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FUN FACTS ABOUT VIRGINIA WINE

Compiled by Linda Barrett

In what year was Virginia Wine deemed "The Best Red Wine of All Nations?" Which U.S. President is often referred to as Virginia's first winemaker? And what is the most popular wine grape grown in Virginia? Find out the answer to these questions and more with these tidbits on Virginia Wine.



...>

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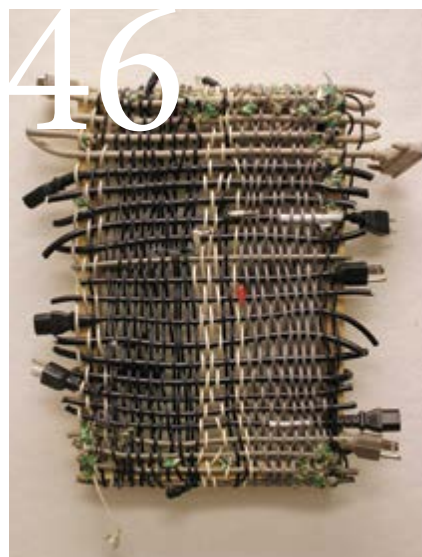


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State

**The Sing-A-Long
Burlesque**
Friday July 10th

2015
ROCKN' TO LOCKN'
Friday July 17th

JAM BAND FAN NIGHT
CELEBRATING THE 50TH
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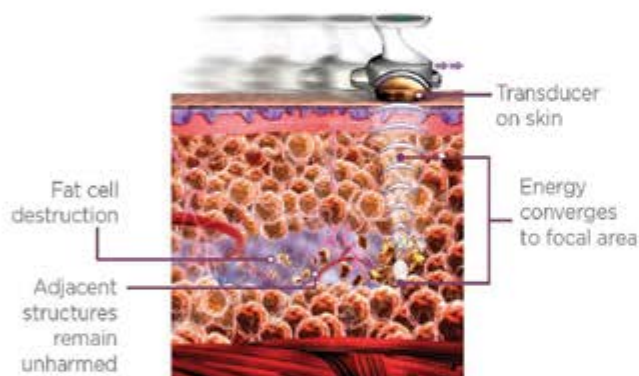
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Ask The Expert

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

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JULY // AUGUST 2015

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ON THE COVER:

The cave at the Blue Valley
Vineyard and Winery in
Delaplane, Virginia. Photo by
Candice Adelle Photography.
See article on page 86.

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

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SUMMER
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**THE EBONY
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SUNDAY, JULY 5

**RUTHIE AND THE
WRANGLERS**
SUNDAY, JULY 12

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IT'S TYSONS. *Just Tysons.*

The summer issue has arrived! And Tysons and its neighboring communities have a wealth of things to do and see that bring relaxation to the mind and, with the sunshine, a little color to the cheeks. Maybe after a little al fresco dining at one of the newest Tysons restaurants, you'll enjoy a show on the Wolf Trap lawn. See the listing of new al fresco dining options on page 114.

Expecting company this summer? Check out our listing of *Summer Fun* events on page 60, and waterparks for the kids—and if you think you might wear yourself out a bit too much, plan to put your guests up in one of our area's hotels with special friends and family rates from our *Suite Dreams* listing on page 112.

The performing arts this summer aims to please! Creative Cauldron in Falls Church has a plethora of new performances in store and the new Threesixty Theatre on Chain Bridge Road is showing *Peter Pan* on a new 360-degree CGI Stage.

Looking for a day trip? Allison Sutherland visits the Eastern Shore and the Historic Kent Manor Inn four miles from Annapolis. Or maybe a visit to a winery is on your list of to-do's this summer. Take a peek at Blue Valley Vineyard and Winery in Delaplane, article by Linda Barrett on page 86.

JULY-AUGUST 2015



The folks at QL+ and Food for Others have reason to toot their own horn. Hear more about how these non-profits are helping those in need in our community and consider participating in their efforts. The Food for Others 5K run is in September. Start training now.

Art and Frame in Falls Church is Tom Gittens' new space and future home for our area's local artists with 20 studio spaces for rent making Jefferson Street liken to the new Torpedo Factory in our area.

If you're looking for a specialized service provider, please see our profiles of Tysons area professionals. Read more about the doctors, realtors, tax accountants, and dentists that raise the bar on service.

We might have gone a bit overboard with the Taste of Tysons this issue with our four restaurant reviews, but there are just so many new places to try, we didn't want you to miss out on: Plaka Grill's tasty gyros, Levant's Middle Eastern sleek nouvelle cuisine, Evo Bistro's Mediterranean-style tapas, and—really though—have you tried Amphora yet?

The promise of the new American city is attracting new small business owners with hopes of following their dreams. Read about Caryl Raport's new Pilates studio and Sandra Panetta's food truck to café business, Sweet Bites.

And be sure to check out the Talk of Tysons section for the latest news on upcoming store openings. Tysons, in the summertime has everything under the sun. Cheers...

John Ham



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SELECTED EVENTS



MOVE featuring Derek & Julianne Hough
The Filene Center at Wolf Trap

**JUNE 24 –
AUGUST 15**

PETER PAN

360Theatre Tysons Corner Center \$25 Launching the U.S. tour at Tysons Corner Center, Herrick Entertainment and threesixty present J.M. Barrie's *Peter Pan*.

Fly to Neverland in a whole new way with a spectacular innovative live stage

production that combines intimate theater-in-the-round, overhead surround CGI projection, actors in dazzling flying sequences forty feet in the air, and whimsical puppets that bring this classic tale to fantastical life.

With *Peter Pan*, **threesixty**° changed the face of family entertainment. The "Total Theatre" approach combines 360° surround video, flying, puppetry, actors, music and more to capture the imagination of a broader audience base than that of conventional plays.

JULY 3

MOVE FEATURING DEREK & JULIANNE HOUGH

The Filene Center at Wolf Trap 8pm \$25-55 Join Dancing with the Stars' champion duo composed of an Emmy-winning choreographer and a Billboard chart-topping movie star as they sing, dance, and perform their way through a "futuristic dance fest that exceed[s] even the ultimate

fans' expectations" (*303 Magazine*).

THE PROJECT "DO OR DIE" ALBUM RELEASE SHOW + THE DUSKWHALES

Jammin Java 8pm \$15 The Project is a straight no chaser rock n' roll band out of Vienna, Virginia whose wide variety of influences (NeedToBreathe, Foo Fighters, Pearl Jam, Jack White) help create an original sound and comes with a high energy, honest live performance that is rock n' roll from start to finish. The Duskwhales are an indie rock band of multi-instrumentalists hailing from Northern Virginia. Currently, The Duskwhales are pressing forward as a trio, recording a new album and preparing for a summer tour. The Duskwhales also recently released their debut music video to accompany the LP's lead single and title track "Swim."

JULY 5

AN EVENING WITH KRIS DELMHORST

Jammin Java 7pm \$18 On May 13th, Delmhorst released her seventh album, *BLOOD TEST (Signature Sounds)* – her first of original music since 2008's critically acclaimed album *SHOTGUN SINGER*. A prolific writer and constant collaborator, Delmhorst continues to share her unique perspective in this new work. The album describes a moment of reckoning and centering in the songwriter's life, and in society as a whole. In a collection of songs that move between triumph and heartbreak, restlessness and responsibility, Delmhorst acknowledges the weary work of an intentioned life – and the new American dream of presence and perspective in a frenetic time.

CONTINUED ON PAGE 18

LOCATIONS

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JULY 10
The Filene Center at Wolf Trap

JULY 7 AND 8**TIM KUBART & THE SPACE CADETS****Anthems for Adventure**

Children's Theatre-in-the-Woods at Wolf Trap 10:30am
\$10 Join Tim Kubart & The Space Cadets on an interactive adventure featuring infectious pop tunes about pizza parties, snow days, and summer vacations. It's a sing-along good time for the whole family! Ages Toddler to 9.

JULY 7-9**THE BATTLE - PRELIMS NIGHT 1, 2 AND 3**

Jammin Java 7:30pm \$13 The Battle—Play. Win. Rock. Past winners of this battle of the bands include Delta Rae, Shade Parade, MH & His Orchestra, Christian Lopez Band, Swell Dale and the Z-Dubbs.

JULY 9**UNLOCKING THE TRUTH**

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$8 Rock out with this Brooklyn-based

trio as they bring you custom metal sounds with a positive message. Named one of the "10 Music Artists to Watch in 2014" (*The Huffington Post*), this musical group of teenagers light up the stage with their smashing sounds and inspiring performances. Ages 4 and up.

**SINATRA SINGS
SINATRA - THE CENTENNIAL CELEBRATION
FRANK SINATRA JR.
With Wolf Trap Orchestra**

The Filene Center at Wolf Trap 8pm \$25-55 A one-of-a-kind multimedia experience brings the Sinatra Centennial Celebration to life. Stories, photos, videos, and songs illustrate first-hand recollections of Frank Sinatra Jr.'s life on and off stage with his legendary father. Enjoy classic Sinatra songs as Sinatra Jr. performs them on stage, with spectacular orchestral accompaniment.

JULY 10**BURLESQUE SING-A-LONG**

The State Theatre 9pm \$12-15 Ever go to a burlesque show and the performer is doing a routine to a song that you just have to sing along with? Well, now you can do it! The Burlesque Sing-A-Long features tunes you can't help but belt along with! Not sure you know all the words? Don't worry. We'll have the lyrics projected on the big screen for you to follow along.

PINK MARTINI

The Filene Center at Wolf Trap 8pm \$28-50 The self-described "little orchestra" has become an international phenomenon, "mixing glamour and sophisticated easy listening with multilingual songs and the unexpected" (*The Guardian*)—see them on tour for hits like "Sympathique," "Amado mío," "¿Dónde estás, Yolanda?" and more.

JULY 10 AND 11**STORY PIRATES**

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$10 Called "crazy

entertaining" by *The Daily Show's* Jon Stewart, Story Pirates transforms children's short stories into a hilarious sketch comedy musical. The troupe's professional actors and musicians will have you doubled over laughing, while motivating kids to pick up a pencil and write from their imagination. Ages 4 and up.

JULY 10-18**JOHN CORIGLIANO
THE GHOSTS OF
VERSAILLES**

The Barns at Wolf Trap 7:30pm, 3pm on Sunday \$32-88 To rewrite history and save Marie Antoinette from the guillotine, the famed playwright of *The Marriage of Figaro* and *The Barber of Seville* stages an opera for the ghost queen that can reverse her fate. Don't miss this comic opera-within-an-opera in which the ghosts from the Court of Louis XVI tempt life, death, politics, love, and destiny.

JULY 10-26**SACRED THREADS
EXHIBITION 2015**

Floris United Methodist Church, 13600 Frying Pan Road, Herndon, VA 20171 Monday-Saturday 11am-5pm, Sunday 1pm-4pm \$8, \$5.00 for seniors (65+) and children (7-12), children 6 and under free Sacred Threads is an exhibition of quilts exploring themes of spirituality, joy, inspiration, peace/brotherhood, grief and healing. This biennial exhibition was established to provide a safe venue for quilters who see their work as a connection to the sacred and/or as an expression of their spiritual journey.

CONTINUED ON PAGE 20



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JULY 15
The Filene Center
at Wolf Trap

favorite, *Pinocchio*. Follow a puckish wooden character's tale of courage and danger as he tries to become a real boy. With the help of a clever cricket and fantastic fairies, this enchanting performance will ignite the imagination while promoting the importance of truth. Ages 4 and up.

JULY 14

NATIONAL
BALLET OF CHINA
SYMPHONY
ORCHESTRA
THE PEONY
PAVILION

**A Kay Shouse Great
Performance**

The Filene Center at Wolf Trap 8:30pm \$20-65 Fusing classical western ballet with traditional Chinese dance, this spellbinding performance tells the story of star-crossed lovers through luscious costumes and poetic staging.

JULY 15

MISTER G
BILINGUAL DANCE
FIESTA FOR THE
WHOLE FAMILY

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$10 Sing and dance along to catchy bilingual tunes in Spanish and English with Latin Grammy nominee Mister G! Ranging from surf rock, bluegrass, reggae, and bossa nova, this high-energy performance brings the joy of language and music together. Ages 3 and up.

CONTINUED ON PAGE 23

Courtesy of Wolf Trap



8 P.M.

GUSTER
KISHI BASHI

The Filene Center at Wolf Trap 8pm \$32-45 Chock-full of on-stage humor and "sonically rich" (*The Boston Globe*) alt-rock, these down-to-earth musicians return with fan favorites like "One Man Wrecking Machine" and "Satellite," plus songs off their new album, *Evermotion*.

**JUL
16**

JULY 12

R5
SOMETIME LAST
NIGHT TOUR
JACOB WHITESIDES
RYLAND

The Filene Center at Wolf Trap 7pm \$30-55 Get "Loud" with the pop/rock party-starters, fronted by the Disney Channel star of *Teen Beach Movie* and *Austin & Ally*, who are climbing the Billboard charts—their sophomore album comes out 2 days before the show—don't miss this "fun modern pop confection" (*AllMusic.com*).

JULY 14

FACTION OF FOOLS
PINOCCHIO!

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$8 Enjoy a morning of adventure with this Helen Hayes Award-winning group as they present the time-honored



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JULY 15

**PUNCH BROTHERS
BÉLA FLECK &
ABIGAIL WASHBURN**

The Filene Center at Wolf Trap
7:30pm \$30-50 Full of “fierce ambition and undeniable charm,” (*Uncut Magazine*) this acoustic quintet is known for their warm, progressive, and elegantly emotive sound—joining them is the 15-time Grammy-winning banjo virtuoso who switches effortlessly from bluegrass to classical (*Fleck*) and the highly-accomplished singer/banjoist who creates music “recommended even to those who think they hate banjos.” (*The Guardian*)

JULY 16

**HOLLYWOOD
ENDING**

Jammin Java 7pm \$15
Hollywood Ending is a pop-rock band formed in summer 2011. The band consists of Tyler Wilson, Cameron Byrd, and Dan Geraghty, all 18 years old. Hailing from all different parts of the east coast, these boys came together with a shared dream of becoming big in the music industry. They got their start on season 4 of Radio Disney’s Next Big Thing competition making it in 3rd place. On the competition, they released two singles, “You Got Me” and “I’m So Over You,” which have been a success with fans and can be heard on Radio Disney.

JULY 17

**DEANNA
BOGART BAND**

Jammin Java 7:30pm \$20
Drawing on a variety of musical sources ranging

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

JULY 17 AND 18

**HUDSON
VAGABOND PUPPETS
MAMMOTH FOLLIES**

Children’s Theatre-in-the-Woods at Wolf Trap 10:30am \$10 Go on a prehistoric adventure with this award-winning theatre troupe as they present Mammoth Follies. Learn about marvelous creatures from the Jurassic era in an old-fashioned revue of original songs, witty jokes, and earth-smashing dances performed by life-size puppets. Ages 4 and up.

JULY 18

**JAM BAND FAN
NIGHT**

Celebrating 50 Years of The Grateful Dead

The State Theatre 8pm \$10-13 Celebrate 50 years of the Grateful Dead with the area’s best Dead tributes! Featuring Covered With Jam, On The Bus, Magnolia Blue. and Sol Roots.



JULY 19
**The Filene Center
at Wolf Trap**

**PATTI
LABELLE**

**THE NIGHTHAWKS
“BACK PORCH
PARTY” RELEASE
SHOW!**

Jammin Java 7pm \$20 Over more than three decades, The Nighthawks have earned a reputation as one of the best and hardest-working bands around. Their live shows are legendary. Founded in the Washington, D.C. area in 1972, the “Hawks” were a roots band before anyone had come up with the term. Their mix of blues, rock, rockabilly, soul and swing appeals to a widely diverse audience, built over years of touring throughout the United States, Europe and Japan.

**LENKA “THE BRIGHT
SIDE” ALBUM
RELEASE**

Jammin Java 10pm \$15
Whether or not you realize it, her buoyant, wistful songs—most notably “The Show” (off her self-titled debut) and “Everything at Once” (from *Two*, her follow-up)—have been sound-tracking your life for almost seven years now. She’s lent levity to several commercials including spots from Windows 8, Old Navy, and Coke; charm to dramedies like *Grey’s Anatomy* and *Ugly Betty*; and imbued films such as *Moneyball* with graceful poignancy.

CONTINUED ON PAGE 24

Courtesy of Wolf Trap



JULY 18 AND 19

SUMMER COLONIAL MARKET FAIR

Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean VA 11am-4:30pm In the summer, sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler, test your water color and writing skills with Mr. Andrews at the Stationer. Muster with the militia and re-outfit your home in furniture from the Cabinet Maker. Only at Market Fair can you catch up on the latest news from the frontier and trade stories while enjoying local ale and porter at the

Tavern. Try hands-on crafts such as spinning and dyeing, and shop for goods from the finest merchants in the colonies.

JULY 19

X

The State Theatre 8pm \$35 Three decades after the inception of X, one thing is clear: X was not only one of the most influential bands to crash out of the punk movement of the late '70s, but the band's music continues to be sonically groundbreaking today. Songs written during the group's inception are as relevant and inventive today as they were

in 1977. The fact is, no one sounds like X and no one ever will.

PATTI LABELLE
THE JONES FAMILY SINGERS

The Filene Center at Wolf Trap 8pm \$30-65 Hey sister, go sister, the Grammy-winning soul sister and Emmy-nominated actress delivers timeless hits like "Lady Marmalade," "New Attitude," and "On My Own," with "astonishing force and control" (*Rolling Stone*).

JULY 22

BRANDI CARLILE
FIRST AID KIT

The Filene Center at Wolf Trap 7:30pm \$30-55 Spend a summer evening with the dynamic singer/songwriter who perfectly bridges folk rock with Americana—her newest album, *The Firewatcher's Daughter* (2015), was hailed by NPR as a "glorious storm" for its "emotional openness, beautiful melodicism and rich textures."

JULY 23

ALL-AMERICAN BOYS CHORUS

An American Musical Journey

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$8 Known as America's most beloved boys choir, the All-American Boys Chorus delights families with their fresh faces and ever-fresh voices. Performing fun and dynamic songs from the Beach Boys to contemporary favorites, this musical group is sure to entertain, uplift, and inspire! Ages 8 to 14.

JULY 24

JUBILEE RIOTS

Jammin Java 8pm \$20 Under their former name, Enter The Haggis, the band released seven studio albums and toured internationally, landing high profile gigs on *Live with Regis and Kelly* and A&E's *Breakfast with the Arts*, as well as being the feature of a concert/documentary on PBS. "We toured and recorded as Enter The Haggis for a long time, but that name no longer represents the music that

Courtesy of Wolf Trap



8 P.M.

THE PIANO GUYS

The Filene Center at Wolf Trap 8pm \$30-125 Inspiration ensues when these piano and cello YouTube phenoms bring their beautiful compositions to the stage, with original works and classical/pop mashups ranging from Swedish House Mafia to Vivaldi.

AUG
6



we're making," says the band's multi-instrumentalist, Craig Downie. The band has always endeavoured to write songs that people can connect to personally, and their latest outing, *Penny Black*, takes that dedication a step further.

JULY 25

DIANA KRALL WITH WOLF TRAP ORCHESTRA

Wallflower World Tour

The Filene Center at Wolf Trap 8pm \$40-75 Enjoy the rich, honeyed vocals and tender piano melodies of this 5-time Grammy Award-winning jazz sensation as she performs audience favorites and music from her new album with the Wolf Trap Orchestra.

JULY 28

INDIGO GIRLS

The Filene Center at Wolf Trap 8pm \$32-54 The folk-rock duo that brought you "Closer to Fine" returns for a night of "acoustic arrangements with a side of gorgeously hoarse and shimmering vocal harmonies" (*E! Online*).

JULY 28-29

JAMBO

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$10 Discover the dynamic roots of American music. From the Mississippi delta to a New Orleans street corner, Jambo's music will speak to a child's imagination through catchy lyrics and upbeat songs, while also promoting self-esteem, independence, and individuality. Ages 2 and up.

JULY 29

JILL SCOTT

The Filene Center at Wolf Trap 8pm \$45-100 With a voice lauded as "irresistible," "velvety," and "glorious" (*The Guardian*), the triple Grammy-winning singer, actress, and poet has dazzled fans for more than a decade with chart-toppers like "A Long Walk," "He Loves Me," and "Golden."

BEN HARPER & THE INNOCENT CRIMINALS

The Filene Center at Wolf Trap 7:30pm \$35-60 For the first time since 2008, the triple-Grammy winners known for their eclectic mix of blues, soul, reggae, and rock reunite on tour, bringing back their explosive live performances.

AUGUST 1 AND 2

THE RODGERS FAMILY A CENTURY OF MUSICALS

Steven Blier & Wolf Trap Opera Soloists

The Barns at Wolf Trap 3pm \$46 Three generations of American musical theatre in one family – from Richard Rodgers' *Oklahoma* to Mary Rodgers' *Once Upon A Mattress* and Adam Guettel's *A Light in the Piazza*.

AUGUST 1

STAR TREK NATIONAL SYMPHONY ORCHESTRA

Emil de Cou, conductor

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The Filene Center at Wolf

Trap 8:30pm \$30-58 Boldly go where no one has gone before in J.J. Abrams' acclaimed *Star Trek* (2009), presented in HD on the big screen while the NSO performs Michael Giacchino's unforgettable score live!

AUGUST 2

DAVID SEDARIS

The Filene Center at Wolf Trap 7pm \$25-55 NPR humorist and best-selling author of *Me Talk Pretty One Day*, dubbed "the funniest...writer since SJ Perleman," (*The Guardian*) brings his storytelling to the stage, transforming tales of ordinary life into sardonic vignettes and witty social commentaries.

CONTINUED ON PAGE 26



Courtesy of Wolf Trap

8 P.M.

CULTURE CLUB

The Filene Center at Wolf Trap 8pm \$30-60 Discover "a joyous reminder of a golden age in British pop" (*The Telegraph*) when Boy George and the original Culture Club lineup, revered for the quadruple-platinum album *Colour by Numbers* (1983), deliver their Grammy-winning hits and songs of their new album, *Tribes* (2015).

AUG
10

Courtesy of Wolf Trap



AUGUST 13
The Filene Center
at Wolf Trap

AUGUST 2

SAM LEE

Jammin Java 7:30pm \$15 Since bursting on to the folk scene at the end of the Noughties, Sam Lee has blazed a trail as an outstanding singer and song collector, the driving force behind the eclectic, award-winning folk club, The Nest Collective, which has brought traditional music to all kinds of new stages and venues, and founder of a burgeoning song collectors' movement that inspires a new generation of performers to draw on living source singers rather than books and records.

AUGUST 3

THE ELEPHANT SESSIONS WITH ROBBIE SCHAEFER

Jammin Java 7:30pm \$15 Join singer-songwriter and artist-activist Robbie Schaefer (Eddie From Ohio)

for a unique weekly musical gathering. The Elephant Sessions are informal and intimate evenings focused on music and exploring the creative process. We hope to present an occasional special guest, spark conversation, and enjoy music and one another. It's kind of like a musical town hall. With snacks. And beer.

AUGUST 5

DAN NAVARRO

Jammin Java 7:30pm \$20 Dan Navarro has moonlighted as a session singer and voice actor for 27 years, in major motion pictures like *The Book Of Life* (as the villain "Chakal"), *The Lorax*, *Happy Feet* (1 & 2), *Rio* (on the Oscar-nominated "Real In Rio"), *Ice Age* (2 & 3), and a dozen more; TV series *Turbo Fast*, *Prison Break*, *Family Guy* and *American Dad*; recordings with Neil Young, Andrea

Bocelli, Luis Miguel, Jose Feliciano, Susanna Hoffs and Jon Anderson of Yes; and hundreds of commercials for Subaru, Shakey's Pizza, McDonald's, Toyota, Coca-Cola, Honda, El Pollo Loco, Nationwide and more...

AUGUST 8

THE HACKENSAW BOYS

The State Theatre 9pm \$13-16 With feet firmly planted in the old-time song tradition, hands soiled by the dirt of rock n' roll and eyes fixed steadily on the future of real country music, the Hackensaw Boys are among the most exciting groups charting new territory in today's diverse Americana music scene. How does it work? Everybody sings a bit of lead, everybody sings a bit of harmony and most members know when to shut up.

Instrumentation includes banjo, guitar, mandolin, fiddle, harmonica, upright bass, charismo (a home-made tin can contraption) and the occasional trap kit.

AUGUST 10

Blue Mouth

Promotions presents

THE ARISTOCRATS FEATURING GUTHRIE GOVAN, BRYAN BELLER, MARCO MINNEMANN

Jammin Java 8pm \$20 Fresh off their wildly successful 2013-2014 Culture Clash world tour, The Aristocrats – by any measure the hottest new band in instrumental rock/fusion today – rewrote their own rules for their third studio album, *Tres Caballeros*. After two fairly raw trio albums, guitarist Guthrie Govan (Steven Wilson, Asia/GPS), bassist Bryan Beller (Joe Satriani, Dethklok) and drummer Marco Minnemann (Steven Wilson, Joe Satriani) set up camp at legendary Sunset Sound studios in Hollywood, CA, where Led Zeppelin, The Rolling Stones and Van Halen all recorded landmark albums. The result: Nine new compositions of greater sonic depth and breadth than ever before, with unique textures and lush layering augmenting the band's preternatural ability to improvise both individually and as a group at the highest levels possible.

CONTINUED ON PAGE 28

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AUGUST 11

NEEDTOBREATHE'S
TOUR DE
COMPADRES

NEEDTOBREATHE, Switchfoot, Drew Holcomb & The Neighbors, Colony House *The Filene Center at Wolf Trap 7pm \$25–45* Immerse yourself in captivating alt-rock from premier bands, including the sensations behind “Multiplied” and “Something Beautiful,” the Grammy-winning rockers who reminded you that you’re “Meant to Live,” and more.

AUGUST 12

JIM GAFFIGAN
CONTAGIOUS

The Filene Center at Wolf Trap 8pm \$30–60 With a new sitcom on TV Land and Comedy Central, plus a new standup tour across the country, summer 2015 is raging for “the king of (clean) comedy” (*Wall Street Journal*)—laugh it up with the Grammy-nominated humorist as he dishes on food, fatherhood, and everything in between.

AUGUST 13

COUNTING
CROWS
SOMEWHERE UNDER
WONDERLAND
TOUR

Citizen Cope, Hollis Brown

The Filene Center at Wolf Trap 7pm \$45–60 Fall “Accidentally in Love” with the melodic alt-rockers who introduced you to “Mr. Jones”—hear them play all their hits, and songs off their “most ambitious and thought provoking” (*Record Collector*) album, *Somewhere Under Wonderland* (2014).

AUGUST 14

LYLE LOVETT & HIS
LARGE BAND

The Filene Center at Wolf Trap 8pm \$25–50 Texas’ Grammy-winning “Cowboy Man,” known for his wry humor and deep storytelling creates richly layered, foot-tapping, Americana, alt-country, and blues with the help of his large band.

SWELL DAZE EP
RELEASE + SUB-
RADIO STANDARD
+ HELLO DHARMA

Jammin Java 8pm \$15 The Swell Daze sound is a crisp three part harmony-driven blend of classic and modern rock. The band maintains pop sensibilities while staying true to their rock and roll roots. On their debut album, the band draws influences from artists across multiple genres and decades. Swell Daze crafts a signature sound with strong lead vocals, melodic lead guitar solos, and a tight and intricate rhythm section. Their live shows are explosively energetic, however the band portrays the cultivated class and distinctive stage presence you would expect from seasoned veterans.

AUGUST 15

LITTLE BIG TOWN
THE PAIN KILLER
TOUR

David Nail, Ashley Monroe

The Filene Center at Wolf Trap 7pm \$35–55 Hop on the “Pontoon” and enjoy free-wheeling, harmony-driven songs from these Grammy-winning country rockers, as they perform fan favorites and songs from their “most eclectic, boldest album yet.” (*Miami Herald*)

AUGUST 16

ABBA – THE
CONCERT
A TRIBUTE TO ABBA

The Filene Center at Wolf Trap 8pm \$25–42 “Mamma Mia” here they go again! Take a chance on this ultimate tribute band, featuring original members of ABBA’s rhythm section, which recreates the look and sound of the world’s most phenomenal pop ensemble.

AUGUST 19

FRANKIE VALLI
AND THE FOUR
SEASONS

The Filene Center at Wolf Trap 8pm \$25–55 Savor the unique falsetto and 1960s-quartet blend of the iconic pop group that inspired a Tony-winning musical, with blockbuster hits like “Sherry” and “December 1963 (Oh What A Night).”

CONTINUED ON PAGE 30

Courtesy of Wolf Trap



8 P.M.

ZZ TOP
BLACKBERRY SMOKE

The Filene Center at Wolf Trap 8pm \$30–60 The Texas renegades with long beards and dark shades have become a staple of classic rock radio—catch the trio as they perform irreverent blues and boogie anthems like “La Grange,” “Gimme All Your Lovin’,” and “Sharp Dressed Man.”

AUG
18

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**AUGUST 20****SUGAR RAY
BETTER THAN EZRA
UNCLE KRACKER
EVE 6
UNDER
THE SUN TOUR**

The Filene Center at Wolf Trap 7pm \$35-50 "The coolest tour of the summer" (*Entertainment Weekly*) is back! Celebrate the golden age of alternative and pop rock with a star-studded festival featuring unforgettable hits like "Fly," "Good," "Follow Me," and "Here's To The Night."

AUGUST 21**DISNEY IN CONCERT
WITH WOLF TRAP
ORCHESTRA**

Magical Moments from the Movies

The Filene Center at Wolf Trap 8pm \$25-60 Watch Disney magic light up the stage as your favorite songs from *Frozen*, *Aladdin*, *The Lion King*, *Beauty and the Beast*, and more are sung live, with accompaniment by the Wolf Trap Orchestra and synchronized video from the movies displayed on huge screens.

AUGUST 22**GLADYS KNIGHT
AND THE O'JAYS**

The Filene Center at Wolf Trap 8pm \$30-60 "For the Love of Money," boogie over to see the 7-time Grammy-winning "Empress of Soul" on a "Midnight Train to Georgia" and the Rock and Roll Hall of Fame R&B trio who brought you "Love Train."

AUGUST 23**THE BEACH BOYS**

The Filene Center at Wolf Trap 3pm \$30-50 America's favorite surf rockers bring the "Fun, Fun, Fun" with their iconic summer soundtrack featuring songs like "Surfin' USA," "Good Vibrations," "Wouldn't It Be Nice," and more.

AUGUST 28**KRISTIN
CHENOWETH**

The Filene Center at Wolf Trap 8pm \$25-60 With a voice that "slices through the stratosphere like a supersonic jet," (*The New York Times*) this Tony- and Emmy-winning star takes center stage, performing theatre and pop standards, as well

as songs off her 2014 album, *Coming Home*.

AUGUST 29**ORQUESTA BUENA
VISTA SOCIAL CLUB****Adios Tour, The Pedrito
Martinez Group**

The Filene Center at Wolf Trap 8pm \$25-50 Warm, acoustic rhythms and Afro-Cuban jazz made this band a staple of Cuban music's golden age and a Grammy-winning international success—don't miss their final tour as they deliver "a shot of pure musical adrenaline that hits the mark every time." (BBC) Featuring Omara Portuondo, Eliades Ochoa, Guajiro Mirabal, Barbarito Torres, Jesus 'Aguaje' Ramos. ♦

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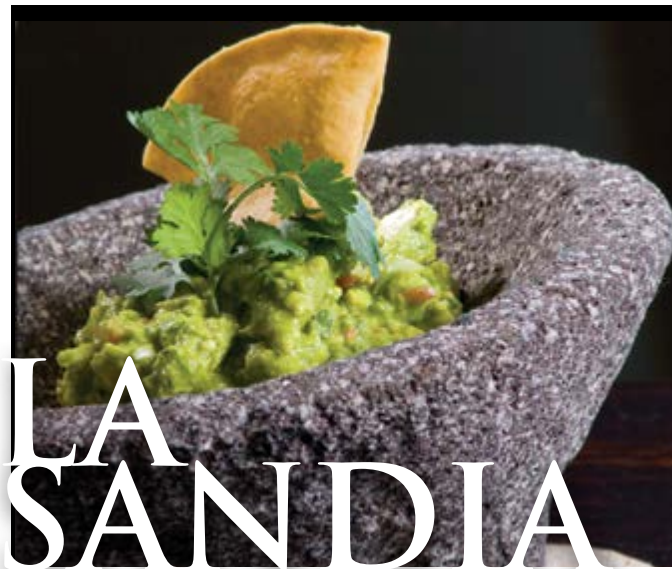
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CONTINUED ON
PAGE 34



MONDAYS

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Dogwood Tavern

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

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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

A DANCE FOR EVERYONE

Colvin Run Community Hall | \$12

Ed Cottrell, Gail Crum & the NVA Dance Crew teach a 1-hour class on a different dance each week. The class will start promptly at 7:00pm and will be followed by "Dance for Everyone" with a variety on DJ'd contemporary and classic dance music including rumba, West coast swing, East coast swing, hustle, shag, latin, country western 2-step, foxtrot, tango, waltz and more.

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

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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

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CONTINUED ON PAGE 34

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**CONTINUED ON
PAGE 36**



JAARED AROSE
Wednesdays

WEDNESDAYS**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

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\$5 BOTTOMLESS GUACAMOLE**La Sandia | 4pm-7pm | \$5**

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

WINE'D DOWN WEDNESDAYS**Entyse, Wine Bar & Lounge | 5:30pm**

Sample Sommelier Vincent

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

MARTINI WEDNESDAYS**Brio Tuscan Grille**

Join Brio Wednesdays for \$5 Martinis.

LOBSTER SPECIAL**Assaggi Osteria | \$19.50**

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HALF OFF PRIMETIME**Palm Restaurant | 5pm-7pm**

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WINE WEDNESDAY**Pizzeria Orso | 4pm-9pm**

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CONTINUED ON PAGE 36



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WEDNESDAYS**REINHARDT LIEBIG
Maplewood Grill**

Reinhardt Liebig, a consummate pianist, is equally at home playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances. His repertoire includes a variety of popular, blues, jazz and classical standards.

THURSDAYS**TERRY LEE RYAN
Maplewood Grill**

New Orleans' own Terry Lee Ryan, pianist and vocalist, plays blues, popular standards and especially N'awlings style funky piano music. Our piano

bar is an "institution" in the area - don't miss it! If you can't go to the Crescent City, then come to the Maplewood Grill on 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.

MEXICAN NIGHT**Brx American Bistro**

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

BOGO THURSDAY**Pizzeria Orso**

Buy one pizza, get one 50% off of equal or lesser value. Not valid for cash. Dine in only. Not valid with any other special offer or advertised coupon.

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

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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

REINHARDT LIEBIG

Maplewood Grill

Reinhardt Liebig, a consummate pianist, is

equally at home playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances. His repertoire includes a variety of popular, blues, jazz and classical standards.

DJ & DANCING

Iris Lounge

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

FRIDAY MORNINGS WITH ROCKNOCEROS

Jammin' Java

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

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JAZZ FRIDAYS

Entyse, Wine Bar & Lounge | 8:30pm

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

CONTINUED ON PAGE 38

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FRIDAYS

FRIDAY NIGHT WINE TASTING

The Vineyard | 3-7pm

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on products with great value.

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

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

AFTERNOON TEA Entyse, Wine Bar & Lounge | 12pm

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

SATURDAYS

SATURDAY BRUNCH Amphora

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

made fresh daily.

BALLROOM SOCIAL DANCE

Colvin Run Community Hall | \$15-\$20

On the 1st, 3rd and 5th Saturdays of the month enjoy music and a dance lesson provided by DJ Craig Bukowski. Lesson from 8-9:00PM. Dancing from 9 PM-11:30PM. Price includes the dance, lesson and snack bar.

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.

SATURDAY WINE TASTING

The Vineyard | 12-5pm

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

SATURDAY BRUNCH Wildfire | 11am

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

SUNDAYS

SUNDAY BRUNCH Amphora

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.

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FREE YOGA WITH TYSONS FIT CLUB

Tyson's 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 invite you to explore the joy of classic

Italian cuisine and their award-winning wines and service.

SUNDAY BRUNCH

La Sandia

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

FABULOUS BUFFET BRUNCH

Ireland's Four Provinces

Come to the 4P's for a grand buffet brunch that includes smoked salmon, Eggs Benedict, carved roast beef, homemade omelets, shepherd's pie, corned beef hash, potatoes, sausage,

soup, salad, pastries, fruits, and SO much more.

SMALL DOG MEET & GREET

Wylie Wagg | 3-5pm

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

SUNDAY BRUNCH

Café Deluxe

Can't miss menu items include the Deluxe Benedict, sourdough toast topped with black forest ham, poached eggs and sundried tomato Hollandaise sauce served with a side of breakfast potatoes, and the Brioche French Toast, topped with powdered sugar, cinnamon and fresh fruit.

SUNDAY BRUNCH

Cyclone Anaya's

Come out and try 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. ♦



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Arts & Theatre EVENTS



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Photo courtesy of Wolf Trap

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JULY 10 – SEPTEMBER 26

SUMMER CABARET SERIES

Creative Cauldron, Fridays and Saturdays 8:00pm, \$18–100. The Series will feature some of the Washington DC metropolitan areas most talented musical theater artists including Three for a Song, Susan Derry, Rachel Zampelli, Sandy Bainum and many more. For the cabaret series, tickets are just \$20 General Admission, \$18 Students/Seniors/Military. We will also have table seating which includes wine for \$100 for a table for 4 and \$50 for a table for two.

JULY 11

BEETHOVEN'S SYMPHONY NO. 5 SARAH CHANG PLAYS BRUCH National Symphony Orchestra, Shi-Yeon Sung, conductor

The Filene Center at Wolf Trap 8:15pm \$20–58
The world's most recognizable classical composition, revered as "splendid beyond all measure" (E.T.A. Hoffmann), provides a dramatic finale to an award-winning international violinist's performance of Bruch.

JULY 18

POKÉMON: SYMPHONIC EVOLUTIONS

National Symphony Orchestra Susie Benchasil Seiter, conductor

The Filene Center at Wolf Trap 8:30pm \$25–45
Pokémon trainers, Wolf Trap chooses you! Journey through nearly 20 years of memorable

Pokémon music from the popular franchise as the orchestra performs all-new arrangements live, with clips from the video games projected on huge screens.

JULY 24

VERDI'S AIDA IN CONCERT WOLF TRAP OPERA ALUMNI, NATIONAL SYMPHONY

Orchestra, The Washington Chorus, Daniele Callegari, conductor

The Filene Center at Wolf Trap 8:15pm \$22–75
Venture into Ancient Egypt with the majestic music of Verdi's grand opera *Aida*, sung by Metropolitan Opera artists and Wolf Trap Opera alumni Michelle DeYoung, Marjorie Owens, Carl Tanner, and Scott Hendricks. For the first time ever, alumni of Wolf Trap Opera return for a special concert opera performance with the National Symphony Orchestra. Verdi's music takes center stage as the imprisoned slave girl, Aida, is caught between her love for Radamès and her duty to her father and country. This concert will not feature sets or costumes, but the entire score will be performed, as this exciting cast sings roles that they have performed at the Met and on other major stages.

JULY 24 AND 25

MARYLAND YOUTH BALLET THE ELVES AND THE SHOEMAKER'S DAUGHTER

Children's Theatre-in-the-Woods at Wolf Trap



10:30am \$10 Experience the grace and splendor of ballet as these talented young dancers put a new spin on a classic fairy tale. This re-imagined children's ballet will introduce you to the shoemaker's daughter, her friends in desperate need of new shoes, and the mischievous elves who help them. Accompanied by beautiful music, costumed characters, and elfin magic, this production is sure to please children of all ages! Ages 4 to adults.

JULY 30

NATYABHOOMI SCHOOL OF INDIAN DANCE

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$8 Revel in the rich traditions of South Asia with this ensemble of talented young dancers. With vibrant costumes, lively music, and engaging choreography, this performance will take you on a journey to India. Ages 4 and up.

JULY 31

RUFUS WAINWRIGHT National Symphony Orchestra Emil de Cou, conductor

The Filene Center at Wolf Trap 8:15pm \$25–58 Referred to by Elton John as “the greatest songwriter on the planet” and praised by The New York Times for his “genuine originality,” this award-winning singer/songwriter pairs his poignant lyrics with the dynamic sounds of the National Symphony Orchestra.

AUGUST 4

KANKOURAN WEST AFRICAN DANCE COMPANY

Visit Africa

Children's Theatre-in-the-Woods at Wolf Trap 10:30am \$8 Experience the sights and sounds of West African culture with D.C.'s premier dance company. With colorful costumes and dynamic drumming, these spirited performers deliver captivating choreography with an inspirational message. Ages Kindergarten to 12th grade.

AUGUST 8

THE MUSIC OF JOHN WILLIAMS

National Symphony Orchestra, Emil de Cou, conductor

The Filene Center at Wolf Trap 8:15pm

\$20–58 From a galaxy far, far away to the edge of Neverland, John Williams' iconic scores have accompanied you on epic adventures—journey now with the NSO as they perform entrancing and exhilarating music by the most Oscar-nominated man alive, with songs from beloved films like *Star Wars*, *Indiana Jones*, *Jaws*, *Jurassic Park*, *Harry Potter*, *Hook*, and more.

AUGUST 11 – SEPTEMBER 20, 2015

SIGNATURE'S SMASH HIT THE FIX

**Book & Lyrics by John Dempsey,
Music by Dana P. Rowe, Directed by
Eric Schaeffer**

Signature Theatre Times and Prices Vary
When a popular presidential candidate dies in his mistress's arms, his ambitious wife, Violet, immediately declares that

if she can't be the wife of the president, then she'll be the mother of the president – and thrusts their lackluster son Cal into the spotlight in Dempsey and Rowe's outrageous musical comedy, *The Fix*. With the help of her strategic brother-in-law, Violet transforms her son into the perfect citizen and ideal politician. Together, they create one of the most dysfunctional, yet brutally entertaining, almost-first families.

With a rock-laced, eclectic score and scandalous lyrics, the team behind *The Witches of Eastwick* and *Brother Russia* skewers the American bureaucratic machine. It's *The Manchurian Candidate* meets *Caligula*, with a voice uniquely its own; *The Fix* is a darkly brilliant, over-the-top, audaciously fun ride through the shenanigans of political elections.



Courtesy of Wolf Trap

8:15 P.M.

MADAMA BUTTERFLY WOLF TRAP OPERA

**National Symphony Orchestra, Choral Arts, Grant Gershon, conductor,
Operascape production**

The Filene Center at Wolf Trap 8:15pm \$25–75 Experience Puccini's heartbreaking masterpiece of passion, honor, and sacrifice with Wolf Trap Opera and the National Symphony Orchestra in this new staged and costumed production with custom video projections. Running time: 3 hours with 1 intermission.

**AUG
7**



BY KEITH LORIA

You have to go back more than 20 years to find the genesis behind Pink Martini, the self-described, “Little Orchestra That Could,” which mixes sophistication and fun with multilingual tunes.

Thomas Lauderdale was working in politics at the time and was sour on the music he was hearing at fundraisers, so he decided to form his own orchestra and add some zest to the events. He called on former Harvard classmate China Forbes and some musicians he knew, and it wasn't long before Pink Martini was highly in demand and making its first album.

Over the last two decades, the band has sold more than 3 million albums

worldwide and appeared at venues around the globe. Storm Large took over for Forbes in 2011 when the singer had to get surgery on her vocal chords, but now the two share lead vocalist duties, with each taking turns at dates on tour.

On Friday, July 10, Pink Martini will be heading to Wolf Trap's Filene Center.

“People can expect a good time,” says Large. “It's a lot of fun, a lot of dancing.

I speak about 17 different languages and you can expect lots of craziness.”

A Pink Martini concert is full of fun with its fashionable collection of a dozen musicians drawing musical inspiration from all over the world, crossing genres of classical, jazz, and old-fashioned pop.

“For me, I like a lot of audience participation and letting the audience feel like they're included and it's not just us musicians separated from them,” Large says. “We tend to include everyone and talk to people and tell stories about the song.”

Interacting is an important part, Large shares, because too many people are spending their time disconnected from the world on their tablets, computers and phones.



"I think any opportunity to have an experience with no screens and no electronics around, that lets you enjoy something that's organically occurring in front of you is such a rare occurrence these days," she says. "It's good for us as a people."

Making connections in a live performance is what Large loves most about this business.

"It's all about the enjoyment of being around people and making some noise and forgetting about one's problems for a while," she says. "Interjecting some joy and levity into the situation."

Pink Martini has been together for almost 20 years, and a great deal of its success can be attributed to a combination of a serious work ethic mixed in with not taking themselves too seriously on stage.

"Everyone relaxes and celebrates and it's a party atmosphere in the old school sense," Large says. "A lot of the music we perform is from cinema and from the '30s and '40s. It's beautiful and you don't need to understand the language to understand what the song is about. For instance, we do a heartbreaking love song from Romania and people get it because it's very visual and cinematic."

Some of the songs that the band will be performing at Wolf Trap include "Amado Mio," "Quizás, Quizás, Quizás," "Splendor in the Grass" and "Brazil."

The ideal scenario for Pink Martini is for Wolf Trap guests to get up and do a conga line at the end of the show.

"We just want everyone to have a good time," she says, "and everyone always does."

For tickets to Pink Martini, visit 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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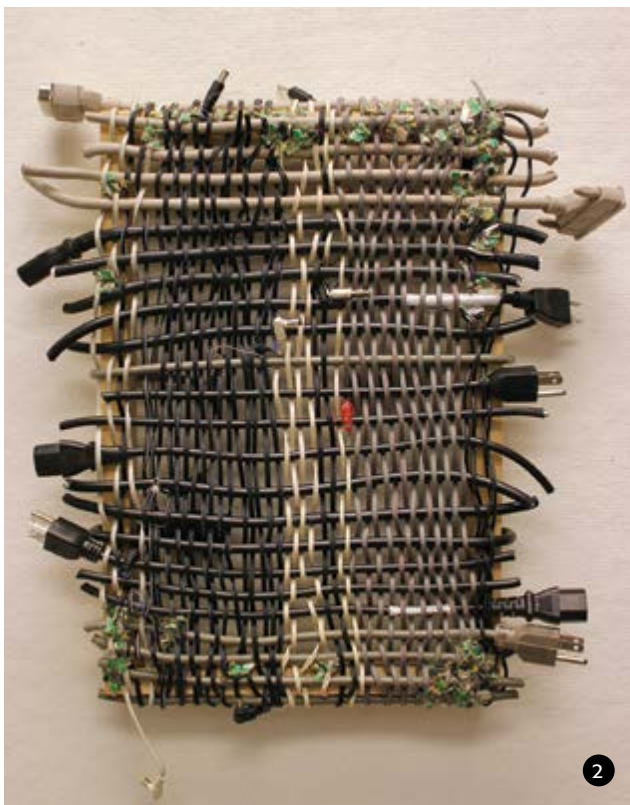
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THE 4-1-1 *of a Juried Show*

BY KEITH LORIA



Part of being an artist is having one's work seen and talked about, which is why it's so important for many to enter different shows and see what people think about how they stack up against others.

While some shows are open for everyone, others take only work that follow a specific theme or work chosen by a juror or those running the show. Take the McLean Project for the Arts' Strictly Painting 10 show, which is a biannual event held each summer. All mid-Atlantic artists are invited to submit their images to MPA through a Call for Entries procedure.

Although the show will be over by the time this issue of *VivaTysons* goes to press, we wanted to present our readers with an understanding of how the whole process works.

Nancy Sausser, exhibitions director for the McLean Project for the Arts, explains that the show is a juried show so there are restrictions about entering and what artists are shown.

"The way it works is each year we publicize that we're going to have a juror, and we're going to do this show and here's the theme. We send it out to the arts community and various blogs and publications and Facebook and everything we can think of," Sausser says. "We put



Jereny Flick, Eric Garner, Jane Godfrey, John Grunwell, Josephine Haden, Jay Hendrick, William Hill, Lillian Hoover, Jackie Hoysted, Hedieh Javanshir Ilchi, Sanzi Kermes, JT Kirkland, Chee-Keong Kung, Nolan Leslie, Corwin Levi, Megan Maher, Anne Marchand, Lindsay McCulloch, Lillianne Milgrom, Greg Minah, Georgia Nassikas, Maryann Pollock, Marie Ringwald, Jean Sausele-Knodt, Mary Gallagher Stout, Diane Szczepaniak, Silvie van Helden, Richard Paul Weiblinger, Michael Weiss and Alice Whealin.

"The pieces really run the gamut in terms of styles and ideas and I think it will be a real interesting show," Sausser says. "Sretenović has a few weeks to look at all the images and put the show together and then she gives me names and I notify the artists and they will bring us their work and we have about a week to put the show up and create a show that is interesting and cohesive. There's always a way to do that."

Sausser admits that sometimes, that's challenging, because with so many different artists there's a lot of breadth in the type of work you are dealing with but thanks to a very flexible space, she and her team are able to make an interesting and coherent show. Once the show is up, Sretenović will spend a week looking at the pieces.

"We'll have a reception on June 30 with our juror and she will talk about what she was thinking about and what the process was like," Sausser says. "Awards will be given out and she has a certain amount of award money that she can dole out anyway she wants. It can be one big prize or top three or even 10 honorable mentions. She will also write a short essay about the show."

And that's the way it works. ♦

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.

out a call for entries last winter with the deadline of April 17. Folks were allowed to submit up to four images and also submitted information about themselves and their work."

In the past, artists would mail in photos of their work on disks but now it's simply done through the Internet and a special on-line service. For the Strictly Painting 10 show, 190 artists sent in work, and each was allowed to enter four items, so there were almost 800 pieces in all to consider.

"The title is a little misleading because that's always been the traditional name but this is a show that is well known in the art community and artists wait for it, because they know there will be a good juror," Sausser says. "We have expanded the theme over the years to include work that has something to do with painting in a less traditional sense. It could be work conceptually about painting or photography work that works with color in a painterly fashion."

This helps create a more diverse show in terms of approaches and artists who are working within painting or around painting some how.

In this case, Vesela Sretenović, curator of modern and contemporary art at the Phillips Collection Downtown, served as juror and made all the pertinent decisions.

"For our juror, we try to choose someone from the arts community, often someone from the museum world who is a well-respected curator or possibly someone who is an art gallery owner or dealer," Sausser says. "We want someone who artists are going to want have them see their work. I've been trying to get her for two years. The Phillips Collection is a jewel of a museum and they engage local artists a lot. To have the curator is a wonderful thing. She's great."

Sretenović had to look at each and every work and decide how many to put up for the show. She chose 38 artists and multiple works by some, which will give the show more depth.

Artists competing in the show this year are Lina Alattar, Nathaniel Amour, Sondra Arkin, Dorothy Bonica, Greg Braun, Anthony Brock, Shante Bullock, Tory Cowles,

1. Diane Szczepaniak, *Behind the Night*, 2014, Watercolor on Paper, 24.5" x 38"
2. Nathaniel Amour, *A Digital Painting 3*, Circuit board paint on hand woven canvas, 12" x 16"
3. Hedieh Javanshir Ilchi, *I myself am Heaven and Hell*, 2015, Acrylic, watercolor and hand-painted collage on Mylar, 30" x 36"
4. Lindsay McCulloch, *Degeneration/Regeneration*, 2014, oil on panel, 24" x 42.5"



BY HUBIE CRAM

Alan Naylor, Shaina Kuhn, John Loughney, and Katie McManus from *Jacques Brel is Alive and Well and Living in Paris* (October 2014) photo by Gary Mester. *Jacques Brel* was nominated for Best Ensemble in a Musical and Outstanding Lead Actor in a Musical which Alan Naylor won at the 2015 Helen Hayes Awards)

Creative Cauldron IS BREWING UP A POWERFUL SEASON

At the Creative Cauldron, another stellar season is in the works. Regular patrons know that this theater likes to mix it up, alternating adult professional shows with family-friendly learning theater productions, and this year is no exception.

Audiences will delight in seven exciting productions in addition to the popular Passport to the World presentations in the spring. There will be the traditional musical opener, three learning theater productions, the return of *Madeline* at Christmas for a new magical adventure, another original musical premiere commissioned by the theater for the Bold New Works series, and an incredibly strong musical in May.

The World Goes Round (October 1-25) ushers in the season with the music of Kander and Ebb, who have brought us such smash hits as *Cabaret* and *Chicago*. Called a “thrilling

Learning Theater Ensemble from the production of *The Jungle Book* (March 2015) Photo by Gary Mester

celebration of life,” it is sure to delight the audience.

The first learning theater piece takes over the stage with *Pinocchio* (October 30-November 22). These learning theater shows take a classic story and adapt it to children with the goal of being very inclusive. In fact the cast is not auditioned but does acting exercises to fill the roles, effectively auditioning within the program.

Madeline and the Gypsies (December 4-27) takes us through the Christmas season. Imagine the adventure when Madeline has to care for her tutor and 11 fellow students who get sick the night before Christmas! Can a little magic save the day?

As always the holiday show is inter-generational and fun for everyone. Both children and adults are in the show so everybody will enjoy this special presentation.

The theater is especially excited about the second commissioned work for its “Bold New Works for Intimate Stages” initiative. A five-year arrangement with Matt Conner and Stephen Gregory Smith to create new musicals, Bold New Works gives a theater like Creative Cauldron the ability to deliver a powerful production with a small backstage, no wings, and limited entrances to their 85-seat theater.

Monsters of the Villa Diodati (January 28-February 21), promises to be a thrilling tale of three brilliant 19th century writers trapped indoors in Switzerland by an unexpected storm. The three begin to entertain each other with tales, two of which would become Mary Shelley’s *Frankenstein* and John Polidori’s *The Vampyre*.

A second learning theater production is up next, *The Dancing Princesses* (February 26-March 20), based on the



Caitlin Shea, Libby Brooke and Susan Derry (left to right) from *The Turn of the Screw* for our "Bold New Works for Intimate Stages" Initiative in January, Photo by Gary Mester (*The Turn of the Screw* was Helen Hayes Awards Recommended)



Arts Adventure Camp Photo by Evan McGurrian

classic Grimm tale. These young actors are very dedicated as each show is four performances a week for four weekends.

Passport to the World (April 1-24) takes over for the month, exploring the music, theater, and dance representing cultures from around the globe. Stay tuned for the full schedule.

Caroline, or Change (May 5-29) is a riveting and awe-inspiring musical which blends blues, gospel, and Jewish melodies telling the story of the Gellman family and their African-American maid who works for the change she finds in the son's pockets.

The season will close with the third learning theater production, *The Wind in the Willows* (June 3-19). Follow the classic adventures of Rat, Mole, Toad, and Badger as they roam the countryside. The learning theater actors range in age from six to about fourteen.

The Creative Cauldron does about 200 performances a year with about 10,000 patrons each season. They thrive on and celebrate their intimate setting, greeting and treating the patrons like family.

Subscriptions include the season flex pass which is a 10-ticket mix-and-match offering, and a discount pass for those

who can choose their dates in advance. Marketing Director Amanda Lovins says, "We work to be accessible and affordable with multiple pass options. We want to share our theater with as many as possible. We do everything we can to keep moving. Every day there is something going on at the Creative Cauldron."

For more information on the season or the many offerings for classes, workshops, and camps, contact Creative Cauldron at info@creativecauldron.org or call 703 436-9948. ♦

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PETER PAN *Flying to Tysons*

BY KEITH LORIA

See *Peter Pan* like you've never experienced before when the show is staged in the world's first 360-degree CGI theatre set presented in the striking setting of the Threesixty Theatre at Tysons Corner Center, 1971 Chain Bridge Road.

With 20 actors, stunning puppets, epic music and dazzling flying sequences, this version of *Peter Pan* is performed "in the round" in a 1,500-seat theatre-tent. The entire interior is lit with more than 15,000 square feet of Hi Resolution video, so that both cast and audience are immersed in a virtual Neverland.

The cast consists of Daniel Rosales as *Peter Pan*, Stephen Carlile as Captain Hook/Mr. Darling, Liam Fennecken as Smee, Annapolis native Sarah Charles as Wendy Darling, Scott Weston as Michael Darling, John Alati as John Darling, Jessie Sherman as Tinker Bell, Hannah Jane McMurray as Mrs. Darling, and Silas Moores as Bill Jukes/Skylights.

This unique production first premiered in London's Kensington Gardens, the original home of *Peter Pan*, in 2009 and has been seen by more than 750,000 theatregoers worldwide.

Peter Pan, The Boy Who Wouldn't Grow Up, was originally created by Scottish novelist and playwright J.M. Barrie. The story is a familiar one to kids and adults of all ages. Peter flies into the London nursery of the Darling children, Wendy, John and Michael, teaches them to fly and leads them to the magical Neverland, "second to the right and straight on till morning," where they live with Tinker Bell, the Lost Boys and meet the notorious Captain Hook.



Since the first staging of *Peter Pan* in London in 1904 there have been countless treatments of the story in every possible medium including novels, radio, television, animation and live action films. This magical adventure is deeply rooted in the hearts of the public worldwide and their desire to see the story retold is as strong as ever. Faithful to J. M. Barrie's original, this 21st Century *Peter Pan* reflects the next generation in the telling of this timeless tale.

The show runs from June 24 through Aug. 16. Tickets are available at peterpan360.com or Ticketmaster.com, at any Ticketmaster retail location, or by calling 800-745-3000. ♦

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

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BY ALLISON CHASE SUTHERLAND

KENT MANOR INN— *Historic Haven* LAZY DAYS ALONG THE BAY



A mere four miles and just minutes from Annapolis, once over the graceful stretches of the Chesapeake Bay Bridge, you will step back in time to circa 1820 to the serene country surroundings of historic Kent Manor Inn. The octagonal cupola high atop the inn offers a bird's eye view of the meandering 220 acres of farm and marshland at the edge of Thompson and Cox Creeks. This is a place to find your quiet. You've arrived.

According to the *Tidewater Times*, "The history of Queen Anne's County dates back to the earliest colonial settlements in Maryland. Small hamlets began appearing in the northern portion of the county in the 1600s. Early communities grew up around transportation routes, rivers, and streams, and then roads and eventually railroads." The earliest written record of European contact in the Bay region was in 1524, and Queen Anne's County itself merrily celebrated its tricentennial in 2006.

They beseech us to "take an active role in conserving the Bay's resources and make a difference in its future." A place of extraordinary biological diversity and significant human history,

the Bay has "inspired, challenged, and tested those who have sailed its waters or traversed its lands. For thousands of years the Bay has defined traditions and cultures. After the Revolution, the Bay's waterways became a haven for privateers, pirates who used schooners specially designed to zip around riverbends, squeeze into snug harbor and outrun blockades." One of these schooners was the Baltimore Clipper.

The Eastern Shore is renowned for its elegant waterside nuptials - in fact, nearby St. Michaels, Maryland was tapped as a location in the 2005 movie, *The Wedding Crashers*. At Kent Manor, wedding receptions are held in the elegant gazebo on the back lawn. Remote



yet accessible, this is the perfect spot for a quiet escape.

Awaken to the song of the bay birds of the marshes. Lean back against an Adirondack chair and sip a cup of tea on your very own balcony. This will

allow you to recalibrate. Then descend the staircase for Sunday brunch, which at Kent Manor Inn is quite the grand affair - on the cheery sun porch or inside the bright and graceful historical inn with its fine English furnishings and paintings. Of particular note are the wonderfully savory applewood-smoked bacon and chef William Lackey's pan-fried chicken with pickled red onions, baby spinach and Boursin cream. The caramelized onion cheddar is nicely offset by the smoked ham and stone ground mustard. This is a nicely nuanced gourmet selection. As for sweets, the strawberry blintz is delectable - almost too beautiful to eat. Almost. And everything is served up with that one-of-a-kind Eastern Shore hospitality.

Kent Island is a great starting point for exploring the great estuary. Grab your Chesapeake Bay Getaways map (www.baygetaways.net) and head over to Terrapin Beach Park - just a stone's throw away - where the Cross Island Trail traverses Kent Island, the largest of the Chesapeake islands. Bike or stroll wooded trails from the open bay past wetlands and through historic villages. You'll be tempted to paddle down winding creeks. Continue south along Maryland's Chesapeake Country Scenic Byway (www.chesapeakebyway.org) and rediscover a treasure of the Chesapeake, which the Native Americans called Great Shellfish Bay.

ST. MICHAELS - *Waterside Hamlet*

Founded along the Miles River in the 1600s, quaint and charming St. Michaels has been an important center for shipbuilding, skipjacks, and tourism. The town also has

historical significance, playing a prominent role in the war of 1812. St. Michaels has thus been dubbed "The Town that Fooled the British."

The wind picks up at the approach to the Harbor Inn & Marina. Ah, the clanking of the riggings in the breeze. Do yourself a favor and take a nostalgic sailing charter on the Selina II for a 2-hour, half-day, full-day, or champagne sunset sail - even a romantic moonlight cruise. This classic 42-foot single mast gaff-rigged New England catboat (www.sailselina.com, 410.726.9400) was built by Captain Iris's grandfather on Shelter Island, New York in 1926. These sturdy canvas sails have seen history. The stories of the sailors of these waters are carried on the wind. Sailing since she was 6 years old, the clever and articulate Captain Iris clearly knows her way around a sailboat - and of course around the Bay, its rivers, and its tributaries. As we hear the call of the osprey, she recounts that our avian friends have been making a great comeback in the Bay since DDT was banned back in the seventies. In fact, you might even see a bald eagle.

As there are never more than six passengers aboard, you will really discover the hidden inlets of the Chesapeake as we did one sleepy Sunday in St. Michael. The cerulean blues of the Bay mingle softly with azure skies. Gentle bay breezes follow you on your journey. The afternoon is long, but then again, not long enough. Each moment has its place. The Bay shapes its people, as it has throughout history. May it continue to do so.

Just around the bend is the Chesapeake Bay Maritime Museum (www.cbmm.org) which is celebrating 50 years on the Bay this year. This 18-acre waterfront nautical museum is "dedicated to preserving the rich heritage of the hemisphere's largest and most productive estuary - the Chesapeake Bay." Highlights include a floating fleet, a working boatyard, the watermen's wharf, and the 1879 Hooper Strait Lighthouse, all recounting aspects of the fascinating history of the Bay and its people.

208 TALBOT - *A Class Act*

Just across the street you will encounter one of the finest restaurants in all of St. Michaels - 208 Talbot (www.208talbot.com).

CONTINUED ON PAGE 54



KENT MANOR INN CONTINUED FROM PAGE 53

com, 410.745.3838). Co-owner Curt Cummings runs a tight ship. An afternoon of sailing on the Bay will whet your appetite – and your first bite will not disappoint. Chef and co-owner David Clark's tender braised beef short-rib pierogi with whipped potatoes and tangy goat cheese were beyond perfection. Finished with a dollop of horseradish cream and chopped scallions, they were a taste to behold. And don't overlook the Tavern Menu. A fun treat to close out the meal was the trio of house-made cellos from tangy lemon to zingy berry to the fragrant and flavorful orange. After you dine, meander down quaint tree-lined streets, passing the oldest structure in town, the iconic Christ Episcopal Church, built in 1878; the original is believed to have been built back in 1677. Absorb the atmosphere. On the way back to Kent Island, roll down the windows and be serenaded by the sounds of sundown.

ON TO EASTPORT –

Celebrating the Sailors at the Boatyard

Formerly a ballet dancer and teacher from Vermont, Captain Camille's favorite watering hole in Eastport is the Boatyard Bar & Grill, where they serve up the famous Dancing Lady popularized on the island of Culebra and throughout the Caribbean. The hot summer sun will have you seeking

the coolness of the shade. Sparkling water, vodka, a splash of cranberry, a squeeze of lime, over ice. Ah, that thirst-quenching first sip! And let's not forget the legendary Dark & Stormy – Gosling's dark Bermuda rum with ginger beer, made famous by the AB Ocean Race – that is, Annapolis to Bermuda. Although the Boatyard is of course renowned for its crab cakes, cream of crab soup, and fresh raw bar, the tender ribs were also delightfully succulent.

Owner Dick Franyo has a true conscience for what's right combined with a deep appreciation of the Bay. He believes in and is committed to a number of environmental causes for a healthier Bay – and world – such as One Percent for the Planet, started by environmentalist Yvon Chouinard of Patagonia and supported by the likes of singer/songwriter Jack Johnson, whose autographed surfboard graces the wall of the Boatyard. I like to call it BYC – or Boatyard Yacht Club. Fun and eclectic, their collection also includes an old wooden fishing skiff from St. Barths, as the Boatyard also supports other important pursuits such as sailing fast and fishing with friends!

The Boatyard hosts several big charity events throughout the year. For Bands in the Sand, which sold out in less than 7 days, they put a kitchen and grill right out on the beach for close to 1,500 people. And the Bacon Brothers played – all to support the Chesapeake Bay Foundation. Then of course there is the Boatyard Regatta, Saturday, August 22, sponsored by Mount Gay, which benefits C.R.A.B. or Chesapeake Region Accessible Boating

– an admirable organization dedicated to making sailing available for people with disabilities. On September 19, the Boatyard Beach Bash will benefit the Annapolis Maritime Museum. Dick Franyo has a great respect for everyone, which is as contagious and refreshing as his enthusiasm, creating a most welcome camaraderie. That's why, according to our venerable Captain Camille, "The Boatyard is the only one." There is a connectedness in this great estuary unlike any other. Few places provide

such a unique sense of place. We are all of elements of this place across time, and rest assured that – in time – the gentle tides of the great Bay will draw you back. Just wait!



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

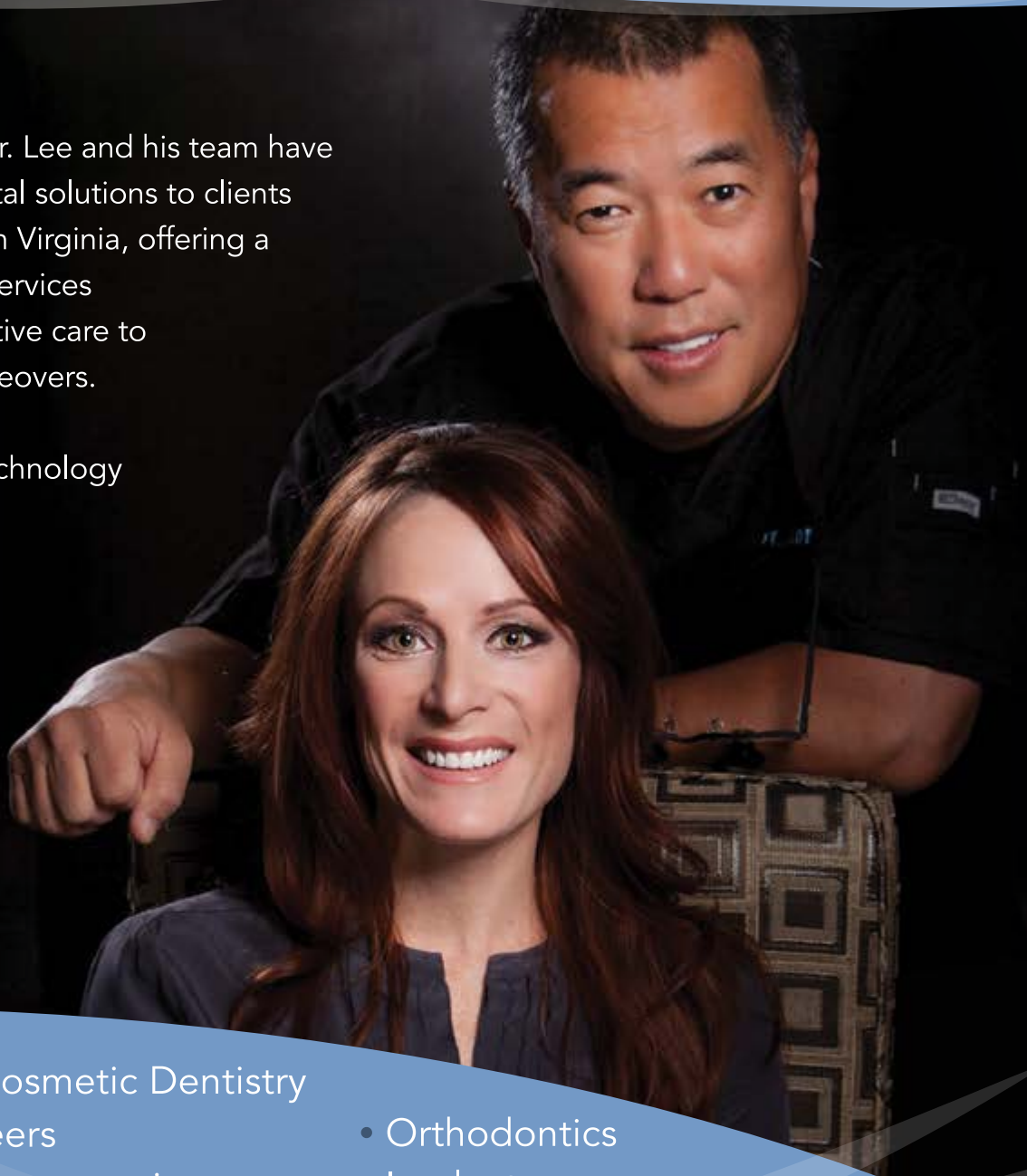


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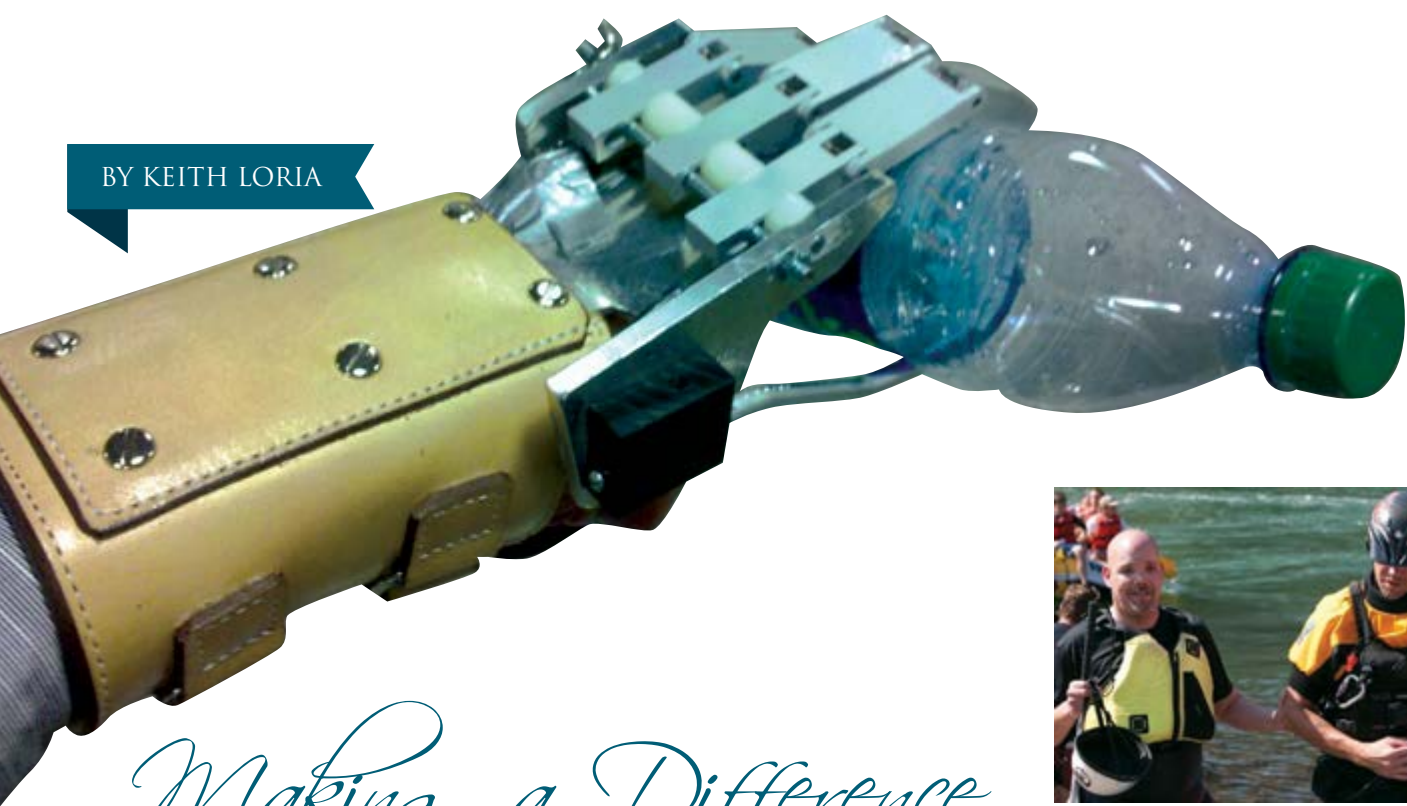
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BY KEITH LORIA



Making a Difference

There are three questions that Jon Monett, a long-time McLean resident, wants everyone to consider about the Quality of Life Plus program he founded seven years ago.

Are you looking for a way to help improve the quality of life of our nation's wounded heroes? Are you or a loved one living with a service-related injury that limits your potential at work, at home or at play? Are you a faculty member or student looking to apply your energy, skills and expertise to a worthwhile cause?

QL+ is a 501(c)(3) nonprofit organization that generates research and development of prosthetics and other innovative assistive devices to aid and improve the quality of life of men and women who were injured in the line of duty while serving in the U.S. military, in the U.S. intelligence and law enforcement services, and in other national agencies.

An Air Force veteran, Monett built a distinguished career in government technology and later founded a thriving technology company, which he sold to a defense contractor. He says he has long been committed to helping those who serve.

The idea for this innovative and very helpful program evolved from something Monett had seen on the big screen that captured his interest.

"I attended a screening of the movie *Fighting for Life*, and it was about the men and women of the medical corps of the military," Monett says. "The director (Terry Sanders) is a friend of mine so I went down to D.C., and they were very involved in the military university where they train doctors and nurses."

Shortly after, Monett served on the advisory council at California Polytechnic State University. They were looking for topics for three multidisciplinary labs they were setting up in their new engineering building, and he suggested using one dedicated to improving the quality of life dedicated to those injured in the line of duty.

Although the board seemed interested, nothing happened right away, so when Monett sold his company in 2008, he took a chunk of money and gave it to them so it could be used for this purpose. The first class started in 2009 and six years later, it is still going strong.

"To graduate from Cal Poly, you have to do a senior project and to complete it, you have to build whatever it is," Monett says. "What happens is, we



collect challenges from the wounded, caregivers and students each September and the students can put together a team and start on the challenge, which usually takes nine months."

For example, a project set to go next year came from a challenge from a vet who was amputated at the hip, with no legs at all, and his wound hasn't healed because he always puts weight on it during the day. He was looking for a way to relieve the weight so they can get air under the wound so it can heal faster. Three Cal Poly engineering students are already on the project.

A project from this past September is the Navy Seal Prosthetic Hand, which is customizing a QL+ Polygrasp Prosthetic Hand from the first challenge ever, and will be used by an active-duty Navy SEAL. The new design focuses on improving grasp, attachment and controls and will feature interchangeable accessories for combat-specific tasks.

Another is the Body Temperature Regulating Vest, which is a long-lasting, light, cooling vest for those with spinal cord injuries or other disorders that reduce the ability to regulate body temperature. The vest is comfortable, adjustable, washable, and maintains body temperature at an optimal 98.6F, even in high humidity.

Solving these challenges provides an enhanced STEM (Science, Technology,

Engineering, Mathematics) educational experience; students from multiple engineering disciplines work together on meaningful projects with real-world applications. Most importantly, injured patriots regain the ability to live, to work and to play to their full potential.

"We have a fireman from San Francisco who had throat cancer and his vocal cords were removed so he has to talk through a hole in his throat, but he can't go in and fight fires because the mask doesn't work with his injuries, so the students are building him another mask," Monett says. "There is also a Korean War vet who has Parkinson's and so they are developing a new walker for him. These students are making a difference in these people's lives and helping to change the world for the better."

For more information about the QL+ program, visit qlplus.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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BY HUBIE CRAM



Studio of artist Steven Krueger with work in progress.

JEFFERSON STREET ARTISTS AT ART & FRAME *The New Torpedo Factory?*

When Tom Gittens has an idea, Falls Church and particularly the arts community, is usually on his mind.

Working with Adam Roth and Falls Church Chamber of Commerce Director Sally Cole, Tom helped create the Taste of Falls Church. Partnering with Marty Meserve Tom was instrumental in the formation of Falls Church Arts. He developed the Falls Church Community Guide and he was the impetus, the driver and still the biggest force behind *FIRSTfriday*, the monthly showcase of arts and entertainment in Falls Church.

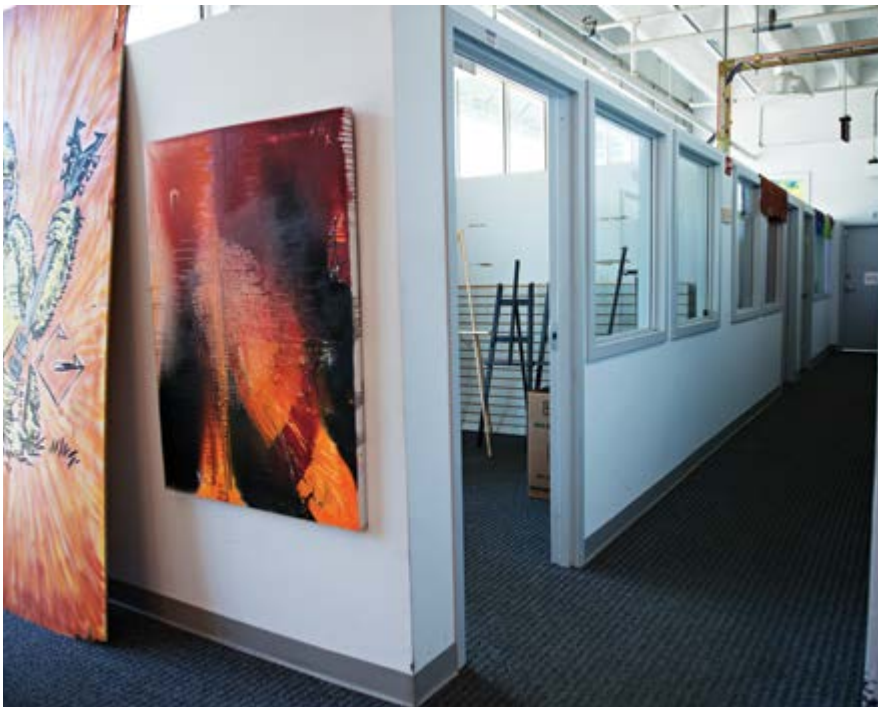
Gittens owns Art & Frame which recently moved to new and spacious digs on Jefferson Street in the former CSI Printing facility. "Picture framing is the business, but the arts is part of everything I do," says Tom. In fact it was the arts community that was partly behind this big move because it has way more space, especially studio space available for artists.

"This is actually my third move," Gittens explains. "First we were on Broad Street, and there were not that many people walking around. However artists would stop by and ask where they might show their art. Thus began *FIRSTfriday*. Soon more people were on the streets."

Art & Frame moved to Park Street and Gittens carved out five small studios for artists. Pedestrian traffic continued to grow. "Arts have followed me and I have followed the arts," Gittens quips. "Everything we touch turns to art."

The move to Jefferson Street is simply his latest "leap of faith." He hopes to create a true artist community. "I realized that there are so many talented people in the area, many looking for space, that this seemed like the perfect opportunity." He immediately went from five makeshift studios to 20 more private and professional studios with "real doors and windows." Gittens likens the space to a smaller version of the Torpedo Factory in Alexandria. "At a recent city council meeting, I spoke and referred to our building as the birthplace of Jefferson Street Artists. The large crowd seemed to react enthusiastically to that concept."

"This is such an eclectic area," Gittens exclaims. "Across the street we have Stylish Patina, Tea with Mrs. B, a design firm, a martial arts studio, and more. Heading down the street and out to Washington St., there is a



tremendous array of businesses. People are out bicycling, walking their dogs, and running. It's a great neighborhood and I hope we can get a couple of crosswalks here soon."

The new facility is an attractive space with plenty of room and ample parking. He loves the reaction people have when they come in for the first time. "Wow" is a typical comment when they walk through the door, when they take in the huge space to the

back, when they discover the hallway lined with studios.

Tom is already thinking of events beyond *FIRSTfriday* celebrations. "We can even rent out space for private events or meetings. Some of our artists are starting to come up with ideas, too."

"Careful! We might have the Falls Church Pizza Wars contest. People are looking for places to go and things to do. Let's have them stay here in Falls Church or come here to visit." ♦



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

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fax: 703-764-0830

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

Summer Fun

There is no limit to the ways you can keep your gang entertained and busy all summer long. Northern Virginia has options to please everyone.

Music Venues

And the beat goes on! We're sure you can find summer musical entertainment almost any day of the week in a wide range of musical genres within a few miles of your home. Here are some of our favorite spots to land on a warm summer evening.

JAMMIN' JAVA

Intimate concert venue, bar & cafe with kid-friendly morning shows & diverse music acts at night.

227 Maple Ave E, Vienna, VA
(703) 255-1566
jamminjava.com

WOLF TRAP

Wolf Trap National Park for the Performing Arts, known locally in the Washington, D.C. area as simply Wolf Trap, is a performing arts center located on 130 acres of national park land in Fairfax County, Virginia near the town of Vienna.

1635 Trap Rd, Vienna, VA
(703) 255-1900
wolftrap.org

FAIRFAX COUNTY PARK SUMMER CONCERT SERIES (all free)

Including Nottoway Nights

This series of free public concerts will feature a variety of musical acts from across the United States and around the world.

Nottoway Park
9537 Courthouse Road, Vienna, VA
703-560-6946
fairfaxcounty.gov/parks/performances

FRIDAY NIGHT LIVE

Friday Night Live! (*pictured here*) is the most popular outdoor concert series in the DC area. Friday Night Live! is FREE and held on the beautiful Town Green in Downtown Herndon, VA. It features the most popular local and regional acts from up and down the East coast. Most of the bands play rock and roll covers from classic to modern rock. It also offers some variety with a little reggae, funk and original music thrown in.

777 Lynn Street, Herndon VA
info@herndonrocks.com
herndonrocks.com

Theater Venues

Some live theaters close for the summer but many have year-round programming to enjoy. We're especially excited about the theatrical extravaganza of *Peter Pan* in Tysons.

CREATIVE CAULDRON

Summer Cabaret Series

Join Creative Cauldron Fridays and Saturdays for a scintillating series of cabaret performances by some of the Washington DC metropolitan area's most talented musical theater artists.

410 South Maple Avenue,
Falls Church, VA
(703) 436-9948
creativecauldron.org

THREESIXTY THEATRE

Fly to Neverland in a whole new way with a spectacular innovative live stage production of *Peter Pan*. See page 50.

Tysons Corner Center
1961 Chain Bridge Road,
Tysons Corner, VA
peterpan360.com



The Great Outdoors

When we start talking about natural outdoor attractions, Northern Virginia has beautiful opportunities to spend a relaxed afternoon, with most offering walking/hiking, several allowing biking, plus picnicking and other family activities. These are some choice spots but even more parks can be located on the Fairfax County Park Authority (fairfaxcounty.gov/parks) and Northern Virginia Regional Park Authority (nvrpa.org) websites, two entities which oversee most of our larger area parks.

MEADOWLARK BOTANICAL GARDENS

Meadowlark Botanical Gardens offers acres of flower gardens, a Bell Garden, the Atrium for special events and many trails to take it all in.

9750 Meadowlark Gardens Ct,
Vienna, VA
(703) 255-3631

nvrpa.org/park/meadowlark_botanical_gardens/

GREAT FALLS NATIONAL PARK

Great Falls Park is a small National Park Service site on 800 acres along the banks of the Potomac River in northern Fairfax County.

9200 Old Dominion Dr, McLean, VA
(703) 285-2965
nps.gov/grfa

RIVERBEND PARK

The Potomac River cuts through this park which offers hiking, fishing, canoeing & other activities.

700 Potomac Hills St, Great Falls, VA
(703) 759-9018

W&OD TRAIL

The Washington & Old Dominion Trail (W&OD or "Wad") is a great rail trail through the Northern Virginia counties just right for hiking, biking and even horseback riding. The entire 45 miles is paved with nine foot wide asphalt.

Begins in Shirlington,
Arlington County, VA
Ends in Purcellville, VA
nvrpa.org/park/w_od_railroad/

THE TURNER FARM

The Turner Farm offers a unique mix of educational and recreational facilities, including horseback riding and jumping facilities, celestial telescope and educational facilities, Totlot, picnic area, trails, and a reservable picnic pavilion and shelter.

925 Springvale Road, Great Falls, VA
fairfaxcounty.gov/parks/turnerfarm

CONTINUED ON PAGE 62

Other Local Events of Note

Check through our Selected Events pages for much more information on happenings in the greater Tysons area. Here are a few we want to highlight:

Tysons Partnership Events

(More info at tysonspartnership.org/events)

2015 TOUR DE TYSONS BICYCLE RACES

JULY 19, Whether you decide to enter or just want to cheer on friends, there will be 10 different bicycle races on Tysons Boulevard

2015 SILVER LINE MUSIC & FOOD TRUCK FESTIVAL

AUGUST 8, Lerner Town Square, 12pm-9pm

2015 GREAT TASTES OF TYSONS FESTIVAL

SEPTEMBER 12, A celebration of all things Tysons, including food, drink, music, art, and entertainment

Especially for Kids and Families

Reston Zoo

Reston Zoo is a family zoo located at 1228 Hunter Mill Road, Reston, Virginia, United States. It covers an area of 30 acres and contains a petting barn and allows visitors to go on safari wagon rides around the park.

1228 Hunter Mill Rd, Vienna, VA
(703) 757-6222
restonzoo.com

Jefferson Mini-Golf

Jefferson Falls Mini-Golf is located in Jefferson District Park, which also offers lighted tennis and basketball courts, picnic facilities, and nine-hole executive golf course.

7900 Lee Highway
Falls Church, VA 22042
703-573-0444

Clemyjontri Park

Clemyjontri Park is Virginia's first park where children of all abilities can have a parallel playground experience of fun and exploration! It is a playground with maze, carousel & other interactive activities where every child is welcome

6317 Georgetown Pike,
McLean, VA 22101
(703) 388-2807
fairfaxcounty.gov/parks/clemyjontri

Mosaic District Events

FILMS IN THE PARK
Fridays at 7pm

CARTOONS AND COFFEE
Saturdays at 9am

**STORIES FROM
STRAWBERRY PARK**
Tuesdays at 10am

2910 District Avenue, Fairfax, VA
at Lee Highway & Gallows Road

All Kinds of Water Parks

What better way to have fun than to play while getting wet! Here are six options for watery playgrounds.

SPLASHDOWN WATERPARK

Manassas, VA
Splashdownwaterpark.com

Water Mine Family Swimmin' Hole
1400 Lake Fairfax Dr, Reston, VA 20190
fairfaxcounty.gov/parks/rec/watermine/

GREAT WAVES WATERPARK

Cameron Run Regional Park
4001 Eisenhower Avenue
Alexandria, VA
greatwaveswaterpark.com

ATLANTIS WATERPARK

Bull Run Regional Park
7700 Bull Run Drive, Centreville, VA
Atlantisbullrun.com

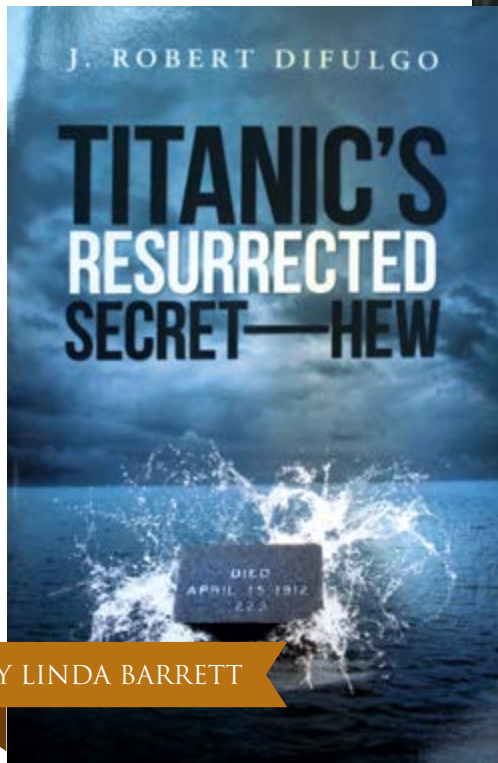
VOLCANO ISLAND WATERPARK

Algonkian Regional Park
47001 Fairway Drive
Sterling, VA 20165
volcanoislandwaterpark.com

OCEAN DUNES WATERPARK

Upton Hill Regional Park
6060 Wilson Boulevard, Arlington, VA
oceanduneswaterpark.com ♦





BY LINDA BARRETT



just before stepping into a lifeboat that would have saved his life, he ran back to get the book. He did not survive, but his mother did, and donated the money to build the Harvard library as a memorial to her son's love of books.

DiFulgo's wonder took on a life of its own, and he set off around the world to research this story. "I was in the bookstore where Widener bought the book and they took out the ledger" showing the sale. He also was on an Atlantic crossing with Millvina Dean, the last Titanic survivor, wrote a post-Titanic story about retrieval of the bodies, and visited the Widener and Elkins mansions on the Main Line in Philadelphia.

THE INVISIBLE MOON

Titanic's Resurrected Secret—HEW is DiFulgo's second novel. His first, *The Invisible Moon*, is set during the Vietnam War and takes readers through a journey of somber remembrance and exposes fictional, but accurate, depictions of gay men in the service during the war.

DiFULGO'S LIFE

Born and raised near Philadelphia, DiFulgo spent three years in the Vietnam conflict, then attended college on the GI bill. He received his degree in special education and was hired by Fairfax County Public Schools, spending 30 years teaching history and social studies. During this time, he also earned his master of arts in education and doctorate of arts in community college education degrees.

"My becoming a writer came later, and now my focus is launching a literary career. It's my last and final dream," said DiFulgo, now age 70. He learned the publishing process by listening to books on tape and kept practicing writing to get it right. "Eventually I took all the pieces and started to weave them into the novel. For years I created bits and pieces I hoped I would put together."

DiFulgo draws from his own life experiences and love of travel to create his intriguing mysteries, including the addition of local ties. "I have a tendency

My Last and Final Dream

AN INTERVIEW WITH AUTHOR J. ROBERT DiFULGO

Dr. J. Robert DiFulgo always wanted to be an author, but until he retired from teaching in 2006, he never could find the time. Now it's full steam ahead for this McLean resident who recently released his latest historical novel, *Titanic's Resurrected Secret—HEW*.

The Titanic novel "is a reflection of what actually happened," DiFulgo said. "I was on a New England cruise and we stopped in Halifax, Nova Scotia, where people picked up and buried bodies [of those who died on the Titanic], sending boats out to get bodies for months." He also toured the Titanic museum.

On the return leg, he visited Harvard University and the Harry Elkins Widener Memorial Library, and began to wonder if the person buried in the unknown grave marked "223" could have been Widener's.

"Many coincidences about the number 223 happened to me in real life," including how his watch read "2:23" when he visited the memorial. These coincidences with the number 223 are woven throughout the story. HEW in the book's title represents Harry Elkins Widener.

Widener, a Harvard graduate and a noted collector of rare books, was aboard the Titanic with his parents. He had gone to England to buy books, including a rare second edition of *Bacon's Essays* (1598), and the story told is that

CONTINUED ON PAGE 64



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MY LAST AND FINAL DREAM CONTINUED FROM PAGE 63

to do two things [in my books]: there is always an Italian-American character since I'm Italian-American, and you'll always find a Philadelphia, Washington D.C. or California connection," based on the places he's lived.

"As an author, I believe the story I tell will be of interest. It's a labor of love, and I think it's fun when something from the past is able to come to life again and relive itself." The details in DiFulgo's books are historically accurate, and the books are designated historical fiction. They are available at Barnes & Noble.com, Amazon.com and iUniverse, as well as Fairfax County libraries.

The completion of each book took years, and was frustrating at times for DiFulgo. "When all seemed to be going nowhere, I kept at it. Once you quit, it's over. You may think it's never going to happen, so you have to SEE it. I see myself getting an Oscar," he said.

Since releasing the Titanic book, DiFulgo has been asked to give talks and sign books at various Titanic-themed museums, including those in Branson, MO and Pigeon Forge, TN. His third book is in the works. ♦

BOOKS BY J. ROBERT DIFULGO:

- Titanic's Resurrected Secret—HEW (2014)
- The Invisible Moon (2009)

www.robertdifulgo.com

AUTHOR: Linda Barrett never set out to become a writer, her profession chose her. She is a freelance writer and owner of All the Buzz, a corporate writing firm, www.allthebuzz.net

SMILE FASTER WITH ACCELEDENT AURA

from Garai Orthodontics!

BY NIKKI CHESHIRE

On the cutting edge of orthodontic technology emerges AcceleDent, an easy to use non-invasive device that can cut the treatment time of tooth alignment almost in half.

Produced by OrthoAccel Technologies, a privately owned company based in Texas, AcceleDent is in worldwide distribution with overwhelmingly positive results.

"This non-surgical approach to accelerated tooth movement is very exciting," Orthodontic Specialist Dr. Allen Garai says. "Our patients have embraced this new technology not only because of shorter treatment times, but they also experience less discomfort and actually see results more quickly!"

While traditional orthodontic treatments work by gradually applying force to reshape the bone and align teeth, AcceleDent speeds up the bone reshaping process by applying gentle vibrations (also known as micropulses) to the mouth. These micropulses are subtle, using eight times less force than the average power toothbrush.

When used for one 20-minute period each day in conjunction with braces or other alignment treatments, not only can AcceleDent reduce overall treatment time, but it can also reduce pain commonly felt when undergoing traditional orthodontic procedures.

"It is impressive to see the difference in the patients who have chosen AcceleDent," Dr. Garai explains. "They are consistently happier due to their decreased treatment length and number of appointments needed to complete treatment."

The device is meant to be easy to use, and is hands-free. This way, it can be used while the wearer is performing other tasks, such as reading, texting, or working. The device is also self-timed, and will shut itself off at the end of the 20-minute treatment session.

Additionally, the latest AcceleDent model, AcceleDent Aura can track its usage via a USB connection that provides access to the FastTrac patient usage report on your computer.

Orthodontic Specialist Dr. Allen Garai has been creating thousands of smiles for over 20 years and recognized as one of our area's leading lingual orthodontics by *Washingtonian*, *Nova Living*, *Washington Consumers' Checkbook*, and *Families Magazine*. Offices in Great Falls and Vienna provide convenience and exceptional levels of service.

Pricing for the unit can vary depending on individual treatment plans. ♦

AUTHOR: Nikki Cheshire is a local freelance writer and photographer based in Great Falls. Currently she attends Penn State University where she's studying broadcast journalism and Spanish.

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Endurance, Strength & Flexibility

TYSONS PILATES OPENS TO OFFER AFFORDABLE EXERCISE IN MCLEAN

BY LINDA BARRETT

When owner Caryl Raport opened Tysons Pilates on April 6, 2015, she took the final step to realizing her dream of offering affordable and amazing workouts for people in the McLean, Virginia community.

"Pilates has traditionally been an expensive form of exercise, and because of that, people have not been able to experience the benefits if they can only afford to take it one time a week," she said. "My objective was to make it affordable so that people could take Pilates more than once a week and really feel the benefits from it." She recommends taking Pilates three times a week to see results in all parts of life including posture, bone density and flexibility.

While Pilates isn't used as a weight-loss strategy, it will build muscle, which revs up metabolism and burns more calories than fat. "It also creates a real mind-body connection, and when that happens, people naturally want to eat better," Raport added.

Growing up, Raport wanted to be a physical education teacher. However, her college counselor advised her against it, stating that there was a moratorium on hiring teachers at the time. So she ended up with a degree in behavioral science and a substantial career in the banking business.

All the while, she kept up her passion for exercise and its healthy benefits. She taught group exercise for the past 28 years, was an aerobic director for a chain of women's health clubs, and trained aerobics instructors. However, as she got older, Raport's body began to rebel against the high impact exercises and she began to look for a gentler, yet thorough workout. She found it in Pilates.

Raport became trained as an instructor in all types of Pilates and took the plunge to open her own studio. "I always wanted to do this, and didn't want to get to an age where I regretted never having opened it." She is a Certified Pilates Teacher through the Pilates Method Alliance, and a member of the American Council on Exercise, and teachers must complete 450 hours of teaching just to sit for their exam.

Being a new facility, Tysons Pilates is stocked with the latest equipment, including 12 Allegro 2 reformers, 12 EXO chairs, and 12 Pilates springboards within its 1,500-square-foot space. Exercise on these machines is led by qualified instructors, and uses resistance in lifting and abducting body parts in a gentle way to create fitness results. "We need to have resistance in both ways to work muscles in a positive way and a negative contraction as well. You are strengthening while lengthening your muscles," Raport said.

"There are three components of exercise: endurance, strength and flexibility, and as we age, we tend to lose these," she explained. "Mostly we lose flexibility, and you see this in people who start to hunch over, or feel their chest muscles are tight or their back hurt." Although students take Pilates in group classes, Pilates exercises can be modified to suit age, current conditions, and physical limitations. Instructors are trained in how to design the perfect workout for each client.

In addition to open Pilates classes, one unique class Tysons Pilates presents is PITT (Pilates Intense Interval Training). This workout provides cardio intervals using the jumpboard and Pilates resistance training designed to burn calories, tone and strengthen muscles, and improve flexibility. It is a low-impact, high-intensity workout with 4-5 cardio intervals interspersed with 4-5 intense, timed resistance sessions, followed by stretching.

Tysons Pilates offers about 38 classes a week currently, with more being added as

the clientele grows. "I want to eventually offer 10 classes during the day so that there are a variety of hours people can come." An introductory special for new clients offers five classes for \$75, with regular pricing currently set at \$105 for five classes, and anyone can sample their first class at no charge. Free ample parking is available on site.

Client ages range from the teens to clients in their 70s and 80s, both men and women. "Pilates is great at improving a golf game!" Raport quipped.

Affordability and results. That's what's bestowed at Tysons Pilates. ♦

TYSONS PILATES

1984 Chain Bridge Road, Suite 200
McLean, VA 22102
Caryl Raport, PMA-CPT, ACE
www.tysonspilates.com
703-288-0353

AUTHOR: Linda Barrett is a freelance writer and owner of All the Buzz, a corporate writing firm, www.allthebuzz.net.



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IN SEARCH OF
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BY STUART JEFFERSON

FALLS CHURCH

McLean Children's Center—

PREPARING CHILDREN FOR SCHOOL AND BEYOND WITH HIGH-QUALITY CARE

The Teddy Bear 5K and 1K Fun Walk/Run

This annual event is a highlight of the year. Banks says “The participating families, neighbors and sponsors echo the makeup of the center. It mirrors the diversity of the world. It is a great afternoon for families to celebrate together.”

This year the event, always the last Sunday in September, will be September 27 (The festivities begin with a carnival from 2-4pm at the American Legion Hall in Falls Church and the race takes place on the W&OD Trail.

Registration is available online at www.RunSignUp.com/TeddyBear5K or at www.fcmlcc.org/TeddyBear. Fees are just \$20 for the 5K, \$10 for the 1K for early registration but go up as the summer continues. T-shirts are guaranteed for all runners registered by September 2.

Back in the late 60's, some Tysons area citizens noticed young children who were unsupervised for long stretches. They were left in trailer parks or in cars while their mothers worked to provide for the family. As concern grew, twenty faith groups, working together, addressed this as a ministry and on October 16, 1968 the Falls Church McLean Children's Center (FCMLCC) opened with 12 children.

The center began at Chesterbrook Presbyterian Church, but eventually needed a different space, and twelve years ago negotiated a 20-year lease with Fairfax County Public Schools for a center at Lemon Road Elementary School. It operates in a wing designed for early childhood use and has an excellent relationship with the school.

Executive Director Kathy Banks explains that “the mission of the center is that all children should have access to care regardless of their financial situation. This has morphed a little. We've added that the care must be high quality, because as times have changed, so has the need to prepare for school. Our center is a model for early

childhood education with a wide range of cultures, languages and citizen status. No obstacle prevents admittance to the program other than our space constraints.”

Today there are 74 children ranging from two to five years of age, many starting with no knowledge of English. There are 20 different home languages. The center runs a bi-lingual curriculum in every classroom with native Spanish-speaking teachers, and the teachers also learn words and phrases in all home languages to instill ideas like asking for “more.” The teachers are highly educated and highly trained, receive over 40 hours a year in training and range from those with child development credentials to those who are licensed to teach.

There are programs in early intervention services, including speech therapy, occupational therapy, behavioral therapy, and counseling. FCMLCC also partners with businesses to offer parenting classes and financial planning classes.

"Our philosophy is that high quality child care is high-quality family care," says Banks. "We make sure that the children have what they need to be successful and the families have the tools to be successful as well."

While at the center, the children are supported in every aspect of development – social, emotional, educational, etc. Every quarter has benchmarks/developmental milestones just like grade school. For example, 2-year-olds are learning about being part of a community and sharing which they learn through play. Studies have found that young children learn best through play.

The three-year-olds have been learning about clothing and they can speak quite knowledgeably. One child recently asked the director, "Miss Kathy, do you like my shirt? It's linen. Linen is not as soft as cotton, Miss Kathy." While the children are not expected to learn different fabrics, they are sharp and pick up the new vocabulary easily. Children are amazing in what they will absorb.

The program operates year-round 7am – 6pm, Monday through Friday so parents are able to work all year. In fact, parents must be working to have their child at the center. FCMLCC will address another need starting this fall, offering before and after school at Lemon Road and three other elementary schools. There is a waiting list for full fee families to attend the program. Families are so interested in participating at Lemon Road that parents register when they are still pregnant in order to secure a spot.

The original faith groups continue their involvement, making up 40% of the board. They and other community, corporate and newer faith-based groups support the organization both financially and through volunteer work.

Two-thirds of the operating budget (\$600,000) comes from tuition, with full fee children making up 40%, and 60% coming through the Fairfax County Office for Children.

One-third of the budget (roughly \$400,000 a year) comes from grants, private donations, and the annual fundraiser. ❖



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Plastic Surgeon Dr. Soheila Rostami OPENS SANCTUARY COSMETIC CENTER

Last May, Dr. Soheila Rostami—the DC-area's premier oculo-facial plastic surgeon—opened the doors to her brand new medical beauty spa, Sanctuary Cosmetic Center. Located in the heart of Northern Virginia's upscale Tysons Corner neighborhood (1650 Tysons Blvd. Suite 100), the 4,000 square-foot, all-inclusive center offers skincare lovers a variety of surgical and non-surgical services, ranging from eyelid lifts and facelifts to fillers,



laser treatments and facials, among other treatments. Dr. Rostami has assembled an expert team of doctors on staff at her new state-of-the-art medical oasis, including DC & Maryland based plastic surgeon Dr. Ayman Hakki for body transformations and cosmetic dentist Dr. Sheri Sarlatash. In addition to body cosmetic surgery and dentistry, Dr. Maryam Nazemzadeh joins Sanctuary as the team's oculo-facial surgeon. Sanctuary team members and staff greeted over 150 attendees at their launch event, making a toast to the new facility and welcomed addition to Northern Virginia. ♦



Anne Gabriel, Plastic surgeon Dr. Soheila Rostami and Oculo-facial surgeon Dr. Maryam Nazemzadeh

Photo credit: Joy Asico.



Photo of *Love & Hope* by Yvonne Porcella.
Photo by Cathie Hoover.

Sacred Threads JULY 10 - 26, 2015

Sacred Threads 2015 is a national juried exhibition of art quilts exploring themes of joy, peace & brotherhood, inspiration, grief, healing, and spirituality. From its beginning in 1995 this biennial exhibit has provided a respectful, dignified venue for the artwork of quilters of all faiths who use their work as a connection to deep life experiences or as an expression of their spiritual journey. These powerful stories-in-fabric from all over the country offer an inspiring source of encouragement, healing, strength and connection to show visitors.

Special events during the show include: Vicki Pignatelli, the founder of the Sacred Threads exhibition will be the Artist in Residence during the show, sharing her own work and teaching. Information about her lectures and workshops and registration information are at www.sacredthreadsquilts.com; Not Fade Away, Oral History Conference: Saturday, July 17-18 (8:00 am - 6:00 pm) sponsored by The Quilt Alliance www.quiltalliance.org; Liturgical Quilts - a special exhibition of pieces created for worship spaces will be on display in the sanctuary of Floris United Methodist Church.

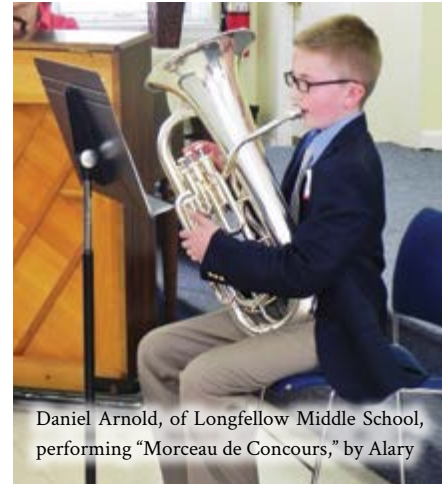
The show will take place Monday-Saturday 11:00 am - 5:00 pm, Sunday 1:00 - 4:00 pm
Admission: \$8.00, \$5.00 for seniors (65 over) and children 7-12, \$20 for a 3 day pass
Meet the Artists Reception: July 11, 1:00 - 4:00 pm
Location: Floris United Methodist Church, 13600 Frying Pan Road Herndon, VA 20171 ♦



Ten McLean elementary school students were honored for significant safety patrol contributions.



Steve Han, of Longfellow Middle School, playing Boccherini's "Sonata No. 4 in La Maggiore"



Daniel Arnold, of Longfellow Middle School, performing "Morceau de Concours," by Alary

Musicians, Safety Patrols Receive Awards WOMAN'S CLUB HONORS MIDDLE- AND ELEMENTARY-SCHOOL STUDENTS

The musicianship of four students from Cooper and Longfellow middle schools was recognized by the Woman's Club of McLean at a ceremony on Tuesday, May 5, where the students also performed on their instruments. Kayla Krieger and Cindy Rodi, of Cooper Middle School, played solo works by Mlynarski and Honegger on the violin and flute, respectively. Students Daniel Arnold and Steve Han, of Longfellow, performed pieces by Alary and Boccherini on the euphonium and cello, respectively. Daniel was accompanied on the piano by Laura Bogart, and Steve by Hye Jung. The four students each received an award of \$100 from the Woman's Club.

Ten students at McLean elementary schools were recognized for their significant contributions as safety patrol members. The honorees were: Evelina Swigart and Jay Gollob, from Chesterbrook Elementary; Alyssa Kim and Daniel Kalish, from Churchill Road Elementary; Gloria Tena and Luke Feghali, from Franklin Sherman Elementary; Callison Reing and Alexnder Lin, from Kent Gardens Elementary; and Adelaide Loving and Joshua DeFilipps, from Spring Hill Elementary. The students received trophies engraved with their names and those of their schools, and each school received an award of \$80 for safety program equipment.

The students' parents and the school principals, music directors and patrol sponsors attended the ceremony, as did Officer Thomas W. Harrington, school resource officer of the Fairfax County Police Department. The award ceremony is an annual event of the Woman's Club of McLean. ♦

Article and photo credits: Laura Sheridan, Woman's Club



THE LARGEST WHOLE FOODS MARKET IN THE REGION

is going to Tysons!

Whole Foods Market Inc. announced Wednesday that it has signed a lease to occupy a 70,000-square-foot flagship space at The Boro, the Meridian Group's redevelopment of the 18-acre SAIC campus in Tysons.

The first phase of The Boro, a massive project that has not yet earned Fairfax County's approval, is expected to deliver in 2018. It will feature the largest Whole Foods in the D.C. area, and one of the largest in the Mid-Atlantic, a Whole Foods spokeswoman confirmed.

"Tysons is truly a growing hub for the D.C. area — it deserves a store that will evolve alongside of it," Scott Allshouse, president of Whole Foods Market's Mid-Atlantic Region, said in

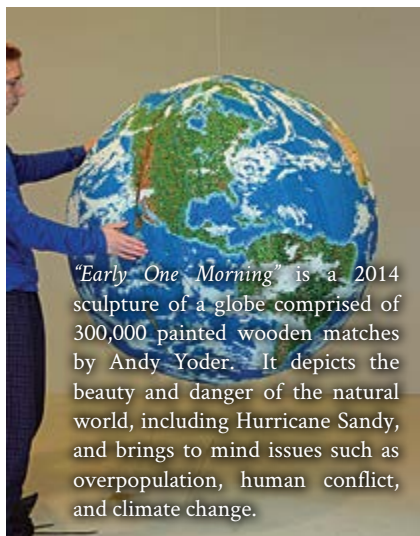
a statement. "As a flagship location, we are dreaming up new innovations that will make this store unlike any other."

There will be customers, as Tysons welcomes thousands of new residents to a series of high rises that have delivered, or will deliver, in the next several years, not to mention the nearly 100,000 people that currently work there — a figure that could double by 2050.

Formerly called Greensboro Place, The Boro covers a site bounded by Leesburg Pike, Greensboro Drive and Solutions Drive, almost entirely within a quarter mile of the Greensboro Metro station. Bethesda-based Meridian has filed a series of final development plans, which include the Whole Foods building, since January. ♦

Strauss Artist Grants Honor Contemporary Artists

WORKING IN DANCE, PHOTOGRAPHY, AND SCULPTURE



"Early One Morning" is a 2014 sculpture of a globe comprised of 300,000 painted wooden matches by Andy Yoder. It depicts the beauty and danger of the natural world, including Hurricane Sandy, and brings to mind issues such as overpopulation, human conflict, and climate change.

Fairfax County, VA — the Arts Council of Fairfax County announces the 2015 Strauss Artist Grants recipients — choreography and dance performance collaborative Katherine Horrigan and Arturo Garcia; visual artist Andrew Watson; and sculptor Andy Yoder. The grants program is an investment in the sustained growth and development of the arts in Fairfax County as well as a way to honor contemporary artists' commitment to an artistic discipline and their contributions to Fairfax County. For more information on the Arts Council's grant programs visit <http://artsfairfax.org/grants>. ♦



Photo credit: Michael White

Governor's Volunteerism and COMMUNITY SERVICE AWARD

Last April, Great Falls resident Jacqueline Cheshire received the 2015 Governor's Volunteerism and Community Service Award in the Outstanding Adult Volunteer category. Cheshire received the award based on the work she does as a volunteer puppy raiser for Canine Companions for Independence (CCI), a non-profit organization dedicated to the raising and training of service dogs for people with disabilities. In addition to dedicating her time as a puppy raiser, Cheshire is a leading force in the DC DogFest Walk 'N' Roll, which raised more than \$46,000 for CCI. This year's DogFest fundraiser will take place at Pentagon Row in Arlington, VA on Sept. 12, 2015, and is a public event. They hope to raise \$60,000 this year for CCI. ♦



The Ribbon Cutting of LAPIS JEWELRY & GIFTS

Ahmad Rahmani cuts the ribbon on the opening day of Lapis Jewelry & Gifts located in the Balducci's Shopping Center featuring their custom jewelry collection (emerald, ruby, amethyst, gold & silver), luxury home & office gifts and crafted goods using natural gemstones, crystal & Lapis Lazuli. ♦



Michele Pearce and Kate Oler of Capitol Hill Couture

Area High Schools RECOGNIZED FOR HIGH PERFORMANCE

Congratulations to our six public high schools that placed in the top twenty of Virginia Schools as ranked by US News and World Report: Langley High School in McLean (#2), McLean High School (#4), George Mason High School in Falls Church (#5), Oakton High School (#6), James Madison High School in Vienna (#7), and George C. Marshall High School of Falls Church (#15). ♦

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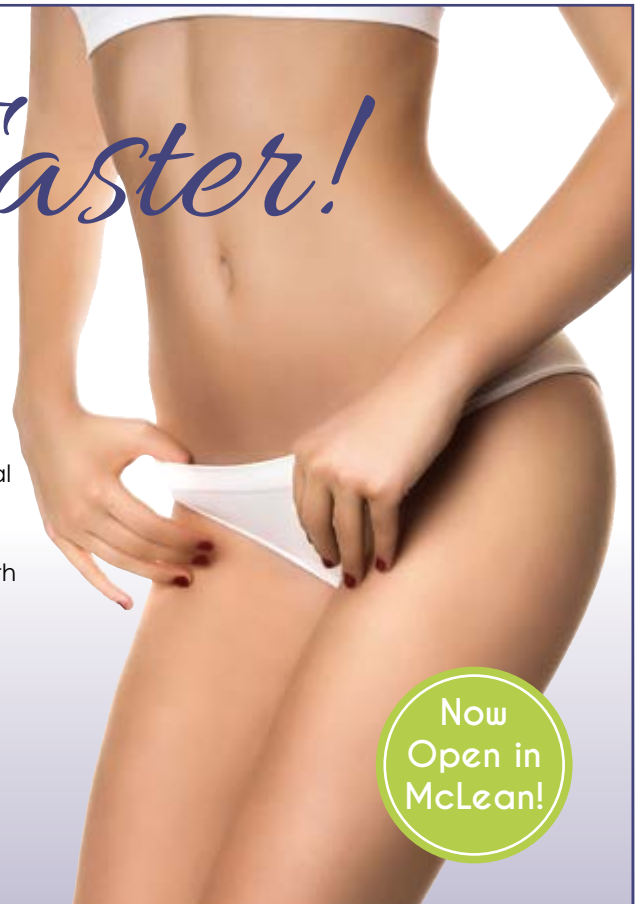
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GREATER MCLEAN CHAMBER OF COMMERCE

Presents 2015 Education Awards

The chamber recently honored outstanding students, teachers, and school employees from both Langley and McLean High Schools. Pictured are Langley teacher David Kuhn, Delegate Kathleen Murphy, Congresswoman Barbara Comstock, McLean Chamber Chairman Marcus Simon, Langley Employee Debbie Myren, Supervisor John Foust, Langley student Noor Alwani's mother Ilham Totoniji, Dranesville District School Board member Janie Strauss, McLean teacher Mark Thompson, McLean employee Lidia martin, McLean student Henry Ahn, and Noor Alwani's father, Ahmed Alwani. ♦

FIRST ANNUAL DINE OUT TYSONS

Will Run August 10-17



Tyson's area restaurants will be offering tremendous summer specials at the first annual Dine Out Tysons event August 10-17. The event is presented by Tysons Regional Chamber of Commerce and represents an opportunity for area residents to explore new and familiar restaurants offering exciting specials at very attractive rates - \$20 for lunch and \$30 for dinner for their prix fixe specials.

TRCC Dine Out Tysons Chairman Scott Finberg explains, "The chamber wants to highlight all the outstanding restaurants now operating in this area. We see this as a tremendous community celebration of the wide range of cuisines and fantastic restaurant offerings

available to all the businesses and residents of the Tysons area. We know this will be a hugely popular event and will become a highly anticipated week every August."

Stay up-to-date on the evolving list of restaurants, their special menus, and more details at www.DineOutTysons.com. Restaurants can participate by registering through the chamber at www.DineOutTysons.com.

Sponsorships for Dine Out Tysons are still available. Interested organizations should contact Sharon Brown, info@tysonschamber.org or 703 281-1333. ♦



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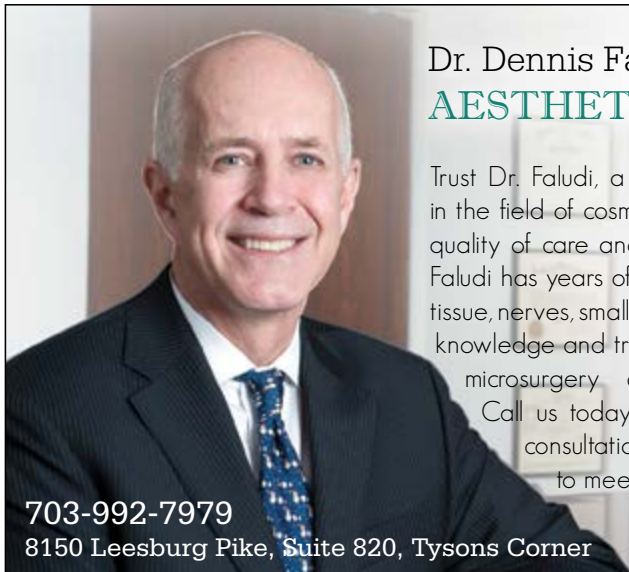
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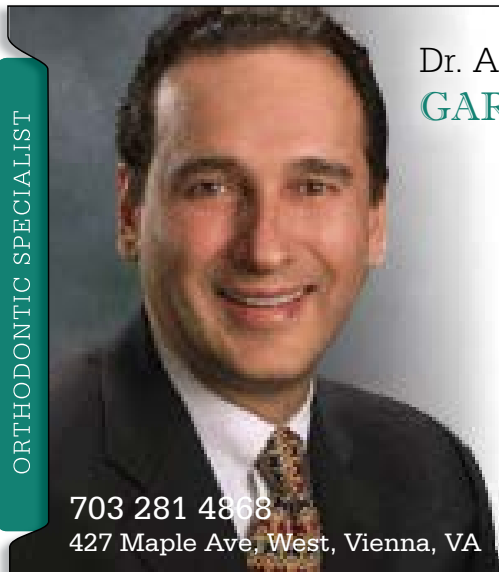
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Dr. Allen Garai

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Dr. Allen Garai graduated with honors from the Orthodontic Specialty program of Eastman Dental Center at the University of Rochester. He has served on the staff of Fairfax Hospital Department of Pediatrics at the Center for Facial Rehabilitation. Dr. Garai has had a special two-year formal residency training in lingual orthodontics (braces placed behind the teeth) and has been lecturing and teaching lingual orthodontics for over thirteen years.

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BY RICK MUNDY

Sandra Panetta worked for the Environmental Protection Agency for 23 years when she realized that, as much as she loved her work, it was time for a new adventure.

"I wanted to transition to something else for a few years. I'm from an Italian family so we're all about food. I spent much time with my mother and grandmother in the kitchen.

"Italians are not known so much for desserts. It's about the pasta and the sauce." Yet Sandra liked to work on desserts and made them on a weekly basis, although her mother expected them to be perfect. "She would see a picture of something and say 'I want it just like that.'"

That early experience led her to do baking on the side when she was older. She started offering dessert catering which became quite popular. She would make miniature desserts, beautiful, delicious and all from scratch. It was time-intensive work and very hard but she loved it and wanted to keep going, but "what was the next step?" she pondered.

Around that time the Panettas took a family vacation to Manhattan and she was taken by all the food trucks. "Why don't

we have those in DC?" she wondered. She saw a truck called Street Sweets run by a mom and her kids and started talking with them and the ideas started to flow.

In DC, at that time, there were no mobile food trucks. (Don't confuse mobile vendors with the tourist trucks around the Mall which have permits to operate at specific locations.) As she researched the situation she discovered that there were no regulations covering mobile vendors, so she kept getting "no food trucks" to her queries.

After many deliberations the city finally agreed that she could follow the ice cream truck rule, i.e., the truck needs to be flagged down by the customer and has to move on once any line of customers is exhausted. These were the very first days of D.C.'s food trucks and Sandra was one of the pioneers. An untested concept, food trucks were opposed by many, including city officials and restaurateurs.

Sandra pressed on.



She bought an old mail truck online in Illinois and had it driven to Texas to be refurbished, all unseen by Sandra. She hired a couple to drive it to D.C. where she laid eyes on it for the first time. She called the experience a true leap of faith.

It had bakery racks, a refrigerator, a sink, air conditioning, and coffeemaker.

In fact there wasn't enough power to run everything because the appliance ran on a boat battery. She had to install a generator to operate everything. Next came the renovation of her basement kitchen.

Finally Panetta started baking, filled up the truck, drove into D.C., pulled over, opened the window and started selling. As soon as people saw it, their faces lit up and people started lining up. It was a fun, new, and exciting element in the D.C. food industry.

However it has not all been easy. One year she had \$5000 in parking tickets. She's had five policemen in the truck at one time looking for violations. And if there was a break in the food line longer than 10 seconds, the police shut her down, fined her \$100, and made her move on.

"People think, 'Isn't that fun? Pop open your window and just sell.' But there are many challenges even beyond the city issues. It is a weather-dependent business; You have just a few hours over lunch to generate all your business for the day; and the truck is prone to breaking down at the worst possible times."

Finally the situation has changed in favor of the trucks. The city identified 95 spots for food trucks. Of course there are maybe 400 trucks so they conduct a monthly lottery to assign spaces.

Sandra could see the handwriting on the wall. With the lottery system and



needing to support herself and her two teenagers, she needed to change her game plan. It was time to create a permanent venue so she started researching locations for a storefront. Ultimately she located the 1000 square foot space next to the post office in McLean, a former deli. She gutted the place and started from scratch. Next she hired an architect and things were underway.

She hopped the train back to New York with her baker/assistant manager, Laura, to learn more and come up with ideas. They got an inexpensive hotel room and started visiting cafes and snapping photos all over the city.



The café project was further helped by Kickstarter where Sandra raised \$12000 from 80 backers. Incentives for investing included such prizes as food, having the truck at a private event, and even having a dessert named after you.

The hardest part was securing the additional money through business loans, although she became a spokesperson for the Independent Community Bank Association where she also provided cupcakes for ICBA Month last year.

She has a new pastry chef at the café. She has added sandwiches to her menu to bring a lunch crowd. The café officially opened in May.

Sandra loves working on the flavor profile. "It's exciting to create new products from basic recipes, taking something you love and adding a special twist.. Seasonal fruits present lots of options for new flavors."

It is easy to see from Sandra's positive attitude that life is an adventure and she's loving it. When challenges come her way, she takes them in stride, develops a plan and finds the way to achieve her goal.

"The store will be successful. We have something for everyone who comes in. Basic sweets for the kids, fine Illy coffee for the person on break, sandwiches and soups for the lunch crowd. We can do that special occasion cake or two dozen cupcakes to take to school."

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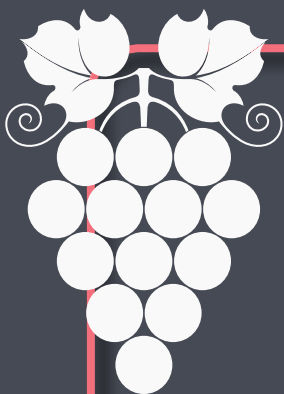
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about

Virginia Wine



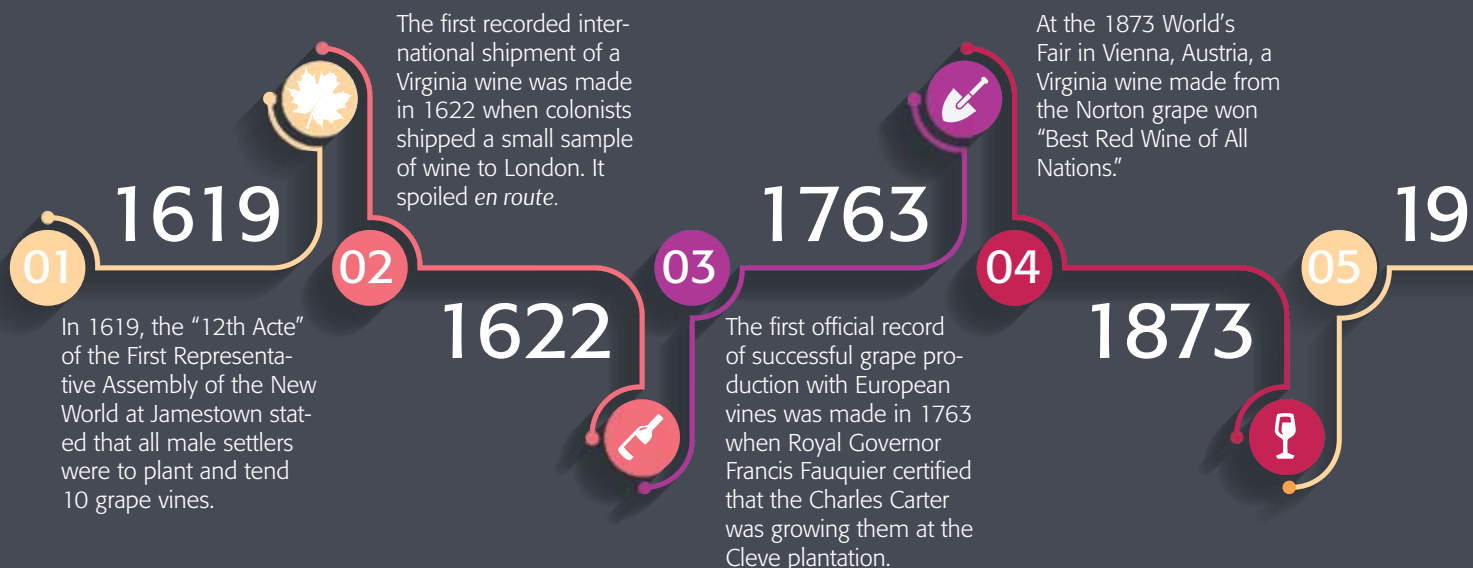
VIRGINIA WINE GRAPES

- According to the Virginia Wine Marketing Board's "Virginia 2012 Commercial Grape Report," the most widely planted red grapes are the Bordeaux varieties: Cabernet Franc, Merlot, Cabernet Sauvignon, Petit Verdot and Tannat, in that order. The only other red wine grape is Pinot Noir that trails far behind.
- Virginia grows 20 times more Cabernet Franc and 10 times more Cabernet Sauvignon than Pinot Noir.
- There are 7 main white grapes and 6 main red grapes grown in Virginia.

VIRGINIA WINE PEOPLE

- Thomas Jefferson is often referred to as Virginia's first winemaker, establishing his vineyards in 1774, but was unsuccessful cultivating grapes at Monticello for wine production. In 1981 Jefferson Vineyards began growing grapes and making wine on this same land.
- Several wineries are owned by famous people, including Early Mountain Vineyards, owned by AOL founder Steve Case and his wife, Boxwood Winery owned by Jack Kent Cooke, Blenheim Vineyards, owned by musician Dave Matthews, and Trump Winery, owned by Donald Trump, Jr.
- Chrysalis Vineyard has the single largest planting of Norton grapes in the world. Owner Jenny McCloud is known as a "Champion of the Norton."

VIRGINIA WINE BY THE YEAR





VIRGINIA WINE BY THE NUMBERS



7

Virginia currently has 7 AVAs (American Viticultural Areas).



27

Virginia currently has 27 wine trails.



1.6 MILLION

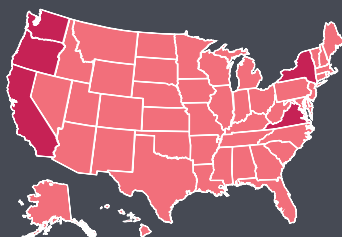
Approximately 1.6 million tourists visited Virginia wineries in 2014.



9

Virginia has 9 wine regions.*

*Image courtesy of www.virginiawine.org/regions



Virginia is the fifth largest wine grape producer in the United States, following California, Washington State, Oregon and New York.

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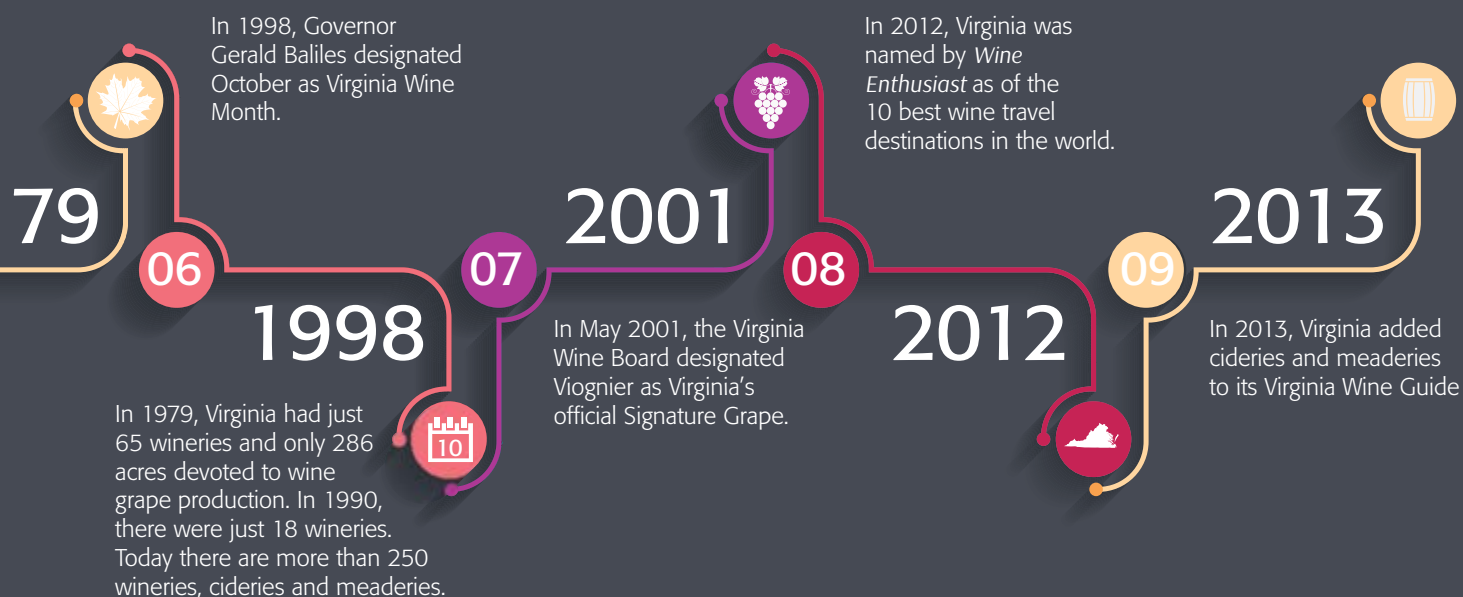
For just \$10 more, add the Virginia Wine Pass to any deal, for discounts from over 80 wineries.

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TAKE THE WINE SURVEY

VivaTysons wants to hear about YOUR favorite wineries, Virginia wines, and wine-related experiences. Please join us in taking our first-ever Virginia Wine poll. We'll post the answers in an upcoming issue.

Go to www.vivatyson.com/survey and join in!



COME FOR THE VIEW,

Stay for the Wine

Blue Valley Vineyard and Winery Opens

BY LINDA BARRETT

I stumbled upon the new sign for Blue Valley Vineyard and Winery (BVVW) on a recent drive and made an immediate U-turn. Heading up the long drive, I first noticed the large boulders that foretold an interesting experience, and then the view opened up to reveal a landscape of an artist's dream.

On one side, rolling hills and farmland stretched out before me all the way to the Blue Ridge Mountains; on the other, rows and rows of vines dominated the terrain. In the middle stood an impressive monolith: the Blue Valley Winery.

Opened April 17, 2015, this winery looks as if it has been here forever, and it is certainly built to withstand time. Step through the front doors and you'll be greeted by a waterfall wall and note the exposed wood beams, grand architecture, arches, three fireplaces and huge doors. An elevator makes it easy to transverse from the main floor to the cellar to the loft. The winery is ADA compliant and dog-friendly.

Inside, you'll find the large 2-story tasting room, intimate side spaces, and expansive decking designed to take advantage of the views with minimal obstruction. Tastings are held either inside or outside on the deck, and food trucks and live entertainment are available on weekends. Winemakers dinners, Sunday brunches, and catered dinners in the vineyard are also on the schedule.



BUILDING THE WINERY

"We've been making wine for three generations now, beginning with my grandfather in Greece," explained Stergio Zissios, who, along with his parents John and Helen Zissios, own and run BVVW. Living on this land for 18 years, they previously made wine just for their own consumption. Their full time business was as owners of Capitol Services Plumbing, Heating and Air Conditioning.

About four years ago, the family started to talk about joining the Virginia winery phenomenon. They drew up winery plans and handed them off to architect Mark Schillaci. It took one year and eight months to open.

The winery is a more-than-20,000 square feet facility offering multiple rooms that can handle parties sized from 25 to 500 people. Various rooms on the three floors, or the entire winery, can be rented out, and four caterers offer dining options.



Photos by Candice Adelle Photography

Downstairs, the wine cellar holds 32 custom-made, stainless steel tanks from South Africa, offering capacity from 180 to 1,400 gallons. Current production is just under 10,000 cases a year, with plans to bottle 25,000 cases in the next five to seven years.

Blue Valley is the largest winery in Fauquier County and one of the largest in Virginia, and future building plans include a chapel, a concrete patio, and outdoor water features. Although large in size, they want to be a low-key style winery.

CREATING THE WINE

"We're a family-owned farm winery, and the family is involved in every aspect of running it, from marketing to vineyard management," Zissios said. "It's enjoyable to be working off your own land and you get a sense of accomplishment after working all spring and summer to see the final crop load you'll get from your vineyard, and turning it into something that can be a world-renowned wine."

"I started making wine with my Dad at 13 years old. We were making it in the basement with a little press," Zissios explained. "My father got me started destemming the grapes with a hand-operated rotary destemmer."

"As I worked alongside him, I started to develop interest and researched how we could further develop our winemaking techniques," he continued. "We're serious about making wine

here, and passionate about what we do. Wine runs through our veins."

Eight varietals are currently planted on just 20 of the estate's 63 acres, with plans for an additional 20-25 acres by 2022. They include: Cabernet Franc, Cabernet Sauvignon, Petit Verdot and Chambourcin grapes for their reds, and Viognier, Chardonnay, Muscat and Sauvignon Blanc for their whites.

Two winemakers aid in creating the currently six white and one red wines. Best sellers are the Pinot Gris and Tradition (red). On July 4th four additional reds will be released. "These will be big, bold Tuscans, aged 14 months in French and American Oak."

BUILDING COMMUNITY

Blue Valley is well on its way to selling out its two- and four-year memberships to its exclusive Cave Club that offers complimentary tastings, discounts on bottled goods, private new release samplings, and use of the private Cave room, tucked downstairs. Lined with stone, including local bluestone taken from the property, the Cave is an impressive event space.

The owners also enjoy giving back to the local community, supporting projects like the Wounded Warriors.

Blue Valley has entered the Virginia wine scene with a splash. Come for the view and stay for the wine. ♦

BLUE VALLEY VINEYARD AND WINERY

9402 Justice Lane
Delaplane, VA 20144
540-364-2347
www.bluevalleyvineyardandwinery.com

AUTHOR: Linda Barrett is the wine editor for Viva Tysons and enjoys getting to know more about Virginia's wine industry all the time. When not lifting a glass, she runs All the Buzz, a corporate writing firm, www.allthebuzz.net.



BY RENEE SKLAREW

Plaka Grill

YOUR NEW NEIGHBORHOOD GO-TO RESTAURANT JUST OPENED

You know how you have a default place to go when you don't feel like cooking? When there's nothing in the refrigerator, or you worked really hard and think you deserve a treat? The new Plaka Grill is going to be the answer to all those days.

Built into a brightly lit storefront, adjacent to Penzey's, the spice capital of Virginia, Plaka Grill has recently arrived in Falls Church. While the original Plaka Grill has been a mainstay in Vienna for eight years, it's tight quarters in that location, and sometimes hard to find a table. The new Plaka Grill, in the heart of Falls Church, is spacious,

with a comfortable waiting area, and an outdoor patio.

Luckily, the menu stays the same, with a few additions, like Greek pizza, and a self-serve wine dispensary housing Greek and American wines by the glass. The décor is contemporary rustic, with a stunning mural that captures the golden

light found in the original Plaka back in Athens—the same Athens where chef Pete Drosos mastered his craft. Young Drosos went to culinary school in the capital of Greece, and while he was there, he worked in restaurants and ate a lot of really good food. He loves the business. He has grown up in restaurants; his parents owned one, and he often helped out in the kitchen.

In addition to having this impressive cooking pedigree, the Drosos' are native Northern Virginians, so they know and are involved in their community. They actively contribute to local scout troops, schools and sports teams. Drosos smartly recruited his middle school friend, Andre Le Tendre, to manage his restaurants. Le Tendre has a deep knowledge of restaurant management and of the ingredients and techniques used to prepare Plaka's long list of specialties. He contributes his expertise, so Drosos can focus on his culinary creations.



Where to begin? First, with Plaka's dips. They serve a few, and it may be hard to choose; but you can't go wrong with Tzatziki, a thick Greek yogurt seasoned with cucumber, garlic and dill. Tzatziki elevates every dish, and is a standard accompaniment to the souvlakis and pita wraps. However, because it's so irresistibly creamy, consider ordering extra. Another standout is Tyrokafteri, a fiery combination of feta with jalapenos, red pepper and roasted garlic. This dip is addictive, and is quite delicious on the tip of Plaka's crispy handcut French fries. I also loved the Kalamata Olive Tapenade for its silky saltiness. All the dips come with warm pita triangles for dipping.

Plaka Grill is known for its famous Plaka Gyro (pronounced Eu-Ro), made with pork that is slow roasted on a vertical spit, shaved and stuffed inside a doughy pita along with fries, tomatoes, onions and Tzatziki. It's a handful of heaven. One thing you'll find here, the meats are marinated with precision, and after a quick char, a glisten of lemon herb dressing.

If you're with carnivores that like to share, consider ordering the Mixed Grill—with a combination of beef, pork and chicken souvlaki meat, as well as loukaniko, Greek-style pork sausage, all marinated to perfection, and served on a stick—some very fine finger food. "Chef Pete is really talented at taking any kind of meat, and finding the right marinade for that meat. He leaves them for at least 24 hours so all the ingredients come together," explains Le Tendre. "The chicken souvlaki is our most

popular item. We marinate the chicken in Greek yogurt, herbs and white wine until its almost fluffy."

In case you missed it—there are fries in the gyro. Not revolutionary if you're from Pittsburgh, but in the DMV, it's not too common. Decadent yes, but satisfying? Most definitely. "Back in Greece, these sandwiches are common street food. It's like a Greek hamburger," mentions Le Tendre as we bite into them. "If you're hankering for one, you're not going to find one better. Most people come in thinking we are a gyro place, but then they miss all the other great dishes."

It's true that any sane person would just keep ordering these pita wraps, but be daring and try some of the other signature dishes on Plaka's menu. For example, the Lamb Kapama is savory stew made from chunks of lamb, slow cooked for hours, then added to tomatoes, onions and a bed of orzo with a sprinkling of Parmesan. The entrées come with Plaka's salad and pita. From the appetizers, you might try the Dolmadakia, hand-rolled grape leaves stuffed with meat, herbs and rice, covered in rich Avgolemeno sauce. Or maybe the calamari that's breaded and flash fried to order, and served with a tangy pesto aioli.

Vegetarians can experiment with Plaka's zucchini fritters that are similar in texture to falafel. The Spanakopita are crispy triangles of spinach, leeks and feta in phyllo dough. And the sides—Greek style green beans and Gigantes (huge



lima beans) are baked in homemade tomato sauce—both authentically Greek. Le Tendre says Plaka Grill has gotten rave reviews from the local Greeks. "They come in and say, 'this is like home.' People come here, because the Greek food is a lot like mom made it."

Sadly, all good meals must come to an end, but don't leave without a taste of Plaka's decadent but dreamy desserts. The baklava is stellar, with a honey-infused syrup. Plaka also serves the Greek aperitif, Ouzo, which is a favorite after-dinner drink in Greece. "My husband can drink enough Ouzo to make the liquor license worthwhile," jokes Kathy Drosos. She's the chef's mother, who has helped design the space, and pioneered the more ecologically friendly tableware. The new Falls Church Plaka Grill is a family affair with modern Millennials at the helm. Kathy Drosos adds, "We're really happy to be here." ♦

AUTHOR: Renee Sklarew writes about food and travel. Find her on Twitter @DCWriterMom

PLAKA GRILL
513 West Broad Street
Falls Church, Virginia
Plakagrill.com



Beef Fajita Salad

BY RENEE SKLAREW

Amphora

FINE DINING ANYTIME

Serving really good food to busy people is a philosophy embraced by Amphora's owners beginning in the 1960's. At that time, their neighborhood was nearing a crossroads: an upsurge in population, an increase in business development, and the birth of a retail metropolis—Tyson's Corner Center.

Two Greek entrepreneurs, the Cholakis and Bilidas families, anticipated this growth. They opened Amphora Restaurant in Vienna and continued to expand their culinary dynasty to include a bakery, a catering company and Amphora Diner Deluxe in Herndon. The owners' original mission remains unchanged today: Amphora would serve only high quality, freshly made food. They would sell it at reasonable prices. They would serve it 24 hours a day, seven days a week, 365 days each year, and would stay open during every blizzard and national holiday.

Stop in Amphora day or night, and you'll see a crowd of regular diners, some who've dined here for generations. Many are conducting business. Families come in for dessert. Several customers are senior citizens who have both favorite dishes and favorite servers. A fair number are police officers and others who do shift work; they're after a piping hot cup of Lavazza coffee and a breakfast sandwich to take on the road.

You can order any dish, any time. Breakfast for dinner, dinner for breakfast, and lunch at midnight. "It's up to you," explains general manager Otman Elaoud, who started as a server years ago. "As long as we have the ingredients, we will make you whatever you want. We love to serve it that way."

Chef Juan Arquata makes every sauce and dressing in-house. Amphora Bakery provides the restaurant with daily deliveries of fresh bread, rolls and desserts. Arquata explains his operation; "We prepare all the vegetables in our kitchen. Nothing is frozen, nothing comes from a can."

That commitment to freshness has contributed to the longevity of the place. Amphora's menu offers a few original dishes—like pastisio, moussaka and chicken fried steak—but executive chef Jeffrey Katz, graduate of the Culinary Institute of America, has added contemporary dishes and introduces weekly specials that help keep the Amphora Group current and seasonal. Katz understands Northern Virginia's diverse population, and he creates dishes to satisfy their palates.

Find a cozy booth and start perusing the enormous menu. It's broken into sections. The breakfast options involve eleven versions of eggs Benedict, four kinds of French toast, three styles of Belgian waffle, nine different pancakes, and an American breakfast pizza. For sides, choose from a long list including home fries, bacon and turkey sausage.

When I visited in early May, Amphora featured tastes from "South of the Border." So, I tried their Southwestern Benedict, with its spicy hollandaise sauce covering perfectly poached eggs from Martin's Family Egg Farm in Pennsylvania. When that succulent yolk spilled onto hot chorizo sausage and crisp English muffin, it was a sublime experience, one I hope to repeat in the near future.

Amphora's lunch portions are generous. I had the Beef Fajita Salad, which highlighted grilled skirt steak on romaine lettuce, shaved cheddar, peppers and guacamole. Slivers of watermelon radish and cucumbers add a picturesque garnish. Spicy chipotle ranch dressing, tortillas and pita toast are served on the side.



Pan seared blackened salmon fillet with sweet corn rice



The entrees here are called “Grand Plates.” They include a vegetable, starch and a house salad. Pan seared blackened salmon was the special that day. The peppery fillet arrived, drizzled with chipotle aioli, and served buttery sweet corn rice. The green beans, broccoli and carrots snapped with freshness when I bit into them.

Dessert is required eating at Amphora; every confection is made from scratch for the restaurant. There are so many irresistible choices, though I wouldn’t trade any for my Chunky Chocolate Mousse Cake with its layers of milk, dark and white chocolate

mousse atop a triple fudge brownie. This is only one of the elaborate treats on display, but no matter what your weakness, be it coconut, buttercream, shortcake or tiramisu, you should sample at least one dessert, and they are plenty big enough to share.

Party planners should keep Amphora in their contact list, because the staff can arrange a private room, order a multi-course meal and cater a custom cake, in one easy phone call. “We do graduations, showers, business meetings and birthday parties all the time. Our party room holds about 45 people,” says Elaoud.

“This is not a diner, although our menu has a little bit of everything. We make everything homemade, and our food has the same quality as fine dining,” Elaoud adds. “I think that’s what makes us better than our competition.” It looks like the crowd eating in Amphora, feels the same way.

Visit Amphoragroup.com to find out more about private dining events. ♦

AUTHOR: Renee Sklarew writes about food and travel. Find her on Twitter @DCWriterMom

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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. **\$\$\$**

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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. **\$\$**

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3971 Chain Bridge Road 703.293.9600
www.theauldshebeenva.com In Ireland, a Shebeen was an after-hours speakeasy where once inside, you could find good familiar conversation, friends, food, and drink. The Auld Shebeen menu combines traditional Irish recipes and American cuisines including Fish and Chips, Shepherd's Pie, and their signature Guinness Beef Stew, as well as a few house specialties such as BBQ Beef Brisket and Braised Lamb Shank. **\$**



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

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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

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132 West Broad St. 703.237.8333 www.dogwoodtavern.com The creators of Ragtime and William Jeffrey's Tavern is described as a "celebration of the Old Dominion," which offers steaks, seafood, pasta, and burgers. The tavern offers live music on weekends. \$\$

DUANGRAT'S

5878 Leesburg Pike 703.820.5775
www.duangrats.com For more than 25 years, co-owners Ed and Pookie Duangrat have been serving signature Thai dishes. Some of these dishes include chicken and Chinese sausage gumbo and lemongrass chicken. Their Thai Tapas Lunch offers Thai and Asian small plates on weekends. \$\$

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

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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

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924 West Broad St. 703.536.4566 www.panjshirrestaurant.com Named after an Afghan province, this restaurant offers genuine Afghan cuisine. The Niazy family serves native dishes from Afghanistan including Kadu Chalow, a sautéed pumpkin topped with seasoned yogurt and tomato sauce, and a variety of kabobs. \$\$

PISTONE'S ITALIAN INN

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

PIZZERIA ORSO

400 South Maple Ave. 703-226-3400 This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where Chef Will Artley and his staff bake pizzas made in the

traditional Neapolitan style. \$\$

PUBLIC HOUSE NO. 7

6315 Leesburg Pike 703-942-6383 www.publichouseno7.com Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. \$\$

RED HOT AND BLUE EXPRESS

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

SAFFRON

1077 West Broad Street 703.992.0077 www.saffronfc.com Tucked away in Falls Church by the Washington & Old Dominion Trail is Saffron, widely known for its authentic Indian cuisine. Their signature dishes include rich tandoori lamb chops and freshly-crafted naan, seasoned with hand-ground spices. Check out their menu for dine-in, carry-out, and catering options. \$

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. \$\$

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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**BOLLYWOOD BISTRO**

9853 Georgetown Pike 703.865.0450
www.bollywoodbistrofairfax.com After finding success in Fairfax, Bollywood Bistro opened its second restaurant in Great Falls just last year. A modern and fresh take on Indian cuisine, this restaurant offers selections such as tomato-cheese naan, tender chicken korma, and decadent

Bombay shrimp. With reasonable pricing for both catering and in-house dining, Bollywood Bistro is perfect for any occasion. \$

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.laubergetchezfrancois.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. \$\$

MCLEAN RESTAURANTS**AMOO'S HOUSE OF KABOB**

6271 Old Dominion Dr 703.448.8500
www.amoosrestaurant.com Amoo's House of Kabob offers Persian cuisine in the heart of McLean. Amoo's specialties include Baghali Polo, with lima beans and rice tossed in a dill and lime reduction, and Zereshk Polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders. \$\$

ASSAGGI OSTERIA

6641 Old Dominion Dr 703.918.0080
www.assaggiosteria.com Domenico Cornacchia, chef/proprietor of Assaggi Osteria, taps into ages of ancestral Italian cooking each time he steps into his kitchen and brings a rich love of the cuisine that he so skillfully nurtured through the years. For those who love Italian cuisine, Assaggi Osteria features numerous appetizers, large salads, homemade pastas, fresh seafood, veal and scrumptious beef. Assaggi Osteria sources whole fresh fish from worldwide sustainable sources, offering the finest bounty the sea has to offer. Produce is purchased from local farms, and all desserts are homemade. \$\$

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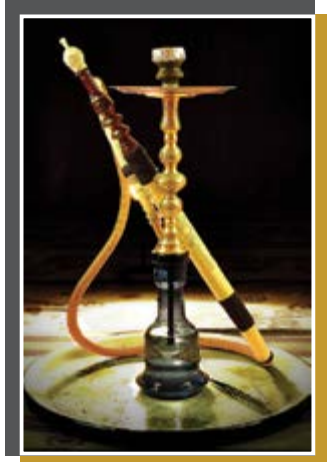
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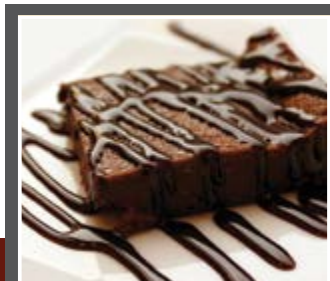
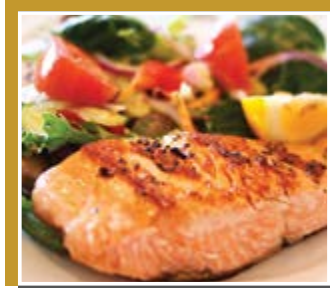
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■ ■ ■ www.bollywoodbistrofairfax.com ■ ■ ■

BENNIGAN'S

8201 Greensboro Dr. 703.288.3232 www.bennigans.com Bennigan's is one of the latest restaurants to open in Tysons Corner, offering pub fare with a beer, wine, and cocktail menu. Gourmet burgers, soup and salad combos, and sandwiches make for good lunch or dinner meals. \$\$

BOSS HOG'S

6811 Elm St. 703.821.1869 www.bosshogssmokebbq.com This popular local spot offers weekend brunch favorites like blueberry pancakes, Bananas Foster French Toast, and Andouille-stuffed omelets. Their smoked brisket, pork, and chicken are must-try dishes. \$\$

BOULEVARD CAFE & CATERING

8180 Greensboro Dr 703.883.0557 www.boulevardcafecatering.com Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts. \$

BUSARA THAI CUISINE

8142 Watson St. 703.356.2288 www.busara.com/ty-main Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like Ka Pow Chicken and Pad Thai and soups and salads comprise their extensive lunch and dinner menus. \$\$

CAFÉ DELUXE

1800 International Drive West
703.761.0600 www.cafedeluxe.com
Café Deluxe combines the charm of a neighborhood restaurant with the energy of a European eatery. This restaurant offers brunch, lunch, and dinner menus combining traditional fare with menu favorites. \$\$

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6671 Old Dominion Dr 703.442.7360
www.cafeoggi.com For over 22 years, Café Oggi has reflected a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty. With authentic preparations in an inviting and warm atmosphere, Café Oggi aims to please. Pasta, fresh fish, succulent veal, a notable wine list, and more. \$\$\$

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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. \$\$

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CAPRI

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

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. \$\$\$

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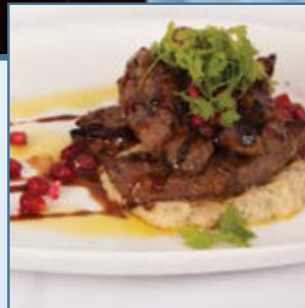
6839 Redmond Dr. 703.821.9500 www.greenberrys.com This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like Sumatra Mandheling and Java Blawan Estate alongside delicious pastries. \$

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. \$\$

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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 hommush in their hommush bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining. \$\$

MOBY DICK HOUSE OF KABOB

1500 Cornerside Blvd 703.992.7500
mobysonline.com Moby Dick's has terrific, healthy, wholesome and fresh fast food— perfect for a quick lunch or dinner fix. Try their "Kabob-e-Kubideh," which is ground sirloin seasoned with onion and herbs and wrapped around a skewer for grilling. Succulent, juicy meat with rice are served with your choice of yogurt cucumber sauce, shirazi salad or fresh herb as well as 1/2 a piece of bread. This could become an addiction. \$

O'MALLEY'S PUB

1960 Chain Bridge Rd. 703.893.2100
www.omalleyspub.com/tysons O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs and grab a beer with your friends. Diners can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos. \$\$



PAUL BAKERY TYSONS GALLERIA

2001 International Dr. 1856G
571.447.5600 www.paul-usa.com PAUL Bakery brings a taste of France to Tysons Galleria. This upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee. **\$**

ROCCO'S ITALIAN RESTAURANT

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

SEASONS 52

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

SILVER DINER

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

STAR NUT GOURMET

1445 Laughlin Ave 703.749.9090
www.starnutgourmet.com The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given us our very special reputation. Their comfortable café exudes with old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee. Close your eyes and you'll feel you're experiencing days gone by. **\$**

THE CAPITAL GRILLE

1861 International Dr. 703.448.3900
www.thecapitalgrille.com The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made Bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's Signature Cheeseburger with Parmesean Truffle Fries. **\$\$\$**

THE PALM RESTAURANT

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

PADDY BARRY'S

8150 Leesburg Pike 703.883.2000
www.paddybarrysva.com Brendan Barry has open an authentic Irish Pub in the heart of Tysons-classic Irish fare and hospitality TV's to watch the game, and of course-classic Black and Tan's. Open seven days a week...**\$**

MERRIFIELD RESTAURANTS

BLACKFINN AMERIPUB

2750 Gallows Road 703.207.0100
www.blackfinnameripub.com Located two blocks south of the Dunn Loring Metro, the only D.C. location of Blackfinn Ameripub specializes in craft beers and signature cocktails. Blackfinn Ameripub offers American food with a twist. Flatbreads, salads, burgers, and sandwiches (called

"handhelds") are among the fare offered at this restaurant meant to be a place to meet with friends, family, or coworkers. **\$\$**

CYCLONE ANAYA'S

2911 District Ave. Ste. 170 703.992.9227
www.cycloneanaya.com Located in the Mosaic District, this is the first D.C. area outpost of this Texas legacy. Founded by world-class wrestler Cyclone Anaya and his wife Carolina, this restaurant offers homemade Mexican food, margaritas, ceviche, and all types of tacos. You can be sure to find something for everyone on their menu. **\$\$**

FOUR SISTERS RESTAURANT

8190 Strawberry Ln. 703.539.8566
www.foursistersrestaurant.com For 20 years, the Lai family has been serving an extensive menu of home-style Vietnamese dishes. The restaurant offers a gluten-free menu and MSG-free menu, with favorites like pho, Vietnamese rice crepes, and a wide range of vegetarian selections. **\$\$**



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Mosaic District 8296 Glass Alley
703.992.0933 gypsoul-va.com
Chef RJ Cooper's free-spirited wandering on his motorcycle to various farmers and producers around the Mid-Atlantic region inspires the name of this restaurant. The menu features American fare both classic and contemporary, strong in flavor. Talented Cheftender Bryan Tetorakis from Rogue 24 designed the entire beverage repertoire. From local spirits from around the Mid-Atlantic and South to wines and cans of beer, there is a libation for all to imbibe on while enjoying Chef's cuisine. \$\$\$

MATCHBOX VINTAGE PIZZA BISTRO

2911 District Ave. 571.395.4869
www.matchboxmerrifield.com This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. A cool, laid-back atmosphere with exposed brick walls and beams that make you feel as though you're in a loft. \$\$

PASSION FIN ASIAN BISTRO & SUSHI BAR

2750 G Gallows Rd. 703.204.2969 Newly added dining experience in the Halstead

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

RAOUCHE CAFE

2839 Gallows Road 703.205.9099 www.raouchecafe.com Don't be fooled by the store front, this is one of the best restaurants if you are a Middle East dining enthusiast. Grape Leaves, Lebeh, Falafel, just about everything we tried is terrific. One our favorite spots—(my favorite for grape leaves!) Say "hi" to Hussein... \$\$

TED'S BULLETIN

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

TRUE FOOD KITCHEN

Mosaic District 2910 District Avenue, #170
571.326.1616 www.truefoodkitchen.com With a wide selection of vegan, vegetarian or gluten free options, you need only a desire

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

VIENNA RESTAURANTS**AMPHORA**

377 Maple Avenue West 703.938.7877
www.amphoragroup.com For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, you can enjoy breakfast, lunch and dinner any time of day as you comfortably meet with friends, family or coworkers. \$\$

ANITA'S

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

BAZIN'S ON CHURCH

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

BJ'S BREWHOUSE

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

BRIX & ALE IN THE SHERATON

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

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

CHEF GEOFF'S

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

CHIMA BRAZILIAN STEAKHOUSE

8101 Towers Crescent Dr. 703.639.3080 www.chima.cc Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and American staples. Bring the family along for a unique dining experience. \$\$

CLYDE'S OF TYSONS CORNER

8332 Leesburg Pike 703.734.1901 www.clydes.com/tysons Clyde's offers authentic American dining with a menu featuring locally grown produce, hormone-free beef, and desserts made in-house. This restaurant, located in an Art deco-inspired setting, features a brunch menu, bar menu, and raw bar. \$\$

I-THAI

8607 Westwood Center Dr 703.992.7921 www.i-thairestaurant.com Taste authentic Thai cuisine and Sushi, where quality is never compromised at i-Thai in Tysons West. I-Thai has a delicious selection of Thai dishes served in a buffet-style format. Their talented chefs' extensive knowledge and expertise are able to transform each dish with the perfect blend of herbs and spices into a delightful experience with the boldest and most genuine flavors possible. \$

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. \$



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**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. \$\$

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

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NEIGHBOR'S RESTAURANT

262 D Cedar Lane 703.698.8010 neighborsrestaurantva.com Come in to watch soccer, football or basketball games. Featured games can be seen on their huge screen, visible from just about any seat in the restaurant. Enjoy karaoke on Friday and Saturday nights. The restaurant's ambience is relaxed and the service is professional

with a goal to bring the best Persian and American cuisine experience for our customers. \$\$

NEISHA THAI

8027 Leesburg Pike #110 703.883.3588 www.neisha.net Come discover for yourself a gem of an experience, tucked away from the chaos of Tysons Corner. Neisha Thai's elegant dining room and bar area features treasures from Thailand itself. Embedded in the exquisite gold leaf walls are glittering gemstones, serving as the backdrop for each decadent dish the menu has to offer. Just like each gem has its own unique attributes, so does each dish, with flavors often tantalizing in their unique combinations or comforting in their familiarity. \$\$

NOSTOS

8100 Boone Blvd. 703.760.0690 www.nostosrestaurant.com Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea. \$\$

PALADAR LATIN KITCHEN & RUM BAR

1934 Old Gallows Rd., Suite 110 703.854.1728 www.paladarlatinkitchen.com/locations/tysons-va Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos including slow braised duck, roasted pork, or blackened fish. Larger plates include Grilled Skirt Steak Churrasco and "Ocho Hora" braised short rib. And if you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more. \$\$

PAZZO POMODORO

118 Branch Road SE 703.281.7777 pazzopomodoro.com Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino "Pazzo Pomodoro represents a different concept offering more authentic Italian meals."

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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.

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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. \$\$

SUNFLOWER VEGETARIAN RESTAURANT

2531 Chain Bridge Rd. 703.319.3888
www.crystalsunflower.com Sunflower Vegetarian Restaurant has two locations in Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads as well as Asian-style dishes. \$\$

TYSONS BAGEL MARKET

8137 Leesburg Pike 703.448.0080
www.tysonsbagelmarket.com Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a smear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

WOO LAE OAK

8240 Leesburg Pike 703.827.7300
www.woolaoak.com Since 1946, Woo Lae Oak offers a Korean dining experience with

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

OAKTON RESTAURANTS

LUCIANO ITALIAN RESTAURANT

Hunter Mill Plaza, 2946 Chain Bridge Road 703.281.1748
lucianoitalianrestaurant.com These family-focused restaurateurs specialize in fresh, homemade, southern Italian cooking. Known for authentic NY-style pizza, they also serve

a full array of reasonably priced Italian dishes and desserts. \$\$

OLD PEKING

Hunter Mill Plaza, 2952 Chain Bridge Road 703.255.9444 www.oldpeking.com Specializing in Hunan and Szechuan cuisine, Old Peking opened in 1986, at which time a major restaurant critic wrote that "a beautiful flower has bloomed in Oakton." The dining room conveys an intimate atmosphere, but carry-out and lunch delivery (within 2 miles) are also options. They will tailor their dishes to your preference, e.g., mild or spicy. Old Peking also offers catering. \$



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TIGRIS GRILL

Hunter Mill Plaza, 2946 Chain Bridge Road
703.255.5950 www.tigrisgrill.com Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and platters. All recipes are originals by Owner/Chef Mofi, in particular the Falafel, which is his own secret recipe. \$

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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. \$\$

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BY BETH O'SULLIVAN

CHEF ZAHIDI BRINGS *Mediterranean Dining* BACK TO MCLEAN

Tucked away at the corner of Dolly Madison Boulevard (Route 123) and Old Chain Bridge Road, Evo Bistro is a cozy bistro that serves upscale Mediterranean-style tapas with a selection of wines from around the world. Outfitted in dark wood, stained concrete floors and modern décor, the 110-seat bistro provides an air of sophistication that attracts diners and bar patrons.

The restaurant originally opened in 2007 and has experienced several changes in chefs and menu items over the last few years. We were excited when we learned that the original executive chef, Driss Zahidi, had recently returned! Zahidi recently purchased Evo Bistro and also owns Le Mediterranean Bistro, which is located in Fairfax.

Growing up in Casablanca exposed Zahidi to a variety of French, Italian, Spanish and Moroccan cuisines. While his college training was in chemistry, it is clear that Zahidi's education has

influenced his ability to create a truly amazing culinary experience.

"Creating artistic and flavorful dishes has always been my true passion," adds Zahidi. "My training in chemistry has always helped me to find the perfect balance of flavors through a variety of cooking methods."

THE TAPAS CONCEPT: SMALL AND LARGE PLATES

Zahidi's menu concept encompasses a variety of cuisines from Spanish Piquillos

Rellenos to Moroccan Cassoulet. The menu is customizable to any appetite with a long list of vegetarian, seafood and meat tapas with several gluten-free options.

Consider beginning with a cheese and charcuterie plate. Platters are dressed elegantly with fruit, nut and bread accompaniments. Patrons can create a personalized plate from a list of artisan cheeses and cured meats, pates and sausages. Zahidi brings a wide assortment of cheese selections from different countries and I especially enjoyed the St. Stephen (New York), Barbers Cheddar (England) and Gorgonzola Dolce (Italy) selections.

The tapas menu includes several Mediterranean staples such as kebobs and empanadas. Tapa sharing is encouraged and the lunch menu's weekday special is an affordable option that allows guests to sample any three tapas for \$12.

Fresh seafood plays a prominent role across the menu, with classic items like Gambas (sautéed shrimp) and Calamari Frito (fried squid rings). For the adventurous palate, exotic dishes worth trying include the Pulpo (grilled octopus), Escargot (sautéed snails) and Bouquerones (marinated anchovies). When prepared correctly, grilled octopus is incredibly tender, juicy and flavorful - Zahidi's take on this Spanish-style seafood dish was just that!

While some of the tapas are among the best I've tasted, my favorite dish of all was the horseradish-crusted halibut entrée. This pan-seared fillet is served over a creamy risotto with a medley of vegetables. While tapa sharing is encouraged, the entrées also make a great addition to a family-style dining experience.

Another great pick among the entrées is the lamb shank, which is served Moroccan-style in a clay tagine. The Lamb Tagine is a savory dish that is cooked in a thick, aromatic sauce with couscous and vegetables.

Main courses include a taste of Spain in the form of Old World paella dishes. I enjoyed the variety of seafood in the Paella Marisco, which was prepared with large portions of sea bass, scallops, shrimp, mussels and clams. "Spanish Night" specials offer a wider selection of paella dishes and 25% discounts on Spanish wine bottles every Tuesday night.

For dessert, don't miss out on the Apple Crumble. Roasted Granny Smith apples are topped with a mouthwatering

cinnamon crumble and homemade vanilla ice cream. Chocolate lovers will want to save room for the Molten Lava Cake with its decadent chocolate cake and ooey-goey center.

THE WINE LIST

Evo Bistro's wine list features many small producers from around the world, with an impressive list of premium wines that most places do not offer by the glass. The Caymus 40th Anniversary cabernet sauvignon at \$26 a glass is not for everyone, but is a joy for a wine lover that doesn't want to order an entire bottle.

With a wine list that carries more than 80 varieties of wine and champagne choices, there are options available for every type of budget. Evo Bistro offers wine bottle specials during Monday and Wednesday nights, in addition to Friday lunches. Frequented by locals on Wednesdays, half price wine bottle specials attract a large crowd of singles and couples alike. Thursday evenings are for the sparkling wine fans with half price champagne bottle discounts.

Weekday happy hour specials offer \$6 sangria, wine, beer and rail drinks from 3:30-6:30pm. If that were not enough, the happy hour menu also includes \$6 and \$9 tapas. The fried Alcachofa is a tasty vegetarian tapa with lightly fried artichokes and a lemon aioli dipping sauce. Among the happy hour meat selections, the Lomo and Kefta did not disappoint. Great for sharing, the Lomo is a flavorful dish with grilled flank steak served over a bed of garlicky spinach with a Piquillo pepper sauce. Zahidi's Moroccan inspiration is apparent in his Kefta with its seasoned ground lamb topped with goat cheese, harissa aioli and tomatoes.

I have an appreciation for small neighborhood restaurants where I can relax, while enjoying great food and wine. Evo Bistro definitely hits the mark with an extensive list of memorable tapas, entrées and wines that appeal to a variety of tastes. ♦

EVO BISTRO

1313 Old Chain Bridge Road
McLean, VA
703-288-4422
www.evobistro.com

Monday-Thursday: 11:30am -10pm
Friday: 11:30am -11pm
Saturday: 4pm -11pm
Sunday: 4pm - 9pm



The advertisement for Evo Bistro features a top section with a photo of several wine glasses on a bar. The text "EVO BISTRO" is in a stylized gold font at the top left of the photo. Below the photo, the words "Wine & Tapas" are written in a large, bold, gold and white font. Underneath this, the text "Mediterranean Tapas", "Banquets & Tasting Events", and "Retail Wine Shop" is listed in a gold serif font. At the bottom of the main text area, there are three small square images: a plate of food, a glass of wine, and a bottle of wine. The bottom of the advertisement contains the restaurant's name "Evo Bistro" and its address, phone number, and website in a gold serif font.

EVO BISTRO
1313 Old Chain Bridge Road
McLean, VA
703.288.4422 | www.evobistro.com

Evo Bistro
1313 Old Chain Bridge Road | McLean, VA
703.288.4422 | www.evobistro.com



BY RENEE SKLAREW

LEVANT

Timeless Hospitality

Northern Virginians have a broad selection of ethnic cuisines from which to choose, including several well-regarded Middle Eastern restaurants. But there's a new place called Levant, and this restaurant seems different. No sign of the "old country" at Levant. It's Middle Eastern nouvelle cuisine served in sleek style.

Levant means 'the East' in Arabic, and refers to a group of countries that border the Mediterranean Sea, specifically Lebanon, Greece, Turkey and Syria. Though official borders were drawn

after World War II, these countries share a similar culture and a passion for traditional dishes like hummus, smoky eggplant and falafel.



Levant is the brainchild of two millennial-aged brothers who were born in Fairfax, Virginia, but who worked overseas for many years, mostly in the Middle East. During their travels, they studied the cuisines of the Eastern Mediterranean. They sought recipes that were distinctive and memorable, and then, returning home to the United States, they tried to recreate them with their own signature seasonings. Eventually, they decided to open a restaurant—someplace unique but inspired by the traditional food they ate in the Middle East.

So they created Levant. "The neighborhood was ready for something like this," says Maamon Mukhlis. "We had almost 1000 followers on Facebook the day after we opened." Although they plan to expand the brand, for now they are focused on their Tysons Corner location. His brother Mukhlis R. Mukhlis shares their philosophy: "Though we cook in a traditional way, we serve our food with modern style. It's a combination of past and present."

Levant has two sections. The back of the restaurant is for fine dining, with white tablecloths and traditional table settings, along with an elegant coffee bar where patrons can order cappuccinos or Turkish coffee. Transparent floor-to-ceiling panels separate the dining room from the lounge area.

The front of the house is a lounge with clubby leather couches and chairs positioned around polished marble tables. The tables are in groupings, perfect for intimate conversations among clusters of guests. High ceilings twinkle with miniature chandeliers. Guests are welcome to order and smoke hookah



here. Despite the burning of tobacco, the air purifying system is state-of-the-art, and there was no noticeable aroma. Levant does not serve alcohol, but they do offer flavored sodas called FREEZ, which are fruity but not sweet. Choose from a menu of hot and cold beverages, including iced tea or a yogurt drink.

Head chef, Safi Dib, is Lebanese. He has a muscular approach with spices, and liberally employs fresh herbs like parsley and mint. The brothers provided him with their signature marinades, some with tangy garlic and citrus. Chef Dib also lavishes his appetizers, like labneh, the yogurt dip, as well as the creamy hummus, with premium olive oil and nuts. When I asked about the seasonings, Mukhlis Mukhlis laughed and explained, "Everyone in the Middle East can make these dishes, but they won't share their secret recipes with anyone."

Levant features a savory dish called sajiah. "Sajiah comes from the mountain people of the Levant," explains Mukhlis Mukhlis. "They use a metal pan that resembles a wok called a saj." To make sajiah, thinly rolled-out dough is placed on top of an upside down wok. It's baked on one side, then flipped to cook the other side, creating a satiny flatbread. Next, meat and vegetables are placed on top of the flatbread, and the meat is covered with more flatbread like a blanket to keep it warm. The exotic dish is served in a silver saj. Choose from filet mignon, chicken, shrimp or lamb sausages, all with caramelized onions, pine nuts and a generous portion of saffron rice.

Another standout dish is shish. Levant chargrills slices of marinated meat and chicken on a traditional metal skewer.

Then the meat is presented on the skewer over sliced greens and garlic sauce.

Levant's appetizers taste lovingly prepared with high quality ingredients, but I recommend: muhamra, a fiery combination of crushed walnut, breadcrumbs and a burst of Lebanese hot sauce; Levant's falafel, crisp, light, and zippy with ground herbs; tabouleh, heavy on the parsley and light on the bulgur, almost an herbal salad; mutabal, Levant's smoky eggplant that is whipped smooth with tahini and lemon.

The food is the star here, but the warmth of the staff brightens every nook and cranny. These young servers and hosts seem delighted to be at the restaurant serving such flavorful dishes. There is clearly a lot of teamwork behind the scenes, and the Middle Eastern tradition of graciousness shines through.

There are some American dishes at Levant too—roisserie chicken with

French fries, marinated fish and even chocolate cake. Families are welcomed with a kid's menu. Although the fixtures and furniture are elegant, there's a comfort in sitting around, talking and eating. No one is going to hurry you, so don't expect to eat in a hurry. It may not feel natural, *I know*, but try to relax and savor. Then you'll capture that feeling of timelessness that is central to Middle Eastern hospitality, even right here in Tysons Corner. ❖

LEVANT RESTAURANT AND LOUNGE

8411 Old Courthouse Road
Vienna, Virginia 703-570-5555
Email: info@levantva.com
www.levantva.com

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



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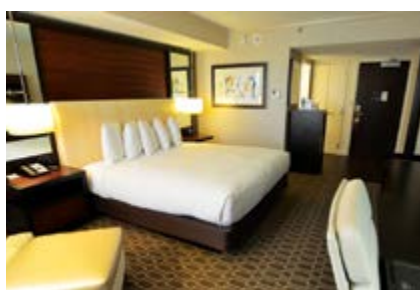


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www3.hilton.com



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www.marriott.com



SHERATON PREMIER TYSONS CORNER

8661 Leesburg Pike, Vienna, VA
22182
703-448-1234

Adjacent to the future Tysons-Spring Hill Road Metro Stop, the Sheraton Premiere offers a prime location in the heart of Tysons Corner. Fresh out of a multi-million dollar renovation, the hotel has been completely transformed with new enhancements and stylish décor. Their new lobby is equipped with the Link@Sheraton Cafe and new wine bar, part local pub Brix and Ale Restaurant.

www.sheratontysonscorner.com



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www.staybridge.com



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ClarityVienna.com

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2911 District Avenue, #120
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571.395.4869
MatchboxMerrifield.com

This vintage pizza bistro is located in the Mosaic District in Merrifield. Catch

a movie at the Angelika Theater, shop the new exciting shops, and grab a bite to eat on the 40-seat deck of the newest Matchbox bistro. Its 3.6.9 mini burgers, wood-fired lamb sandwiches, and world-class beers and wines are a great way to end the day.

TRUE FOOD KITCHEN

2910 District Ave #170
Mosaic District
Fairfax, VA
571.326.1616

True Food Kitchen wants you to feel better, live longer and make your mouth happy in the process. They are prepared to do just that with "honest food that tastes really good." As long as you're enjoying yourself, why not do it in the open air at Mosaic?

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332 Springvale Road
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571.395.4400
OpenRoadMerrifield.com

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OldBrogue.com

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BY JOHN BYRD



BEFORE

Whole House Makeover

EMBRACES COMPREHENSIVE INDOOR-OUTDOOR SOLUTION

Begun with repairs, this Great Falls remodel evolves into extensive family entertainment component that works for multi-generations

(Top) On annual vacations to Deep Creek Lake (MD), the Romans discovered how much they enjoy sitting by an open fire. Situated on two rolling acres and surrounded by woodland, the home's setting provides the perfect backdrop for an extensive indoor-outdoor solution.

(Above) The only rear exits to the outside in the previous plan converged in a recessed hyphen joining the two main blocks on the rear of the house. This was designated as the site for the new screen porch.

Sometimes a significant home improvement starts with small repair considerations. In fact, as Roger Lataille, senior design consultant at Sun Design Remodeling, recalls it: his first discussion with Jeff and Sharon Roman of Great Falls concerned how to solve a water drainage problem.

"There were no gutters over the three garage ports, and rain water splash-back was causing the garage doors to deteriorate," Lataille remembers. "Also, the front entrance was too exposed. And the original wooden deck on the back of the house had decayed so badly it wasn't being used much at all."

Then there was the problem with woodpeckers regularly attacking the house, a reflection of moisture build-up and bug-infestation under the home's sprayed-on stucco exterior.

Yet rectifying these everyday dysfunctions turned out to be a comparatively small part of the Roman's agenda, as Lataille soon discovered.



Photos courtesy of Greg Hadley



(At left) The spacious new screened porch demonstrates how highly durable materials can be shaped to meet demanding aesthetics. The Ipe decking chosen to the porch flooring is one of the one of the most enduring natural hardwoods offered for outdoor surfaces; installed in a tongue-and-groove pattern, it keeps out bugs more effectively than screen mesh. The fiberglass charcoal screen, likewise, makes it hard to see the porch interior from the outside.

Likewise, on the rear elevation, opportunities for self-expression quickly became inspirations.

Situated on two rolling acres and surrounded by woodland, the home's setting provided perfect sprawling backdrop for an extensive indoor-outdoor solution.

Boasting a southwesterly view from the rear elevation, the existing rear deck was usually bathed in soft sunsets on summer evenings. The visual display was, likewise, available from the house, too-- except the windows were too small and the only exits to the outside converged in a recessed hyphen joining the two main blocks on the rear of the house.

"Ironically, we've always *loved* spending time outdoors," Sharon explains, "so it's surprising that we hadn't changed the exterior of the house in the 13 years we've lived here."

CONTINUED ON PAGE 118

As the conversation progressed, the outlines for a sweeping, state-of-the-art makeover began to take shape even as the home's exterior was gradually re-imagined as a distinctive architectural statement fully integrated with its sumptuous green setting.

At 6,500 sq ft, the nearly twenty year old, six bedroom center hall Colonial offered considerable grandeur, yet the facade lacked detail, definition, even warmth.

"There were a lot of distinctive architectural themes in place," Lataille notes. "Our first concern is always helping the owner articulate a program that suits their goals, and then initiating an effective collaboration process."

This in mind, the solutions proposed for the home's front elevations came right to the point. A metal-clad overhang supported by decorative brackets above the garage doors not only re-directs

rainwater into a discrete functional drainage system, but also gives the facade a unifying linear accent that ties in with the re-designed front entrance that now features a distinctive Adam-style portico.

More pointedly, the defective stucco cladding has been replaced with sand-colored Hardiboard and a stonework "water table" motif that scales back the mass of the looming three level facade, making the whole feel more intimate and approachable.



(At right) To assure the durability of the deck's surface, Sun Design specified Trex planking instead of wood, and narrowed the span between joists from 16" to 12".



(At left) The front elevation's failed stucco cladding has been replaced with a sand-hued Hardiboard that alternates with stonework in a "water table" motif. White trim board provides appropriate linear accents. The effect is warm and welcoming.

(Below) The original recessed front door lacked definition. It was also too weather-exposed.

With no gutters over the three garage ports, rain water splash-back had caused the garage doors to discolor and deteriorate.

CONTINUED FROM PAGE 117

During summer vacations at Deep Creek Lake in Maryland, however, the Romans discovered how much they enjoy sitting by a fire pit on pleasant evenings. This revelation prompted thoughts of adding not only a fire pit, but a screen porch on the rear of the house— one that could be used from early in the spring and well into the fall.

"I also pictured more natural light in the back of the house," Sharon says. "A rear elevation with oversized windows and doors that invites in the beauty all around us."

As the vision evolved, the Romans decided on a plan with four main components: a 20' x 15' screened porch, a 21' x 16' grilling deck, a ground level sunken patio that exits from a lower level room, a stand-alone fire pit with seating for six.

"We were thinking ahead in many ways," Sharon says. "Jeff and I have elderly parents, and a lot of family in the area. A direct entrance to the lower level, for instance, might make it easy to convert the space into an in-law suite if needed."

Overall, the Romans sought the capacity to comfortably entertain up to 40 or 50 people.

Of course, for a fete of that size-- well-constructed decking is essential. Phase One to the new plan was, thus, a nod to architectonic necessity: re-design the decking system to accommodate traffic circulating from directions never previously in the picture.

"We learned immediately that the concrete supporting the existing 20-year-old

deck hadn't been properly set," Lataille says. "Also, to assure the durability of the deck's surface, we specified Trex instead of wood, and narrowed the span between undergirding joists from 16" to 12".

Structurally, the new decking is not only an upgrade, but thoroughly necessary since it's now directly accessible-- through oversized double glass doors-- from the family room, the dining room and the billiards parlor. It's also linked via a new flagstone walkway to both the fire pit and the new rear entrance to the lower level.

"Access to the outdoors from the house is one of the most fundamental features of an integrated indoor/outdoor solution," Lataille notes. "Bringing the aesthetics of nature into your daily life is a lifestyle change: the goal is to create spaces that can be easily maintained, yet allow owners to comfortably extend the open-air season."

On this point, the spacious new screened porch demonstrates how highly durable materials can be shaped to meet demanding aesthetics. The Ipe decking chosen to the porch flooring, for instance, is not only one of the most enduring materials offered for outdoor surfaces, but--installed in a tongue-and-groove pattern-- is more effective in keeping out bugs than a screen mesh under girding. Ipe-- which is Brazilian walnut-- was also specified for the porch handrails.

Meanwhile, the fiberglass charcoal screen--which makes it hard to see the porch interior from the outside-- creates a cozy sense of closure. Overhead, the fir-beaded tongue-and-groove wood



BEFORE



BEFORE

ceiling lends a natural burnish to the open-air ambiance.

Taking the leads from other finish work details, the design team installed a stone work "water table" for the porch's inside wall—a textured backdrop for the wide-screen TV.

Equipped with both overhead fans and portable heaters, the outdoor room is habitable in all but the coldest days of winter.

"It's really our preferred family room now," said Sharon Roman. "With overhead fans, shades and other convenient adjustments, we can use the porch from early spring to late fall."

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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BY LINDA BARRETT



A High Point, IN DECORATING

Each year interior designers flock to the trade shows to learn about the latest trends and view the newest styles. And since much of the furniture made in the United States is created in North Carolina, one of the biggest vendor shows is the High Point Market, held twice a year.

In mid-April, Hillary Staats, owner of Sanctuary Interior Design Build, took three of her staff and attended the designers-only show to see what was new and what was in, and to purchase items for clients.

"This year the trends at High Point included clean lines, contemporary stylings, and tons of neutrals like grays and whites with accents of colors," Staats said. "Opulence is out and mid-century modern is completely in, along with geometric shapes and wallpaper."

Another strong trend is "being hip...a sophisticated and a cosmopolitan feel, as if we were living in New York City." She illustrated with a large pair of geometric wire balls.

Creativity is king at High Point. During the Market, vendors hire stylists to help set up elaborate showrooms to exhibit their products in their best settings with creative applications. According to Staats, "It's inspiring, and because they take many risks, it forces me to use the right brain—the creative brain." Each showroom has a different personality, like viewing a vignette in a glossy magazine.

"I have to go in with a game plan," Staats said. She takes a list of her clients and what they need, and makes an itinerary to visit various showrooms for fresh and different ideas. Trusted reps ensure she

visits showrooms she likes. "Then, we just start shopping."

"Everything is hand picked. For example, by the time a lamp gets to a client, I've looked at over 500 lamps. I edit out everything that doesn't apply and bring forward everything that does."

She and her staff take photographs of items they like and send the pictures to clients for approval and bring ideas home. They make recommendations and buy and ship items from the show. They also sit in all the furniture to make sure it is comfortable, checking its construction and quality as well. In just a few days, they cover a lot of ground and have fresh new ideas of what products Sanctuary can bring to its clients. Once home, the new catalogs begin to arrive at the studio.

High Point is also a place where designers and professionals come together to share stories and professional points of view, attend workshops and training, hear speakers, and visit with old friends.

TIPS FOR DESIGNING

When designing your own space, planning is key. "Measure your room and decide how you want it to function," Staats advised. "Measure even the distance to

"Everything is hand picked. For example, by the time a lamp gets to a client, I've looked at over 500 lamps. I edit out everything that doesn't apply and bring forward everything that does."

the ceiling. It's easy to get excited about a coffee table in a showroom with 20' ceilings that doesn't work in your basement with its 8' ceiling."

"Also, if you buy just one or two accessories and put them in your space you won't have the same kind of magic as you would if you put the whole room together in your mind first. It's a multi-dimensional layering effect: from paint to window treatments, lighting, upholstery, case goods, flooring, and accessories. The downfall comes when you don't buy the right foundation pieces: the sofas and coffee tables. Too many accessories just create clutter."

Staats' approach to well-designed rooms is to combine different elements, like metal, wood, paint, fabric, plants, flowers and glass.

"You need something unique, something that says, 'This is who I am and these are my treasures.'" Place these items into an appropriate space in a cool kind of way to make a collection. "I've been known to take 20 African masks and put them on a powder room wall," she said.

Decorating a new home or restyling an older one can definitely be a high point in your life. Enjoy the process—and the results. ♦



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AUTHOR: Linda Barrett looks around her own office and says, "Too many accessories!" She is a busy freelance writer and owner of All the Buzz, a corporate writing firm, www.allthebuzz.net.

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BY RICK MUNDY

Food for Others

HELPS PEOPLE SURVIVE

In 2013, Fairfax County had a average family income of \$155,667 with 69,969 families earning \$200,000 or more.

At the same time 64,600 people, 5.8% of Fairfax County residents, live in poverty. Since 2000, that number has grown by nearly 50% - from 43,400 to the current 64,600 people.

Food for Others has been helping our struggling neighbors for 20 years by offering food assistance through several programs. "The needs are always there, says Executive Director Roxanne Rice. "Individuals or families may suffer sickness, domestic violence, job loss, mental illness, or limited income, any of which can create an emergency or longer-term need for help." Food for Others helps prevent homelessness by allowing those families to stretch limited dollars and making sure that they receive sufficient nutrition.

PROGRAMS FOR FOOD DISTRIBUTION

Food is available through four initiatives:

- 1) Warehouse/Emergency food is provided under two programs:
 - Those who qualify based on low income may receive monthly food supplements through the USDA temporary emergency food assistance program (TEFAP).
 - 3-5-day supplies of non-perishables along with milk, eggs, and other fresh food are available for emergencies to those referred by a social worker.
- 2) Neighborhood Sites offer food distribution around the county by volunteers who deliver groceries to low-income neighborhoods where the only question asked is "How many people in your family?" Some volunteers have been involved in this program for over 20 years.
- 3) Community Partners allows Food for Others to provide bulk food

items to 20 other community-based organizations serving at-risk residents of Northern Virginia.

- 4) The Power Pack Program (P3) provides weekend food for elementary school children, primarily children in the free and reduced-price meals program plus those referred by school counselors. This program has grown by over 100% in one year.

STAFFED BY VOLUNTEERS

All of the programs succeed through the willing assistance of hundreds of volunteers. Food for Others' full-time staff is small, but hundreds of volunteers support their efforts with countless tasks - direct warehouse distribution, driving to pick up donations at groceries, neighborhood site distribution, sorting, packing, and inspecting food and a myriad of other tasks. Rice explains, "Without our volunteers Food for Others simply could not operate. The volunteers include students who need community service hours, corporate teams, church teams, court-ordered community service workers, and other concerned groups and individuals." The organization's annual report lists 36 individuals who donated more than 100 hours of service last year.

A CARING COMMUNITY GIVES

Through the generosity of many groups, individuals, groceries, and restaurants, Food for Others has been able to sustain its mission for twenty years. Monetary donations last year totaled \$748,381.

Food donors range from the individual who picks up extra items at the grocery store to community food drives. Five food drives (Paul VI High School, Boy Scouts, GMU, St. Matthew's UMC, and ES Foods) brought in nearly 100,000 pounds and this year's Postal Workers Union drive exceeded 27,000 pounds. Still food donations were down last year by more than 230,000 pounds from the previous year. Every individual, group, or corporate effort makes a difference.

ONGOING CHALLENGES

While recognizing the tremendous support from the community, Food for Others must continue delivering the same message every day. The need never stops.

Food distribution occurs every day of the year and the supplies need to be replenished every day as well.

Rice adds, "We want people to understand the needs of the low- and no-income individuals and families in our area. The county is so rich to have this safety net for people, but which is dependent on donations of time and money to keep going. It is a community effort all the way around. We are extremely grateful to all who volunteer their time and to all who donate food and money."

Those who are able to offer time, food or money to help those in need can learn more at www.foodforothers.org. ❖

Make a difference when you donate food, money, time to Food for Others:

- ✓ Buy food at the grocery store and deliver to our warehouse weekly, monthly, or as you are able.
- ✓ Order food online (e.g. Amazon) and have it shipped to Food for Others weekly, monthly, or as you are able.
- ✓ Donate to food drives at your church or in your community
- ✓ Run your own food drive.
- ✓ Get your company involved in a food drive or special event.
- ✓ Make monetary donations – one-time or monthly with automatic payments from your checking account or credit card.
- ✓ Volunteer your time either as an individual or with your company, church, or club.

More details at foodforothers.org/action. Thank you for your generosity and caring.

Food for Others

Serving our neighbors in need in Northern Virginia with food assistance programs

198,534

Pounds of food distributed through P3 (FY2014)



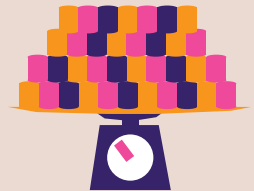
23,018

Times in FY2014 that FFO provided food at the warehouse for Emergency and USDA programs



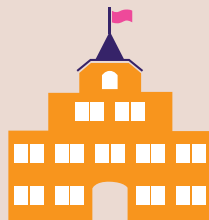
20

Years in operation



2,200,848

Total pounds of food distributed (FY2014)



24

Fairfax County schools served through Weekend Power Pack Program



9

Number of full-time Food for Others staff



16

Neighborhood sites served every week



500-600

Volunteers donating time each month



27,803

Times in FY2014 that individuals/families were served through the Neighborhood Sites Distribution Program



116,144

Total households served in FY2014

BY RICK MUNDY



WILL RUN FOR FOOD... *for Others*

The second annual Food for Others Tysons 5K is coming on Sunday, September 20 in the Jones Branch Drive area of Tysons. The event is held to raise money for Food for Others, a non-profit organization serving low- and no-income households in the Northern Virginia area, primarily in Fairfax County. (See the article on Food for Others on page 124.)

FOOD FOR OTHERS TYSONS 5K

"The Food for Others 5K was a great experience. My participation in the race not only helped families in need in the Fairfax area, it also helped keep me active and healthy. Win Win!"
- Kate Menda

**Food for
OTHERS
TYSONS
5K**

"The race was well-organized and the volunteers were so friendly - I look forward to coming back in 2015!"
- Stefanie Mikkalson



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The race is open to all and is an exciting opportunity for Tysons residents and corporations to come together and maybe become more of a community. Race Coordinator Sara Singmaster says, "We want folks to come meet others who live and work near each other in Tysons. Some should even consider this an excellent networking opportunity."

"We are also trying to make a personal connection to people in need right in our area. Many of us are so blessed in this area and this is a tremendous way to help others around us who need a hand."

Your registration fee is your donation to Food for Others. However, a never-ending challenge is to build/replenish the food bank so we invite all who come on race day - runners, volunteers, cheerleaders, families - to bring a food donation to the race as well. Food donations will be accepted at the 7925 Jones Branch parking lot where the race begins and ends and where there is ample parking.

Last year, for the initial race there were 200 runners and volunteers and \$9000 was raised for Food for Others which was outstanding. "It was a windy day, admits Singmaster, "but we received good feedback on the course which is a USATF certified 5K course, and everyone seemed to enjoy the day."

"We have received great support and involvement from sponsors and organizers."

They are so excited to make the race a success. Businesses are very interested and it's uplifting to see how they're ready to get involved: some will send teams, restaurants are giving food, several are donating money or services."

Visit www.foodforothers.org and click on "News and Events" to register. Use coupon code VIVA10 for a \$10 discount. The earlier you register, the lower the registration fee. Make plans right now to run. As Sara says, "We'll have lots of fun and help a great cause." ♦



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Photos by Candice Adelle Photography

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A Barbie doll in a pink dress is being held by a large, realistic-looking hand. The hand is positioned as if it's about to drop the doll. The background is white.

Karma for EX- HUSBANDS

BY JAN KING

There's a new epidemic sweeping the fiftysomething men in America. Nah—it's not impotence, although that probably ranks pretty high up there. It's a mental condition where a guy wakes up one day and is obsessed with ditching his wife and acquiring a real life Barbie doll. This behavior has become mainstream. Talk shows are swamped with sobbing wives telling the world about how their cradle-robbing husbands dumped them for girls who are half their age, half their weight, and half their I.Q.

But the good news for us gals is that there is never a happy ending for Ken, Sr. and his Barbie. What goes around comes around and Karma will eventually catch up with him. So, girlfriend, don't waste the rest of your life plotting revenge. He's going to get a lethal dose of it...without your help.

Bad Karma can come as a bigger surprise than Bruce Jenner's underwear drawer. Here are ten of the millions of possible Karmic paybacks for *that guy* who decides to dip his fishing pole in the Barbie pool.

1. His new Barbie wife comes with three kids *under* seven years old *and* a psycho-stalker ex-husband.
2. From now on, all intelligent conversation will consist of discussing the pros and cons of Kim Kardashian's bootie, the top ten lip glosses, and Justin Bieber's latest run-in with the law.
3. He will lose approximately five and a half years of sleep from having to get up every night at 3 a.m. to change diapers. This will be compounded by the simultaneous destruction of his olfactory lobes.
4. He will be forced to give up his beloved sporting events to attend countless Lady Gaga and One Direction concerts with Barbie and her BFF's.
5. He has married a girl who has no comprehension, whatsoever, of the phrase "home cooked meal."
6. For the remainder of his life, he will be mistaken for his wife's Daddy.
7. There will be many occasions when he'll come close to suffering a fatal heart attack from the exertion of snow-boarding, roller blading, and salsa dancing—not to mention the overwhelming odds from his frequent use of Viagra.
8. He'll be stuffing his paunchy belly into two-sizes-too small, low rider

Levis, resulting in multiple trips to the E.R. for crushed gonads.

9. After six months of marriage, his sex life will be deader than Brian Jennings' career. Barbie will be spending all her nights on the Internet friending every guy in her high school class on Facebook and Classmates.com while Twittering and Instagramming her 2,000 followers about the wonders of her \$1500 hair extensions.
10. He WILL get dumped in about two years for some hottie instructor in her gym whose only career goal besides targeting his abs is helping her attorney get a two million dollar settlement from you.

These Karmic predictions may bring comfort to millions of ex-wives. Of course, you won't become obsessed by them because you're mature enough to live with his decision. Oprah has convinced you to let go and let love...and let him have his day in the sun...in the 120 degree heat...in the desert...with no water...and no camel. Have a nice life, sweetie. ❖

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

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GM Emmett Gallagher and Owner Colm Dillon welcome you.

All who frequent Ireland's Four Provinces in Falls Church can attest to the warmth and charm they experience every time they visit. Indeed the 4P's, as it is more frequently called, presents a very congenial atmosphere where the servers and bartenders know you, and if you've been there a few times, they know your order and they know what you drink. One might say that the 4P's was Cheers before Cheers was a TV show.

This approach to customer service and quality dining is the impetus in adding another restaurant for owner Colm Dillon. Taking over Finnegan's Sports Bar and Grill in Herndon last November, Dillon wants to recreate a similar atmosphere to that which exists at the 4P's.

Wanting to provide the most inviting space, he closed for renovations for a few months. The venue is perfect but the emphasis on the sports bar needed to change. "When you go to an Irish pub in Dublin, you aren't there for television. It's about connecting with your fellow diners and having some great conversation. It's a time to catch up with your neighbors," says Dillon. The restaurant re-opened on March 8 as P.J. Mulligan's.

Although it has only been a couple of months, so far the restaurant has been ramping up slower than Dillon expected. "Lunch and happy hour are good," he admits, "but the evening and weekend business could be stronger. There are numerous corporations around the Woodland Crossing location, so daytimes are strong. In fact, we are the #1 restaurant in Herndon on Trip Advisor and we have great reviews on Yelp."

P.J. Mulligan's would like to be your favorite neighborhood restaurant, a classic Irish pub. The menu is somewhat different from the 4P's, although there is both Irish and American fare. The chef is French so there is more of a continental/European influence in the dishes. And they have over 30 wines and over 100 whiskies to choose from.

Local craft breweries are brewing their beers. Live music livens the place on Friday and Saturday nights, leaning more American than Irish.

"We have a great staff and terrific food that's priced right, just like Falls Church," says Dillon. "We are thinking of Mulligan's as the younger sibling of the 4P's, but it will be more modern and appeal to a younger crowd. 4P's has evolved from a smaller bar/restaurant into three very distinct serving areas of dining room, bar, and patio for outdoor dining. That is the same arrangement we already have at Mulligan's, plus it has a private dining room for special occasions.

Both restaurants pride themselves on the quality training they provide to the staffs. "Good training is an ability to make sure the guest is having the best experience they possibly can."

P.J. Mulligan's is simply not that far away from the Tysons area. The restaurant is just off of Sunrise Valley Drive, west of Fairfax County Parkway. It is 14 minutes from Tysons Corner, 16 minutes from downtown Vienna, and just 19 minutes from the 4P's.

Dillon wants to invite all to come and give P.J. Mulligan's a try:

"What's better than a dining experience where you already know something about the place when you walk in— a waiter, the chef, the owner, the people sitting next to you? If you don't know someone here, tell your waiter you know Colm. Once you come in here you will be part of the family. We believe that on your first visit you're a regular.

"Come and see us – we'll take care of the rest." ♦

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BY GRANT EPPLING

DEDICATED DELI-OWNERS

VivaTysons Worldwide Headquarters is located at 7921 Jones Branch Drive in McLean. There is nothing particularly noteworthy about the building. Six stories, innocuous façade, similar to hundreds of other office buildings around Northern Virginia.

Yet 7921 Jones Branch Drive has one defining characteristic, the D&J Deli.

Where would we be without the unwavering commitment of Chung and Mihui Choe?

This husband-and-wife team has worked tirelessly every Monday through Friday for the past 24 years to offer breakfast and lunch to the building's hungry workers as well as those of some neighboring buildings.

Their day begins at 6:30am when they start cooking and preparing for the early

arrivals. The deli closes at 4pm. The Choes are ALWAYS there. They don't take vacations, they don't need sick days. "We are strong," laughs Mihui.

Ever accommodating to please their customers' tastes, the couple serves up sandwiches, soups, daily specials and midday snacks with a smile. Mihui focuses on food prep and Chung at the cash register. "The customers are always nice. Some come every day. We are so happy working here," Mihui says.

What are their future plans? "Someday we'll retire from here. Then we'll see." ♦



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Become a Master Gardener

AT GREEN SPRING PARK

BY GIOIA CAIOLA FORMAN

What do a retired FBI agent, a proprietor of a Bed and Breakfast, a stay at home mom and a third grade teacher have in common?

They are all part of the Green Spring Gardens Master Gardening Program (GSGMGP). The program is designed to give participants a basic understanding of plant biology and physiology, taxonomy and identification. The students become familiar with types of soils, insects, plant diseases and practical gardening. They come with all levels of knowledge and they share and work together to complete the program and gain a strong foundation and a confidence to find answers.

The GSGMGP is sponsored by Virginia Cooperative Extension in Fairfax County, and supported by Green Spring Gardens and the Fairfax County Park Authority. Master Gardeners are volunteer educators who work within their communities to encourage and promote environmentally sound horticultural practices through education and training, sustainable landscape management practices and for the Master Gardener (MG) to serve as stewards of the environment and community.

To qualify to become a MG there are attendance requirements and several out-of-class assignments. The students have a text book with assigned readings, two "open-book" exams and fifty

Green Spring Gardens

Green Spring Gardens is a Fairfax County Public Horticultural Park dedicated to the preservation and interpretation of the area's horticultural, historical and natural resources. It has thirty-one acres where visitors are invited to stroll along a quarter mile brick walk and explore more than twenty different gardens. It houses two ponds, a wooded stream valley and diverse wildlife. It has a renovated eighteenth century historic house that was built in 1784. You are invited to visit this unique park at 4603 Green Spring Road, Alexandria, VA, 22312. www.fairfaxcounty.gov/parks/greenspring

hours of volunteer projects. They are a group of people who share the same passion for gardening. Susan Voss, a former lawyer from Vienna, has been a Master Gardener for years. She says she became a MG to meet other "true" gardeners and the training and continuing education has been the most helpful aspect of the program. The ages of participants vary as do the reasons for joining. There are many newly retired people looking for something different to do and to keep their brain active. People often join with friends. A young mother from Springfield, trained as an engineer, says she became a MG to start learning for herself again. "Now that my kids are getting older and I am no longer needed at their schools for volunteer work, it was time to spread my passion for gardening." The training is done by experts in given areas. Topics include entomology, pruning, native plants and invasive plants, landscape design, soils, propagation and more.

One intern acknowledges she is very shy and is delighted with her new popularity. She is being sought in her community and at dinner parties to answer gardening questions. Everyone seems to have lawn or shrub concerns. In addition to each of the student's having a unique knowledge base, personal gardens are as varied as the students. One MG has hundreds of acres, another has a balcony garden, a few have townhouse gardens.. There is a mantra that everyone learns to appreciate early in the classes "Right Plant, Right Place". You don't learn everything but you do learn how to find the answer to gardening questions. MGs study the theory of gardening and the best practices to appreciate less lawn, more plants, and an appreciation of native plants to encourage birds and butterflies.

If you are interested in the Green Spring Master Gardening Program and want additional information contact Pamela H. Smith, Community Horticulture Program Coordinator, pamelasmith2@fairfaxcounty.gov., 703-642-0128. You will learn how to bring nature home. ♦

AUTHOR: Gioia Caiola Forman is an intern in the GSMGP. She comes from a long line of gardeners. When her grandfather immigrated from Italy he brought with him tomato seeds that he planted on the fire escape in his New York City tenement house.

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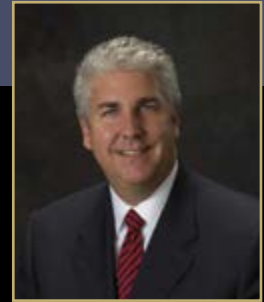


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OAKTON, VA

\$748,000

This stunning three-level colonial is located in the heart of beautiful Oakton. Terrific upgraded kitchen with granite overlooks the breakfast area and a large sunroom with sky lights and wall-to-wall windows. Perfect family room with a woodburning fireplace with built-in cabinetry surrounds. Master suite with a private bath and this charming home has a total of three full baths. Fun lower level with billiards area, bar, fifth bedroom and recreation room with French doors to private patio and fenced rear yard.

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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.

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MCLEAN, VA

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Classic architectural details and timeless elegance distinguish this gorgeous brick residence, constructed by renowned local builder Eugene Cullinane. The highest craftsmanship is evident throughout the home's three levels of gracious living; which are enhanced by a well-designed floor plan, lofty ceilings, extensive millwork, beautiful hardwood floors, oversized Palladian windows, French doors and six fireplaces. The beautifully appointed main level interior presents spacious gathering rooms, a renovated gourmet chef's kitchen, an office/library with built-ins, a sun-filled living room and a formal dining room off of kitchen. The upper level features four spacious bedrooms-each with an ensuite bath-including the spectacular master suite with a spa bath and his & her walk-in closets. Ideally located off of a private drive, this home is minutes from downtown Mclean and Tysons Corner, is convenient to major travel routes and is an easy commute to downtown DC.

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FALLS CHURCH, VA

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This lovely and gracious home, built in 2006, boasts 11 foot ceilings on the main level and 10 foot ceilings throughout the remainder of the home. The gourmet kitchen is complete with a spacious kitchen dining area, top line appliances, granite, and stunning hardwood floor. You will operate in full function with 2 dishwashers, 2 wall ovens, 2 beverage and wine refrigerators, an automatic ice maker and wall-in pantry and mud room. The 4 fully finished levels include 3 fireplaces, a bright and fresh basement complete with an exercise room, media/music room, additional guest area with a full bath, an entertainment bar, a cellar room to store up to 350 bottles of your favorite wine, and of course... storage galore. Offering 6 bedrooms, 5 full, and one ½ bath, this family friendly home is truly in move-in condition.

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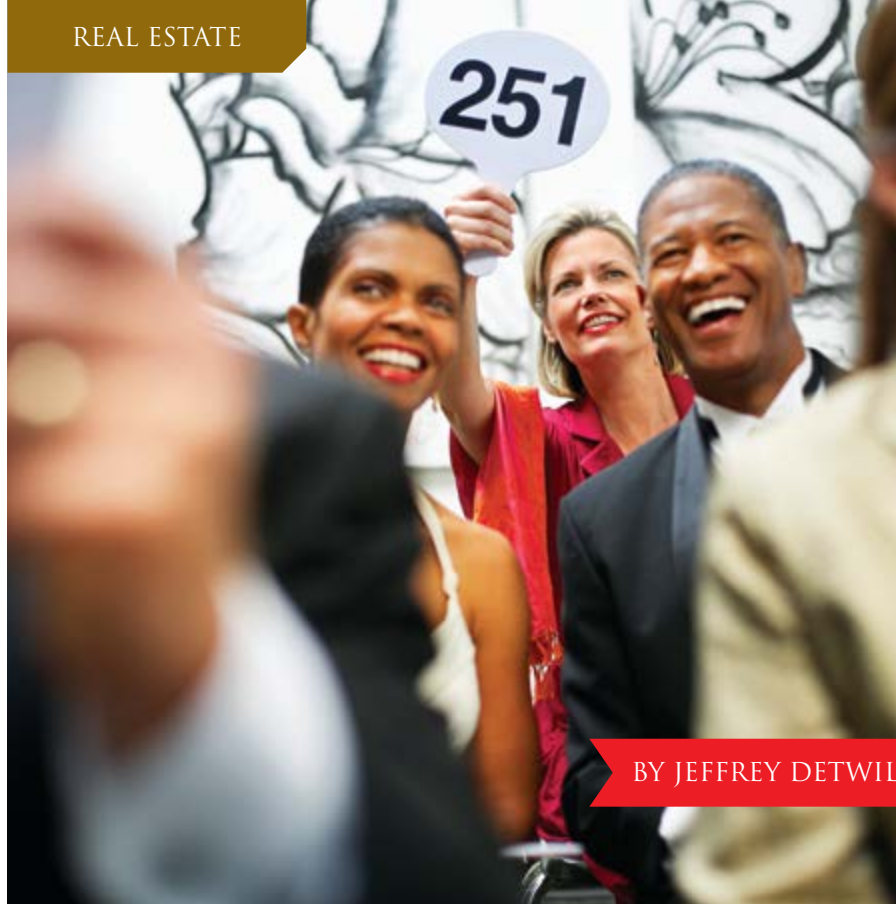
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GREAT FALLS, VA

\$1,497,000

This charming property offers architectural, historic and archeological charm dating back to 1764. Sited on nearly 2 acres with public water and public sewer this home offers the buyer the opportunity to expand on the captivating personality already in place or imagine their own estate. The home has been expanded over the years and offers 4 bedrooms, each with its own en-suite bath. All bathrooms have been remodeled with marble, stunning tile, and delightful design fixtures. The same holds true for the kitchen, granite countertops, new stainless steel appliances, wood floors, all with access to a lovely deck overlooking the landscaped grounds and pool.



BY JEFFREY DETWILER

Let the Bidding BEGIN!

REAL ESTATE AUCTIONS ARE A GROWING TREND FOR RESIDENTIAL SALES

Looking for a new way to sell your home? Have you considered offering your home at auction? This approach can result in a short sales cycle and the opportunity to maximize the final price in some cases. Homeowners working with their Realtor can choose to sell their properties via simultaneous live and online auctions—a growing avenue for properties of all price ranges, from an affordably priced condominium to a high-end luxury home.

Other properties might include farms and ranches, vacant land, commercial properties, including retail and office space, as well as real estate-owned (REO) properties.

WHY AUCTION YOUR HOME

If you're looking to sell your home or an investment property in a set time period, an auction might be the way to go. With auctions, you, as the seller, control the day your property will be sold. Working in coordination with your real estate agent and your

auction representative, you will choose the best date for your auction—usually within 35 days of listing—and decide if it will be a live or online event (or both).

In addition to controlling the sale date, you can set a reserve price on your property, so it will sell only if that amount is met during the auction. Properties are also auctioned “as-is, where-is” and without contingencies, which means there are no negotiations to further delay the transaction. Additionally, closings generally occur within 30 days after the auction, getting you from listing to closing in just a couple months.

HOW THE AUCTION PROCESS WORKS

Once you and your agent have decided to auction your home, you will connect with a representative from the auction team. You and your Realtor will then work hand-in-hand with your auction sales manager to review the property and discuss your sales goals. From there, you will set the date for the auction, determine what type of auction (online, live or both) and begin promoting the big event.

In the weeks leading up to the auction, the auction team will market and advertise the event in coordination with your real estate agent. There can also be opportunities for prospective buyers to tour your property during open house events—all of which are set to work around your schedule. The day of the auction, prospective buyers can again view the property and an auction will take place either live at the property, online, or both online and in person.

FIND OUT MORE ABOUT THE AUCTION PROCESS

Interested in learning how an auction might work for you? Contact the Long & Foster office nearest you or find a Long & Foster sales associate online at LongandFoster.com. You can also learn more about worldwide real estate auctions from Williams & Williams, Long & Foster's auction partner in the Mid-Atlantic and Northeast. Visit WilliamsAuction.com for more details on Williams & Williams. ❖

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. From extensive, neighborhood-level market information to Long & Foster's core services companies, providing mortgage, settlement, insurance and property management services in a streamlined manner, Long & Foster offers the services necessary to make today's real estate transactions manageable for owners and investors.

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BY LAUREN SIMMONS

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BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*



DEAR COACH AMY,

I am a 45 year old woman who has never been married. I must be unlucky in love because I keep picking men who do not treat me right and are very demanding of me. My last boyfriend was cheating on me with another woman. Am I doomed to keep meeting losers and have miserable relationships?

Warmly,

Disillusioned in Denton

relationship, you will be more inclined not accept anything less!

2. What matters most to you? What are your key values that must be honored in a relationship? Would you include respectful, trustworthy and honest people in that list of values?

I am curious if your ex-boyfriend lied to you and hurt your feelings early on in the relationship and you just forgave him several times instead of breaking up.

3. What are your relationship deal breakers? Write them down. Which ones came up for you in your last relationship? What behaviors did you tolerate in your past relationships that when you look back, you realize you shouldn't have? What do you vow to not accept for the next one?

This is all about setting boundaries and not tolerating disrespectful behavior by any man. When you set your expectations to be treated like a lady and with respect, then you will keep yourself safe by only dating men who demonstrate that they are truly gentlemen.

4. What are the reasons someone would love you? Think about how your friends and family love and appreciate you. Do you see yourself as lovable?

It's important to focus on what you have to offer to a relationship and

NOT all your faults or shortcomings (we all have them!). You are a worthwhile woman deserving of love. Do you truly believe this?

When my clients get clear on WHAT they want for their life and WHO they want in their life, then they have something tangible to hang onto to—this is your handle. And you need this in the turbulent dating waters.

So when a sweet-talking guy comes along and you notice he does not meet your criteria AND his actions are not consistent with his words, then RUN the other way!

Last you need a support system so in a weak moment you have a lifeline. For my clients they seek out their supportive friends, family and me as their coach!

You are still young enough to get love right! The past is there to teach us how to make better choices for ourselves. To take what you have learned and work on making better decisions for yourself.

And I don't want you to feel that you are being judged poorly. Many of us have been there, myself included!

If you follow my process, you will find that next time you will choose a much better life partner or mate. Trust in yourself!

Intentionally yours,

Coach Amy ♦



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



DEAR DISILLUSIONED,

I am not a therapist and would not dream of analyzing your past childhood or your parent's relationship or why you choose men who don't treat you with respect or good intentions. However, as a life and relationship coach, I recommend you ask yourself the following questions:

1. What do you want for your life?

What kind of partner relationship do you seek? I recommend you describe that as vividly as you can. And what attributes do you seek that can provide a fulfilling relationship for you?

When you get clear about what you want for your life with a significant

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"Martin was everything we could have asked for in an agent; **knowledgeable, friendly, accessible and always looking out for our interests**. One of our biggest fears was having a "pushy" agent that would pressure us into buying a home we didn't really like. Martin **never once pressured us** into a purchase, and in several cases actually recommended against making a purchase based on concerns over the resale value. He also was fantastic at letting the purchase be our decision – he never told us what we "should" want, and focused instead on providing us with information to facilitate our ultimate decision." Jason & Shannon Tiezzi

Kevin's **knowledge and personal experience of the local community** were invaluable in marketing the property. He explained every detail in the process and there were no surprises. Most importantly, the house was **sold in a very few days** at the agreed sale price. Thanks Belt Team for a job well done." Wes Kriebel

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"Tom really knows the Northern VA area & understands the market very well. Additionally, he is a very pleasant person, very affable & **responsive**. The Belt Team runs a tight ship and **made what is usually a daunting & intimidating process very painless**. That is no small feat! We had to initiate our process from overseas & Tom was able to facilitate many steps for us. We would happily use their services again and highly recommend them to any buyer or seller." Faris Hadad-Zervos & Monica Larrieu

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BY RICK MUNDY

A CERTAIN SENIOR *Joins the Technology age*

Generally we follow the age-old maxim that reporters don't make the news, they report the news. (Of course Brian Williams never heard that maxim.) However, we're bending the rule just slightly for this piece. And technically it's not about me but my mother.

Ethel Mundy turned 95 in December 2014. She continues to live alone in York, Maine in the house that she and my now-deceased father bought 35+ years ago. She hopes to live in that house for the rest of her life. She walks daily, is in excellent health, and got her driver's license renewed last year so she's still driving and is quite independent.

Born in 1919, Ethel has seen and lived through incredible changes in the world. Never mind video games or cell phones; when she was born there were no televisions or computers! People got their news from the newspaper or via radio broadcasts or even at the movies. (Ask your grandparents about news reels.) Telephones were just coming out with dials, and the people communicated with handwritten notes or letters typed on a manual typewriter.

Before the technological boom of the last fifty years, life moved a bit more slowly and that was just fine with Ethel. In fact, even during the last fifty years, she didn't see much reason to change too much. She was a registered nurse and worked for both a hospital and a private school in that capacity, but during her career, reports were still hand-written so she didn't ever learn to type. She finally got a cell phone a few years ago, but that was mostly so her kids would worry about her less.

Last Christmas we decided it was time for her to enter the modern age. As her children, grandchildren, and great-grandchildren migrated around the country, we felt a computer could be an easy way to share photos and news with her.

And what's this? AARP announced the availability of the RealPad, a tablet created with seniors in mind. We ordered through the website and ended up with orders for three RealPads instead of one. Obviously there was nothing straightforward about that process and that should have been our first clue that this would not be simple. Ultimately canceling two, Christmas arrived as did Ethel's new toy. She was excited and determined to learn.

Next a little training. Visiting her in Maine, we sat and demonstrated Facebook and Gmail, but it was obvious that she would struggle. Every button, every key stroke was a new adventure and the language made no sense because she had never needed to learn what Google was, or a button, a cursor or a home page. In fact the first email message she typed was Hellodickhowareyou? I am not making fun. Never having typed she didn't automatically think about needing to use the space bar.

That minor issue was resolved immediately, but one of the most frustrating parts of the whole process was that the developers of the RealPad, apparently thinking they were clever, didn't use words, just symbols to represent various actions. Thanks, RealPad! This meant that she would get stuck on a page, not knowing what to do next, and terribly afraid that she would break something if she made the wrong move. Phone calls between Maine and Virginia were not a satisfactory way to resolve those issues.

A couple of weeks later, her grandson, who lives just an hour from her, provided some excellent input. Then last month our daughter, who is possibly the most tech-savvy in the family, showed Ethel more when she visited us in Virginia in March. Suddenly she is emailing regularly and worries when she gets a bounce-back. She doesn't want anyone to think she is ignoring them. Today I noticed she had even liked someone's Facebook post.

It's been said that you can't teach an old dog new tricks. Apparently Ethel Mundy is still a young pup. ♦

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BY HUBIE CRAM

Marcie Lee

HAVING FUN IN LIFE BY LOVING PEOPLE

Marcie Lee's mother lived at Fort Belvoir and never drove in her life so Marcie was always helping her with rides – to the doctor's office, to buy groceries, or for other shopping. Then Mom retired and moved to Florida.

After Mom moved, Marcie says, "I would see women standing at a bus stop with shopping bags and would offer them a ride. I think of it as making a deposit for the future. Would you believe my mother called and told me that ladies would stop on the street all the time and offer her a ride?" Then she read several articles about the Shepherd's Center of Oakton-Vienna (SCOV) and started receiving their newsletter mailings.

Shepherd's Center had a dire need for drivers to help seniors get to appointments or the store, so in 2009 she signed up. "It was a way to honor my mother and to keep her in my mind.

"I love to do the drives. They are mostly for trips to the doctors, but I help wherever they need me. I feel that if I can give them a good experience, they might feel better about themselves or their day, especially if they have a challenging doctor visit. I carry CD's in the car and try to figure out the personalities of my passengers to provide the right music. I also take the car to the car wash the day before and maybe brush out the inside. I make sure there's an air freshener. I treat each ride as if it's my mom.

"I want people to be happy with my rides. My objective is to be a blessing and be blessed. And it always works.

"Shepherd's Center is the absolute best organization I've ever worked for because we're all a bit older, having gone through the ego battles and power trips. Everyone is wonderful." She was honored to be nominated for Fairfax Volunteer of the Year, and although she didn't win, "just to be nominated was tremendous."

Marcie Lee has always volunteered because she feels it's important to give back to the community. In earlier years, the volunteering centered around her children's activities.

She volunteered with Cub Scout Pack 152. At one point, they did not have a cubmaster so she asked to do it. She was told that women could not be cubmasters. "Well I made a scene and I was cubmaster for the next six years," Marcie laughs. "Whenever schools would put out a call for parent volunteers, I would do what I could. I have a need or it's in my nature to help, I guess. It's something I do. I was brought up on a farm (Valley Lee, Maryland), and if a neighbor needed help, everyone came to their aid.

"I had five children, now all grown. Every one of them is a delight. They are out of my hair, out of my house, but never out of my life. I wouldn't let them."

When she's not volunteering Marcie does gardening for others, planting, mulching, etc., mostly for elderly folks who can use some help.

Twelve years ago, she and her daughter had a neighbor who was ill, so they started sneaking into his yard, weeding and trimming. It quickly became a business as people kept asking what she charged. The Garden of Weeden was born. Marcie has a rototiller, a chain saw and hand tools. The job might be regular maintenance or working for someone who has neglected their yard. She has a regular following.

She believes that "every situation is a chance for me to be a better me, another opportunity to learn and be blessed." As a young adult she was very committed to the civil rights movement in the country. Although she was a peaceful protester, she was arrested three times for inciting riots. The movement was very dear to her heart as she cares deeply about equality for all.

"I'm always looking for the opportunity for personal growth," Marcie says. "I call it the evolving of the soul." So whether she is volunteering as an assistant coach for Special Olympics basketball or helping a neighbor with their latest problem, Marcie Lee confesses, "I just do what I have to do. I have so much fun with life because I love being with people. Life is all just an adventure." ♦



ASK THE HEARING EXPERT

With Dr. Ana Anzola, Chief Audiologist at
Ascent Audiology & Hearing in McLean, VA

Q Several people have commented about my hearing not being too good lately. My husband keeps telling me to turn the TV down, and my son complains that I keep asking “what?” when I talk to him and wants me to get my hearing checked. To tell you the truth, I have noticed that I’m having trouble following conversations in noisy restaurants. Do you think I need hearing aids? - *Franny P., McLean*

A It is impossible to know if you need hearing aids without testing your hearing first. Your difficulty hearing could be due to something as simple as wax buildup in your ear canal. If that’s the case, we can remove the wax with a painless 10-minute procedure right in our office and have you hearing normally again immediately.

Hearing difficulties may also result as a side-effect from certain medications, from allergies, viruses or diseases, or an infection in the ear canal.

A hearing test will help us identify the source of your hearing difficulty and whether it is temporary (and completely curable, as in the examples above) or permanent.

If you are experiencing permanent hearing loss, a hearing test will accurately pinpoint exactly which frequencies you’re having trouble hearing, and guide us to an appropriate solution.

From your question I detect some hesitation about needing hearing aids. In my practice I assure you that I see this every single

day. Patients often tell me they don’t want to look old or have people see them as impaired.

The great thing is that today’s hearing aids are so small that others can hardly notice them. We even have “invisible” hearing aids that fit right into your ear canal where they can’t be seen at all.

Your hearing connects you to other people and to the activities you love. It is simply too important to ignore while your hearing deteriorates further. Uncorrected hearing loss is linked to dementia, depression, anxiety, social isolation and lower quality of life, which are all preventable with corrected hearing.

I urge you to have your hearing tested as soon as possible. My practice is offering complimentary hearing screenings for the first 32 Viva Tysons readers who schedule an appointment before August 31, 2015. Please call (703) 942-8110 to schedule your appointment.

Do you have a question for Dr. Anzola? Email her at ana@HearingAidDoctors.com ❖

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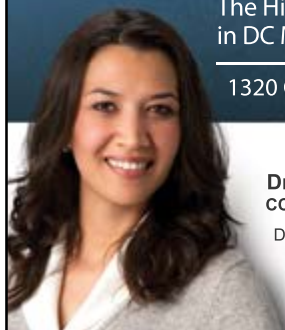
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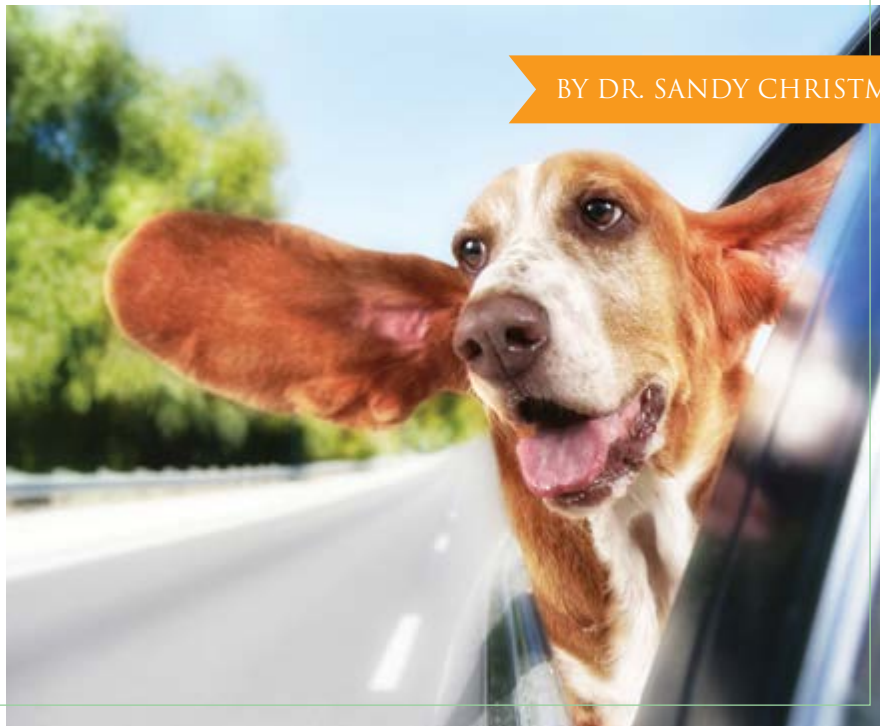
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BY DR. SANDY CHRISTMUS

CAR RIDES WITH YOUR PET

Q: We recently adopted a young adult dog from a local rescue group. His name is Condé, and we love him. Our concern, though, is that he drools and sometimes vomits when he's riding in the car. What can we do for him? —*The Torre family, Vienna, VA*

A: Congratulations on your new addition to the Torre family! A common stereotype is happy dogs that stick their heads out the car window, ears blowing and with a big goofy look on their faces. Some dogs, however, are terrified of the car or of movement they're not controlling. Some, like many people, experience motion sickness. Some pups develop the fear of becoming sick because it happened before.

The first step in figuring out how best to handle Condé's problem is to determine the cause for his drooling. If he is happy to get into the car and happy as you leave, but over time he salivates and gets quiet and sullen, motion sickness is more likely his problem. Many dogs with motion sickness vomit on a car ride, but some just slobber or get nauseated and quiet. Dogs with anxiety, on the other hand, are visibly anxious (tail tucked, ears down, furrowed brow) about being in a moving or parked vehicle, and some are nervous even walking near the car.

Dogs with motion sickness should be treated early, because without treatment, the problem often worsens. In many cases, motion sickness turns into an anxiety-related problem, because these dogs associate the car with nausea and vomiting. The best treatment for motion sickness is to take your pup for very short rides with no food in his stomach. Even a trip around the block is great, especially if Condé doesn't show any

signs of nausea (drooling, lip smacking, increased swallowing, etc.). If he does, he should be distracted and massaged, so he's relaxed and not worried about his nausea. This job requires two people; one to massage and calm him, and the other to drive safely. Once you're finished with the short drive, get out and play with Condé, take a walk, and generally have fun. Next get back into the car and take the short trip back home. Do this daily, if possible. Even several times a day isn't too much. Lavender oil has a calming effect on dogs and people, so try putting a few drop of essential lavender oil on a cloth and keeping it in the car. Slowly increase the duration of the drives over several weeks of short drives, massaging, playing, and lavender oil.

Many dogs can "learn" not to get nauseated during car rides. Some, however, will have the problem regardless of training. Some of these patients improve with a pre-trip dose of Benadryl, Dramamine, or other antihistamine. For others, veterinarians can prescribe an excellent anti-nausea medication called Cerenia (maropitant) to be given before a trip.

We can use desensitization techniques on dogs that show signs of anxiety or fear, rather than true nausea. We slowly introduce such a patient to the fear-inducing thing, but we limit exposure, to avoid any reaction from the dog. When dogs are slowly introduced to the thing they fear, they can learn that it's not necessary to react in a frightened way and that they are safe and protected. Some patients with severe anxiety benefit from medication to relieve their fears, to help them learn a new, calm behavior. If severe anxiety is the issue, talk to your veterinarian about drugs such as alprazolam, clomipramine, or other anti-anxiety or antidepressant medications. As mentioned, lavender oil on a cloth in the car or on a bandana around the dog's neck can help calm nervous pups, too.

The first step in desensitizing dogs with car-trip anxieties is to determine at what point they're first showing signs of worry before a trip. Look for a dropped or tucked tail, ears laid back, a change in personality, or reluctance to move forward. Some dogs get anxious only when the car is moving, while others show signs of anxiety even getting near the open car door. Once you determine at what point the dog gets nervous, the next



step is to do all the things leading up to the car trip, but stop one step before the anxiety is generated. For dogs that are anxious only during movement, prepare for the trip, including closing the car doors and turning on the car, but then sit in the driveway while giving treats to the pup, playing games, even feeding a meal, as long as the doggy shows no signs of anxiety. After a few minutes, turn the car off and get out and play. In this way, you are positively reinforcing calm, comfortable behavior, and the dog isn't being pushed to the point of being fearful.

For dogs that are nervous about getting within five feet of an open car door, open the car doors like you're going to leave, and walk the dog up to about eight feet away. Have him sit and give him treats. Move a little forward and back, giving treats the whole time, as long as he's not anxious, but don't move closer than eight feet. Do these exercises daily.

After a few days at this step, move closer to the car each day, until the pup will get into the car without anxiety. Next drive one block, giving treats the whole time, and then get out and play. Get back in the car and go home. Slowly extend the trips.

For the more anxious dog, move to five feet from the car, and if she's showing no worry, give treats and walk around near the car, but not closer. Move closer each week until the dog will get into the car without anxiety and then follow the steps above. Desensitization often works because we do not push anxious dogs to the point of showing any signs of fear and we positively reinforce calm behavior with treats, food, play time, and toys. The goal is to add another step to the car trip slowly, over time, until our furry kids are calm, cool, and collected during routine car rides. If all else fails, some dogs benefit from medication to quell their fears and allow them to learn a new, better way to behave.

I hope this information makes Condé a better passenger. Be sure to talk to your veterinarian, too, about how best to help your buddy. ❖

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

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BY CHARLES S. DONNAVAN

VA WALK FOR *The Animals*



Sunset Pet Services, Inc. in Alexandria is known for understanding how loved and important your pet was, which is why its staff will take every step to help make putting your pet to rest a smooth transition.

The company cares deeply about animals and wanted to do something that shows its compassion and devotion to the four-legged friends. Tina Carp, manager of Sunset, came up with an idea to hold a 5K walk/fun-run that would benefit several animal organizations in the area.

"We had been talking about ideas to bring the community together and do something animal related and help some worthy organizations, so I went to the owners with this idea," Carp says. "We had some employees who participated in similar events and they agreed it would be a worthwhile endeavor."

Before committing to sponsoring the race, Sunset's owners wanted to make sure there would be enough participants, so Carp sent out a query to many of the

veterinarian offices in Northern Virginia to gauge their interest.

"I sent out questionnaires to all the vet offices that we worked with and told them we were thinking of something like this and asked if they would be

interested in competing and asked their opinions on who the race should benefit," she says. "Overwhelmingly, the response was positive, with many saying they would take part, either by running or walking the race."

So, the decision was made to hold the race on Sept. 26 at Burke Lake Park, with all proceeds going to benefit Veterans Moving Forward and HART (Homeless Animal Rescue Team).

Veterans Moving Forward in Alexandria provides service dogs and canine therapy services to veterans with physical and mental health challenges at no cost to the veteran. It also offers employment opportunities for veterans and partnerships with service-disabled, veteran-owned small businesses to leverage the talents, skills, dedication and commitment of veterans to support fellow veterans in all aspects of operations.

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"Veterans Moving Forward is truly excited to be part of the 5K fun run hosted by Sunset Pet Services," says Pam Moulder, VMF's executive director. "What a great opportunity to have some fun while helping our veterans. Support from the race will help VMF continue our mission of providing service dogs and canine therapy services to veterans with physical and mental health challenges. Events like this also help to 'get the word out' about service dogs and the wonderful gift of independence that they can give. I encourage everyone to come on out and run with us!"

HART is a non-profit 501(c)(3) no-kill animal rescue/support group, incorporated in 1990, that takes in and rehomes abused and unwanted dogs and cats. HART works with local veterinarians, trainers, foster homes, and kennels to provide temporary care for the pet until he or she is placed in a loving, carefully-screened forever home.

"These were the two organizations most mentioned and when I asked them about it, the response was very positive," Carp says. "Everyone involved is really

looking forward to the event and making it as strong as possible."

Although plans are in the early stages and an official name for the race hasn't been decided on yet, Carp expects about 200 will come out this year and many of the veterinarians involved are also going to man booths for pet lovers to gather information.

"Pets are allowed and encouraged but must be on a leash," Carp says. "This isn't a race. People are invited to walk and meet their fellow pet owners and have a good time."

Looking ahead, Carp envisions the event to grow every year, but just wants to make sure this first one goes off without a hitch.

"There's a lot that goes in to putting something like this together and we want to do it and do it well and as the years progress, we're hoping to grow," she says. "Sunset is excited to do something worthwhile and help to raise awareness for these two important groups." ♦

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BY MARCIA MCALLISTER

Travelers hustle to catch Silver Line train in Tysons Corner.
Photo by Joseph Romeo Photography.

PHASE 1 RAIL COSTS RISE; RIDERSHIP CONTINUES TO GROW TOLLS TO REMAIN STABLE THROUGH 2018

There is still finishing work to be done on the Dulles Corridor Metrorail Project in Tysons Corner.

Ridership continues to build at the four stations, with the Tysons Corner Station continuing to attract the most riders.

However, the Metropolitan Washington Airports Authority reports that ongoing work along Route 7 will continue to cause some traffic delays, including lane closings day and night, for months to come.

In addition, the project is committed to improving the intersection of Old Meadow Road and Route 123 near Capital One.

The Airports Authority announced in April that the estimated final after close-out costs for Phase 1 will be \$2.982 billion, a

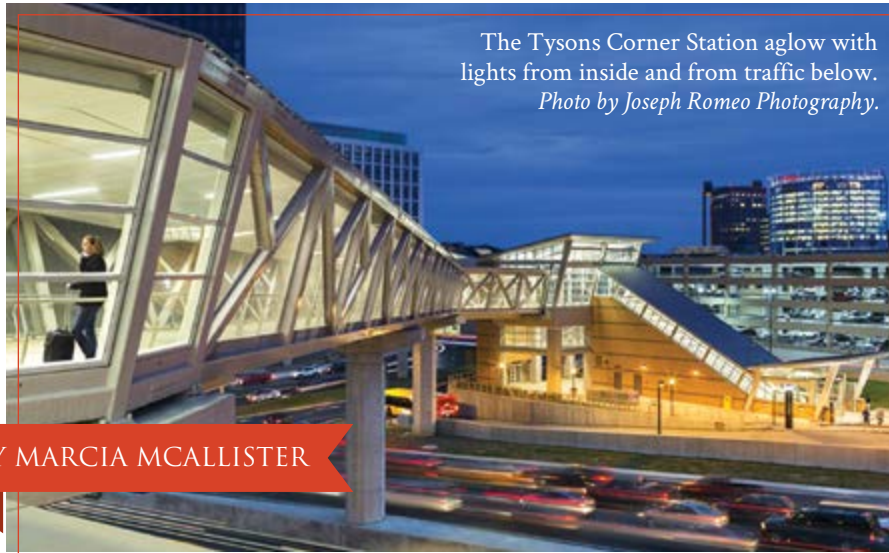
number that is below the federally approved budget for Phase 1. That's about \$76 million above the previously estimated cost.

The cost increase will not affect tolls on the Dulles Road which will continue at current levels through 2018 as previously stated by the authority. Tolls are a major source of funding for the rail project.

The majority of Phase 1 work is to be completed by the end of this year. Also, the 64 new rail cars funded by the project to expand the Metrorail fleet will arrive by then. These cost a total of \$189.4 million.

All close-out work should be completed in 2016. Phase 1 opened in July 2014.

The Authority also announced that it has reached a global settlement with the Phase 1 contractor. For details visit www.dullesmetro.com. ♦



The Tysons Corner Station aglow with lights from inside and from traffic below.
Photo by Joseph Romeo Photography.

BY MARCIA MCALLISTER

PHASE 2 OF SILVER LINE COMPLETION DELAYED

STORM WATER MANAGEMENT CHANGE A FACTOR

The Silver Line will be later getting to Ashburn and Dulles Ashburn that had been predicted.

Metropolitan Washington Airports Authority officials announced in April that the second phase of the rail project from the terminus of Phase 1 at the Wiehle Avenue station on the eastern edge of Reston through Herndon, Dulles Airport and west to Ashburn in eastern Loudoun will not be completed until 2019.

The project is behind schedule for several reasons, including more than 150 design changes from the contractor Capital Rail Constructors.

One of the biggest impacts will come from the authority's decision to build Phase 2 in compliance with the latest regulations to clean up and preserve the Chesapeake Bay. The project will now build storm water management facilities that not only capture and hold storm water, it will capture and hold and create wetlands where plants will clean the

storm water runoff before it is allowed to flow back into tributaries.

"It is the right thing to do for the environment," said project director Charles Stark.

In addition, many design changes to Phase 2 had to be made because of the multiple modifications that were made to improve safety and reliability during the final months of Phase 1 construction.

Officials said this impacted schedule. The costs of these changes are anticipated to be covered by the Phase 2 contingency budget of \$550 million.

Construction of the Silver Line is one of the largest public transportation construction projects in the nation. It is managed by the Airports Authority and is being built in partnership with Loudoun and Fairfax counties, and the Commonwealth of Virginia with some financial assistance from the federal government. It will be transferred to the Metropolitan Washington Area Transit Authority to operate after completion. ♦

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FOCUSING ON *the Silver Line Positives*

Dulles Rail communications team member Whitney Wynn focuses on the positive economic impacts of the Silver Line as part of a tour of Northern Virginia by transportation leaders from states including South Dakota, West Virginia and Kentucky. Here, atop the parking decks at Tysons Corner Center overlooking Tysons Corner Metrorail station the group learns about development being sparked by Silver Line station construction. Rail project staff participated in the May 11 event that was organized by the Virginia Department of Transportation. ❖

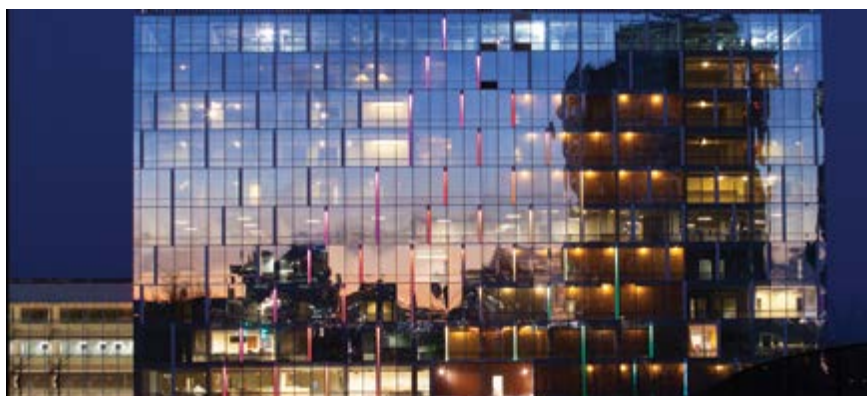


TOUCHING HEART *Presents Charity Event*

In June, Touching Heart held their 4th annual Joy of Giving Golf Tournament at Creighton Farms Country Club, raising money to support the programs of the organization.

Touching Heart (TouchingHeart.com) programs are focused on how to enlighten, excite, and educate children about how they can experience the true joy that comes from helping others in need. Young leaders have the unique opportunity to choose their own fundraising event, create a budget, solicit donations, organize volunteers and above all, experience the joy of giving! ❖

Pictured at the event are Touching Heart Founder Helen Yi, Advisory Board Member Darrell Green, and Executive Director Liz Reinhardt.



WASHINGTON REIT'S SILVERLINE CENTER *Offers Parking for Metro Riders*

Washington REIT, which has just completed a \$35 million external and internal renovation of the 526,000 square foot office complex at 7900 Westpark Drive, signed an agreement with Fairfax County last fall to offer 100 parking spaces in its underground garage to Metro commuters. Now that building renovations are complete, the

company wants the public to know about parking space availability.

"We are pleased to provide more commuters with easy access to Metro as Tysons evolves to become a more walkable urban center," explained Anthony Chang, Senior Director at Washington REIT. "Our newly

renovated trophy class building, with office space now available for lease, is just three tenths of a mile from the Tysons Corner Metro station – a seven-minute walk." In addition, he noted, the Fairfax Connector route 423 bus runs between Silverline Center and the Metro station.

Spaces are available on the P1 level of Silverline Center seven days a week. Commuters pay \$1 for the first hour, \$4 for three hours, or a daily maximum of \$5. Monthly passes are available for \$50. The garage is located next to the McLean Hilton, about a half mile from Tysons Galleria, with easy direct access to the Capital Beltway and Route 123.

Washington REIT is one of two private office property owners near the new Silver Line Metro stations in Tysons to offer interim parking to commuters under agreements with Fairfax County. When Silverline Center is nearly fully leased, commuter parking will no longer be available. ❖



YOU + ART INSTALLATIONS *in Tysons*

Starting June 25 until August 3, 2015, Tysons' residents, workforce, and visitors will be able to see responses from 1,000 participants displayed in two public art installations located at Greensboro Green and Tysons West and the responses will be illuminated in LED lights on the exterior of the Silverline Center building. "The objectives of the project are to raise awareness about the arts, share community opinions in an innovative way, enhance place making, and to gain insight about interest in future arts amenities in Tysons," said Linda S. Sullivan, president & CEO, of the Arts Council of Fairfax County.

If you missed the Tysons Tiles trolley you will still have a chance to participate by visiting <http://tysonstiles.artsfairfax.org>. To find out more about the arts and culture in Tysons visit <http://artsfairfax.org/map/imagine-art-here>. ♦

NEW OPENINGS

Caboose Brewing Company – Vienna

Sustainably sourced and locally focused, Caboose Brewing Company keeps in close contact with local farms and artisans to provide the freshest ingredients for our dining experience. Now open in Vienna, this new spot is likely to become a community staple with their expansive beer and food menus. 520 Mill Street, NE, Vienna (at the end of Mill Street) 703-865-8580 www.caboosebrewing.com

Istanbul Blue – Vienna

If you're searching for authentic Turkish cuisine, look no further than Istanbul Blue, the latest in the Vienna culinary scene. With dozens of fresh, handcrafted selections such as grilled kebobs, complimentary soups and even vegetarian options, you won't leave hungry. Great Spot... 523 Maple Ave W Vienna 703-938-8949 www.istanbulbluerestaurant.com

Lululemon Athletica – Mosaic

(It's on the way!) With all sorts of new fitness studios opening up, you're going to need a new wardrobe to work out in. Lululemon Athletica is now open in a convenient location in Mosaic. Check out the latest in fitness chic made special for your active lifestyle. 2920 District Avenue, Fairfax www.lululemon.com/stores/us/fairfax/mosaic

Solidcore – Mosaic

Now that you have your gear, find your center with a full-body workout at the newly opened Solidcore. The trainers keep class sizes small to personalize this intense low-impact strength conditioning and to help you create a more solid you. 2985 District Ave, Suite 150, Fairfax 202-780-6077 www.solidcore.co

Brine – Mosaic

After working out and working up an appetite, check out the newly opened restaurant Brine at Mosaic. The

new a raw bar offers diners "oyster expertise" and fresh locally sourced fresh seafood. 2985 District Avenue, Suite 120, Fairfax 703-280-1000 www.brinerestaurants.com

Sisters Thai – Mosaic

Sisters Thai is Open! Authentic traditional Thai food, atmosphere and more than 70 menu options, there's a little something for everyone. 2985 District Ave, Suite 130, Fairfax 703-267-9619 www.sistersthai.com

Great Gatherings – Mosaic

Looking to spice up your home décor? You'll find everything you need at Great Gatherings, now open in Mosaic. With a heavy emphasis on your entertainment options you'll find fun, stylistic solutions for all your furniture needs. 2920 District Avenue, Fairfax www.greatgatherings.com

The VITA – Tysons

Live out loud! The VITA, our area's brand-new luxury residential option, is a 30-story apartment building at Tysons Corner. The VITA offers one-, two- and three-bedroom units for rent and the complex includes an upscale restaurant, electric car charging stations, a fitness center, a rooftop pool and terrace, and access to the Silver Line. 7902 Tysons One Place, Tysons Corner. 571-421-6753 www.livetysons.com

Tysons Pilates – Tysons

A brand new addition to the area fitness scene, Tysons Pilates is a state-of-the-art group Pilates studio. With a flexible schedule and experienced instructors, the studio is just the place for beginners and seasoned fitness-goers alike. Come visit their location on Chain Bridge Rd. and experience your first class for free. 1984 Chain Bridge Road, Suite 200, McLean 703-288-0353 www.tysonspilates.com

CONTINUED ON PAGE 158



NEW AT TYSONS GALLERIA

*Watch for
the openings!*

**Allen Edmond (shoes) –
COMING SOON**

**Worldwide Luggage –
COMING SOON**

**Mitchell Gold + Bob Williams –
NOW OPEN**

Prada – now open

**Harvest Bistro (fast casual
dining) – NOW OPEN**



NEW OPENINGS (CONTINUED)

McKeever's Pub – McLean

After more than 40 years of operation, we learn that McKeever's Pub in McLean is closing at the end of June. The long-popular bar and restaurant sold its memorabilia and some of its recipes to the public before shutting its doors for the final time. Owners Lori McKeever and Jeffrey Judge plan to open a winery/café in Leesburg.

DGS Delicatessen

Missing those 2nd Ave. Corned Beef Sandwiches? Head over to the new DGS Delicatessen in the Mosaic District! Sticking to old world tradition, everything is cured, brined, pickled and smoked in house-like (Old Delaney Street). 2985 District Avenue, Suite 115, Fairfax 703-280-1111 www.dgsdelicatessen.com

The Press

Look sharp! Opening in Mosaic is The Press supporting eco-friendly best

practices. Family-operated and dog-friendly, you'll feel right at home at their latest location in the Mosaic District. 2985 District Avenue, Suite 140, Fairfax www.thepressdc.com

Whole Foods Market

Whole Food Market has announced that it signed a lease to occupy a 70,000 flagship space at the Meridian Group's redevelopment called "The Boro."

The Tysons location is reportedly the largest Whole Foods in the DC area. Watch for a 2018 Opening.

NOTEABLE: Neighbors Pub in Vienna no longer allows smoking in the bar area. Management has created a new look and feel to give diners a new cleaner "vibe" to enjoy the many selections for Lunch and Dinner. Same great activities, sports screens and karaoke. ♦



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TRIVIA TEASER

CROCK POT

1. What is the real first name of movie character "Crocodile" Dundee?

- a-Alan b-David
c-Mick d-Neil

2. What singer had his first number one hit in 1972 with "Crocodile Rock"?

- a-Neil Diamond b-Ricky Nelson
c-Billy Joel d-Elton John

3. What tennis player is the creator of a tennis shirt that bears his trademark crocodile on the front?

- a-Andre Agassi b-Rene Lacoste
c-Jimmy Connors d-Ilie Nastase

4. What is the name of the late host of "The Crocodile Hunter" TV adventure series?

- a-Steve Irwin b-Paul Bedard
c-Jimmy Riffle d-Billy Bretherton

5. Who starred as a moonshine runner named Gator McCluskey in the 1970s movies "Gator" and "White Lightning"?

- a-Burt Reynolds b-Peter Fonda
c-Robert Mitchum d-David Carradine

6. What fruit is nicknamed the alligator pear?

- a-Tomato b-Avocado
c-Eggplant d-Tamarind

7. What was the name of the alligator in the comic strip "Pogo"?

- a-Jason b-Roy c-Albert d-Artie

8. What group had a top ten hit in 1956 with "See You Later, Alligator"?

- a-Bill Haley & His Comets
b-The Tornados
c-The Champs
d-The Tremeloes

9. What college football head coach lost his job in 1978 after punching Clemson linebacker Charlie Bauman during the Gator Bowl?

- a-Woody Hayes b-Bob Knight
c-Ara Parseghian d-Dan Devine

10. Also called the Crocodile River, which river did Rudyard Kipling describe as being "grey and greasy"?

- a-Kabul b-Ganges
c-Limpopo d-Mississippi

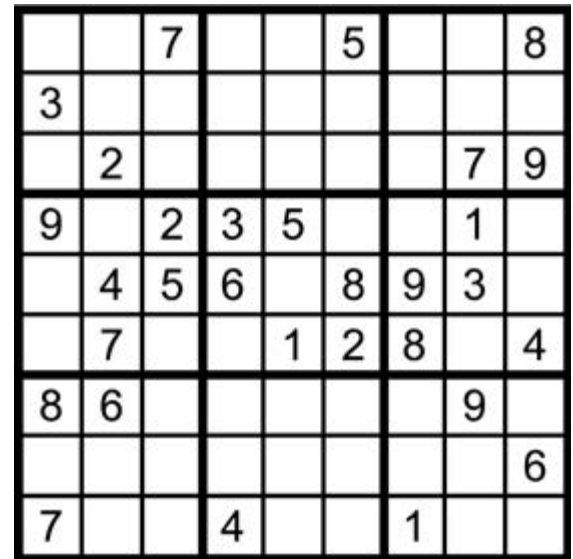
HOW TO SOLVE SUDOKU PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.



EARTH SCIENCE 101

How much would you weigh at the exact center of the earth? Nothing

Space dust increases the earth's weight by as much as six tons a day.

Due to the rotation of the earth, an object can be thrown farther if it's thrown west.

If the earth had no air between its atoms, it would be about the size of a baseball.

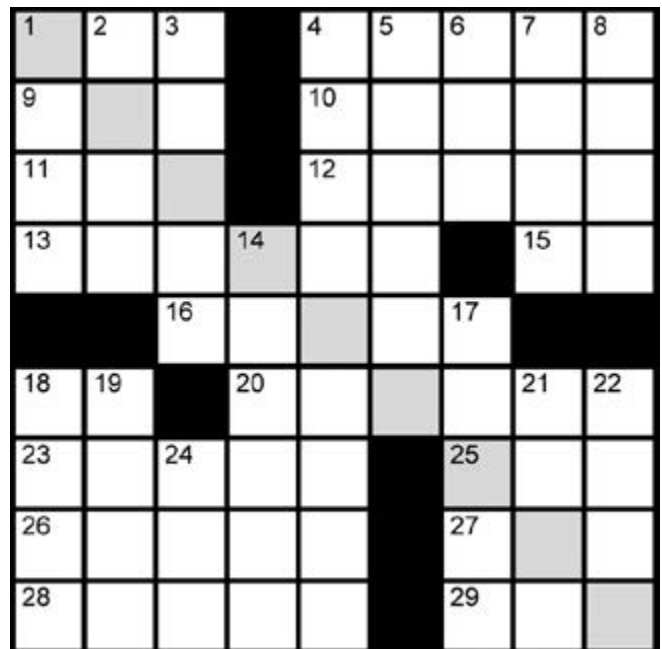
Excerpts taken from: *Uncle John's Bathroom Reader Extraordinary Book of Facts and Bizarre Information*

WHITSUNDAY OR SHAVUOTH

CROSSWORD CLUES

ACROSS

1. Third degree?
4. Arbor Day month
9. "Seinfeld" uncle
10. Indian yogurt dish
11. Ashes holder
12. Pottery pot
13. Estuaries
15. Atomic number 2
16. Kilmer classic
18. The Bay St.
20. Athenian magistrate
23. Boredom
25. It needs refinement
26. Japanese cartoon art
27. ___ Today
28. Gulf state
29. "Sesame Street" watcher



DOWN

1. Pudding fruit
2. Deli offering
3. Coffee break snack
4. Sports with bows and arrows (Fr.)
5. 3.26 light-years
6. "Flying Down to ___"
7. Allergic reaction
8. Cottage site
14. Kind of center
17. Holler
18. Cold cuts, e.g.

19. "Green Gables" girl
21. Approximately
22. "Cool!"
24. Eighty-six



ALL THAT GLITTERS

It takes about a ton of ore to provide the gold for one wedding ring.

Diamonds have been worth more than pearls for only about a century.

A cubic foot of gold weighs more than half a ton.

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

SUDOKU Answers

4	1	7	2	9	5	3	6	8
3	9	6	8	4	7	5	2	1
5	2	8	1	6	3	4	7	9
9	8	2	3	5	4	6	1	7
1	4	5	6	7	8	9	3	2
6	7	3	9	1	2	8	5	4
8	6	4	7	3	1	2	9	5
2	3	1	5	8	9	7	4	6
7	5	9	4	2	6	1	8	3

CROSSWORD Answers

P	H	D		A	P	R	I	L
L	E	O		R	A	I	T	A
U	R	N		C	R	O	C	K
M	O	U	T	H	S		H	E
			T	R	E	E	S	
M	A		A	R	C	H	O	N
E	N	N	U	I		O	R	E
A	N	I	M	E		U	S	A
T	E	X	A	S		T	O	T

Answer to 'Crock Pot'

- 1-c, Mick
- 2-d, Elton John
- 3-b, Rene Lacoste
- 4-a, Steve Irwin
- 5-a, Burt Reynolds
- 6-b, Avocado
- 7-c, Albert
- 8-a, Bill Haley & His Comets
- 9-a, Woody Hayes
- 10-c, Limpopo

ASK THE EXPERTS

Q: How does one swallow a sword?

A: The main problem is learning how to relax the throat muscles and stop gagging. This takes weeks of practice...But it can be done. The sword doesn't cut the sword swallower's throat because its sides are dull. The point is usually sharp, but that's not a problem as long as the sword swallower doesn't swallow any swords long enough to poke him (or her) in the pit of the stomach. (*Know it All!*, by Ed Zotti)

Q: How are the interstates numbered in the United States?

A: Believe it or not, this is one government practice that is organized and logical. All east-west interstate highways are even-numbered and increase from south to north. Thus, east-west Interstate 80 is north of I-10. North/south interstates are odd-numbered and increase from west to east. City bypasses and spurs have triple digits and are numbered odd or even depending on their directional orientation. (*Thoughts for the Throne*, by Don Voorhees)

Q: If you dropped a penny from the top of the Empire State Building, would it pierce a person's skull?

A: Given that the Empire State Building is 1,250 feet tall and ignoring such factors as wind resistance, a penny dropped from the top would hit the ground in approximately 8.8 seconds, having reached a speed of roughly 280 feet per second. This is not particularly fast. A low-powered .22 or .25 caliber bullet, to which a penny is vaguely comparable in terms of mass, typically has a muzzle velocity of 800 to 1,100 FPS, with maybe 75 foot-pounds of energy. On top of this we must consider that the penny would probably tumble while falling, and that the Empire State Building...is surrounded by strong updrafts, which would slow descent considerably. Thus, while you might conceivably inflict a fractured skull on some hapless New Yorker, the penny would certainly not go through just like that. (*The Straight Dope*, by Cecil Adams)

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

A FOOD IS BORN

MAYONNAISE

Originally brought to France by Duc de Richelieu who tasted it while visiting Mahon, a city on the island of Minorca. It was eventually dubbed Mahonaise, by French chefs, and was considered a delicacy in Europe. In America it became known as mayonnaise, but for over a century was still regarded as suitable for only the most elegant meals. Finally, in 1912, Richard Hellman, a German immigrant, began packing it and selling it in jars from his New York deli. This transformed mayonnaise to a mass-merchandised condiment.

MACARONI AND CHEESE

During the Depression, the Kraft Company tried to market a low-priced cheddar cheese powder—but the public wouldn't buy it. One St. Louis sales rep, looking for a way to unload his allotment of the stuff, tied individual packages of the cheese to macaroni boxes and talked grocers on his route into selling them as one item, which he called Kraft Dinners. When the company found out how well they were selling, it made the dinners an official part of its product line.

CAESAR SALAD

The name of this salad doesn't refer to the Roman conqueror, but to the man who created it: a Tijuana restaurateur named Caesar Cardini. Here's one account of its origin: "Cardini started several restaurants in Tijuana, Mexico, in the early 20s. He devised the salad in 1924 during the Fourth of July weekend at Caesar's Place. He served it as finger food, arranging the garlic-scented lettuce leaves on platters. Later, he shredded the leaves into bite-sized pieces. The salad became a hit with the Hollywood movie stars who visited Tijuana, and soon was a specialty of such prestigious restaurants as Chasen's and Romanoffs."

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

JULY

AUGUST



CANCER: If ever there was a time to throw out and redo, it's now. Your home life will sizzle and your children will reach for the stars. Thank God for His guidance..



LEO: You get the feeling today that others are envious of your situation. But those who would like to be in that position have to re-evaluate their work and motivation.



VIRGO: Are you are sure of what you need to make your weekend plans come true? Even then, a backup plan wouldn't hurt. Your first decisions might not hold.



LIBRA: Ask yourself what you want in your life and who you want to enjoy it with. If it's time to be alone, give yourself permission to fly solo. That can be interesting too.



SCORPIO: It can happen that a person thinks he or she has solved a problem only to find out later date that the issue is still around. If happens to you, it's time to reassess.



SAGITTARIUS: Continue to pay off and live with less. Don't fall for get-rich-quick ideas. Investing deserves the time, money, and effort it takes to succeed.



CAPRICORN: Hold off on putting a plan in place that could affect you and others in the future. You may not be comfortable doing this, but there are reasons to wait.



AQUARIUS: The situation looks good, but you know how to play the game: Listen to what others have to say, weigh and balance. Don't be a yo-yo; think about it first.



PISCES: Your way of maintaining a strong presence sets an example for others. But be prepared for surprises that could give you a jolt. Maintain that great equilibrium.



ARIES: You may experience fireworks in more ways than one at a July 4th party. Couples could find an enriched relationship. Singles could see an interesting person.



TAURUS: Dealing with change can be challenging. But when it comes to your health, dealing with it can be a lifesaver. Check with your doc to see what you might have.



GEMINI: When dealing with co-workers, be sure you will get a strong response before taking the lead. If you do, make sure you have the boss's approval.



LEO: Your priorities in life and your attitude could change all of a sudden. But you will find a place for yourself even though the times might be troubling you. Be a peacemaker.



VIRGO: The impact you have on others can make you feel important and worthy. Someone requests your help, but beware of trying to change that person. It won't happen.



LIBRA: You feel crabby mid-month but doing a good deed changes your whole outlook.



SCORPIO: You get praise for your talent this month. But it's the satisfaction you get from doing your personal best (also called hard work) that brings enduring confidence.



SAGITTARIUS: Home fires aren't burning brightly, but you can change your attitude about loved ones. Love is returned to you.



CAPRICORN: A transformation is taking place. What you've worked on for a long time is happening. It could bring awe, fear and excitement, which are all valid responses.



AQUARIUS: You have an opportunity to help a friend weather an emotional storm. Your companionship means a lot to this person, so make time to listen.



PISCES: Try letting your instincts guide you when dealing with a co-worker. If a situation seems too obvious, sometimes your instincts will give you a truer picture.



ARIES: Vacations may be over and you're glad to have everyone back at work. To get back in the swing of it yourself, but pay attention to details as you catch up.



TAURUS: If there were a state fair event to rate people on their job performance, would you get a blue ribbon? A little extra effort this month could result in blue ribbon honors.



GEMINI: So far, you're having a fine year in many respects. You will soon have accomplishments in delayed projects. Personal life is not beyond your control.



CANCER: There is some traveling in store for you before year's end. Your projects may take a longer time but will be successful. Watch for a rift with the family members.

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