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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.”
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VIENNA $1,739,000
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Keri Shull
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“MY TASTES ARE SIMPLE, I AM EASILY SATISFIED WITH THE BEST.”

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AND MORE . . .

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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—Ultrasound. Ultrasound 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.

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[Image of a woman in a lab coat with ultrasound transducer and skin diagram]

[Images of before and after non-surgical liposuction results]

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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.
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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 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…
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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.

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

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 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 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 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
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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 Padraig 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
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**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**

**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
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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 Smith, 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.”

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 $25-30 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.

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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

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 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
the other members of the Almaviva 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 roadhouse 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 PENDANCE
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, unafraid 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.

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.
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 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

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.

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-Fiidelity...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 “Riv-erdance 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.
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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 BRAHMS

National 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 MCDONALD**

National 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.

**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 Guitars 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
McLean

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

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$799,000

MAY // JUNE 2015

SELECTED EVENTS

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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.

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

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Elke Hirschberg Gordon
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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 tablesidestarting 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

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

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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.

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

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 cambrese 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.

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PALM RESTAURANT
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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 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

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Courtesy of Jammin Java
ROCKNOCEROS
CONTINUED ON PAGE 36

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**Saturdays**

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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.

**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.

**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.

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.

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.

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.
**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.
“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
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.
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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.
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.
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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.”
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,” Brockoff 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

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

---

**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.

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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
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

 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 Kosciusko 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 Surrano ham—yes that’s right—

CONTINUED ON PAGE 50
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.

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!”

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,” giggles the effervescent winemaker Lori Corcoran as she pours some flagship USB Port-style wine, a great gift for Tysons Techies! A tasting of Verona from the Juliet balconies overlooking the Grand Banquet Hall.

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.
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VivaTysons 0 MAY // JUNE 2015
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 Steffan, 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 Steffan.

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. Steffan. 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
Originally Tysons 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.”
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

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

In-kind donation by Art Director: Craig Coughlin, Copywriter: Francis Sullivan, Photographer: Elliott O’Donovan
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.
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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
If you don’t have natural gas products in your home, you’re paying too much.

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.

Source: Energy Solutions Center
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.

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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 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 Sifakises 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 firm that focuses on improving the lives of children through education.
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.
AROUND TOWN

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

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

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.

VivaTysons 0 MAY // JUNE 2015

VIVATYSONS.COM
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)
AROUND TOWN

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 huger 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.

CAPITAL RAIL CONSTRUCTORS’ CREWS ERECT GIRDERS FOR SILVER LINE

FREE RIDE ON THE TOLL ROAD, IN TYSONS

COURTESY OF SCRcheon

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.

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ALL PROCEEDS GO TO Charity!
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.”

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.

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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**

Expanding understanding of community needs

**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.
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.

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.

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.”

THE DREAM KITCHEN

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-Vicki Girdas, Lead Designer

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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.

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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.

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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.

When Staats opened the doors of Sanctuary Interior Design Build in May 2010, she was thrilled to be able to share two decades of design experience as well as her passion for turning clients’ visions into reality.

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 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.

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.
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.

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 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.

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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 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.”

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When we started this company twenty-seven years ago, our core specialty was opening up views and creating visual continuum," explains Craig Durosko, 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, Durosko 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.

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

By way of example, Durosko 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.
From the start, the homeowner was impressed with Craig Durosko’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 ambiance 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 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 Durosko, 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 Durosko’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, Durosko situated the grilling deck immediately outside the kitchen door. From the grilling deck, a stairway

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*(At left) Black aluminum railing, charcoal gray screens, yellow pine flooring and a beaded tongue-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.*

*(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.*

*continued on page 86*
CONTINUED FROM PAGE 85

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.

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 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 becreated 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
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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
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 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 completed 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.
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-feet 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.
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. Wagnner. "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. Wagnner. "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 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 BSc. in Biochemistry from the College of William & Mary and spent many years conducting research in Laboratory Medicine and the medical technology field.**
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.
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 Periolase, 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.”
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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 you 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 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.
“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, Catoctin 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.
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 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.

BY HUBIE CRAM

Gina Renfro-Smith
WOMAN OF DETERMINATION AND COURAGE

Gina Renfro-Smith
woman of determination and courage
“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.”

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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.
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 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
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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.

**QUATRO GOOMBA’S BREWERY**

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
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www.goombawine.com
www.facebook.com/QuattroGoombasBrewery

**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

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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 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.

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

“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
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 first-hand 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.
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
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 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 any catering or banquet event. $$

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DOGFISH HEAD ALE HOUSE
6220 Leesburg Pike 703.534.3342
www.dogfishheadhouse.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. $$$

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. $

DUANGRAT’S
5878 Leesburg Pike 703.820.5775
www.duongrats.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
8110-A Arlington Blvd. 703.942.6600
www.edysteakandchicken.com 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. $

CELEBRITY DELLY
7263-A Arlington Blvd. 703.572.9002
www.celebritydella.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. $
TASTE of TYSONS

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. Dan-dan 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.jvrestaurant.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, worldy cuisine, freshly roasted coffees, hand-blended teas in an environmentally-conscious establishment.

Ristorante Bonaroti

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.
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.publichouseno7.com  Public House No. 7 serves favorite English dishes including Shepherd’s Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. $$

RED HOT AND BLUE EXPRESS  
169 Hillwood Ave. 703.538.6466 www.redhotandblue.com This outpost of the Rosslyn-based 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 an extensive vegetarian menu. $

SEA PEARL  
8191 Strawberry Lane 703.372.5161 www.seapearlrestaurant.com  With the inspired creativity of Chef Sly Liao with the trend setting design of Studios Architecture to create Northern Virginia’s most memorable dining experience. Sea Pearl’s menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend or early evening offerings during the week. $$$$
SWEETWATER TAVERN
3066 Gatehouse Plaza, 703.645.8100
www.greatamericanrestaurants.com/Sweetwater The Merrifield outpost of this microbrewery serves handcrafted seasonal brews, burgers and ribs, and fresh seafood, chicken and pasta. The restaurant offers seasonal outdoor dining. $$

TARA THAI
7501 Leesburg Pike 703.506.9788
www.tarathai.com The word “Tara”, commonly found in Thai folk literature, means water. Thus, our restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. Our menu consists of authentic Thai cooking, using family recipes that have been handed down for generations. $

TRIO GRILL
8100 Lee Highway 703.992.9200
www.triomerrifield.com A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine program. $$

FAIRFAX RESTAURANTS

CHUTZPAH DELI
12214 Fairfax Town Center 703.385.8883
www.chutzpahdeli.com Matzoh ball soup like your grandma used to make? Chutzpah Deli has that, and more. This New York Jewish deli in Fairfax offers your favorites like rugalach, hamantaschen, linzer tarts, sandwiches, burgers, and more. You can top off your meal with real New York cheesecake and an egg cream made with Fox’s Ubet. $

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.laubergechezfrançois.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
mobydickonline.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 succulent 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. $$

BENIGNAN’S
8201 Greensboro Dr.  703.288.3232 www.bennigans.com Benningan’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.bosshogsmokebbq.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 Oggì 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 Oggì aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more. $$$

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

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

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. $$

“"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! "

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- Coffee and Desserts
- Open Daily until 2 am

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Vienna, VA 22182

(703) 570-5555
www.levantva.com

Watch for Our Grand Opening!
J. GILBERT'S  
6930 Old Dominion Dr. 703.893.1034  
www.jgilberts.com  
For nearly 15 years, J. Gilbert’s has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert’s also offers a vegetarian menu and gluten-free menu. $$$

JOE’S SIMPLY AMAZING BURGERS  
6710 Old Dominion Dr. 703.288.0288  
www.joesburgersmclean.com  
Burgers are made with all-natural and locally sourced black Angus beef, lamb, bison, and Spanish chorizo sausage. Their specialty burgers are for the truly adventurous. $$

LA SANDIA  
7852 Tysons One Pl 703.893.2222  
www.richardsandoval.com/lasandiavirginia/  
Chef Richard Sandoval, internationally recognized as the Father of Modern Mexican Cuisine, elevates Mexican cooking to new heights at La Sandia serving up authentic Mexican specialties alongside over 200 fine Tequilas. Inspired by his culinary mantra of ‘old ways, new hands,’ Chef Sandoval reinterprets traditional dishes with innovative techniques and skillful presentation. $$

LEBANESE TAVERNA  
1840 International Dr. 703.847.5244  
www.lebanesetaverna.com  
Lebanese Taverna offers the best in Middle Eastern cuisine. Sample kalamar, falafel, and baba ganoush small plates, or try one of the seven types of hommus in their hommus bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining. $$$

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 Tyson’s Galleria. This
upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee.

**ROCCO'S ITALIAN RESTAURANT**
1357 Chain Bridge Road # A 703.821.3736 www.roccositalian.com An institution in McLean, Virginia, family owned and operated Rocco’s has been serving up Italian delights and the area’s best pizza for over 30 years. From fried calamari to genuine "Brick-Oven Pizza", you can find your favorites at Rocco’s. Open for lunch and dinner seven days a week. Catering too! $$$

**SEASONS 52**
7863L Tysons Corner, McLean 703.288.3852 www.seasons52.com Seasons 52 gives diners a fresh dining experience using natural cooking techniques to let the flavors shine. With all of their menu items being under 475 calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners. $$

**SILVER DINER**
8101 Fletcher St. 703.821.5666 www.silverdiner.com/restaurants/tysons This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. $

**STAR NUT GOURMET**
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 crab meat and drizzled with house-made Bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille’s Signature Cheeseburger with Parmesan Truffle Fries. $$$

**THE PALM RESTAURANT**
1750 Tysons Blvd. 703.917.0200 www.thepalm.com/Tysons-Corner The Palm is notorious for its prime aged steaks, jumbo Nova Scotia lobsters, and Italian classics. For those who want a nibble, The Palm offers bite-sized gourmet comfort food in their Prime Bites Menu, including mini broiled crabcakes with mango salsa and remoulade and calabrese flatbread. $$

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2012, 2013, 2014
– Washingtonian

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Mezedes - small plates -
Signature cocktails
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Business meetings
Private events

(703) 760 0690
8100 boone blvd. vienna, VA 22182
www.nostosrestaurant.com

TASTE of TYSONS
American Diner

4711 Lee Highway
Arlington, VA 22207
(703) 528-2464
METRO29DINER.COM

PADDY BARRY’S
8150 Leesburg Pike  703.883.2000
www.paddybarrysuya.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 ANAYAS
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  gypsysoul-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 Teterakis 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
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. $5

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. $5

RAOUCHE CAFE
2839 Gallows Road 703.205.9099  www.raouche.cafe
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... $5

TED’S BULLETIN
2911 District Ave  571.830.6680  tedsbulletinnmerrifield.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. $5

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. $5
ANITAS
521 E. Maple Ave. 703.255.1001 www.anitascorp.com This local chain offers New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita’s offers breakfast, lunch, and dinners. $$

BAZIN’S ON CHURCH
111 Church St 703.255.7212 www.bazinsonchurch.com Set on historic Church Street in the heart of Vienna, Bazin’s on Church continues to exceed the expectations of the town’s discriminating diners. Chef Patrick Bazin’s modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended. $$$

BJ’S BREWHOUSE
8027 Leesburg Pike 703.356.7305 www.bjsbrewhouse.com Located in the heart of Tysons Corner, BJ’s is the ultimate place to unwind after a long day. Start off with avocado egg rolls, Thai shrimp lettuce rolls, or calamari, or try their wings or flatbread pizzas. BJ’s is known for their variety of signature deep dish pizzas, burgers, sandwiches, and light menu. Of course, you can’t forget their handcrafted beer. $$

BRIX & ALE IN THE SHERATON
8661 Leesburg Pike 703.448.1234 www.brixandale.com Diners can choose an old-school favorite or try a traditional dish that’s been updated to reflect a modern take on classic comfort food while wine enthusiasts will marvel in our state of the art wine preservation system that allows guests to sample different wines from numerous vineyards. Brix & Ale also features handcrafted cocktails which are artfully prepared with the freshest ingredients. $

CAFE RENAISSANCE
163 Glyndon St SE 571.938.3311 www.caferenaisance.com Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna’s most sophisticated dining experience. Try Escargot Bourguignonne, Medallions of Monkfish with garlic, mushroom & white wine sauce, or Maryland Style Crab Cake with beurreblanc sauce. Visit Cafe Renaissance for the most romantic dinner in Northern Virginia. $$

CHEF GEOFF’S
8045 Leesburg Pike 571.282.6003 www.chefgeoff.com The Tyson’s Corner location of Chef Geoff Tracy’s restaurant chain offers a gluten free menu and a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Businesspeople can be seen dining or enjoying a drink during lunch hour and dinner. Chef Geoff’s also offers a Sunday brunch and kid’s brunch. $$
CHIMA BRAZILIAN STEAK-HOUSE
8101 Towers Crescent Dr.
703.639.3080
www.chima.cc  Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and American staples. Bring the family along for a unique dining experience. $$

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. $$$

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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 ambiance is relaxed and the service is professional with a goal to bring the best Persian and American cuisine experience for our customers. $$

NEISHA THAI
8027 Leesburg Pike #110 703.883.3588 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.paladarlatin.kitchen.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 Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. $$

TASTE of TYSONS
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. $5

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 shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

WOO LAE OAK
8240 Leesburg Pike 703.827.7300
www.woolaeoak.com Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Dishes like Bibimbap and Korean barbecue 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. $5

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. $5

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. $5

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. $5

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 Moji, in particular the Falafel, which is his own secret recipe. $5

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. $5

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VIVATYSONS.COM MAY // JUNE 2015 ◊ VivaTysons
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, Bamyan 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.
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
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 Mortgagers: 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 best-selling 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
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.

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.

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 in1985. 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.
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.

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.
The Love Guru

As a child, the sight of two people walking hand-in-hand down the street always elicited a smile on Naiomi 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 Naiomi 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.”

Naiomi 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,” Naiomi says. “I never really thought about it as a business until later when I was unhappy in law school.”

Born in Seoul, Korea, Naiomi 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, Naiomi 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 Naiomi 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 Naiomi 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.”

Devlin Berlo and Gerrit Copeland

BY KEITH LORIA
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 serious; I look for those 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.”

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

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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.

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.

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FABULOUS CUSTOM NEW HOME

OAKTON, VA
$2,300,000
This fabulous custom home by Zadrima 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.
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.

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

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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.
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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.

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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.

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STEVE WYDLER  
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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.

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She is married to Alan Tracy, president of US Wheat Associates and is the mother of two sons and one daughter.

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Keri was recently married in April and is the proud mother of Zoie and Sophia, her 2 five pound Chihuahuas.

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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.

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VOLUNTEER!

BY ELEANOR HERMAN

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,
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."

Volunteer 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.

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

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.
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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.

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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.
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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.

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.

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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 askthevet@ovvhpets.com.

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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.
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Mark Goedde

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Making It Happen!!!
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 K9zentime, a local small business specializing in canine massage therapy. She can be reached at 571-406-4856 www.k9zentime.com
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

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.
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: Naiomi 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.
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.

Tysons 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 JBG 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.
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SINCE 1985
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-h, “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.”  
—Henny 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.”  
—Spice 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
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.

SCORPION: 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: 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: 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: 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 to listen to each other. When you do, success is pretty much guaranteed.
KITCHEN • BATH • CLOSET • TILE • FLOORING

COME BE INSPIRED!
thicker, fuller hair is yours

AVEDA

CLAUDE MARCEL
salon de coiffure & spa
IMAGINE ART HERE
TYSONS TILES

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

We thank our Tysons Tiles sponsors:
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