perfect for entertaining.

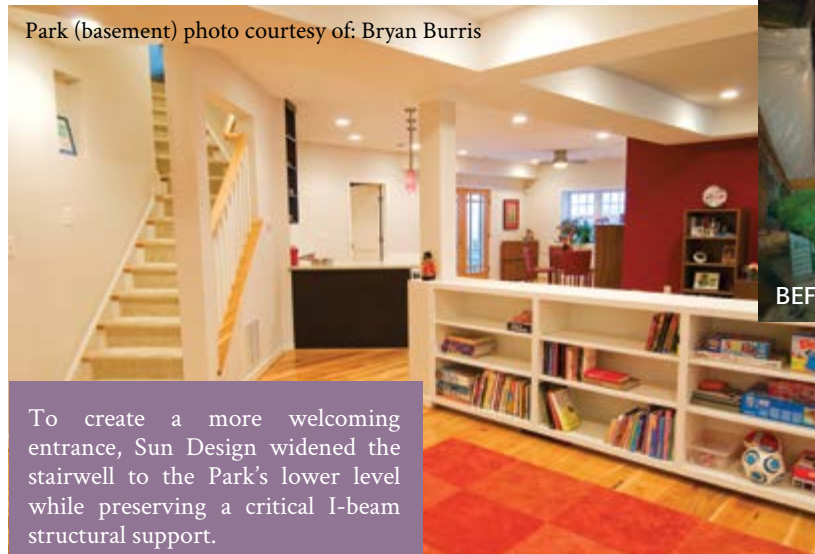


BEFORE



Britt (Kitchen \$80k to \$120k) photos courtesy of: Mitro Hood

Park (basement) photo courtesy of: Bryan Burris



To create a more welcoming entrance, Sun Design widened the stairwell to the Park's lower level while preserving a critical I-beam structural support.



WASHINGTON-AREA COTY WINNERS CONTINUED FROM PAGE 121

room and a sizable family room in the back half of the house with a 13-foot cathedral ceiling framing a lovely view of mature landscaping.

The main shortcoming was the kitchen— accessible from the back of the foyer, yet cut off from the wrap-around family gathering areas by a knee-high serving counter that converged into an “L” with a floor-to-ceiling wall partitioning the kitchen from the breakfast area.

Instead of creating privacy where needed, the rear suite room configuration made a promisingly open space feel cramped and closed-in.

For Melynda, the larger goal was a kitchen footprint that offered an efficient work space— effectively integrated with the surrounding great room.

“Since the emphasis was on a more intelligent use of limited square footage,” Craig Duroske explains, “we thought custom-built-ins would help create better coordinated work zones.”

Critiquing her the kitchen now, Melynda is amazed at how much more effectively the solution works on several fronts:

–The food preparation island not only protects the cook’s work triangle, but is perfectly positioned for easy service to the family room;

–The beverage station—an effective space divider— is equally accessible from

both the breakfast area and family room.

–The coffee bar is comfortably situated between doors leading to the dining room and the breakfast room-- out of the chef’s way.

–The kitchen’s mosaic tile flooring has been replaced by a refinished hardwood flooring that unifies the entire suite. White diamond granite backsplashes and surfaces, likewise, set an elegant tone.

“We can now comfortably entertain 20 to 25 guests,” Melynda says. “Better yet, the space is really warm and comfortable.”

FINISHED LOWER LEVEL OFFERS MULTI-GEN FAMILY SOLUTION

Residential Basement/ COTY Honorable Mention

Eric Park and his wife Tina, both physicians, were already quite busy ten years ago when they purchased a 3,400 sq. ft. two-level neo-Colonial in Falls Church. Blessed events, however, have a way of changing basic assumptions for the better. In 2007, the couple’s first daughter was born; a second daughter followed four years later. Suddenly, active lives became even busier.

“Our plan all along was to create a family home,” Tina allows. “We saw the lower level eventually playing a part in our daily lives, but were only using it for storage. It wasn’t until my mother began regularly helping us with the girls that we began looking at the house more closely.”

At first Tina’s mother, Kay, would stay in the guest room, but gradually everyone started looking at ways to increase available privacy.

It’s at this point that Sun Design Remodeling enters the story.

“A basement conversion is challenging,” says Sun Design’s Liz Lee-Sint, who guided the Park project from concept to completion, “especially when it’s going to be mainstreamed with the rest of the house.”

For Kay, the top priority was a suite with all the accoutrements of independent living, including a private entrance, a comfortable master suite and a fully functional kitchenette with dining for four.

On a separate note, Eric and Tina envisioned a 195 sq ft family fitness center and a children’s play zone with custom built-ins.

To gain uncluttered sightlines, Sun Design executed a few deft structural changes. The L-shaped stairway entrance was widened while preserving a necessary I-beam.

Describing the finished décor as “modern Asian contemporary,” Tina stressed simple lines, soft tones and visual continuum.

While the 150 square foot kitchenette and dining counter provides everything needed for food preparation, the artful execution blends seamlessly with other elements in a cleverly-zoned great room,

“It’s really the nicest place in the house now,” Tina says. “And it satisfies so many different needs that it’s become our main gathering place.”

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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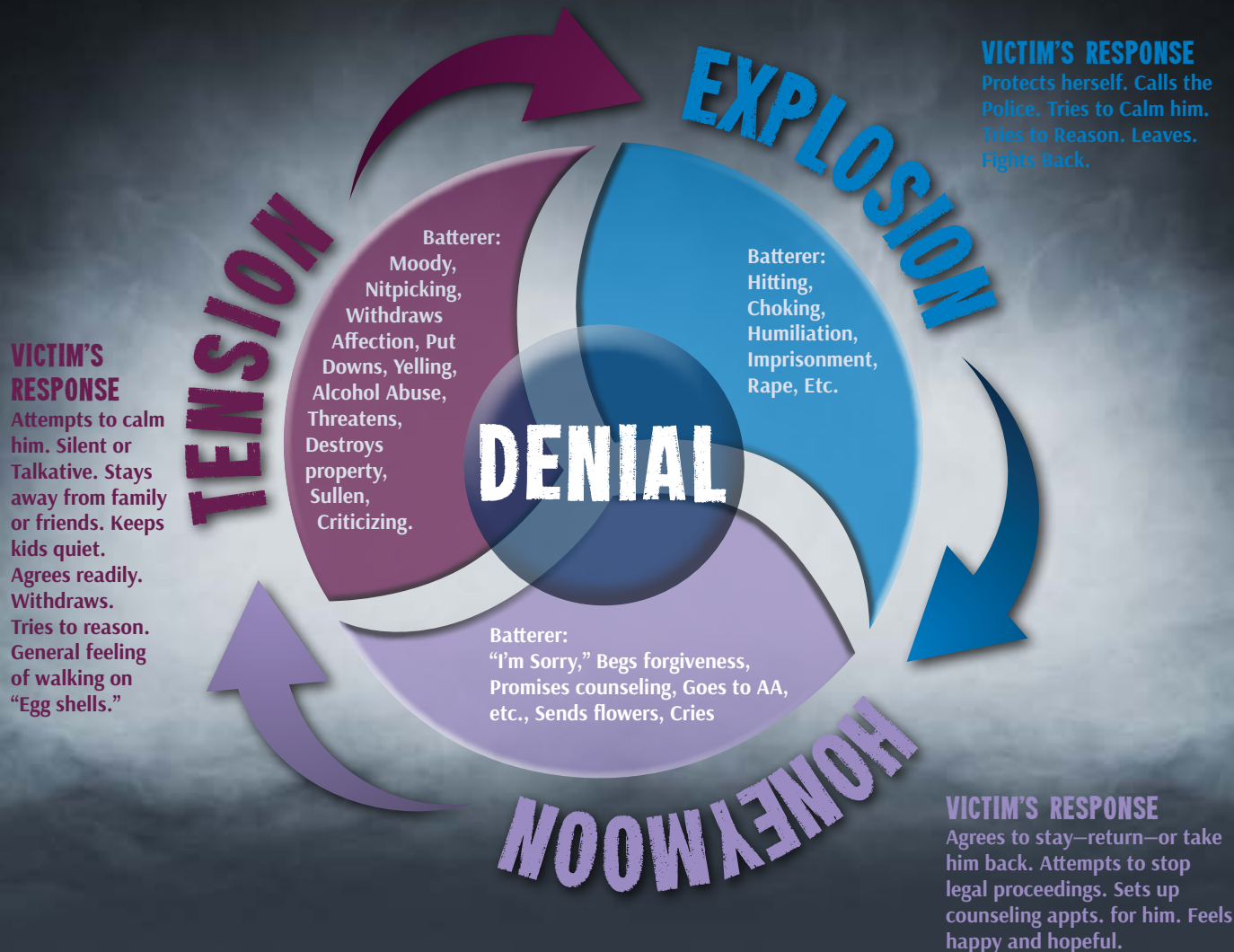


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SANCTUARY—A HAVEN OF HEALING

BY LINDA BARRETT

"Sanctuary," as Hillary Staats defines it, "is a home, a shelter, a haven. It is the creation of a safe place for people to live."

Walk into Sanctuary Interior Design Build and immediately one feels at home in the plush and elegant surroundings that define Staats' interior design business. In April, however, Sanctuary will hold a different meaning—one close to Staats' heart. People will gather here to talk about how domestic violence affects children.

"We want to focus on experiences children might encounter, how it can affect their personal, high school, college, and community relationships long into the future, and how to bring healing to the family." Her programs will show others how to

recognize signs that could indicate a problem, whether in their own children or others in their community.

"If you see something, say something," she said. "Using the acronym SEE, that stands for 'Survive, Escape, Expose,' people can remember the important steps to overcoming domestic violence."

HILLARY'S STORY

After divorcing from her children's father, Staats entered another relationship, "Which unfortunately became a domestic violence situation," she admitted. "When you're in a violent relationship, you can be in denial about it."

"My pastor sent me to the Woodburn Center support group where I saw a chart called 'The Cycle of Violence.' I was 40 years old and had 4 kids ages 14 to two. When I looked at the page I

thought, "That's me, and I knew I had to leave the abusive relationship."

"Once I announced I was leaving, things got more violent. That is the most dangerous time," she continued. "In my case, he picked me up, threw me down, and went crazy. I ran to my car and drove myself to the Balls Hill police station in McLean, terrified out of my mind." Requesting a female officer, she asked for help obtaining a restraining order. The officer agreed if Staats promised to follow through.

"I never returned to his house; I walked away from everything," she said. Luckily her parents were supportive. Staats refers to this time as her "fire," because everything she knew was wiped out at once.

The fear continued as her abuser continued to stalk Staats, one time approaching her at Greenberry's in McLean. Hillary locked herself in the bathroom, and when she emerged she found a note on her windshield stating, "You can run but you cannot hide." He was jailed for 30 days.

"I realized he was a bully," she said, "and my only strategy was to get a bigger bully—the police. I wasn't strong enough to manage him." Unbeknownst to her, he was a prescription drug addict as well, and when out of pills, his rage escalated. "The only way to stop domestic violence is to recognize it and either heal it through counseling or walk away from it. We need to learn that this is not acceptable."

Staats has gathered domestic violence survivors, shelter representative and authorities to create an ongoing sanctuary where people can talk, share, and learn how to survive and prevent abuse, and heal the entire family.

"It's the theory of compound interest," she explained. "We talk to people and they talk to others, and if even one abuser is shut down, we are saving all these people they

could affect, for generations to come. By being women who have the strength, we protect those who don't have the strength, and we protect the children."

She urges anyone interested in stopping domestic abuse for the children's sake to come and find out more. "It's time to give back and educate the community in an effort to protect the children." Hillary lives happily now with her husband Tommy. ♦

PLEASE ATTEND

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



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BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*

Q

DEAR COACH AMY,

I am a divorced professional woman in my late forties who is still in shape with grown children (mostly out of the house— still in college). I am looking to meet a man who wants a serious relationship and I would consider marriage again if the right guy came along. Where are all the serious men who are looking for a long term committed relationship?

Frustrated in Fairfax

A

DEAR FRUSTRATED,

There are men out there who want what you do. You just have to know WHERE to look for them and HOW to select a man who is looking for lasting love. There are several top ways people are meeting marriage partners in this day and age. However, you do need to take into account your personality in order to understand which way will work best for you. Are you outgoing and can go into new social situations easily or are you shy and reserved? This answer will influence how you will go about finding love.

Let me share with you the top 3 ways people are meeting each other today:

1. Online Dating: In my opinion, in your age group, this is your best bet. When a man is single and looking (and has a full, busy life with a career and family) online dating is a terrific way to pinpoint men who are seriously looking for love. I recommend you share that you are looking for a serious relationship in your profile and also try to screen profiles for someone dating for the same reason you are.

2. Friend and Colleagues: Your network is one of the best sources for meeting people where you will have a good connection. Hopefully these are people you know and trust. I recommend you look for the “connectors” in your network. They know a lot of people. Share with them the kind of person you would like to meet based upon your life goals, your key relationship values and your Must Haves, those things that you have to have in order truly connect with another person. Your friends “get you” and so should your life partner. And you would hope that they know a friend or family member that is seriously looking, as well.

3. Through Activities, Events and your Interests. Yes, this seems obvious and yet this strategy is not implemented well. We are talking about your social groups for your age group, and Meetup.com is a great way to find groups of your interests and where people would share your values. Also, pick groups that have enough variety of people and yet are not too big and overwhelming. You want to see the same people at the regular group events repeatedly. You need a couple of touch points before a real connection many be made. This is much easier and more successful for those who are more outgoing than shy since the shy ones tend to hang back or stick with people they know. Perhaps there is someone who will go with you who will be your wing person!

For instance, I joined a co-ed bowling league where I saw the same people week after week. However, there is no guarantee that someone there was just looking to get out of the house for an evening or they were truly marriage-minded and desired to meet someone special. In this instance, as you get to know them, you will get more information to make that judgment, sooner than later.

Every relationship has a pacing to it and it takes time to develop trust. Pacing the dates appropriately and taking the right steps in a new relationship determine the direction and ultimate success of that relationship. And you have to stay firm on what you truly want from a relationship and must know how to express it positively.

If your goal is to find a marriage partner, then stay steady in your conviction. The right man will step up to the plate.

So try new things that are consistent with your values and yet push yourself outside of your comfort zone. Pursue these suggestions to find true love and you will find a man with similar goals as you – in a place in his life where he is ready to commit to a fulfilling, loving relationship. Isn't that what you are looking for – a lasting mutual connection?

All the best in love and life,
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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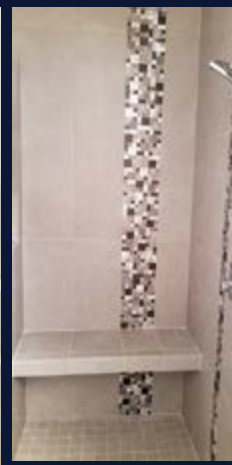
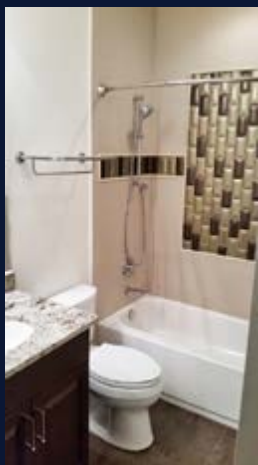
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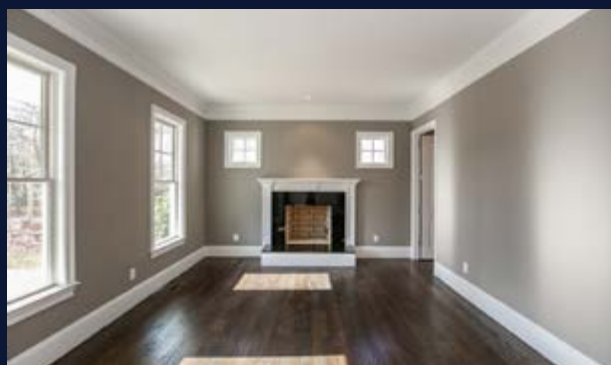
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Dean Design's "Southern Living Style" at Beach Mill Farm with 3 car garage, and huge front porch. This hardy & stone home offers unique features at every turn; from the chefs kitchen with 6-burner and grill Wolf range, Subzero refrigerator, 4 fireplaces (one double sided in the master bathroom), large breakfast room off kitchen with morning porch. Every bedroom enjoys a private bath. The walkout lower level includes a bar, media room, optional den or bedroom, billiards, and rec room with a fireplace. All done with taste & a modern twist.



Jane Webb
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BY RICK MUNDY

AMBASSADOR TED RUSSELL

Following his call

Sharing the life of Ambassador Ted Russell is not possible without including his wife, Sally, because, for their 54 ½ years of marriage, they have been a team. In fact, the charming couple met in graduate school at the Fletcher School of Law and Diplomacy. Both were pre-med in college and both switched to history. Probably both would have worked for the US Department of State, but at that time, couples could not be married and both work in the Foreign Service. (That has changed. Now everybody is married to each other, the Russells report.) Sally says, “They got two for the price of one.”

Starting in 1963, the Russells were on the move, serving either in Washington, D.C. or in one of four European countries for almost all of Ted’s career. Washington, where their first son was born, was the first assignment, which worked well because he wanted to understand how the State Department worked. Among his assignments, he worked in the Operations Center, where he saw all the Foreign Service telegrams arriving from around the world. His job was to read and summarize the most important ones for the twice daily report to the State Department leadership.

Having spoken Italian as a teen, Ted’s first overseas assignment was the huge consulate general in Naples, Italy. He rotated jobs, spending six months issuing visas, then six months working on social security and veterans’ programs for the 20,000 U.S. veterans and social security recipients in Southern Italy. Ted and Sally’s younger son was born in Naples.

Hoping to work in an East European country, Ted applied for assignments in Yugoslavia, Romania, and Czechoslovakia where he landed. He underwent ten months of intensive Czech language training. Prague Spring arrived and just weeks later on August 21, 1968 the Soviets invaded. The Russells were definitely seeing action which would continue for their three years.

The Russell’s next tour took them back to Italy to Trieste where Ted was the principal/only officer covering four provinces with a staff of nine Italians. Even though the job entailed getting to know the local mayors and other dignitaries, there was an entertainment budget of just \$500 a year “But Sally is a great cook”, Ted boasts, “so we entertained, showed films on American art and were able to convince them that Americans didn’t eat out of cans and that we did have culture.”

Later, a tour of Rome had Ted keeping track of Italian politics for 2 ½ years, then another stint in Washington for 7 years. He served as Deputy Chief of Mission in Denmark for

four years, then DCM back in Prague. Russell explains, “Nothing had changed. The same people were in government and it was a depressing atmosphere. The house was totally bugged.” However the times were changing. The Velvet Revolution took place in late 1989, resulting in a move to democratic parliamentary rule for the country.

When Ted was asked where he next wanted to go, he replied that he “wanted to be considered for ambassador to Slovakia.” He was told that there was no Slovakia, but he explained that it would only be a matter of time. In 1993 Ted Russell was named as the first U.S. ambassador in Slovakia and served for three years. “It was fascinating getting the embassy going and our work also included helping Slovakia qualify to become a member of the European Union and NATO.

In 1996 Ambassador Russell was appointed deputy commandant for international affairs at the Army War College. He provided foreign policy advice, taught classes and helped run war games until his retirement in 1999.

Even in retirement Russell has remained extremely active, working as an independent consultant for the Army Battle Command training program until a few years ago. He also is founding chairman of the Friends of Slovakia, www.friendsofslovakia.org, an organization dedicated to strengthening ties between the United States and Slovakia. It also offers scholarships for Slovak students to attend summer programs organized by the Fund for American Studies at George Mason University

Recently Ted and Sally have joined the community at Vinson Hall in McLean. Having enjoyed many years of travels and service to the country, they pursue some of their longtime mutual interests in antique maps, travel and art history.

When asked his advice on living a meaningful life, Ted quickly responds, “That’s easy. Choose your spouse carefully. Finding the right person to share your life enriches you beyond measure. Also make sure what you do is a calling, not simply a job, and you will have a full life.” ♦



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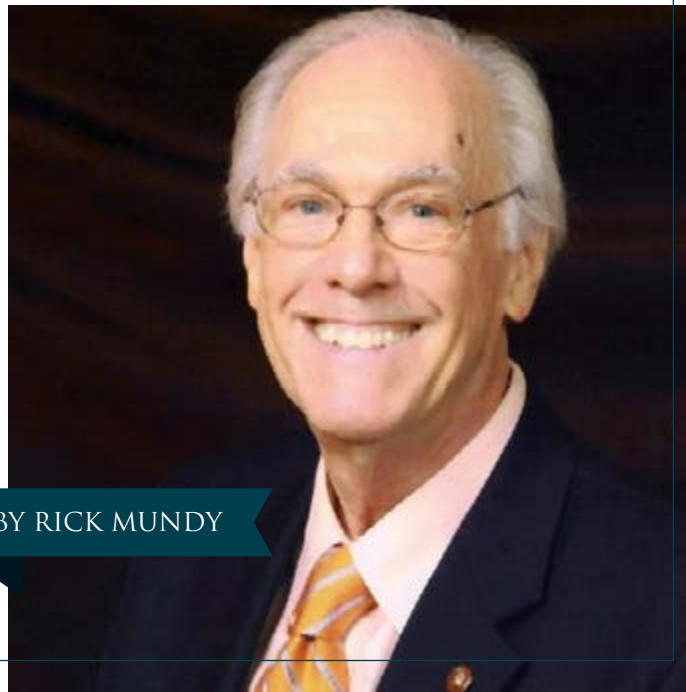


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BY RICK MUNDY

PAUL BARKLEY— A Well-Designed Life

Paul Barkley always knew he wanted to be an architect. He enjoyed building things, using blocks and erector sets at first. Then he built a city to go with his train set, including a paper mache mountain and buildings with windows cut out and covered with cellophane so he could illuminate the buildings using Christmas tree lights.

As he grew, he was encouraged by teachers who saw his talent and his parents sent him to art classes. When Paul took mechanical drawing in school he would finish all the assignments three to four weeks before the end of the course because he was so interested in the work.

During spring break of his senior year in high school he visited the architecture school at the University of Virginia. The secretary there asked if Paul would like to meet the dean which he did. The dean was not too encouraging when he said, "We are very selective in whom we choose. We only want those with a strong desire to be an architect and your grades are not up to the level we'd like to see. Why don't you go home and meet with an architect and then have him send me a letter explaining why

he thinks you would be a great candidate?" Paul took that as a challenge, got the letter, and was admitted to the program where he excelled.

In fact, at the end of his fourth year, a professor arranged for Paul to receive a summer study fellowship at the Ecoles d'Art Americaines de Fontainebleau in France. Paul recalls that "France opened my eyes to the world. I learned more about architecture, but also about food, wine, and etiquette."

In 1960, he graduated with a Bachelor of Architecture from UVA and after serving in the Air Force, began his career as a practicing architect and a real estate developer of small commercial projects in the City of Falls Church. In fact his first major public client was the Falls Church Community Center.

Paul's work spans a wide variety of projects – several financial institutions, office and commercial buildings, institutional clients, and religious structures as well as residential clients throughout Northern Virginia. A believer in establishing cooperative partnerships, Paul has personally directed design and construction projects in which the owner, architect, and contractor act as a team to achieve a timely and cost-effective project completion. In many instances throughout his career, his services went above and beyond to include advice on site selection, financing, marketing, and leasing.

His life has included much service to the industry. He is a Richard Upjohn Fellow of the American Institute of Architects having served as a national director from 1986 through 1989. He has written numerous articles for industry publications as well as local publications like the *Falls Church News-Press*. He has also supported the advancement of other aspiring architects by sponsoring a student to attend the school in Fontainebleau each summer. In 2014 the student was a Falls Church resident.

Paul has worked tirelessly to support the City of Falls Church through service on city boards, Chamber of Commerce committees, plus serving as both director (1991-98) and president (1993-94) of the Falls Church Private-Public Partnership. He was named 1998 Businessperson of the Year by the City Council for efforts promoting business development and improvement.

Many other awards have poured in both from the AIA and from Falls Church, such as the Pillar of the Community Award (1977) from the chamber, Outstanding Service to the Profession of Architecture, Award (1982) AIA Northern Virginia, and the Appreciation Award (2007) from the chamber.

Paul loves to talk about architecture also. "Architecture is 4-dimensional art. As you are designing you must consider how the structure appears at different times of the day and year. Architecture is not about designing a building anyway, it is about designing the space inside a building." That approach has served Paul Barkley well in designing hundreds of spaces in and around the City of Falls Church for 50 years. ❖

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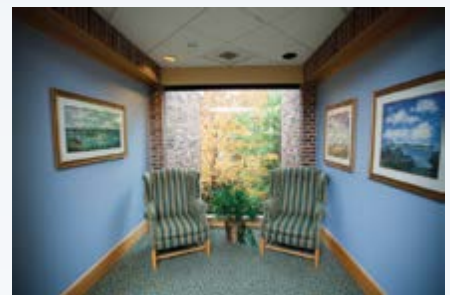
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WHAT TO EXPECT WHEN PETS AGE



BY DR. SANDY CHRISTMUS

Q: My Lab, Lola, is getting older. What normal aging changes should I be expecting to see?

—*Maria N, Vienna, VA*

A: We can't avoid getting older, can we? Dogs and cats tend to show the same signs of aging as we do, although they can't tell us what they're feeling, so I'm happy that you're interested in watching for what's normal and what isn't as Lola moves into her senior years.

Dogs and cats age and mature at different rates depending on their size. Smaller dogs and cats tend to mature more quickly and age more slowly, whereas larger dogs—think Great Danes, Irish wolfhounds, St. Bernards—and larger cats—such as Maine coons, British shorthairs, and Norwegian forest cats—take longer to reach full maturity but age faster and have shorter lifespans. For example, a Yorkshire terrier's average lifespan is in the mid-teens, but it's only around eight to nine years for Great Dane and even less for Bernese mountain dogs.

Let's consider Lola's skin and hair first. One of the most obvious changes you may see in Lola is that the fur around her muzzle and face will turn gray. As she ages, melanocytes in the hair follicles, which produce pigment for her fur, decrease, thus causing gray hair in pets (and people). Lola's skin elasticity will change because of loss of some flexible proteins and an increase of calcium within her skin. In dogs with thinner hair coats, so their skin can be seen, skin elasticity loss may be more obvious

on their faces and bellies especially. The glands that produce oils for the skin and hair change, which often causes an older pet's hair to be drier and less shiny, and their skin may flake more than when they were younger.

Veterinarians are often asked by our clients if an older pet has cataracts, because pet parents notice haziness in their pet's eyes. Most of the time this cloudiness is part of a normal aging change called nuclear (or lenticular) sclerosis, where the lens of the eye continues to add layers over the years that compress the center of the lens. This compression affects the refractive index of the lens, causing the cloudiness. Humans develop nuclear sclerosis as we get older, too. The lens changes are the same reason we can't see as well up close as we get into our forties. Nuclear sclerosis doesn't affect our pets' vision much, except in severe cases, in which case they'll have more trouble seeing a treat or a toy close to their faces. Night vision loss is common in older dogs and is result of changes in their retina, not so much because of the nuclear sclerosis. Sometimes the vision changes aren't as apparent until the pet's hearing is diminished, too.

Hearing loss in older pets is usually the result of degeneration of the cochlea, the spiral portion of the inner ear responsible for sending vibrations from sound waves to our brain as a nerve signal. Often the hearing loss is quite obvious to our clients, because the dog doesn't react to Mom's coming home or the garage door opening like she used to. While there is no danger to the pet directly, some pet parents are worried that their pets with reduced hearing are more vulnerable to other animals or vehicles. An advantage that I've seen in a few geriatric patients with hearing loss, however, is that they're no longer terrified of thunderstorms or fireworks. A good thing!



Sometimes cognitive dysfunction, also known as senility, in people, can appear to be hearing loss. In actuality, these dogs and cats simply don't react the way a younger pet would react to commands and sounds, but they can hear just fine. Cognitive dysfunction is a common condition in older dogs and cats and can appear as changes in the sleep/wake cycle, loss of house training, loss of obedience training, a tendency to wander in the house, forgetfulness, such as going to the hinge side of an open door, and a change in general activity and affect. From a number of research studies that have evaluated senility in dogs, we know that affected dogs have injury to their brain cells from free radicals, biologically active variants of oxygen that cause cellular damage. Similar to humans with senility, dogs can have altered levels of some neurotransmitters, which can also cause behavior changes. Dogs as young as seven or eight years old have shown signs of cognitive dysfunction, and the older our pets get, the more likely there will be brain changes that can cause behavior changes.

As dogs and cats get older, their muscle and bone mass decreases. Muscle cells shrink in number and size, a change that is most obvious along pets' backs, where the top of the spine becomes more prominent. Typically there is muscle on each side of the spine that makes the back feel smooth, but as older or sick pets lose muscle mass, the backbone becomes more obvious. This loss of muscle mass will also affect the legs, causing weakness and reduced exercise tolerance. The most severe form of this process is called sarcopenia, and it can result in such a poor quality of life that euthanasia is often requested.

Most dogs and cats exhibit a loss of the functional portions of the kidneys when it becomes replaced by scar tissue. Up to 75% of a pet's total kidney function must be lost before any changes in their lab tests show up. Before that, though, older pets can be more at risk to damage to the kidneys from dehydration, toxins, or drugs. Unfortunately it's unknown why the kidneys are slowly damaged over time, so besides keeping our pets in the best health possible, we don't know what can be done to prevent the irreversible changes. Most pets are able to compensate and can get along just fine with impaired kidney function, although some will succumb to chronic kidney disease.

Older dogs and cats often develop hormonal diseases more commonly than their younger counterparts. In general, the pancreas, adrenal glands, pituitary gland, and thyroid glands can be affected by aging changes that can result in diseases such as diabetes mellitus, Cushing's disease, and hypothyroidism in dogs and hyperthyroidism in cats.

Despite all these changes in Lola's body as she gets older, she can live a long and happy life if she gets good nutrition, good preventive veterinary care, and lots of exercise and mental stimulation, and if she maintains a healthy weight. Aging changes are inevitable, but we can minimize their effects on our pets (and ourselves) by maintaining a healthy lifestyle. ❖

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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BY MARCIA MCALLISTER

HERALDING SOME UNSUNG HEROES OF BRINGING SILVER LINE TO TYSONS

It's never too late to say thank you. At least, I hope not.

Now that Phase 1 of the Silver Line has been open for more than six months, there is ample talk of deals being made to bring more restaurants, hotels, offices and open spaces to Tysons Corner. These are just the ingredients that those who supported construction of the rail line envisioned while opponents fought to block the line.

Now those long time supporters have lots more to look forward to and it's time to say thanks to many who toiled with little publicity to make sure the Silver Line vision became reality. The list of business leaders and elected officials who earned the right to brag about this new reality is long and sometimes inflated. Most are well known. But there are many whose work was virtually unnoticed beyond the ranks of project officials.

So here's to all of you rail fans. My apologies to those who go unnamed here, but here's some special thank-yous to a few people who over the decades never gave up on this major transportation improvement and to those who kept making suggestions that led to an even better system than first proposed.

Clark Tyler, a former Amtrak executive who headed the multi-year effort by the Tysons Task Force to come up with a daring comprehensive land use plan for

Tysons. Head of the Hallcrest Heights Homeowners Association, he spent countless hours in late-night meetings during those years and later persuaded VDOT to build sound walls in his community.

Eric Schmitz, owner of Schmitz Exxon on Route 7 at Spring Hill Road, a site that was often disrupted by rail construction--we even cut some power to his station, but he managed to smile most of the time.

The management at **Clyde's** whose access we hampered on many a night but they remained supporters.

Bruce Wright, the never-tiring leader of the ever-growing legion of bicycle riders, who pushed for adequate bike parking at stations and more trails.

Jonathan Cherner whose family dealership was on Route 7. When the feds threatened to withhold federal funds from Phase 1, he joined his friends like Aaron Georgelas and the Greater Washington Board of Trade and chambers of commerce to create incredible support from the regional



business community for the rail line.

Rob Jackson, a longtime president of the McLean Citizens Association who managed to keep an open mind on rail despite vigorous opposition from some in his ranks.

The management at the **Gates of McLean** whose residents put up with lane closings and construction noise and was ever diligent in alerting the project to project-related problems.

Chuck Cope, who managed Tysons Corner Center in the days when it was still a one-level mall and was still involved when rail construction started. He was there proclaiming the glories of rail when the mall opened a new outdoor plaza with direct access to the Tysons Corner Station.

Phil White, a Tysons/McLean resident, who always reminded the subcontractor when construction noise kept him and his neighbors awake.

Jeff Wu, a Tysons Realtor, who supported rail throughout the "Under Not Under" battle.

Keith Turner and **Susan Davis** who held the Tysons Transportation Association (TYTRAN) together and gave voice to leaders from Mitre, Northrup Grumman and others.

The hundreds of Realtors who joined the rail project's legion of supporters and helped spread the positives about rail to thousands across Northern Virginia.

Ed Tennyson, Vienna's longtime transportation expert and advocate who wrote multiple letters to local, regional and national publications supporting rail. His writings were full of facts and optimism. Ed passed away last summer, just before the Silver Line opened in July.

Again, thanks to all who made this dream come true. ♦



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BY MARCIA MCALLISTER

Ironworkers construct the foundation rebar cages for the aerial guideway at Washington Dulles International Airport

TYSONS TO DULLES AIRPORT: AN IMPORTANT CONNECTION

Construction of 200 Piers for Aerial Tracks Begins at Dulles

The significance of the future rail connection between Tysons Corner, already touted as America's next great city by many residents and business leaders, and Washington Dulles International Airport is increasingly apparent.

With the successful opening of the first phase of the Silver Line from East Falls Church with four stops in Tysons Corner to the eastern edge of Reston last summer, the focus is now on Phase 2, which will connect Tysons to Dulles, a world class airport.

The benefits of this connection will prove to be many. Tysons, already the economic heart of the Dulles Corridor, now enjoys a less than 10 per cent office vacancy rate. The connection to Dulles will be more glue to hold that foundation together as areas like Reston Town Center continue to boom and compete for tenants and retailers.

The connection of the airport by rail to Tysons will link Dulles passengers directly to the commercial hub—from banking, technology, defense contractors and the vast shopping mecca that is home to many of the nation's top retailers. A plus indeed!

This link may be four years off, but excitement is brewing over the positive impacts of a rail link for Dulles to Tysons and downtown Washington.

All this is taking place at a time when Dulles has experienced a loss in domestic passenger flights from a complexity of political decisions that has resulted in many domestic flights moving from Dulles to Reagan.

Meanwhile, Dulles has seen an increase in international flights. The rail connection is expected to be a double win for Dulles and Tysons.

Phase 2 runs from Wiehle Avenue in Reston to Route 772 in Ashburn. It includes six stations: Reston Parkway, Herndon, Innovation Center (Route 28), Dulles Airport, Route 606 and Ashburn.

WHAT'S HAPPENING NOW WITH PHASE 2

Construction is marching along for Phase 2, with most of the visible work taking place at Dulles.

Passengers and others using airport services can readily see construction of many of the 200 piers that are being built by the Phase 2 contractor Capital Rail Constructors. These piers will support the aerial tracks through the airport.

This spring, large girders, weighing about 190,000 pounds, will be delivered to Dulles to be put into place as part of that aerial system. Those deliveries will cause some lane closings and short delays for drivers but there will be ample warnings and signage.

If you are renting a car at Dulles, you should watch for signs indicating changing access routes to those agencies.

Work is also taking place along the Dulles Greenway in Loudoun County and along and in the middle of the Dulles Toll Road, particularly near the future Herndon station which is being built near Fairfax County's existing parking garage.

At-grade bridges are being built over Broad Run in Loudoun County, at Horsepen Run at Dulles and at Centreville Road.

If you want to know more, you can arrange a briefing for homeowner's association, business or community group by emailing outreach@dullesmetro.com. ♦

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WELCOME TO *Tysons Signage*

Signs let you know when you have arrived. As of January, those entering Tysons by road and by rail are greeted with Partnership signs welcoming them to “America’s Next Great City.”

“Welcome To Tysons” median signs are now up on Route 7, Route 123 and International Drive, along with obelisk-style informational signs at the entrances of the Spring Hill, Goldsboro, Tysons Corner and McLean Metro stations. The median signs are reflective and welcome drivers with the warm glow of our iconic peach logo. Maps adorn the obelisk signs providing Metro riders and pedestrians with useful way-finding information as they set out to explore the city.

This is truly a banner moment for Tysons ... well, perhaps we should save the “banner moment” coin for another big announcement in the not too distant future (stay tuned). For now, we’ll just sign off by declaring it a red letter day for our community! ❖



Photo courtesy of Written in Light Photography

The City of Falls Church Farmers Market (www.fallschurchva.gov/FarmersMarket) has started its winter hours, opening at 9 a.m. and closing at Noon every Saturday. These hours will stand through March. The 37 winter vendors offer fresh locally grown fruits and vegetables, cheeses, honey, meats, baked goods, plants, wine, and so much more. ❖



FIND YOUR TREASURES *at the Social Justice Yard Sale*

On Saturday, May 2, discover thousands of items for your home and family at the annual Social Justice Yard Sale sponsored by and held at the Unitarian-Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton.

This popular event will benefit four charitable organizations:

- Shepherd’s Center of Oakton-Vienna, helping seniors enjoy independent living,

- NAMI (National Alliance on Mental Illness) of Northern Virginia, providing education and support for individuals and their families challenged by mental illness,

- Mosaic Harmony, a multi-faith, multi-cultural gospel choir, and

- the partner churches of the Fairfax congregation. Past donations have helped

build an orphanage in East India and a medical clinic in Romania.

The yard sale covers the entire indoor space of the church, including the sanctuary and the religious education classrooms, with more items outside. It is a great opportunity for members to responsibly donate items they no longer need and for buyers to locate incredible bargains. Last year’s sale generated \$14,000 for the charities, which is apportioned based on the volunteer time donated from each organization.

Volunteers are needed both for the set-up, April 29-May 1 from 9am-8pm as well as on sale day, May 2. To volunteer, contact Joanna Walker at joanna.naminova@gmail.com. ❖



AN EVENING WITH *Jeff Foxworthy*

ECAN (Esophageal Cancer Action Network) will present No Laughing Matter, An Evening with Jeff Foxworthy – one of the country's most respected and successful comedians – Sunday, Apr. 12, at the Crystal Gateway Marriott (1700 Jefferson Davis Hwy.) in Arlington, Va.

The largest selling comedy-recording artist in history, a multiple Grammy Award nominee and best selling author of more than 26 books, Foxworthy will share his side-splitting humor at this special fundraiser, while sending the message that “reflux disease is No Laughing Matter!”

Proceeds from An Evening with Jeff Foxworthy will help ECAN save lives by increasing awareness of the link between reflux disease and cancer, promoting early detection and supporting medical innovation to prevent, detect, treat and cure Esophageal Cancer.

Tickets are \$79/person for the main event and \$200/person for admission to the VIP reception and premium seating. Corporate sponsorships are also available. For tickets, sponsorships or more information, visit www.ECAN.org/NoLaughingMatter or call 410.358.ECAN (3226). ♦

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OVER HILL, OVER DALE

1. What song was sung by Roy Rogers and Dale Evans at the close of their 1950s TV show?

- a-"Back in the Saddle Again"
- b-"Jesus Loves Me"
- c-"Happy Trails"
- d-"Home on the Range"

2. In what country did Theodore Roosevelt and his Rough Riders lead the battle charge up San Juan Hill?

- a-Peru
- b-The Philippines
- c-El Salvador
- d-Cuba

3. What daughter of the Emperor Ming was Dale Arden's romantic rival for the interest of comic strip spaceman Flash Gordon?

- a-Aura
- b-Frigia
- c-Amber
- d-Regna

4. In Washington, D.C., what structure stands atop what used to be known as Jenkins Hill?

- a-Treasury Building
- b-Washington Monument
- c-White House
- d-Capitol Building?

5. For what artform is American artist Dale Chihuly noted?

- a-Puppetmaking
- b-Glassblowing
- c-Photography
- d-Etching

6. Country singer Faith Hill is married to what other country singer?

- a-George Strait
- b-Tim McGraw
- c-Ty Herndon
- d-Alan Jackson

7. In what movie did Jon Cryer play the role of teenage Duckie Dale?

- a-"Pretty in Pink"
- b-"Higher Learning"
- c-"Ferris Bueller's Day Off"
- d-"Sixteen Candles"

8. Capitoline Hill is the tallest of seven hills in what European city?

- a-Amsterdam
- b-Copenhagen
- c-Rome
- d-Sarajevo

9. What is the surname of the race car driving family whose members include Ned, Glenn, Jason, and Dale?

- a-Wallace
- b-Petty
- c-Earnhardt
- d-Jarrett

10. What Tennessee Williams play is set in the small town of Glorious Hill, Mississippi?

- a-"Summer and Smoke"
- b-"Orpheus Descending"
- c-"Suddenly, Last Summer"
- d-"Sweet Bird of Youth"

WORD FIND: CRAYOLA COLORS

ALMOND
APRICOT
BEAVER
BLACK
BLUE BELL
BLUSH
BROWN
CANARY
CERISE
DENIM
FERN
FUCHSIA
GOLD
GRAY
GREEN
INCHWORM
MAIZE
MANATEE
MAROON

MELON
ORANGE
ORCHID
PEACH
PLUM
RAW UMBER
RED
SALMON
SCARLET
SEPIA
SKY BLUE
SUNGLOW
TAN
TEAL BLUE
WHITE
YELLOW

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

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MONIKER OF A PRESIDENT AND A CITY

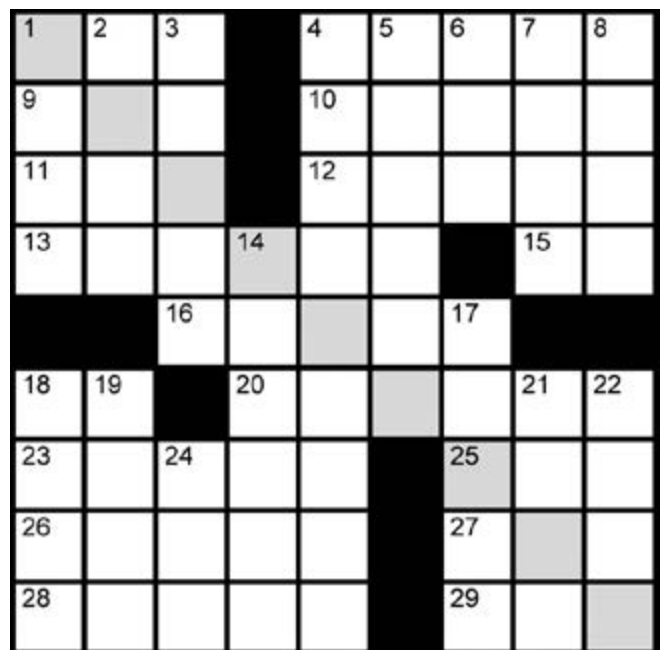
CROSSWORD CLUES

ACROSS

1. Freon letters
4. Book of maps
9. "That's ___ folks!"
10. Mrs. Muir's beau
11. "Didn't I tell you?"
12. Adjust, as laces
13. Jimmy Stewart film
15. Alternative to FM
16. Falls (over)
18. @
20. After bath powder
23. Beat
25. A pint, maybe
26. Bay window
27. Modern court-room evidence
28. Bullwinkle, e.g.
29. Dejected

DOWN

1. Alternative to plastic
2. Dog biter



3. Court employee
4. Cooperative
5. "___ never believe it!"
6. Auction unit
7. ___ Minor

8. Kind of cell
14. Nixes a bill
17. Lots
18. Elementary particle

19. "Comin' ___ the Rye"
21. Arm bone
22. "Beowulf" beverage
24. "___ Bravo"



WORD FIND Answers



CROSSWORD Answers



Answer to 'Over Hil, Over Dale'

- 1-c, "Happy Trails"
- 2-d, Cuba
- 3-a, Aura
- 4-d, Capitol Building
- 5-b, Glassblowing
- 6-b, Tim McGraw
- 7-a, "Pretty in Pink"
- 8-c, Rome
- 9-d, Jarrett
- 10-a, "Summer and Smoke"

AMAZING ANAGRAMS

Bathroom readers seem to love anagrams... words or phrases whose letters can be rearranged to form new words or phrases. Bonus: The new phrase has a meaning that relates to the old one.

NEGATION becomes...
GET A "NO" IN

ENDEARMENTS becomes...
TENDER NAMES

HARVESTING SEASON becomes...
SAVE THE GRAIN, SONS

BURY THE HATCHET becomes...
BUTCHER THY HATE

SUPREME COURT becomes...
CORRUPT? SUE ME

THE ASSASSINATION OF PRESIDENT ABRAHAM LINCOLN becomes...
A PISTOL IN AN ACTOR'S REBEL HANDS; A FINE MAN IS SHOT

PUBLIC RELATIONS becomes...
CRAP, BUILT ON LIES

SOUTHERN CALIFORNIA becomes...
HOT SUN, OR LIFE IN A CAR

MARRIAGE becomes...
A GRIM ERA

NORTH AMERICA becomes...
MACHO TERRAIN

SENATOR becomes...
TREASON

GARBAGE MAN becomes...
BAG MANAGER

A SURGICAL OPERATION becomes...
PAIN OR GORE. ALAS, I CUT.

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

ASK THE EXPERTS

Q: IS A DOG YEAR REALLY THE EQUIVALENT OF SEVEN HUMAN YEARS?

A: No—it is actually five to six years. The average life expectancy of a dog is 12 to 14 years. However, most dogs mature sexually within six to nine months, so in a sense there is no strict correspondence to human years. (*The Book of Answers*, by Barbara Berliner)

Q: DO FISH SLEEP?

A: Hard to tell if they sleep in the same sense we do. They never look like they're sleeping, because they don't have eyelids. "But they do seem to have regular rest periods...Some fish just stay more or less motionless in the water, while others rest directly on the bottom, even turning over on their side. Some species...dig or burrow into bottom sediment to make a sort of 'bed.' Some fish even...prefer privacy when they rest; their schools disperse at night to rest and then reassemble in the morning." (*Science Trivia*, by Charles Cazeau)

Q: HOW MUCH IS ONE HORSEPOWER?

A: Although it was originally intended to be measured as the average rate at which a horse does work, one horsepower has now been standardized to equal exactly 550 foot-pounds of work per second, or 746 watts of power. Speaking of watts, they're named after James Watt, the Scottish engineer who invented an improved steam engine and then created the term *horsepower*. He needed some way to convince potential customers that his engine could outperform the horse. By devising a system of measurements based on the power of a horse, customers could easily compare the work potential of his engine versus that of the beast. (*Everything You Pretend to Know and Are Afraid Someone Will Ask*, by Lynette Padwa)

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

MARCH

APRIL



PISCES: March Madness is in full swing. Have fun comparing teams and betting in the company pool. Smart basketball fans see to it that their work still comes first.



ARIES: Your boss has to cope with and plan for many circumstances. Show your support in any way you can. Appreciate the boss's efforts. Some day it will be your turn.



TAURUS: Remember your willingness to participate in business camaraderie like Saint Patrick's Day events. You could enjoy wearin' the green or seeing a parade.



GEMINI: The twins have two sides to their personality. One is outgoing and ready for fun. The other is contemplative. Life is never boring when a Gemini is on the scene.



CANCER: You might think your current solution to a lingering problem is fair and sensible. But you could change your mind again before you settle on one single answer.



LEO: Your significant-other relationship is sincere and harmonious, but continue to talk and listen to one another. As a twosome, you create an aura of mutual protection.



VIRGO: One reason you are good at expressing forward-thinking ideas: you are willing to take a risk and not afraid to get stuck in a debate. Indecision can be a bummer.



LIBRA: Intense feelings about work and life keep cropping up. If the emotional energy is hard to deal with, realize that others struggle with it too. Try going to the gym.



SCORPIO: Co-workers enjoy your curiosity and how you are adaptive and kind. Take care not to scatter your energy in too many places at once. Relax and communicate.



SAGITTARIUS: If you have avoided a cold or the flu this year, that doesn't mean your health is perfect. A hidden problem you have now could bring you down later.



CAPRICORN: March is a primary month for planning, so start thinking about vacation, kids' camps, the household project you want to tackle and whether the mower works.



AQUARIUS: Have your new year's resolutions fallen to the wayside? Promises to lose a few pounds or save a few bucks often need to be restarted. It's worth the effort.



ARIES: This is a good month to revisit your New Year's resolutions. Check your progress, if any, and know that your one or more resolutions, would benefit from a new push.



TAURUS: Your co-workers enjoy having a well-grounded person like you to work with. Your leadership on many occasions has been recognized and appreciated.



GEMINI: Finding good luck and love is a worthy pursuit. But it's a lot like mining for gold. It doesn't just happen but can take a lot of work on your part.



CANCER: Sometimes the first three months of the year can tax a person's vitality. When it happens, get real rest on weekends, take naps, and watch your creativity return.



LEO: If it seems like your life will never take a turn for the better, stop! Regret is hard to get past. Open your eyes and watch for opportunities in your work or personal life.



VIRGO: Get into your travel mode for big family gatherings like Easter and Passover. That means you'll handle any problem smoothly as it comes up, and you'll move on.



LIBRA: Ah, lucky Libra! It's been said you always land on your feet. At this point you're not so sure. But if you keep on keepin' on that good luck will flow back to you.



SCORPIO: Rainbows are unpredictable. Yours could have a pot of gold at the end, but don't count on it. Make good financial decisions so you can handle the future.



SAGITTARIUS: Put on your planning hat and get seriously about your upcoming vacation. The stars predict you'll have a wonderful experience, but be ready for anything.



CAPRICORN: Don't bypass the opportunity to be a volunteer. At work, your boss will appreciate it. Charitable organizations know they couldn't do it without you.



AQUARIUS: You may feel you are prepared for the unexpected in your life and maybe you are. But the unexpected can be a happy event coming with problems of its own.



PISCES: What is that tickled, uncalled for good feeling you're having? It's spring! Give it its due and get outside for exercise, good health and increased strength.

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