

VIVA

GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH

TYSONS

MAGAZINE

May/June 2015 | vivatyson.com | \$3.⁹⁵

Special Home Show Edition

**TYSONS AREA REALTOR PROFILES
KIDS GIVE THROUGH TOUCHING HEART
MCLEAN DAY TURNS 100
BIKING THROUGHOUT NO. VIRGINIA**

Casey Margenau

— Over 2.5 Billion Sold — Fine Homes & Estates



KNOWLEDGE

EXPERIENCE

TRUST

Virginia's Leader in Luxury and International Real Estate Marketing For Over 25 years



11115 Loran Road
Great Falls, VA 22066

\$774,900



10102 Alsace Court
Great Falls, VA 22066

\$1,165,000



747 Miller Avenue
Great Falls, VA 22066

\$1,799,000



10610 Beach Mill Road
Great Falls, VA 22066

\$1,975,900



10600 Beach Mill Road
Great Falls, VA 22066

\$2,275,000



952 Millwood Road
Great Falls, VA 22066

\$2,498,000



811 Leigh Mill Road
Great Falls, VA 22066

\$2,825,000



10348 Brittenford Drive
Vienna, VA 22182

\$1,244,000



7112 Elizabeth Drive
McLean, VA 22101

\$2,795,000



7845 Westmont Lane
McLean, VA 22102

\$3,799,900



2461 Fardale Street
Vienna, VA 22180

\$1,678,050



2200 Arnyess Drive
Vienna, VA 22181

\$2,250,000



11403 Wild Bramble Way
Reston, VA 20194

\$1,125,000



2905 Hibbard Street
Oakton, VA 22124

\$1,265,000



7283 Highland Estates Place
Falls Church, VA 22043

\$1,369,000



7901 Oak Street
Dunn Loring, VA 22027

\$1,945,000



Jane Webb
703.582.8381



Robert Fittao, II
703.577.1747



Lee Brady
703.801.0025



Ashley Muldoon
703.431.1705



Joe Muldoon
202.714.7656



Colin Feuling
703.863.6033

Casey Margenau Fine Homes & Estates, Inc.

View Casey's [YouTube](#) Tours of These & Other Homes

www.margenau.com

703.827.5777



Celebrating
Our **25th**
Anniversary

REINVENT YOUR HOME TO ENRICH YOUR LIFE

Sun's sparkling reputation has been built on reinventing homes through the creative use of light and space, working closely with clients, with minimal impact on busy lives.



Sun Design Named BEST OF HOUZZ 2013 for Customer Service and Design!

design/build | additions | kitchens and baths | basements | outdoor spaces
Serving Northern Virginia for 25 years | 703.425.5588 | SunDesignInc.com

6862 Elm Street, Suite 330 | McLean, VA 22101
5795 B Burke Centre Parkway | Burke, VA 22015

SUN DESIGN 



FEATURES



<...

MCLEAN DAY CELEBRATES 100 YEARS

By Keith Loria

More than 18,000 people are expected to head to Lewinsville Park on Saturday, May 16 to celebrate the 100th annual McLean Day, brought to you by the McLean Community Center.

...>

GET YOUR BIKE ON

By Keith Loria

Now that the winter weather has subsided, it's the perfect opportunity to get your bicycle out of the garage, give it a quick tune-up and go take a ride. Whether you're someone who just likes to enjoy leisurely rides with the family, a hard-core mountain biker who prefers some challenging terrain or just someone looking for a little exercise, there's someplace for everyone to ride in our area.



<...

THE JOURNEY THROUGH HALLOWED GROUND EXPERIENCE

By Linda Barrett

Staying around this summer doesn't have to mean staying put. Get out and explore The Journey Through Hallowed Ground® (JTHG) National Heritage Area, where you can experience 400 years of history on one tank of gas.



...>

TOUCHING HEART—INSPIRING KIDS TO EXPERIENCE THE JOY OF GIVING

By Grant Eppling

When then-almost-12-year-old Taylor Yi announced her birthday plans, she didn't realize she was starting a movement. Instead of giving her presents, her friends were invited to donate to the charity of their choice. According to her mother, Helen Yi, there was an overwhelming response and the kids "had such joy in giving."



Lilian Jorgenson

703-407-0766 www.Lilian.com

#1 Agent
Long & Foster



Luxurious Estate nestled on 5.80+ Acres
5 Bedrooms, 6 Full Baths, 2 Half Baths
Oakton, VA - \$2,999,500

MCLEAN \$3,750,000



MCLEAN \$1,950,000



OAKTON 1,899,000



MCLEAN \$1,799,000



VIENNA \$1,799,000



VIENNA \$1,789,000



VIENNA \$1,739,000



LEESBURG \$1,695,000



RIVER CREEK

MCLEAN \$1,625,000



MCLEAN \$1,625,000



MCLEAN \$1,450,000



ARLINGTON \$1,379,000



ALSO FOR RENT \$5,000

MCLEAN \$1,349,000



ANNANDALE \$1,225,000



CLIFTON \$1,049,000



FAIRFAX \$560,000



LONG & FOSTER
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE



Ranked #135 NATIONWIDE in REAL Trends' Top 250
Sold more than 1,900 homes for a dollar volume more than
\$1.25 Billion dollars!

McLean Sales Office, 1355 Beverly Road, Suite 109 * 703-790-1990



LUXURY
PORTFOLIO
INTERNATIONAL



DEPARTMENTS

State

SAVED BY THE 90s
#sb90s
Saturday May 2nd

THE ENGLISH BEAT
With Nappy Riddem!
Sunday May 3rd

SAUL WILLIAMS
SINGER. MUSICIAN. POET. WRITER
Wednesday May 6th

Friday May 8th
ALMOST QUEEN

The Legwarmers
Dc's Biggest Retro Dance Party!
Friday 5/10 & Saturday 5/11

Tab Benolt
Sunday May 17th

One Night Only
Comedy & Variety Festival!
Saturday May 30th

THE WEEPIES
Sunday June 21st

NEED A VENUE FOR YOUR COMPANY PARTY?
RENT THE STATE!
EMAIL: PrivateEvents@TheStateTheatre.com

CHECK OUT FULL SHOW LISTING AT
WWW.THESTATETHEATRE.COM

[/StateTheatreVA](https://www.facebook.com/StateTheatreVA) [@StateTheatreDC](https://twitter.com/StateTheatreDC)

220 N. Washington St. Falls Church, VA
703-237-0300
Dining Reservations Available For Most Shows



16

<...

14 LETTER FROM THE PUBLISHER

16 SELECTED EVENTS
Discover who's playing at local music venues along with other hyper-local events.

38 ARTS & THEATRE EVENTS
Check out local galleries' exhibits and shows.

...>

SALON MARK ANTHONY 40

Keith interviews Mark Anthony about his collection of Moorcroft pottery

MUSIC SCENE 43

Keith Loria gives us a preview of who's playing at Wolf Trap.

AROUND TOWN 64

Tune in to the latest store openings, small business awards, and neighborhood news.

43



84

<...

84 TYSONS HOME & DESIGN
Sun Design inspires innovative solutions for indoor-outdoor spaces.

106 WINE
Wine glassware. Does shape and size make a difference? Article by Linda Barrett.

112 TASTE OF TYSONS
Check out Renee Sklarew's review of Aldeerah.





#1 Team in Arlington
#1 Team in Virginia
261 Homes Sold in 2014

**“Move Up to One of Our Homes and
we will **GUARANTEE** the sale of
your home, or Keri will BUY IT!”**



**GET PRIORITY ACCESS TO
PRE-MLS LISTINGS!**

***Call Keri Today at
703-570-5518***

***to Discuss the Sale of Your
Current Home & the Purchase of
Your New Home!***

Keri Shull



Optima Realty, Arlington, VA. Licensed in VA, MD & DC. 703-459-9863. If you are under a written brokerage agreement with another company, this is not intended to be a solicitation. *Conditions and program guidelines apply. Call for details.

Optima Realty
EXPERIENCE EXCELLENCE



Put Your Retirement Investing on Automatic

with **InvestmentPOD's** customized online algorithms that **WORK FOR YOU** and finally give **YOU** the investment edge.

ASSET MANAGEMENT THAT IS

- *Better*
- *User-Friendly*
- *Safer*
- *Convenient*

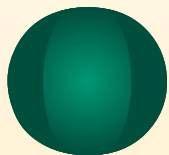
Talk to your financial advisor to incorporate our asset management program in your portfolio or contact us directly.

PARTNERING WITH
LOCAL AND NATIONAL
WEALTH MANAGEMENT FIRMS



NYC | June 18-19, 2015

Presenting as an
emerging disruptor



InvestmentPOD
(703) 773-7006
www.investmentpod.com

DEPARTMENTS



<...

- 136 **TYSONS PREMIER**
See the newly-available properties for sale in Tysons.
- 158 **ASK COACH AMY**
Getting back into the online dating game? Coach Amy has advice for you.
- 160 **TYSONS SENIORS**
Rick Mundy interviews versatile actress Mary Suib.

...>

PETS 164
Dr. Christmus offers advice on insuring your pet.

TYSONS UPDATE 170
Marcia McAllister gives us the scoop on the redesigned rail project website going live.

Plus, The Arts Council of Fairfax County is pleased to announce **Imagine Art Here: Tysons Tiles** with Julia Vogl. 172



<...

- 174 **TALK OF TYSONS**
- 175 **FUN & GAMES**
- 177 **HOROSCOPES**

“MY TASTES ARE SIMPLE, I AM
EASILY SATISFIED WITH THE BEST.”

WINSTON CHURCHILL



VI-SPRING
Life-Changing

COLORADO

BOULDER
BELCARO DENVER
CENTENNIAL
CHERRY CREEK
GLENDALE
AURORA

TEXAS

AUSTIN NORTH
AUSTIN SOUTH
AUSTIN CENTRAL

VIRGINIA

VIENNA
229 Maple Ave E
703.261.4585

LOCALLY OWNED | FAST & FREE DELIVERY | 2% TO CHARITY

**URBAN
MATTRESS**

WWW.URBANMATTRESS.COM



AND MORE . . .

- 46 CLAUDE MARCEL
- 48 STONE MANOR INN
- 53 PLAYING BALL AT THE MALL
- 56 CONGRATULATIONS CONSCIOUS CONSUMERS
- 58 SPRING INTO ACTION
- 62 S.W.A.K BOOK REVIEW
- 68 CONNECT NORTHERN VIRGINIA
- 70 MAKING THE MOST OF YOUR HOME IMPROVEMENT DOLLARS
- 73 SPECIAL HOME SHOW SECTION
- 88 OPENING UP KITCHEN OPTIONS
- 92 STEM CELL ARTS
- 94 HYPNOTHERAPY
- 96 YOUR TEETH DESERVE EXPERT CARE
- 98 VIENNA MERCHANTS
- 102 GINA RENFRO-SMITH
- 104 KAMP KODA
- 128 ZAMAROD: A PALATE FOR PEACE
- 130 INSURE THIS
- 132 CHURCH STREET TREASURES
- 134 THE LOVE GURU
- 142 HEALTHY HOUSING MARKET ANTICIPATED IN 2015
- 145 2015 REALTOR PROFILES
- 154 FASHION
- 155 GADGETS, GOODIES, & GIZMOS
- 156 GOT EXTRA TIME? VOLUNTEER!
- 162 TIME TO REVIEW & CLEAN UP YOUR FINANCES
- 166 TOP DOG RESORT
- 168 CANINE MASSAGE

*Design • Build • Enjoy*703.743.7608 | FosterRemodeling.com

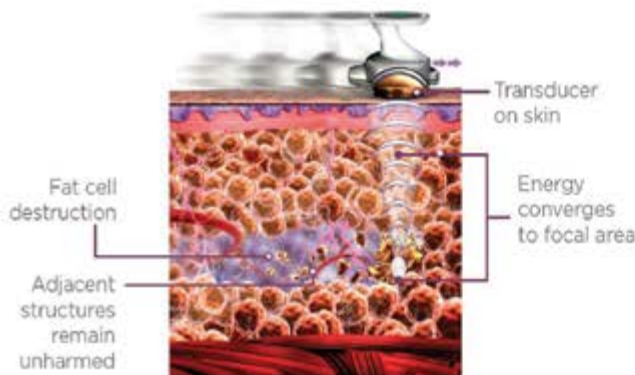
Additions • Kitchens • Master Suites • Bathrooms • Generators • Electrical and more

Ask The Expert

Summer is fast approaching and we all are working hard to get in shape with diet and exercise. These traditional methods don't always deliver the results we want though. There is another healthy way! With over 20 years of experience, and 6 years dedicated to researching non invasive body sculpting technology, Healthydermis now has the newest generation-Ultrashape. Ultrashape is the innovative, effective way to naturally eliminate fat without compromising body tissue. As the perfect option for patients that traditional diet and exercise is not successful for, it is a genuinely healthy way to melt fat with no risks, pain, or downtime. It will eliminate fat in a natural way by respecting the natural metabolism of the body without injuring tissue.

How does UltraShape work?

Using ultrasound energy, UltraShape is able to target fat cells, destroying them instantly, so patients can see visible results within two weeks. Because the ultrasound energy is pulsed and focused, UltraShape is able to target the fat cells mechanically, without heating them and without damaging surrounding tissue. The designated area is treated only once, ensuring a complete and uniform treatment. Once the fat cell membranes are disrupted, the content of the cells is transported through the vascular and lymphatic systems to the liver. The fat is then processed via the body's natural mechanisms.



How noticeable will my results be?

You should see results in as few as two weeks. Clinical results show:

- Average reduction of 3.3 cm (1.3 inches)
- Up to 6.3 cm (nearly 2.5 inches) after 3 treatments

Is UltraShape safe?

The UltraShape system has been shown to be safe and effective for patients.

- Cleared for abdominal circumference reduction
- Clinically demonstrated in multi-center controlled trials
- 10 peer-reviewed published articles and book chapters
- 300,000 treatments have been performed worldwide



NON SURGICAL LIPO / BEFORE - AFTER

571-502-0202 • MYHEALTHYDERMIS.COM

Healthydermis Clinic located at 2944 Hunter Mill Rd,
Suite 201, Oakton VA 22124

Healthydermis

The art of the aesthetic science



**Space
LARGE
or small.
We have it all.**



Flexible suite sizes to accommodate
your immediate & future needs

On-site property management for
accelerated decision making

Access to several commuting routes
including I-495, I-66, Rt 7, Rt 50,
and Dulles Toll Road

Shopping, dining, entertaining —
all just minutes away!

Spec Suites Now Under Construction
800 SE - 125,000SF

Tysons Corporate Center
8229 & 8245 Boone Boulevard

Westpark Business Campus
1521 & 1517 Westbranch Drive
7915-7927 Jones Branch Drive

Prosperity Business Campus
2700-2751 Prosperity Avenue



PSBUSINESSPARKS.

www.psbusinessparks.com

VIVA TYSONS MAGAZINE

THE MAGAZINE FOR GREAT FALLS • MCLEAN
VIENNA • OAKTON • FALLS CHURCH
MAY // JUNE 2015

| | |
|--|--|
| PRESIDENT & PUBLISHER | Johnny Hanna |
| ART DIRECTOR / PRODUCTION MANAGER | Mary Jeanne Cincotta |
| EDITOR | Rick Mundy |
| GRAPHIC / WEBSITE DESIGNER | Julie Snee |
| GRAPHIC ARTIST | Robin Long |
| VIDEOGRAPHY | Kari Cannistraro |
| PHOTOGRAPHIC CONTRIBUTORS | Sunghee Chon Deb Cobb |
| ADVERTISING / CLIENT ADVOCATES | Juanita Baptiste Tammy Hare |
| TRAVEL & CULINARY WRITER | Allison Chase Sutherland |
| CONTRIBUTING AUTHORS | R. Kim Baldo Linda Barrett John Byrd Judy Caplan Hubie Cram Dr. Sandy Christmus Grant Eppling Eleanor Herman Stuart Jefferson Jan King Keith Loria Marcia McAllister Cindy Pavell M.S. Susan S. Ray Amy Schoen |
| FOOD CRITIC | Renée Sklarew |
| FASHION EDITOR | Lauren Simmons |

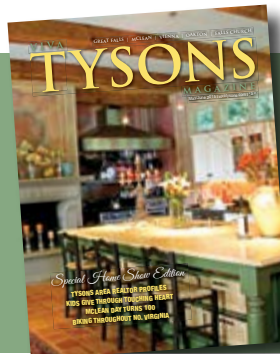
VIVATYSONS MAGAZINE | 703.448.7323 | 7921 Jones Branch Drive, Ste G11, Tysons, VA 22102

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

comments@vivatyson.com
www.vivatyson.com
www.facebook.com/vivatyson
www.twitter.com/vivatysonsmag
www.tasteoftyson.com
twitter.com/tasteoftyson
www.tysonstoday.com
www.tysonshealthandbeauty.com

Subscriptions for *VivaTysons Magazine* are available for \$12 per year or \$20 for two years. Please address requests to Calamity Media, 7921 Jones Branch Drive, Ste G11, Tysons, VA 22102, or call us at 703.448.7323, or you can subscribe online at www.vivatyson.com.

Volume 8, issue 3. Copyright © 2015 by *VivaTysons Magazine Inc.* *VivaTysons Magazine* is published every two months by Calamity Media, 7921 Jones Branch Drive, Ste G11, Tysons, VA 22102. All rights reserved. All editorial material is fully protected and should not be reproduced in any matter without written permission. Calamity Media makes every effort to ensure the accuracy of the information we publish, but we cannot be held responsible for any consequences or claims due to errors or omissions. Retailers wishing to carry *VivaTysons* at their locations and readers wishing to correspond with us are asked to write us at comments@vivatyson.com.



ON THE COVER:

Bowers Design Build Tuscan
Kitchen Renovation in McLean
was done as a part of a whole house
renovation and won the National
Contractor of the Year Award & Best
of the Best Design Award.
www.bowersdesignbuild.com

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

A Primary Care Practice That Puts You First.

LUNCHTIME APPOINTMENTS

CALL 703.712.1600 TO SCHEDULE

FREE GARAGE PARKING

AT LEESBURG PIKE AND WESTWOOD CENTER DRIVE

STEPS FROM THE METRO

SPRING HILL STATION ON METRORAIL'S SILVER LINE

IN THE HEART OF TYSONS

1500 CORNERSIDE BOULEVARD, SUITE 600

At Virginia Hospital Center Physician Group Primary Care Tysons, we're trying to make your healthcare easy. So you'll find our lunchtime hours, same-day appointments, electronic prescriptions and in-house lab services make us the most convenient primary care available. Our doctors take the time to get to know you and understand your individual healthcare needs. We are now accepting new patients 10 years of age and older and accept most insurance plans, including Medicare. Find out more about how convenient healthcare can be at vhcphysiciangroup.com/tysons.



Primary Care
Tysons

1500 Cornerside Boulevard, Suite 600, Vienna, VA 22182

Phone: 703.712.1600

Monday - Friday: 8:00 am - 4:00 pm



McLean Community Center
The Center of It All

Here's What's Happening at MCC

Jammin' Juniors Concerts
Wednesdays, May 6-20
12:30 p.m.
McLean Central Park Gazebo
Free admission

5th and 6th Grader Party
Spring Fling
Friday, May 8, 7-9 p.m.
\$35/\$25 MCC district residents

ArtsPower's production of
"Dog Loves Books"
Saturday, May 9, 2 p.m.
\$15/\$10 MCC district residents

Celebrating 100 Years!
McLean Day 2015
Saturday, May 16
Festival and Rides:
11 a.m.-5 p.m.
MCC Governing Board Elections:
10:30 a.m.-5 p.m.
Lewinsville Park
1659 Chain Bridge Rd.

Midday Thrillers
"Gaslight" (1944)
Wednesday, May 27, 1 p.m.
Free. Reservations are not required.

The Okee Dokee Brothers
"Adventure Songs"
Sunday, May 31, 2 p.m.
\$15/\$10 MCC district residents

Old Firehouse Teen Center
Rising 7th Graders Party
Friday, June 5, 7-10 p.m.
\$5 Member/\$10 All others

The McLean Community Center
www.mcleancenter.org
Home of the Alden Theatre
www.aldentheatre.org
1234 Ingleside Ave.,
McLean, VA 22101
703-790-0123, TTY: 711



IT'S TYSONS. *Just Tysons.*

Spring has always been our favorite time in the Washington area for us. Light breezes, outdoor dining, the light green leaves as we drive down the parkway and the blossoms in the yards and the parks in our neighborhoods. Gives me that brand new feeling and energizes me to do even more.

And I guess you can call this the spring of our new town. The landscape is changing so fast, we are struggling to keep up.

Even today as we go to print, we understand there's a new massive project planned for Tysons by the Meridian Group. "The Boro" is being planned on the 18 acre site we knew as the four building SAIC campus. The plans are sensational, and will include eight new buildings in addition to the three already there. We're looking at up to 2,300 residential units, 2 million square feet of office and 266,000 feet of retail and entertainment—wow. Stay tuned for more details in issues to come.

And speaking of entertainment, and dining—our list of choices keep growing—The new Eddie V's offering live jazz seven days a week (and great seafood as well) The Hyatt at Tysons 1 with their Barrel & Bushel (with craft beers and 30 bourbons), Levant (Mediterranean), Aldeerah (Saudi Cuisine) The new Clarity in Vienna (American Bistro), Zamarod (Afghan) in Great Falls... the list goes on and on...

This is our annual "Home-Show" edition and we hope you will consider what we feel are some of the area's best options when you're looking to reconfigure your spaces. We are so lucky to have such terrific choices.

And to add to our good fortune, we included profiles of area Realtors who go the extra mile to see to it that your Real Estate buying and selling experience is exceptional.

Again, lucky us.

Our team has put together quite a publication with some super articles about biking in our area, taking a Journey through Hallowed Ground, the exciting upcoming season at Wolf Trap and the miraculous new alternatives to surgery with the doctors at Stem Cell Arts. Body-Heal Thyself! Amazing stuff.

Looking for the perfect match? Talk to Match Maker extraordinaire Naomi Kooritzky at "Options." Matchmaking is not dating—a great read for those tired of the zillion dating sites.

"Hypnotherapy" is a natural approach to successful living and Rick Mundy has the story about NOVA Hypnosis & Wellness. So many approaches to wellness—a great read.

Implants and periodontology today are light years ahead of what was available just a few years ago. Just ask doctors Passero & Feeney—State of the art.

Look for Hubie Cram's article of courage and hope about Gina Renfro-Smith, Touching Heart on learning to give by Grant Eppling, The McLean Day Celebration (100 years!), Kamp Koda teaching equestrian excellence, and our own Linda Barrett on wine stemware.

We are all thrilled to have so many new advertisers and supporters for our publications, and keeping our readers and neighbors up-to-date on our new city is a labor of love. Thanks! See you in July. Cheers...



FOR EXTRAORDINARY SERVICE AND RESULTS...

Laurie Mensing

is one of Long and Foster McLean's Top Producers, and is Nationally Ranked
in the Top 1% of Residential Real Estate Professionals.

Consider Laurie your trusted advisor!



Great Falls \$1,200,000



McLean \$865,000



McLean \$1,225,000



Reston \$799,900



McLean \$1,995,000



McLean \$335,000



Vienna \$960,000



Great Falls \$2,750,000



McLean \$1,235,000



**"EVERY TRANSACTION IS TREATED
AS IF IT WAS MY OWN."**

Multi-Million Dollar Top Producer
Office: 703.790.1990
Direct: 703.873.5193
Cell: 703.965.8133

laurie.mensing@longandfoster.com
www.lauriemensing.com
Licensed in VA, MD, DC





Selected EVENTS

MAY 1

CREATIVE AGING FESTIVAL COMES TO FAIRFAX COUNTY DURING MONTH OF MAY

The Creative Aging Festival, sponsored by Fairfax County, AARP Virginia and 12 other community organizations, will feature a wide range of arts programs including poetry, visual arts, theater, dance and music. The Creative Aging Festival supports Fairfax County's 50+ Community Action Plan's initiative to promote arts programming for 50+ adults.

LOCATIONS

THE BARNS AT WOLF TRAP

1635 Trap Rd.
703.255.1900
www.wolftrap.org

JAMMIN' JAVA

227 Maple Ave E
703.255.566
www.jamminjava.com

THE STATE THEATRE

220 N. Washington St
703.237.0300
www.thestatetheatre.com

The month-long festival will include a kick-off reception at Goodwin House Bailey's Crossroads on May 1, 2015, followed by multiple events at public and private venues.

MAY 2

CITY OF FAIRFAX BAND "SONG AND DANCE"

Woodson High School, 9525 Main Street, Fairfax, VA 22031 7:30pm Robert Russell Bennett's "Symphonic Songs" is a classic suite for band "American style," and Ira Hearschen's "Divertimento," a more recent contribution to the repertoire by this modern day Hollywood artist form the centerpieces of this program featuring lighter classics by American composers. The program also features the winner of the 2015 City of Fairfax Band Young Artist Competition in performance with the band. Patron reception post-concert. Tickets fairfaxband.org

BALLROOM DANCE

Colvin Run Dance Hall, 10201 Colvin Run Road Great Falls, VA 22066 8-9:00 pm Merengue Lesson by Bill Powers & TJ 9-11:30 pm Dance \$15.00 lesson, dance & snack bar DJ: Bill Powers & TJ. Dress is ballroom casual. No experi-

ence, partner or reservations needed. Contact: Kathy. Milks@colvinrun.org or 703-759-2685 or visit www.colvinrun.org.

MAY 5

ROAD TO INDEPENDENCE GALA

Hilton McLean Tysons Corner 7920 Jones Branch Dr, McLean, VA 22102 6:30 pm and \$250/individual The Road to Independence Gala provides a festive and elegant setting for community and business leaders and supporters to celebrate the impact of Northern Virginia Family Service on families and children in need. It also recognizes the generous donors and supporters who are dedicated to giving back to the community in which they live and who make our services possible.

MAY 10

MOTHERS DAY CHAMPAGNE BRUNCH

Whole Foods - Falls Church 7511 Leesburg Pike 8am-noon Take Mom out for a special treat. Moms and mother-figures get a free 4oz champagne pour at this Whole Foods catered brunch. Menu includes:

Shrimp & Grits, Mediterranean Tofu Scramble, Eggs Benedict, Strawberry French Toast, Caprese Frittata.

MAY 8

MOTHER DAUGHTER MAKEOVERS

Whole Foods Market Tysons 7511 Leesburg Pike FREE Play with our makeup. Meet our makeup artist to learn new ways of approaching summer makeup using clean, mineral-based products.

MAY 15

ROBBIE FULKS

Jammin Java 7:30pm \$15 "Mr. Fulks is more than a songwriter. He's a gifted guitarist who has taught for years at the Old Town School of Folk Music in Chicago, he's a soulful singer with an expressive honky-tonk tenor, and he's a natural performer. It rings true when he says he's only truly comfortable when he's onstage or when he's totally alone. But what really sets him apart is his songwriting, which is one part artful country, one part artful sendup of country and one part a little of everything else." - *New York Times*

CONTINUED ON PAGE 18

#WYDLERBROTHERS
TRENDING



DOWN TO EARTH

HEAD
IN THE CLOUDS



NOT ON
SOCIAL MEDIA



Few other famous brothers can even come close to our ratings.

Oh Brother! At Wydler Brothers, we care deeply about our clients and will go the extra mile to deliver outstanding results. Our passion, coupled with our experience and deep knowledge of the local market, help explain why we are not just one of the very highest producing teams in the region, but in the entire United States (Ranked #38th in the USA by the Wall Street Journal). If you want more for your home, you should expect more from your Realtor. Give us a call and see what we can do for you.



Wydler Brothers™



MAY 15

THE LATER LATE
SHOW: MAIN STAGE
COMEDY SHOWCASE

Jammin Java 10:30pm \$5 The Later Late Show is back with another fresh lineup that is sure to not disappoint! Featuring the area's brightest comics, doing what they do best: making you laugh. And for just \$5? 6 comics for \$5? That's less than a dollar a comic! 83 cents per comic, to be exact! So what are you waiting for? Be sure to be there for an amazing night filled with good laughs, good food, good friends, and good drinks. We promise you'll leave with a smile on your face. Don't miss it!

MAY 16

BALLROOM DANCE

Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls, VA

22066 8-9:00 pm Mambo Lesson by Craig Bukowski 9-11:30 pm Dance \$15.00 lesson, dance & snack bar DJ: Craig Bukowski. Dress is ballroom casual. No experience, partner or reservations needed. Contact: Kathy.Milks@colvinrun.org or 703-759-2685 or visit www.colvinrun.org.

ARMED FORCES DAY
SPAGHETTI DINNER

Whole Foods Market Tysons 7511 Leesburg Pike 5:30pm - 7:00pm Free event
Free Spaghetti Dinner in honor of our service men & women. All are invited.

MAY 17

POPPY CHAMPLIN -
QUEER QUEENS OF
COMEDY

Jammin Java 7pm \$20 Producer and internationally known

comedian, Poppy Champlin artfully selects the best of the best lesbian comics from across the country to join her at each venue.

Comedians who have donned the Queer Queen crown include: Vickie Shaw, Carol Leifer, Julie Goldman, Michele Balan, Jessica Kirson, Karen Ripley, Mimi Gonzalez, Jennie McNulty, Fortune Feimster, Karen Williams, Dana Goldberg, Bridget McManus, Sandra Valls, Erin Foley, Dana Eagle, Roxanna Ward, Marga Gomez, Lisa Koch, Barb Nelligan and Gina Yashere.

MAY 20

KINGSLAND ROAD
ERICA ASHLEY +
TELEGRAPH

Jammin Java 7:30pm \$15 Kingsland Road were formed by college friends Connor and Josh in 2012 who went on to find Thompson, Matt and Jay on YouTube. With a huge social media presence, Kingsland Road's quirky five started gigging all around the country building a huge fan base known as the K-Landers. Since rising to fame on *The X Factor* last year, the band has gone back to its roots in East London and have been co-writing with the hit makers behind McFly whilst collaborating on their EP with Ollie Green, Lewis Mockler and producer of the moment, Cam Blackwood. The boys have self-penned some high energy, exuberant tracks that fuse Indie Pop with a rocky edge, taking them in a whole new direction for 2014. Set with a new sound and a new look, Kingsland Road release their first single "Dirty Dancer" on a 4 track EP, with their debut album set in January 2015.

MAY 21

LEO MORAN
AND ANTHONY
THISTLETHWAITE OF
THE SAW DOCTORS

Jammin Java 7:30pm \$18 With The Saw Doctors on sabbatical, and with Anthony's and Leo's troubadour feet becoming itchy, the two friends have put together a show that will include different takes on well-known Saw Doctors' songs, versions of lesser-known and less-played songs, a few from Anthony's solo albums and other songs written recently with Pdraig Stevens. It's all new and fresh and challenging and scary and exciting at the same time so let's see what happens...

MAY 22

AN EVENING WITH
DAVID LINDLEY

Jammin Java 7:30pm \$22 Multi-instrumentalist David Lindley performs music that redefines the word "eclectic." Lindley, well known for his many years as the featured accompanist with Jackson Browne, and leader of his own band, El Rayo-X, has long championed the concept of world music. The David Lindley electro-acoustic performance effortlessly combines American folk, blues, and bluegrass traditions with elements from African, Arabic, Asian, Celtic, Malagasy, and Turkish musical sources. Lindley incorporates an incredible array of stringed instruments including but not limited to Kona and Weissenborn Hawaiian lap steel guitar, Turkish saz and chumbus, Middle Eastern oud, and Irish bouzouki.

CONTINUED ON PAGE 20

Courtesy of Wolf Trap



8 P.M.

A PRAIRIE HOME
COMPANION

WITH GARRISON KEILLOR

The Filene Center at Wolf Trap 8pm \$25-65 A Prairie Home Companion is heard by more than 4 million listeners each week and is on more than 600 public radio stations. Watch as the nation's favorite radio host leads an ensemble cast through his radio variety show featuring comedy sketches, musical guests, and Keillor's signature monologue, "The News from Lake Wobegon."

MAY
22



CHIC CONTEMPORARY - MAKE IT YOURS!

Kitchens/Bathrooms/Closets

8466-B Tyco Road, Vienna, VA 22182

703-992-9019

www.NOUVELUSA.com





MAY 23

BALL IN THE HOUSE

Jammin Java 8pm \$20 Ball in the House is an R&B/Soul/Pop a cappella group based out of Boston, MA that is one of the best in the a cappella business. Performing with some of the biggest acts in the world, they have shared the stage with such artists as The Beach Boys, Fantasia, The Jonas Brothers, Gladys Knight, Lionel Richie, Jessica Simpson, Blondie, The Temptations, Smokey Robinson, KC & The Sunshine Band, Diamond Rio, Colin Raye, Orleans, and numerous others. For six years, they were the voices behind the Kraft Cool Whip commercials. Ball in the House has appeared on the *TO-*



MAY 26
The Filene Center
at Wolf Trap

Courtesy of Wolf Trap

Courtesy of Jammin Java



7:30 P.M.

LUKE BRINDLEY

ALBUM RELEASE SHOW

Jammin Java 7:30pm \$15 With Luke, the songs have a definite focus on the lyrics and hopefully offer a kind of deeper perspective. He tends to gravitate toward the larger worldview questions such as, Why are we here? What are we supposed to be doing? In 2014 he released *The Whiskey Switch*, a stripped-down folk/americana record with Taylor Swift sideman, Mike Meadows, on mandolin and banjo and DC's Laura Tsaggari on harmonies. Acoustic Guitar says, "The rambling acoustic environment of *New Morning*—era Dylan and the smokiness of early Townes Van Zandt...his own compelling musical voice."

JUN
5

DAY show, *America's Got Talent*, *The Daily Buzz*, the Philadelphia 4th of July Parade, and SBS Culture Club and MBC News in Seoul, South Korea. Hosted by local friends and fellow a cappella rockers, Pitches Be Crazy, you can expect the 2013 APCA Band of the Year, Ball In The House, to put on a night of amazing music.

MAY 26

SHERYL CROW

The Filene Center at Wolf Trap 8pm \$35-55 "Soak Up the Sun" with the 9-time Grammy-winning pop, rock, and country queen, whose "delicious harmonies and insightful lyrics" (*Variety*) fuel her worldwide fame. "As a writer she spices up her classic approach by weaving together elements ranging from garage-rock keyboards to folk-tinged violin in arrangements that reward repeated listening." —*The New York Times*

MAY 29

THE KENNEDYS

Jammin Java 7:30pm \$18 With the release of their tenth CD as The Kennedys and recent CDs by their Strangelings and Stringbusters side projects, as well as two new solo recordings (Pete Kennedy's "Guitarslinger", and Maura's debut solo CD, "Parade of Echoes" added to their discography, Pete and Maura remain the Energizer bunnies of the folk/rock world. Their touring schedule makes Bob Dylan seem lazy - they've played about 1500 gigs in the last 12 years, everywhere from house concerts to major festivals, and have recently rejoined Nanci Griffith's tour as part of her band and as her opening act in theatres and festivals around the world.

CONTINUED ON PAGE 23



Dr. Michael T. Gocke

SPECIALIZING IN DENTAL IMPLANTS

DENTAL IMPLANTS

The Optimal Choice for Tooth Replacement

OTHER SERVICES

TEETH-IN-A-DAY
WISDOM TEETH
OUTPATIENT ANESTHESIA
CORRECTIVE JAW SURGERY
FACIAL TRAUMA +
RECONSTRUCTION
SLEEP APNEA SURGERY
PEDIATRIC ORAL +
FACIAL SURGERY

LATEST TECHNOLOGIES:
IN OFFICE CT SCANNER
LASER SURGERY
BONE REGENERATION:
PLATELET RICH PLASMA
BONE + SOFT TISSUE
GRAFTING

Dental implants have more benefits than any other tooth replacement option. Not only do they look, feel, and act like your natural teeth, but they are also just as strong as them. Dental implants preserve the aesthetics and function of the surrounding facial structures and never decay. Unlike other common tooth replacement options, dental implants can last a lifetime, making them the most cost-effective option. Dr. Gocke is a board certified Oral and Maxillofacial Surgeon whose extensive training makes him an expert in dental implant placement.



BEFORE



AFTER

**Call today to schedule your
complimentary implant consultation**

VIRGINIA ORAL, FACIAL & IMPLANT SURGERY
7601 LEWINSVILLE ROAD | SUITE 203 | MCLEAN, VA 22102
703.388.2805 | WWW.DRGOCKE.COM



Dignity.



Security.



Friendship.

Independence You Want and the Care You Deserve.

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



VINSON HALL
RETIREMENT COMMUNITY
Supported by Navy Marine
Coast Guard Residence Foundation

Contact Us Today!

703-536-4344

6251 Old Dominion Dr., McLean, VA 22101

www.vinsonhall.org

Independent seniors who are commissioned military officers and their immediate family, as well as government workers of an equal rank from select agencies.





MAY 29

A.R. RAHMAN THE INTIMATE CONCERT TOUR

The Filene Center at Wolf Trap
8pm \$40-100 From Bollywood to Hollywood, this Grammy and Academy Award-winning musician is one of the world's most prolific film composers—he was the mastermind behind *Slumdog Millionaire's* award-winning score and he mixes genres spanning Eastern classical, pop, world music, and rap to create his astonishing compositions.

MAY 30

MISS TESS & THE TALKBACKS

Jammin Java 7pm \$15 With multiple US tours and several releases under their belts, Miss Tess & The Talkbacks has proven to be one of the most exciting acts on the blossoming Americana scene. The band, with its self-described modern vintage sound, is currently in the studio writing and recording material for their tenth album. A sneak preview of two of their new tunes will be released as a 45 single and download in Spring, 2015 on Signature Sounds Recordings (Lake Street Dive, Eilen Jewell, Chris Smither, Josh Ritter, Erin McKeown).

KOOL & THE GANG CHAKA KHAN

The Filene Center at Wolf Trap
8pm \$30-60 It's a "Celebration!" "Get Down On It" with the pop funk party-starters whose arrangements have made them the most sampled band of all time; then dance it up with the international music icon widely-regarded as the "Queen of Funk," as she delivers hits like "I'm Every Woman" and "I Feel For You."



JUNE 5
The Filene Center
at Wolf Trap

Courtesy of Wolf Trap

MAY 31

KINGS

Jammin Java 1pm \$20 A new and exciting progressive/commercial rock super-group! Phil Naro (lead vocals/composer/guitar) is a daytime Emmy Award winning performer, for singing the theme song for the cartoon "6Teen." Vinnie DePaul (keyboards/vocals/composer) has been featured on *The Tonight Show*, *Good Morning America*, *The Tom Snyder Show*, MTV and VH1. Joe Macre (bassist/composer/producer) has had National Tours with: Styx, Blue Oyster Cult, ELO, Journey, Frank Zappa, Kansas, and Bob Dylan. Corey Holland (drummer/engineer/producer) was the touring and studio drummer for: Joe Lynn Turner, Pat Travers, Michael Fath and Switched at Birth. And lastly, Michael Fath (guitars/vocals/composer/producer) has had 25 solo records with international, national and regional companies.

JUNE 1-JUNE 5

WAXING WEEK AT LOFTY SALON

354 Maple Ave W, Vienna, VA
22180 50% OFF all waxing

services at Lofty Spa. From a simple brow wax to a full-body wax, Lofty offers temporary complete hair removal services. Why run the risk of shaving when you can get better results with waxing?

JUNE 2

BEER SCHOOL

Whole Foods Market Tysons
7511 Leesburg Pike 7:00pm – 8:00pm \$5 Receive six 4oz pours, while we talk your ear off about all things beer and you meet some pretty awesome new people. June Tap Takeover Guest Speaker: New Belgium

JUNE 5

THE B-52S BERLIN

The Filene Center at Wolf Trap
8pm \$25-50 Known as the world's greatest party band, The B-52s remain one of pop rock's beloved and enduring forces—dance your heart out to their underground club anthems like "Love Shack," "Rock Lobster," "Roam," and new favorites. "No matter what the B-52s do, they can't help referencing what they're doing and how great of a time

they're having while doing it, and [it makes you] wonder, why aren't you doing it too?" —Pitchfork.com

JUNE 6

AN EVENING WITH WILLIE NILE (FULL BAND!)

Jammin Java 7pm \$18 Anyone who's paid attention to his recent output knows that Willie Nile is currently in the midst of a creative renaissance that's produced some of the most compelling music of his 35-year career. The tradition continues with his forthcoming *American Ride*, being released on Loud and Proud Records, where Nile becomes the first artist released under the label's new deal with RED Distribution. *American Ride* offers a bracing set of 11 original compositions, and one well-chosen cover, that rank with the catchiest and most vivid music that Nile's ever delivered. The album consistently lives up to the artist's reputation for writing songs that are as impassioned as they are infectious, and performing them with the fervor of a true believer.

CONTINUED ON PAGE 24



JUNE 6

BALLROOM DANCE

Colvin Run Dance Hall, 10201

Colvin Run Road

Great Falls, VA 22066 8-9:00

pm Swing Lesson by John Jerz

9-11:30 pm Dance \$20.00

lesson, dance & snack bar

Band: Mike Surratt. Dress is ballroom casual.

No experience, partner or reservations needed.

contact: Kathy.Milks@

colvinrun.org

or 703-759-2685 or visit

www.colvinrun.org.

BETA PLAY + THE TRAGIC THRILLS

Jammin Java 10pm \$15 The quintet is comprised of seasoned musicians with national and international touring experience, and successful track records with both major and independent labels. The band has toured with Twin Forks, Augustana and Pigpen Theater Co. In addition to Zach Porter, the band includes Cameron Quiseng (bass), Chris Morrison (lead guitar), Ans Gibson (drums), and Gabe Rudner (keyboard). With The Tragic Thrills, the band members break

away from their legacies to rally behind the poetic and irreverently romantic songs Porter has crafted. Emboldened by the fresh start, the guys have taken the reins to steer their destiny. They self-funded their self-titled debut, and, enamored with the subtle genius production on Mat Kearney's *Young Love*, handpicked producer Jason Lehning.

AN EVENING WITH THE CREATORS OF SERIAL: SARAH KOENIG & JULIE SNYDER

The Filene Center at Wolf Trap 8pm \$25-45 Go behind the scenes with the creators of the world's most gripping and popular podcast as they talk crime, modern journalism, and how their This American Life spin-off project became "the greatest murder mystery you will ever hear." (*The Guardian*) "More than merely a whodunit, *Serial* tells us about the messiness of human interaction and our infinite versions of truth...It tells us how one man's hero is another man's villain, and that you can never, despite your best efforts, know what is going on in another person's head." —*The Independent*

summer party featuring live music, food, and dancing—this year's lineup includes the award-winning "Southern Knight" who "brought the New Orleans sound to the national stage" (Rock and Roll Hall of Fame) and more.

JUNE 12

AN EVENING WITH TOM CHAPIN

Jammin Java 7:30pm \$20

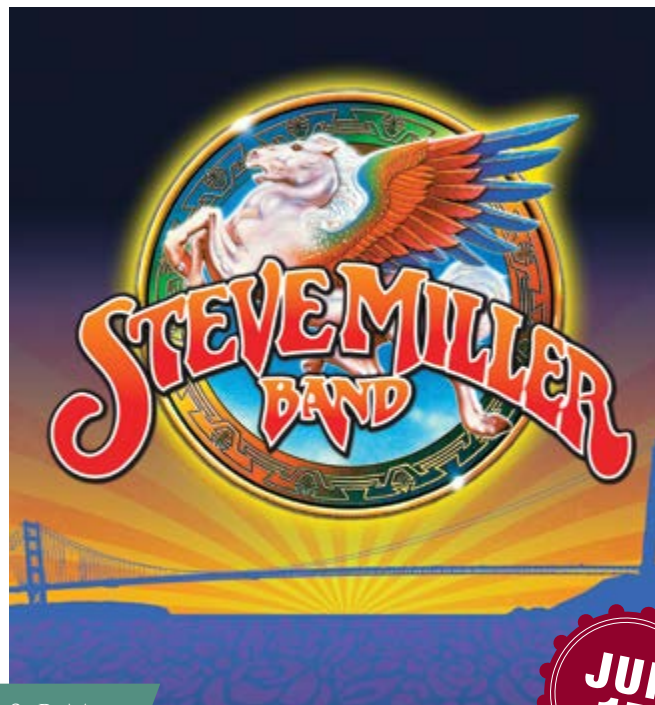
In a career that spans five decades, 23 albums and three GRAMMY awards, multi-talented singer/songwriter/guitarist Tom Chapin has covered an incredible amount of creative ground. In addition to his work as a recording artist and concert performer, Chapin has acted on Broadway, as well as working extensively in films, television and radio. Tom Chapin's show for the family is on June 13th at 11am.

MOZART THE MARRIAGE OF FIGARO

The Barns at Wolf Trap

7:30pm \$32-88 (Additional showings on June 14, 17, and 20. Times Vary) In one crazy day in the Almaviva household, Figaro and Susanna must devise and disguise their way to thwarting the Count's plans of ruining their happiness. Originally banned for suggesting a servant could outwit his master, this political play turned beloved comic opera tells a moving tale of love, forgiveness—and an immensely chaotic wedding day—through sublime music and wry humor. Figaro hasn't gotten married at The Barns at Wolf Trap for almost 30 years! He and

Courtesy of Wolf Trap



8 P.M.

JUN 17

STEVE MILLER BAND

The Filene Center at Wolf Trap 8pm \$35-60 The multiplatinum "Space Cowboy" brings his signature blues-rock into the future with "slick guitar boogie as catchy as Abba and as danceable as disco." —*Rolling Stone*

JUNE 7

WOLF TRAP'S 26TH ANNUAL LOUISIANA SWAMP ROMP™ ALLEN TOUSSAINT AND MORE!

The Filene Center at Wolf Trap 2pm \$30-35 Dance to infectious Cajun, zydeco, and blues tunes at Wolf Trap's cherished New Orleans-style



the other members of the Al-maviva household return in June for this fresh new production set in 19th-century Spain. Approximate running time: 3 hours with 1 intermission. Sung in Italian with English supertitles. Inside the Opera preshow talk begins 1 hour before curtain.

"WEIRD AL" YANKOVIC

The Filene Center at Wolf Trap 8pm \$40-65 Fueled by clever, zany lyrics, this parody master transforms pop hits from Michael Jackson's "Beat It" to Lorde's "Royals" into hilarious, new renditions. "Weird Al" Yankovic got his start sending homemade tapes to the Dr. Demento Radio Show. He has since become the biggest-selling comedy recording artist in history with more than 12 million album sales. He's best-known for his pop-song parodies, but composes originals as well.

JUNE 13

MARCIA BALL

The State Theatre 9pm \$25 "Based in Austin and steeped in New Orleans, Marcia Ball plumbs the richness of both musical meccas. From rootsy swamp pop and blues drenched boogie woogie to languid ballads, Ball is equally comfortable with brash road-house romps and caressing love songs." —*USA Today*

ARIA JUKEBOX: THE AUDIENCE GETS TO CHOOSE!

**Wolf Trap Opera Soloists
Kim Pensinger Witman,
pianist**

The Barns at Wolf Trap 3pm \$32-48 The 2015 artists sing

your favorite opera highlights, with Kim Pensinger Witman at the piano. Ticket price includes wine and cheese reception beginning at 2 pm. Come early and put your quarters in the jukebox to vote for the arias of your choice!

THE PIRATES OF PENZANCE NEW YORK GILBERT & SULLIVAN PLAYERS

The Filene Center at Wolf Trap 8pm \$15-55 Join the band of swashbuckling buccaneers, bumbling British bobbies, frolicsome Victorian maidens, and the delightfully dotty "model of a modern major-general" for a rollicking romp over the rocky coast of Cornwall. This exuberant musical theatre masterpiece, directed and conducted by Albert Bergeret with choreography by Bill Fabris, is performed in its original format. The rich sounds of full orchestra, chorus, and vocal soloists resonate with classic elegance and power, while the company's vibrancy, energy, and contemporary sense of humor keep the show alive and exciting to a modern audience

JUNE 14

STEVE POLTZ

Jammin Java 7:30pm \$15 Steve Poltz is obsessed with the challenge of knowing and understanding the thoughts of each and every person in his audience. As a road-tested troubadour armed with whimsy, curiosity and a healthy respect for the absurdities of existence, he is unafraid of saying yes, un-

afraid of letting his relentless, giddy energy fill a room and he is unafraid of letting his streams-of-consciousness take him where he needs to go. His songs are guileless snapshots filtered through the windshield of his brain. He opens his mouth and lets it fall out - a SONG - and it's as shameless and intriguing and profound and wondrous

as he is. A mix of high octane performance, singular wit and endlessly entertaining storytelling, Steve is legendary for his improvisational songwriting and timeless, original classics. Oh, and he's a pretty good guitarist too.

CONTINUED ON PAGE 26



Courtesy of Wolf Trap

8:30 P.M.

BACK TO THE FUTURE NATIONAL SYMPHONY ORCHESTRA

Emil de Cou, conductor

The Filene Center at Wolf Trap 8:30pm \$30-58 Celebrate the 30th anniversary of an unforgettable movie classic. *Back to the Future* topped the 1985 box office chart, spawned 2 wildly successful sequels, and stamped an enduring imprint on pop culture. Now fans old and new can experience the thrill of *Back to the Future* like never before—on huge HD screens, with the National Symphony Orchestra performing the musical score live in sync with the movie.

**JUN
19**



Courtesy of Wolf Trap



JUNE 18
The Filene Center
at Wolf Trap

JUNE 14**CLASSIC ALBUMS
LIVE PRESENTS
THE BEATLES –
ABBEY ROAD**

The Filene Center at Wolf Trap 8pm \$25-45 World-class musicians take on one of the greatest albums of all time from the English rock band that “startled the ears and energized the lives of virtually all who heard them” (Rock and Roll Hall of Fame)—experience the album in its entirety with classics like “Something” and “Here Comes the Sun.”

JUNE 16**DAVID GRAY
AMOS LEE**

The Filene Center at Wolf Trap 8pm \$25-55 Best known for the multiplatinum hit “Babylon,” this English indie rocker presents crowd favorites and works from his new album that “makes a striking initial impact then seeps in deeply” (AllMusic.com)—joining him is an American singer/songwriter whose style encom-

passes folk, rock, and soul to produce a sound that’s as soothing as it is inspiring.

JUNE 18**WHOLE KIDS CLUB**

Whole Foods Market Tysons 7511 Leesburg Pike 10:00am – 11:00am Spend summer with us. Join us every third Thursday at 10am for crafts, snack and sing-a-long in the cafe.

**LINDSEY STIRLING
THE MUSIC BOX
TOUR**

The Filene Center at Wolf Trap 8pm \$25-50 Made famous by her viral YouTube video “Crystallize,” the ever-innovative dancing violinist and Billboard chart-topper fuses the romance of Celtic folk and modern classical with the infectious energy of dance and electronica. “Lindsey’s dancing is almost operatic—a sort of interpretive ballet crossed with modern dance. There’s energy and liveliness to it, and always a sense that a story is being told.”—*Forbes*

**GABE DIXON +
ERNIE HALTER**

Jammin Java 8pm \$15 Gabe Dixon’s self-titled album was named as one of the “Best Of The Year” by Paste, Village Voice (year end critics poll) & others. The Lefsetz Letter, recently said of Gabe Dixon: “This man is excellent. Stunningly so. Because of his talent.” Dixon’s latest album “ONE SPARK” sees the liberated artist rocketing past his previous work. Ernie Halter was “influenced by some of the legendary names of pop and soul, such as the Beatles, Elton John, Otis Redding, and Stevie Wonder, and Californian Ernie Halter. He first began to make waves for himself with the release of his 2005 collection, *Lo-Fidelity*...Eventually, word of mouth and the Internet community on websites such as MySpace and YouTube worked in Halter’s favor, and by 2007 -- and his next release, *Congress Hotel* (on Rock Ridge Music) — he had built up quite a buzz, and the staunchly indie Halter could

be seen touring throughout much of the United States.”

—Chris True *All Music Guide*

JUNE 20**BALLROOM DANCE**

Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls, VA 22066 8-9:00 pm Tango Lesson by Craig Bukowski 9-11:30 pm Dance \$15.00 lesson, dance & snack bar

DJ: Craig Bukowski. Dress is ballroom casual. No experience, partner or reservations needed. Contact: Kathy. Milks@colvinrun.org or 703-759-2685 or visit www.colvinrun.org.

**CELTIC WOMAN
10TH ANNIVERSARY
WORLD TOUR**

The Filene Center at Wolf Trap 8pm \$30-65 Known as “Rivendence for the voice,” these four celestial sirens perform breathtaking renditions of contemporary ballads alongside traditional music from the Emerald Isle. Their 10th Anniversary World Tour features a 15-member ensemble, including a full band, bagpipers, Irish dancers, and the Aontas Choir, under the direction of Emmy-nominated music producer, David Downes.

CONTINUED ON PAGE 28

Backyard perfection
begins with **HOME**
escapes



Visit Our Brand New Showroom

292 Sunset Park Drive • Herndon, VA 20170
(in the Sunset Business Park)

703-467-1700

www.HomeEscapes.com



OUTDOOR FURNITURE, FIRE PITS, HOT TUBS & SWIM SPAS SINCE 1986



Courtesy of Wolf Trap



JUNE 21

THE WEEPIES

The State Theatre 8pm \$32
Singer-songwriters Deb Talan & Steve Tannen began writing together the night they met, and soon formed indie band, The Weepies. On the strength of their simple yet insightful songwriting and distinctive harmonies, they quietly sold more than a million records, with over 17 million streams on Spotify, and 20 million views on YouTube. They married and had three children, rarely touring but continuing to release their music, five records over seven years.

TCHAIKOVSKY'S
1812 OVERTURE
EMANUEL AX
PLAYS BRAHMSNational Symphony
Orchestra

The Filene Center at Wolf Trap 8:15pm \$20-58 Grammy-winning guest conductor Andrew Litton serves as the artistic director of the

Minnesota Orchestra's Summerfest, conductor laureate of Britain's Bournemouth Symphony, and music director of Norway's Bergen Philharmonic Orchestra and the Colorado Symphony. "The guy loves drama and conducts with verve. He's an evangelist encouraging the musicians to keep moving through ups and downs."
—*The Denver Post*

JUNE 22

AUDRA
MCDONALDNational Symphony
Orchestra

The Filene Center at Wolf Trap 8:15pm \$25-75 Spend an enchanting evening with the six-time Tony and double Grammy-winning queen of Broadway praised as "one of the most consummate performers there is," (*The Boston Globe*) as she sings beloved show tunes and pop standards with the National Symphony Orchestra.

JUNE 25

GRAMMY WINNER
PETER FRAMPTON
CHEAP TRICK

The Filene Center at Wolf Trap 7:30pm \$35-60 Don't miss the ultimate night of classic rock legends from a Grammy-winning guitar sensation and the band who delivered "I Want You to Want Me" and "Surrender." "[Frampton] has remained musically enthusiastic and inventive."
—*USA Today*

JUNE 26

BRINDLEY BROTHERS
PRESENT THE
DAMNWELLS (AT THE
HOWARD THEATRE)

Jammin Java 7pm \$20 The Damnwells are an indie rock band originally from Brooklyn, New York. The band formed in 2000 and has released four full-length albums, *Air Stereo* (2006, Epic Records/Rounder Records), *Bastards of the Beat* (2003, Epic Records), *One Last Century* (2009, self-released),

and *No One Listens to the Band Anymore* (2011, PledgeMusic). The original members of the Damnwells are Alex Dezen (lead vocals, guitar, piano), David Chernis (lead guitar), Ted Hudson (bass), and Steven Terry (drums/percussion). Over the years, the Damnwells have toured extensively throughout the United States and have had numerous television and radio appearances.

JUNE 26

MILLION DOLLAR
QUARTET

The Filene Center at Wolf Trap 8pm \$22-80 (Additional shows on June 27 and 28 at 2pm and 8pm) Inspired by the 1956 impromptu jam session of Elvis Presley, Johnny Cash, Carl Perkins, and Jerry Lee Lewis, this Tony Award-winning musical filled with classic rock 'n' roll "whips the crowd into a frenzy." —*The New York Times*

JUNE 30

JOHN FOGERTY
1969

The Filene Center at Wolf Trap 8pm \$35-65 Embrace the warm, rootsy vocals and classic rockabilly of the creative force behind Creedence Clearwater Revival—named one of Rolling Stone's 100 Greatest Guitarists and 100 Greatest Singers of all time, this singer/songwriter remains one of classic rock's treasures. "Fogerty recharged the scruffy, fundamental poetry of folk, country, blues and rockabilly with shredded-vocal passion, searing-guitar hooks and taut, incisive observations on the state of our democracy."
—*Rolling Stone*

Real Estate

Mortgages



Closing Services

Insurance

INVITE US IN, WE'LL BRING RESULTS!

**Jenifer Justice**

Direct: 703-623-8373
justicehom@aol.com
www.jeniferjustice.com

McLean**\$1,200,000**

Stunning sunlit Colonial on quiet cul-de-sac just 1 light to DC. Fine features include: Open floor plan w/ HW floors, Gourmet Kitchen, Master Suite Retreat, In-ground Salt Water Pool, 3 finished levels w/ 4/5 BR & 4 FB, McLean High School District

**Ann Romer**

703.597.4289
rltrann@aol.com
theromerteam.com

N. Arlington**\$1,175,000**

Only 1 light to DC, this custom home offers spectacular views. With over 4,000 sq. ft., there are 5 BR's, 3 BA's, main level family room, den & garage. The lower level has an au' pair suite with a 2nd kitchen & 2nd laundry neatly tucked from the living area. Walk up stairs to the attic allow for expansion. A rare find!

**Claudette Schwartz**

703.309.4663
homeccs@aol.com
claudetteschwartz.com

Snow Hill Farm A Magical Place \$4,500,000

Waterfront Property in Maryland. 158 Acres With a Beach, Main House & Guest House & Caretaker home, Barns, Stables, Out buildings, 2 Swimming Pools, Tennis Court, Boat House, Art studio. Call for Details & Brochure.

**Elke Hirschberg Gordon**

703.505.0011
elkeshomes@gmail.com
elkesweb.net

Heart of McLean**\$799,000**

Sought after classic 4 BR col. on a quiet street. Walk-out lower level to peaceful yard. Hardwood floors on main and upper levels, 2 fireplaces, carport. Easy commute to DC & Tysons.

**Mary Forester**

703-626-9703
mfforester@cox.net

1220 Daviswood Drive, McLean \$1,649,000

Exquisitely renovated and updated colonial in beautiful Summerwood community, this home is a paragon of good taste and serene living. High quality features and special touches include: A+ kitchen w/ induction cooking; curving staircase; Trex deck and screened porch.

**Kirti Patel**

703.424.0323
k.patel@weichert.com
homesbykirti.com

Sold. One more satisfied client!

43335 Hollybank Pl, South Riding VA 20152

Interest rates are still at all time low! Call, text or email me for any of your real estate needs.

**Marianne Sipple**

703.200.2681
marianne@sipplerealestate.com
sipplerealestate.com

6609 Gordon Ave., Falls Church \$1,275,000

Stunning 5 bedroom, 5 bath, 3 year old Craftsman with over 4100 sq.ft of finished living space. Sun drenched gourmet kitchen is a chef's dream with stainless steel appliances and designer granite. Office or 6th bedroom on main floor. Hardwoods throughout.

**Bo-Yeon Templer**

703.405.7480
boyeon@mris.com

6510 Dryden Dr, McLean

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



**Offices Across
America**

McLean/Dolley Madison Office
1313 Dolley Madison Blvd | McLean, VA
(703) 760-8880 | www.weichert.com





LOCATIONS

FALLS
CHURCH

ARGIA'S

124 North Washington Street
703.534.1033
www.argias.com

DOGWOOD TAVERN

132 W Broad St
703.237.8333
www.dogwoodtavern.com

IRELAND'S FOUR
PROVINCES

105 W Broad St
703.534.8999
www.4psva.com

PIZZERIA ORSO

400 S Maple Ave
703.226.3460
www.pizzeriaorso.com

RED, WHITE,
AND BLEU

127 S. Washington St
703.533.9463
www.redwhiteandbleu.com

WYLIE WAGG

7505 Leesburg Pike
Suite 120A
703.748.0022
www.wyliewagg.com

VIENNA

CLYDE'S OF TYSONS

8332 Leesburg Pike
703.734.1901
www.clydes.com

MAPLEWOOD GRILL

132 Branch Rd SE
703.281.0070
www.maplewoodgrill.com

RISTORANTE
BONAROTI

428 Maple Ave E
703.281.7550
www.bonarotirestaurant.com

CONTINUED ON
PAGE 32



MONDAYS

50% WINES AT
WILDFIRE

Wildfire

Choose your favorite bottle of wine from a select list developed by Wildfire's very own wine and spirits director, Brad Wermager.

50 CENT WINGS

Dogwood Tavern

Dine in on Monday night at Dogwood Tavern in Falls Church for 50 cent wings, 5pm-close.

KIDS' NIGHT

The Tavern at
Great Falls

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

MONDAY WINE
SPECIAL

J. Gilbert's

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

PRIX-FIXE NIGHT AT
ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

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

TUESDAYS

½ PRICED WINE
AT BRX

Brx American Bistro

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

\$2 TACO TUESDAYS

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

Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken tinga, and carnitas with \$2 Dos Equis to wash it all down.

KIDS' TUESDAY

Pizzeria Orso

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

SALSA NIGHT

Iris Lounge | 6:30pm

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

OSSO BUCO NIGHT

Assaggi Osteria | \$19.50

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

TRIVIA WITH ERIK
LARSON

Clyde's of Tysons | 7-9pm

Come out to Clyde's of Tysons to enjoy trivia with Erik Larson on the side bar from 7-9pm and enjoy live music from 9pm to close.

WEDNESDAYS

1/2 PRICE
WINE NIGHT

Amphora

Join Amphora each Wednesday for half-priced bottles of wine.

CONTINUED ON PAGE 32



SHOP LOCAL



A Golfer's Store

Experience the very best in personal shopping at the finest golf specialty shop in the area. GolfDome is family owned and operated serving Tysons Corner and Northern Virginia for over 30 years.

Enjoy a walk through our store with one of our knowledgeable and engaged sales associates - they will help find exactly what you need.

Specializing in Golf Equipment, Fine Apparel and other Unique Golf Products.



703.790.8844

off route 7, one block west
of tysons corner center

8203 watson street
mclean, va 22102

GOLFDOM®

www.GolfdomGolf.com

Live the Game.



GOLFDOM WILL PRICE MATCH
ANY AUTHORIZED DEALER

**FALLS CHURCH****AMPHORA**

377 Maple Avenue West
703.938.7877
www.amphoragroup.com

MCLEAN**ASSAGGI OSTERIA**

6641 Old Dominion Dr
703.918.0080
www.asaggiosteria.org

BRIO TUSCAN GRILLE

7854L Tysons Corner Center
703.288.8882
www.brioitalian.com

CAFE DELUXE

1800 International Dr
703.761.0600
www.cafedeluxe.com

ENTYSE BAR & LOUNGE

1700 Tysons Blvd
703.506.4300
www.ritzcarlton.com

EVO BISTRO

1313 Old Chain Bridge Rd
703.288.4422
www.evobistro.com

IRIS LOUNGE

1524 Spring Hill Rd
703.760.9000
www.irisloungeva.com

J. GILBERTS

6930 Old Dominion Dr
703.893.1034
www.jgilberts.com

LA SANDIA

7852 Tysons Corner Center
703.893.2222
www.richardsandoval.com/lasand-iavirginia

PALM RESTAURANT

1750 Tysons Blvd
703.917.0200
www.thepalm.com

THE VINEYARD

1445 Laughlin Ave
703.288.2970
www.thevineyardva.com

**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.

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!

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.

CONTINUED ON PAGE 34

fwd
fontana web designs
moving your business forward

Specializing in Web Solutions
For Small Businesses



Web Development • Online Store
Mobile Sites • Printed Media
Graphic Design • Consultation

571-612-8702
fwd@fontanawebdesigns.com
www.fontanawebdesigns.com

Put yourself in the driver's seat...

Volunteer Drivers needed in Northern Virginia



Without transportation, medical appointments, grocery shopping or a trip to the pharmacy become major life challenges.

Make a difference in a senior's life. Become a volunteer driver today.

- Set your own schedule and destinations
- Use a convenient, web-based scheduling system
- Background checks provided



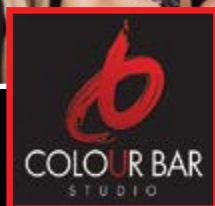
For more information and to find out how to get started, visit www.NVRides.org or call **703-537-3071**



Making people look and feel beautiful.
It is who we are, it is what we do... it is our passion.



8100 Boone Boulevard
Suite 115
Vienna, VA 22182



703.848.2000
www.colourbarstudio.com

Experience, Creativity, and Passion

Our team is carefully selected to fulfill that goal based on factors such as experience, creativity, and passion. Our stylists have excelled in this highly competitive and challenging industry, so you are sure to get the best service. We invite you to experience this for yourself!



LOSE WEIGHT & FEEL GREAT

- * Lose weight & inches by burning fat, not muscle
- * No added stimulants, natural ingredients
- * Increased energy & will-power
- * Keep blood sugar, cholesterol & lipids at healthy levels
- * More restful sleep

60 day money back guarantee

SkinnyMinnyMe.com

info@skinnyminnymy.com

Denise Willard

Independent Ambassador | #262234



Courtesy of Jammin' Java

**MCLEAN****TYSONS PLAZA**

1961 Chain Bridge Rd
703.847.7300
www.shoptyson.com

WILDFIRE

2001 International Dr
703.442.9110
www.wildfirerestaurant.com

GREAT FALLS**BRX AMERICAN BISTRO**

1025 Seneca Rd
703.433.9050
www.brxf.com

COLVIN RUN COMMUNITY HALL

10201 Colvin Run Rd
703.435.5620
www.colvinrun.org

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.

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.

CONTINUED ON PAGE 36



The Best Remodeling Just Became Affordable!

FREE CONSULTATION, DESIGN & ESTIMATE
NO-OBLIGATION EVER!

CALL FOR DETAILS

703-429-4323

REMODELING
PACKAGES

—STARTS FROM—

\$7,900



REMODELING KITCHENS AND BATHROOMS SINCE 1994

285 Sunset Park Drive, Herndon, Virginia 20170
www.mykitchenandbath.com

Phone: 703-429-4323 Fax: 703-376-8545
Email: info@mykitchenandbath.com

\$1000 OFF

Ad must be presented at the time of estimate. Valid for a limited time.
Expires 6/1/2015. Valid for purchase of \$25,000 or more.
Not valid with any other offers. Limit one offer per household.

IF YOU WANT TO ASK MORE
FOR YOUR HOME,
ASK MORE
FROM YOUR
REALTOR.

Claudia Kern and Allie Chamberlain are ready to deliver more for you. They bring their passion for real estate and in-depth market expertise to provide unparalleled service and the best results.

Allie
703.861.7229
www.WydlerBrothers.com

Claudia
703.627.2100
www.WydlerBrothers.com

Wydler Brothers™

LONG & FOSTER
REAL ESTATE
LUXURY HOMES
CHRISTIE'S
INTERNATIONAL REAL ESTATE



SATURDAYS

SATURDAY BRUNCH Amphora

Join us for our famous brunch. Don't miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even our Greek Pocket featuring grilled pita topped with scrambled eggs, simmered tomatoes, onions, feta cheese and authentic Grecian gyro made fresh daily.

GREAT FALLS

THE TAVERN AT GREAT FALLS

Great Falls Center
Shopping Center
9835 Georgetown Pike
703.757.4770
greatfallstavern.com

FAIRFAX

MOSAIC DISTRICT

2910 District Ave
703.992.7765
www.mosaicdistrict.com

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

SUNDAY BRUNCH

Amphora

Join us for our famous brunch. Don't miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even our Greek Pocket featuring grilled pita topped with scrambled eggs, simmered tomatoes, onions, feta cheese and authentic Grecian gyro made fresh daily.

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 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 & GREETINGS

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. ♦

TELL US ABOUT YOUR EVENTS

Would you like to tell more people about your event?

Email it to us at events@vivatysons.com.



DANIELS™
DESIGN & REMODELING

KITCHENS | BATHROOMS | PORCHES | PATIOS | LIVING SPACES | HOME ADDITIONS



PROUDLY SERVING NORTHERN VIRGINIA SINCE 1977

703.239.2700 | WWW.DANIELSREMODELING.COM



Arts & Theatre EVENTS



JUNE 24
Hubbard Street
Dance Chicago



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

Photo courtesy of Wolf Trap

LOCATIONS

THE ALDEN THEATRE

1234 Ingleside Ave
703.790.9223
www.aldentheatre.org

THE CREATIVE CAULDRON

410 South Maple Ave
703.436.9948
www.creativecauldron.org

FIRST STAGE IN TYSONS

1524 Spring Hill Road
Tysons, VA 22102
703.854.1856
www.1ststageitysons.org

GEORGE MASON UNIVERSITY CENTER FOR THE ARTS

4400 University Dr
703.993.1000
cfa.gmu.edu/calendar/

SIGNATURE THEATRE

4200 Campbell Ave,
Arlington
703.820.9771
www.signature-theatre.org

MAY 1-16

NEIL SIMON'S BAREFOOT IN THE PARK

McLean's Alden Theatre Fridays and Saturdays at 8pm and Sunday matinees at 2pm \$18-20 Barefoot in the Park is about Corie and Paul, two newlyweds who move into a New York City apartment five flights up, with no elevator and plumbing problems. Besides having to cope with the dysfunctional apartment, they have to adjust to their own differences. Paul is a lawyer who is serious about his career, and Corie is a free spirit who wants Paul to be more spontaneous, for example, by running "barefoot in the park." Matters are complicated further by a surprise visit from Corie's mother.

Director Jerry Bonnes says, "Opposites attract but the real drama occurs when they collide. Neil Simon's hilarious Barefoot in the Park takes us on a romp to find out whether the final result is disaster or harmony. Simon's timeless comedy not only shows us the wonderful characters on stage but also mirrors back to the audience their own experiences and causes everyone to see the humor that is all around them. The great quality of Neil Simon is that at the end of the evening you feel good about yourself....what better way to spend an evening."

MAY 8-31

ONCE ON THIS ISLAND

Creative Cauldron Friday & Saturday at 8PM, Sunday at 2PM & 7PM \$15 From the Tony Award-winning songwriting team of Lynn

Ahrens and Stephen Flaherty (*Seussical* and *Ragtime*) comes a highly original and rousing calypso-reggae flavored tale of one small girl who finds love in a world of prejudice. Once on This Island garnered eight Tony nominations in its Broadway run, including Best Musical, Book and Score. The folk tale tells the story of Ti Moune, a peasant girl who falls in love with the well-born Daniel and is aided by the gods of earth, water and love in her desire to be with him. Visually splendid, and exploding with music and motion, this enchanting musical parable is a rousing tribute to the resilience of the human spirit.

MAY 10

KEYBOARD CONVERSATIONS WITH JEFFREY SIEGEL: RACHMANINOFF AND FRIENDS

George Mason University Center for the Arts Concert Hall 7pm \$24-40 The Romanticism of the Russian Soul! Jeffrey Siegel concludes this season of his "concerts with commentary" series with a fantastic program highlighting the life and works of Rachmaninoff and his fellow Russian composers. In this final concert of the season, Mr. Siegel performs the sumptuous "Preludes of Rachmaninoff," charming excerpts from the famous "Seasons" by Tchaikovsky, the exultant "Precipitato" from the Seventh Sonata of Prokofiev, and the mystical musings



of Scriabin. This virtuoso pianist has dazzled piano enthusiasts and classical music newcomers at the center for over two decades.

MAY 12-JUNE 28

CABARET

Signature Theatre Times Vary \$106-120 Willkommen to the Kit Kat Club, the hottest nightclub in seedy, prewar Berlin; here, life is beautiful. American writer Cliff Bradshaw travels to Berlin searching for inspiration. He finds it in English club performer Sally Bowles and they begin a torrid affair. However, outside their door, the Nazis' impending rise to power heralds a brutal end to their decadent way of life. Starring Wesley Taylor (NBC's *Smash*, Broadway's *The Addams Family* and *Rock of Ages*) as the iconic role The Emcee.

Featuring the treasured songs "Maybe This Time," "Willkommen," "Don't Tell Mama" and the title song, Kander and Ebb's Tony Award®-winning masterpiece graces the Signature stage for the first time in twenty years. "A stunning musical...brilliantly conceived." – *The New York Times*

MAY 29-JUNE 21

THE GOOD COUNSELOR DIRECTED BY ALEX LEVY

1st Stage in Tysons Times Vary \$15-28 Vincent seeks truth, not only for his client, a mother accused of killing her three-week old son, but also for himself and his haunted past with his own neglectful mother. Both riveting and poetic in the same breath, this vibrant new play is not just another courtroom drama but a thoughtful and thought-provoking examination of human failing and redemption.

MAY 31

AMERICAN YOUTH PHILHARMONIC ORCHESTRA PRESENTS STORIES OF COURAGE

George Mason University Center for the Arts Concert Hall 3pm \$10-20 The American Youth Philharmonic Orchestras is

proud to present the seasons' final concert for both our symphonic and concert orchestras.

JUNE 5-21

THE LITTLE PRINCE A LEARNING THEATER PRODUCTION

Creative Cauldron Friday at 7:30pm, Saturday at 2pm & 7:30pm, Sunday at 2pm \$15 "All grown-ups were once children... but only a few of them remember it." Antoine de Saint-Exupery's poetic tale tells the story of a world-weary aviator who gets stranded in the Sahara Desert. A small boy from another planet arrives and begins to share his stories about his adventures through the galaxy and his relationship with a special flower. By learning that "one sees well only with the heart," the aviator comes to a new understanding of how to laugh, cry, and

love again. This beloved French classic comes to life in an adaptation filled with enchanting music and heartfelt lyrics, with sophisticated appeal to all ages.

JUNE 7 AMERICAN YOUTH PHILHARMONIC ORCHESTRA PRESENTS YOUNG VIRTUOSI

George Mason University Center for the Arts Concert Hall 3pm \$10-20 The American Youth Philharmonic Orchestras is proud to present the seasons' final concert for the American Youth Philharmonic. This program will feature the two winners of AYPO's concerto competition as they perform with the orchestra. Mahler's magnificent Symphony No. 1, "Titan", provides the triumphant conclusion the anniversary season. ♦



Courtesy of Wolf Trap

8:30 P.M.

HUBBARD STREET DANCE CHICAGO

The Filene Center at Wolf Trap 8:30pm \$10-44 The elegance and athleticism of jazz, ballet, and modern dance fuse perfectly when this critically-acclaimed contemporary troupe creates their "near-perfect storm of movement, music and choreography."—*LA Times* "Interesting musical choices; bold, provocative set design; and a stimulating theatrical experience that wasn't always confined to the stage."—*The Washington Post*

JUN
24



BY KEITH LORIA

MORE THAN A

hair salon

Mark Anthony has been a hair stylist for more than 30 years and while he's well regarded in McLean for his artistry with a brush and some scissors, he's also known for an artistic eye when it comes to antiques.

"I first started dabbling in this seven years ago, and had a cabinet full of collectibles and interesting pieces," he says. "It's something my parents did and I started scavenging in it on a real small scale." As his collection grew, he knew he needed to do something to better display the pieces and also have an outlet for selling some so he could add more to his collection.

That led Mark Anthony to acquiring a salon in McLean two years ago, which

he remodeled and transformed into a space that not only offers some of the best stylists on this side of the Potomac, but houses his antiques and collectibles, which he now sells from the shop.

"I added about 650 square feet to the existing shop by breaking down a wall and then added four more chairs and a retail area for the art and collectibles," he says. "I found that while clients are here, spending time processing their color, it's a good environment to



wander around and shop for unusual gifts and collectibles."

Located at 6845 Elm St. in McLean, Salon Mark Anthony and the Antique Corner sells a variety of crystal, fine porcelain, English art pottery, vintage jewelry and framed art. "I'm from Pennsylvania, and I have a weekend home there so I scout around on weekends looking for things that I feel will appeal to my clientele," he says. "Items come from antique stores, estate sales, sometimes from people who are downsizing and need to sell things they are inheriting."

Operating both ends of the business does have its challenges. Mark Anthony is highly in demand for his salon services but he alone does most of the bargaining and selling of the items in the store. "The clients generally zip though and if they have questions, they talk to me, because I'm the one who really knows the merchandise and not everyone here is familiar with the different items," he says. "It's been really fun."

Just this week, a hair client, knowing that he carries unique items, came into the shop looking for an engagement gift and a wedding gift and she found two perfect things. "I have gift boxes and tissue so when people need a gift, they leave with a gift box or gift bag ready to go," he says. "I have a six-foot wall of items and also three lighted display cabinets with merchandise in them."

Like most collectors, Mark Anthony wishes he could keep everything he finds for himself, but he knows that's



not realistic and gets joy out of helping others find that perfect gift.

One item in his own collection is a pen made by a local artisan, which was given to him by his partner as a gift. Mark Anthony knew that this would be the perfect item for his store. "I met up with the man who made it, a retired man from Alexandria, and now I have several of his hand-made pen and pencils at the store," he says. "Anything I sell has to be unique and something I personally like or I can't sell it. I wouldn't say they are artisan things, they are more like classic collectibles."

A view of the shop reveals an eclectic group of items; everything from very high-end to affordable in a wide range of prices so anyone can find something. "I'm trying to attract people outside of our client list and I want people to know we have giftware available because we really don't have that many nice gift stores in McLean anymore," he says. "For people who don't want to run all the way to Tysons to buy a gift, this is a great way to find something unusual that people will love." ♦

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.



Contact me today
for a **FREE ANALYSIS**
of your home's value

Proven Results =
Over \$100,000,000 Sold!

Over 21 Years Real Estate/
Business Experience!
Fluent in Spanish



Kris Tracy
Long & Foster Realtors
1311 A Dolley Madison Blvd.
McLean, VA. 22101
703.980.6400
Kris@kristracy.com



Brothers Rd., Vienna
\$1,500,000



Arden St., Dunn Loring
\$880,000






www.kristracy.com

A Helping Hand to Care for Your Loved Ones



SERVICE | RESPECT | COMPASSION

Paragon Home Care is Northern Virginia's premier senior care provider. We are a local, private duty home care agency providing non-medical home care services to assist with the activities of daily living. With Paragon Home Care on your side, you are not alone.

Want to learn more? Contact us today! 703.942.8950

1515 Chain Bridge Road, Suite 136 | McLean, VA 22101
paragonhomecare.com | mail@paragonhomecare.com

Get the FREE
Mobile Visitor Guide App!
www.FXVA.com/mobile



Fairfax County, Virginia
Connect with America

VIVA
TYSONS
MAGAZINE



vivatyson.com/
subscribe



Roofing | Siding | Windows | Doors

Named one of the Best Contractors in
the DC Area by Washingtonian Magazine.

POND
ROOFING & EXTERIORS
Trusted Since 1964

Comprehensive Services for Every Exterior Need

- 👍 *Five Star Rated* by Home Services Review
- 👍 *Washingtonian* 2011 & 2013 Top Roofing and Siding Companies
- 👍 *2011 & 2014 Virginia Roofing Contractor of the Year*
- 👍 *Maintains a ✓ with Washington Consumers' Checklist*
- 👍 *Better Business Bureau "A+ Rating"*



703.573.8000
www.pondroofing.com

2987 Prosperity Avenue, Fairfax, VA 22031



WOLF TRAP LOOKING HOT THIS SUMMER



BY KEITH LORIA

A.R. Rahman



Weird Al Yankovic

Jim Gaffagan



Kelly Clarkson

All photographs courtesy of Wolf Trap

Summer in Vienna is always a popular time for music, theater and comedy lovers, as some of the country's most exciting and top performers head to Wolf Trap's Filene Center. With 90-plus shows on tap for its 44th season, this year's schedule looks to be one of Wolf Trap's finest.

Whether you're a fan of the '80s and come out to see Culture Club or The Indigo Girls; a country lover who checks out Lyle Lovett; dance freaks who want to move along with Dancing With the Stars' Derek & Julianne Hough; or want to sing along to "Eat It" with Weird Al Yankovic, there's something for everyone on this year's docket.

CONTINUED ON PAGE 44



"The Pirates of Penzance"



WOLF TRAP LOOKING HOT THIS SUMMER

CONTINUED FROM PAGE 43

Other acts sure to be a hit with Virginia audiences are Frankie Valli and the Four Seasons on Aug. 19, The Beach Boys on Aug. 23 and original American Idol winner Kelly Clarkson on Sept. 12.

"We really tried to get some big names that we're not used to having here, like Kelly Clarkson, and there will be some others who haven't been confirmed yet," says Peter Zimmerman, senior director of programming and production. "All in all, we have a schedule that we feel will appeal to everyone on one level or another."

A number of performers will be making their Wolf Trap debuts in 2015, including Kool & the Gang on May 30, A.R. Rahman on May 29 and Frank Sinatra Jr., on July 9.

"We're always trying to branch out to different demographics, and part of that was the impetus for booking A.R. Rahman, because there aren't that many big South Asian stars and we wanted to reach out to that audience," Zimmerman says. "We do really well with old-school rock and roll, so we tried to target some new ones who maybe hadn't been here in a while."

Therefore, if you're a fan of classic rock, there's no better place to be. On June 14, Classic Albums Live presents The Beatles—Abbey Road. Wolf Trap favorites, the Steve Miller Band plays June 17, a double billing of Peter Frampton and Cheap Trick share the stage on June 25, and CCR's own John Fogerty plays a solo show on June 30.

Fans of musical theater will be thrilled as the one-and-only Audra McDonald appears on June 22, plus "The Pirates of Penzance" graces the stage on June 13 and a performance of "Million Dollar Quartet" plays June 26.

Comedy lovers will want to come out for the 28th Annual Evening of Comedy on May 1 and 2, as well as for popular comedians David Sedaris on Aug. 2 and Jim Gaffigan on Aug. 12.

Wolf Trap will also offer a variety of evenings of opera at The Barns at Wolf Trap, and 30-plus performances at Wolf Trap's Children's Theatre-in-the-Woods.

Of course, no Wolf Trap season is ever complete without some unique and outstanding performances by the NSO orchestra. This year, the orchestra plays alongside a screening of "Back to the Future" (June 19), the movie "Star Trek" (Aug. 1) and a journey through 20 years of Pokémon.

"Over the past 2-3 years, we've tried to beef up our National Symphony programming," Zimmerman says. "This year we're also doing two operas at the Filene Center."

This is just the tip of the iceberg as the whole summer is filled with exciting shows for whatever genre of music you like. For a complete list, visit www.wolftrap.org.

Tickets for Wolf Trap's summer performances can be purchased via the Wolf Trap Box Office located at Wolf Trap National Park for the Performing Arts at 1551 Trap Road, Vienna, Virginia; calling 1(877)WOLFTRAP; or visiting 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.



STEMCELL ARTS

The Art & Science of Regenerative Medicine

AN AFFILIATE OF NATIONAL SPINE AND PAIN CENTERS®

**SIGN UP
TODAY!**

Stem Cell Therapy

ALTERNATIVES TO SURGERY:

Using Your Own Stem Cells to HEAL YOUR BODY

At StemCell ARTS, we specialize in offering cutting edge, natural procedures to address common injuries and joint conditions. These state-of-the-art, non-surgical adult stem cell and blood platelet treatments increase function and decrease pain.

The benefit of Stem Cell Therapy, Platelet Therapy, and Prolotherapy is the avoidance of invasive surgery resulting in lengthy downtime and painful rehabilitation.

Please join us for a fun, informative session that will explore how your body can work to heal itself naturally. The area's leading regenerative experts will answer all your questions. Bring your loved one or friend. Space is limited so register today. StemCell ARTS is an affiliate of National Spine and Pain Centers.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

- Knee Pain, Osteoarthritis, Meniscal Tears
- Hip Arthritis, Pain & Labral Tears
- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
- Tennis/Golfer's Elbow
- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

FREE PATIENT INFORMATION SEMINARS

Virginia

TUES, MAY 12 & TUES, JUNE 9
6:00pm to 8:00pm
1800 Tysons Blvd., Ste 100
McLean, VA 22102

Maryland

WED, MAY 6 & WED, JUNE 3
6:00pm to 8:00pm
5550 Friendship Blvd., Ste 100
Chevy Chase, MD 20815

RSVP
OR MAKE AN APPOINTMENT

703.520.5063
www.StemCellArts.com

VIRGINIA

1750 Tysons Blvd, Suite 120
McLean, VA 22102

MARYLAND

5550 Friendship Blvd., Suite 100
Chevy Chase, MD 20815



StemCell ARTS Physicians:



Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and rehabilitation. He is one of the first doctors in the Washington, DC area to use Stem Cell, Platelet Therapy (PRP) and Prolotherapy.



Robert Wagner, MD

Originally from Northern Virginia, Dr. Wagner is an expert practitioner in regenerative medicine techniques including Stem Cell Therapy, PRP and Prolotherapy.



Rodney Dade, MD

Dr. Dade is an expert practitioner in interventional pain management and regenerative medicine techniques for treating neck, back, and sports-related musculoskeletal injuries.

WATCH THE VIDEO AS SEEN ON

WUSA 9





BY LINDA BARRETT

CLAUDE MARCEL

salon de coiffure & spa

AVEDA

A LITTLE BIT OF *Paris in Tysons*

Come in, sit down, enjoy a cup of coffee, and let the pampering begin. It's a day of beauty at Claude Marcel salon de coiffure & spa.

Claude Marcel was founded by renowned stylist and artistic director Claude Marcel Courtet, who had a 26-year relationship with the internationally-renowned Dessange Paris salons in Europe and Washington, D.C. before re-branding as an AVEDA salon and spa in August 2013. It is co-owned by general manager Timothy Brockhoff.

The salon specializes in cutting hair in the "French style," where stylists sculpt hair to suit the body. Whereas most stylists only see hair, Courtet balances the entire person. Observe his eyes and you'll see him scan the entire body, taking into account a person's figure and demeanor, to design the perfect hairstyle to bring out the beauty in you.

It's a technique he's perfected so well that his salon has been chosen as one of only five AVEDA salons in North America known as an Artistic Center, after just two years. They regularly train stylists from around the world in their French technique of cutting and balance, and the owners have been chosen to speak at an international convention this fall.

THE ONLY AVEDA SALON IN TYSONS

In the same location since September, 2006, Claude Marcel is the only AVEDA salon in the Tysons area, which brings in a brand following. "In the field of products, people are looking for organic, and AVEDA is 99% organic, Courtet said. "It's the only brand using natural ingredients to process color, wash hair, and do facials."

Clients are free to use any of the stylists or technicians equally and can choose from five tiers of experience levels. Haircuts start around \$50 for Tier 1, and increase up to Tier 5 and Courtet himself. "I am behind everything here, and everyone who works here goes through an extensive training to learn the same technique to cut hair, the same vision, and the same fashion per season, no matter what level they are."



Claude Marcel Courtet

SELECTED
BY ELLE
MAGAZINE AS
A BEST SALON
AND SPA,
AUGUST 2014.



SEASONAL COLLECTIONS

Every season, Courtet designs a new collection that displays hairstyles in sexy, chic, European-type fashions. See his latest creations on the website and displayed throughout the salon.

Serving women, children and men, men especially enjoy a separate area offering cuts, coloring and shaves, along with hair removal, skin care and massage services using Aveda products.

All clients receive a personalized consultation followed by an Aveda neck and shoulder stress relieving ritual, along with a conditioning treatment.

SPA SERVICES

In addition hair services including cuts, color, retexturizing, conditioning, and extensions, Claude Marcel offers a variety of spa services including facials, makeup, massage, body treatments, waxing & tints, and nails. They combine high-performing plant-based skin and body care products with high-touch techniques to promote wellness and balance, and stimulate mind and body recovery.

CLAUDE COURTET'S BACKGROUND

Known for his keen skill and expert eye, Claude Courtet has developed a loyal following that includes many famous names in political, society and entertainment circles. His own background is storybook-like.

Courtet grew up on a farm in rural Switzerland, and loved to watch his mother color and set her hair. According to him, "She was a beauty pageant Miss and a brunette wearing platinum hair like Marilyn Monroe." She became Miss Switzerland.

At age 11, he offered to help his mother, and she allowed him to apply color. "She found out I did it perfectly, and from then on, I became her colorist."

When Courtet turned a teenager, he went to work in his aunt's salon in France on weekends and his days off from school, and a year later, became an apprentice at age 15 with Dessange Switzerland. He became a licensed hair stylist at 17, a Master Hair Stylist at 19, and at age 20, opened his first salon.

When his mother became ill with cancer, he stopped working to help her recover and then was lured into the field of modeling in Milan, Italy. It was here he started doing hair for other models and celebrities. Dessange offered Claude the opportunity to work in the United States, and he was ready for the change.

GIVING BACK

The owners understand the importance of giving back to the community that supports them, and engage with organizations like Jill's House, offering both donations and days of beauty to parents of children with intellectual disabilities.

"Overall, we're a destination salon run in a very professional way, like a doctor's office," Brockhoff said. Clients see the difference right away in the clean European lines and glassed walls of the salon and the white uniforms that differentiate staff from clientele. Appointments and walk-ins are accepted.

Most of all, Claude Marcel offers a pampering experience like no other. "When American women think of fashion and beauty, they think of Paris. We bring that little bit of Paris to Tysons." ♦

CLAUDE MARCEL SALON DE COIFFURE & SPA

8020 Towers Crescent Drive
Vienna, VA 22182
703-761-3135
www.claudemarcel.com

AUTHOR: Linda Barrett writes for both media and businesses, and runs All the Buzz, a corporate creative agency. www.allthebuzz.net



My tax software provider warns me that this, my **34th tax season**, will be the **most stressful ever!** Stanley, my Golden Doodle, is an expert at relieving stress.

Please call

**GEDDES &
COMPANY, PC**

Trading as

Less Taxing Inc. at 703-764-0829
or send an email to:
lesstaxing@gmail.com

Make an appointment to see how Stanley and I can lower your stress and ensure you that you pay the least amount of taxes allowed.



Gerald R. Geddes CPA
Geddes & Company, P.C.
T/A Less Taxing Inc.
9695 Main Street Suite C
Fairfax, VA 22031
703-764-0829
fax: 703-764-0830

Stanley works in the office from 8am to 4pm M-F.
Gerald works as late as needed.



Step out the kitchen door of the grand Manor Suite to enjoy a private terrace.

Stone Manor Inn
 BED & BREAKFAST,
 VINEYARD & ORCHARD
 13193 MOUNTAIN RD.
 LOVETTSVILLE, VA 20180
 (540) 822-3032



BY ALLISON CHASE SUTHERLAND

Just take it from lovebird Innkeepers Spencer and Beth. Sunshine, laughter, and friends are always welcome at Stone Manor.

Stone Manor Inn

BED & BREAKFAST, VINEYARD & ORCHARD

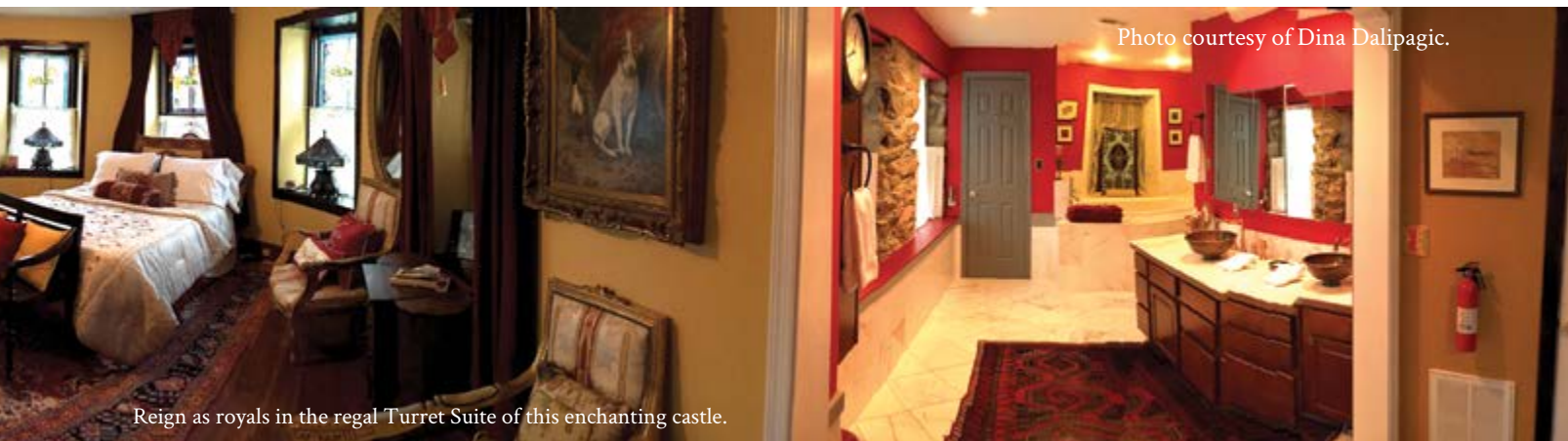
Situated conveniently at the edge of the Waterford Cluster of the Virginia wine trail map on the gently undulating Mountain Road, (great for biking,) this tranquil sanctuary beckons the visitor who seeks the serenity of the countryside in a truly friendly manor. Innkeepers Beth and Spencer really could not be more delightful. They are a vision of loveliness and their only true desire is to grant your every wish.

In the morning as sunlight splashes color through the rich collection of stained-glass windows throughout the house, these two lovebirds, Beth and Spencer, will already be up, bright and early, with the larks and the sparrows of the forest, meticulously preparing a decadent and luxurious six-course breakfast for their eager visitors in the modern yet cozy kitchen (great conversation nook) in the original house enclosed within the larger structure. If you happen to be an early bird, (unfortunately I am not,) you might even be able to pick up a few culinary tips.

But although it is a great delight to awaken to the joyful sweet sound of birdsong, what an unprecedented treat it is to

be serenaded by Spencer's operatic voice flowing up the great staircase, mellifluously soaring skyward toward the acoustically designed cathedral ceilings of what I like to call the Grand Banquet Hall, specifically designed for Spencer by his thoughtful and adoring sweetheart Beth. (Indeed she thinks of everything.)

That paired with the aroma of applewood-smoked bacon wafting up the great staircase will compel you to open the door of your Juliet balcony (there are three!) to survey and indeed delight in the theatrical scene starting to emerge below. At the breakfast table you might meet quite the cast of characters—perhaps a Montana rancher, a brain surgeon or an astronaut—maybe even



Reign as royals in the regal Turret Suite of this enchanting castle.

an emergency room nurse or a foreign-language tutor!

Guests appear mysteriously from secret doorways and passages from all corners of the Manor, drawn hypnotically by the piper, who incidentally doubles as master sconemaker and rivals even the likes of VivaTysons very own videographer and master sconemaker in her own right Kari Cannestraro (www.videomagic.com.) Gone are the hockey pucks of the past. Savor white chocolate blueberry, coconut toffee, butterscotch-craisin, cinnamon pecan, or gingerbread.

Spencer's gourmet breakfasts include homemade jams and jellies made from fruits picked from their very own orchard and fresh eggs from their very own chickens! The healthful juice blend is a heterogeneous mixture of bioflavonoids, including blueberry, pomegranate, and orange juice. "The juice was amazing," said one guest.

And you guessed it—Beth even makes her own pastry dough, bread, everything. In fact, come July, she might invite you to pick raspberries with her and even teach you how to make homemade raspberry liqueur! Beth is the complete Renaissance woman, rivaling the skill of Leonardo da Vinci—but she's way, way cuter. Don't hesitate to give her a hug.

Sweet Beth lovingly handcrafts an aromatic array of spa products, including the cutest amenity ever—you get to pick the scent of the soap, which comes in a little pouch to take home. Choose from sandalwood, lavender, coconut-lime verbena, or sweet orange. If there's time, maybe she'll give you a demonstration. Beth also creates healing bath salts. And spa gift baskets, no less.

The three magnificent suites include the intimate Peacock Suite and the

spacious Manor Suite, which look over parapets onto the Grand Banquet Hall, and the classic Turret Suite, which actually occupies the round stone turret of the castle and connects to the library, which also has its own spiral staircase and balcony. The Manor Suite at 1,200 square feet was actually slightly bigger than my

Jacuzzi tub overlooked by a majestic, romantic painting of galloping white horses. And let's not forget the terrace beside the turret, all your own. Feel free to sit a spell, as they say...

The King Reigns at the Restaurant at Patowmack Farm – Chef Tarver King, that is...

In a sparse, glass-enclosed greenhouse-like structure best enjoyed in greener months (or perhaps during Virginia's autumn splendor,) the Restaurant at Patowmack Farm is perched atop a sloping hillside overlooking the rugged Point of Rocks Bridge across the Potomac River. Set on 40 acres of land, eleven of which are given over to growing very local ingredients, their philosophy falls in line with the current and sustainable farm-to-table concept. Chef Tarver King, formerly of the fabled French Laundry in California and the idyllic Ashby Inn in Paris, Virginia, is an inventive culinary artist with an astonishing discernment for all that is eclectic, fusion, and organic.

You start out with a few tantalizing snacks to set the stage and awaken your palate. The pretzel gougère, pâte à choux baked to a golden crunchy shell filled with an oozing cheese fondue of local Virginia cow's milk Mountaineer cheese from Meadow Creek Creamery, perfectly infused with a hearty Old Dominion Virginia stout and Kosciuszko mustard, was transporting. Be sure to gobble it up in one bite. I could easily have eaten a dozen. Then you select from the following categories: Found, Grown, or Raised.

The most exceptional creation (which falls within the Grown section) was a refined yet rustic Sunchoke Bisque over Edward's Surryano ham—yes that's right—from Virginia, www.edwardsvaham.com.

Sunchoke Bisque

1/2 sweet onion - chopped
1/4 cup ginger - peeled and chopped
6 cups sunchokes - washed and chopped but not peeled
2 cups chardonnay
chicken stock - as needed
1 cup heavy cream
1/2 pound brown butter - kept warm
Surryano ham -
chopped in thin slices

Sweat the onion, ginger, and sunchokes in vegetable oil until soft. Deglaze with the wine and reduce until dry. Cover with chicken stock and simmer until the sunchokes are falling apart. Transfer to a blender with the cream and puree until smooth, then slowly stream in the brown butter to emulsify. Season with salt and pass through a chinois. We keep the skin on the sunchokes because they have a more earthy flavor and are full of nutrients. Makes about 2 quarts. Pour over sliced Surryano ham.

condo! Time to stretch out—maybe on the sultry divan in the bathroom, large enough to could accommodate two 10-jet showers and an illuminated soaking

CONTINUED ON PAGE 50



"It's your lucky day. I can feel it," giggles the effervescent winemaker Lori Corcoran as she pours some flagship USB Port-style wine, a great gift for Tysons Techies!



A taste of Verona from the Juliet balconies overlooking the Grand Banquet Hall.



STONE MANOR INN CONTINUED FROM PAGE 49

Also, the beet purée accompanying the succulent lamb with dollops of chèvre was colorful, velvety smooth, and intensely flavorful. An intermezzo of blueberry sorbet was refreshing.

Oh yes, and don't forget to stop in the gazebo on your way out to gaze out over the river below and at the sky full of stars above—many more than you're accustomed to counting.

Super Cool GIFT ALERT

FOR TYSONS TECHIES: 2011 USB PORT-STYLE WINE FROM CORCORAN VINEYARDS

With its caramel, mocha overtones, the 2011 USB Port-style wine from Corcoran Vineyards is skillfully hand-crafted from five acres of locally grown Chambourcin grapes, fortified with brandy and aged in whiskey barrels for 12 months. This rich, sweet potion is not just cleverly named, but also quite luscious. Perfect gift for the Tysons Technological Corridor! Nice on a cool spring night by the firepit. Try it with s'mores!

CORCORAN WINERY AND BREWERY AND CIDERY

Clearly, the standout winery was Corcoran. "Have fun! That's what it's all about!" says Corcoran winemaker Lori Corcoran, who is also a noted quality-assurance oak specialist around the region.

She and her family returned from the Bay area of San Francisco because of a "longing for Virginia." Ah, beautiful Virginia. Quite simply, she wanted to be a farmer, which entailed, among other things, bottle-feeding lots of calves! They even had peacocks on their farm. It seems peacocks are everywhere these days, as in the Peacock-themed Suite at Stone Manor. Incidentally, she mentioned that she did Cabernet Franc verticals at that B&B. I love the community synergy.

Not only extremely knowledgeable, Lori is also highly entertaining, and greatly enjoyed demonstrating to us the amazing weeble-wobble feature of the stemless wineglasses. Her banter is equally engaging. "I follow a lot of sommeliers on Twitter." "If a wine doesn't have legs, you're being bootlegged."

But on a more serious note, she describes her passion for winemaking. "I really try to capture the true characteristics of the grapes in every bottle." Corcoran was recently featured in *Virginia Wine Lover* magazine and is widely recognized for their luxuriant dessert wines. In fact, two hundred pounds of zested lemons are infused into their refreshing lemon Cello, made with 100% Petit Manseng grapes, but just bursting with lemon aromas. Chill Cello to be icy cold for a summertime refresher. But don't overlook their off-dry rosé made from Pinot Noir grapes with its spring-like strawberry flavors, perfect for sipping on a spring or summer afternoon in the sunshine. "I thought I was the only one

to pair rosé with a hot dog—no mustard." She knows how to succinctly sum it up. "It's all about sitting on the patio, waiting for spring," says Lori wisely. Vineyard visitor Dina Dalipagic enthusiastically exclaimed, "I'd recommend this place to everyone I know!"

"...don't overlook their off-dry rosé made from Pinot Noir grapes with its spring-like strawberry flavors, perfect for sipping on a spring or summer afternoon in the sunshine. "I thought I was the only one to pair rosé with a hot dog—no mustard."

The Cider Barn was bustling with fun, too! The only cidery in Loudoun County, Corcoran produces a fine and flavorful Apple Wine, voted Gold by *Virginia Wine Lover* magazine, which pairs nicely with Virginia country ham. They are proud to continue the tradition Thomas Jefferson started back in 1769 when he planted numerous varieties of apples at Monticello.

The crisp and flavorful bourbon barrel-aged hard Knot Head Cider has a particularly nice depth of character. Corcoran even has a brewery with a dozen offerings just a five-mile hop away in neighboring Purcellville. I guess they do it all!

"It's your lucky day. I can feel it," says Winemaker Lori to the neighboring tasters. And if you find yourself in the presence of that contagious, welcoming smile and effervescent wit, sipping across-the-board real-deal wines in a convivial 1750 log cabin, it is your lucky day indeed.

❖
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



Why Not GET THE ROYAL TREATMENT?

Whether it be a group outing to the Wizards or Redskins games, a night on the town for a Bachelorette, wine tour, or if you just want to relax on the way to the airport we are here for all of your transportation needs. We can accommodate 1 to 40 people.

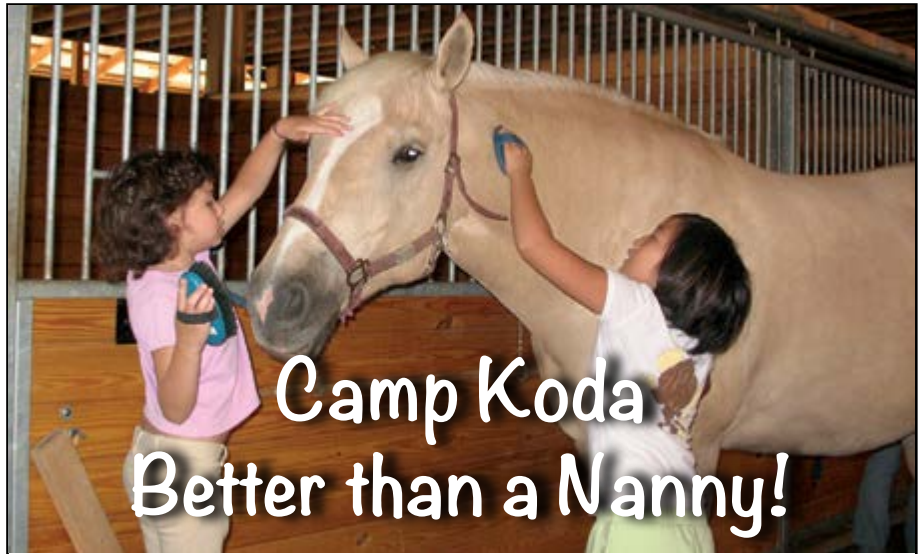
**LUXURY SEDANS • SPACIOUS SUVs
BUS • VAN • S-CLASS MERCEDES**

BMW 740iL



1 (855) DC ROYAL
1-855-327-6925
info@
dcroyalsedan.com

dcroyalsedan.com



Camp Koda Better than a Nanny!

WITH THIS AD, RECEIVE ONE FREE 30 MIN. RIDING EVALUATION.
Summer camps...create that unforgettable experience for your child!

Your camper's experience at the Academy is paramount to us. We offer innovative levels of challenge and activities for new and returning campers alike-all built upon the foundation of our world-class equestrian fundamentals. Our unique "weekly themes" not only spark the imagination of our campers but ignites genuine creative thinking all summer long!



**American Academy of
Equestrian Sciences**

Catering to the aspiring equestrian



campkoda.com

19876 Riders Success Lane • Leesburg, VA 20175 • 703.779.8082 • www.aaesva.com



Come Experience a NEW level of dental services!

Celebrated dentists Dr. Han and Dr. Ahn in McLean invite you to discover a new level of services and dental excellence.

Dental Implant
Periodontal treatment
Orthodontic treatment
Invisalign treatment
Full mouth reconstruction

Dr. Daniel Han Perio-Prosthodontist

Dr. Sooyeon Ahn Orthodontist

703.356.7001

Call for your assessment today!
You'll get the smile you deserve!

HAN & AHN DMD, PC

PERIODONTICS ORTHODONTICS PROSTHODONTICS IMPLANTOLOGY

6845 Elm Street, Suite #450, McLean, VA | 703.356.7001 | www.McLeanDMD.com | info@mcleandmd.com

RESIDENTIAL AND COMMERCIAL CARPET
AND FLOORS AT DISCOUNT PRICES

CUSTOM **CARPET** & FLOORS

Serving VA, MD & DC for Over 30 Years



Call for a Free Quote
(703) 938-7400

422 Maple Avenue East
Vienna, VA 22180

www.customcarpetandfloors.com

CARPET • HARDWOOD • CERAMIC
VINYL • LAMINATE
GRANITE COUNTERTOP
CARPET CLEANING
CERAMIC & GROUTING CLEANING
SAND & FINISH HARDWOOD
WATER DAMAGE RESTORATION



The Ultimate LUNCHTIME QUICK-FIX

ClearLift™ laser Procedure is a collagen developing treatment which improves skin texture and tone, smoothes wrinkles, brightens dark patches and diminishes brown age spots for youthful vitality targeting dark circles, neck lines, large pores, saggy skin and fine lines all in one treatment. Dramatic results achievable after just 30 minutes. For best results, three to five treatments are recommended.

Call us at 703-281-3000
to schedule your 30 minute
appointment and return looking like a
younger well-rested version of yourself!

6858 OLD DOMINION DRIVE
MCLEAN, VA 22101



ELYSEE 360
CONCIERGE MED-SPA

Cool Sculpting • Fraxel • Laser Hair Removal
Botox & Fillers • Tripollar Skin Tightening

WWW.ELYSEEMEDSPA.COM

NOW ENROLLING FOR ELEMENTARY



McLean, VA
703-356-5437

Where learning comes from the thrill of shared **discovery**,
the challenges of new **explorations**, the stimulation of
our carefully designed curriculum and the joys of
imagination and life long **friendships**.

www.brooksfieldschool.org

ADVANCED ACADEMIC CURRICULUM • PRE-K THROUGH 4TH GRADE



Great Falls Farmers Market

Great Falls, Treasuring Heritage, Home, Habitat

Local farmers
One-of-a-kind vendors
Community matters

YEAR-ROUND
WINTER

Grange/Old Schoolhouse
9818 Georgetown Pike

SUMMER
Great Falls Village Centre
778 Walker Road
Great Falls, Virginia 22066

Saturdays, 9AM to 1PM

www.GreatFallsFarmersMarket.org



Tim Steffen, the Bullpen's creator

BY GRANT EPPLING

Playing ball at the mall

IT'S ALL ABOUT THE KIDS.

When one plans a trip to Tysons Corner Center the goal is usually shopping or dining, not playing baseball, right? Yet for the last seven years, the mall has also been a destination for kids working on their throwing and batting. Hidden from shoppers' view, Tysons Bullpen is a beehive of baseball activity throughout the winter and spring for local Little League teams. Busy all weekend long and every weekday afternoon, hundreds of kids work out many times in a season.

Tim Steffen, Macerich's senior vice-president of asset management, Eastern United States, explains, "We are always looking at unused space in our malls to consider possible uses – every space can be used for something even if it's storage. Having a baseball background I saw an immediate opportunity at Tysons to turn an old movie theater space with sloped floors and unused for 17 years, into a batting cage."

Tim's vision was to offer a free facility to help young ballplayers on Little League teams to improve their pitching or to work on their swing. The initial reaction from other mall officials was something like, "You're going to throw hard projectiles at kids' heads?" and "It will cost a lot to build but you're planning on offering this for free?"

With this different venue for practice sessions, parents wouldn't have to just sit and wait, or drop off the kids, drive home, then come back an hour later. After bringing their child, Mom and Dad could spend that practice time visiting the mall for coffee or shopping. "We felt it was a way that the mall could give back to the community that has

supported us so much over the years," admits Steffen.

Ground rules were established and insurance was obtained through Little League of America. All pitching would be done by the coach or the kids, no pitching machines. Each team would have assigned times. It would be for local teams only – McLean, Falls Church, Vienna and Great Falls, and not for teams where the coach or others are in it to make money. (Little League coaches are all volunteers.)

Supporters were needed to make it ready. Several firms stepped up to supply material, labor or money, including Consolidated Waterproofing Contractors, Engineering and Technical Consultants, Freestate Electrical, Headfirst Baseball, Sparkle Painting, Tysons Corner Center, and Utica Contracting.

The Bullpen was completed in 2008 under the direction of Mr. Steffen. A few years later, the Washington Post wrote about Tysons Bullpen which led to a silver Maxi Award for Best Community Relations Event from the International Council of Shopping Centers.

CONTINUED ON PAGE 54



PLAYING BALL AT THE MALL CONTINUED FROM PAGE 53

Originally Tyson's Bullpen had direct access from the street until the mall leased space to a new tenant cutting off that entrance. Some suggested that the mall would have to close the Bullpen. Considering the thousands of kids that were benefiting from the facility, that was an unacceptable idea. Today access is through a network of corridors off the main mall and the Bullpen is going strong.

Once Washington National Ryan Zimmerman came to do a clinic and Steffan was preparing to pitch to him. Zimmerman's assistants got nervous and said, "You're not going to hit him, are you?" No one got hit and the kids had a fantastic time, throwing with Ryan, taking batting practice, getting autographs, and more.



According to Steffan, "If you're not giving something back to the community that supports you, you're failing." And in this case, it advances the cause of baseball, a pastime close to Steffan's heart. He is also a McLean Little League coach. "Baseball is a wholesome activity for parents and kids where the kids learn and grow. In my own case, baseball gave me the opportunity to go to college. Because of the Bullpen, maybe some kid will make the high school team that wouldn't have made it otherwise. We're doing it for the kids." ♦

AMPHORA

FULL SERVICE CATERING | EVENT DESIGN | SPECIALTY DESSERTS



*Tastefully
inspired
art*



www.AmphoraCatering.com | 703.938.3800

www.AmphoraBakery.com | 703.964.0500

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.





BY JUDY CAPLAN

Congratulations CONSCIOUS CONSUMERS

Consumers of America, pat yourselves on the back. Your desire for healthy food has finally reached the ears of our nation's fast food and corporate giants. McDonald's is now adding kale to its menu. Burger King and Wendy's are no longer including sodas with their kids' meals. 7-11 now serves quinoa salads and grilled chicken.

There are new restaurants and markets opening every day that offer calorie-reduced, locally sourced, environmentally packaged, whole grain, less sugar, vegan, vegetarian, paleo, and grass-fed options not to mention fresh juices and healthy versions of all of your favorite "not so good for you" indulgences.

Hallelujah, the tipping point has arrived! With even a fraction of awareness, consumers can now make choices that will positively influence their health and reduce their chances of developing chronic disease.

As viewed by this registered dietitian, who has watched the constantly changing food trends and fads over the last 40 years, this is epic. Once America's food environment is cleaned up and we start eating healthier, disease patterns will begin to change. The macro benefits

to our nation's health may not be seen immediately, but over time, obesity, heart disease, cancer, high blood pressure, and diabetes could lessen.

It took more than thirty years for obesity to sweep across our nation but I predict with the monumental changes happening in our fast food world, the positive benefits in disease reduction will move faster than the time it took for us to become size XXXL.

No more excuses. Healthy food is out there just waiting for you to say, "YES." So the next time you face the fast food marquee and are deciding what to eat, consume consciously. ♦

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.

So next time you drive through a fast food restaurant, grab a java at Starbucks, or run into the grocery to hunt and gather for tonight's dinner consider this:

1

Try out **new menu items** to support companies making positive food changes.

Order sandwiches, pizza, pasta on **whole grains**.

2

3

Choose the grilled items and ditch the French fries, nuggets, and onion rings.

Experiment with **gluten-free** and **vegan items**.

4

5

Sample new fresh beverage options like fresh juices and fizzy drinks instead of a diet soda.

Add **almond** or **coconut milk** to coffee.

6

7

Grab snacks like nuts, KIND bars, and **fresh fruit**.

Add veggies to everything because now you can!

8



BeltTeamRealEstate.com

"Changing Lives For The Better - One Family At A Time!"



kw
KELLER WILLIAMS
REALTY

- ✓ Finely Honed Negotiation Skills
- ✓ Think "outside the box"
- ✓ Listings sell **FASTER** & for **MORE** money than average
- ✓ Find homes for buyers **BEFORE** they come on MLS

703-242-3975



WHAT DO CLIENTS SAY?

Chris Duskin: "Their standout qualities included constant and thorough communication, knowledge of the market and our direct competition, instinct about buyers, their agents, their perceptions, their positions, and superior negotiating ability."

Call Terry Belt NOW to get on our **FREE** Priority Notification List for **NEW** listings **before** they hit the market!

FREE Instant Online Valuation ~ Better Than Zillow!

NorthernVirginiaHouseValues.com

Vienna - \$1,585,000



Vienna - \$1,549,900



Vienna - \$1,485,000



McLean - \$1,375,000



Vienna - Call For Price



Vienna - \$979,900



Broadlands - \$799,900



Vienna - \$797,500



Falls Church - \$759,000



Belt Team listings sell **FASTER and for **MORE MONEY** than average! Visit TheBeltTeam.com to find out why!**

Ranked in Top 100 Teams for Keller Williams Realty International—the world's largest real estate company by agent count!

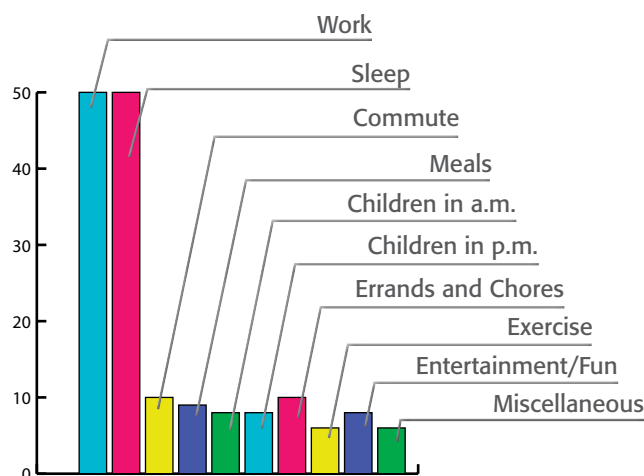


BY CINDY PAVELL

Spring Into Action... FREE UP YOUR ENERGY!

It has been a long winter...time to come out of our winter caves. We are ready for warmer temperatures, beautiful blooming flowers, and sunshine! It is also the season of short sleeves, sandals, and shorts. Some of you may be thinking about how you are going to look and feel with less clothes on. You already know the answer: exercise! The reason I hear most often for why people do not exercise is “do not have the time.” I am going to challenge this idea and instead speak to the obstacle of “creating energy” as being the true challenge.

Begin by taking an inventory on how you spend your time. There are 168 hours in a week. Below is an example:



As you can see from this example, I only have a few hours left over (you may have very different categories). When you see the numbers, it will offer you clarity on how you are spending your time. Do any of these activities actually make you smile? Before you can change anything it is valuable to know where you are now.

Being busy is the norm here in Northern Virginia. Hence, creating and having enough energy for each day is imperative for you to live the life you desire. How can you possibly create more energy? Below are a few simple, not necessarily easy, solutions:

- **TAKE GREAT CARE OF YOUR PHYSICAL SELF.** This is non-negotiable. Get 7-8 hours of sleep, keep your sugar and white starch intake to a minimum, eat veggies, veggies, veggies, move, and hydrate!! (I guarantee your energy will skyrocket even if this is the only one you do).
- **MAKE AN ANKLE-BITER LIST.** Write down all the little things you have been wanting to get done...sew button on blouse, clean kitchen drawer, take clothes to Salvation Army, buy new shower curtain...whatever there is that is sitting in the back of your mind. Every time the thought comes up and you say to yourself, “I’ll do that later,” it is robbing you of energy. Think about a time when you took care of several of these ankle-biters. How did you feel afterwards? Lighter, right? Having a long list of “haven’t done this yet” will wear out your executive center in your brain. This part of your brain uses a lot of energy! Make the list and choose to complete 2 ankle-biters a week. Notice how you feel as the list gets shorter!!
- **SOCIALIZE/CONNECT.** This may seem obvious, but many may socialize without connecting. For you introverts, I know there is a fine line; too much socializing is draining. The feeling of isolation is life-draining. Let someone know what is really going on with you. We humans are social beings. We need to know we are not alone.
- **CULTIVATE YOUR PASSIONS.** What rings your bell? What makes you feel like time doesn’t exist? Teaching and doing my Wellness Seminars do this for me. I don’t always like the prep work, but once I am in front of a room it’s magic! I am totally in the moment. Feel very alive!

Don’t give into your old patterns. Yes, to change takes work, diligence, and commitment. Anything worthwhile does. You and your life are worth the time and energy. Maybe the list above does not entirely apply to you. Choose what speaks to you, what is true for you. The time is now, today, this moment. Decide and get into motion! ♦

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



bring your
ideas into
reality
through
innovation
and
inspiration

- architecture
- engineering
- construction
- unique design
- exceptional craftsmanship
- customer service
- unsurpassed project management



703.272.8711

501 Church St NE #204
Vienna, VA 22180

www.studio76.com



The Montessori School of McLean

PROGRAMS FROM TODDLER THROUGH 6TH GRADE

NORTHERN VIRGINIA'S ONLY NON-PROFIT, AMS & AdvancED/SACS ACCREDITED SCHOOL

"A CHILD IS A
DISCOVERER.
HE IS AN
AMORPHOUS,
SPLENDID BEING
IN SEARCH OF
HIS OWN
PROPER FORM."

—MARIA
MONTESSORI



We look forward to sharing our unique program with you!

Contact our admissions office to schedule a tour.



AMERICAN MONTESSORI SOCIETY
education that transforms lives

1711 KIRBY RD | MCLEAN, VA 22101 | 703.790.1049 | MCLEANMONTESSORI.ORG

If you don't have natural
gas products in your home,
you're paying too much.

\$801

NATURAL GAS HOME

\$2,366

OIL HOME

\$1,647

ELECTRIC HOME

ANNUAL ENERGY COSTS:¹

Natural Gas. Efficient by Nature.

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

And now with rebates available in Virginia there's an opportunity to keep a little extra money in your pocket—\$200 on 90% AFUE natural gas furnaces and \$30 on programmable thermostats. Substantial rebates are available for businesses too. Rebates are only available for installations in properties served by Washington Gas in Virginia, performed by licensed contractors through April 30, 2015. For details visit WashingtonGasRebates.com/VIVA.



Washington
Gas

A WGL Company.

¹ Source: Energy Solutions Center



McLean Day CELEBRATES 100 YEARS

More than 18,000 people are expected to head to Lewinsville Park on Saturday, May 16 to celebrate the 100th annual McLean Day, brought to you by the McLean Community Center.

“For the 100th anniversary, patrons will see a new event ‘look,’ many new rides, a petting zoo, a history walk, and a new layout,” says Catherine Nesbitt, MCC special events manager. “People come back repeatedly for family fun to enjoy the stage presentations, food, rides, balloon animals and other fun attractions.”

For many McLean residents, McLean Day signals the beginning of summer. Schools are almost out, the weather is warming up and it offers the perfect opportunity for families to have a relaxed and enjoyable time together.

“The spring carnival is loved by everyone in our family,” says Mike Fenwich, a 10-year resident of the area. “We’ve been coming since we moved here and the kids love the rides, my wife loves seeing the neighbors and we all love the food.”

As always, there will be plenty of wonderful live performances happening throughout the day, with some of the area’s most entertaining acts taking the stage, including the Joy of Dance, Mutts Gone Nuts and Last Train Home.

The MCA Teen Character Awards, which recognizes and shows appreciation to teens who have contributed to the welfare of and shown exemplary behavior toward their families and neighbors, and are an inspiration to their peers, will also be presented.

Also on tap for this year is a new petting zoo, new amusement park rides, a larger marketplace with expanded exhibitor booths, the area’s hottest food trucks, plus plenty of games and other dining opportunities.





Some of the popular events through the years have been laser tag, archery tag, a rock climbing wall, face painting, pony and train rides, and much, much more.

McLean Day started thanks to a partnership between the McLean School and the Civic League back in 1915, who were looking for a fun way to raise funds for the area's school and community projects. Over the next century, numerous McLean organizations have kept the carnival afloat, with the MCC taking over for good in 1977. It was in 1988 that the carnival moved to Lewinsville Park for the first time, and it's been home to McLean Day ever since.

In addition to this being the 100th Anniversary of McLean Day, it's also the centennial of the Franklin Sherman Elementary School, and the festival will make special note of that achievement, as well. After all, the first few years of the carnival were held in a field adjacent to the school.

"You will see historical information about Franklin Sherman Elementary School as a part of the History Walk," Nesbitt says.

Admission to the festival is free and the costs for unlimited ride bracelets have been lowered. A free shuttle is available to take festival-goers to the park, with stops at the McLean Community Center, McLean Baptist Church and Redeemer Lutheran Church.

"McLean Day is a family event because it offers activities, exhibitor booths, rides and something fun for all ages so that everyone can have a good time," Nesbitt says. "We invite everyone to come out for the action."

For more information about McLean Day, visit mcleancenter.org. ♦

Aesthetic Center for Plastic Surgery

Facial Rejuvenation

- Face Lift
- Blepharoplasty
- Neck Lift
- Botox® and Fillers (Voluma®, Juvederm® & Restylane®)

Skin Health and Rejuvenation

- Chemical Peels
- Laser Treatments
- Skin Care

Breast Surgery, Cosmetic and Reconstructive Abdominoplasty (Tummy Tuck)

Liposuction

Laser Hair Reduction

6845 Elm Street Suite 708 | McLean, Virginia 22101 | 703.893.1111
www.dudamd.com



Gloria Duda, MD, FACS

- Certified, American Board of Plastic Surgery
- Member, American Society of Plastic Surgeons
- Member, American Society of Aesthetic Plastic Surgery
- Fellow, American College of Surgeons
- Chairman, Plastic Surgery Department, Virginia Hospital Center



Over 10 years of experience with
newest "Gummy Bear" silicone
breast implants

BY HUBIE CRAM

suggest that the book may impact those struggling to overcome challenges like domestic violence, those tolerating abuse, those needing to make choices, those going through a divorce or the loss of a loved one. The theme points to one's resilience and ability to persevere in overcoming life's challenges.

A 1000-day project released on Mother's Day in 2014, *S.W.A.K.* is now celebrating the one-year anniversary of publication. George and Adriana collaborated on the entire book together, a rare literary event, with both drawing on life experiences to supply details. While the book is fiction, Adriana says they enjoyed weaving familiar names or a favorite location into the story. "It was truly an artistic process," George comments. "Art reflects things that are seen, heard, read. In this case, the novel depicts the importance of family and demonstrates the triumph of the human spirit.

The life choices that we make have consequences and making choices is an important component of the book as it is in everyone's life."

Throughout its first year, the book has been well received. "We were blessed with some solid support from the beginning," says George. "We sent out galleys to everyone we've known and respect. We received blurbs from people like [Aspen Institute CEO and author] Walter Isaacson (*Steve Jobs*) who said, 'This is an exciting novel of love, betrayal, and self-discovery, it will help you reflect on the importance of family'."

George notes, "We had a booth at a local Greek festival. One woman bought the book and read the entire novel in the car. She said she couldn't put it down."

Adriana reflects on another moment, "We were at a book-signing in Clearwater, Florida. Michael, a visually impaired person, asked what the book was about so we gave him an overview. He was so inspired he said he would buy the book and have someone read it to him. Then when the book comes out in audio, he will buy the audio book as well."

Learn more at www.swakthebook.com. The book is available for purchase at Barnes & Noble and Amazon.com

GEORGE AND ADRIANA, THE COUPLE

The Sifakis have three children - Alexa, 11, George, 7, and Eva, 4, who are their number one focus, but they also find time to run Axela, a consulting



S.W.A.K.

A NOVEL OF ULTIMATE BETRAYAL

FROM ADRIANA AND GEORGE SIFAKIS
A COUPLE OF ULTIMATE INSPIRATION

S.W.A.K. is a riveting story of a highly controlling mother and her influence on the entire family, especially her youngest child. Ma works to make all of Lauren's decisions, to the detriment of both their relationship and Lauren's growth and development as an individual. *S.W.A.K.* follows Lauren from adolescence through her young adult years as she struggles to discover her strength and become the person she can be.

Crafted in short chapters, seemingly unrelated at first, *S.W.A.K.* delivers a hard-hitting drama that takes the reader on a twisted journey of lies and manipulation. A combative mother-daughter tale, it touches on themes, in some fashion,

found in stories like *Mommie Dearest*, *The Glass Castle*, or even *Psycho*.

S.W.A.K. appeals to a wide-ranging audience, with readers offering positive feedback like, "kept me to the end," and "a real page-turner." George and Adriana

firm. Included in that work is IdeaGen, a project that convenes the world's major organizations for quarterly meetings to address global themes and issues. In fact they recently partnered with the United Nations for a summit on the empowerment of women. "We tackle any issue, like veterans' mental health, financial literacy, or health care," says George.

They follow a goal to Live - Inspire - Empower. The concept is that everyone has the right to pursue their dreams, but also should do whatever they can to help others as well.

Asked about this drive to help others, Adriana starts with, "If you do good, it comes back around, If you don't do good, that comes back around, too." George adds, "We can't change the entire planet, but if we can change the world just a little bit, we've been successful. We're just trying to raise three young kids and do it right, so we also talk to our kids about these ideas." Check out the website, LiveInspireEmpower.com, for inspirational stories and ideas. Each of the kids also has their own page with book selections and more.

When asked who inspires *them*, George admits that, as they are best friends, they inspire each other. "And someone like Congressman Lou Stokes who came from a single parent household and accomplished so much throughout his long career." Adriana interjects, "Our children have inspired me with their creativity and their minds, giving us the potential to mold them, to guide them as they grow. George follows up, "There isn't a day that goes by when one of them doesn't do or say something where we'll look at each other as if to say, 'Can you believe their perspective? It's profound!' "

Currently the Sifakises are working on a project with a local school. Having donated books to a classroom, they meet regularly for one-to-one discussions with the students about issues raised in the book. It's a great way to give back," says George, "as these students look ahead to their futures. Hopefully they are empowered by the options that are before them. And they need to understand that they should never have to accept abuse, bullying, and the like."

The message of "live, inspire, and empower" is spreading. ♦



Building Quality Custom Homes in Vienna Since 2006

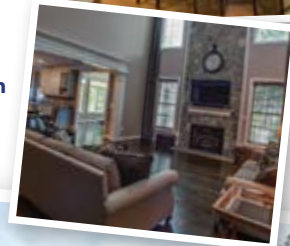
Building exclusively in the Vienna area, Stahl Homes LLC brings a personal approach to the custom home building process. We specialize in craftsman-style homes detailed in fine appointments with an eye on comfort, style and practicality.



*Sophisticated
Surroundings.*

Because we are a small, Vienna-based company, we offer a personalized, flexible approach to the home building process that far surpasses many of the cookie-cutter, three-choice processes that are often offered by production builders.

We recognize that many people only build one custom home in their lifetime, so it's important to take the time to educate and inform clients throughout the entire process. Our goal is to create well-built, sophisticated surroundings and relationships with satisfied clients.



Stahl Homes, LLC
S. Mark Stahl
(703) 399-9897
stahlhomesllc.com
mark@stahlhomesllc.com





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



Kids on a Mission ART GALLERY

Friends and family gathered at the McLean Community Center last March to the Kids on a Mission Art Gallery. The event featured various works of art from local students as well as the Kids on a Mission leadership team. All featured displays were on sale to raise money to buy suitcases for local children in foster care. See Touching Heart article, page 110. ❖



TAKE PART IN *Open Kitchen's* *Boot Camp*

In these hands-on cooking classes Chef and Nutritionist Katie Reineberg will guide you through simple, seasonal, healthy recipes to kick your culinary skills (and booty!) into high gear! We'll discuss portion control and meal planning as you master essential cooking techniques like knife skills, healthy baking, and more!

SUNDAY, MAY 10, 2015
2:00 PM-5:00 PM

In this week's session we're making a three-course meal inspired by summer fruits and vegetables. Class will begin with a discussion on how to properly select and store seasonal produce (and the health benefits of doing so!), then we'll hone our knife skills as we slice and dice our way to a delightful, healthy dinner.

SUNDAY, MAY 17, 2015
2:00 PM-5:00 PM

Learn how to recreate calorie and fat-laden comfort foods using healthy ingredient substitutions as we whip up a three-course gourmet, meatless meal from start to finish.

Each class is \$75/person. Sign up at: www.brownpapertickets.com/event/1294571 ❖



HAPPY 125TH BIRTHDAY

Town of Vienna



FREE CIVIC PLACE GREEN EVENTS AT THE PALLADIUM AT MCLEAN

*Corner of Laughlin and Lowell Avenues
at fountain area (close to Giant)*

May 9 (Saturday) from 3-4 pm
May 9 (Saturday) from 5-7 pm
May 10 (Sunday) from 4-6 pm
May 16 (Saturday) from 5-7 pm
May 23 (Saturday) from 8-9 am
May 23 (Saturday) from 5-7 pm
May 30 (Saturday) from 8-9 am
May 30 (Saturday) from 5-7 pm
June 6 (Saturday) from 8-9 am
June 6 (Saturday) from 5-7 pm
June 7 (Sunday) from 4-6 pm
June 13 (Saturday) from 8-9 am
June 13 (Saturday) from 5-7 pm
June 20 (Saturday) from 8-9 am
June 20 (Saturday) from 5-7 pm
June 27 (Saturday) from 8-9 am
June 27 (Saturday) from 5-7 pm

McLean High School Chorus students
The Beat Hotel (Mardi Gras)
Bach to Rock (B2R) music students
Victor Provost Ensemble (jazz, Caribbean)
Tai Chi/stretching exercises (Maria Spearman)
Scott Ramminger and the Crawstickers (blues)
Tai Chi/stretching exercises (Maria Spearman)
The Grandsons (mixed rock)
Tai Chi/stretching exercises (Maria Spearman)
Jon Shain Duo (blues)
Bach to Rock (B2R) music students
Tai Chi/stretching exercises (Maria Spearman)
Dave Kline Band ((world-wide music)
Tai Chi/stretching exercises (Maria Spearman)
Jumpin Jupiter (rockability)
Tai Chi/stretching exercises (Maria Spearman)
Four Star Combo (rock/Honky Tonk) ♦



Project Photo by Jennifer Alcott



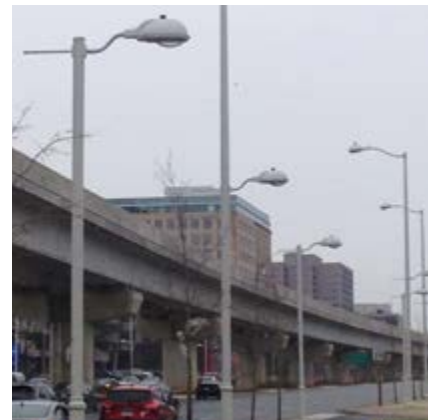
HORSEPEN BRIDGE PROGRESSES *for Silver Line Phase 2*

Capital Rail Constructors' crews, the design build contractor Phase 2 of the Dulles Rail Project, took a major leap forward in early April with the erection of huge girders on the new Horsepen Run Bridge which will carry Silver Line trains westward.

The girders traveled by truck along Interstates 81, 66 and 495 before following the Dulles Airport Access Highway to the bridge site near Dulles Airport. ♦



FREE RIDE ON THE TOLL ROAD, IN TYSONS *Courtesy of Screech*



ROUTE 7

Street Lights Installed

Stretches of Route 7 in Tysons Corner are indeed a bit brighter at night.

Dulles Corridor Metrorail Project contractors have been installing new contemporary white street lights in areas east of and near the Spring Hill Metrorail Station.

The lights, approved by Fairfax County, are part of the finishing touches for Phase 1 of the Silver Line project. ♦



★ Rides
★ Games
★ Food
★ Wares
★ Shows
★ FUN
★ ViVa!
★ Vienna!

FEATURED BY
food
network
ON "CARNIVAL EATS"

Join us for an entire weekend of all-day family entertainment, eats, crafts and wildly fun attractions in downtown Vienna, VA!

May 23-25, 2015
www.ViVaViennaVA.org

ALL PROCEEDS GO TO CHARITY!



EDDIE V'S *Prime Seafood* opens

Eddie V's has opened their 16th restaurant at Tysons One Place. The restaurant donated \$5000 to the McLean Project for the Arts at their ribbon-cutting ceremony in April. Participating were Jim Corcoran, president and CEO of the Fairfax County Chamber of Commerce, Susan Corrigan, executive director of MPA, Brian Phillips, Eddie V's managing partner, and Chad Sullivan, assistant manager. ❖



Shepherd's Center HONORS VOLUNTEERS

A Hawaiian theme provided the color for an early April afternoon dedicated to the scores of volunteers that support the mission of the Shepherd's Center of Oakton and Vienna. Hosted by Our Lady of Good Counsel, the 90+ volunteers in attendance enjoyed a great meal from Maggio's and Purple Onion Catering and entertaining music from Hawaii State Society Ukulele Hui.

In comments offered before lunch, Vienna Mayor Laurie DiRocco thanked the volunteers "for making the community what it is, and for all you do." Delegate Mark Keam acknowledged that SCOV is "about selfless giving" and mentioned that it's the "little touches that go a long way." Mike Collins of US Congressman Gerry Connolly's office read a statement to be entered into the Congressional Record of the great work that SCOV does and mentioned that the National Volunteer Caregiving Network has named SCOV as the 2014 Outstanding Volunteer Caregiving Program.

Last year, 237 volunteers contributed 11,830 hours to 387 clients for all the different activities and services provided. That includes transportation, their greatest demand for which they provided 2000 roundtrip rides to doctor appointments, grocery visits, and other travel needs.

As the program stated, "Mahalo to our volunteers." ❖



In an area as large and diverse as Northern Virginia, the range of issues and community needs is overwhelming. With a population of 2.7 million residents sharing the resources of this limited space, numerous organizations have formed over the years to address the varied concerns facing our communities. What was needed was a way to connect all of those organizations so that businesses, governments, nonprofits, and individuals could learn and share information to benefit the region.

CONNECT NORTHERN VIRGINIA SERVES MANY AUDIENCES:

CORPORATE, FOUNDATION, GOVERNMENT, AND INDIVIDUAL FUNDERS

can use Connect Northern Virginia to find information on a broad range of community needs – caring for an aging population, ensuring access to affordable housing, adult literacy, and others. Funders can also use the website to research organizations they may want to support to help meet these needs.



NONPROFIT ORGANIZATIONS

can use the website to reach out to new donors and volunteers and keep in touch with existing supporters.



UNIVERSITY FACULTY AND STUDENTS

can learn about opportunities for volunteering, internships, and jobs, and find collaborators and useful information for research projects.



THE BROADER COMMUNITY

can turn to Connect Northern Virginia to deepen understanding of community needs and gaps in services and find information about nonprofit and other service providers.

Connect Northern Virginia (www.connectnorthernvirginia.org) is an online, community platform –a website– that is helping to drive resources to address important community needs in Northern Virginia. The site, which was officially launched in September 2013, contains useful information about significant community challenges in Northern Virginia and about nonprofit and other organizations that are addressing these challenges.

All are invited to visit the website, register, and explore all that Connect Northern Virginia has to offer. Features include an events calendar, information on goods and services available from local businesses, internship, volunteer and job opportunities and so much more.

In the first 18 months, the number of registered users has grown to over 600 with over 20,000 visitors to the website thus far. Nonprofits especially are encouraged to register and verify the accuracy of their information on the website.

Connect Northern Virginia covers the counties of Arlington, Fairfax, Loudoun, and Prince William; the cities of Alexandria, Fairfax, Falls Church, Manassas, and Manassas Park; and other towns and jurisdictions within the region. While the initial phase of website development has focused on Fairfax County and Loudoun County, information is available on nonprofits in all jurisdictions and Connect Northern Virginia welcomes input from stakeholders in all Northern Virginia jurisdictions.

Connect Northern Virginia is managed by George Mason University's Center for Nonprofit Management, Philanthropy, and Policy, and is led by a small Leadership Team of Alan Abramson (George Mason University), Amanda Andere and Amy Fishman Kurz (Nonprofit NoVA); Eileen Ellsworth (Community Foundation for Northern Virginia), Andy Johnston (Loudoun Cares), Jeanne Sanders (Volunteer Fairfax), and Patti Stevens (Fairfax County Government). Additional support is provided by Emily Connelly (George Mason University), Wendy Lemieux and Karen Walz-

Fuentes (Fairfax County Government), and Susan Sanow (Volunteer Fairfax). A broad-based Steering Committee of stakeholders throughout the region also advises the project.

Current project funders include: United Way of the National Capital Area, Claude Moore Charitable Foundation, Community Foundation for Northern Virginia, McLean Community Foundation, Loudoun County Chamber of Commerce, Loudoun County Government, Comstock Partners, HCA/Reston Hospital Center, Loudoun Human Services Network, Town of Leesburg, and Unanet.

For more information, please contact:

Alan Abramson, Connect Northern Virginia Community Administrator, George Mason University, Center for Nonprofit Management, Philanthropy, and Policy, aabramso@gmu.edu, 703-993-8189

Susan Sanow, Connect Northern Virginia Project Manager, ssanow@volunteerfairfax.org, 703-246-3534. ♦

We Connect Communities

Connect Northern Virginia is a new website developed to improve understanding of important social issues in Northern Virginia and to drive resources to address critical community needs.

Find information on Northern Virginia-based nonprofits organizations, data about the community, mapping tools, and other information on community challenges and solutions.



www.connectnorthernvirginia.org

Connect Northern Virginia covers Fairfax, Loudoun, Prince William and Arlington counties, plus independent cities and towns within the region.



MAKING THE MOST OUT OF YOUR HOME IMPROVEMENT DOLLARS

If you're thinking about sinking some money into home improvement projects this year, keep a few things in mind. What you'll get back on your investment depends on the value of your house, the value of houses in your immediate neighborhood, the housing market where you live, how soon you sell after making improvements, and the quality of the project itself. Here, the scoop on home improvements that will give you the biggest bang for your buck:



ADDITIONAL BATH

Don't spend money remodeling the bathroom if it's the only one you've got. Your money is better spent adding a second bath.

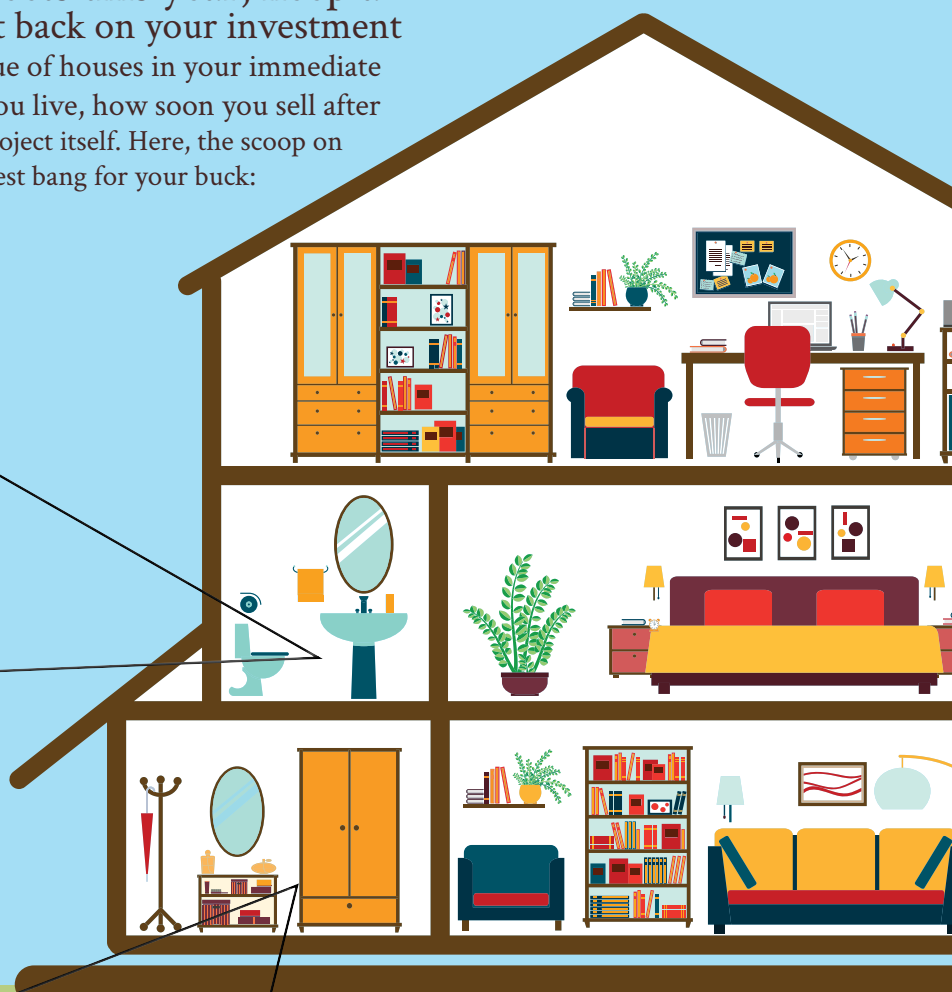
Many people love "the charm of older homes," says Long Beach, Calif., based realtor Dick Gaylord. "But a number of older homes lack a sufficient number of bathrooms. So if you've got a four-bedroom, one-bath home, it's certainly going to pay to add a second bathroom." A National Association of Realtors study by Florida State University professors G. Stacy Sirmans and David Macpherson found that adding a bathroom increased the sale price of a home by 8.7 percent, more than twice the rate for adding a bedroom.



CREATING ADDITIONS

Adding a room or two or five can be a good investment, particularly if you live in a hot housing market. "In the last couple of years there have been a lot of requests for additions," says general contractor Don Sever, who's based in the red-hot northern Virginia market. "Everything from adding a sunroom to doubling the size of the house." Much of the demand is driven by homeowners who want more space, but then realize they can't afford larger homes in their own neighborhood. Sever met with clients last year who wanted to fix up their house to put it on the market. After looking for homes to buy, "they decided that instead of spending money to get it ready to sell, they'd add features to make the house more livable and stay put."

Every 1,000 square feet added to a home boosts the sale price by more than 30 percent, according to the 2005 study for the National Association of Realtors.



ATTIC CONVERSION & SUNROOMS

The addition of attic bedrooms, family rooms and sunrooms returned anywhere from 70 to more than 80 percent of the money spent — and that doesn't factor in the value of your own enjoyment of all that new space. And more and more people want dedicated rooms for hobbies and crafts, says editor Sal Alfano, whether it's an exercise room, knitting room or home office. One caveat: Don't add on so much that you price your house right out of the neighborhood. "You don't want to be the leading value for the neighborhood," warns realtor Phipps. "Although you can be at the upper end."

ROOF & SIDING

According to Remodeling Magazine (www.remodeling.hw.net) you're less likely to recoup your investment in a major kitchen or bathroom remodel than you are to get back what you spend on basic home maintenance such as new siding. Siding replacement recouped 92.8 percent of its cost, according to the study. The only home improvement likely to return more at resale was a minor (roughly \$15,000) kitchen remodel, which returned 92.9 percent. Replacing roofs and windows were also high on the list, returning 80 percent or more at resale. Ron Phipps suggests thinking about it from a buyer's perspective. "I was with someone recently who was going to spend money to remodel their bathroom. But the roof is two layers and 30 years old." For a buyer, knowing the roof needs to be replaced is a much bigger issue than living with a functional, but dated, bathroom, Phipps points out.

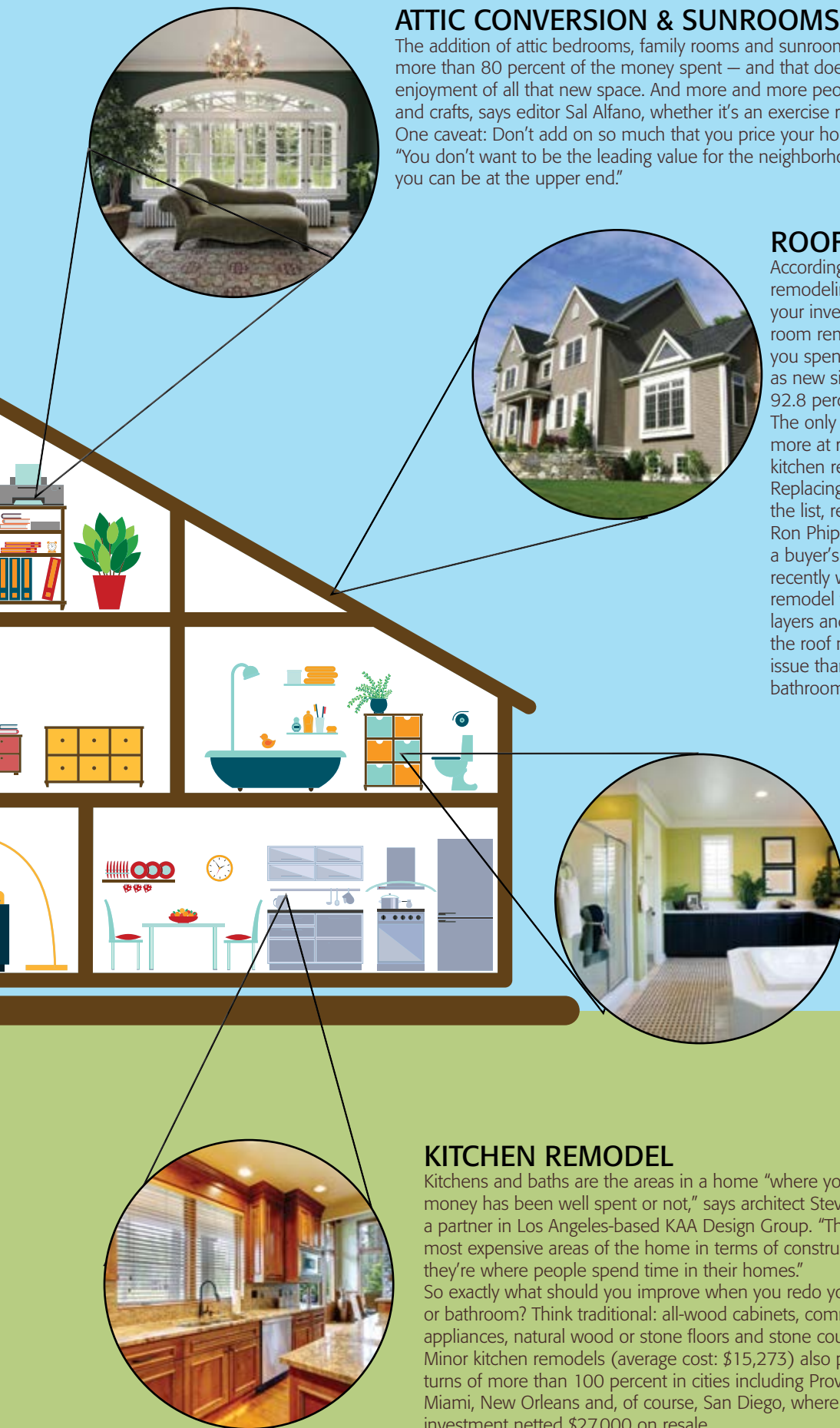
BATH REMODEL

In the hottest housing markets, springing for a kitchen or bath remodel is a sure-fire investment, often returning more than 100 percent of the cost. In Baltimore, for instance, a \$9,400 bathroom remodel recouped 182 percent of its cost at resale, according to Remodeling's 2004 study. The markets in Washington, D.C., Minneapolis, Chicago, Atlanta, San Francisco and San Diego also offered triple-digit returns on a bathroom remodel.

KITCHEN REMODEL

Kitchens and baths are the areas in a home "where you can tell if money has been well spent or not," says architect Steve Straughan, a partner in Los Angeles-based KAA Design Group. "They're the most expensive areas of the home in terms of construction. And they're where people spend time in their homes." So exactly what should you improve when you redo your kitchen or bathroom? Think traditional: all-wood cabinets, commercial-look appliances, natural wood or stone floors and stone countertops. Minor kitchen remodels (average cost: \$15,273) also provided returns of more than 100 percent in cities including Providence, R.I., Miami, New Orleans and, of course, San Diego, where a \$17,928 investment netted \$27,000 on resale.

Excerpts taken from *Which Home Improvements Pay Off?* by Kathy McCleary from www.hgtv.com/design/decorating/clean-and-organize/which-home-improvements-pay-off



THE DREAM KITCHEN

KENNETH M WYNER PHOTOGRAPHY INC



"I love working with my clients to create rooms they adore, just like this wonderful kitchen in Potomac."
-Vicki Girdis, Lead Designer

Wood-Mode
FINE CUSTOM CABINETS

COURTHOUSE DESIGN/BUILD
COURTHOUSE KITCHENS & BATHS DESIGN STUDIO
(next to Whole Foods in Falls Church)



Only the Best Since 1974

703.352.3011 remodeldc.com





THE 2015 "NO-SHOW" HOME SHOW

KITCHEN AND HOME REMODELING

AV Architects + Builders

9903 Georgetown Pike
Great Falls
703.865.5065
www.avarchitectsbuild.com

Bowa Builders, Inc.

7900 Westpark Drive
McLean
703.734.9050
www.bowa.com

Bowers Design Build

6715 Whittier Avenue
McLean
703.506.0845
www.bowersdesignbuild.com

Courthouse Kitchens and Baths

7511 Leesburg Pike #K,
Idylwood Plaza
Falls Church
703.352.3011
www.remoldc.com

Creative Concepts Design Center

2929 Eskridge Road
Fairfax
703.573.0033
www.creativeconceptsdc.com

Daniels Design and Remodeling

11216 Hunting Horse Drive
Fairfax Station
703.239.2700
www.danielsremodeling.com

Foster Remodeling Solutions Inc.

7211-H Telegraph Square Drive
Lorton
703.550.1371
www.fosterremodeling.com

KBR Kitchen & Bath

11055 Lee Highway
Fairfax
703.591.6757
www.kbrkitchenandbath.com

My Kitchen & Bath

285 Sunset Park Drive
Herndon
703.429.4323
www.mykitchenandbath.com

Nouvel Kitchen and Bath

8466-B Tyco Road
Vienna
703.992.9019
www.nouvelusa.com

Nova Kitchen Bath and Basement

14301 Sullyfield Circle #201
Chantilly
703.378.7100
www.novakbb.com

Studio 76, LLC

501 Church Street NE #204
Vienna
703.272.8711

Sun Design Remodeling

Specialists, Inc.
5795 B Burke Centre Parkway
Burke
703.425.5588
www.sundesigninc.com

Terranova Construction, Kitchen and Bath, Inc.

8453 Tyco Rd
Vienna
703.761.0604
www.terranoackb.com

WINDOWS/DOORS/ EXTERIORS/ROOFS

Pond Roofing, Inc.

2987 Prosperity Avenue
Fairfax
703.573.8000
www.pondroofing.com

Prince William Garage Door, Inc.

9102-G Industry Drive
Manassas park
703.366.3164
www.princewilliamgaragedoor.com

CARPET & UPHOLSTERY CLEANING

Ayoub Carpet Services

3856 Dulles South Court
Chantilly
703.255.6000
www.rugcare.com

PAINTING

CertaPro Painters of McLean, VA

1934 Old Gallows Road, Suite 350
Vienna
571.989.1979
www.certapro.com

PLUMBING/HEATING & COOLING

CroppMetcalf Services

8421 Hilltop Road
Fairfax
703.698.8855
www.croppmetcalfe.com

John Nugent & Sons

1387 Chain Bridge Road
McLean
703.291.4465
www.nugentsons.com

LANDSCAPING

C Dod Landscaping

408 E. Broad Street
Falls Church
703.241.2090
www.cdodlandscaping.com

NRC Landscape Construction

P.O. Box 217
Vienna
703.926.4113
www.iwantpavers.com

INTERIOR DESIGN

The Sanctuary

109 Church Street NE
Vienna
703.865.6477
www.sanctuaryinteriordesignbuild.com

FURNISHINGS

Home Escapes

292 Sunset Park Drive
Herndon
703.467.1700
www.homeescapes.com

Urban Mattress

229 Maple Avenue E
Vienna
703.261.4585
www.urbanmattress.com

Urban Retreat

290 Sunset Park Drive
Herndon
703.689.3404
urbanretreatfurniture.com

HOME BUILDERS

Bukont Homes

921 Glyndon Street
Vienna
703.472.8650

Stahl Homes

450 Druid Hill Road NE
Vienna
703.399.9897
www.zm3group.com

POND ROOFING

Roofing & Exteriors



Pond Roofing has provided Northern Virginia residents quality roofing & exterior services since the company was established in 1964 by Bob Pond.

Family-owned and operated, the mission of Pond Roofing is to provide outstanding craftsmanship and customer service and focus on problem resolution and client satisfaction. Pond maintains long-term relationships with their prior customers—and has put on second and third-generation roofs for second and third-generation families. Pond Roofing continually updates the certifications of its installers to ensure that your every project is installed according to the manufacturer's

Pond Roofing has consistently been rated as one of Northern Virginia's top roofers by Washington's local consumer magazine. Over 90% of their business is generated through referrals or repeat business.

warranty requirements. Pond estimators are experienced in solving problems and very thorough in their inspections. Pond builds strong relationships with their suppliers to get customers the best pricing on top quality materials.

Always working responsibly with regard to the environment, their workmanship is 100% guaranteed. Pond is a Class-A licensed and fully insured contractor.



703.573.8000

2987 Prosperity Ave, Fairfax, VA 22031

www.pondroofing.com

STAHL HOMES, LLC



Through sustained daily effort and an outlook on enduring quality and livability, Stahl Homes LLC, in conjunction with ZM3 Group, Inc., has developed a reputation of building premier residences in the Vienna area.

Personalizing a custom Vienna home is often a once-in-a-lifetime endeavor. At Stahl Homes LLC, they recognize this fact and make every effort to educate and inform clients before, during, and after this undertaking. Their priority on personalization and customization far surpass the cookie cutter, three-choice process many builders offer in today's "maximize profit" production home landscape. "Let's look over

With Stahl Homes, clients experience a knowledgeable, professional, and organized understanding of the complete development process from design to construction to move-in.

several floor plans and façade styles. Let's add a bath, move a wall, design that awesome kitchen. Make it functional, make it flow," said Mark Stahl.

"All towards a discerning eye on value and practicality. A personal, flexible approach is the Stahl Homes difference. "It all starts with a phone call, said Mark. "Give us a call and let's talk more about your ideas."



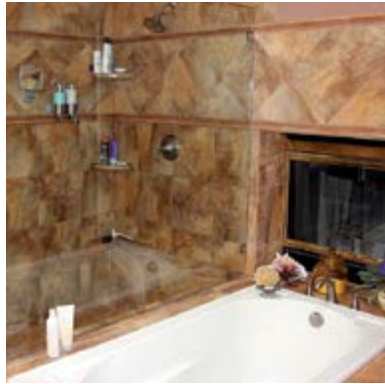
703.399.9897

450 Druid Hill Rd. NE, Vienna, VA 22180

www.stahlhomesllc.com

KBR KITCHEN & BATH

One Stop Shopping



What ever happened to customer service? When we were kids, repairmen came on time, banks knew our names, and home repairs were handled with professionalism and at a decent price.

KBR Kitchen & Bath offers old-style customer service, with new millennium products, materials and techniques all at a fair price. They will meet with you, design your home remodeling, then get the job done in a timely manner, all the while keeping costs low with special focus on your satisfaction.

KBR Kitchen & Bath brings you the most up-to-date and quality products from some of the most well-known experts in the industry.

KBR Kitchen & Bath uses their own in-house professional crews to get the job done in a timely manner and with your complete satisfaction. They know you are busy, and don't have unlimited time to dedicate to your remodel. From early planning, to choosing materials and installation, they strive to work efficiently, start on time and finish on time.

They offer Remodeling A-Z: Granite, countertops, tile, cabinets, carpet, design, custom, kitchen and bath. KBR Kitchen & Bath looks forward to showing you their old-style customer service and seeing your dreams come true.

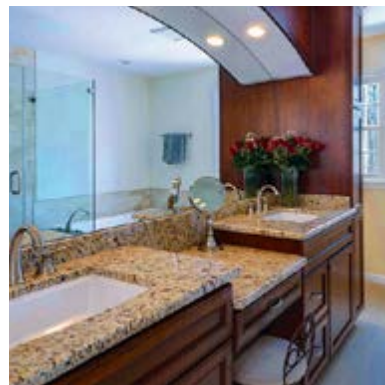


703 591 6757

11055 Lee Highway, Fairfax, VA 22030

www.kbrkitchenandbath.com

FOSTER REMODELING SOLUTIONS, INC.



Whether you want to remodel a kitchen, bathroom or your whole home, their Design Consultants and Master Craftsman have the expertise to bring your dreams to life.

another company for the drawings and yet another company does the construction. At Foster Remodeling all these things are done in house, they are your only point of accountability.

Their proven custom remodeling process is what keeps their Northern Virginia clients coming back to them time and time again. As a premier design build contractor, they specialize in designing and creating additions, kitchens, bathrooms and whole home remodels.

Foster Remodeling Solutions is an award winning design-build remodeling contractor with over 30 years of experience in Northern Virginia.

The Design-Build concept is a "one-stop shopping" approach to remodeling. This being that the interior designer, architectural designer and contractor are all under one roof. What is the advantage of a Design-Build project? Everyone is on the same team working to make your dream a reality. With other companies, you may find your designer works for one firm, your project gets outsourced to



703.550.1371

7211-H Telegraph Square Drive

Lorton, VA 22079

www.fosterremodeling.com

DANIELS DESIGN AND REMODELING



Daniels Design and Remodeling creates award-winning remodeling in the Northern Virginia area.

In 2013, Daniels Design and Remodeling received Houzz's 2013 'Best Of Houzz' Award, the 2013 GuildMaster of Excellence Award, Multiple COTY (Contractor of the Year) Awards and an Angie's List 2013 Super Service

Daniels Design and Remodeling is a fully licensed and insured local Virginia business committed to being innovative and excelling in all aspects of residential remodeling and customer satisfaction.

Award. For 17 years, we have listened to our customers' needs and dreams; designing and building projects that exceeded expectations.

Through years of experience, we crafted a process that carefully and artfully guides our clients through the design and construction process. We provide outstanding customer satisfaction, delivering dreams on-time and on-budget.



703.239.2700

11216 Hunting Horse Dr

Fairfax Station, VA 22039

www.danielsremodeling.com

SUN DESIGN, INC.



Sun Design, an architectural design-build remodeler, transforms fine Northern Virginia homes with award-winning design and a team of the most skilled craftspeople in the industry.

Whether the project is making the most out of existing square footage, adding more space, or a combination of both, Sun's sparkling reputation has been built on re-imagining homes through the creative use of light and space.

We work closely with our clients to reinvent their living areas with minimal impact on busy lives. The ultimate goal is to create beautiful homes that will enhance quality of life for years to come.

The Sun Design approach is based on close collaboration with the client—from the architectural plans and design decisions to the best materials and outstanding workmanship.



703.425.5588

6862 Elm Street, Suite 330

McLean, VA 22101

www.sundesigninc.com

NRC LANDSCAPING CONSTRUCTION



NRC Landscape Construction is a family owned and operated, Design and Build firm.

Established in 2003 by Nick Hanna, NRC has grown to be the premiere installer of Concrete Pavers, Retaining walls and stone.

With tens of thousands of square feet installed all over Northern Virginia, NRC's reputation for functionality and artistry is summed up by a fellow contractor: "Nick is an artist first and a contractor second."

With over 10 years of experience in the landscaping industry and a passion for perfection, NRC's reputation for quality and value is well documented by testimonials throughout Northern Virginia.

NRC is fully Licensed and Insured in the state of Virginia and a certified installer with EP Henry, Techo Bloc, Luck Stone and Owens Corning.



703.926.4113

Vienna, VA 22183

www.iwantpavers.com

BOWERS DESIGN BUILD



"While the quality of our design and construction defines us," says Wilma, "The true basis for our success is creating satisfied customers for life."

featured in National Publications and featured in Home and Design Magazine's 10th Anniversary issue as one of Washington's Top Style-Makers.

Their "Passion for Excellence" has also won them kudos and were recently awarded The National Customer Satisfaction Award by Professional Builder Magazine.



703.506.0845

6715 Whittier Avenue, Suite 200,

McLean, VA 22101

www.bowersdesignbuild.com

Bowers Design Build believes a home is more than just square feet. Since 1990, Bowers Design Build has remodeled more than 300 homes in the Northern Virginia area.

Having won the prestigious NARI Contractor of the Year Award for excellence in design & Construction every year for the past 10 years, they are constantly

AV ARCHITECTS + BUILDERS

How you live is a choice and design is a choice.
Smart design is our choice.



The Creative Team at AV Architects + Builders believes design influences the quality of your everyday life. Their philosophy integrates smart design with luxury and efficiency to deliver homes that provide functional and flexible spaces in connection with the natural environment. They redefine luxury and lifestyle while incorporating today's state of the art technology and construction methods.

We control BUDGET during DESIGN and we protect DESIGN during CONSTRUCTION

Green homes, open plans, great views, central entertainment, indoor/outdoor integration and spaces that relate to one another are some of the features AV Architects + Builders incorporate into their projects leaving you with the feeling of "living on vacation all year round."

When considering building or renovating your home, a conversation with the team at AV Architects + Builders is always a good idea.



703 865 5065

9903 Georgetown Pike, Suite 201

Great Falls, VA 22066

www.avarchitectsbuilt.com

URBAN MATTRESS



At Urban Mattress Vienna, the goal is to provide the right product for your sleeping needs in a low-pressure, relaxing and informative environment. They carry a wide variety of Eco-friendly latex, foam and spring mattresses, including Vi-Spring, Tempur-Pedic, Urban Organics and many others often made from 100% organic and natural materials.

Offering free delivery, often the same day, locally owned and operated Urban Mattress of Vienna places a huge value on giving back to the community it serves.

Offering free delivery, often the same day, locally owned and operated Urban Mattress of Vienna places a huge value on giving back to the community it serves.

2% of every purchase goes to our area local non-profits. You can rest easy—The experience and dedication to of Nathaniel Hoelk his staff of knowledgeable salespeople is your assurance that you've made the best choice for your bedding needs.

**URBAN
MATTRESS**

703.261.4585

229 Maple Ave E, Vienna, VA 22180

www.urbanmattress.com

NOUVEL KITCHEN & BATH



Nouvel Kitchen and Bath is a full service design build showroom that has become the answer to those home owners that seek cutting edge modern looks for their kitchen or bathroom remodeling projects. Our core product categories of kitchen and bathroom cabinets offer not only high quality finishes but more importantly superior hardware that utilizes every inch of your

"Unique custom design with a contemporary touch" best describes Nouvel Kitchen and Bath. Upscale trendy product offerings and superior hardware is what sets Nouvel apart from other kitchen and bath showrooms.

space. We also have a unique selection of tile and countertops. Nouvel is a one stop shop for your kitchen and bathroom remodeling needs! Our designers are looking forward to making your dreams a practical reality. You can see our latest projects on HOUZZ, winner of the Best of Service 2015 award.



703.992.9019
8466-B Tyco Road
Tysons Corner, VA 22182
www.nouvelusa.com

NOVA KITCHEN, BATH AND BASEMENT



When you hire NOVA Kitchen, Bath & Basement for your remodeling projects, honesty, integrity and great results are what you will get.

The team at NOVA Kitchen, Bath & Basement has completed remodeling projects ranging from 1,200 square feet to 10,000 square feet with a specialty in Kitchens, Baths and Basements. Working hard to satisfy clients and provide honest and sound advice, their extensive experience allows them the ability to provide suggestions and ideas while advising you on how to accomplish your remodeling goals all while saving you money.

If a homeowner provides quotes to us from other companies for the same project, we will guarantee to match their price and provide an additional 10% discount.

They take great pride in the quality and craftsmanship of their work and only use the highest quality products and materials. Every job is communicated to staff members to ensure knowledge of project and completion of work is on time.

NOVA Kitchen Bath Basement is a proud member of the Better Business Bureau and is fully licensed and bonded with the Virginia State Board of Contractors, adhering to all state and county code regulations. NOVA Kitchen, Bath & Basement also features a 5-Star Contractors Insurance Policy through the Erie Insurance Group which is valued over \$1M. Should the job require it, they can provide bonding.

703.378.7100
14301 Sullyfield Circle #201
Chantilly, VA 20151
www.novakbb.com

SANCTUARY

Interior Design Build



"Every client is extremely important to me," said Hillary Staats, owner of Sanctuary Interior Design Build. "That is why I do everything I can to make each one feel as though he or she is my only client."

Hillary Staats has cultivated Sanctuary Interior Design Build's reputation for top-tier service and exceptional design consultation. Staats manages the entire design process, from blueprint to completion, and ensures that every detail of each project is implemented to the absolute satisfaction of the client.

Staats fell in love with design from the age of ten and has wanted to make spaces beautiful ever since. She launched her career after receiving a degree

in Interior Design in 1987 and going on to work at several interior design firms in Great Falls and McLean. Her eclectic style and impeccable taste have led her to collaborate with a diverse array of clientele—from upscale, luxury homeowners purchasing furniture from White House vendors – to those simply seeking to add special touches to their living spaces for comfort and style.

Sanctuary
INTERIOR DESIGN BUILD

703.865.6477

109 Church Street NE

Vienna, VA 22180

www.sanctuaryinteriordesignbuild.com

STUDIO 76, LLC



Studio 76 brings your ideas and desires into reality through innovation and inspiration. They develop enduring partnership with their clients and draw success through collaboration, attention to details and lasting trust.

Studio 76 has a decade of experience in architecture, engineering and construction, along with their commitment to excellence in craftsmanship and services, that has earned them their stellar reputation. By combining comprehensive Architectural and Construction Services, they are committed to providing unique design, exceptional craftsmanship, unsurpassed project management and customer

Founders Nate Penati, AIA., F.E., LEED AP. and his wife Preeti Swaminathan LEED AP. have a combined experience of over 28 years and had worked for some well known award winning architectural firms.

service. Their personal approach to projects ensures the quality, meticulous attention to detail and superior finish while their approach to the Design-Build process allows clients to make informed decisions while balancing the creative design with their financial investment.



703.272.8711

501 Church St NE #204

Vienna, VA 22180

www.studio76.com

MY KITCHEN & BATH



Since 1994, design solutions, inc. has created some of the most exciting kitchens and bathrooms in the Washington, D.C. region. They are dedicated to meeting and exceeding your every expectation. Custom kitchen and bath projects require great attention to detail and with My Kitchen & Bath, your kitchen or bath project is planned to the utmost precision and realized by some of the finest and most experienced installation professionals in the business.

My Kitchen & Bath's talented designers see your project through from start to finish supervising the contractor throughout the installation phase.

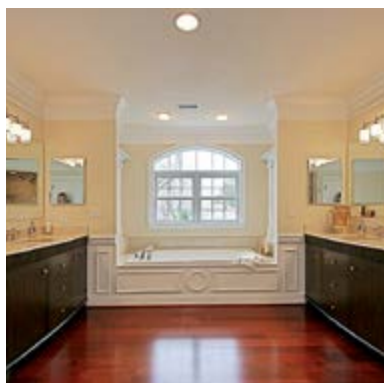
My Kitchen & Bath carries Miele appliances, Dupont Corian Countertops, Madeli and Foremost Vanities among others, Forevermark and Medallion Cabinetry among others, Kohler and Moen and Delta Faucets and a host of high-quality tile flooring and laminates.



703 429 4323
285 Sunset Park Drive
Herndon, Virginia 20170
mykitchenandbath.com

TERRANOVA

Construction • Kitchen • Bath



One of the area's finest one-stop remodeling companies, Terranova is a design/build company specializing in refined additions, kitchens and baths. Voted #1 best kitchen contractor by NOVA magazine readers and #1 Winner of the National Signature Kitchen and Bath National Design Award Terranova has served the Northern Virginia area for the last 18 years, demonstrating excellence in both design and installation.

At Terranova your architect/designer and contractor are one and the results of this integration are sustained commitment to your needs, a continued focus on design

From hand drawn sketches to the latest design tools, Terranova provides the highest level of personal service to their clients.

excellence and quality craftsmanship. As a family-run business, Terranova prides itself in having an architect, designers and experienced installation crews, all of which will ensure that your project will go as smoothly as possible from A to Z.

Our showroom on Tyco Rd in Tysons showcases great displays and a stunning portfolio. With our company philosophy of "design and build to achieve harmony of shapes, materials and colors," Terranova continues to find the perfect balance between the practical and the beautiful, satisfying our clients long after the final coat of paint is applied.



Come see us
at Viva Vienna

703 761 0604
8453-Q Tyco Road, Vienna, VA 22182
www.terranoackb.com

CREATIVE CONCEPTS DESIGN CENTER

Come Be Inspired!



Creative Concepts Design Center has a team of creative and passionate professionals who are the proud winners of the "Best Design Exhibit" award at the prestigious Home and Garden Remodel Show 2015.

CCDC has been servicing DC Metro Area clients since 1981, providing the highest quality home remodeling services at the highest value. Each project begins with an inspired design in which every detail is carefully thought through.

Creative Concepts will work within your budget to ensure that your dream home becomes your reality.

They use top of the line exclusive products and material as well as providing superior workmanship.

Visit their showroom where they treat their customers like family. Their team takes time to learn about you, your needs and your ideas and then share their design expertise and product knowledge so that you can make your selections confidently.

creative concepts
DESIGN CENTER

KITCHEN • BATH • TILE • STONE • WOOD

703 573 0033

2929-J Eskridge Rd, Fairfax, VA 22031

www.creativeconceptsdc.com

COURTHOUSE DESIGN/BUILD

Kitchens & Baths Design Studio



For 26 years, Jim Gardiner has been the owner and president of Courthouse Design/Build, operating the Courthouse Kitchens & Baths Design Studio in Falls Church next to Whole Foods on Leesburg Pike. Jim's team has won national Best of Houzz Design Awards for both 2014 and 2015. Jim, a two-time graduate of UVA with an M.S. in Chemical Engineering, brings both an impeccable designer's eye and an engineer's discipline to all his company's projects.

Jim's team has won national Best of Houzz Design Awards for both 2014 and 2015.

Jim's inspiration: "For me, Jefferson's serpentine walls wove function and beauty together into a perfect construction... we strive for this when we design for our clients."

For the finest design and contracting team available, Courthouse is the right choice.



**Courthouse
Design/Build**

703 352 3011

7511-K Leesburg Pike, Falls Church, VA 22043

www.RemodelDC.com

CertaPro Painters®



- RESIDENTIAL & COMMERCIAL
- INTERIOR & EXTERIOR
- ECO-FRIENDLY PAINTS
- DRYWALL REPAIR
- WALLPAPER REMOVAL
- MULTI-YEAR WARRANTY
- CARPENTRY SERVICES
- COLOR CONSULTATION
- LOCALLY OWNED & OPERATED

571-989-1979 • tysons.certapro.com

10% OFF ANY PAINTING PROJECT*

*Offer cannot be combined with any other estimates and applies to new projects only. Must present coupon at time of estimate. Offer valid through 12/31/2015.

Each CertaPro Painters® business is independently owned and operated.



NRC Landscape Construction

Design • Installation • Service

703.926.4113

www.NRCLandscaping.com



DEMAND FOR INTEGRATED INDOOR-OUTDOOR SPACES

Inspires Innovative SOLUTIONS, EVOLVING TECHNOLOGIES

BY JOHN BYRD

(At left) The new porch provides many lovely focal points, quiet spots to just sit and enjoy.

For Sun Design's Craig Duroske, remodeling is all about staying on top of emerging applications that will outperform the old standards

“When we started this company twenty-seven years ago, our core specialty was opening up views and creating visual continuum,” explains Craig Duroske, chairman and founder of Sun Design Remodeling. “That said, creating a more functional relationship between the house and its setting has always been the larger proposition we explore with homeowners.”

“Simply put, northern Virginians like their green backyards and temperate climate, so finding ways to connect the house with *what's just outside your door* is a strong local incentive-- especially as spring unfolds into summer”

In fact, Duroske notes, homeowner expectation for better integrated outdoor spaces evolves with each season; so, too, the call for definitive sightlines linking the house to the grounds.

To accommodate, Sun Design professionals constantly assess emerging building technologies, code issues, design literature.

Photo courtesy of Bryan Burris



“You are always learning,” Duroske says. “Improving on the quality of what you stand for as a company is a constant motivator for everyone here.”

By way of example, Duroske cites three recent trend-setting projects.

Poolside Pavilion Features Outdoor Kitchen

Entertaining outdoors has become a primary recreational activity for Monte Zaben and family. Though he commutes regularly from his Fredericksburg home to an office in McLean, Zaben's weekends by the pool have become treasured quality time.

The reward is all the sweeter knowing that eighteen month ago his expansive backyard playground was pretty uninviting.

“The house was built to my requirements, but I hadn't thought much about the grounds,” he says, “We added a saltwater pool a few years ago-- only to realize that the back of the house was so sun-exposed...it was uncomfortable sitting outside.”

For about a year, Zaben stockpiled ideas on how to convert the backyard into a more functional and aesthetically-pleasing outdoor play area; finally, researching online, he came across a portfolio of indoor-outdoor solutions by Sun Design and set up a meeting.



(At left) Black aluminum railing, charcoal gray screens, yellow pine flooring and a beaded tounge-and-groove ceiling are among the enduring and weather-resistant materials that distinguish the Alger family's screen porch. With the help of overhead fans, shades and portable heaters the family uses the open room from early spring to late fall.

is a perfect spot for buffet tables.

Careful detailing-- an architecturally-sympathetic overhang to an upper level kitchen window, a re-designed dormer-- give the new elevation an appealing balance that incorporates planters and other outdoor features.

"We use our outdoor space on just about every seasonable day of the year," Zaben says. "It's very much part of our lives now."

Screen porch, rear decking: weather-resistant materials finely applied

As Fairfax homeowner Joanne Alger tells it, the defining element to their Georgian-style home-- a classic wooden portico on the front facade-- had failed twice in 14 years; also, the two-level

wooden decking system on the home's rear elevation was deteriorating badly.

On a friend's recommendation, Alger called Craig Durosco, who inspected the facade and found an old story: the effect of a northwestern exposure on comparatively fragile wooden soffits, trim and other detailing.

His solution: replace the portico's flat roof with a metal concave-shaped alternative; use an aluminum-frame arch-topped window in lieu of the existing wood-trimmed variant. All to be seamlessly integrated with other exterior elements. For added weather-resistance, the new portico supports are trimmed in PVC.

Impressed with the outcome, the Algers now sought Durosco's ideas for a grander rear elevation indoor/outdoor component, one that would better reconcile the sprawling house with its six acre wooded setting.

There had been lots ideas for the backyard over the years, one with a pool. But in the end the Algers embraced a Sun Design scheme with three main components: a 17' x 16' screen porch, a grilling deck, a ground-level patio.

To preserve sightlines from the house, Durosco situated the grilling deck immediately outside the kitchen door. From the grilling deck, a stairway

CONTINUED ON PAGE 86

From the start, the homeowner was impressed with Craig Durosco's plan for a shaded pavilion outside the home's lower level.

With its vaulted entrance way extending to the pool, the new structure accommodates several inter-related activity zones while quietly articulating the existing architecture.

Craftsman-style piers supporting an angular metal-clad roof present a period ambience accented with wicker chairs and cafe tables.

Under roof, three distinct activity areas provide shaded privacy within easily interactive sightlines: a lounge area in the re-designed entrance to the lower level changing area; a smaller closer-in footprint with a cozy poolside vista; an outdoor kitchen equipped with a traditional grill, a smoker and a power burner.

The kitchen accommodates a dining table for two-- perfect for sampling a new wine, or one of the chef's special dishes.

When the summer guest list rises to fifty or more, however, the vaulted canopy

(At right) The outdoor kitchen to this poolside solution is equipped with both a traditional grill and a power burner. There's also dining for two; a refrigerator and many amenities.



Photo courtesy of Mitro Hood



(Above) To create a better indoor/outdoor continuum for a fifty year old home, Sun Design converted a circa 1960s split foyer home to French Colonial style structure with a spacious wrap-around porch.

(At right) How to bring the outside into your home. The 25'x16' window wall in the home of Ginni Mulligan was designed to maximize a dramatic backyard view while meeting tight local code regulations. To accomplish dual goals, Sun Design replaced the bulky traditional bulky wooden frame with a steel "moment" frame that covers less of the window surface. Sitting at the dining counter and looking out at nature has become a favorite activity for the Mulligans and guests.



Photo courtesy of Bryan Burris

comfortable we can use it from early spring to late fall."

Well-designed Visual Continuum Brings the Outside Indoors

Nick Bonadies, Sun Design's director of new business development, points to the 25' x 16' custom window wall in a newly remodeled Fairfax home as a kind of triumph of glazing technologies over the strong wind.

"Homeowners come to us for ideas that will open up space and invite visual continuum," he explains, "But Fairfax County's rules on the wind-resistance requirements of large-scale windows can inspire a search for innovations that yield a better view."

Since *wind-load* can cause windows to crack and even shatter, the relationship of a window's size to its distance from adjacent bracing panels must meet an exacting metric. Finding engineering solutions that will assure homeowners the exceptional effects they seek is, thus, critical to doing the job well.

Case in point: Gini Mulligan's 2,200 square foot circa 1960s split foyer home was converted by Sun Design into a 4,238 square foot French colonial complete with wrap-around porches, a new master bedroom suite addition, and a spacious gourmet kitchen with a jaw-dropping view of towering backyard trees.

"We bought the house over 20 years ago-- mainly because of the lovely wooded setting," Mulligan explains. "I then spent so many years gazing out of a small back window, trying to imagine how the house would feel if we had a better view."

Of course, the scale of Mulligan's vision—a two story rear elevation window wall—presented feasibility questions.

"We knew we had to custom-design the window frame, since a traditional wooden frame with the tensile strength required by code would be so thick it would actually restrict the view," Bonadies says.

Which is why Bonadies and team proposed a steel "moment" frame. It's an unusual in a residential application, but allows for as much as a 40% increase in unobstructed glass surface.

Among the challenges: zero tolerance for error. Since all the frame's constituent parts must be created *off-site*, there's no way to cut, bend, or shape its pure tempered steel once the *on-site* assembly is underway.

"The design and fabrication must be precise," Bonadies says.

The glass panes—which feature a high-level of thermal resistance-- were, likewise, fitted into the frame on site.

"It all looks very delicate-- but this window can withstand winds of up to 90 mph," Bonadies says.

Adds Mulligan: "Every room in our house is now visually linked to the setting. We are treated to flowering trees in spring and summer; oak and maple foliage in the fall. Then snow-dusted hollies. It's all very special."

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

CONTINUED FROM PAGE 85

descends to a landing where it splits in two directions before reconnecting at a ground-level patio. The patio, in turn, segues to a hard-scape platform featuring an eight foot stone hearth and comfortable seating.

Meanwhile, the screen porch demonstrates how highly durable materials can be shaped to meet demanding aesthetics. A Trex "transcend" railing with black aluminum balusters was selected since it won't obscure views by reflecting light. The fiberglass charcoal screen, likewise, makes it hard to see the porch interior from the outside.

Pressure-treated southern yellow pine flooring under-girded with screen mesh keeps the bugs out. The fir-beaded tongue-and-groove wood ceiling lends a natural burnish to the open-air ambiance.

As a finishing touch: paneled Hardiboard for the porch's inside wall-- a neutral backdrop for the wide-screen plasma TV mounted next to a window that serves as a food and beverage pass-through.

Overhead fans and portable heaters keep the outdoor room habitable in all but the coldest days of winter.

"It's our preferred gathering place now," Alger says. "And so

What will *you* find at Chesterbrook Residences?

"A caring staff encourages residents to find the best ways to realize their full potential while maintaining their independence."

Hamilton Brown,
resident since 2011

Experience a community within a community. Feel at home the second you walk through our doors and meet your future neighbors. We embrace our residents for who they are—individuals who have unique interests, backgrounds, and lifestyles.

Call or visit today and see why our residents love living at Chesterbrook Residences.

703.531.0781

Chesterbrook
R E S I D E N C E S

Assisted Living Community



2030 Westmoreland Street • Falls Church, VA 22043 • www.chesterbrookres.org

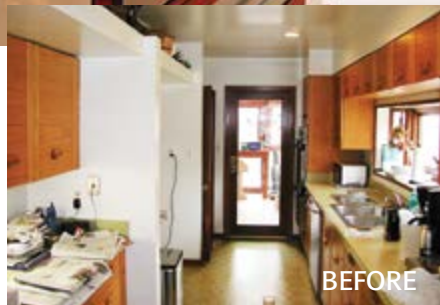


Coordinated Services Management, Inc. - Professional Management of Retirement Communities since 1981





BY WILMA BOWERS



BEFORE

Opening up kitchen options

Everybody has a kitchen, but few have their ideal kitchen. Today's kitchens go well beyond meal preparation areas to become the home's great gathering places, no matter how big or small. Changing needs and uses call for new design thinking. The open kitchen concept is not new, but it is becoming a must-have for homeowners seeking greater togetherness. Designing and building a unique space for each individual homeowner that is open, beautiful, and functional is both art and science and the professionals at Bowers Design Build have been creating great spaces for 25 years.

Kitchen renovations come in all sizes and we explore three of Bowers' distinctly different and award-winning creations: a small kitchen space in Oakton, a grand entertaining kitchen in Vienna and a professional couple's modern kitchen in McLean.

Modern Kitchen

with a Great View in McLean

Busy working couples often don't have time for leisurely cooking, but when they are at home, they want to be in a pleasant space and have an efficient kitchen that helps recharge

their energy level. The original kitchen in this modern McLean home was narrow, cramped and dated. The kitchen was adjacent to an atrium room that had become a catch-all for unused items. However, beyond that atrium was a beautiful wooded setting. It was a shame that the home's design didn't take advantage of this beautiful lot. Bruce Bowers and the Bowers design team knew that opening up the kitchen to these views would add tremendously to the enjoyment these homeowners would get from their property.

Bowers removed the atrium room and added an exterior glass wall looking out to the wooded area. They also borrowed



Made More Open in Oakton

some space from the adjacent large dining room to enlarge the kitchen and open it up to a new sitting room. These dramatic improvements greatly enhanced the overall look and functionality. Light-colored wood flooring makes the space fresh and bright. A floating glass bar top, modern red custom cabinets, and great accent lights complete the desired look.

Creating the ideal kitchen is made much easier when working with a professional design/build firm that creates a customized plan for each unique client.

The Small Kitchen Made More Open in Oakton

The original kitchen was very narrow and cramped. For a homeowner who loves to cook and bake, this 1970s kitchen needed to change. A wall separated the kitchen from the family room and the homeowner assumed it would be expensive to remove because it housed the home's main electrical panel. Bowers developed a plan to improve space and circulation by removing the wall, making the space bigger and more open to the family room. In order to remove the wall, Bowers relocated the electrical panel to the garage and installed a beam to support the weight of the second floor above. They could have simply put a column in the kitchen for support, but the structural beam approach provided the totally open look the client wanted.

Once the wall was removed, there was space to add a bank of floor-to-ceiling



BEFORE

cabinetry. The design also included drawers and cabinets tucked in every available space, like the kitchen island. The island also has seating for three people and provides more counter space for food prep and serving. A new beverage center in the adjacent family room keeps guests from underfoot.

Grand Entertaining in Vienna

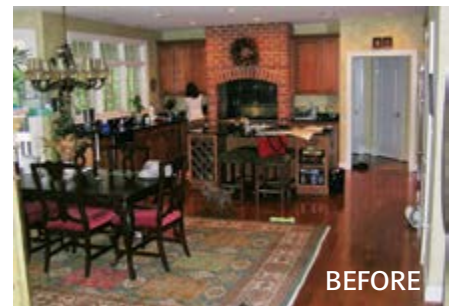
This Vienna family loves to entertain. The homeowner wanted to create a "family foyer" so that when guests used the more convenient entrance off the driveway, they wouldn't have to walk through the mudroom/laundry room to get into the kitchen. In addition, the homeowner wanted more counter and storage space in the kitchen and cozy seating area rather than the large dining table adjacent to the kitchen.

Bowers created a new two-car garage that allowed part of the existing garage space to be used to create a beautiful family foyer. This included a larger covered entry

space from the driveway, a large coat closet, a caterer's kitchen, walls for family bulletin boards to keep them organized and a larger laundry room and powder room that could be closed off from the family foyer.

The kitchen has been completely redesigned with ample counter space, an eating space within the island and lots more cabinet storage. By reorganizing the existing butler's pantry and food storage pantry, Bowers was able to create a walk-in pantry to better meet the client's need.

Lastly, Bowers redesigned the existing breakfast room and created a hearthside room, complete with fireplace and space for cozy chairs and a cocktail table. Throughout the renovation, Bowers found ways to incorporate rustic elements: reclaimed flooring, reclaimed wood for a custom pantry door (with original designed hinges from a local blacksmith) and a hammered copper vent hood to give the new space the warm and inviting look the client wanted. ♦



BEFORE





Get Your Bike On

BY KEITH LORIA

Now that the winter weather has subsided, it's the perfect opportunity to get your bicycle out of the garage, give it a quick tune-up and go take a ride. Whether you're someone who just likes to enjoy leisurely rides with the family, a hard-core mountain biker who prefers some challenging terrain or just someone looking for a little exercise, there's someplace for everyone to ride in our area.

Fairfax County offers over 500 miles of trail for bike enthusiasts, ranging in width from six feet to the newer 10-foot standard. The majority of trails are asphalt paved but some are stone dust or natural surface. Keep in mind that while the stone dust and natural surface trails are suitable for mountain or hybrid bicyclists, they could present problems to the road bicyclist.

While there are plenty of places for mountain bikers to take to the trails in the Washington, D.C. area, one of the most popular destinations for bike enthusiasts is Fountainhead Park, 10875 Hampton Rd, Fairfax Station, where on any given weekend you can find hundreds of bikers taking a turn on the challenging course.

"It's the only mountain biking trail in the area where hikers and horseback riders aren't allowed, so it's the ultimate destination if you live in our area," says Mark Harris, an adventure racer from Centreville, who has been riding the trail since 2006. "It's very technical and constantly changing up and down over short distances, so it really challenges even the best of the riders."

The trails open at 6 a.m. each day and the park allows riders to begin hitting the tracks as late as 7:15 p.m. All bikers must wear a helmet.

As owner of The Bike Lane, with shops in Reston and Springfield, Anne Mader is well integrated in the mountain biking world, and has been riding for 16 years.

"Fountainhead was one of the first trails I rode when I first got into mountain biking and I think it had just opened," she says. "It's a very unique trail system because it's for mountain biking only, so when you go, it's a one-directional route system and it's very technical for a trail in such an urban area. It's the only one available near here without having to drive more than an hour."

The course is fairly long at almost eight miles, so it's a good looped system where mountain bikers can feel like they will get a good workout and get a challenging experience at the same time.

For more leisurely riders, Burke Lake Park, 7315 Ox Road, Fairfax Station, is a relatively flat 4.7-mile loop gravel trail that circles Burke Lake and the bays jutting out from it. The American Hiking Society's trail specialists rated it one of the 10 best metropolitan area fitness trails in the nation. Meanwhile, Ellanor C. Lawrence Park, 5040 Walney Road, Chantilly, is an approximate four-mile bike trail through an upland and bottomland forest and along meadows, offering extensive views of wildlife.



If you're looking for a longer biking experience, Fairfax's Cross-County Trail is a 40-mile-long trail that connects the entire county from one end to the other, beginning at Great Falls Park and extending south to the Occoquan River. The trail provides an organic experience in that it's maintained but not groomed, so bikers can expect to find snow, mud and stone dust in places.

A challenging course is the Difficult Run Trail, a flat but lengthy trail, which runs 12 miles from Glade Drive in Reston to Great Falls National Park. This trail is perfect for beginners as it offers a mix of single-track and dirt path that requires several crossings.

Other great trails are Copper Creek in Herndon and 495 Jumps Trail in Annandale. The latter offers two courses for mountain bikers, both with small jumps perfect for the beginner. The bikes one can use on this trail can be anything with 26 to 27.5.

For a complete map of trails in Fairfax, visit www.fairfaxcounty.gov/trails/maps.htm. ♦

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.

Determined to Move You ~ Speed...Service...Results!



8213 Westchester Dr. Vienna, VA

\$1,549,000

Not your average Craftsman Home! This exceptional custom home, designed and built by Commonwealth Home Design, offers stunning attention to detail, high-end quality features throughout and a well-thought out floor plan that provides room for everyone.

Beautifully situated on a spacious lot with a huge back yard surrounded by mature-growth trees, only minutes to all Tyson's Corner and Vienna have to offer.



8133 Leesburg Pike, Suite 800
Vienna, VA 22182

w: 703.893.0900 ♦ c: 703.966.1253
www.AlbrittainGroup.com

Body, Heal Thyself



Denise Lawson

STEMCELL ARTS USES YOUR BODY'S OWN HEALING PROCESS TO REPAIR AND REGENERATE MUSCULOSKELETAL TEARS, JOINT INSTABILITY AND BONE DEGENERATION

Denise Lawson was in two car accidents, each within one week of the other. In her early forties, the Tysons Corner, VA-based strategic consultant was left with chronic neck pain, headaches and weakness down the left side of her body, making it difficult for her to even move her shoulder, much less dress herself, care for her kids or sit at a computer all day. Doctors recommended surgery but, Lawson, a single “soccer mom,” could not afford the downtime associated with an invasive procedure. Instead, she turned to chiropractic care, physical therapy, acupuncture and steroid injections to ease the pain. Unfortunately, nothing worked long-term. “I just got used to being in pain all of the time and trying to manage it,” Lawson admits.

Lawson’s chiropractor recommended her for the cutting-edge regenerative therapies performed by the physicians at StemCell ARTS, an affiliate of National Pain & Spine Centers, with new offices in Tysons Corner, VA, and Chevy Chase, MD. A decade ago, these doctors were the first in the D.C. area to use a patient’s own stem cells and platelets to repair injuries and regenerate damaged joints. Instead of just treating the symptoms, these therapies actually help reduce pain and restore mobility without resorting to surgery.

After several treatments, not only was Lawson’s pain gone and she was able to take care of her kids again but, the busy working mom also resumed activities like running and skiing. She even took up a new sport: dragon boat racing. “Now, I am

able to do so many things that I thought I would never be able to do again,” she says. “I feel like I’ve gotten my life back!” Lawson was satisfied enough to recently return to StemCell ARTS for treatment on her aching knee, and she reports that her limited mobility and chronic pain are greatly improved.

While the results of these regenerative therapies are often dubbed “miraculous” by actual patients, the main goal is really pretty simple: to increase your body’s natural ability to heal itself by utilizing biological agents, such as platelets and stem cells. The stem cells contain growth factors that, once released, help to boost the repair process. As the body’s “repairmen,” stem cells have the unique ability to further stimulate the self-healing process of joints,

tendons, ligaments, cartilage and spinal discs. These cutting-edge therapies are not to be confused with the controversial Embryonic Stem Cell Therapy. StemCell ARTS uses only adult stem cells, which are derived from your own body, in their well-established regenerative therapies.

“Our body’s healing mechanisms wind down as we age,” says Dr. Mayo Friedlis, Medical Director of StemCell ARTS, “But, that does not mean that your body has lost its ability to heal or respond positively when properly stimulated.”

Voted as area “Top Doctors,” the trio of physicians at StemCell ARTS have been treating patients successfully with conventional pain methodologies for several decades. Over the last decade, in an effort to

help their patients heal more effectively, they have been utilizing proven biological regenerative techniques, such as stem cell and platelet therapies. In a quest for continual scientific improvement, the StemCell ARTS physicians adopted what they consider to be a “next generation” protocol. They state that this rigorously tracked and research-based protocol helps them stay on the frontline of regenerative medicine. They are the only group using these advanced protocols in the Mid-Atlantic region. StemCell ARTS physicians say that this proprietary process enables them to deliver as many as five to seven times the number of stem cells, compared to similar procedures available which, in turn, enhance the body’s natural healing mechanisms. “We are very committed to research,” says Dr. Wagner. “In fact, a new clinical study, based on this protocol and soon to be published, researched 1000 patients with knee arthritis and showed a 65-70% improvement in knee pain relief and function, over conventional methods.”

Stem cell treatments are simple. First, the doctor draws bone marrow blood from the patient’s hip – a procedure that patients say is surprisingly comfortable. In a sterile lab, the patient’s own blood is then concentrated, in order to create a super-charged healing solution that is designed specifically to maximize the growth factors contained within the stem cells. Under state-of-the-art imaging guidance, such as fluoroscopy and/or ultrasound, the doctor then re-injects this stem cell solution precisely into the injury site in order to promote optimal repair to the damaged area (i.e.: a torn meniscus in the knee or degenerating cartilage in a joint.)

In a nutshell, the body comes equipped with its own natural healing response. “With this procedure, we are accelerating the repair process tenfold,” explains Dr. Rodney Dade, a physiatrist at StemCell ARTS, with a special interest in sports medicine and geriatrics. “Because your own blood is used, there is no risk of a transmissible infection or an allergic reaction.”

Proper diagnosis is key. Only then, can doctors tailor a customized approach for each individual patient. Treatments may include Stem Cell Therapy, Platelet Rich Plasma (PRP), Platelet Lysates, Prolotherapy or a combination of all of these procedures. A chronic sprain may require prolotherapy, while stem cell



therapy, in conjunction with the three other treatments, is used to treat osteoarthritis or acute/chronic joint instability or injury.

When repeated strains cause ligament failure, an advanced form of PRP might be recommended. This was the case for patient Jennifer Allen. An avid athlete, active mother and wife, Allen suffered from excruciating pain in her hip, and no other doctor was able to diagnose its root cause. Her StemCell ARTS physician recognized immediately that the pain wasn’t coming from her hips at all, but rather, was the result of pelvic instability caused by ligaments that had been stretched out during pregnancy. Undergoing five sessions of Platelet Rich Plasma (PRP), her failing ligaments were tightened, shortened and strengthened to better support her pelvis and now, Allen says that she can “enjoy life being normal and pain-free!”

Regenerative patients report results like these on a regular basis, regardless of age, weight or other complicated medical histories. One case involved 76-year-old patient, Norman Nicholson, who had had arthroscopic surgery on his left knee but still couldn’t participate in the outdoor sports he enjoyed. After the doctors gave his knee an injection of concentrated stem cells, Nicholson says that his knee feels like it did 30 years ago! In fact, just a few months following the procedure, he was able to cross-country ski on his repaired knee for four days in a row. (Dr. Friedlis points out that, while stem cell therapy is not a “cure” for arthritis, it does seem to put the brakes on the degeneration process, allowing people to enjoy their lives more fully.)

The StemCell ARTS doctors are the first to point out that no treatment is perfect. While some patients have almost immediate results, others may have to wait a few months for the stem cells to multiply and work. And, in some patients, the extra dose of stem cells and/or platelets yields little or no change.

While regenerative therapies can often trigger significant improvement, they are not always a substitute for surgery. “I wouldn’t want anyone to believe that ‘I’m never going to need a knee replacement’” or “I’m never going to need more treatment,” says Dr. Wagner. “What it does do is buy them time.” That time can be particularly valuable for patients who are still young and may yet need multiple joint replacements in their lifetimes.

Regenerative therapies are still considered somewhat experimental and are not covered by insurance, as of yet. Insurance does, however, cover the consultation and diagnostic testing fees, including MRIs and x-rays.

For many patients, the benefits far outweigh the expense. “I don’t know how you quantify ‘feeling good,’” says Denise Lawson, “But, for me, it’s a small price to pay to be able to do the things you enjoy and be pain-free.” ♦

AUTHOR: Susan S. Ray is a freelance health writer and former Managing Editor of *Your Health Magazine*; she is based out of Vienna, VA. Previously a syndicated columnist for the *Orlando Sentinel*, the *Miami Herald* & the *Daytona News-Journal*, she has a B.Sc. in Biochemistry from the College of William & Mary and spent many years conducting research in Laboratory Medicine and the medical technology field.



BY RICK MUNDY

Hypnotherapy

A natural approach to successful living

Most people rarely live up to their full potential. Witness the self-help book industry offering ideas for weight loss, improving performance, quitting smoking and more. What folks fail to understand is that their own thoughts, concepts, and beliefs are holding them back and preventing them from moving forward in their lives.

The primary goal of NoVA Hypnosis and Wellness is to help people live their lives in a positive and productive manner by releasing those limiting thoughts, concepts and beliefs. Typically most people are not even aware that those thoughts and beliefs are causing or contributing to their problem or issue.

Those who have watched stage hypnosis shows may have the impression that hypnosis is “mind-control” that forces people to act in strange or unwanted ways.

In fact, this couldn't be further from the truth. Hypnosis is just a state of focused concentration where the person's critical, logical, conscious mind is bypassed and information, in the form of suggestions, is transmitted directly to the subconscious

mind without judgment. In fact, people go in and out of hypnosis multiple times during the day without even realizing it, such as when they are day-dreaming, engrossed in a good book, or when they become emotional while watching a movie on TV. All of those are states of hypnosis.

During stage hypnosis shows, audience members who volunteer to participate are under extreme social pressure from the rest of the audience to follow the stage hypnotist's instructions and are often individuals who already possess tendencies to act out when given the opportunity. Hypnosis cannot be used to convince or force someone to do something they wouldn't be willing to do when in a conscious state.

Is there a difference between clinical hypnosis (i.e. hypnotherapy) and stage hypnosis?

The difference between hypnotherapy and stage hypnosis is that hypnotherapy brings a person into a state of hypnosis for therapeutic purposes, not for the entertainment of others.

Through clinical hypnosis, clients release their fears, self-doubts, or negative thoughts and resolve the issues they face, often permanently. Hypnotherapy is a natural, non-pharmacological approach to such issues as smoking cessation, stress reduction, worry abatement, weight loss and sleep improvement. It can also be employed to increase confidence, enhance memory, and improve job performance.

It is extremely useful in pain management, such as with chronic pain, pain associated with cancer treatment, and childbirth pain. NoVA offers HypnoBirthing® group sessions as well as therapeutic group work in cancer support and pain management. In fact, Board Certified Hypnotist and Certified Hypnosis Instructor Monica Marusceac, sits on the Board of Directors of We Will Survive Cancer, a charity which supports the families of cancer survivors.

While hypnotherapy can be used to address the health concerns of individuals. Marusceac points out, “Our services do not replace appropriate medical and mental health care. Our work complements proper medical and mental health care and helps improve outcomes.”

Children respond very well to hypnosis as well. It can help resolve issues of bed-wetting, worrying, confidence and motivation.

For NoVA Hypnosis and Wellness the process begins with a free phone consultation for the hypnotist to learn more about the area of concern and to explain hypnosis to the client.

According to Ms. Marusceac, anyone can be hypnotized, from the analytical software engineer to the creative artist. Different techniques are employed for each individual and each session is customized according to the client's specific needs and personality. She explains, "We conduct a minimum of four sessions, at which point the issue may be completely resolved or mostly resolved."

The effectiveness of the therapy is also tied to the client's level of motivation to resolve the issue, however. With guidance from a skilled hypnotist, clients who are tired of living with the issue will experience change at a surprisingly fast rate and will feel much more in control of those aspects of their lives that were out of control before.

"Some people mistakenly think that one hypnotherapy session will cure them of their issues for the rest of their life, even though issues requiring medication, surgery, talk therapy or doctors' visits are almost never resolved in one visit or with one pill. People should understand that while hypnotherapy can work quickly, there is no such thing as a magic bullet. They are changing a lifetime build-up of stress or negative thoughts."

Each of the skilled certified hypnotists at NoVA Hypnosis and Wellness also teach people self-hypnosis so that they can



continue to give themselves positive suggestions even when outside the hypnotist's office. "Stress is the thing that cripples people the most and leads to over-eating, smoking, and pain issues," Marusceac emphasizes. "By teaching people to manage stress by using self-hypnosis, we offer them the opportunity to live their best lives possible."

For more information or to schedule an appointment, call NoVA Hypnosis and Wellness at 571 295-7371 or visit them online at www.novahypnosisandwellness.com. ♦



Hypnosis & Wellness

FREE Consultation!
(571) 295-7371

www.novahypnosisandwellness.com

Ramzy Ayachi, CH

Specializing in:
Smoking Cessation
Performance Improvement
Post Traumatic Stress
Weight Loss





BY STUART JEFFERSON

Your Teeth Deserve EXPERT CARE

We munch, crunch, chew, bite, gnaw, and grind. We all know how important our teeth are to our health and to our daily lives. so we brush and floss and visit the dentist. However in spite of our best efforts, we sometimes encounter problems that call for special repair procedures. Drs. Peter Passero and Brian Feeney are local experts in periodontics and dental implants and work tirelessly to maintain the highest standards in dental care for all their patients.

Dr. Passero explains, "We consider our Unique Selling Proposition to be our commitment to staying abreast of the changes in the field and providing state-of-the-art care. We are directors of the local chapter of an international organization, the Seattle Study Club, dedicated to cultivating excellence in comprehensive dentistry which operates on the premise of a 'university without walls.' This is the 10th year of the Nova Institute for Advanced Dental Education and in 2010 we received the Excellence in Study Club Management award."

There are about 30 dentists in the local institute, an interactive study group meeting from September to June each year. Study includes two all-day meetings with national speakers, and several other meetings that bring members together to discuss solutions to challenging dental concerns. In some of the meetings, they bring patients into the office

where the doctor/members can meet them and learn of their issues in an in-depth way. The patient gets the benefit of a diagnostic dental team, much like a Johns Hopkins medical team, that can help the patients come to a better place.

Every Virginia dentist requires continuing education credits to renew their license, which can often be the uninspired slide-and-lecture format. The institute provides an interactive, hands-on approach which provides 40 hours of CE credit, acting as a supplement to other training. The training meets Virginia requirements and is certified by the Seattle Study Club as well as the American Academy of General Dentistry, the certifying body for continuing education.

Additionally Passero and Feeney are committed to sharing their knowledge in other venues. The Northern Virginia Dental Society, one of the largest in the US, has a local speakers' panel every two years. Dr. Feeney comments, "You have to submit your format and get approved to be able to present. Pete and I did a presentation on Periolas, a cutting-edge laser treatment for periodontics."

Periolase treats gum disease with minimal discomfort and a kinder approach than more traditional procedures. Passero and Feeney have offered laser treatment for over a year although it's been available for ten years. Dr. Passero says, "Because of our involvement with academic pursuits, we won't bring a new technology to our office until we are convinced of its efficacy. We are evidence-based thinkers and needed to do our due diligence. We knew some of the researchers studying the Periolase product and their studies validated the performance and reliability of the machine. Therefore we know we are working with a proven therapeutic and our patients can be confident that they receive the absolute best treatment."

How did the two dentists team up 14 years ago? Dr. Passero was a volunteer professor at the University of Maryland, and when Brian came through, he recognized they would be a great fit. "We are both people-people," says Dr. Passero. "Most of our staff has been with us a long time also, and we are honored to be consistently selected as one of the area's top dentists by Washingtonian magazine."

A majority of patients come from dentist referrals although individuals can contact the office with dental concerns. Periodontal problems are one of the most prevalent diseases an individual may experience and are generally identified during dental checkups. When a dentist measures and checks the patient's gums, they are checking for periodontal problems. When those gum measurements are deeper than normal, the dentist has to manage the problem. The gold standard calls for measurements of 0-3 (normal range). Going beyond 4 indicates more significant concerns and the periodontist may be called. When pain and soreness get severe, it can become a major concern.

Passero adds, "We are big on educating patients. We can show schematics on the computer and point to what's going on. We'll work on changing their habits. By providing them with more knowledge, they come to a greater understanding and hopefully work toward making dental care more routine in the future." ♦

Passero and Feeney

EXCELLENCE IN PERIODONTOLOGY & IMPLANTS

Specialists in periodontics with over 45 years of experience in implant dentistry



Drs. Passero & Feeney strive to provide comfortable, compassionate care utilizing modern technology to create and maintain beautiful, healthy smiles.

Implants • Periodontal Services • Laser Treatments for Gum Disease (LANAP) • TMJ Treatment Sedation Dentistry • Prevention Dentistry • CAT Scans • Digital X-Rays • Teeth In a Day • Gum Grafting, Including Pinhole Technique • Computer Guided Implant Placement

(703) 821-4040

Call today to schedule your evaluation



1430 Spring Hill Rd., Suite 101 • McLean, VA 22102
www.novaperioimplant.com

VIENNA MERCHANTS



JUST like NEW
Jewelry, Silverware, Crystal, China, Gifts
and Clothing for the discerning lady.

(703) 938-8800
145 Church St NW #200, Vienna, VA 22180

CLOCKS of QUALITY
AT COMPETITIVE PRICES
Chelsea • Howard Miller
Hermle • Seiko • Lindow
Comitti • Rhythm • Coo Coo's
and more...

ANTIQUE CLOCK RESTORATION
FREE "IN-STORE" ESTIMATES

Since '73
THE CLOCK SHOP
of Vienna

109 Church Street, NW
(703) 938-3990
clockshopofvienna.com

TUE-FRI 10-6
THURS 10-8
SAT 10-5

WARDROBE RESCUE
Upscale Consignment

703-242-6265
132 Church Street, NW
Vienna, VA 22180
www.mywardroberescue.com

CIGAR & MORE
CIGARS | PIPE TOBACCO | ACCESSORIES

10% OFF
WHEN YOU BUY A BOX

SHOE SHINE
AVAILABLE

703.255.4785
320 EAST MAPLE AVE • UNIT E • VIENNA, VA 22180

ACHIKIAN
GOLDSMITHS

*Specializing in custom
made jewelry*

132 Church Street NW Vienna, Virginia 22180
(703) 255-2255 ♦ achikiangoldsmiths.com

Sanctuary
INTERIOR DESIGN BUILD

"Stay where you are, have the
home of your dreams."

703.865.6477
INFO@SANCTUARYONCHURCH.COM
SANCTUARYONCHURCH.COM

Pedestrian-friendly and eclectic, look to these merchants and service providers in Vienna for rewarding dining experiences, unique gifts, historic artifacts, and exciting shopping adventures.



PEKING EXPRESS

A TYSONS FAVORITE!

Mon - Sun 11:00am - 9:30pm
Lunch - 11:00 am - 4:00 pm
Dinner - 4:00 pm - 9:30 pm

703-281-2445
www.peking-express.com



pear tree COTTAGE
HOME GARDEN GIFT

ANTIQUE, VINTAGE,
CHIC NEW ELEMENTS.

(703) 938-1331
130 MAPLE AVE, E | VIENNA, VA
OPEN WED-SAT: 10-5, SUN: 12-4
WWW.THEPEARTREECOTTAGE.COM

SALES • SERVICE • REPAIRS

BIKES@VIENNA

- Folding Bikes
- Recumbents
- Trikes
- Tandems
- Adaptive



128A CHURCH ST, NW VIENNA
703-938-8900 | www.BikesAtVienna.com



ANYTIME FITNESS

DON'T WAIT! Call or Stop By TODAY!

24 Hour Access
All Classes and Yoga INCLUDED
Personal Training* INCLUDED
State-Of-The-Art Strength Equipment
Free Weights
Full Service Shower Rooms
Over 1,500 Locations Nationwide

(703) 255-5035

www.viennafitness24.com • viennava@anytimefitness.com
111 Church Street • Suite 204A • Vienna, VA 22180
Above Bazin's

Church Street Antiques

*Antiques, Enchantments & Whimsy
Rare! One of a Kind! Unusual!*



Tues-Sat 10-6pm, Sun 1-4, parking
131 Church Street, NW, Vienna VA 22180
www.churchstreetantiquesva.com




SWEET CITY DESSERTS

Hours:
Sun - Tues 10-8
Wed/Thurs/Sat 9-9
Fri 9-10

703.938.8188
SweetCityDesserts.co • scd@sweetcitydesserts.co
131-A Maple Ave West, Vienna, VA 22108



The Journey Through **HALLOWED GROUND EXPERIENCE** 400 YEARS ON ONE TANK OF GAS

BY LINDA BARRETT

Monocacy National Battlefield: Photo by Shuan Butcher. Copyright Journey Through Hallowed Ground Partnership

Staying around this summer doesn't have to mean staying put. Get out and explore The Journey Through Hallowed Ground® (JTHG) National Heritage Area, where you can experience 400 years of history on one tank of gas.

Take a tour of presidential homes, including Eisenhower's Farm, Teddy Roosevelt's Pine Knot, and Hoover's hunting cabin. Enjoy a scenic country drive through some of our nation's most picturesque landscapes in the region known as Where America Happened™, stopping at orchards, charming villages, and wineries. Explore over 100 sites telling the stories of those who believed in human rights, civil rights, and religious freedom through the African American tour. There is so much to do right here at home.

The JTHG region offers an immersive experience where visitors can take a vacation through American history along the 180-mile-long, 75-mile-wide Route 15 corridor from Gettysburg, PA to Thomas Jefferson's Monticello outside Charlottesville, Virginia.

It includes nine presidential homes & sites, 18 national & state parks, 100 scenic rivers, 57 historic towns & villages, 21 historic homes, 100s of Civil War battlefields, and thousands of historical sites, stretching from the very founding of our country, through Revolutionary and Civil War times, to more modern days.

The Journey Through
HALLOWED GROUND

The Journey Through Hallowed Ground Partnership was founded ten years ago by Cate Magennis Wyatt as a non-profit, four-state partnership dedicated to raising awareness of the unparalleled American heritage found here. It is recognized by Congress as a National Heritage Area, and is also designated a National Scenic Byway.



Living Legacy Tree Planting Project. Photo by Shuan Butcher. Copyright Journey Through Hallowed Ground Partnership

"You have every generation who placed life and livelihood on the line to create this country. And to walk now, and see how it looked to them is truly inspiring," Wyatt said. "We took a national poll of heritage travelers and what we found humbling is how others outside this region find this to be an inspirational trip. They viscerally feel every American should do the Journey."

The Journey's website, www.hallowedground.org, lists itineraries based on various interests including African American Heritage, A Presidential Journey, Orchards and Highlands Loop, Catocin Scenic Loop, Potomac Legacy Loop, Loudoun-Clarke, and Route 231. Each itinerary offers distinctive stops at places like museums, shops, restaurants, monuments, historic sites and homes, battlefields, wineries, inns, cooking schools, scenic views, farms and orchards. The JTHG will be glad to create a customized itinerary as well.

Leave a LIVING LEGACY

Kicked off in 2012, the JTHG Living Legacy Tree Planting Project will create the first 180-mile landscaped allée in the world. It commemorates the 150th anniversary of the Civil War by proposing to plant one tree for each of the 620,000 soldiers who died during this defining period in American history. For only \$100, anyone can donate a tree.

Each donated tree is geotagged with the name of a fallen soldier through a program with Ancestry.com and The History Channel. People can pinpoint a particular tree and learn the soldier's name, where he was born and died, or read entries from his diary or letters home, for example. You can create your own dedication for a Civil War soldier from your own family tree.

On May 7-8, 2015 almost 500 tourism volunteers will arrive from around the U.S. to plant 1000 trees along the frontage of James Monroe's home, Oak Hill, in Loudoun County. Check the JTHG calendar for upcoming events throughout the region, or to explore volunteer or donation opportunities.

Become a JTHG CERTIFIED TOURISM AMBASSADOR

An exciting way to get involved is to become a JTHG Certified Tourism Ambassador (CTA) yourself. You'll be given extensive reference materials on the JTHG region, and must take a half-day interactive class and pass an open book exam to qualify.

The CTA program is designed to create Tourism Ambassadors for the JTHG region. The nationally-recognized CTAs can help point friends, family and visitors to interesting places to visit or great restaurants to try to ensure they have a great time here. In addition, CTAs receive incentives such as free or discounted admission and discounts to businesses along the Journey.

Many JTHG partner sites require their staff to earn this certification, but it's open to anyone interested in being a Certified Tourism Ambassador. "This area is a leading economic engine for this region, yet people didn't see it as a destination," Wyatt said. "We're trying to change that."

Take the Journey and embrace the adventure. A list of participating sites, itineraries, and free maps are available from the JTHG website. ♦

RESOURCES

The Journey Through Hallowed Ground
www.hallowedground.org
 540-882-4929

AUTHOR: Linda Barrett is a Certified Tourism Ambassador, and as a travel writer has extensively toured the Journey Through Hallowed Ground region. When not on the road, she runs All the Buzz, a professional writing agency, www.allthebuzz.net.



Photo by Kenneth Garrett. Copyright Journey Through Hallowed Ground Partnership

Some Most-Frequented JTHG ATTRACTIONS IN NORTHERN VIRGINIA

- **ALDIE:** Aldie Mill; Mt. Zion Old School Baptist Church
- **BARBOURSVILLE:** Barbooursville Ruins; Barbooursville Winery
- **HAYMARKET:** Ewell's Chapel Civil War Trails Site, Winery at La Grange
- **LEESBURG:** Ball's Bluff Battlefield & National Cemetery; Elizabeth Mills Riverfront Park; Dodona Manor; Morven Park
- **MANASSAS:** Battle of Kettle Run, Ben Lomond; Blackburn's Ford; Chapman's Mill; Freedom Museum; Manassas Museum; Liberia Plantation
- **MIDDLEBURG:** Goose Creek Bridge; Mosby Heritage Area, Red Fox Inn
- **ORANGE:** 1859 Orange Courthouse; James Madison Museum, Mayhurst Inn
- **STERLING:** Claude Moore Park/ Lanesville Heritage Area; Loudoun Heritage Farm Museum
- **WATERFORD:** Waterford Historic District



BY HUBIE CRAM

Gina Renfro-Smith WOMAN OF DETERMINATION AND COURAGE

Some might say that Gina Renfro-Smith should be spending her time taking care of herself. After all, she has had multiple sclerosis for at least 14 years.

Instead Gina prefers to use her days by actively serving others, especially through her musical talents. She finds great joy and fulfillment in working with a variety of music programs at the Warrenton United Methodist Church.

Music has been the core of her existence from an early age. Growing up in a musical family, she started piano lessons at nine and over the years learned several other instruments as well. In fact she was given a piano by a family friend, allowing her to practice as much as she wanted. And she wanted to practice a lot, enjoying the playing as much as eight hours a day. As she explains, "If you're into it, eight hours seems like ten minutes."

Throwing herself into the music programs in high school, she played in jazz band, concert band, and marching band. She also sang in the choir. As she loved jazz, it seemed only natural that she attend Berklee College of Music in Boston, a premier music school known for their jazz program. She majored in songwriting and jazz composition and graduated in 1993. "It was a great experience, I loved it!" she reports.

She headed to Virginia after college to be with her sister, Tammy, for a while. (Tammy Hare is an account executive for *VivaTysons*.) There she met Henry, her future husband. Later she moved to California to be near Henry, and

worked at an auto dealership there for the next four years. Gina and Henry married in 1998. It was around this time that she started to have physical problems. She would lose her balance and fall; her legs would go numb and her back burned. Her doctor sent her to a neurologist and she was diagnosed with MS shortly thereafter.

Learning she was pregnant, she struggled. Gina couldn't take medications because of the pregnancy and she gained weight. Once their daughter, Darby, was born her health slipped further and by the time Darby was 4, Gina was using a walker. The family moved to Virginia for Henry's job which allowed her to be near family.

Determined to change her life, Gina started eating smarter and pushing herself. She lost the eighty pounds she had gained through inactivity. She started a chemotherapy treatment for MS. She started going to church.

Indeed her life changed. When the church music director left, she applied for the job, thinking, "This could be a turn-around. I could be useful since I can play." She got the job. Today she plays, directs the chancel choir, plays keyboards and sings lead with the Praise choir and even directs the Living Christmas Tree at WUMC each year. The Living Christmas Tree is an intense 6-month-long project, where 58 choral members are arranged in a multi-tiered Christmas tree structure reaching three stories inside the church.

She also plays weddings and funerals, plays flute in the community band, is currently playing in the pit orchestra for Fauquier Community Theater, and sings with the Warrenton Chorale. "I owe it all the God," she says. "I had faith in something much bigger than myself and as a result, I can do what I need to do."

It's not easy. "I head to the gym 4-5 days a week, working to keep my muscles strong. If you just sit with this disease you'll fall apart. Still sometimes you simply move slowly, like you're walking in Jell-O. You get so tired. Every morning, getting out of bed, I am happy to say, 'Thank God, I'm standing up.'"

“Some look to be a star and become well-known. Hey, I’m working with local church choirs, nothing famous, but I love it because I’m following my calling and living a dream right in little old Warrenton, VA. I don’t need California.”

“I try not to think about my situation too much in order to stay positive. I don’t need pity. Others with MS come to me because I’m doing well and can offer them encouragement. God gave it to me and I must use it to help others. Everyone needs to find their purpose in life and do it. It might be a simple thing, but you do it, because it’s your purpose.

“Some look to be a star and become well-known. Hey, I’m working with local church choirs, nothing famous, but I love it because I’m following my calling and living a dream right in little old Warrenton, VA. I don’t need California.

“Given the chance I would like to do more songwriting.” When she finds time she does music arranging for herself and other local musicians.

Her words of advice? “Never let anybody bring you down. You can do anything you want to do, like the Living Christmas Tree where I need to wave my

arms for two hours. No matter how things go, I will find a way to be able to do what needs to be done.

“Life is pretty short. When I’m 80, I won’t be able to do everything I’d like so I’m gonna do it now.” ♦



“CONVERTING TRANSACTIONS INTO RELATIONSHIPS.”



Gloria Adams

Sotheby's International Realty

6723 Whittier Ave
McLean, VA 22101

703.356.6645

www.facebook.com/gloriaadams

TTR | Sotheby's

INTERNATIONAL REALTY

LenchLaw

AN ESTATE PLANNING FIRM



Mary Ellen Lench

COUNSELOR & ATTORNEY AT LAW

- Revocable Trusts • Wills
- Estate & Tax Planning
- Special Needs
- Powers of Attorney
- Administration
- Elder Law

Voted Legal Elite
Trust & Estate Attorney
by *Virginia Business Magazine*



4000 Legato Road
Suite 1100
Fairfax, VA 22033

(703) 896-7945

ME@LENCHLAW.COM

LenchLaw.com

A group of five children are in a shallow stream, reaching for rocks. They are smiling and looking at the camera. The water is clear, and the surrounding area is grassy and wooded.

BY KEITH LORIA

Horse Play

AT CAMP KODA

If you're seeking a fun and educational camp for your child this summer, look no further than Leesburg's own Camp Koda. Here children ages 4-16 can take part in private horse riding lessons, learn horse care management, and build friendships while enjoying a host of water games, nature adventures and other fun activities.

Taking its name from the Sioux word for "friendship," Camp Koda is the brainchild of Marina Genn, a world-class horse trainer and rider. Originally from Germany, Genn competed against, and trained with, the elite in world class dressage. She moved to Canada in the early '80s and developed the largest equestrian importing business in North America, producing 37 international-caliber athletes.

It was back in 1995 that she came to Virginia and slowly but surely fulfilled

a dream to build a national training hub for trainers. Genn opened the American Academy of Equestrian Sciences on 116 acres in Leesburg where some of the best riders in the country take part in lessons and training. In fact, five students competed in the Olympics in 2012.

Genn has always been a promising athlete herself. At the age of 12 she was shortlisted for the Germany Olympic Team in gymnastics, and spent each morning swimming three miles and biking seven miles up hills to stay in



shape. It wasn't until she was the age of 13 that her interest in horses was piqued, but she quickly rose to an elite-level rider, winning many national and international competitions.

"It was important to me to get more knowledge about what was happening with the horses, and I knew if I could learn, I wanted to tell everyone," she says. "Soon, I started teaching and learning more about them and started training at the highest levels. When I moved to Canada, I imported, trained and sold 1,100 horses in five years."

Her dreams were bigger. Genn wanted to build something that would help more riders and educate more children—and thus the AAES was born. "It all starts with children, and I knew when putting this together that I wanted to have good programs for children so they could learn the right way and develop properly," she says. "Camp Koda is very educational, and offers training through a fun program. There are lots of activities, each of which has an educational component. Without even knowing sometimes, the children learn things about horses and life and become more well-rounded."

Camp Koda officially started a few years ago, and each weekly session finds 40-50 children taking part in numerous horse-related activities. "Once they come in, they never stand around - they are doing activities, playing, running, and stimulating the system for a long, fun



day,” Genn says. “Each child has a one-on-one private lesson. They do a good solid morning of hands-on-horse care (grooming and feeding), and after lunch there are plenty of activities.”

One of the campers’ favorite activities is to head out to Camp Koda’s own island near the creek and splash around in the water and catch crawfish and play games. Kids also do arts & crafts, sing, and will create a homemade thank-you note for their parents. There’s also a garden which campers learn to plant, maintain and harvest.

“Each camp week also has a different theme involving horses,” Genn says. “For example, last year we had a theater week and the kids wrote a script, filmed footage, cut it together and created their own movie—with a horse theme. It was exciting for everyone.”

Themes for Summer 2015 include the Wild West (June 22-26); US History (June 29-July 3); Zoo (July 6-10); Wilderness (July 13-17); Sports (July 20-24); Traffic (July 27-31); Theater (Aug. 3-7); Native Americans (Aug. 10-14); International Culture (Aug. 17-21); Garden/Nature (Aug. 24-28); and Circus (Aug. 31- Sept. 4). “I want to help my students succeed in life,” Genn says. “Our program teaches them far more than just riding; it teaches them how to make their dreams come true.”

Camp Koda is located in the American Academy of Equestrian Sciences, 19844

James Monroe Highway, Leesburg, Va. For more information on the camp, call 703-779-8082 or visit campkoda.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.

SUNDAY, MAY 17 • 11 AM - 2 PM

Spring

INTO

Summer

AT TYSONS WEST

FREE ACTIVITIES!

- Make your own jump rope
- Children’s fitness with the Jump Bunch
- Climb the rock wall • Play hopscotch
- Get your face painted • Enjoy DJ music
- Zumbathon & UJam by 24 Hour Fitness

GIVEAWAYS & PRIZES!

Healthy offerings from Tysons West retailers, services & restaurants

1500 CORNERSIDE BLVD, TYSONS, VA
(OFF LEESBURG PIKE AT WESTWOOD CENTER DR)

TYSONSWEST.COM



BY LINDA BARRETT

Wine Glassware

DOES SHAPE AND SIZE MAKE A DIFFERENCE?

You can't drink wine without noticing that it is often served in differently sized and shaped glassware. Yet does the size and shape of your glass really affect the taste of your wine?

Since wine reacts and evolves when it's exposed to air, the amount of air it comes in contact with can affect its nose, taste, texture and finish. The larger the bowl, the larger the surface. Other than that, the difference is merely perception.

SCIENTIFIC STUDIES

In 2000, scientists Jeannine Delwiche and Marcia Pelchat of the Monell Chemical Senses Center set out to test the hypothesis, publishing their finds in the *Journal of Sensory Studies* in 2002. In a blind taste test, they gave subjects four glasses to smell and drink from, each containing the same wine. They included

a square-shaped crystal water goblet, a standard restaurant wine glass, a Riedel Chardonnay glass and a Riedel Bordeaux glass. They also created a chin rest to control the distance from the glass.

Their finds concluded that, "For the intensity ratings of most attributes, no significant difference was found between the glasses." The only significant finding was that those who liked red wines gave higher ratings than those who did not like red wine.

In 1951, Raymond Postgate published the *Plain Man's Guide to Wine* that included illustrations of the five traditional wine

RED WINE GLASSES

Red wine glasses generally fall into these categories:

1. **CABERNET/MERLOT/BORDEAUX:** the "standard" red wine glass with a full bowl and a taper on top
2. **PINOT/BURGUNDY:** with a much wider bowl
3. **SHIRAZ:** the tallest red wine glass with a distinct top taper
4. **PORT:** a short, small glass

glass shapes: the sherry, claret, port, champagne and hock. He claimed, "to wine drinkers, not one of them improves the wine in any way at all."

He continues, stating that the sherry glass was "an innkeeper's trick" to make the quantity of wine look like more than it actually was, and that the colored hock glass was a simple disguise for poor-quality, cloudy Victorian wine. He claimed that, "there is only one satisfactory type of wine glass, and it will serve for any kind of wine. It is colorless, rather tulip-shaped, and the upper rim of the cup narrows."

CONTINUED ON PAGE 108

Mabir Riveros

Licensed Master Aesthetician

Licensed Aesthetic Educator

Certified International Medical Aesthetician

Why Healthydermis?

We are the *Art of Aesthetic Science*

At Healthydermis, certified licensed Medical Aesthetician Mabir Riveros makes her patients' dreams come true by taking each body as a canvas to transform beauty into art, utilizing the latest in safe and reliable technology and aesthetic procedures.

With 20 years of experience, Mabir works with each patient to design and craft protocols to achieve a new level of excellence in the aesthetics of visibly beautiful skin.

Because the solution for a visibly beautiful epidermis (skin), is to have a completely HEALTHYDERMIS.

Call Mabir for your free, no obligation consultation today.



Services:

Non-surgical face lift
Non-surgical lipo sculpting
IPL/skin rejuvenation
Acne
Rosacea treatments
Many more..

2944 Hunter Mill Rd.
Suite 201
Oakton, VA 22124
571.502.0202

NEW LOCATION

7230 Heritage Village Plaza, Unit 201
Gainesville, VA 20155
540.349.3815

healthydermis@live.com
www.myhealthydermis.com



WINE GLASSWARE CONTINUED FROM PAGE 106

GRAPE-SPECIFIC GLASSWARE

In the meanwhile, Claus Riedel, a ninth-generation Austrian glassmaker was developing a range of grape-specific glasses in 1961, claiming that “wide, open glass shapes require us to sip by lowering the head, whereas a narrow rim forces the head to tilt backwards so that the liquid flows. This delivers and positions the beverage to different ‘taste zones’ of the palate.”

Current CEO of Riedel Crystal America, 11th-generation Maximilian Riedel said, “There is so much more to wine than a good looking bottle; you have to have the right tools as well.” By tools, he meant the right wine glass.

EXPENSIVE VS. CHEAP

Further studies were done by Frédéric Brochet in 1998. A neurophysiology researcher at the University of Bordeaux, he offered subjects wine in two glasses, telling them that one wine was very expensive and one was very cheap. They were, in fact, the same wine. The subjects overwhelmingly reported the expensive wine as good, and the cheap wine as bad.

This points to expectation as having the biggest impact. Based on a label,

price or reputation, it can be the most powerful factor.

It doesn't really matter what glass you use. The most important thing is to enjoy your wine in all its glorious color, aroma, taste, texture and finish.

SHAPES OF WINE GLASSES

Wine Glasses are defined in several different ways:

- 1) **SIZE AND SHAPE OF BOWL:** Larger bowls allow air to reach more of the wine's surface, allowing reds to open up.
- 2) **STEM LENGTH:** Holding the glass by its stem helps avoid body heat interference with wine. Longer stems are more elegant; shorter stems more practical.
- 3) **STEMLESS:** For active or everyday settings, stemless wine glassware is rising in popularity.
- 4) **LEAD CRYSTAL VS. REGULAR GLASS:** The finer the crystal, the thinner the glass, which can enhance the wine drinking experience. Today, many fine non-lead glass options are available.
- 5) **PLAIN, COLORED OR ETCHED:** Plain, unadorned glasses are better for noting the color and viscosity.
- 6) **CHAMPAGNE/SPARKLING WINE FLUTES:** This slim glass allows bubbles to manifest with the greatest intensity and duration. For the best aromas and flavors, regular wine glasses are better, although bubbles will dissipate faster. ♦

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.

WHITE WINE GLASSES:

White wine glasses are also defined into categories:

1. **CHARDONNAY:** the “standard” white wine glass
2. **SAUVIGNON BLANC/ PINOT GRIGIO:** shorter, with a smaller bowl designed to bring out the acidity in wines
3. **MONTRACHET/WHITE BURGUNDY:** similar to the Red Burgundy or Pinot Noir glass, but shorter



Photo credit: Crate and Barrel

WINE NEWS

Quattro Goomba's Brewery opened on the site of the Quattro Goomba's Winery, profiling different beers. Stop in Quattro, the Pizza Shop for handmade pizza and baguettes.

22860 James Monroe Highway
Aldie, VA 20105
www.goombawine.com
www.facebook.com/QuattroGoombasBrewery

Organic
mattresses
made with
natural
latex

Customized
to suit
your body's
needs

Luxurious
bedding
& fine furniture

VIENNA

258 Maple Ave E
Vienna, VA 22180

ROCKVILLE

12242 Rockville Pike
Rockville, MD 20852

SRNB.com

Savvy Rest

NATURAL BEDROOM

An employee-owned B Corp



Discover why *more people are switching.*



customized





BY GRANT EPLLING

Touching Heart

Inspiring kids to experience the joy of giving

When then-almost-12-year-old Taylor Yi announced her birthday plans, she didn't realize she was starting a movement. Instead of giving her presents, her friends were invited to donate to the charity of their choice. According to her mother, Helen Yi, there was an overwhelming response and the kids "had such joy in giving."

Based on that reaction the two Yi women hatched an unlikely plan. Helen says they decided to "launch a website, TouchingHeart.com, giving other kids an opportunity to experience that kind of joy." Copying Taylor's idea, kids would propose charity donations for their birthday gifts. Touching Heart held a workshop to raise awareness of problems both within and outside the United States, again offering the charity donation approach to birthday celebrations. The kids' response was "Why do we have to wait for a birthday? Let's do something now. We can make a difference."

Touching Heart started Kids on a Mission, a program to facilitate kid-inspired fundraising projects. With each effort they became a little more organized, a little better at explaining and at educating the kids. The projects are pushed by the children themselves, who

may be 3-18 years old. Working with a coach, kids select, plan, and host their own events.

First they decide on the organization they want to support, then find out what it needs. The need can come from Fairfax or Loudoun counties or as far away as Kenya or Zambia. Next they determine how to raise the money and that can really range.

It might be a soccer or video gaming tournament or a fashion show. Recently a McLean art event developed by four girls in eighth grade raised a record \$4500.

The kids will go to merchants for sponsorships and donations.. They learn marketing, public speaking, and budgeting.

It's about children giving to children and every one is different, like the Prince and Princess Tea Party collecting pajamas for an orphanage. Hundreds of programs have been presented impacting thousands of children around the world.

"Over the summer I raised \$140 for a little girl in need. A few weeks later I received a letter from the girl who thanked me for all the things she was able to do with my donation. I felt so good being able to help someone less fortunate than me."

-Nick, 11 years old

Herndon-based Touching Heart has been inspiring kids to help other kids for five years. In order to meet the needs of the young organization she founded, Helen quit her IT job and operated Touching Heart out of her dining room. She found that the work was "most satisfying to my soul and on track with life's calling. Whatever I was supposed to do, I'm satisfied that I have answered the call. When

you are at this point, nothing seems to bother you. This work helps me to be a



better person and to grow, and I am filled with gratitude. Also I could bond with my kids (plus keep them busy). I have always told my children, 'If God smiles, that's all that matters.' This has been a faith-walking experience."

Elizabeth Reinhardt was recently appointed as the new executive director to share the work, focus on fund-raising and help spread the word for the group. She is supported by a "great, working board of directors" and adds "Touching Heart allows kids to experience the joy of giving back. After that McLean art event was held, the kids went out to buy duffel bags for Fairfax foster care children. Even though foster children are shuttled from one place to another they typically have to use trash bags to carry their belongings. The girls had seen a need and proceeded to answer it. Because of the success of the event they were also able to fill the duffel bags with much-needed supplies. For Kids on a Mission, kids can select any need but we have a particular focus on helping foster kids and homeless kids, and also supporting international orphanages and schools."

Helen Yi's own inspiration came from her Korean grandmother who witnessed firsthand the plight of thousands of orphans following the Korean conflict. Helen says, "She reached a breaking point when she saw a child pick up cow dung to eat it. When you're that hungry, you'll put anything in your mouth. She started building orphanages and schools. She believed strongly in education and built 4 schools, 2 for middle school and 2 for high school, one of each for boys and one of each for girls as was required at that time."

Today Touching Heart is also working with schools. Parents had suggested that they offer a program through a school. At Floris Elementary they implemented a six-week before-school program for grades 4-6 to help students understand the challenges facing other kids their age and how they might help. At the program's completion they are encouraged to start their own project.

Facing the Future

Helen notes, "One of Touching Heart's biggest challenges is not having enough coaches. It is volunteer work and it takes some time so they are always looking for more people to get involved. We are also instituting an Ambassador (previous project leaders) program and a Train the Trainers program to build continuity for the projects. We are also hoping to grow and imagine Touching Heart chapters across the country."

Taylor, who sparked this crusade, also reflects on the progress of the organization, "I held and organized one of the first Kids on a Mission events. It was a simple 1 mile run but we were able to raise money to help bring clean water to Kenyan communities and that was very gratifying. Today Mom and I talk a lot about ways to do more for Kids on a Mission and other projects. After high school, I want to have a Touching Heart chapter at my college to continue making things happen and also would like to partner with Touching Heart in my career."

Others like Taylor who see the value in cultivating this philanthropic drive in children can help in a number of ways – donating to help fund Kids on a Mission, volunteering time and talents, attending events, social sharing, and supporting the golf tournament annual fundraiser. More information is available at www.touchingheart.com.

Touching Heart Joy of Giving Golf Tournament

Join Darrell Green, Ken Harvey and other celebrities for a day of golf to support Touching Heart. The tourney takes place on Monday, June 1 at the Creighton Farms Country Club in Aldie, VA. You can sponsor, register and volunteer for the tournament at www.touchingheart.com. ♦





BY RENEE SKLAREW

Arabian Nights

ALDEERAH FOR VIVATYSONS

Aldeerah, the new Saudi Arabian restaurant in Vienna, is feeding a very big need—the hunger Saudi expats have for their native land and its exotic cuisine.

Today, there are approximately 3,000 Saudis either working in a diplomatic capacity or attending college in the Washington DC Area. Before Aldeerah opened, there was no restaurant that served the distinctive food Saudis know and love. In fact, there is no other Saudi Arabian restaurant in the Mid-Atlantic. For that reason, Aldeerah, which means “homeland,” provides more than sustenance; it now serves as a gathering place for countrymen to share the flavors and textures found under the starry nights of the Arabian Desert.



Regular customer Saud Al-Saleh, a student at George Mason University, explains it this way, “The owner of Aldeerah Restaurant is a real life saver. I’ve been in the DMV area for a very long time, and I really missed my mom’s delicious food. Dr. Mody didn’t just introduce us to a restaurant, she introduced a very welcoming home.”

Owner Dr. Mody Alkhalaf is the assistant attaché for cultural and social affairs at the Saudi Arabian Cultural Mission in Vienna, Virginia. She is well known locally for supporting Saudi students who attend school in the United States and for promoting cultural exchange. “While the main goal is to provide kids who are homesick and miss their family meals, I also want to teach other cultures about Saudi Arabia. I want them to know about our food, customs, our music, and the arts,” says Dr. Alkhalaf.

Dr. Alkhalaf was inspired to open Aldeerah, when as a single mother of two boys, she couldn’t find a place in the area where they could dine on Saudi food. Dr. Alkhalaf enjoyed cooking, but with a full time job, they would often dine out. “It was tough to find time to eat a homemade meal, and working at the Cultural Mission, I couldn’t find caterers who offered dishes we wanted. So the idea of the restaurant has been in my mind for years,” she explains.

The interiors of Aldeerah dining room are a thrill to behold. Most impressive are the ebony-stained tables adorned with colorful dishware, and heavy wooden chairs with cushions decorated in traditional Saudi patterns. These furnishings were designed by Dr. Alkhalaf and custom made in Saudi Arabia. In the



space next door, which she calls Aldeerah Lounge, mats and pillows allow diners to sit on the floor and commune around tablecloths where guests will share food family-style. On the ceiling, ribbons and tassels add coziness to the room.

To better appreciate the artifacts inside Aldeerah, it is helpful to understand the Bedouin culture that inspires them. For centuries, these nomadic people thrived, as their home was at the intersection of international trade routes. Travelers introduced the Saudis to spices and recipes from many countries, including neighboring Lebanon, Kuwait and Bahrain.

So on Aldeerah's menu you'll find a few familiar dishes, like samosas and baklava, though the spelling is slightly different. But Aldeerah's signature dishes come from the central part of Saudi Arabia called Najz. "The menus go back to the Bedouins living in the desert, depending on things that can last long, that are fulfilling, and aren't that expensive," describes Dr. Alkhalaf. For example, the popular Jireesh is made of cracked wheat, slow cooked for hours, and infused with buttermilk and yogurt. Quersan is thin whole wheat bread marinated in a savory vegetable broth: it's thicker than soup, with the pleasing crunch of vegetables.

The two standout appetizers are Mutabbaq which consists of a thin layer of crepes, lightly stuffed with ground beef, onion and egg, then grilled on a hot skillet; and the Potato Kibba which is ground beef engulfed in a puffy potato crust.

Saudi Arabia's national dish is called Kabsa, and Aldeerah serves a chicken and lamb version (all the



meats here are halal). The meats rest atop spiced rice, garnished with fried onions, raisins and nuts. Aldeerah will offer daily specials, like Sayyadiyah, grilled fish served on Wednesdays and Sundays, and Harees, wheat grains cooked with lamb on Saturdays.

It is common to linger over Saudi coffee, which is fragrant with saffron, cardamom and cloves, and served in a Gahwa, or pot, usually side-by-side with a bowl of dates. Save room to sample at least one dessert, like Kinafa,

a nest of sweet, pastry noodles covering layers of cream.

Dr. Alkhalaf says her mother is a great cook and is dedicated to caring for her family. She taught Dr. Alkhalaf how to cook at a young age. The spice mix used at Aldeerah is based on her mother's recipe, even though it's made here. "My mom always showed her love with food, meal after meal, snack after snack," says Dr. Alkhalaf. That's why Aldeerah lives up to its name, a homeland for local Saudis, and a delicious cultural experience for diners who enjoy trying new cuisines. ♦

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.

ALDEERAH RESTAURANT

262 Cedar Lane, SE
Vienna, Virginia 22180
703-922-9994
aldeerah.us

Open daily 12-10 pm, with weekend
brunch 11:30 am- 1:30 pm
Closed Mondays

DON'T HIDE YOUR
IMPERFECTIONS.
REJUVENATE
THEM.

Meet Dr. Faludi, and let the
Aesthetic Medical Center of
Tysons help you minimize your
lines, plump up the volume, and
bring back that vibrant, youthful
look you've been longing for.


**Aesthetic
Medical Center**

Call today for your complimentary assessment & consultation
Follow us on Facebook to receive our monthly special offers.

8150 Leesburg Pike | Suite 820 | Tysons Corner, VA 22182
703.992.7979 | www.aestheticmedctr.com



ARLINGTON
RESTAURANTS

METRO 29

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. **\$**

FALLS CHURCH
RESTAURANTS

2941 RESTAURANT

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. **\$\$\$**

ANTHONY'S RESTAURANT

3000 Annandale Road 703.532.0100
www.anthonysrestaurantva.com For 40 years, Anthony's has offered real, homestyle cuisine. They offer Greek, Italian and American specialties as well as pizza, club sandwiches, burgers, over-stuffed subs, salads and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event. **\$\$**

ARGIA'S

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. **\$**

CELEBRITY DELLY

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. **\$**

CLARE AND
DON'S BEACH SHACK

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. **\$**

DOGFISH HEAD ALE HOUSE

6220 Leesburg Pike 703.534.3342 www.dogfishalehouse.com Dogfish Head Ale House has comfortable, casual surroundings and service, tasty and unique wood-grilled food, and the craft-brewed Dogfish ales.

Great selection of year-round beers plus all the seasonal and special release beers. For food selections, you'll find half-pound burgers, steaks, pizza, and salmon. **\$\$**

DOGWOOD TAVERN

132 West Broad St. 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



LA VIE SUCRÉE
PATISSERIE

Serving exotic, unique Vivel pastries and cookies collected from European and Middle Eastern chefs and the finest chocolate collection from MarieBelle New York.

(703) 848-8950 | 8150 Leesburg Pike, Suite 180B | Vienna, VA 22182 | www.laviesucree.us



SAFFRON
INDIAN CUISINE

DINE-IN, CARRY OUT, FREE DELIVERY

**LUNCH BUFFET SERVED
7 DAYS/WEEK**

BOGO
lunch buffet

Bring this ad for special
Discount applies to Dine-in & Carry-out Only
Not valid on holidays • One per table
Expires June 30, 2015

**GRAND OPENING IN
FALLS CHURCH**

1077 West Broad Street
Falls Church, VA 22046
703-992-0077
www.saffronva.com
www.saffroncater.com



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

HAANDI FINE INDIAN CUISINE

1222 West Broad St. 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. **\$**

IDYLWOOD 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. **\$\$\$**

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. **\$**

THE LOCKER ROOM SPORTS BAR AND GRILL

502 West Broad Street 703.854.1230 www.thelockerroomfc.com The Locker Room lunch/dinner menu features everything from burgers and sandwiches, to pizzas, steaks and fish. They offer a full menu 7 days a week plus daily specials, and weekday happy hour specials from 3-7pm. Brunch is served Sundays, 11am – 3pm **\$**

OPEN KITCHEN

7155 Leesburg Pike 703.942.8148
openkitchen-dcmetro.com Eat, Cook, and Entertain. Featuring a bistro where food and wine lovers gather to enjoy seasonally-inspired handmade food in our open kitchen. Diners will savor global and local wines, worldly cuisine, freshly roasted coffees, hand-blended teas in an environmentally-conscious establishment.

Ristorante Bonaroti Est. 1982

**The Secret's OUT!
Sergio's Spuntini Wine Bar is IN!**

Now Trending. Sergio's Spuntini Wine Bar has become a favorite meeting place in the heart of Vienna. With its warm and cozy feel and new menu selections, area diners are experiencing new levels of hospitality and fun, right in the heart of Vienna.

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

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

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

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

**THE ORIGINAL PANCAKE HOUSE**

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. \$\$

OPEN ROAD GRILL AND ICEHOUSE

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.publichouse7.com Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. \$\$

RED HOT AND BLUE EXPRESS

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

SAIGON CAFÉ

6286-B Arlington Blvd. 703.237.1899
www.saigoncafe-va.com Saigon Cafe offers a warm and spacious environment. The restaurant specializes in Vietnamese dishes, including famous appetizers and entrees from the central part of Vietnam. Saigon Café offers a wide variety of pho, noodles, soups, and rolls, as well as a 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. \$\$\$

CAFÉ RENAISSANCE***"The Most Romantic Restaurant in the DC Metro Area"***

-SURVEY OF OVER 400,000 DINERS FROM OPENTABLE.COM

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

163 Glyndon Street SE, Vienna, Virginia 22180
www.CafeRenaissance.com 703-938-3311



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. \$

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. \$

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. \$\$\$

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. \$\$

NOW IN TYSONS!
1500 Cornerside Blvd.
(703) 734-7000

MCLEAN

6854 Old Dominion Dr.
(703) 448-8448

FALLS CHURCH

444 West Broad St.
(703) 992-7500

mobydick HOUSE OF KABOB
mobysonline.com





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

ASSAGGI OSTERIA

6641 Old Dominion Dr 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. \$

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

NEIGHBOR'S RESTAURANT SPORTS PUB

Your Local Neighborhood Pub



- Try Our New Kabob Zone
- Karaoke Every Fri. & Sat.
- Free Large Private Party Room
 - Team Party
 - Meetings
 - Events
- NFL Tickets & College Games
 - Big Screen TV's



262 D Cedar Lane, Vienna, VA 22180

703-698-8010

Mon. - Sat. 11am-2pm, Sun. 11am-12am

We support local amateur sports

www.neighborsrestaurantva.com

Zamarod

Authentic Afghan Cuisine

Chef Owner Operated • Halal Products

10123 Colvin Run
 Great Falls Virginia 22066

703-757-9300

www.zamarodafghancuisine.com





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

CAPRI

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

EDDIE V'S PRIME SEAFOOD

7900 Tysons One Place 703.442.4523
www.eddiev.com A fine dining restaurant offering fresh, culinary-forward seafood creations and premium hand-carved steaks. The award-winning wine list features more than 300 selections. The atmosphere is refined yet relaxed, with live jazz and blues, featuring local jazz trios, played nightly in the V Lounge. **\$\$\$**

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

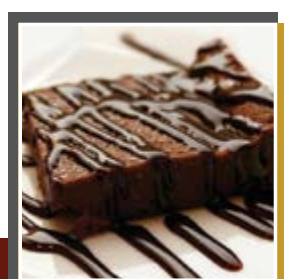
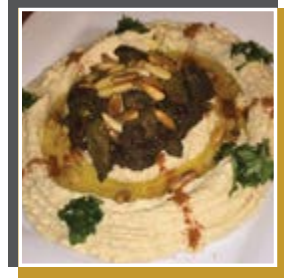
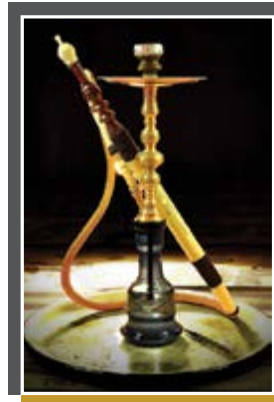
1960 Chain Bridge Rd. 703.442.8384
www.flemingssteakhouse.com Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu. **\$\$\$**

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. **\$\$**



Levant

Tysons Corner

RESTAURANT & LOUNGE

"A special fascinating combination of the old-traditional and the new-modern Style Restaurant & Lounge, the name "Levant" originally means the "Mediterranean Lands of the East." Levant is the point where the sun rises.

Come experience traditional cuisine at it's best, with the all comforts and service you expect today!

- Traditional Mediterranean Cuisine served Daily
- Hookah and Beverages
- Coffee and Desserts
- Open Daily until 2 am

8411 Old Courthouse Rd
Vienna, VA 22182



(703) 570-5555

www.levantva.com

Watch for Our Grand Opening!



J.

■ ■ ■ Modern ■ Fresh ■ Simply Excellent ■ ■ ■

Bollywood Bistro

CONTEMPORARY INDIAN CUISINE

Colors You Can Taste



FAIRFAX
3955 Chain Bridge Rd
Fairfax, VA 22030
(703) 273-0031

Catering Available
WEDDINGS ■ RECEPTIONS ■ ENGAGEMENTS
SANGEET ■ CORPORATE EVENTS
GRADUATIONS ■ HOLIDAY PARTIES



GREAT FALLS
9853 Georgetown Pike
Great Falls, VA 22066
(703) 865-0450

■ ■ ■ www.bollywoodbistrofairfax.com ■ ■ ■

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 hummus in their hommus bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining. **\$\$**

MOBY DICK HOUSE OF KABOB

1500 Cornerside Blvd 703.992.7500
mobysonline.com Moby Dick's has terrific, healthy, wholesome and fresh fast food—perfect for a quick lunch or dinner fix. Try their "Kabob-e-Kubideh," which is ground sirloin seasoned with onion and herbs and wrapped around a skewer for grilling. Succulent, juicy meat with rice are served with your choice of yogurt cucumber sauce, shirazi salad or fresh herb as well as 1/2 a piece of bread. This could become an addiction. **\$**

O'MALLEY'S PUB

1960 Chain Bridge Rd. 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

The Italian Restaurant in McLean

"...many tempting creations to please the palate..."
-Providence Journal, Rosslyn H. Marly



café oggi

For Reservations, Please Call (703) 442-7360
6671 Old Dominion Drive, McLean, VA 22101 | www.cafeoggi.com



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

1445 Laughlin Ave 703.749.9090 www.starnutgourmet.com The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given us our very special reputation. Their comfortable café exudes with old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee. Close your eyes and you'll feel you're experiencing days gone by. \$

THE CAPITAL GRILLE

1861 International Dr. 703.448.3900 www.thecapitalgrille.com The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made Bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's Signature Cheeseburger with Parmesean Truffle Fries. \$\$\$

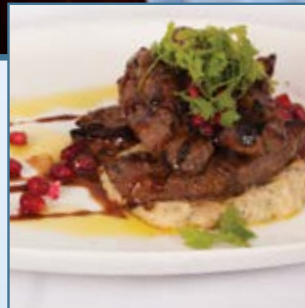
THE PALM RESTAURANT

1750 Tysons Blvd. 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. \$\$\$



**Voted 100
Very Best Restaurants
2012, 2013, 2014**

– Washingtonian



greek authentic dishes

fresh fish

mezedes -small plates-

signature cocktails

romantic dinners

after work drinks

business meetings

private events

(703) 760 0690

8100 boone blvd. vienna, VA 22182
www.nostosrestaurant.com





A TRUE
American
DINER

SUN-THUR: 6a - 1a
 FRI-SAT: 6a - 3a



4711 LEE HIGHWAY
 ARLINGTON, VA 22207
 (703) 528-2464

METRO
29
 DINER RESTAURANT

METRO29DINER.COM

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. \$\$

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. \$\$

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. \$\$

GYPSY SOUL

Mosaic District 8296 Glass Alley
 703.992.0933 gypsypsoul-va.com
 Chef RJ Cooper's free-spirited wandering on his motorcycle to various farmers and producers around the Mid-Atlantic region inspires the name of this restaurant. The menu features American fare both classic and contemporary, strong in flavor. Talented Cheftender Bryan Tetorakis from Rogue 24 designed the entire beverage repertoire. From local spirits from around the Mid-Atlantic and South to wines and cans of beer, there is a libation for all to imbibe on while enjoying Chef's cuisine. \$\$\$

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. \$\$

PASSION FIN

ASIAN BISTRO & SUSHI BAR

2750 G Gallows Rd. 703.204.2969 Newly added dining experience in the Halstead District. Elegant, yet comfortable dining experience with full Asian inspired menu, sushi, sake and full stocked bar for getting together with friends. The cuisine is wonderful. Open daily for lunch and dinner. \$\$

RAOUCHE CAFE

2839 Gallows Road 703.205.9099 www.raouche cafe.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... \$\$

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." \$

VIENNA RESTAURANTS

AMPHORA

377 Maple Avenue West 703.938.7877 www.amphoragroup.com For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, you can enjoy breakfast, lunch and dinner any time of day as you comfortably meet with friends, family or coworkers. \$\$



SKORPIOS MAGGIO'S

FAMILY RESTAURANT

"Experience award-winning mediterranean selections"

703.938.7777



421 Maple Ave E | Vienna, VA 22180 | www.maggiosvienna.com

Planning an evening under the stars at **WOLF TRAP** this summer?



MapleWood Grill
By MapleWood Catering



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

Call 703.281.0070 for more information. It's showtime!

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



EXPERIENCE THE
ENCHANTMENT AND FLAVORS
OF

Saudi Arabia



262 SE CEDAR LANE, VIENNA
(703) 992-9994 | WWW.ALDEERAH.US

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 beurre blanc 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. \$

MAGGIO'S

421 Maple Ave E 703.938.7777 www.maggiosvienna.com Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek Festive Rotisserie Chicken, Classic Gyros, Souvlaki, Moussaka, Pita Wraps, and Falafel, as well as their popular Marinated Flame Broiled Lamb Chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods. \$

MAPLE AVE

47 Maple Ave W 703.319.2177 www.mapleaverestaurant.com Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream. \$\$



Celebrate your Special Event with Assaggi Osteria

Looking for a great private space to hold your next event?
Assaggi Osteria, located in the heart of downtown McLean, Virginia is your answer.

We offer some exciting choices including:

- The Main Room** - Open and spacious with seating capacity of up to 70 people
- The Wine Room** - for those special occasions up to 36 people
- Loggia Room** - warm and cozy with seating up to 24 people

Please contact our Catering and Event department at
703.918.0080 or info@AssaggiOsteria.com
and make your reservation today.

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



TEX-MEX FAVORITES MADE FRESH DAILY!

| Falls Church | Gainesville | McLean | Washington, DC |
|------------------------|-----------------------|--------------------|------------------|
| 7630 Lee Hwy | 7527 Linton Hall Rd | 1433 Center Street | 3345 14th St, NW |
| Falls Church, VA 22042 | Gainesville, VA 20155 | McLean, VA 22101 | Wash, DC 20010 |
| 703.204.0233 | 703.753.0826 | 703.790.1910 | 202.450.5620 |

Private Party Room Available

www.eltiogrill.com



**MAPLEWOOD GRILL**

132 Branch Road, SE 703.281.0070
www.maplewoodgrill.com The Maplewood Grill provides a blend of top rated food and beverage selections in a unique environment of artistry decor. The informal atmosphere is custom-tailored to combine good food with comfortable surroundings. The seasonal menus are created by our award winning Chef Paul. Live pianists are featured Wednesday through Saturday. \$\$

NEIGHBOR'S RESTAURANT

262 D Cedar Lane 703.698.8010
neighborsrestaurantva.com Come in to watch soccer, football or basketball games. Featured games can be seen on their huge screen, visible from just about any seat in the restaurant. Enjoy karaoke on Friday and Saturday nights. The restaurant's ambience is relaxed and the service is professional with a goal to bring the best Persian and American cuisine experience for our customers. \$\$

NEISHA THAI

8027 Leesburg Pike #110 703.883.3588
www.neisha.net Come discover for yourself a gem of an experience, tucked away from the chaos of Tysons Corner. Neisha Thai's elegant dining room and bar area features treasures from Thailand itself. Embedded in the exquisite gold leaf walls are glittering

gemstones, serving as the backdrop for each decadent dish the menu has to offer. Just like each gem has its own unique attributes, so does each dish, with flavors often tantalizing in their unique combinations or comforting in their familiarity. \$\$

NOSTOS

8100 Boone Blvd. 703.760.0690
www.nostosrestaurant.com Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea. \$\$

PALADAR LATIN KITCHEN & RUM BAR

1934 Old Gallows Rd., Suite 110
703.854.1728 www.paladarlatinkitchen.com/locations/tysons-va Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos including slow braised duck, roasted pork, or blackened fish. Larger plates include Grilled Skirt Steak Churrasco and "Ocho Hora" braised short rib. And if you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more. \$\$

PAZZO POMODORO

118 Branch Road SE 703.281.7777
pazzopomodoro.com Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino "Pazzo Pomodoro represents a different concept offering more authentic Italian meals."

PEKING EXPRESS OF VIENNA

103 Center Street N #107 703.281.2445
www.peking-express.com Love, love, love! Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg roll and choice of soups, authentic appetizers, chicken, shrimp, and beef and pork selections, and the fried rice or lo mein is to die for!

PLAKA GRILL

110 Lawyers Rd NW 703.319.3131
www.plakagrill.com Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka Gyro" is available exclusively at Plaka Grill in Vienna.

RISTORANTE BONAROTI

428 Maple Ave E 703.281.7550 www.bonarotirestaurant.com Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list, and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

SAKURA JAPANESE STEAK HOUSE

8369 Leesburg Pike #10 703.356.6444
www.sakurasteakhouse.com Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here. \$\$

SHAMSHIRY

8607 Westwood Center Dr. 703.448.8883
www.shamshiry.com Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereskh Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. \$\$

**BAZIN'S NEXT DOOR**

**is now available for your private party,
office celebration, or that special event.**

With demand for exceptional private event space, Patrick and Julie Bazin have created a special space right in the heart of Vienna with your celebration needs in mind. With capacity for up to 60 people, your guests are assured the same high levels of service they receive at the award-winning Bazin's on Church next door.

Book Your Private Event Today.

111 CHURCH ST NW, VIENNA, VA 22180 | 703.255.7212 | BAZINSONCHURCH.COM



SUNFLOWER VEGETARIAN RESTAURANT

2531 Chain Bridge Rd. 703.319.3888
www.crystalsunflower.com Sunflower Vegetarian Restaurant has two locations in Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads as well as Asian-style dishes. \$\$

TYSONS BAGEL MARKET

8137 Leesburg Pike 703.448.0080
www.tysonsbagelmarket.com Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a smear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

WOO LAE OAK

8240 Leesburg Pike 703.827.7300
www.woolaeoak.com Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Dishes like Bibimbap and Korean barbeque keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two. \$\$

OAKTON RESTAURANTS

LUCIANO ITALIAN RESTAURANT

Hunter Mill Plaza, 2946 Chain Bridge Road 703.281.1748
lucianoitalianrestaurant.com These family-focused restaurateurs specialize in fresh, homemade, southern Italian cooking. Known for authentic NY-style pizza, they also serve a full array of reasonably priced Italian dishes and desserts. \$\$

OLD PEKING

Hunter Mill Plaza, 2952 Chain Bridge Road 703.255.9444 www.oldpeking.com Specializing in Hunan and Szechuan cuisine, Old Peking opened in 1986, at which time a major restaurant critic wrote that "a beautiful flower has bloomed in Oakton." The dining room conveys an intimate atmosphere, but carry-out and lunch delivery (within 2 miles) are also options. They will tailor their dishes to your preference, e.g., mild or spicy. Old Peking also offers catering. \$

SANTINI'S NEW YORK STYLE DELI

2975 Chain Bridge Rd. 703.766.6666
www.mysantinis.com If you're looking for a good corned beef and pastrami with Provolone, this is your place. Santini's brings a taste of New York to the D.C. suburbs. Santini's has a variety of subs and sandwiches and New York style pizzas. \$

TIGRIS GRILL

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.5950 www.tigrisgrill.com Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and platters. All recipes are originals by Owner/Chef Mofi, in particular the Falafel, which is his own secret recipe. \$

YOKO SUSHI

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.6644 www.yokosushi1.com This traditional sushi house serves rolls, noodles & other Japanese staples. Their lunch and dinner menus offer a huge sushi selection, plus appetizers, tempura, teriyaki, katsu and more. \$\$



VIVA
TYSONS
MAGAZINE

vivatysonsonline.com/
subscribe

GCA- LA PRECISION

ANTIQUE HOROLOGY Since 1972
VIENNA WATCH & CLOCK SHOP



GUIDO CALVETTY ALAVE

Master Watchmaker | Antique horologer

ROLEX TRAINED & CERTIFIED #168
STATE OF THE ART EQUIPMENT
TIMELY & GUARANTEED REPAIRS

Antique · Vintage · Modern

Mention this Ad for **ONE** of the Following:

Free Battery with Any Repair
\$10 Off Any Basic Repair
\$50 of any Advanced Repair

703.255.0055

WWW.GCALAPRECISION.COM
320 Maple Ave. East, Building E, Vienna



BY RENEE SKLAREW

A platter of entrees from Zamarod's kitchen

A PALATE *for Peace*

One of the best reasons to dine out in the Tysons Area is to experience the richness of culture found in so many of our restaurants. Food brings people together and helps us forge a better understanding of places we know only through the media.

Zamarod is an Afghan restaurant surrounded by gracious homes and hilly pastures on Colvin Run in Great Falls. A relative newcomer to this quiet community, the restaurant celebrated its one-year anniversary this winter and has steadily built up a regular clientele of diners who appreciate polite service and distinctive food.

Zamarod's décor is relaxed yet urbane, with mustard stucco walls that brightly contrast the dark hardwood floors and tables. Statement art pieces along with crystal chandeliers lend a noble flair to the small dining room. The restaurant also offers patio seating and a modestly stocked bar of wines and spirits.

Owner and chef Dor Niaz has lived in the DC Area since he was in 10th grade. When the U.S. war with Afghanistan began in 2001, the military tapped him to work as an interpreter and teach people who serve overseas about the rich culture of his country. Before his diplomatic mission though, Niaz and his wife owned another restaurant, Bamyán in Herndon, which he sold several years ago. Niaz discovered that he missed restaurant life, and opened up Zamarod, which means "emerald" in Pashto.

For starters, try the Sombosa and Bulanee Kachalu. Both are deep fried but not a bit greasy. Sombosa is like an Indian samosa, packed loosely with ground beef, chickpeas and herbs, while

Bulanee Kachalu is a crispy pillow surrounding softened potatoes. Both come with a tangy chimichurri-like hot sauce on the side.

Niaz serves refined versions of the signature dishes of Afghanistan, namely the Aushack and Muntoo, made with ground beef, tomato sauce, noodles and yogurt. Niaz says Afghans typically cook with the five "C's" — cumin, cardamom, cinnamon, cloves and coriander—though the food at Zamarod is not heavily seasoned. Rather the chef favors a light stroke of yogurt and sesame oil as a finishing touch.

Niaz is very passionate about freshly prepared food, so he makes his own yogurt, pasta and marinades in-house, from scratch. He often uses recipes he learned from his mother, who taught him to cook when he was young. "The Pulao rice is her recipe, just the way she makes it," he explains.

Vegans and vegetarians will find much to like at Zamarod, especially the Kadu Chalow, sautéed calabasa pumpkin, and the Banjan Chalow, a baked eggplant in tomato sauce. Both are served with Palao, seasoned spinach-infused rice topped with slivers of sweet carrots and almonds.



Salmon and Quabili Palow Saffron Rice



Naan bread and Zamarod's signature hot sauce



A platter of Starters: Aushack, Muntos, Sobosa and Bulanee Kachalu

These entries are accompanied by a basket of crisp naan bread with cilantro jalapeno sauce for dipping.

I was impressed to learn that the farms in Afghanistan grow a wide variety of grains, vegetables, fruits and nuts. Niaz explained what his countrymen typically eat, "When you go to Afghanistan, people there don't have meat except once or twice a week. There's no need to have meat, when you have produce like this—the pumpkin, the eggplant, the turnips, the apples; we grow everything there."

Zamarod's vegetarian dishes stand successfully alone as an entrée, however, the kebabs are definitely worth sampling. In particular, the caramelized crispness of the grilled lamb chop is a treat worth splurging. When he describes the most popular dishes served in Kabul, Niaz says, "Most of our Afghan cuisine is from the North of Afghanistan. Kababs are everywhere. There's also the saffron rice with onions and raisins, served with lamb, or tomato sauce." Niaz says chicken is served only for special occasions "because they don't have it. Lamb is the most common, after lamb, beef then goat."

Check out the specials, and if you see salmon, consider ordering it. Niaz has mastered the art of cooking fish (which in his homeland would be steelhead trout); its flavors intensified by herbs and marinate, before being char-grilled; it's one of the best versions I've had. The desserts are interesting as well. Zamarod offers homemade rose water ice cream and Firnee, a smooth milk pudding with crunchy bits of pistachios and almond. Best of all is Zamarod's Baklava, which is generously packed with a thick layer of pistachios.

Afghani style coffee arrives steaming hot in gold-tipped coffee mugs. You're made to feel welcome, to relax as long as you like

here, thanks to general manager, Jaime Valdes, who's had a long history of serving in Washington's best restaurants. You should expect the pacing to be unhurried, by the way, because every dish is built and served upon ordering.

Zamarod is authentic Afghan cuisine showcased by a dedicated team. This unique and imaginative cooking is not worlds away, but in our own backyard, waiting to be discovered.

Open Monday through Friday, 11:30 am to 2:30 pm for lunch, and Monday through Saturday, 5 pm to 10 pm for dinner. They only serve dinner on weekends. ❖

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.

ZAMAROD
10123 Colvin Run
Great Falls, Virginia
Zamarodafghancuisine.com
703-757-9300



Insure This

BY JAN KING

What is the one thing that senior citizens need most? No, not a laxative—that's number two. We need insurance--all kinds of it. With our failing reflexes, sight, organs, and cash flow, we need it all and we need it now. We also need a sympathetic senior to sell it to us. That's why insurance companies are big on using identifiable "good ole' boys" (heavy on the old) as their pitchmen. They hire people who will not only appeal to us but talk to us like a trusted friend. Therefore, it's mandatory that they cast celebrities with whistle-clean images we can relate to. The producers need good old boys who never took a naked selfie and were never caught in a menage-a-trois with anyone except perhaps, their beloved dog, Old Shep.

Reverse Mortgages: Fred Thompson and Henry Winkler: Former Senator from Tennessee and working actor, (often he does both at the same time) Fred Thompson is our favorite pitch guy for the reverse mortgage. He's got a trusting face and one helluva' good 'ole boy southern accent.

Fred stands tall in his gray flannel suit while explaining how these mysterious reverse mortgages work. He says that the loan will be "paid back when the last person leaves the house." Okay, Senator. Is that dead or alive? With the sheriff or without? In handcuffs or not?

Fred frequently peppers his speech with homey words like "folks" and "sho' nuff." He even begins his commercial by saying, "Folks, get the cash you need to enjoy your retirement." Now, who can resist this opener? There isn't one of us who can't relate to this 70-year-old statesman. Forget that he has a hot forty-something wife and two kids under ten. We want to believe he sits on his porch all day playing checkers and sipping sweet tea.

Henry Winkler is another famous face who has a commercial for the reverse mortgage. Good choice. Everybody trusts The Fonz. We are confident that The Fonz would never lie to us, or else Mrs. Cunningham would bust him but good.

In his commercial, The Fonz advises, "take control of your retirement today." He's so persuasive we want to rush right out to Johnny Rockets and sign the papers with him over a hamburger and a Coke. It also doesn't hurt that one of his bestselling points is the free LED magnifying glass when you sign up. Everybody knows seniors cannot resist those free gifts for signing up. Just visit any of their homes where you'll find a closet full of toasters and a drawer full of potholders.

Life Insurance: Alex Trebek and Wilford Brimley

Alex Trebek: Would a guy who knows the exact longitude and latitude of the Mariana Islands or is able to pronounce and spell the word pseudococcinum ever lie to you? No way. So, when Alex is pitching you cheap life insurance from Colonial Penn Life, you believe that his policy covers every possible way of croaking from catastrophic sexual accidents to irritable bowel.

Wilford Brimley: This old geez is so slick at pitching seniors that they have him simultaneously selling Liberty Mutual Insurance while wolfing down Quaker oatmeal. And, it's not because he has an honest face. The man experienced such incredible sexual renewal in *Cocoon* that nobody would ever question Wilford and his walrus good looks. He's a bona fide hero to everybody over sixty five. ❖

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

“Over a lifetime, a woman looks at her ring a million times...”



Princess Jewelers
Brilliant Choice!

529 Maple Ave. West, Vienna, VA 22180
703.255.5050 | www.princessjeweler.com

Jewelry | Diamonds
Custom Design | Repair | Appraisals



Church Street Treasures

BY R. KIM BALDO

Along Church Street in Vienna is a collection of delightful shops where people can find incredible values in fashion and furnishings that are truly unique. Consignment stores provide opportunities for people to explore and discover that perfect dress, bracelet, household item, or gift. The beauty of the consignment model is that clients are always bringing new items so the selection is always fresh and must be revisited on a regular basis.



Zita and Kathy Antal
at Just Like New

Traveling up Church Street from Lawyers Road, we first arrive at: Just Like New.

This is a family business, run by Kathy, Zita, Chris and Steve Antal. The Antals had a busy shop on Glyndon Street for 21 years. They closed in 2001 as Kathy and her husband thought it was time to retire. Kathy reopened a second store selling china, silver, art, Persian rugs and more which did very well.

That success led to opening the current store on Church Street 2 ½ years ago where they specialize in Jewelry, high-quality clothing, porcelain, and crystal. They focus heavily on jewelry and gifts, especially as Steve is known for his jewelry design and repairs.

They also focus on customer service. "People come here because they love us and they love the store," says Kathy proudly. "Saturdays are always very busy."

They welcome new customers to come and take in their intricate displays and want people to know that they always looking for more consignments, especially jewelry.



Elizabeth Agnew and Kathleen
Porter at Consignment Boutique

Moving to the next building, we come to the Consignment Boutique owned by Lisa Norris. Opened in 1979 it was originally owned by a lovely Hungarian lady and moved to its current location in 1985. Ms. Norris has owned the shop for 3 years.

Consignment Boutique offers a wide range of merchandise: women's clothing and accessories, very decorative household items, collectibles, jewelry, wall hangings, and more. It also boasts a great staff with plenty of personality.

They are an "everywoman" shop. Whether it be formal wear, beach attire, work or casual clothing on the shopping list, there is an ample supply to please everyone.

Norris is an experienced dealer and has a great eye for estimating the value in clothing artwork, and especially jewelry. She'll see a piece and start researching so that the owner will know what to expect.



Jennifer Casolaro and Donna O'Hara at Wardrobe Rescue

Crossing Church Street we discover Wardrobe Rescue owned by Jennifer Casolaro, which she opened in October, 2011.

This is an upscale consignment boutique, featuring women's name-brand clothing, shoes, and accessories.

Wardrobe Rescue is known for offering new or like-new items less than 3-5 years old. As such the styles are contemporary and of high quality. The items are priced to be approximately 1/3 of the retail cost when they are offered for sale. Items are reduced by 20% every 20 days and are available for up to 60 days.

As such the inventory is constantly changing and buyers are encouraged to shop regularly for the latest values.



REfind

A few hundred feet down the street, REfind looks out over Church Street from the second floor, owned by Carey Williams since 2009. This shop features recycled and reusable home decor, collectibles, and furniture and the displays around the store are arranged to be aesthetically pleasing and suggest ways that someone might use them in their own home.

Williams has a background in marketing and design and artfully mixes the old with the new, Consignment items account for about 65% of the store's merchandise while items like fabrics, candles, pillows, papers and rugs, are all new.

As their description says, "We love stylish interiors. We love vintage. We love unique pieces that are affordable. We love items that have been given a new life with just a little bit of creativity."

Four charming shops present four completely different shopping experiences. Discover a new way to spruce up your wardrobe and your home while enjoying remarkable savings with consignment shopping on Church Street.



BY KEITH LORIA

Devlin Berlo and Gerret Copeland

The Love Guru

As a child, the sight of two people walking hand-in-hand down the street always elicited a smile on Naomi Kooritzky's face, and you can say she was a romantic at a very young age.

"I always got a jolt, and that feeling has always followed me," she says. "I never liked to hear that someone was getting divorced or was never married. I always felt that everyone should be in a fulfilling relationship."

It's no surprise to anyone who has ever known her that today Naomi is one of the most successful matchmakers in the business, having helped tens of thousands of people find that special someone over the past 30 years.

"There are very few things in life that are more rewarding than bringing a couple together," she says. "When I bring love into two people's world, I am changing the lives of everyone around them so my impact is on more than just the two people. This always feels wonderful and it's a feeling that never goes away."

Naomi began matching people by organizing romantic singles cruises on the Potomac aboard a yacht named "Finished Business," but quickly realized

that there was a larger need for her matchmaking services. Therefore, in 1994 she opened a dating service called Options (optionsdate.com).

"I was always matching people up in high school and telling my friends, 'you should be with so and so,' and I had this great intuition of who belongs with who," Naomi says. "I never really thought about it as a business until later when I was unhappy in law school."

Born in Seoul, Korea, Naomi moved to the Tysons area when she was 12, went to Marshall High School, American University and then George Mason Law for a bit.

"I was a criminal justice major and I thought I would join the CIA or go into law, but neither possibility really felt right to me after a while," she says. "But now I am doing something I absolutely adore."

Three years after opening Options, Naomi met Steve Sauter, and it wasn't long before they were husband and wife. The couple now run Options together; he on the marketing and technical side, she doing what she does best—the staffing, hiring, enrolling of clients and of course, making connections.

Not that it's easy. Sure, lots of people today jump on the Internet and go "shopping" for a date on one of the ever-increasing online or mobile sites, but Naomi feels those connections aren't anywhere as strong and could even be risky.

"The lure of online dating has generated a sort of shopping mentality and people treat it as if they are on Amazon," she says. "Most people look at pictures, could care less about someone's likes and dislikes and completely ignore the red flags. What we do is make sure there is a strong foundation of compatibility."

Options does this by utilizing a test that Naomi has been giving clients for 21 years, delving into important issues like sexual attitude, religion and numerous topics ranging from pets to fitness to children.

"We make sure the two look good together and complement each other," she says. "It's a sophisticated time-proven service with a staff of professional matchmakers that do all the legwork and make one-on-one introductions of substance that have generated proven results."

“The dating world has become a free-for-all and it’s all about instant gratification, and that’s not us,” she says.

“We’re not here for affairs or for those not serious; I look for those relationship-oriented or marriage-minded.”

Options is not for everyone. If you’re someone just looking to “hook up” or want to play the field for a while with different dates, Naiomi won’t accept you as a client. She also won’t accept those who have just gotten out of a relationship and are not emotionally ready to move on, or those going through a divorce.

“The dating world has become a free-for-all and it’s all about instant gratification, and that’s not us,” she says. “We’re not here for affairs or for those not entirely serious; I look instead for those who are relationship-oriented or marriage-minded.”

In addition to those who sign up as clients, Naiomi is always on the prowl for single men and women who she feels will make good matches. She’s not at all shy approaching people at the bank, post office or most anywhere, and asking if they are single and determining if they would make a good candidate for her service.

Every member is personally screened, all information is checked for accuracy and then Naiomi and her team of matchmaking experts gets down to work. A thorough profile is then developed for each member, and every match is based on compatibility and physical qualities. Once a match is made, the two will meet and chemistry often takes over.

“I always look forward to the feedback after a match,” she says. “Of course, matchmaking is labor intensive, and it’s not going to just happen tomorrow; it could take several introductions to weed out what someone is looking for. But it’s a proven method and there’s nothing better than helping two people find love. It’s what I live for.” ♦



Naiomi

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.



URBAN RETREAT

Furniture Warehouse

We offer the same styles you find at the big national retailers, but with more fabrics and finishes to choose from, and savings of up to 45% off their retail prices.



chic furnishings ✦ warehouse prices

290 Sunset Park Drive
Herndon, VA 20170
703-689-3404
UrbanRetreatFurniture.com





TYSONS *Premier*

SELECTED AREA LISTINGS

BRAND NEW HOME WITH SPRING DELIVERY



Casey Margenau

www.margenau.com

Direct: 703.827.5777

Cell: 703.442.8600

Casey Margenau
Fine Homes & Estates

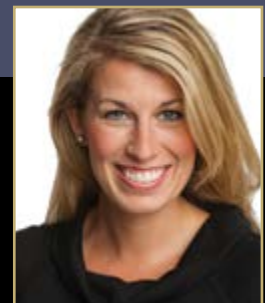


GREAT FALLS, VA

\$3,287,550

Exceptional Stone and Brick new estate home sited in Great Falls. Exquisite custom finishes on 4 levels, grand foyer with curved staircase, hardwood floors, Chefs kitchen, luxury master suite plus 3 bedroom suites, finished 4th level and bright walkout lower level with sophisticated entertainment including media room, dance area, bar and rec room. Elevator on 4 levels, and energy efficient materials. Located at 680 River Bend Road, Great Falls VA

TWO LUXURY COMMUNITIES OF CUSTOM HOMES



Keri Shull

www.TheKeriShullTeam.com

Office: 703.952.7653

Optime Realty
EXPERIENCE EXCELLENCE



Optime Realty, Arlington, VA.
Licensed VA, MD, DC.

THE ENCLAVE AT CHERRYDALE VILLAGE ARLINGTON, VA & THE ENCLAVE AT TYSON'S FALLS CHURCH, VA

CALL 703.952.7653 FOR DETAILS

The Enclave at Cherrydale Village and The Enclave at Tyson's are two new luxury custom communities located in the heart of Arlington and Falls Church. These beautifully crafted custom homes offer high-end finishes, fully finished basements, gourmet kitchens, upgraded luxury bathrooms, and a variety of other features to fit your individual needs. For more information on these homes and to hear more about all of our other properties, please call us at 703.952.7653

TYSONS *Premier*

SELECTED AREA LISTINGS

GRACEFUL SOUTHERN LIVING STYLED COLONIAL



Lilian Jorgenson

www.Lilian.com

Cell: 703.407.0766

Office: 703.790.1990



VIENNA, VA

\$1,399,000

The circular driveway leads around the front garden showing off a huge front porch which wraps around and allows several outdoor seating areas. Inside, a magnificent world unfolds, spacious and grand; yet soft and comfortable. This is "home sweet home" at its best, with large rooms, expansive bays, a huge great room, gourmet's kitchen, a library and an "Esquire's Room" for cordials and brandy. Upstairs there are 5 bedrooms and 4 full bathrooms including a master suite that fills an entire wing. The lower level has been finished to a grand scale with an open room that spans 40 feet by 25 at its overall points. Plus there is a bonus room, 6th full bath, storage room and hobby space.

SPECTACULAR CUSTOM BRICK TUDOR MODEL HOME



Lilian Jorgenson

www.Lilian.com

Cell: 703.407.0766

Office: 703.790.1990



VIENNA, VA

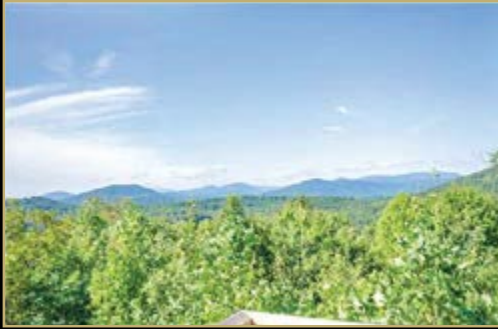
\$1,400,000

Set on 1.80 acres with almost 6,000sqft, this home is luxurious beyond belief. There is a 2-story foyer with a grand curved staircase soaring towards an upper promenade. The 2-story living room has stacked windows, cathedral ceilings and double pocket doors opening to the library. The gourmet dream kitchen opens up the formal dining room and the 2-story family room with a gorgeous stone fireplace. Upstairs there are 3 bedrooms, updated baths, plus a master suite with grand bath and walk-in closet. The walk-out lower level is complete with a rec room, game room, bar, 5th bedroom and full bath. Outside features a large deck overlooking the park-like yard with a bridge over the meandering stream and slate walk-way.

TYSONS *Premier*

SELECTED AREA LISTINGS

CUSTOM BUILT HOME WITH BREATH TAKING 180 DEGREE VIEWS OF THE BLUE RIDGE MOUNTAINS



Frankie Carl

frankiecarl@gmail.com
frankiecarl.montaguemiller.com
757-773-0442



STANARDSVILLE, VA

\$699,000

Custom built home with breath taking 180 degree views of the Blue Ridge mountains only 23 miles from Charlottesville. Two story great room hearth is built with Shenandoah Valley stone. French doors and windows invites the breezes that paragliders use to take of from High Top Mountain to the north. Great light illuminates every room joining resident and guests with surrounding nature. Beautiful any season-spectacular in the fall.



TOWN OF VIENNA!



Ginger P. King

gking95@aol.com
Direct: 703.477.8793
"When Experience Counts"



TOWN OF VIENNA, VA

Call for Details

- The Future is Coming with "Live/Work Condos" in TOWN OF VIENNA
- 7 Live/Work Condos—Mixed Use in Quiet & Beautiful Residential Neighborhood

- Steel & Concrete Construction
- 2 Bedrooms, 2-2.5 Baths, High Ceilings, Balconies
- Beautiful Hardwood Floors; FP
- 3-4 Garage Parking Spaces Each
- Green-Roof Patio
- 2 Blocks to Bikepath, 8 Blocks to Vienna Restaurants, Shopping

TYSONS *Premier*

SELECTED AREA LISTINGS

IMMACULATE COLONIAL ADJACENT TO WOLFTRAP CREEK



Kris Tracy

kris@kristracy.com

www.kristracy.com

703.980.6400



VIENNA, VA

LISTED AT \$799,000

Immaculate 4 BR, 3.5BA, 3 level colonial backing to trees and adjacent to Wolftrap Creek! Fresh paint inside and out & all baths updated 2014. Newer upgraded appliances. New carpet main & upper level. Private rear deck and patio. 2003-2004- New Roof, HVAC, Water Heater, Humidifier, Windows, Siding and Gutter System. Lower Level Walk-out rec room w/full bath, Home Office/Possible 5th Bedroom! Minutes to Tysons, 66, 495 & 3 Metros!

STUNNING 2 YEAR YOUNG "IN TOWN" BEAUTY



The Belt Team

www.TheBeltTeam.com

www.BeltTeamRealEstate.com

Office: 703.242.3975



VIENNA, VA

\$1,549,900

Stunning custom Arts & Crafts home built by Entre Builders. Better than new with 5,100+ fin sq ft of living space on three levels, exceptional craftsmanship and great attention to detail. Bright, open floorplan, gorgeous oak hardwood floors, 6 bedrooms, 4 full/2 half baths, gourmet eat-in kitchen with Cambria stone countertops & custom cabinetry, spacious & strikingly finished walk-out lower level, bar, paver patio, designer deck, oversized 3-car garage...all on a fabulous .39 acre lot!

TYSONS *Premier*

SELECTED AREA LISTINGS

SINGLE FAMILY HOME FEEL IN PRESTIGIOUS MERRYWOOD ON THE POTOMAC

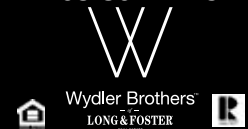


Allie Chamberlain, ABR

Allie@WydlerBrothers.com

www.WydlerBrothers.com

703.861.7229



MCLEAN, VA

\$1,850,000

Located in the historic community of Merrywood-on-the-Potomac, this beautifully renovated colonial home has the feel of a single family home and is surrounded by a private, natural wooded setting. It boasts four levels of architectural details and timeless elegance. Hardwood and marble floors are featured throughout the stunning main level, with an inviting three-story foyer and hand-carved Mahogany Palladian entrance. This forever home features a main level bedroom, four spacious bedrooms on the upper levels, five and a half baths, a pristine library, four recently converted gas fireplaces, decorative crown molding, chair railings and gorgeous chandeliers throughout. Just minutes from the historic Fort Marcy Park, with easy access to Chain Bridge Road, the Beltway and DC, this home is perfect for the everyday commuter and has so much to offer.

STATELY COLONIAL IN MCLEAN



Steve Wydler

Steve@Wydlerbrothers.com

www.WydlerBrothers.com

703.457.9000



MCLEAN, VA

\$1,695,000

Ideally located in the heart of McLean, this stunning 5-bedroom colonial offers 6200 square feet of space and the utmost in modern conveniences. The open floor plan is sun drenched throughout its three finished levels, creating a bright space ideal for entertaining and everyday living. High ceilings, oversized windows, hardwood flooring, 2 fireplaces, and custom moldings compliment the home throughout. From the gorgeous master bedroom suite with Trey ceiling and spa-like bath; to the bright main level sunroom with access to the back deck; or the gourmet granite and stainless steel kitchen; no detail has been compromised in presenting this home of distinction. This home is just minutes from downtown McLean, a short walk to Churchill elementary school, and is convenient to all major commuter routes.

TYSONS Premier

SELECTED AREA LISTINGS

GREAT FALLS CASUAL ELEGANCE DEFINED



Laurie Mensing

www.LaurieMensing.com

Cell: 703-965-8133

Direct: 703-790-1990 x5193

"Remember, every transaction is treated as if it was my own."



GREAT FALLS, VA

\$2,750,000

This exceptional offering is for the most discriminating buyer who focuses on quality. The highest end finishing details will surround you as you enjoy the 6 bedrooms and 5 full bathrooms and two ½ baths. Unparalleled materials and workmanship include master craftsmanship of stone work, woodworking, and hardscape. Beautiful white oak wood flooring, European styled hardware, custom built-ins and decorating are throughout this masterpiece. This comfortable home boasts a gourmet kitchen and family room combination, extensive area used as a kitchen office command center, a laundry center on each level, first floor master bedroom suite, lush landscaping and 3 car garage. This comfort filled home is privately sited on 5 acres just minutes from Washington DC, adjacent to River Bend National Park, and conveniently located to Tyson's Corner.

FABULOUS CUSTOM NEW HOME



Shirley Buford & Associates

www.TeamBuford.com

Shirley Buford: 571-238-7800

Corbett Buford: 703-244-8882

OAKTON, VA

\$2,300,000

This fabulous custom home by Zadrina Custom Builders is complemented by distinctive features and luxury amenities offers a stone and authentic stucco exterior with a 3-Car Side Load Garage. It offers a lifestyle of comfort with 6 BRs, 5 full baths, 2 half baths, unique turret, arched doorways, main level bedroom/library, beautiful hardwood floors to include master bedroom, finished lower level to include media room, exercise room, built-in bar and full au pair suite. Completing this custom home is the covered rear porch with mahogany flooring - all sited on a prominent 57,000 sf lot in Windsong.





BY JEFF DETWILER

HEALTHY HOUSING MARKET

Anticipated in 2015

Whether you're a real estate investor, a potential homebuyer or a homeowner hoping for a rise in property values, the state of the housing market in 2015 will have an impact on you. While each local real estate market is different, the strengthening U.S. economy, positive forecasts for job growth and continued low interest rates are combined forces that bode well for a balanced, healthy housing market this year. For example, existing home sales should follow a pace similar to 2014, if not a little stronger, and new construction sales are expected to increase.

Positive economic INDICATORS ABOUND

One of the key elements required for homebuyers is confidence in their own job stability and in the strength of the overall economy. Both GDP and employment reports have been on a positive trajectory in the past year, and they are anticipated to

continue improving. We're also seeing wages increase, and consumer confidence reached its highest level since 2007 at the end of last year. Additionally, declining gas prices resulted in easier cash flow for many Americans at the start of this year. In fact, personal consumer spending rose in the last quarter of 2014 to the highest levels since 2006—thanks to the public's confidence in the market. Optimistic consumers are more likely not only to spend money on goods and services, but also to enter the housing market, thus stimulating the economy further.

New mortgage OPPORTUNITIES MAKE HOMEOWNERSHIP MORE AFFORDABLE

Historically low interest rates continue to encourage prospective buyers to make the move from renter to owner and can make it easier for existing homeowners to move up to a larger home. Recent changes in the mortgage marketplace have also created new opportunities for many buyers. For example, the half-point reduction in the annual mortgage insurance premiums for Federal Housing Administration (FHA) loans is estimated to help buyers save as much as \$1,500 per year on a \$300,000 loan. Not only are FHA loans less costly for new borrowers, but also both Fannie Mae and Freddie Mac introduced low down-payment conventional loans for buyers, allowing as little as three percent down.

While accumulating a down payment has always been a challenge for first-time buyers to overcome, a bigger obstacle for many would-be borrowers has been the tightened mortgage lending standards imposed after the housing crisis. What's important to keep in mind, though, is that credit standards are continually changing. Over the past few years, lending standards tightened as a result of the Consumer Financial Protection Bureau's various loan requirements and other regulatory changes. However, we expect to see some loosening on the restrictions in the coming year, which should bode well for the housing market. Already this year, there are indications that mortgage credit is becoming more readily available.



Inventory and AFFORDABILITY EACH IMPACT THE MARKET

In addition to qualifying for home loans, consumers need to be able to find the houses they want (and can afford) to buy to make the housing market more robust. Inventory issues impacted housing markets, particularly in the Mid-Atlantic, in late 2013 when there was a lack of available homes but high demand. In the markets where Long & Foster operates, we'll likely see an increase of anywhere from 10 to 15 percent in inventory as prices appreciate and more sellers consider their options. Home values are anticipated to appreciate as well, but that appreciation more than likely will occur at a slower pace than in previous years. The positive aspect of this is that more buyers will find affordable home prices and they will have more time to identify the home they want when the market is less frenzied.

First-time, move-up buyers likely to play a role in the real estate market

First-time buyers, who are mostly Millennials, could play a bigger role in the housing market in 2015, particularly with credit standards loosening. A recent report from The Demand Institute showed that 75 percent of Millennials believe homeownership is an important long-term goal and more than 8 in 10 already own a home or plan to own their own home someday. This group should be a key demographic in the years ahead.

Move-up buyers are also important to a healthy real estate market. Though there is some speculation that some of these

potential buyers will remain in their current homes because of the "lock-down effect" of their low interest mortgages, this market segment is still likely to move because of career changes or family changes that require relocation.

In the luxury home market, there's been a shift over the past year as suburban luxury home sales have slowed while high-end urban retreats are selling quickly at higher prices. That trend is expected to continue as part of a cultural shift toward more walkable lifestyles.

Challenges TO COME IN 2015

While the forecast for 2015 is positive, there's no question there may be a few challenges that could affect the housing market. Increasing volatility in the stock and bond markets, global geopolitical tensions, the possibility of another government shutdown in October when the current budget deal expires and the potential of increasing interest rates could all have a short-term impact on real estate. However, a temporary slowdown in the sales pace or even sluggish price appreciation could be an opportunity for first-time buyers and investors to achieve long-term gain. ♦

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

**The information contained in this article is not intended to be and does not constitute financial or investment advice*

840 Glyndon Street, S.E.
Vienna, Virginia 22180
\$1,225,000—1st-Floor Master



- TOWN OF VIENNA!!
- On Half Acre w/Big Wrap-Around Porch
- 2 Master Bedrooms; 2-car Garage
- 2 Blocks to Bikepath
- 8 Blocks to Vienna Restaurants, Shopping,
- 4 Bedrooms, 3 Full Baths, 1 Half Bath
- Huge Daylight W/O Basement Ready to finish w/BRs, Theater, etc. Roughed-in Bath.
- Beautiful Hardwood Floors
- New Appliances; Recent mechanicals & Roof

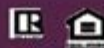

BERKSHIRE HATHAWAY
HomeServices
PenFed Realty

Ginger P. King, Realtor®
B.S., GRI, ASP
703-477-8793
gking95@aol.com



"When Experience Counts"

©2014 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Equal Housing Opportunity.



Work With Positive Agents For Positive Results



Jon DeHart

703-405-7576

Jon.dehart@LNF.com



839 Towlston Road | McLean, VA 22102

Offered at \$2,600,000

Dramatic New Custom Contemporary – one of McLeans Most Architecturally distinctive properties designed by Bower Associates of Frank Lloyd Wright. Soaring ceilings, Designers Kitchen, Lavish Master Suite with His and Her Baths, Skylights, 4 Bedrooms, 4 Full Baths, 3 Half Baths, Library, Exercise Rm, Striking Great Room, 3 Car Garage – all on 3.1 Acres. Designed for Grand Scale Entertaining.



Shirley Buford

571-238-7800

Shirley@TeamBuford.com



3402 Blakesley Hall Court
Oak Hill, Va 20171

Offered at \$1,199,000



9705 Chilcott Manor Way
Vienna, VA 22181

Offered at \$1,200,000



2740 Hill Road
Vienna, VA 22181

Offered at \$825,000



Shirley Buford

571-238-7800

Shirley@TeamBuford.com



43094 Rocky Ridge Court
Leesburg, Va 20171

Offered at \$869,900



3707 Sumter Court
Fairfax, VA 22033

Offered at \$525,000



Corbett Buford

703-244-8882

Corbett@TeamBuford.com



1355 Beverly Road, Suite | 109 McLean, VA 22101

www.TeamBuford.com



Exclusive Affiliate of
CHRISTIE'S
GREAT ESTATES



2015 *Realtor* PROFILES

Our Real Estate Market is the envy of the nation. So, it comes as no surprise that so many of our area Realtors are celebrated in national magazines and newspapers for their accomplishments and dedication to the industry. Here are a few for your consideration.



CASEY MARGENAU

Virginia's Leader in Luxury and International Real Estate Marketing for Over 25 years

With more than 30 years in sales and over \$2 billion in real estate sold, Casey Margenau uses his seasoned expertise to ensure the financial success of his clients.

Casey's marketing strategy has always been about doing more and embracing new technologies. For example, Casey uses YouTube to post home walk-throughs, which allows buyers to get a feel for the home from the comfort of their couch. Casey also promotes properties using other social media sites such as Facebook, Twitter, and LinkedIn, which allows for targeting like never before. Casey is the only agent in Northern Virginia to advertise directly to international buyers via print and digital advertisement.



703.827.5777

8478-A Tyco Road, Vienna VA 22182

www.margenau.com



LILLIAN JORGENSEN

Long and Foster Real Estate, Inc.

Lilian Jorgenson has sold more than 1,900 homes for a dollar volume more than \$1.25 Billion in sales for the last 29 years.

Recognized as the #1 Agent for Long & Foster Company, Lilian sold 60 homes for over \$71,000,000 in 2014.

Lilian works with tireless energy, radiant charm and a detailed knowledge of the market to help her clients buy or sell quickly, efficiently and pleasantly.

Lilian's success is due to her constant joy in working with people and their homes. Lilian can be reached at the Long and Foster Office in McLean, Virginia.



703.407.0766

1311-A Dolley Madison Blvd., McLean, VA 22101

www.lilian.com





GINGER P. KING

Berkshire Hathaway HomeServices
Pen Fed Realty

When Experience Counts! For Ginger King, your decision to buy or sell your home is more than just a decision; it's an emotional one. That's why she feels it's so important to choose the right real estate representative, one who's not just a sales person, but one who will take the time to learn your needs and care about them. As your full-service representative, she serves as Marketing Manager, Transaction Coordinator, Community Consultant, Experienced Negotiator and your trusted Adviser. "Walking with you through every part of the transaction and offering you complete services from relocation, staging®, mortgage and title services and home warranty selection. Ginger offers a no-obligation consultation to discuss all of your real estate needs. "My goal is to become YOUR Real Estate Professional for Life," says Ginger.



703.477.8793

361 Maple Avenue West, Suite 100 Vienna, VA 22180
gingerking.penfedrealty.com



THE BELT TEAM

The Belt Team's reputation for integrity, unparalleled expertise & stellar results make them the indispensable real estate team of choice in Northern Virginia. Whether you're buying or selling, we use creative, outside-the-box thinking, along with market knowledge and expertise gleaned from 40+ years of experience in the Northern VA real estate market. We have built our business one satisfied client at a time. It's why we're ranked and known nationally as one of the top teams in the country. AND why every client review rated us with "Five Stars" (out of five!). Our listings sell faster and for more money than average. And our buyer clients prevail in a most competitive market. Yesterday's values combined with today's technology result in a bright future for YOU. Let our teamwork make YOUR dream work!



703.242.3975

www.TheBeltTeam.com

www.TheBeltTeamRealEstate.com

LAURIE MENSING

Extraordinary Service and Results

Laurie is nationally ranked in the top 1% of residential real estate professionals and a multi-million dollar top producer. She brings a refreshing perspective to the listing and purchasing of real estate, specializing in Fairfax and Arlington Counties. Laurie represents her clients with sincerity and honesty, has great attention to detail, and delivers that extra effort at every step. She treats each transaction as if it were her very own.

Laurie is a relocation specialist, both internationally and domestically, and her own experiences give her empathy and an understanding of her clients' needs.



703.873.5193

www.lauriemensing.com



CLAUDIA KERN

The Wydler Brothers Team

A Northern Virginia resident since 1999, Claudia works with clients to identify and understand their needs and help them find their ideal home. She has substantial expertise with expatriates and their particular requirements, assisting them with the sometimes overwhelming process of relocating to a different area/country. She has an M.B.A. from Georgetown University, is originally from Venezuela and is fluent in Spanish, English and German. She lives in Vienna with her husband and two children.



Wydler Brothers™
of Long and Foster Real Estate, Inc.

703.627.2100

1355 Beverly Road, Suite 109, McLean, VA 22101
www.WydlerBrothers.com





STEVE WYDLER

The Wydler Brothers Team

Steve Wydler is one of the highest producing agents in Northern Virginia and leads the #38 ranked team in the country, The Wydler Brothers Team. As a former transactional attorney, he understands the deal process and knows how to negotiate on his clients' behalf. Steve, a local area resident since 1995, lives in McLean with his wife and two daughters. He graduated *cum laude* from Dartmouth College with a B.A. and received a J.D. from Vanderbilt Law School where he was Associate Editor of the *Vanderbilt Law Review*. When not working or spending time with his family, Steve likely can be found playing squash or golf.



Wydler Brothers™
of Long and Foster Real Estate, Inc.

703.457.9000

1355 Beverly Road, Suite 109, McLean, VA 22101

www.WydlerBrothers.com



ALLIE CHAMBERLAIN

The Wydler Brothers Team

Allie brings her savvy contract negotiation experience and a meticulous sense of organization to the Wydler Brothers Team. She holds the Accredited Buyer's Representative Designation (ABR®), the benchmark of excellence in buyer representation, and is a member of the Northern Virginia Association of Realtors® and the Real Estate Buyers Agent Council. She and her family are active in the community of Vienna and have resided there since 2003.



Wydler Brothers™
of Long and Foster Real Estate, Inc.

703.861.7229

1355 Beverly Road, Suite 109, McLean, VA 22101

www.WydlerBrothers.com

SHIRLEY BUFORD & ASSOCIATES

Shirley Buford & Associates provides the best "state of the art" real estate service possible to each client they represent. They bring untiring integrity, loyalty, caring, and creativity to every aspect of their relationships and business. In their work as Life Member Top Producers NVAR, Shirley and Corbett Buford are accomplished and dedicated real estate professionals. Shirley Buford & Associates promote the best interests of their clients in all of their present and future real estate needs, and in those of their friends and acquaintances. Their clients become their friends and their friends are the best source of business.



Exclusive Affiliate of
CHRISTIE'S
GREAT ESTATES

Shirley Buford: 571-238-7800 | Corbett Buford: 703-244-8882
1355 Beverly Road, Suite 109 McLean, VA 22101
www.TeamBuford.com



KRIS TRACY

Extraordinary Service and Results

Kris believes that providing excellence in real estate service is consistent attention to and honest respect for the client. This is achieved through using the most sophisticated and up to date technology and information available. It is the ability to implement proven and fine tuned systems that assure a smooth and successful real estate transaction.

Kris is an associate broker with Long & Foster and has an outstanding team of real estate professionals to support her clients. Specializing in the neighborhoods of the Greater Tysons area, Kris has achieved a sales volume over \$100,000,000 over the past 17 years.



She is married to Alan Tracy, president of US Wheat Associates and is the mother of two sons and one daughter.

703.980.6400
1311 A Dolley Madison Blvd. McLean, VA. 22101
www.kristracy.com





MARK GOEDDE

Lifetime Member of REALTORS®
Million Dollar Sales Club with Over
25 Years Experience in Northern Virginia

Long & Foster Real Estate, welcomes Mark Goedde to its leading McLean, Virginia office.

During his career, Mark has supported clients on all types of transactions, often assisting with the purchase and sale of multi-million dollar homes and mid-level properties. An MBA graduate from The George Washington University, he is the former owner of Fair Lakes Realty and previous branch vice president for a national real estate firm. His clients often find his financial and investment experience helps them to make smart decisions about their homes or real estate portfolios. Mark consistently ranks in the top two percent of REALTORS® nationwide.



703.850.8129

1355 Beverly Rd. #109 & #300, McLean, VA 22101
www.markgoedde.com



KERI SHULL

Keri Will Guarantee the Sale of Your Home

Lead by Keri Shull, The Keri Shull Team is the #1 Real Estate Team in Virginia and the #1 Team in Arlington due to their quality service and unbeatable guarantee programs. Using the concept of total team coverage, the Keri Shull Team ensures that buyers and sellers are supported throughout every phase of the real estate transaction. They employ cutting edge technology to quickly connect buyers with sellers which allows Keri to provide an upfront guarantee in writing that your home will sell fast at a price acceptable to you.

Keri was recently married in April and is the proud mother of Zoie and Sophia, her 2 five pound Chihuahuas.



703.952.7653

www.TheKeriShullTeam.com

GLORIA ADAMS

Trustworthy, Neighborly, Tenacious!

Top Producer Gloria Adams has been listing and selling homes in the upscale markets of Fairfax for over 20 years building a reputation for service that exceeds one's expectations.

Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the markets she serves so well.

She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

TTR | Sotheby's
INTERNATIONAL REALTY

703.356.6645

6723 Whittier Ave, McLean, VA 22101

www.facebook.com/gloriaadams



MICHAEL ALBRITTAIN

Determined to Move You!..... Service, Speed, Results!

Born and raised in Northern Virginia, Michael and his family have been active in Real Estate for two generations as Real Estate Brokers, Community Developers and Custom Home Builders.

With over 30 years personal experience, Michael has developed an in-depth knowledge of the area and outstanding negotiation skills to benefit you whether you are a buyer or a seller. His extensive background in selling, buying, building, remodeling and developing gives him a unique perspective on what Buyers are looking for and how to stage / prepare homes to Sell Quickly for Top Dollar!

"Michael Albrittain is THE go-to person in real estate. Be careful of what you ask of him, he'll seamlessly deliver and have you comfortably moved out and moved into your new home before you know it."



703-893-0900 ♦ C: 703-966-1253

8133 Leesburg Pike, Suite 800, Vienna, VA 22182

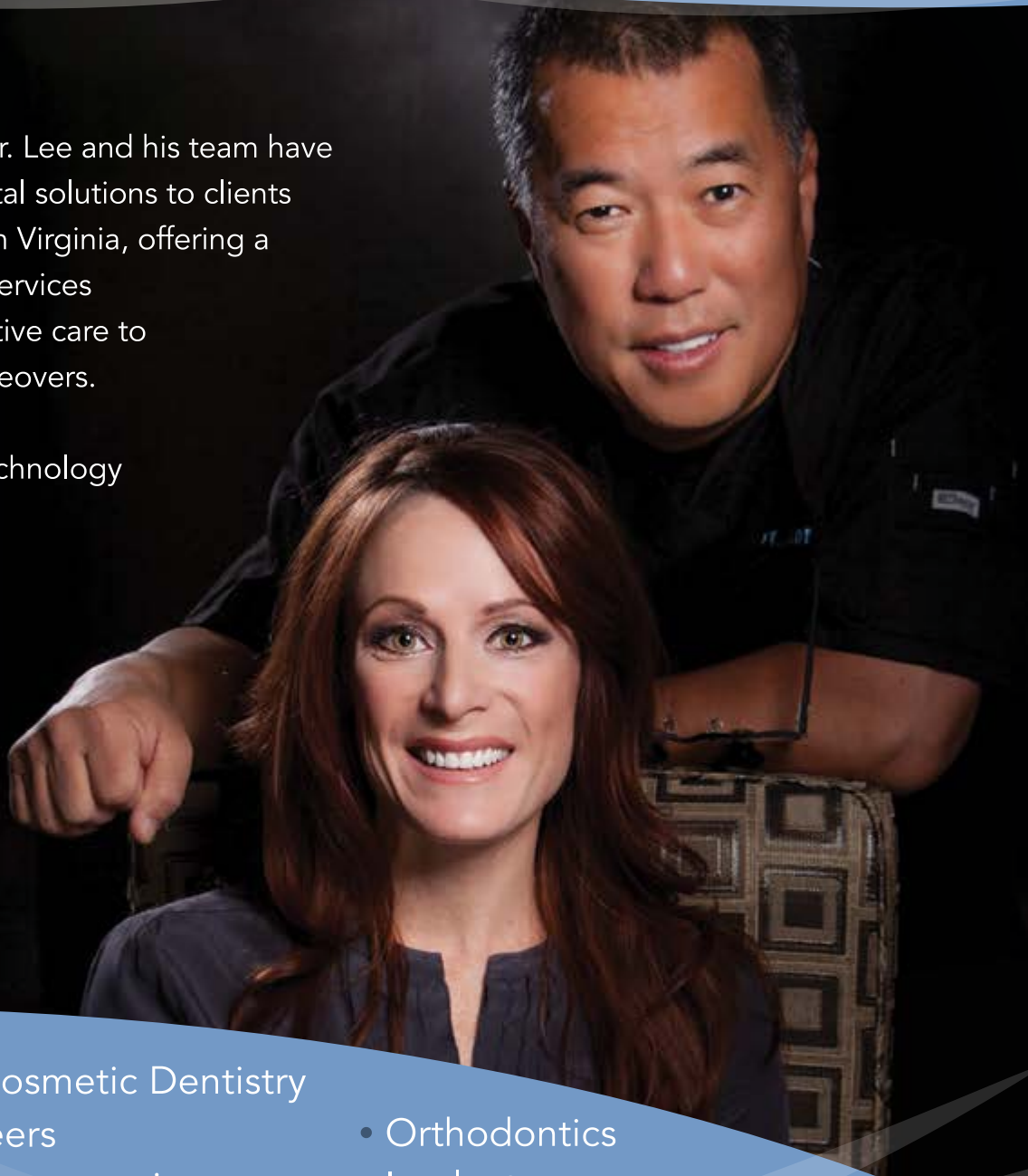
www.AlbrittainGroup.com ♦ AlbrittainGroup@KW.com

True artistry, truly transforming *...your smile journey begins now*

Dr. Chong W. Lee & his patient Rebecca M.

For over 30 years, Dr. Lee and his team have been providing dental solutions to clients throughout Northern Virginia, offering a complete range of services from routine preventive care to complete smile makeovers.

- State-of-the-art technology
- VIP treatment
- Expert care



- General and Cosmetic Dentistry
- Porcelain Veneers
- Full Mouth Reconstruction
- TMD & Headache Treatments
- Teeth Whitening
- Orthodontics
- Implants
- Sedation Dentistry
- Sleep Apnea Appliances



MAY/JUNE *Style*



KEEP COOL AS A CUCUMBER...

- 1) Shiseido Luminizing Satin Eye Color Trio
www.Shiseido.com
- 2) Linen V-Neck Pocket Tee
www.JCrew.com
- 3) Burt's Bees Facial Cleansing Towelettes
www.Target.com
- 4) Ray-Ban Mirrored Matte Classic Aviator Sunglasses
www.Shopbop.com
- 5) MAC Green Gel Cleanser
www.MACCosmetics.com
- 6) Cucumber Herbal Alcohol-Free Toner
www.Kiehls.com



2015 GADGETS, GOODIES, *and Gizmos*

BY LAUREN SIMMONS



GAUSWHEELS

www.gauswheel.com

For the innovative try the GausWheel as it offers more than any other scooter, skateboard or roller skate as it's faster, more maneuverable and more ergonomic in a city environment or town. It feels just like skiing only it's easier to learn and you can do it in the summer time on any road so you no longer need to visit the dry ski slope to practice your slalom skills.

JUNE BY NETATMO – UV SUN INDICATOR JEWELRY

Netatmo.com

There's no better way to be prepared for the sun than to have your personal UV indicator on your wrist. JUNE measures your exposure to the sun throughout the day and communicates with your Smartphone.

You'll receive real-time advice on how to protect yourself from the sun.

JUNE suggests the most appropriate SPF cream for your skin, taking into account the current UV levels - reminding you when to put your hat and sunglasses on, and when to move into the shade... You'll know exactly when and how to protect yourself to prevent sunburn and premature aging of your skin.



THE CORDLESS REMOTE CONTROL BED LIGHT

www.hammacher.com

A great solution if you need a bit of extra light as it doesn't require electrical work. The cordless fixture can be mounted to any wall, and its 18" articulated arm allows light to be precisely aimed at a page.

CHALKBOARD TABLE RUNNER

www.Anthropologie.com

How better to display your food or provide the kids a surface to draw on than to have a table runner you can draw on. Your guests will never be uncertain again of what you're serving.



An illustration of a hand with a white watch, wearing a dark suit sleeve and a white shirt cuff. A banner is draped across the hand, featuring the text 'Got Extra Time on Your Hands? VOLUNTEER!' in a bold, sans-serif font. The banner is white with a red border and a red ribbon-like tail.

Got Extra Time on Your Hands? VOLUNTEER!

BY ELEANOR HERMAN

It's a clichéd phrase—"giving back to the community"—one that has the same effect on me as fingernails scraping a chalkboard. Yet I had reached the point in life where I wanted to... Well, let's just say I wanted to spend at least a few hours a month helping someone else.

But who? Where? And how?

Each Thursday the *Washington Post's* Fairfax County *Local Living* section runs a list of volunteer opportunities. After carefully perusing the list, I decided to contact Volunteer Solutions, a partnership program of Fairfax County's Department of Family Services, Health Department, and Department of Neighborhood and Community Services designed to help residents aged sixty and over as well as disabled adults of all ages. I always enjoyed the company of senior citizens and thought this might be exactly the right thing for me.

To join the program, I took a one-hour group class in Annandale where I learned about the smorgasbord of options volunteers can choose from. Meals on Wheels drivers deliver meals for older adults who can no longer shop or cook. Medical and general transportation drivers take clients to doctors' appointments, the grocery store, bank, and pharmacy. Volunteers with technical expertise can join the IT On-Call Program, which helps clients with minor computer problems and the internet.

Insurance counselors help older adults understand Medicare and sort

out medical claims and benefits. Money managers organize bills and balance bank accounts. Pets on Wheels provides pet therapy, and Caregiver Respite provides temporary companionship to an older adult who cannot be left alone so the regular caregiver can get a break.

Even the words IT, accounting, and medical claims make my eyes glaze over so I knew that wasn't for me. And while I can drive, Lord knows I can talk. At least that's what my husband says. And I've always believed that a friendly phone call or visit can make a big difference in someone's life, especially if they are feeling alone. So I decided to volunteer for a long-term relationship with an older adult by signing up for social visits and light housekeeping.

Before I could set to work, though, I had to undergo a criminal background check—they took my fingerprints—because we go into clients' homes, and a DMV check because we drive them around. Then I was ready to go.

Each week volunteers receive an emailed list of current needs. One client with the warning ALLEGY ALERT caught my eye. Jane—not her real name

because the program is super careful about client privacy—lives in her home in Falls Church with four cats, and since I had four cats and not many people are that eccentric, I figured it had to be a sign. I generally visit Jane twice a month for about two hours each time. I putter around in the garden and help her tidy the house. I've driven her cats to the vet. Often, we just sit, talk, and laugh.

Jane is a great fan of the program. "Volunteer Solutions is a lifesaver for older residents in need," she says as Felix, her big brown tabby, leaps into her lap. "I had worked and saved all my life but when my mother became ill, I had to become her caregiver. Then my own poor health wiped me out. I was afraid I would have to leave my house. A volunteer comes once a month to help me manage my finances and pay my bills on time. I can't cook anymore, and Meals on Wheels provides nutritious meals every day. I have difficulty cleaning the house and working in the garden,

Irene Chalk (*right*) tells Mary White, a volunteer with Volunteer Solutions, the story of her Polish wedding in Chicago. The two neighbors share poker, coffee, and memories during their morning visits. Mary's visits allow Irene's husband and caregiver, Joseph, the opportunity to spend a few hours working out at the South Run Rec Center knowing Irene is in good hands. "I started out as a volunteer, but now we are good friends," said Mary.



and for several years now volunteers like Eleanor help with that. Because of these services, I can stay in my house with my cats and garden and remain independent."

Volunteer Solutions is popular with volunteers from all walks of life with a wide range of skill sets. From July 1, 2013 to June 30, 2014, some 3,789 volunteers worked 103,721 hours serving 1,464 county residents. A volunteer hour is estimated as being worth \$24.49, which means that these volunteers' efforts were worth \$2,540,127.20 to Fairfax County.

Trina Mayhan-Webb, Director of Volunteer Solutions, says, "We are proactive, professional and innovative in recruiting and engaging diverse volunteers in service. As a direct result of our efforts, our community will grow even better as it grows older. Through the 2014 annual survey, 85% of Adult and Aging clients continued to reside in their own home one year after receiving services. Our volunteers are simply amazing and the numbers prove it!"

One of those amazing volunteers is Dave Roycraft of Burke, 64, who has been a Meals on Wheels driver for four years, driving four or five routes a month. For each route, he drives two or three hours and drops off food for five to eight clients. "I got involved when my mother in New Jersey was ill and began receiving Meals on Wheels," he says. "I couldn't thank them by driving the meals in New Jersey, so I started doing it here."

Dave works evenings as a broadcast engineer at Channel 9, a CBS affiliate in D.C. and has time during the day to volunteer. "Often, we're the only people

the clients see all day and they're so happy to see me," he says. "I get as much from them as I give."

Dean Rust, 71, of Alexandria drives three Meals on Wheels routes a month in addition to doing medical and general transportation which often turns into social calls. After he retired from the federal government in 2005, he joined Volunteer Solutions and puts in about twenty hours a month. "There are a lot of needy older people in the area without direct support from family," he says. "I admire their courage and support the notion of keeping them in their homes for as long as possible. Without our help, many of them would have gone into nursing homes by now. Some of them have become my good friends. This is a big part of my retirement."

Volunteers Solutions recruits for two other programs. Adult Day Health Care provides a safe, fun, and therapeutic environment from 7 a.m. to 5:30 p.m. for individuals who need supervision during the day due to changes in cognitive and functional abilities. And Senior Centers provide socialization opportunities and interesting classes to older residents who are still functioning well. Both programs look to Volunteer Solutions for help with serving lunch, manning the front desk, and teaching classes.

Michelle Ross, director of the Lewinsville Senior Center in McLean (which also houses the community's Adult Day Health Care Center), said that some thirty-five older adults come every day to her facility, some of them enjoying it so much they stay all day. Lewinsville currently offers line dancing, Zumba, yoga, bridge, voice and piano lessons, computer training, bingo, and social outings. "When I needed an American Mah Jongg instructor," Michelle says, "Volunteer Solutions put the word out and I got one. We are always looking for people with skills or a passion they want to share with others."

Each May, Volunteer Solutions runs a special program called Helping Hands. Over the course of several weekends, volunteers and corporations pitch in for big projects like home repair and landscaping for older residents who can't afford the work themselves. Last year Home Depot donated thousands of dollars of fencing, siding, and landscaping merchandise. Sixty-five volunteers assisted nine clients, donating 382 volunteer hours valued at \$9,355.18. For this year's program, Volunteer Solutions is hoping for more corporate donations and even individual gift cards from stores like Home Depot, Lowes, Target, Walmart, and Subway (hardworking volunteers must be fed!).

As successful as the program is, the need continues to grow in a county with an aging population, and Volunteer Solutions is always seeking new volunteers. If you're thinking about joining, consider this: according to a recent survey, 97% of the program's volunteers are satisfied with their experience, and 91% feel a stronger connection to their community through their service. A whopping 97% reported being happy with the support they receive from Volunteer Solutions staff and the same number would recommend Volunteer Solutions to a friend.

I certainly recommend it. Whether you want to call volunteering giving back to the community or just giving of yourself to people who need a bit of extra assistance, it's fun, flexible, and as rewarding to the volunteer as it is to those you help.

AUTHOR: Eleanor Herman is a New York Times best-selling historian based in McLean. Her new series *Legacy of Kings: Blood of Gods and Royals* debuts in September.

CONTACT INFORMATION:

Website: www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm

Email: VolunteerSolutions@fairfaxcounty.gov

Phone: 703-324-5406

Lewinsville Senior Center and Adult Day Health Care Center

1609 Great Falls Street, McLean 703-442-9075 Open Monday–Friday, 9 a.m.–4 p.m.



BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*

Q

DEAR COACH AMY,

I am an attractive professional woman who is in my late 30's still hoping to meet Mr. Right. I feel like I have tried everything to meet that person with whom I can build a family life. I know you recommend online dating for your clients. I have been dating on and off online for the last ten years and it hasn't worked for me. I really don't want to give up. What do you recommend at this point? By the way, I tried all the top sites already.

Bewildered in Ballston

A

DEAR BEWILDERED,

When I surveyed my community, more than 90% of those who answered the survey said they had tried online dating. So it's no surprise that you have tried to date online and it hasn't worked for you—YET!

When my clients come to me, they tell me they have tired of online dating and it hasn't worked for them. I tell them, "You haven't tried it MY WAY!" As it turns out, 3/4 of my successful clients have met

their true love partner online. So let me share with you what was not working for them so you too can make the changes in your profile to improve your chances to connect with the right one:

1. Your photos are not doing you justice. You have just taken any old photo and posted it. You are with other people, not wearing something flattering, nor have an inviting expression on your face. Did you invest in a professional photo that is recent and looks like you? Don't make it too glamorous so to drive up expectations beyond who you really are. It's better if someone thinks you look better than your photo in person. Also, the more natural you look, the better.

2. Your essays or answers are not reflecting who you are authentically. I recommend you share who you are and what you have to offer in a relationship BEFORE you mention who you want to meet. I have many clients who have a hard time describing themselves to someone in writing. We are so close to ourselves that we don't see ourselves objectively. I have tools that help my clients tease out their fine points! Try to see if you are missing anything very cool about you that would make you more attractive to someone.

3. You appear to be too fussy and hard to please. Why would someone want to be with you? What do you have to offer to a relationship? Why would you make the perfect mate for someone? Most men don't want projects since they already have jobs! If you seem too demanding or unhappy with life, they can always move on to the next person! Do put your best foot forward.

4. You are limiting your choices and your opportunities overall. I find my clients need to open up their options - not on what really matters which may be religion or values, but on whom they would date and how far would they be willing to go to meet this person. Also, it may mean trying a different site or a different approach. Be creative!

5. You are giving up too soon and haven't really worked it! After a couple of near misses, many people give up and say it doesn't work instead of improving on their experiences and fine tuning their search. Are you taking the rejection personally? They barely know you. The right people will give you a chance and take the time to get to know you. My clients that succeed DON'T GIVE UP- they stick with the process and eventually do meet their mate!

This is the short list of how I help my clients to improve their chances to finding true love online. You can learn all my tips and strategies that have made a huge difference in my client's lives. I have so much more to share with you. My Successful Internet Dating Program (www.SuccessfulInternetDatingProgram.com) can give you the know-how to make Online dating a more positive experience that can lead you to true love!

Intentionally Yours,

Coach Amy

PS. Do come to my next "Are You Motivated to Marry?" Dating Success Workshop in Alexandria, VA on May 13th to learn more about how my clients are connecting successfully with true love. Learn more at <http://www.meetup.com/Washington-DC-Area-Marriage-Minded-Meetup-Group/events/221471172/> ♦

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.



Renovations & Custom Homes



RELAXING LIFESTYLE

QUALITY

VACATION FEEL

LUXURY

SEAMLESS FLOW

NATURAL MATERIALS

CENTRAL ENTERTAINING

AV ARCHITECTS + BUILDERS IS AN AWARD-WINNING FIRM HELPING HOMEOWNERS “LOVE THEIR HOME AGAIN” BY OFFERING UNIQUE INTEGRATED DESIGN-BUILD SERVICES TO CREATE HOMES THAT EXUDE LUXURY VACATION STYLE LIVING ALL YEAR ROUND.

703.865.5065

AV Architects + Builders

Love Your Home Again

AV ARCHITECTS + BUILDERS
9903 GEORGETOWN PIKE • #201
GREAT FALLS, VIRGINIA 22066
WWW.AVARCHITECTSBUILD.COM



BY HUBIE CRAM

Mary Suib

ACTRESS OF VERSATILITY

Mary Suib has lived many lives and enjoyed them all. She has been a ghost, a vampire, younger woman, older man. She likes to say that she is game to do anything and loves to have fun. Without revealing her age, she says that she can play quite a range. "I can be a pert-looking middle-aged woman or I can be made up to look and act over 100. I am pretty damn vital and will do anything."

Indeed Mary is always on the lookout for the next creative role. Her energy is infectious as she talks of the several auditions she has lined up in the coming days. "You know there are a lot more auditions than there are parts, so you've got to be tough and prepared for disappointment sometimes. That's a interesting challenge because as an actor, you have to act sensitive and be empathetic about the role, but in reality you have to have a tough skin so you can walk away if you don't get the part."

Still she has seen numerous successful outcomes in the past several years, including her performance with the Reston Players as Violet Weston in *August: Osage County*. She was recognized as Outstanding Lead Actress in a Play at the Washington Area Theatre Community Honors for that role and has received several other nominations as well. She is in current TV series, appearing as Older Woman in *House of Cards*, and Grandma in *Metamorphosis*.

Her work includes that of stage actress, film actress, director, writer, and even casts readings for the Playwrights' Forum. Playwrights may write dialogue all day long but they only hear it in their own voice. When they can hear actors reading their play,



it completely opens up their thinking and may have them develop the roles in a totally different way.

Mary has written works herself and understands the craft, but sometimes little things get in the way also. "Writing is not easy, plus I'm a lousy typist, so for one play I recorded the dialogue myself and hired someone to type it for me. Even though I deliberately trying to make it sound authentic, with local color and accents, the typist corrected all my intentional vocal eccentricities!"



Mary always wanted to be an actor, but she says, "Life gets in the way periodically. I was in theater school when I met my husband, who was in art school. We got married - we needed

money - there was travel - the need to finish degrees - moves to different places." Acting was put on hold for many years, while Mary became a teacher. Of course she was entertaining so her classes did really well.

As she taught, she "tried to understand why and how kids learn" so she went on to earn a Ph.D. in School Psychology and became a psychologist for the school district. "Acting takes too much concentration" to try to perform while working. As she prepared to retire, she "had cancer a few times" and she was ready to "throw in the towel." But she beat the cancer and discovered that she was still going and ready to act, so she finally made her way to the stage.

It doesn't matter to Mary whether she is performing on stage or in front of a camera. "In either case, you have to create a character. It is fun to have the chance to experience another life. I have done regional theater which is a tremendous opportunity. You go someplace else, live there a couple of months and get to live with that role for quite a period of time." In fact, Mary throws herself into each role. "As you work with other actors, you have to interact with each other and respond to each other in a realistic, believable manner. I was in a play about Asperger's Disease directed at doctors. We needed to demonstrate that there are actual humans behind the medical conditions. It was important to show the doctors the human being with feelings and emotions experiencing the situation. The role of the actor is to embody the character, turning them into a real person."

"I was an extra on *Veep* and extras generally aren't supposed to talk. There was a moment when Hugh Laurie was serving me pancakes, and we were looking at each other, communicating with our eyes. The director spoke to me and scolded, 'You're not supposed to talk.' We never had actually spoken. Maybe that was true acting."

Speaking of her second career, Mary remarks, "I'm having a wonderful time. Isn't that the point?" With several dozen acting credits on her resume and a thirst for new challenges, it seems that Mary Suib has found her true calling. ♦

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

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



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

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

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

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

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



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



BY SHIRLEY LUU

Spring TIME TO REVIEW AND CLEAN UP YOUR FINANCES

Ahh... It's that time of the year when all of us are thinking about the beautiful spring and summer approaching. We work on sprucing up our yards and getting our houses in order. Isn't it time we did the same for our finances? Have you considered that this would be a good time to reassess the financial plans you have in place and perhaps replace them with some new and innovative products now on the market? What seemed great 10 years ago may now be dusty and outdated. You owe it to yourself to see what is new in retirement planning, re-evaluate your strategy and make your nest egg more secure.

Let's think a moment – 20 years ago the battery for your mobile phone looked like a small backpack. The cost was over \$1000.00 and the only thing it did was make and receive phone calls. Today your smart phone is like carrying around a pocket-sized laptop with all of its capabilities. The same is true of the investment market. New products can help you avoid the vagaries of the stock market and provide you living benefits and financial security in your retirement.

DOES YOUR
CURRENT
RETIREMENT
PLAN HAVE
MONTHLY
INCOME DOUBLE
UP SHOULD THE
NEED FOR LONG
TERM CARE
ARISE?

When evaluating your financial plans here are some questions to ask yourself:

1. Does your retirement account protect you from loss if the S&P market drops?
2. When you begin liquidating your retirement account does it give you guaranteed lifetime income that you can't outlive?
3. Does your current retirement plan have monthly income double up should the need for long term care arise?

If you answered no to any of these questions you could benefit by learning more about the financial products available today. When it comes to retirement, we all have different reasons and stages in our lives that we need to consider. Whatever financial plan you have makes sure it covers these three critical things. What if you live too long? Will you outlive your money? If you die too soon, is your family covered? And between living too long and dying too soon, what if you suffer a chronic or critical illness? How do you pay for that? Make sure your insurance plan addresses these issues.

The coverage you get should also be appropriate for your stage of life, thinking about wills, living trust, probate. Do you want a tax free retirement and death benefit for your family?

I hope the information provided is helpful in planning your financial spring cleanup. For more information or to schedule an appointment, please call to speak with Shirley Luu at 703-608-1203. ❖



SHIRLEY LUU

INSURING *your* RETIREMENT

Looking for Income Guaranteed
for your life?

*Annuities are the only product that
can guarantee lifetime income!*

Let me show you how an
American Equity Annuity can help
secure your retirement income!

SHIRLEY LUU
703-608-1203
luushirley@gmail.com



West Des Moines, IA 50266

We're the One!
People Service Future



INSURING YOUR PET

BY DR. SANDY CHRISTMUS

Q: I adopted a terrific adult dog from a rescue group. Should I get pet insurance for him? There are so many options now! What should I look for in an insurance company?

— B. Kerr, Vienna

A: Congratulations on your new addition! I'm glad you're thinking about getting pet insurance for your new little buddy, because earlier is better, when it comes to signing up a pet for a policy. In this article I'll discuss a few things to consider before buying an insurance policy for your furry friend. An excellent resource for comparing companies and reading reviews from individuals can be found online at www.petinsurancereview.com. Be aware that a vast majority of pet insurance companies reimburse you for your payments to your veterinarian, unlike insurance companies for people where the doctor is paid directly.

The first thing to consider is whether you want a policy that covers accidents only, illnesses and injuries, and/or preventive care. As you'd expect, the more a policy covers, the higher the monthly premium. The least expensive plans cover only

accidents. Examples of these situations would be a dog that tears a knee ligament or a cat that gets hit by a car. Policies that also cover illnesses would pay for treatment for the dog that has diarrhea after getting into the trash or the cat that develops diabetes. While charges for situations like these can sometimes run into the thousands of dollars, some pets don't have many (or any) of these situations. For these pets, the money you're paying monthly for premiums could be better used elsewhere in your budget.

Not all insurance companies will insure pets for preventive care, the known, recurring bills you can plan for. Preventive care plans—some companies call them wellness policies—include necessary vaccines, physical exams, office visits, heartworm and flea and tick medications, intestinal parasite screens, heartworm blood tests, reproductive surgery, dental procedures, etc. Some even include toenail trimming and anal gland expressions. Some companies will pay 100% of the bill up to a predetermined amount, which varies based on the chosen plan, after which you are responsible for the rest of the bill. Others pay a set amount for a procedure, such as \$50 per exam or \$25 per heartworm test.

Be sure to check with your potential insurance companies to ensure it does not require higher premiums for or completely exclude your pet's breed. Many companies exclude congenital or hereditary conditions, although each company may define "hereditary condition" differently. Most companies exclude pre-existing conditions, which means anything with which the pet has been diagnosed before the policy starts. If a dog has recurrent ear infections, the insurance company won't pay for



future treatment of the same thing. If a cat has had frequent urinary tract problems, the company with pre-existing exclusions will usually exclude future treatments, too. Depending on the company, though, it may remove the pre-existing condition clause if the problem doesn't recur for six, twelve, or twenty-four months.

Do you travel with your pet? If so, be sure to check with the insurance company to be sure he's covered outside of the US. Some plans cover pets in other countries as long as the primary caregiver usually resides in the US. Others cover pets in North America, while still others cover pets worldwide. A few companies cover pets only while they're in the US.

The deductible is an important detail to compare among companies. Some charge a per-incident deductible that can range from \$0 to \$500, while others charge an annual deductible with the same sort of price range. Some companies have annual deductibles up to \$1,000, which allows the policy owner to pay lower premiums.

Be aware that the different pet insurance companies set limits for how much they will pay individuals annually and sometimes for the lifetime of the pet. For example, depending on the plan you purchase, PetFirst limits annual payments from \$7,500 to \$20,000, and PetPlan pays \$10,000, \$14,000, or \$22,000 annually. On the other hand, Pets Best will pay a \$20,000 annual maximum and a \$200,000 lifetime maximum.

Speaking of payments to you, the various companies have different ways they determine how much you'll be paid for your pet's treatments. As you know, NoVA prices are higher than they are in southern Virginia. Some pet insurance companies pay a straight percentage of the price you pay your veterinarian, while others pay a portion of the fee that they consider "usual and customary." These companies may pay a smaller portion of the fee than the companies that pay a straight percentage of your bill.

Be sure to check with the companies you're considering to see what discounts they offer. Some offer a 5% discount for spayed and neutered pets. Some offer a multi-pet discount. Others offer discounts for veterans or military personnel. At least one company offers a 5% discount for clients who pay the premium annually, rather than in installments, and yet another gives a discount if clients don't have any veterinary-bill claims for a set amount of time.

Many of our clients are happy they have pet insurance. Getting help to pay for a \$2,500 knee surgery, a \$1,000 bout of pancreatitis, or a \$600 annual visit for exam, vaccines, heartworm and fecal tests, and annual oral/topical preventives can prevent a massive budget crunch. Many financial advisors, on the other hand, suggest simply socking away the amount of money you'd pay in premiums. That method allows a majority of people to come out ahead and have money saved if they need it for veterinary bills or some other reason.

I hope this article helps identify the details that should be on your mind as you sift through the pet insurance companies' web sites and brochures. Compare and contrast all the risks and benefits before deciding for yourself whether pet insurance is right for you, and if so, which company is best for you and your fuzzy companion. ❖

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.



TOP DOG RESORT

**Premier Small Dog Boarding
A Loving Home-Away-from-Home**

Exclusively For Pets UNDER 25 Pounds
No Kennels • No Cages • No Leashes
Outstanding Romping Space Galore
Lavish Pampering & Abundant Cuddling

540.788.4837

www.topdogresort.com



OAKTON-VIENNA VETERINARY HOSPITAL



In the heart of Vienna, across from Outback Steakhouse, we provide a complete list of services to include:

Thorough physical exams
The safest vaccines available
Parasite exams and prevention
Routine bloodwork for older pets
Client education



Meet the Doctors!



Only Locally-Owned & Operated Veterinary Hospital in Vienna/Tysons!

For your convenience we are open evenings and weekends.



MONDAY-FRIDAY

7:30am -8pm

SATURDAY

9am - 2pm

SUNDAY

10am - 2pm



703.938.2800

www.ovvhpets.com

**320 Maple Ave East
Vienna, VA 22180**



BY HUBIE CRAM

A Vacation for your dog

There are times when the dog likes to get away ... take a few days off ... spend some time hanging with other dogs. This is not all bad because it allows the dog's family to slip away for a vacation or take a business trip.

The only problem is that there are a limited number of first-class accommodations for Buddy. Not to worry as long as Buddy is 25 pounds or less. One residential boarding facility has been inviting small dogs to vacation in luxury in Northern Virginia for over 18 years.

Located in the rural community of Catlett (should be Doglett) just west of Manassas, Top Dog Resort is actually the beautiful and private home of your pup's hosts, Don and Linda Lecher. The home is nestled on 22 acres, three of which are completely fenced so that Buddy has the opportunity to run and explore at will. Upon arrival at the resort, every dog receives a personalized tote bag so they can make their owner carry stuff around for them. Transportation to and from the dog's home is available on Tuesdays and Thursdays.

"We want to serve our clients by pampering their precious pet," says Linda.

"Everybody in this area is frantic and needs a break. Some don't even have time to walk the dog so they have dog walkers. I want to take the pressure valve off the pressure cooker and give their small dogs an outstanding experience. When those small dogs have off-leash time with other dogs their size, they start thinking that they're big dogs."

Linda goes on, "Pets are helpless and need someone to care for them. The only ones who don't need care are stuffed animals, dead goldfish and maybe hamsters because they probably have an exercise wheel and don't need any help to stay busy. Cats are pretty self-sufficient but even they need a human touch every few days. But there's something about a dog that disarms you. Yes, they are helpless, but oh, so loving. And that's why we do what we do. Even though we work every day of the year and don't take vacations, if you do what you love, every day is a vacation."

The Top Dog brochure describes the resort as "a No Cage-No Kennel luxury destination. The dogs have full use of the air conditioned home and are cared for in a fun and peaceful environment. There is romping space in sun and shade, fence line sniffing and sauntering, toys galore, ball and Frisbee fetching, fun critter chases, and frisky pack frolickings."

There is an agility park with tunnels, hoops, hurdles and inclines for the athletic and adventuresome. The water park consists of shallow water containers where guests can cool off and relax. There is even the Miami Beach Strip where dogs can play, relax and snooze outside, off the ground on toddler cots under patio umbrellas. On chillier days comforters allow the dogs to snuggle and enjoy the sun's warmth.

Called a Canine Camelot, Top Dog Resort offers a truly premier boarding vacation for your pet. Host Linda Lecher, with co-host Don, is crazy about dogs (or maybe just a little crazy) and invites your dog for a visit.

Call Top Dog Resort, 540 788-4837, to make plans to meet Gigi, the 12-pound Maltipoo director of marketing, the other staff dogs, and the Lechers who enjoy living 24/7 with the dogs. ❖

The Best of Oakton



3003 Apple Brook Lane

Oakton, VA



Magnificent and Stunning! Three fabulous levels of design, craftsmanship and livability. Upgraded and loved like no other home in beautiful Oakton!! Grand but gracious living! Two sunrooms, screened porch and deck overlooking private yard and amazing pool, patio and outdoor cabana area!!! Lower level walkout with media area, billiards area, craft room, 3rd fireplace, 5th bedroom & 6th bath.

Offered at \$2,380,000



Fabulous and amazing in so many ways!!! Gorgeous entry foyer opening to two-story family room overlooking acres of common area. Stunning kitchen with coffered ceilings opening to screened porch with stone fireplace. Relaxing master suite with luxury bath with heated floors. Full walk-out lower level with media room, recreation room, fifth bedroom and fifth full bath. Walking trails to community lake.

Offered at \$1,595,000



11423 Meadow Lake Court

Oakton, VA

Mark Goedde

703.850.8129

markgoedde@Inf.com

www.markgoedde.com

Making It Happen!!!





Why does my dog NEED A MASSAGE?

BY ENEIDA RAMIREZ

It is amazing what profound happiness our four legged friends bring into our lives everyday. Whether we've had the worst day, whether we've been gone for ten minutes or ten days, dogs always have that magic to make us smile with their happy, waggy tails and genuine love that reflects in their eyes when we come home. Their lives are dedicated to cuddling with us, pleasing us, sensing our emotions and giving us the best gift one can ask for: unconditional love. Why not give them something back?

Almost half of American households (47%) own at least one dog, according to the Humane Society (2012). With so many dog owners it is encouraging to know that there is a new trend in the world of canines that can actually improve

a dog's quality of life: canine massage. Dog owners may ask: Why does my dog need a massage? How will my dog benefit from this practice?

Just like humans, dogs can benefit from the touch of a professional to relax, release toxins and cure different kinds of pain physically, emotionally or psychologically. Human massage has been an alternative to medicine for centuries, curing and aiding people in a natural way, and it has been proven to do the same for animals.

Canine Massage has countless benefits that will have your dog living a happier and healthier life:

- Promotes overall good health on dogs of all ages
- Treats geriatric symptoms such as arthritis

- Improves circulation
- Induces relaxation and relieves stress
- Promotes healing and eliminates bad toxins
- Alleviates pain caused by injuries/surgeries
- Relieves muscle fatigue
- Enhances muscle tone and increases range of motion
- Helps nervous, shy, hyperactive dogs achieve a balance
- Promotes emotional calmness

One of the best candidates for canine massage are older dogs and dogs that display geriatric symptoms such as arthritis and hip problems. The massage helps them release tension and bad toxins and with better blood circulation the result is a more mobile, comfortable and happier dog even in old age.

According to the American Pet Products Association, US pet owners spent \$4.73 Billion on pet services such as grooming and boarding. Americans spend millions of dollars making sure their dogs look good, why not worry more about making sure they feel good inside? Try canine massage and see what it can do for your beloved loyal companion. ♦

AUTHOR: Eneida Ramirez is a certified canine massage therapist and owns K9zentine, a local small business specializing in canine massage therapy. She can be reached at 571-406-4856 www.k9zentine.com

C&C GARAGE

The hometown auto experts offers excellent automotive repairs and state & emissions inspections in our certified repair facility in the heart of Vienna, Virginia.

703.281.2525

334 Dominion Rd., NE | Vienna, VA 22180
WWW.CANDCGARAGE.COM





Dr. Chong W. Lee | Galleria Dental Aesthetics

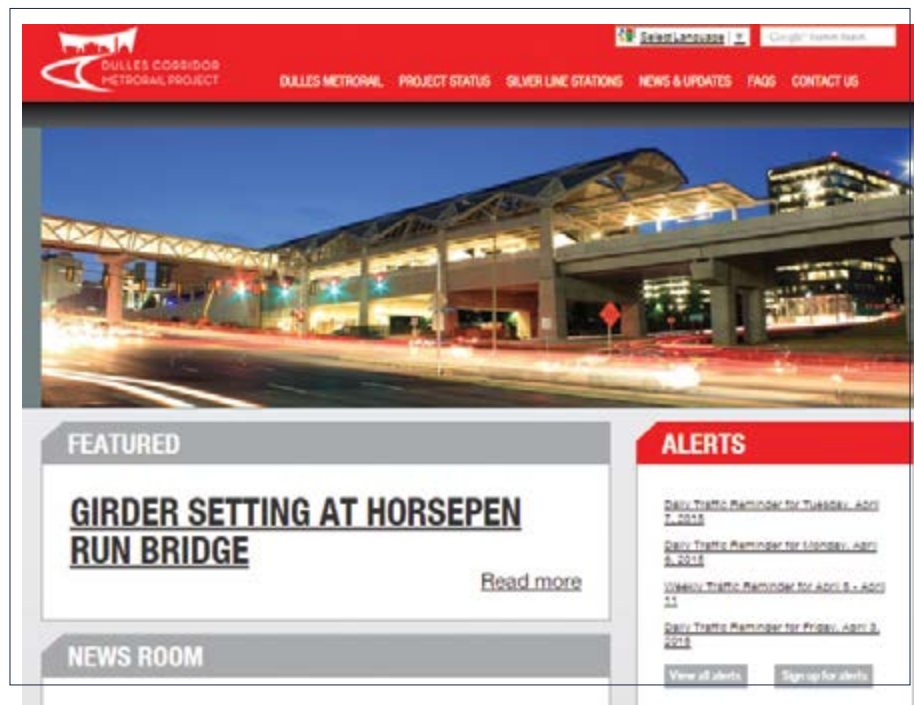
Dr. Chong Lee of Galleria Dental Aesthetics is a native of Northern Virginia and continues to make this area his professional and personal home. After receiving his Doctor of Dental Surgery degree in 1983 from the Medical College of Virginia, it was his passion for dentistry that led him to continue his education at the Las Vegas Institute for Advanced Dental Studies (LVI), a world-renowned post-graduate center for aesthetic and neuromuscular dentistry.

He has frequently lectured across the country on neuromuscular and cosmetic dentistry, mentored his fellow dental colleagues at LVI, and was elected 2013 President of the International Association of Comprehensive Aesthetics (IACA). He won top case for Mac Veneer, and was awarded Mastership at LVI for the exceptional quality of his cosmetic cases. Dr. Lee has been consistently voted Top Dentist by his peers.

Suffering from headaches and jaw pain?

Everyone knows that dentists create beautiful smiles and help prevent tooth decay, but did you know that some of life's daily problems—headaches, sleeping disorders, painful chewing, locking jaw—may be solved through neuromuscular and cosmetic dentistry? Nearly 12 million Americans are impacted by sleep apnea, and over 10 million suffer from temporomandibular joint disorder (TMD), both of which may reduce your quality of life. But treatment is available, and Dr. Chong Lee of Galleria Dental Aesthetics is leading the way.

"I used to get really bad headaches, which Dr. Lee figured out were from clenching my teeth. He told me about neuromuscular dentistry and explained how a full mouth reconstruction could help with my pain and give me a more attractive smile. I had never really been unhappy with the way my smile looked, but after the procedure I couldn't believe the difference in my appearance. My new smile is beautiful and so natural looking. Dr. Lee even reshaped my gums, which were always too obvious before. I tell my friends to think about having their smile done before getting a face lift or anything like that. People don't realize how important their teeth really are." – Joan



BY MARCIA MCALLISTER

REDESIGNED RAIL PROJECT WEBSITE GOES LIVE

MORE AND BETTER INFO NOW AVAILABLE; TWITTER ALSO ADDED TO PROJECT COMMUNICATIONS TOOLS

So you want to know more about the Silver Line?

Just where are the Phase 1 stations? Where will the future Phase 2 stations be? Where will future commuter parking be? Who is building the Silver Line? How is it funded? Whose idea was all this anyway?

The answers to these questions, plus the project political and construction history, many maps and photographs, are all available now on the Dulles Corridor Metrorail Project's redesigned website which went live in early April. The site, www.dullesmetro.com, now provides the public with better, more user-friendly access to the latest information about design, construction and delivery of the 23-mile extension of the region's Metrorail system known as the Silver Line.

The website will highlight Phase 2 of the project, extending service from Reston, Virginia, into Loudoun County.

But it also contains information about Phase 1 including background data and studies regarding the 50-year long effort to build rail in the Dulles Corridor, from the East Falls Church area westward through Tysons Corner, Reston, Herndon, Dulles International Airport and beyond.

In addition, the project's new Twitter account, @DullesMetrorail, will be used to communicate project updates, construction information and traffic impacts.

The updated website contains several new features, including up-to-the-minute construction activity and live project news via Twitter. The site will continue to provide background on the project, photos, station information, maps, environmental studies and other reports.

The website is designed to provide easy access to project information and will continue to keep commuters, local residents, businesses, elected officials, shoppers and the general public informed about construction and how it impacts their communities and their driving patterns. The addition of Twitter and other features expands ongoing efforts to ensure people have the facts they need when they need them most.

"Through our multiple interactions with the public over the years, we've learned how essential social media and web resources are to project awareness," said the project's Executive Director Charles Stark. "Maintaining a significant, easy-to-use presence online, where resources are readily available to the public, is key to achieving our goal of keeping the community engaged with project leaders."

The Dulles Corridor Metrorail Project is being built in two phases. Phase 1 runs from East Falls Church through Tysons Corner to Wiehle Avenue in Reston and opened for passengers July 26, 2014. Phase 2, currently under construction, will begin at the Wiehle-Reston East Station and travel through Herndon to Dulles Airport ending at Route 772 in Ashburn. The project is being built by the Metropolitan Washington Airports Authority. The design build contractor for Phase 2 is Capital Rail Constructors. When Phase 2 is completed, it will be transferred to the Washington Metropolitan Area Transit Authority to operate.

The public can ask questions or comment on the project via the website, Twitter or by emailing outreach@dullesmetro.com.

Also, a 24/7 emergency hotline is available for Dulles Corridor Metrorail Project construction-related issues: 844-385-7245. For general project information: www.dullesmetro.com or 703-572-0506.❖



PETS WE LOVE



Otis
Owner: Naomi Kooritzky



Ginger
Owner: Jan Beatey



Doxie
Owner: Tom & Cindy
Adams Gorner

Is your pet ready for their close-up? Send photos to articles@vivatysons.com.



**FAIRFAX 2015
WORLD
POLICE & FIRE
GAMES**

The Games of Heroes

**COMING THIS
SUMMER**

JUNE 26 – JULY 5, 2015

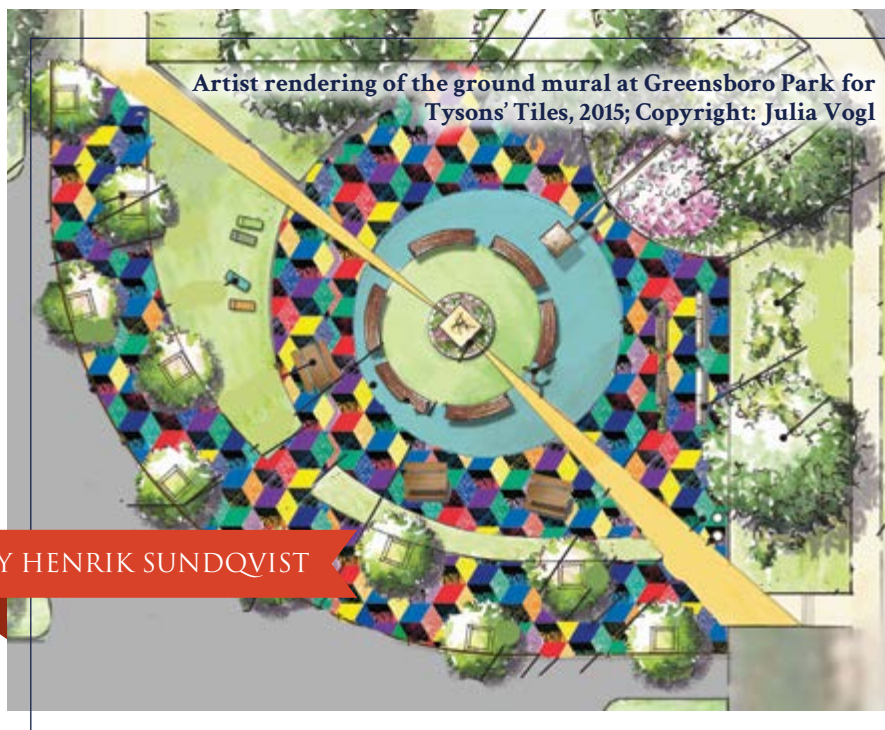
**TO GET INVOLVED WITH THE GAMES
PLEASE VISIT FAIRFAX2015.COM**

ARTSFAIRFAX.ORG/NEWS



**Get Up to Date on
Arts & Culture
in Fairfax County.**

ARTS COUNCIL OF FAIRFAX COUNTY



BY HENRIK SUNDQVIST

TYSON'S TILES = YOU + ART + TYSONS

Participate in a Community Engagement Project & Public Art Installation in Tysons starting May 18, 2015.

The Arts Council of Fairfax County is pleased to announce Imagine Art Here: Tysons Tiles with artist Julia Vogl — a community engagement project and temporary public art installation at multiple sites in Tysons from May 18 through August 3, 2015.

Tyson's Tiles will be visually compelling ground murals that will raise community awareness of potential for public art and the arts at Tysons. Data collected from over 1,000 individuals will be visually translated into a vibrant design creating awareness about the arts, using arts to enhance place making, and provide vision for future enhancements in Tysons.

"The project will reach out to a wide range of audience groups including residents, employees, and visitors," said Julia Vogl. "Tysons Tiles will foster public engagement, collect data on the communities' habits involving the arts, and demonstrate the potential of future opportunities for the arts. And let's not

forget about having fun," Vogl continued. "Tysons Tiles will be art you can engage and participate in; you can contribute your views, see, read, feel, and even walk on it!"

Between May 18 and May 24, 2015, Vogl will be visible with her custom designed art trolley at 20 different locations around Tysons, including, parks, office lobbies, eateries, classrooms, the malls, and Metro, inviting various demographics of the community to take part. The first 1,000 respondents will receive a free limited edition artist pin correlating with the individual's responses. The data will be digitally recorded using a custom designed app and

later amalgamated for the culminating art installations at two locations in Tysons — Greensboro Park and McLean Metro Station. Respondents who participated in the trolley interactions will be able to locate their tile in the ground mural installations and learn more about their community. The art installations will be on public display June 25 until August 3, 2015.

Imagine Art Here: Tysons Tiles has been made possible through a lead "Our Town" grant from the National Endowment for the Arts (NEA) with matching funds from corporate sponsors Washington Real Estate Investment Trust, The ASCENT, Intelsat, The JBG Companies and JBGR Retail, The Meridian Group, AlumiGraphics, INADEV, and Severn Graphics.

"The positive response from our local corporate community is a testament to the excitement and magic the arts can provide — sparking innovation, dialogue, and community pride," said Linda S. Sullivan, president & CEO, of the Arts Council of Fairfax County. "Tysons Tiles is a great public-private partnership," Sullivan continued.

The input from Imagine Art Here: Tysons Tiles initiative will inform the Master Arts Plan (MAP) being spearheaded by the Arts Council of Fairfax County on behalf of the county. The goal of MAP is to expand community access to and engagement in the arts and culture by planning cultural facilities and public art throughout Fairfax County that reflects its diversity, considers existing facilities, and responds to future growth.

To obtain more information on Imagine Art Here: Tysons Tiles, trolley locations, and the culminating art installations visit <http://www.artsfairfax.org/map/imagine-art-here>. To find out more about the artist Julia Vogl visit <http://www.juliavogl.com>. ❖

About the Arts Council of Fairfax County: Founded in 1964, the Arts Council of Fairfax County, Inc. is a 501(c)3 non-profit organization designated as Fairfax County's local arts agency. It is the only umbrella organization serving and representing all forms of art in Fairfax County. The Arts Council of Fairfax County is the voice of the arts, dedicated to fostering dynamic and diverse local arts, ensuring that arts thrive by providing vision, leadership, capacity building services, advocacy, funding, education, and information.

The Arts Council is funded in part by Fairfax County, corporations, foundations, individuals, Virginia Commission for the Arts, and the National Endowment for the Arts.

**A Team You Can TRUST
For Every Dental Need.
Just Ask Our Patients!**

"FIRST CLASS
AND UTTERLY
PROFESSIONAL..."

"ENGAGING,
CONSIDERATE
AND
COMPASSIONATE..."

"NO ONE CAN
TEMPT ME TO
CHOOSE ANOTHER
DENTIST..."

"COMPLETE
CONFIDENCE IN
THEIR ABILITIES..."

For more patient reviews, please visit
www.passionatesmiles.com



R. Alan Hinkle, D.D.S.
703.356.4034



Andrew Hinkle, D.D.S.
Downtown McLean

**5 YEAR
WARRANTY**
Hardscape and Planting Elements!



**c.dod
landscaping inc.**

SINCE 1985



Patios & Driveways
Landscape Masonry
Walks and Steps
Planting
Lighting
Water Features
Pergolas & Arbors
Retaining Walls
Outdoor Kitchens
Pool Decks
Seat Walls
Fire Pits

VA Class "A" License #2705037779A | www.cdodlandscaping.com | sales@cdodlandscaping.com | 703.241.2090



WE CAN'T KEEP UP... *but we're trying...*

It's open . . . **Clarity** has opened its doors in Vienna where Wolf Trap Deli was located for years...great new American Bistro in the heart of Vienna

Also newly opened is **Levant** on Old Courthouse Road in Vienna offering another option for some great Mediterranean food, Halal for those with dietary restrictions and Hookah ... wonderful new spot

Still waiting for **Basilini Café** to open at 235 Maple Ave E in Vienna.

Michael Amouri and his partner-chef Tim Ma are planning to open **Chase the Submarine** on Historic Church Street - we love that Church Street area. Sushi? You bet... at 8221 Leesburg Pike in Vienna look for **Kizuna Sushi & Ramen** to open soon...

And right down the street from Kizuna? Can you believe the Stafford-based Garrett Companies are planning to build **460-500 apartments** with an 86,000 square foot urban grocery store, 30,000 square feet of restaurants and 6,000 square feet of other retail. The site is the former Kip Killmon dealership.

Sweet tooth? You're in luck... **Sweetbites Dessert Truck** will open its first Café and Bakery location in McLean at 6845 Elm Street, next to the post office.

The Hyatt Regency in Tysons is open with the new and exciting Barrel & Bushel-"grounded in American Favorites." The hotel is located at 7901 Tysons One Place. This barrel-forward restaurant offers guests 22 local and regional craft beers on draught and more than 30 bourbons. Cheers!

Eddie V's Prime Seafood has opened on "The Plaza" at Tysons Corner Center. Live music seven days a week in the "V" Lounge and a super menu to please those seeking culinary excellence. Over 500 bottles of wine and a wonderful bar for your happy hour enjoyment!

Look for "**Earl's**" opening their next store very soon. Earl's offers a global menu with modern versions of ethnic cuisine staples ranging from great appetizer selections, hand-smashed burgers, premium cuts of steak and seasonally grown fresh vegetables alongside breads and desserts that are created and baked in-house daily. Look for a fall 2015 opening.

Our Vienna hometown "**Plaka Grill**" will be opening in Falls Church any day now... pop in and say hi...

And in Merrifield near the Dunn Loring Metro....**Orange Theory (Fitness)**, a new **Starbucks**, and **Rooster 's Men's Grooming Center**.

In Mosaic, now open: **Zengo Cycle**, an indoor cycling spot. A new spot to get energized and inspired, along with **Spark Yoga**. Also, **Stellogix**, a science and astronomy store has opened. And opening soon at Mosaic: **Solidcore Fitness**.

At Tysons Corner Center, **Nespresso** is now open. Stop in for a break.... Then head to **Charlotte Russe**, with its trendy fashion selections. And coming soon, **Nadeau Furniture** – they call it furniture with a soul.

Tysons Galleria has also seen a number of new openings in recent weeks – **Kate Spade** – handbags; **Saint Laurent** offering men's and women's accessories and apparel; **Sweetgreen Restaurant and Eatery**, and **Ugg** offering contemporary footwear. ❖



A COLONEL OF TRUTH

1. What famous musician was managed by Colonel Tom Parker?

- a-Elvis Presley b-Buddy Holly
c-Michael Jackson d-Ray Charles

2. The 1968 novel "Colonel Sun" was the first book to continue the adventures of what hero after the death of his creator in 1964?

- a-Sherlock Holmes b-Tintin
c-James Bond d-Biggles

3. Who played the vain yet bumbling Colonel Wilhelm Klink on TV's "Hogan's Heroes"?

- a-John Banner b-Werner Klemperer
c-Sig Ruman d-Edward Winter

4. How many herbs and spices are said to be included in Colonel Harland Sanders "Original Recipe" for Kentucky Fried Chicken?

- a-7 b-9 c-11 d-13

5. Colonel Reb was replaced in 2010 by the Rebel Black Bear as the school mascot for which university?

- a-Georgia State University
b-Duke University
c-University of Maryland
d-University of Mississippi

6. What was the name of the bomber flown by Col. Paul Tibbetts in August 1945?

- a-Tulsa American b-Fort Lauderdale
c-Enola Gay d-Statue of Liberty

7. What was the first name of Col. Potter on the sitcom "M*A*S*H"?

- a-Henry b-Edgar c-Chester d-Sherman

8. What 1957 war movie featured soldiers whistling "The Colonel Bogey March"?

- a-"The Bridge on the River Kwai"
b-"From Here to Eternity"
c-"The Dirty Dozen"
d-"The Longest Day"

9. Colonel Stars & Stripes is a masked vigilante in what comic book movie?

- a-"Iron Man 3" b-"Kick-Ass 2"
c-"The Losers" d-"Haywire"

10. What author created the fictional Scotland Yard detective Colonel March?

- a-Arthur Conan Doyle
b-Edgar Allan Poe
c-John Dickson Carr
d-P.D. James

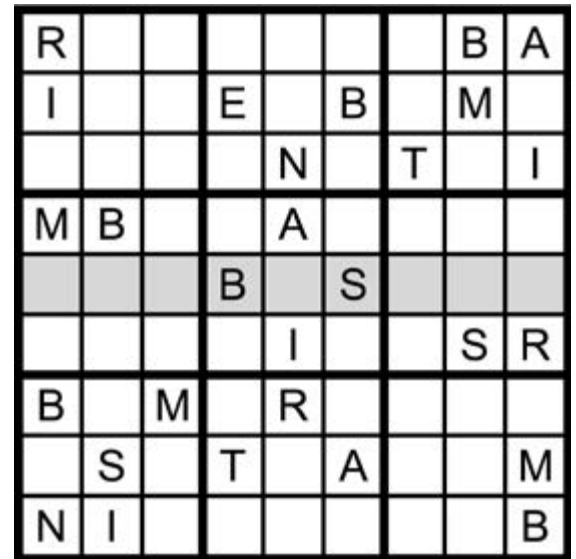
HOW TO SOLVE WORDOKU PUZZLES

To solve a Wordoku, you only need logic and patience.

In this puzzle, you will make sure each 3x3 region has one letter in the word TRIBESMAN.

Each column and row of the large grid must have only one instance of a letter in the word TRIBESMAN.

The difficulty rating on this puzzle is MEDIUM.



WHEN YOU ARE GRATEFUL,
FEAR DISAPPEARS AND
ABUNDANCE APPEARS.

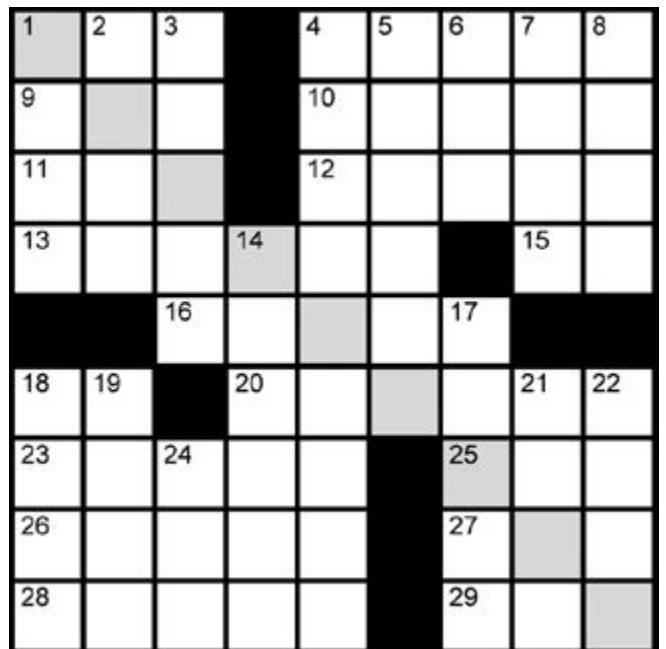
—Anthony Robbins: American life coach and self-help author

CROWN OF THE TROPICS

CROSSWORD CLUES

ACROSS

1. Backstabber
4. ___ Ste. Marie
9. "___ la la!"
10. It's debatable
11. "___ questions?"
12. Fresh from the shower
13. Gus Van Sant's "Psycho," e.g.
15. You and I
16. British ___
18. Freudian concept
20. Rap genre
23. Camp craft
25. "That's ___ folks!"
26. Air freshener targets
27. Winter bug
28. Fair-sized musical group
29. Scottish cap



DOWN

1. Big laugh
2. Bang-up
3. Lymphoid organs in the neck
4. Most ill
5. Out for the night
6. "It's no ___!"
7. Hilo feast
8. Addition column
14. On dry land
17. Mine passage
18. Clickable image
19. Carpenter's groove
21. Earthen pot
22. Pudding fruit
24. "Smoking or ___?"



SURROUND YOURSELF WITH THE DREAMERS AND THE DOERS, THE BELIEVERS AND THINKERS, BUT MOST OF ALL, SURROUND YOURSELF WITH THOSE WHO SEE THE GREATNESS WITHIN YOU, EVEN WHEN YOU DON'T SEE IT YOURSELF.

—Edmund Lee, entrepreneur and social media strategist

WORDOKU Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| R | T | E | I | S | M | N | B | A |
| I | N | A | E | T | B | R | M | S |
| S | M | B | A | N | R | T | E | I |
| M | B | S | R | A | N | E | I | T |
| T | R | I | B | E | S | M | A | N |
| A | E | N | M | I | T | B | S | R |
| B | A | M | N | R | I | S | T | E |
| E | S | R | T | B | A | I | N | M |
| N | I | T | S | M | E | A | R | B |

CROSSWORD Answers

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| R | A | T | | S | A | U | L | T |
| O | O | H | | I | S | S | U | E |
| A | N | Y | | C | L | E | A | N |
| R | E | M | A | K | E | | U | S |
| | | | I | S | L | E | S | |
| I | D | | H | I | P | H | O | P |
| C | A | N | O | E | | A | L | L |
| O | D | O | R | S | | F | L | U |
| N | O | N | E | T | | T | A | M |

Answer to 'A colonel of truth'

- 1-a, Elvis Presley
- 2-c, James Bond
- 3-b, Werner Klemperer
- 4-c, 11
- 5-d, University of Mississippi
- 6-c, Enola Gay
- 7-d, Sherman
- 8-a, "The Bridge on the River Kwai"
- 9-b, "Kick-Ass 2"
- 10-c, John Dickson Carr

COMIC RELIEF, TOO

More funny lines from funny people

"I don't see the point of testing cosmetics on rabbits, because they're already cute."

—Rich Hall

"My wife's an earth sign. I'm a water sign. Together we make mud."

—Henry Youngman

"When authorities warn you of the sinfulness of sex, there is an important lesson to be learned: Do not have sex with the authorities."

—Matt Groening

"How come if you mix flour and water together you get glue? And when you add eggs and sugar, you get cake? Where does the glue go?"

—Rita Rudner

"Contraceptives should be used on every conceivable occasion."

—Spike Milligan

"My wife asked for plastic surgery; I cut up her credit cards."

—Rodney Dangerfield

"Never moon a werewolf."

—Mike Binder

"Mario Andretti has retired from racecar driving. He's getting old. He ran his entire last race with his left blinker on."

—Jon Stewart

"I buy books on suicide at bookstores. You can't get them at the library, because people don't return them."

—Kevin Nealon

"My mother breast-fed me with powdered milk. It was my first do-it-yourself project."

—Buzz Nutley

"I like to leave a message before the beep."

—Steven Wright

"Of course we need firearms. You never know when some nut is going to come up to you and say something like, 'You're fired.' You gotta be ready."

—Dave Attell

"I wonder if the Buddha was married...his wife would say, 'Are you just going to sit around like that all day?'"

—Garry Shandling

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

CELEBRITY RUMORS

RUMOR: Movie critic Gene Siskel, half of TV's Siskel and Ebert, was buried with his thumb pointing upward ("Two Thumbs Up" was the Siskel and Ebert trademark) as he'd requested in his will.

HOW IT SPREAD: From a UPI news story that began circulating over the internet shortly after Siskel's death in February 1999. "Gene wanted to be remembered as a thumbs-up kind of guy," Siskel's attorney was quoted as telling the wire service.

THE TRUTH: The "news" article is fake.

It was probably intended as a joke, but at some point people started passing it around as if it were true. Just to be safe, though, reporters at *Time Out New York* obtained a copy of Siskel's will from the Chicago court where it was filed. Their finding: "There are no digit-placement requests in the critic's last wishes."

RUMOR: *Playboy* magazine founder Hugh Hefner used to place a number of small stars on the cover of his magazine to indicate how many times he'd slept with that month's cover girl. If he found her satisfactory, he placed them *inside* the "P" of the magazine's masthead. If he was disappointed, he placed them *next* to the "P."

HOW IT SPREAD: By word of mouth from one fantasizing *Playboy* reader to another. The story was helped along by the fact that from 1955 until 1979, there really *was* a series of small stars on the cover, sometimes inside the "P"...and sometimes alongside it.

THE TRUTH: The stars were marketing codes—*Playboy* was published in several different regional editions, and the company used different numbers of stars to identify the different editions. The stars were always printed in a dark color. If the cover was a dark color, the masthead was white and the stars went inside the "P." But on a light-colored cover, the stars went alongside it.

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

MAY



TAURUS: The next two weeks are going to be a feel-good time for you. Your energy will be high. It's the perfect time to consider that good idea you have and to present it.



GEMINI: Yes, you have an important decision to make. But unless you wait for a while, it might not hold. Lighten up if you can. New information could change your view.



CANCER: If you and your partner are having a tug of war about vacation plans, holding your position could have a big effect. Compromise or give in. It's your turn anyway.



LEO: Now, you seem to have an extra "edge" when appealing to superiors and co-workers. A new residence, working from home, or a new alliance could be in the offing.



VIRGO: While the facts about a person or situation are important, your personal intuition can offer a strong indication. Tap into your inner resources for additional wisdom.



LIBRA: You can't leave just yet for parts unknown. The road of life you're already on is where you're supposed to be. Many future experiences will please and delight you.



SCORPIO: A winning attitude might mean saying you feel great even if you don't. Paste a smile on your face and bosses will recognize you for staying upbeat.



SAGITTARIUS: Topics that you may have avoided discussing in the past will not be as difficult to approach now. That goes for your personal life as well as your work life.



CAPRICORN: Today's the day to face up to the fact that you have creativity and imagination, but you aren't using them enough. Think about it and you'll know it's true.



AQUARIUS: Be forewarned. Spring fever is catching up with you and you're dreaming of playtime and travel instead of work. For now continue with your responsibilities.



PISCES: When you think about your past financial experiences, reflecting on your mistakes and your successes will help you make solid new financial decisions.



ARIES: Without a doubt, you know what you could do in order to open the door to progress. While contemplating, let a co-worker carry the ball so you can catch up.

JUNE



GEMINI: Consider giving your boss a little slack. He or she is not always right, but you're not always right either. Let it go for now. Talk about it some other time.



CANCER: June 21 is Father's Day. Dads are just as proud as Mothers are when they get a nice greeting card. Pick one he can display at home or in the office.



LEO: It's time to get outdoors for some fun and fitness. Calculate how long it's been since you had a checkup. A little problem could grow into a bigger one if not treated.



VIRGO: Work is important, but vacations are too. Contrary to what you think, the work can be handled without you. You'll be more energetic and creative when you get back.



LIBRA: Ah, "Lucky Libra," your personal life is running smoothly and you're feeling good about it. Don't be complacent. Your partner still needs some special attention.



SCORPION: Has spring fever caught up with you? Check your work and your status now. Don't let your meticulous attention to detail slide away from you.



SAGITTARIUS: Remember that your appearance and attitude are reflections of your energy. It's a good plan to dress for the job you want rather than for the one you have.



CAPRICORN: Focus on any issues arising with an associate or co-worker. Your conversations could iron out any differences and help you make better decisions.



AQUARIUS: Try to put an Aquarian on your team. You both have imagination, creativity, and drive. Not only that, but you can do what's needed to turn ideas into realities.



PISCES: This is a time to gather facts and process them. Anything done too hastily could backfire and have to be re-done at a later date. You are better off playing it cool.



ARIES: If you're paired with another Aries on a project, watch out. As natural leaders, you might not listen to each other. When you do, success is pretty much guaranteed.



TAURUS: Though co-workers look to you to discuss various situations, taking a low-key stance is the best course when you need to concentrate on your own work.

creative concepts

D E S I G N C E N T E R



KITCHEN • BATH • CLOSET • TILE • FLOORING



COME BE INSPIRED!



703-573-0033 | creativeconceptsdc.com | 2929 Eskridge Rd, Suite J | Fairfax, VA 22031

thicker,
fuller hair
is yours



AVEDA
the art and science of pure flower and plant essences

CLAUDE
MARCEL
salon de coiffure & spa

IMAGINE ART HERE TYSONS TILES

A Public Art Engagement Project of the
Arts Council of Fairfax County
with Artist Julia Vogl

You + Art in Tysons

Participate May 18-24, 2015 in an
artist designed community activity
at locations in Tysons.

Answer three questions, receive an
artist-designed pin, and your
responses will be reflected in a
temporary public art installation
starting June 23, 2015 at
Greensboro Park and McLean
Metro Station.

Visit artsfairfax.org for locations.

Arts Council of Fairfax County



MAPPING THE FUTURE
OF THE ARTS IN FAIRFAX

We thank our Tysons Tiles sponsors.

WASHINGTON REIT



The Meridian
Group

