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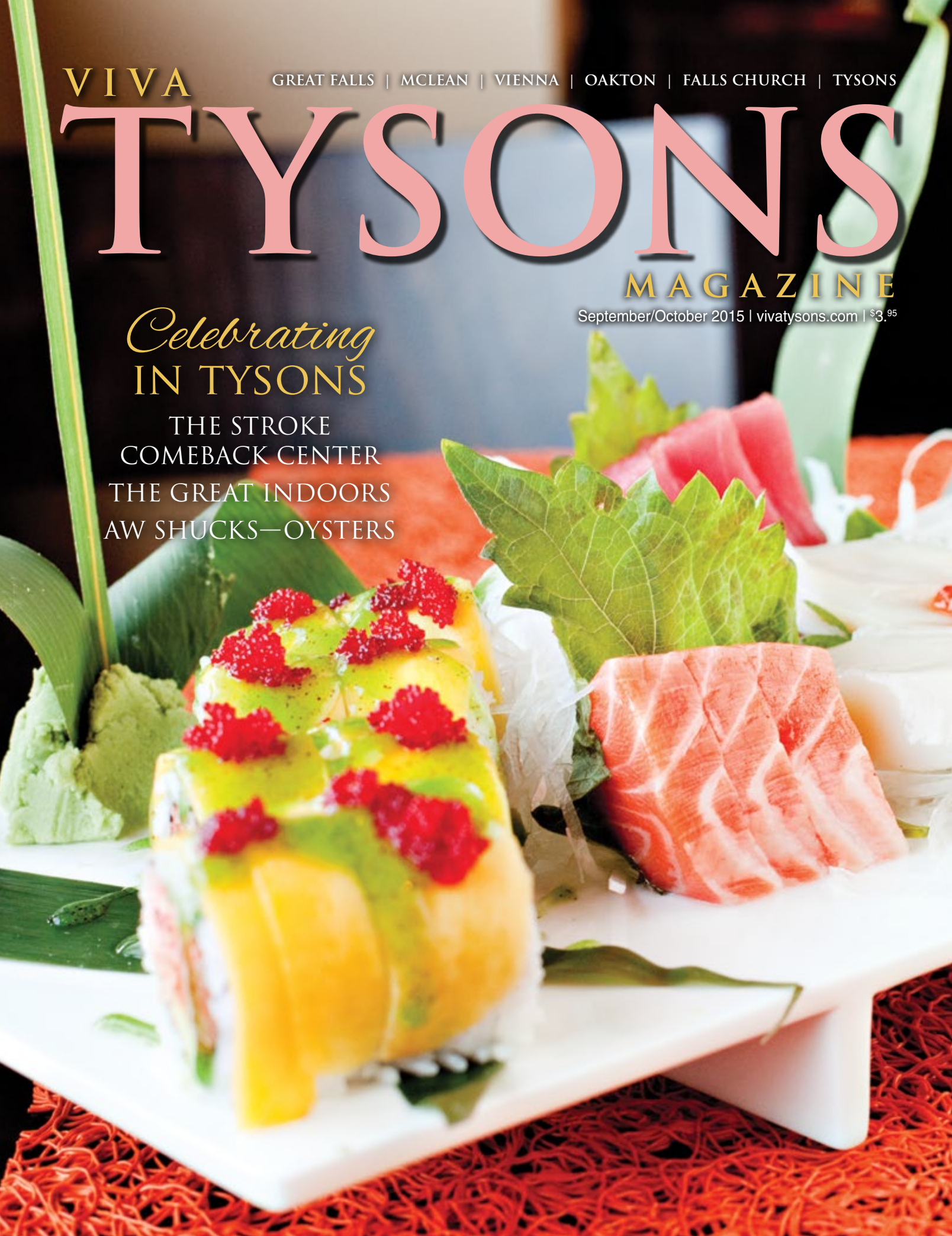
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MAGAZINE

September/October 2015 | vivatyson.com | \$3.⁹⁵

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AW SHUCKS—OYSTERS



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FEATURES



<...

EVENT SPACES— WHERE TYSONS CELEBRATES

VivaTysons wants to make it easier for you to consider the area's great variety of offerings in planning your next event so we compiled a list of restaurants, country clubs and special venues that are ready to serve you and your special group.

...>

THE STROKE COMEBACK CENTER

by Nikki Cheshire

Imagine being able to laugh, joke and share stories with your family one day, only to lose this ability to communicate the next. With a stroke, that can happen at any time. And if it does, the Stroke Comeback Center (SCC) in Vienna is ready to help.



<...

THE GREAT INDOORS

Our area home improvement experts have projects and items that are new and exciting. AV Architects let us in on their latest home rebuild that goes to show you that they can give you the house of your dreams on any lot you purchase. Sun Design shows you their latest work in Arlington and Hillary Staats of Sanctuary turns a smaller home into a jewel box treasure. And don't miss Bowers' customized outdoor spaces! The new products/projects shown here are sure to please.



...>

AW SHUCKS—OYSTERS

As summer draws to a close, the next best season begins: oyster season. There's an old pearl of wisdom that says the only time to eat oysters is in months with the letter "R." For the freshest and best-tasting oysters, this still rings true with September kicking off the occasion. We've fished out the top places to get fresh oysters in the area, both raw and cooked. Whether you're looking to eat them at a restaurant or to prepare them yourself, we have it all for you.





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Lilian has sold over 1900 homes for a value of over \$1.3 billion over the thirty years she has been a Realtor. She is regularly recognized as one of the top producing agents in the Northern Virginia Association of Realtors (NVAR) and the top producing individual agent in the Long and Foster Companies Mid-Atlantic Region.

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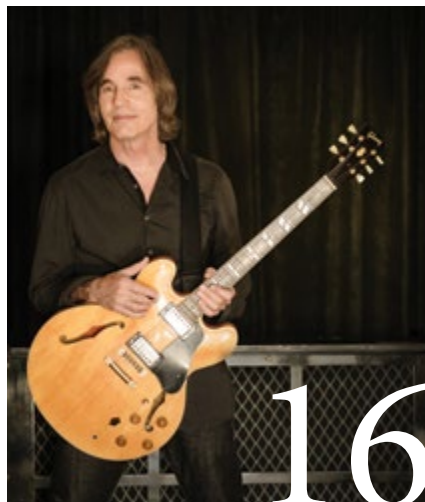
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76 TASTE OF TYSONS
Renee Sklarew has fun with her
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pillow
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not sleep in the
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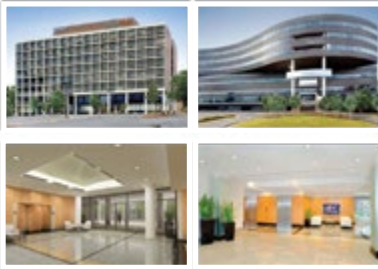
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THE MAGAZINE FOR GREAT FALLS • MCLEAN
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SEPTEMBER // OCTOBER 2015

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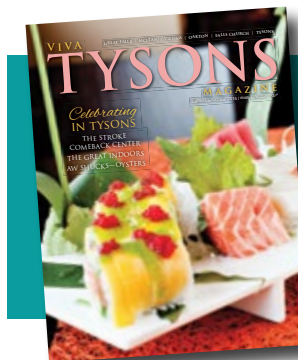
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Here's What's Happening at MCC

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Harvest Happenings
Saturday, Sept. 26
11 a.m.-2 p.m.

NYC 9/11 Museum & Memorial Tour
Saturday, Oct. 17
7 a.m.-10:30 p.m.



Julie Fowles in Concert
Saturday, Oct. 17, 8 p.m.

Haunted Gingerbread Houses Workshop
Thursday, Oct. 22, 6:30-8 p.m.

Monster Mash 5th & 6th Grader Party
Friday, Oct. 30, 7-9 p.m.
Old Firehouse Teen Center

Silent Film "The Man Who Laughs"
Saturday, Oct. 31, 2 p.m.

The McLean Community Center
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IT'S TYSONS. *Just Tysons.*

Happy Birthday Silver Line! They say water never boils while you watch it, but the changes and benefits of our new transportation options are everywhere. New restaurants, magnificent new towering apartments, condos, and jobs and new opportunities. The Vita at Tysons Corner Center, Nouvelle at Arbor Row, The New Hyatt in Tysons, The Ascent, the new planned "Boro" as well as the jobs facilitated by easy transportation to our Tysons destination... Wow! As we go to press, EY (formerly Ernst & Young LLP) announced its move to Tysons bringing an additional 462 jobs to 1775 Tysons Blvd in the new Lerner building.

Marcia McAllister covers the celebration—thanks Marcia. It's an exciting time for those of us who are working to build America's next great city. Kudos to The Tysons Partnership and all those working to build a great environment for tomorrow.

My first Oyster dining experience was at the "Oyster Riot" at the Old Ebbitt Grill downtown at the invitation of my customer and friend, Bart Farrell. It's been said that the best season for oysters are in months ending in "ber." Few people know Oysters like Bart, so it was only fitting to ask him for an intro to our oyster feature—thanks Bart! Enjoy our feature and, of course, your next oyster experience.

The holidays are coming (yikes!) and with the holidays come those fun-filled company and family celebrations. We have put together a list of some great spots for your private and company party considerations. Book early, indications are it will be a good season.

We are getting more requests from our readership to provide more options for home improvement and luxury living options, and we're working hard to do so. As we celebrate

the great indoors this issue, please read about how Antonio and Francisca Alonso of AV Architects transformed a home that needed a lot of TLC into the dream home of Meg Long and Brandon Sappington, and how Hillary Statts has turned a downsizing property into a jewel box treasure.

Our friend Wilma Bowers gives us insight into a few of Bowers Design Build's customized outdoor spaces that turn those lacking concrete patios into extra living space that can be used year-round. And of course, not to be missed is the latest home remodeling project from our friends at Sun Design.

You don't have to have a stroke (like I did many years ago) to understand and appreciate the life renewing organizations that have been helping stroke victims get the lives back. Please read about the Stroke Comeback Center in Vienna—and keep your eyes open for the signs of a stroke—they are easy to miss and those first few hours are critical.

Hungry? (Of course you are!) Head on down to the Mosaic District and find the interior designer turned restaurateur (or maybe it's the other way around?) You'll love this unique café and their recipe for success. A review of Sisters Thai from Renee Sklarew. Thanks Renee.

How about a little Irish Fare and a Guinness? Nikki Cheshire brings us a look at Fairfax's first Irish Pub—The Auld Shebeen. Still Hungry? Let's move east—how about some Indian Cuisine at Saffron in Falls Church and Bollywood Bistro in Great Falls. Our summer intern, Nikki Cheshire, brought us some great articles, research and joy this summer. Such a pleasure to have someone so sharp and ambitious. She's off to finish her studies, and we can't thank her enough for her contributions. We're going to miss you Nikki!

We have been honored to have so many new advertisers offering great products and services to our readers. We appreciate your participation in our efforts to build community. Thanks!

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See you in November. Cheers!





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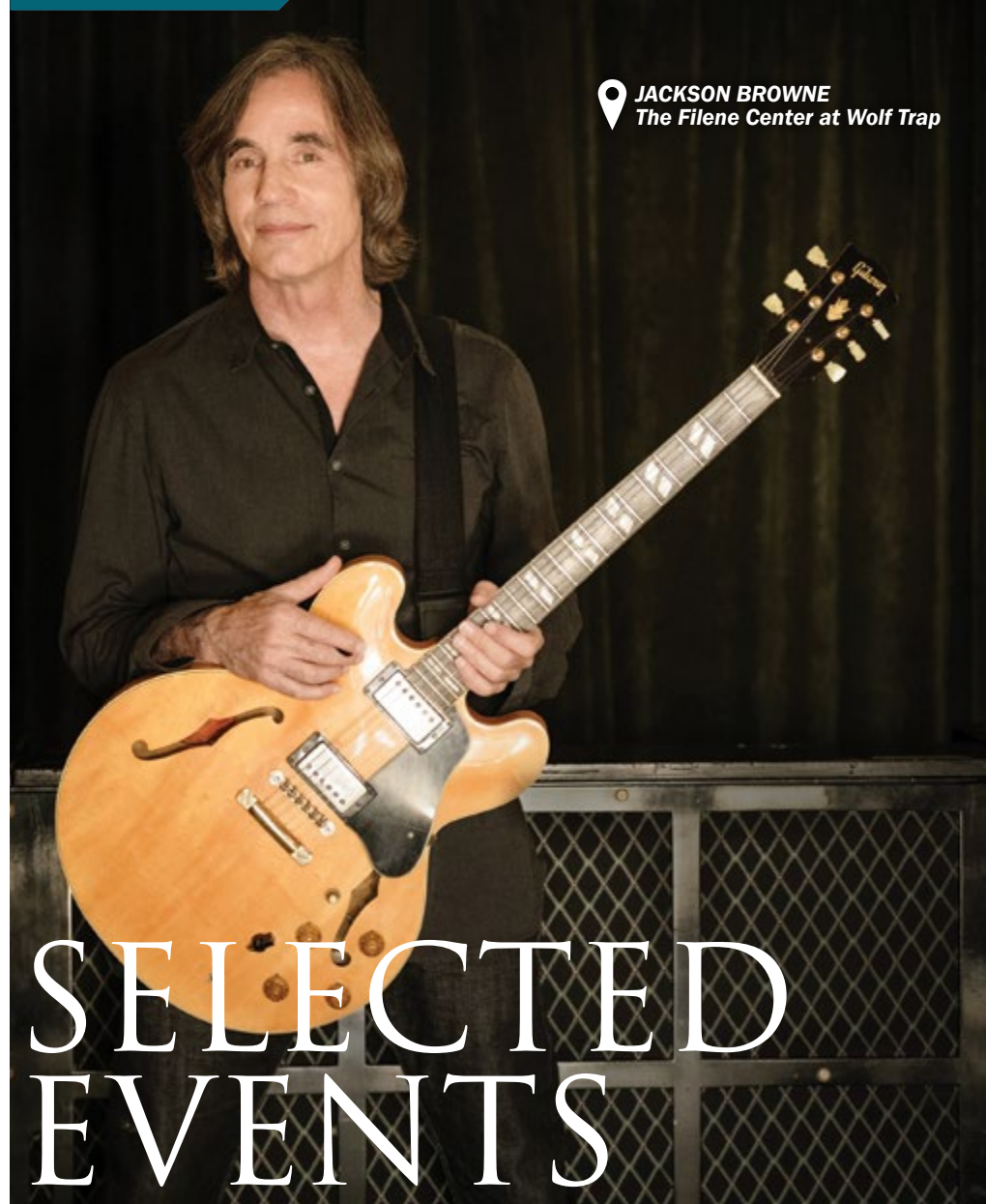
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SEPTEMBER 5

BACK TO SCHOOL NIGHT: MADISON APART + ACCIDENTS + BURN THE BALLROOM + AWAKE AT LAST

Jammin Java \$15 6pm With their brutal breakdowns, poppy choruses, and some digital ambiance, Madison Apart is looking forward to bringing their experience to city near you. Described as "frantic, gutsy, energetic, grungy, no-bullshit punk rock", Accidents are not an act for the weary. Driven by powerful instrumentation and anthemic melodies and lyrics, Burn The Ballroom blurs the

lines between Anthem, Rock, Punk, and Popular music. Awake At Last strives to create music that speaks to the human condition of beauty, pain, and hardships.

THE LATER LATE SHOW: MAIN STAGE COMEDY SHOWCASE

Jammin Java \$5 10:30pm The Later Late Show is back with another fresh line up that is sure to not disappoint! Featuring the area's brightest comics, doing what they do best: making you laugh. DON'T MISS IT! Hosted by Ben Daniels & Danny Charnley. Vibes by DJ Swift T.

SEPTEMBER 6

RODRIGO Y GABRIELA

The Filene Center at Wolf Trap \$35-65 8pm Nimble-fingered Mexican guitar duo presents rhythmically supercharged instrumentals, with influences ranging from heavy metal to salsa. "The musical adventure visits everything from jazz fusion to Hendrix-esque style rock." —*The Guardian*

SEPTEMBER 9

ROYAL SOUTHERN BROTHERHOOD

The State Theatre \$25 8pm "They are not a band – they are an extravaganza" – *John Hiatt*. This supergroup led by Cyril Neville, bring their brand of blues-rock and white-hot musicianship from the Southern States onto the world stage!

SEPTEMBER 10

THE GIPSY KINGS

The Filene Center at Wolf Trap \$38-50 8pm Get ready to dance with the Grammy-winning flamenco kings behind "Bamboleo" and "Djebi Djoba" who The New York Times calls "explosive" and "brilliant." "What the Gipsy Kings do best: wow audiences with deft guitar work and passion-filled performances." —*The Chicago Tribune*

SEPTEMBER 11

JACKSON BROWNE

The Filene Center at Wolf Trap \$35-60 8pm Indulge in heartfelt classic rock from the Rock and Roll Hall of Famer whose music includes everything from romantic songs to social commentaries—"Somebody's Baby," "Doctor My Eyes," and "Running on Empty," are well-known favorites, and his new compositions are what Rolling Stone calls "superb, inspiring."

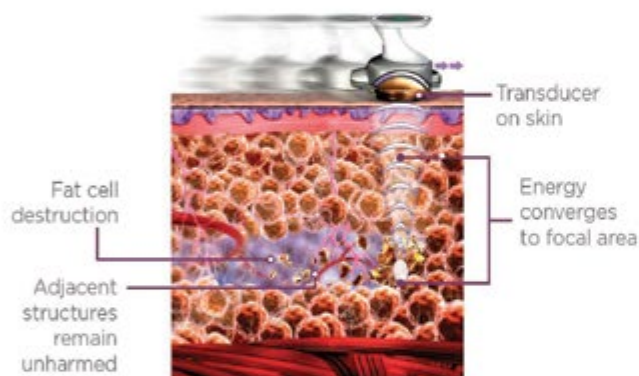
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Ask The Expert

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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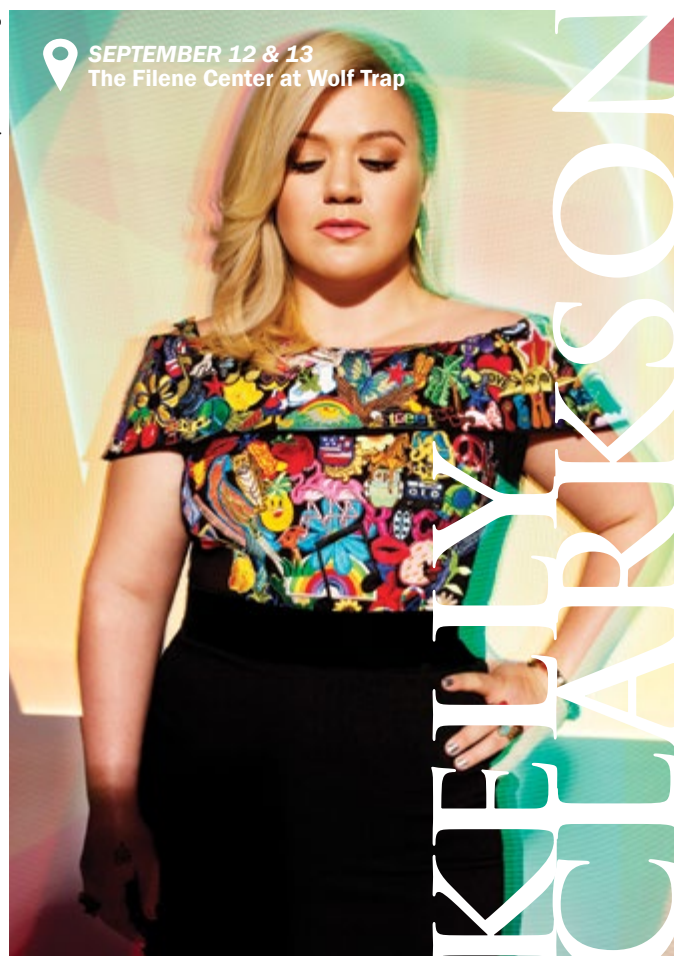
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SEPTEMBER 12 & 13
The Filene Center at Wolf Trap

SEPTEMBER 12 THE STRANGER— A TRIBUTE TO BILLY JOEL

The State Theatre \$20 9pm THE STRANGER is the complete premiere tribute to the music of one of the world's most beloved performers, Billy Joel. Comprised of some of the best and most experienced musicians in the business, this six piece band brings together an authentic replication of Billy's timeless music, crowning it with soulful, spot-on vocals that makes listening to a Billy Joel song so special.

SEPTEMBER 13 THE MUSIC SCHOOL AT JAMMIN' JAVA'S

"MAIN STAGE OPEN MIC SHOWCASE"

Jammin' Java FREE 1pm Open Mic Showcases features current and former students at the club. This has proven to be a very cool and exciting alternative to the typical recital scenario. Catch some world-class talent on the stage as well as local and regional bands in different phases of their careers.

CALLAGHAN WITH SPECIAL GUEST CLAIRE HOLLEY

Jammin' Java \$15 7:30pm Callaghan plays piano and guitar and delivers a stunning vocal which earns frequent comparisons with artists like Sarah McLachlan and Emmy Lou Harris. Her songwriting

chronicles the stories, experiences and emotions that are part of everyone's lives. Claire Holley began performing and writing songs in college, but released her first recordings while living in North Carolina. Holley's collaboration with Kristin Mooney, the powdercoat ep, won the 2014 Best in Popular Music from the Mississippi Institute of Arts and Letters and Huffington Post called it "one of the year's loveliest recordings."

SEPTEMBER 12 & 13 KELLY CLARKSON PENTATONIX ERIC HUTCHINSON

The Filene Center at Wolf Trap \$45–125 7pm "Breakaway" from the ordinary with the first star of American Idol who became a triple Grammy-winning success praised as "one of music's most remarkable voices" —*Rolling Stone*. Empowering pop anthems like "Stronger" and "Since U Been Gone" continue on her new album *Piece by Piece*, along with reflective and personal ballads.

SEPTEMBER 14 THE ELEPHANT SESSIONS W/ ROBBIE SCHAEFER: MUSIC, MINDFULNESS, COMMUNITY WITH SPECIAL GUEST ABERNATHY BLAND

Jammin' Java \$15 7:30pm Hosted by Robbie Schaefer (Eddie From Ohio), The Elephant Sessions are live musical gatherings that, at their heart, endeavor to explore our shared aliveness. Each month features music, a special guest, and Q & A with the audience. Special guests are curated from a broad swath—yogis, coffee shop owners, artists, and organic farmers all stop by to offer up insight gleaned from lives lived passionately and fully. Interviews

are recorded for the monthly Elephant Sessions podcast.

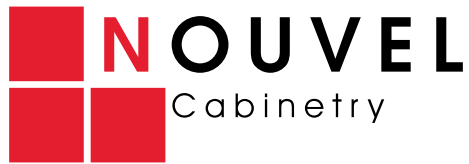
SEPTEMBER 15 FREEDY JOHNSTON + JEFFREY GAINES

Jammin' Java \$18 7:30pm Johnston's songs are often praised for their literary quality – and deservedly so – but they also hit you on a gut level. As a young man, Johnston was drawn to both the raw energy of punk and the austere beauty of Paul McCartney's vocal melodies. It's no surprise that Elvis Costello's *My Aim Is True* is among the first albums that inspired him. With only his voice and a guitar for accompaniment, Jeffrey Gaines has earned a reputation as a captivating performer entertaining his audiences everywhere he goes. On the road for over 150 nights a year, Gaines is preparing to record his eighth CD, featuring all previously unreleased songs (first studio album since 2003's *Toward The Sun*).

SEPTEMBER 17 MICHAEL MCDERMOTT

Jammin' Java \$15 7:30pm Michael McDermott's brand of rock n' roll brims with the kind of well-honed style and wisdom that can only come from a career on the road and a pedigree in the studio. Effortlessly blending natural folk sensibility, pop hooks, and honest rock, McDermott's music is as much for the outcast as the congregation. It's an exploration of the dark corners of life's journey and it resonates middle class truths through the passionate filter of a kid that grew up on Chicago's Irish South Side.

CONTINUED ON PAGE 20



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SEPTEMBER 19 STREET CORNER SYMPHONY

Jammin' Java \$20–25 6:30pm
Street Corner Symphony is a contemporary a cappella group based out of Nashville, Tennessee, founded on May 28, 2010 to compete in NBC's all-vocal competition, The Sing-Off. They became internationally known in 2010 when they became runners-up on the show's second season. These southern gents quickly won over millions of NBC primetime viewers after demonstrating their unique, laid-back-yet-dynamic style of a cappella.

BIG O AND DUKES PRESENT WRINKLE NECK MULES

Jammin' Java \$15 9:30pm
The Big O and Dukes show was forged in the fires of 99.1WHFS, as evening drive hosts Oscar Santana and Chad Dukes brought their two different views of the world and took over the late night airwaves of the DC Metro area.

Essentially every term available in the Americana lexicon has been used to describe Wrinkle Neck Mules' music: indie rock, Southern rock, roots rock, newgrass, bluegrass, country, alt-country, alt-Americana, and

even something called "heavy folk metal." They've earned all of these genre bending descriptions because they often flank their rock framework with country instrumentation and bluegrass-style singing.

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film music led her to launch her widely popular YouTube channel "ViolinTay" in 2011. Five years, over 125 videos, and 100-million views later, she has become one of the fastest rising stars in the digital world.

AARON CARTER

Jammin' Java \$20 10pm
One of the top pop acts of his time, Carter regularly toured around the world performing for millions of adoring fans. His best-known singles include "I Want Candy," "Aaron's Party," "That's How I Beat Shaq," "Oh Aaron" and "I'm All About You." Carter was also the featured opening act for the world tour of Britney Spears.

SEPTEMBER 26

AZTEC TWO-STEP: "SECOND STEP" 40TH ANNIVERSARY CONCERT

Jammin' Java \$30 6pm
Critically acclaimed acoustic duo Aztec Two-Step burst on the scene in 1972 with their debut self-titled album on Elektra Records, and since then, Rex & Neal have created over four decades of folk-rock music defining a soundtrack to a generation. Rex & Neal will celebrate the 40th Anniversary of the 1975 RCA release of their most popular album, *Second Step*, by performing the album straight through in its entirety, along with other ATS fan favorites.

OCTOBER 4

SHENANDOAH RUN

Jammin' Java \$20 7pm
Shenandoah Run presents the songs and sounds of American folk music, with an occasional infusion of songs from other lands and from the worlds of country and bluegrass. From the esoteric to the toe-tappingly familiar, their songs are treated to a lush multi-part vocal harmony and skillful instrumental backing that defines what is becoming their instantly recognizable sound. They present arrangements that are fresh, varied, and unique, while keeping with the spirit of the folk-music sound and they deliver it all with a chemistry that delights both audiences and the performers themselves.

CONTINUED ON PAGE 23

Photo courtesy of The State Theatre



9 P.M.

BURT CUMMINGS

The State Theatre \$40 9pm
With Canada's original rock 'n' roll superstars The Guess Who, Burton Cummings scored an unprecedented string of international hit singles and albums including "These Eyes," "Laughing," "No Time," "American Woman," "Share The Land," "Hang On To Your Life," "Albert Flasher," "Sour Suite," "Orly," "Glamour Boy," "Star Baby," "Clap For The Wolfman" and "Dancin' Fool," all written or co-written by Burton.

OCT
9

OCTOBER 3

TAYLOR DAVIS

Jammin' Java \$20 7pm
Taylor Davis is a classically trained American violinist, arranger and composer, whose passion for video game and

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OCTOBER 7

DAVID RAMIREZ
"FABLES" ALBUM
RELEASE TOUR

Jammin' Java \$15 7:30pm *Fables* is a sparse, poignant set of songs crafted around Ramirez's starkly beautiful baritone, which the New York Times once described as full of "haggard loneliness." NPR Music praised his knack for writing "dark, wrenching tales that are immediately identifiable to those who've loved and lost," while Paste described his "brutally honest" lyrics as "almost alarmingly descriptive."

OCTOBER 10

FARM DAY

Cherry Hill Farmhouse & Park 312 Park Avenue, Falls Church, VA 22046 FREE 10am-3pm This family event features blacksmith demonstrations, horse-drawn hayrides, pumpkin painting, scarecrow making, and a petting zoo. Children can learn basic farming skills such as corn-shelling and beekeeping. Tours of the historic Cherry Hill Farmhouse and Barn are also offered free of charge. Activities include: Blacksmithing, Scarecrow Making, Pony Rides, Horse-Drawn Hayrides, Petting Farm, Cider Pressing (new this year!), Free Tours of the Cherry Hill Farmhouse, Pumpkin and Mask Painting, and Live Music: Andrew Acosta & The New Old-Time String Band

OCTOBER 20

18TH ANNUAL
WOLF TRAP GOLF
TOURNAMENT

Tournament Chair: Reed Neuman, Nossaman LLP
The Golf Club at Landsdowne \$300-25,000 The Wolf Trap



Golf Tournament brings golf enthusiasts together for breakfast, a delightful day on the course, and a raffle at the 19th Hole Awards Ceremony featuring a luncheon and live music. Your support preserves our national treasure now and for future generations, and helps children and families benefit from Wolf Trap's renowned arts and education programs.

OCTOBER 22

KIM RICHEY

Jammin' Java \$15 7:30pm Two-time Grammy-nominated Kim is a storyteller; a weaver of emotions and a tugger of heartstrings. Tender, poetic and aching with life's truths, Kim's songs transport you to her world, where words paint pictures and melodies touch the soul. And then there's her voice. Pure, arresting and honest, it makes you take notice; Kim has the kind of voice where if emotions were ribbons, they'd be streaming in rainbow colours from your iPod.



NOON -6 P.M.

OCT
17-182015 TYSONS HARVEST
FESTIVAL

1800 Tysons Blvd, McLean, VA 22102 Noon to 6pm Bring the kids for the First Annual Fall Harvest Festival. From October 17-18, noon to 6 pm. Stroll through the arts and crafts booths and taste some of the fun flavors of fall. The kids will enjoy all the fun activities and rides. The adults will enjoy the wine and beer tastings. Everyone will enjoy the demonstrations by the master pumpkin carvers while they prepare for the evening's Great Pumpkin Gathering. It's all here for the reaping - you, your family and friends will definitely carve out some special memories.

CONTINUED ON PAGE 24



OCTOBER 23

**STEVE LAURI
(OF THE HOLLIES)***Jammin' Java \$20 7:30pm*

Steve Lauri is a world renowned singer, guitarist, and songwriter. He is currently a frontline member of the sixties hit making group, The Hollies, whose hits include Bus Stop, The Air That I Breathe, He Ain't Heavy He's My Brother, Carrie Ann, and Long Cool Woman in a Black Dress just to name a few. They were inducted into the Rock and Roll Hall of Fame in 2010.

OCTOBER 25

TRACY GRAMMER*Jammin' Java \$17 7pm*

Grammer has become one of folk music's most beloved artists. Renowned for her springwater-clear alto, perfectly intoned

violin, and guitar playing that is by turns percussive and delicate, Grammer is also a masterful storyteller with an ease and charisma on stage—not to mention a riotous sense of humor.

OCTOBER 28

**69TH ANNUAL
HALLOWEEN
PARADE***Maple Avenue in Vienna 6:30pm*

FREE This year's theme is "Celebrating 125 Years of the Town of Vienna." Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot of United Bank, 374 Maple Avenue E. Children must be accompanied by an adult. Each year, the Town recognizes parade winners at

the Halloween Parade Awards Ceremony before a Town Council meeting in November. Judged categories include Youth Band, Float with Music, Youth Performer, Antique/Classic Vehicle, Adult Band, Float without Music and Adult Performer. The public is invited to attend and find out who won in each category!

OCTOBER 30

ELLIS PAUL*Jammin' Java \$20 7:30pm*

Ellis' music is known internationally from songs placed in blockbuster Hollywood films such as *Me, Myself, and Irene*, *Shallow Hall*, and *Hall Pass*. His fiercely loyal fan base funded his last two releases which were both produced by Kristian Bush from the Grammy-award-winning band

Sugarland. Known as one of the hardest working troubadours on the circuit, Ellis' work ethic and songwriting talents have propelled him the top of the American singer-songwriter world.

**HALLOWEEN
CARNIVAL***Falls Church Community Center:**223 Little Falls St. Entrance fee**is \$2 per child ages 2 and up,**and free for adults and children**under 2 years old. 6-8:30pm*

The carnival has been a popular event for children for more than 30 years. Infants through sixth graders are invited to enjoy carnival games, a moon bounce, crafts, a haunted house, candy, and a live creepy creature show featuring the spookiest reptiles in nature. ❖

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SALSA NIGHT
Tuesdays

MONDAYS

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MONDAY WINE SPECIAL

J. Gilbert's

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

PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

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

TUESDAYS

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.

CONTINUED ON PAGE 28

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WEDNESDAYS**REINHARDT LIEBIG
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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 | 6pm**

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

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MEXICAN NIGHT**Brx American Bistro**

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**BOGO THURSDAY
Pizzeria Orso**

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AFTERNOON TEA**Entyse, Wine Bar & Lounge
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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

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

JAZZ FRIDAYS

Entyse, Wine Bar & Lounge

| 8:30pm

Join The Ladies and

Gentlemen of ENTYSE,

Wine Bar & Lounge for live

jazz entertainment, The

Christopher Linman

Jazz Ensemble.

CONTINUED ON PAGE 32

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FRIDAYS

FRIDAY NIGHT WINE TASTING

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FREE WINE TASTING

Red, White & Bleu | 5-8pm

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

AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

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

SATURDAYS

SATURDAY BRUNCH Amphora

Join them for their 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 and 3rd Saturdays of the month enjoy music and a dance lesson provided by DJ Craig Bukowski. Lesson from 8-9:00pm. Dancing from 9-11:30pm. 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

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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 the 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 including 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

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Arts & Theatre EVENTS



OCTOBER 9
Riout
Celestial Tides
Dancer Anastasia Soroczynski

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

Photo credit Sofia Negron

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SEPTEMBER 18 – OCTOBER 3 CALENDAR GIRLS

Alden Theatre Fridays and Saturdays at 8pm Sundays at 2pm \$18-20 When Annie's husband John dies of leukemia, she and best friend Chris resolve to raise money for the local hospital. They manage to persuade four fellow Women's Institute members to pose nude with them for an "alternative" calendar. News of the venture spreads like wildfire, and hordes of press soon descend on their village. Chris and Annie's friendship is tested under the strain of publicity. Based on the true story of eleven WI members who posed nude for a calendar to raise money for research, *Calendar Girls* has become the fastest selling play in British theatre history. From the film of the same name.

SEPTEMBER 18 – OCTOBER 11 NOW COMES THE NIGHT

By E. M. Lewis

Directed by Alex Levy

1st Stage in Tysons Fridays 8pm, Saturday 2pm and 8pm, Sundays 2pm and 7pm \$15-30

American journalist Michael Après has been released after being held hostage for 18 months in Iraq. However, Michael's close colleague and friend begins to suspect that he isn't free yet. An explosive television interview puts their friendship to the test as secrets, lies, and betrayals haunt both men. Unable to resist the adrenaline that their traumas impose on their minds, when one last opportunity to be a hero presents itself, they are determined to take it. But at what cost? This world premiere production by award-winning playwright E. M. Lewis is 1st Stage's exciting contribution to the 2015 Women's Voices Theater Festival.

SEPTEMBER 19 FAIRFAX SYMPHONY ORCHESTRA

Piano Concerto No. 5- Alon Goldstein, piano
Beethoven: Symphony No. 5

George Mason University Center for the Arts 8pm Considered one of the most original artists of his generation, Alon Goldstein returns to the FSO after his recent performances with the Baltimore Symphony. "Such performances take a kind of courage seldom heard that you want to hear him at every possible opportunity"

—*The Philadelphia Inquirer*.

SEPTEMBER 20 KEYBOARD CONVERSATIONS® WITH JEFFREY SIEGEL: MUSIC OF JOYOUS CELEBRATION!

George Mason University Concert Hall 7pm \$24-40 Virtuoso pianist Jeffrey Siegel opens our Silver Anniversary season with some of the most joyous classical music of all time! In this jubilant performance, Mr. Siegel performs festive and uplifting works by Bach, Schumann, Rachmaninoff, Manuel de Falla, and others, while offering witty and insightful commentary about the music and composers before performing each piece. Piano aficionados and newcomers alike have embraced Mr. Siegel's popular "concerts with commentary" series for more than 40 years and Keyboard Conversations has been a cherished institution at the Center for the Arts for more than two decades. "A performer who colors with virtuoso artistry"

—*The New York Times*



SEPTEMBER 26

AN EVENING WITH
BERNADETTE PETERS

George Mason University Concert Hall 8pm \$60-100 Don't miss this unforgettable performance of showstoppers by Broadway superstar, Bernadette Peters. Hailed as the foremost interpreter of Stephen Sondheim's music, this two-time Tony Award-winner is accompanied by a 10-piece orchestra to sing highlights from her long and illustrious career. "The first lady of musical theater" (*The New York Times*) dazzles with powerhouse show tunes and sentimental songs showcasing her unmatched voice that "swells from a doll-like fragility into full-force belting." (*The New York Times*) Peters has left an indelible mark on the Broadway stage with her celebrated performances in Sondheim's *Into the Woods*, *Gypsy*, *Sunday in the Park with George*, *A Little Night Music*, and *Follies*, as well as her Tony Award-winning appearances in *Song and Dance* and *Annie Get Your Gun*.

OCTOBER 1 - OCTOBER 25
THE WORLD GOES ROUND
Music by John Kander, Lyrics by Fred Ebb,
Conceived by Susan Stroman and David
Thompson and Scott Ellis

The Creative Cauldron Thursdays, Fridays, Saturdays at 8pm, Sundays at 2pm and 7pm \$18-26 This brilliantly constructed retrospective of prolific musical theatre collaborators, John Kander and Fred Ebb, is a thrilling celebration of life filled with humor, romance, drama, and nonstop melody. From *Cabaret* to *Chicago* the non-stop hit-parade features unforgettable gems including "Maybe this Time," "Cabaret," and "New York, New York," seamlessly interwoven into a passionate, harmonious, up-tempo evening of musical theatre.

OCTOBER 3 AND 4
VIRGINIA OPERA:
ORPHEUS IN THE
UNDERWORLD

George Mason University Concert Hall 8pm (Oct 3), 2pm (Oct 4) \$48-98 Virginia Opera's season begins with Offenbach's rollicking and irreverent operetta, a romp through heaven and hell, which spins one of the most famous ancient Greek tragedies into a witty satire. Unhappy in their marriage, Orpheus and his wife pursue exciting relationships with new lovers, but as it turns out, Eurydice's new beau is actually the God of Death in disguise. She is willingly whisked away to the Underworld, and Orpheus, while perfectly content with the arrangement, is

cajoled into retrieving his wife. Meanwhile, when the bored and rebellious gods of Mount Olympus decide to pay a visit down below to sort things out, and to partake in some forbidden festivities, all hell breaks loose! Orpheus was considered quite scandalous by Parisian high society when it first premiered in 1858, but its magnificent melodies, risqué humor, and its lively "Infernal Galop" — the spirited tune that launched the French dance hall craze known as the Can-Can — now make this farcical comic operetta one hell of a party! Sung in English with English supertitles.

OCTOBER 9
RIOULT

George Mason University Concert Hall 8pm \$29-48 This exquisite ensemble enchanted their audience when it appeared at the Center and now it returns for a spellbinding evening of contemporary

dance. For more than two decades, RIOULT (ree-you) has established a sterling reputation for blending breathtakingly beautiful movement with luminous symphonic works by Bach, Ravel, Stravinsky, and Mozart, creating contemporary dance that is truly sublime. The brainchild of former Martha Graham principal dancer Pascal Rioult, this outstanding company has received accolades from around the world and returns to the D.C. area with an all-Bach program that includes such awe-inspiring works as "Views of the Fleeting World," "City," "Polymorphous," and "Celestial Tides." [Pascal Rioult] has an ability to balance the innate orchestral power of such music with an equally powerful sense of precision and innovation" —*Huffington Post*.

CONTINUED ON PAGE 36



Photo Credit Bill Reitzel

8 P.M.

TURTLE ISLAND QUARTET
WITH SPECIAL GUEST CYRUS CHESTNUT:
JELLY, RAGS, & MONK

George Mason University Concert Hall 8pm \$29-48 Ragtime meets the string quartet when four string players and a jazz pianist take us on a lively journey through the history of ragtime music. This collaborative genre-crossing concert reveals the sweet, soulful connections between classical music and jazz. The Grammy Award-winning Turtle Island Quartet — a singular force in the creation of bold, new trends in chamber music for strings — collaborates with acclaimed jazz pianist Cyrus Chestnut to explore ragtime music from its beginnings with the music of Jelly Roll Morton and Scott Joplin to the modern genius of Thelonious Monk. Praised by *Billboard* for its "bow-etry in motion," Turtle Island Quartet is a pioneer in the chamber music world, fusing classical music with contemporary American music to create its own signature style. Cyrus Chestnut has a sterling reputation in both jazz and gospel circles for his broad appeal, superb showmanship, and masterful technique. The *New York Times* called him "a highly intelligent improviser with one of the surest senses of swing in jazz."

OCT
10



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8 P.M.

**OCT
16-17**

DIRECT FROM BEIJING: THE NATIONAL CIRCUS AND ACROBATS OF THE PEOPLE'S REPUBLIC OF CHINA: PEKING DREAMS

George Mason University Concert Hall
8pm \$30-50 Experience a jaw-dropping spectacle of Chinese circus, acrobatics, and Peking Opera performed by China's most revered circus artists! The whole family will marvel at the unparalleled grace, agility, flexibility, and athleticism displayed by these highly trained artists in their various acts of juggling, contortion, and balance. Enhanced with traditional Chinese music, brightly colored costumes and makeup, and elaborate props, this exciting production is sure to be a hit with children and adults alike. Founded in 1953, this company is one of China's longest running and most esteemed circus troupes. It has been instrumental in reviving the circus genre, and has directly influenced circuses around the world, including Cirque du Soleil, Ringling Bros., and Barnum & Bailey. Bring the whole family to this spectacle of entertainment!

OCTOBER 11

AQUILA THEATRE: ROMEO AND JULIET

George Mason University Concert Hall 7pm
\$26-44 William Shakespeare's immortal tale of star-crossed lovers falling victim to family hatred is brought to our stage by this acclaimed British-American troupe. Romeo and Juliet are the archetype of two young lovers desperate to be together despite the fact that their families have been feuding for years. Romeo first beholds Juliet when he sneaks into her family's masked ball. They become infatuated with each other, and the teenagers quickly succumb to the passion of their forbidden love. Filled with romance, heartbreaking tragedy, and Shakespeare's delicate prose, this is a story that has touched the hearts of theater lovers for centuries.

OCTOBER 24

FAIRFAX SYMPHONY ORCHESTRA

Beethoven: Piano Concerto No. 2

- Sean Chen, piano

Sibelius, Symphony No. 2

George Mason University Center for the Arts 8pm Hailed as a charismatic rising star, pianist Sean Chen won over fans and critics at the 2013 Van Cliburn Piano Competition as the Crystal Award winner with "an exceptional ability to connect with an audience combined with an easy virtuosity" —*Huffington Post*.

OCTOBER 31

L.A. THEATRE WORKS: DRACULA

George Mason University Concert Hall 8pm
\$26-44 Bram Stoker's 1897 gothic horror novel about the iconic Count Dracula sparked a worldwide fascination with the undead creatures that thrive on human blood. In this acclaimed adaptation by Charles Morey, Dracula quietly moves from his native Transylvania to Victorian London and terrorizes the city as he preys upon its helpless citizens. The heroic Dr. Van Helsing is the only person who can stop the carnage, but to do so, he must uncover the vampire's lair and pierce Dracula's heart with a wooden stake. America's premier radio theater company brings this chilling story to life with live readings and creepy sound effects made "the old fashioned way." Have a frighteningly fun Halloween with this "national theatrical treasure" —*Philadelphia Inquirer*. ❖

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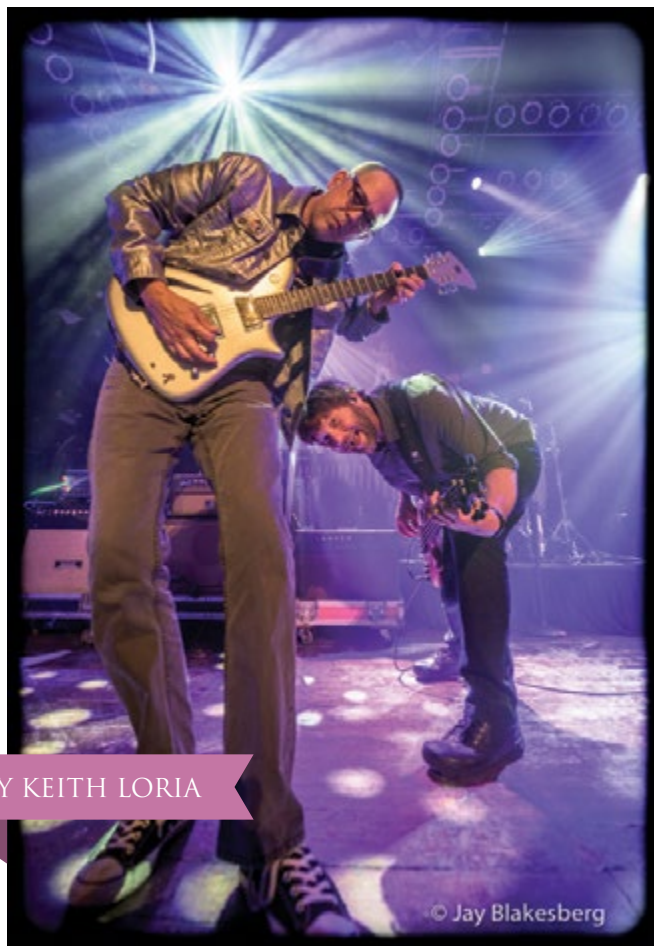


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BY KEITH LORIA

EXPECT MOE. *fun*

The band moe. is beloved by critics and fans alike, but are a music editor's worst nightmare, opting to have a band name that uses a lowercase "m" at the start of its name and a period at the end.

Truth is, that's not always how it was spelled. In fact, when the guys first performed at Broadway Joe's in Buffalo in 1989, they called themselves Five Guys Named Moe (named after a famous Louis Jordan song). After losing a band member, they switched their name to Haggis, then settled on moe (without the period but with the lowercase "m") because another band was called Moe with

a capital "M." Eventually in a move reminiscent of Prince changing his name to an unpronounceable symbol, they added the period.

"We have a secret vendetta against copy editors around the world," jokes Rob Derhak, one of the founding members of the group. "I think it was a mandate from Zeus...no, it just looked cool."

Over the past 20 years the band has released close to 20 albums and while it has undergone a number of personal changes, the past decade has seen them remain intact with Al Schnier and Chuck Garvey on guitars and vocals, Derhak on bass and vocals, Jim Loughlin on percussion and vibes, and Vinnie Amico on Drums.

"The secret is keeping your ego in check. A lot of bands take themselves really seriously and aren't able to compromise and we've become good at taking constructive criticism," Derhak says. "It helps with your survival."

They are one of the most recognized and respected names in the jam band scene today, and moe.'s hits include "Haze," "New York City," "Spine of a Dog," and "Plane Crash."

Over the years they have headlined at music festivals such as Woodstock '99 and Summerfest and shared the stage with such legendary acts as the Allmans, The Who and Robert Plant. They also host their own three-day festival named moe.down at Snow Ridge Ski Area in Turin, NY, every Labor Day weekend.

"There are a lot of great festivals and you get to interact with your peers and meet new people and hear great music," Derhak says. "moe. down started out as wanting to have a camping festival and invite all our fans to one area and put on music and go camping, and it just grew from that with other bands performing. This is our ninth year and the ideas keep expanding on what we want to have for it."

For three days—Sept. 24-27, moe. will be in DC, playing the Hamilton on Thursday night and the 9:30 Club Friday and Saturday, in support of its latest album.

The band loves to play live and promises that when someone comes to see moe. in action, they will put on a show that you'll never forget.

"You're making something happen right there and it's sort of like your own painting," Derhak says. "On stage we don't play things exactly the same way and improvisation keeps things fresh. We invent new stuff and keep things open with the set."

Rolling Stone recently named Garvey and Schnier among the top 20 guitar gods in music and people who see them jam live are awed by their guitar mastery.

For their "Sticks and Stones" album, the band decided to try something new. They rented a 150-year-old church, long since decommissioned and renovated; and apparently, an ideal environment for artistic expression. While secluded, they wrote songs and recorded most of the album. The music the listener hears was recorded at the near moment of conception, specifically to capture the core of the music in its essence.

"We got into this pattern when we first started recording stuff that we would write songs, record them together and then play them out live. For the last seven to eight years, we've been saying that we just want to go and write an album and break out material that no one has ever heard, but we still had all this material that we had never



recorded,” Derhak says. “It got to a point that we only had a few songs left that we hadn’t recorded so we finally caught up to the process and could do what we wanted to do.”

Having played with the Grateful Dead on several occasions, moe. understands the impression that a jam band can leave on people. They hope that its music will create just as lasting an impression.

“I would hope that we made an impact artistically,” Derhak says. “We’re not trying to take over the world, but I want what we do to matter to some people. I’m not trying to be Van Gogh and I’m also not trying to kill the world now, I just hope people can see what it is and 40 years from now people will say, ‘I guess they were a little before their time.’” ♦

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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Future Tysons

BY NIKKI CHESHIRE



Tysons

LEAVING A *Good Impression*

The ever-changing sprawl that is Tysons is unique in its current condition, as it's caught mid-evolution. In the past 30 years, Tysons has gone from rustic farmland to pressing against the outer limits of suburbia. So what sort of landscape will Tysons become in the next 30 years? Area artist, painter Bill Firestone, has some ideas about what Tysons' urban fingerprint will look like.

In a piece commissioned by Terence Miller, president of the development company M.J. Wells and Associates, Firestone illustrates "Future Tysons," featuring a prominent skyline and



distinctive features of the area such as the Silver Line's elevated tracks.

"City-scenes are what I'm more known for. My street scenes are more unique to me. I usually try to do them when it's raining, so you get that glistening, misty feel." For this artist, it all starts with a photograph and inspiration. He's gone to places such as New York, Paris, London, Chicago, Washington, DC. "Those types of cities I patrol around, take pictures, then go back to my studio and see what interests me."

With an appealing impressionist style, Firestone's art is colorful and loose while still evoking a powerful image of his subject matter. His work most often depicts various cityscapes, but also features machinery such as tractors and construction equipment as well.

"It looks like its done quickly, but really it isn't," Firestone explains, adding that the typical commission takes about six weeks for him to complete. "Before the client forgets you and that they hired you, you want to get it out."

The sizes of the pieces vary, from 8-by-10 inches to a 6-foot by 8-foot piece. But his work wasn't always meant to hang on a wall – for a while, he worked in print.

"I used to be an illustrator for magazines, and they had tight deadlines – sometimes overnight," Firestone says. "I worked in oil, and it wouldn't dry. So I switched to acrylics to accommodate the deadlines, and never went back."

While he was an illustrator, he always painted on the side. Now, with painting as his primary occupation, his cityscapes are popular in many galleries in several states. They're created in the unique studio space of the Workhouse Arts Center, located in the historic setting of the former DC prison in Lorton, VA.

Firestone's artistic influences come not only from famous painters, but also from his fellow artists that he's met through the workhouse. "That kind of working at it every day," he says about his peers, "that's something I strive to do."



Constitution Avenue



Beantown

Lately Firestone has experimented with mixing aspects of different cities together to create a seamless medley of skylines. "It's a compilation of cities – like Richmond has the monuments and the water towers, and Chicago has its bridges," he says. "And I'll put all that in a painting."

The most challenging thing about his work, according to Firestone, is not knowing when a piece is complete. "How far to take a piece, how detailed to make it, how do you know when you're finished – that's what's key." Working at the studio at the Workhouse Arts Center allows him to show his pieces

to other artists and get feedback, but it isn't always enough to decide if a piece is truly done. "Not knowing how much to put in, how much to leave out – that's the most challenging part."

While working, Firestone blares rock 'n' roll music to fall into the groove of painting, mixing loud music with loud colors. As he says: "I have to let the accidents happen." ♦

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.



BY KEITH LORIA



As Tysons continues to grow with more development coming to the area, the Fairfax Arts Council recently created an Imagine Art Here initiative, which called upon artists to create work that would highlight more of what Tysons had to offer and be inclusive of its ever-growing diverse community.

This work engaged over 1,000 participants in May, across 26 different destinations in the area, from McLean High School to the Iris Lounge to the lobby of Capital One National HQ.

One of those answering the call was artist Julia Vogl, who came up with an idea called Tysons Tiles—two visually compelling ground murals that raise community awareness of potential for public art and the arts at Tysons.

The way it works is data collected from over 1,000 individuals was visually translated into a vibrant design creating awareness about the arts, using arts to enhance place making, and providing vision for future enhancements in Tysons. The data was digitally recorded using a custom designed app and later amalgamated for the culminating art installations at multiple locations in Tysons including Greensboro Park.

"It seemed the ideal solution to transform multiple locations of various shapes and

sizes and engage a community—giving them ownership of the work, too," she says. "The Tysons Tiles mission was to create a destination in Tysons, inspire more public art and incorporate fun and color to the area."

Vogl calls the project "a digital representation of the ancient form," calling on influences from throughout her life.

"I have always loved interior design and how much it creates a personality, power, and presence. I was first inspired by the great Cathedrals of Europe with their stained glass when I studied in Italy," she says. "I am still trying to match their grandeur in some of the works I make. I was then mesmerized by mosaics, tiles found in Southern Italy, Spain, Morocco, Turkey and Portugal. Somehow a simple repetition of color and shape, created a magical beautiful space."

Vogl pursued a dual major in Politics and Art at Oberlin College, and took on some pretty ambitious public art projects while there, but it wasn't until she moved to New



York City and started working for Public Art for Public Schools (2007-09) that she got a real taste of what it might be like.

"To be an artist you just have to make your own opportunities. When living in NYC, I dreamed up a project for my local park and applied for a Brooklyn Arts Council Grant and received it," she says. "It was exhausting working 9-5 at one job and then another five hours, three times a week on art, but I loved it. I gained the confidence to go to grad school, where I could make art all the time."

She attended the Slade School of Art (part of University College London, UK) and learned what it meant to be a "real artist."

"You needed to learn to impose your own time table, to do research, play with materials, see art, conceive ideas, and work to afford the materials you needed," she says. "I also had to learn to apply to a lot of things for more opportunities to showcase my crazy ideas, projects and or raise money to afford to make them. Being an artist is not just about sitting in your studio and being creative it is about proposal writing, networking, applying to shows, residencies, prizes and commissions."

Although she grew up in Washington, D.C., currently, Vogl is based predominantly in London.

"My next project is in central London involving suspended color glass off the side of a building, illustrating music. The art will invite the public to sing along with the work," she says. "I also have been invited to do a residency at the Chinese International School in Hong Kong in November, so I will be off to Asia."

Simultaneously, she works with a group called the London Brain Project and are developing workshops with people who suffer from neurological disorders and making art with them and their family to unpack the science and soul of the disorders.

"I have a manifesto that guides me on how to make work. These guiding principles both meets the type of work I am interested in making and my process of how I enjoy making art," she says. "The art work must respond to site or community, it must involve or engage others and it must employ a strategy of décor." ♦

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





BY NIKKI CHESHIRE

Dr. Michael T. Gocke

In the ever-changing field of oral and maxillofacial surgery, the practice of Dr. Michael T. Gocke has the latest and greatest technology and services for all his patients' needs.

"Facility-wise, we have the highest standard out there," Dr. Gocke says about his practice. "We have the newest technologies, which help to improve patients' outcomes, minimize complications, and minimize guesswork with procedures like implants and extractions."

With expert training and a capable team by his side, Dr. Gocke excels in wisdom teeth removal, implant surgery, jaw correction surgery, and oral and maxillofacial corrections in trauma patients.

The correctional procedures, along with jaw surgery, serve a number of purposes for patients who require them. People who benefit from these procedures include those with an under- or overbite that causes difficulty with speech, chewing, swallowing and breathing, as well as those with chronic jaw pain, a protruding jaw, or those who want to alter the aesthetics of their face. Much like traditional orthodontics these orthognathic procedures are intended to improve function, health and beauty of the patient.

Additionally, Dr. Gocke excels in pediatric oral surgery, and is Pediatric Advanced Life Support (PALS) certified and has years of experience in the field. As a father himself, he knows the importance of a safe, relaxing environment for these types of procedures, and understands how to work with children and their parents to make sure they are well informed and trust everyone involved in the operation.

As Dr. Gocke is certified by the American Academy of Oral and Maxillofacial Surgeons for anesthesia, he's able to provide patients with any level of anesthesia they desire or need for the procedures. The office contains all the necessary equipment and two fully equipped operating rooms to further streamline the process.

"All of our operating rooms are designed to accommodate the surgical team, the anesthesia team and the patient," Dr. Gocke says. "The biggest thing is the great team I have – they all really help to make patients feel comfortable and receive the best care."

To ease the post-operation for patients, Dr. Gocke's practice is open on Fridays to allow for a longer recovery period over the weekend. He goes the extra mile to make sure patients can reach him by phone in case of an emergency or with any questions they may have even during the off-hours.

With the help of his team, Dr. Gocke ensures his patients are comfortable and receive the best care. Other services include bone grafting, tooth extraction, sleep apnea treatment, and Teeth-in-an-Hour, a revolutionary dental implant procedure that makes it possible to have teeth extracted and replaced immediately with a implant and a crown, virtually restoring a person's smile in just one day.

In addition to his practice, Dr. Gocke also serves as the Chairman of oral and maxillofacial surgery at INOVA Fairfax Hospital and also as part of the medical staff at Virginia Hospital Center and INOVA Fairfax, Loudoun & Fair Oaks Hospitals, and is president-elect of the Virginia Society of Oral and Maxillofacial Surgeons. ❖

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.

"Facility-wise, we have the highest standard out there," Dr. Gocke says about his practice.



Michael T. Gocke, D.D.S.

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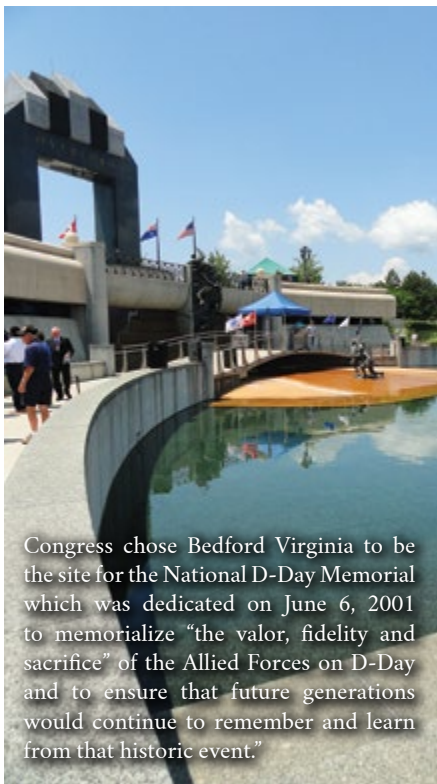
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BY ALLISON CHASE SUTHERLAND



Lexington



Congress chose Bedford Virginia to be the site for the National D-Day Memorial which was dedicated on June 6, 2001 to memorialize “the valor, fidelity and sacrifice” of the Allied Forces on D-Day and to ensure that future generations would continue to remember and learn from that historic event.”

LEXINGTON & BEDFORD, VIRGINIA

True Heart of the Shenandoah

Betty Bond Nichols is 87, but you wouldn't know it for a minute. Squeezed between a graduation party and a trip to the beach, she found time to tickle the ivories at Haywood's Piano Bar at the elegant Georges Hotel in Lexington, Virginia one balmy night in June. “I started when I was six years old, and I'm still going at it. My fingers still work, so I reckon it's okay.” In fact, Betty even played piano for the VMI Glee Club – getting to travel to New Orleans with the group. “I'm an old girl. We play old-time music. That's the best kind.” Well, I must say, I hope I grow up to be that kind of old girl!

Talented, funny, unstoppable. Chatting at a table enjoying the lively first set, suddenly Betty looked up. “He's got a raucous bunch tonight!” Singer Steven Harvey sauntered over with his microphone and started singing up a storm with Betty – his brother, pianist Justin Harvey at the piano. The Harvey Brothers from Buena Vista, they call them. “You're lucky you're here tonight. He's the best of the best.” When Betty took to the keys, well, the whole place just lit up with delight. Mellifluous music emanated from the piano – the magic of another era. Oh, except for the cell phones fixed on her to capture the amazing moment for posterity, as it were. Play it, Betty.

She has played just about everywhere. Recently she played for a retirement

community “for a bunch that wanted to get together and sing just for fun.” They liked it so much that later that they started to bus them over to Haywood's to do it all over again. “It was a nice night.” Next up, Betty's signed up for a course at Washington & Lee Alumni College on the Musicals of Rodgers and Hammerstein. Who's slowing down? Clearly not Betty.

ON HAYWOOD'S: Haywood's is named after “a man who never met a stranger and never saw a piano bar he didn't like.” My kind of place. Enter a bright, airy space with clean white painted brick and a colorful jazzy print at the entrance, signed by Dave Brubeck and Mary Chapin Carpenter. Did I mention it's also a restaurant? Quite a good one, in fact. Named one of the top

ten restaurants in the Shenandoah Valley in the Taste of the Shenandoah, Haywood's is a farm-to-table restaurant, featuring locally sourced seasonal cuisine. Shrimp and grits, with tasso ham and roasted red pepper grits with a side of Cajun cornbread reveal its true Southern roots. A notable invention of Chef Hector Acosta was the ricotta gnocchi with a creamy lemon lavender sauce with arugula – a light dish of summer. Another standout was the savory sirloin sliders of pastrami, McClure Swiss cheese, and pickled tomatillo. Betty's pick: "The oysters are just wonderful." And TAPS lounge just across the way has a cool, modern, eclectic vibe. Here they serve up lighter, more casual fare, such as TAPS chili. Fun and friendly hotel manager Tina McCarthy cites the cheeseburger as their "claim to fame."

ON THE GEORGES: One of VMI's most successful graduates is the much-admired Mr. Teddy Gottwald, who renovated the Georgian-style Alexander-Withrow House and the McCampbell Inn, another historic property across the street formerly owned by Pete Meredith of the class of '50B, to create this gift to his town, which he named after two Georges – George Washington and George Marshall, the latter being the most acclaimed VMI graduate in history. This historical atmosphere, combined with exquisite room design and modern fresh interiors make this boutique inn the epitome of elegance, grace, and Southern charm. Well, as for Lexington? "It's kinda gone bigtime," says Betty. This is a great little place for Lexington. It's so fun!"

VMI: My father, Hoge T. Sutherland, was a member of the VMI class of 1950B. His Purple Heart from Korea, along with that of his "great, great friends," my godfather, Thomas Kelly, and my sister's godfather, Thomas Harwood, is in the Hall of Valor of the VMI Center for Leadership and Ethics in Marshall Hall – described as a reflective space commemorating the service and sacrifice of VMI alumni in times of war, and built, in large part, thanks to the continual generosity of the Gottwald family. Another of the Brother Rats, my other godfather Yerbury Burnham, also donated a substantial to this cherished institution. Some very generous folks indeed. Also, Betty Bond Nichols of Bedford, and now Lexington, was my dad's ring figure dance date 65 years ago at VMI. She later married Colonel Lee Nichols, who headed up the Electrical Engineering department at VMI. The Bedford-Lexington connection is a close one.

And VMI is a place of life-long loyalty. My godfather, Tom Kelly, also third baseman on the baseball team, said, "My brother rats at VMI, many of whom have passed away at this point, were the best friends I ever had. I love VMI. I hope it doesn't change. It's a good thing for young people. They benefit from it for the rest of their lives." Indeed, Mr. Kelly went on to earn an MBA from Harvard and become Vice President of E-Systems right here in Fairfax. And, more importantly, a wonderful godfather.

On the D-Day Memorial: "It's the most magnificent thing I have ever seen. It's so meaningful," says Betty. "Everything is just exact. You've never seen a memorial like it. It's really put them on the map." The D-Day Memorial is a wide expanse of marble with a vast pool representing the Atlantic coast of Normandy, France that fateful day in World War II. Betty recommended getting a tour by golf cart at the D-Day Memorial. "Some of the guides lived it."

Of a town of 3,000 people, 19 boys of the Bedford National Guard unit, Company A, 116th Infantry, 29th Division lost their lives on the first day on the beaches of Normandy. "They were "a fraction older than I, but not much. Two brothers died the same day. Their sister was in my class," recounted Betty, referring to Lucille Hoback Boggess. One day, the Hoback family received a Bible that had belonged to their son Raymond, which had been mailed back to the family by the soldier who found it in the sands of Omaha Beach the day after D-Day. This poignant moment has been memorialized by a statue at the Memorial of a soldier laying in the sand holding that Bible. "I have that Bible in my dresser drawer," said Lucille Hoback Boggess when they all gathered together to behold the Memorial on the occasion of their Bedford High School reunion.

According to my dad, "Back in the old days, everyone would gather at Green's Drug Store for a sandwich, a cup of coffee, a donut... It was right there on the corner." The Western Union office was also at Green's Drug Store. He described how on that day, "The telegrams just kept coming and coming and coming." My dad's friend Gamiel Draper's brother David Draper was a great baseball player. "The best one that ever came out of there, they said."

Dad continued, "I used to drink beer with Clyde Powers over at the filling station/bar in town. Clyde learned to swim at Bedford Lake.

CONTINUED ON PAGE 48



VMI

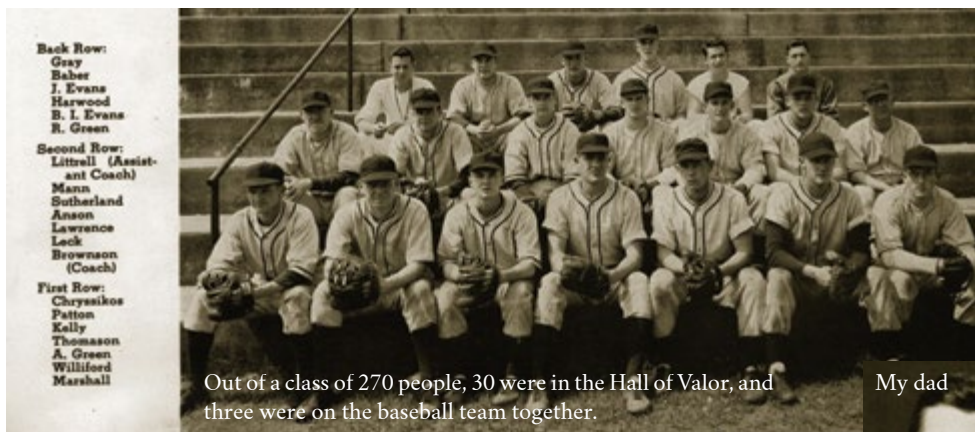
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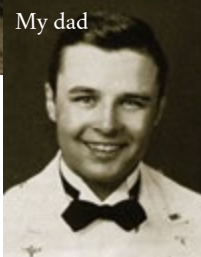
The British



Peaks of Otter



Out of a class of 270 people, 30 were in the Hall of Valor, and three were on the baseball team together.



My dad

LEXINGTON & BEDFORD CONTINUED FROM PAGE 47

On D-Day, his boat was blown up and sunk, but he survived. He was able to save a soldier who couldn't swim well, Roy Stevens, who lost his twin brother on the beaches that day.

My dad described the time. "Dad's co-worker and great friend Rosa Schenk's son John Schenk was lost in the first wave that landed on Omaha Beach. He told us about all the telegrams that kept coming. He would tell the family about it at the supper table.... I remember so vividly because it hit so close to home. You knew the family."

Later, by coincidence, I did a voiceover of a lady by the name of Ivylyn Schenk for the remarkable documentary film *Bedford: The Town They Left Behind* about D-Day, directed and produced by Elliott Berlin and Joe Fab, www.thejgroup.com, which had a special screening hosted by Senator Mark Warner for nearly 800 dignitaries at the Capitol in Washington, DC as well as at the 2009 GI Film Festival, where it garnered Runner-up Feature Documentary. I brought my dad to see it. He said it was just as he remembered.

Director Joe Fab described the historical climate while working on the film. "This

country was engaged in two wars, in Afghanistan and Iraq, and you could almost pretend you weren't at war, but in World War II, everybody was involved in some way. So many people were called to service. There was national sacrifice and daily awareness. It reinforced for me that it wasn't just the families, but the whole town of Bedford was conscious of each member of the community. The whole view of war was viewed with much more gravity. War is a huge responsibility with enormous costs, and we need to be fully conscious of that."

And the people of Bedford didn't hesitate to tell this important story to Joe through this most poignant film. "The generosity of spirit just astounds me every time people agree to do it. Ivylyn was in a hospital bed in the nursing home, talking about John, the young husband she had lost on D-Day. She wasn't going to live much longer. It was so intensely clear how much she loved John. Eight days as a married couple were never gonna leave her memory. It was so vivid and important.

The people were incredibly kind. Even though they have had many years to heal, when they talked about it I really was transported. There is a level of trust. You feel

attached to them forever. When I saw Lucille at the D-Day Memorial last Memorial Day, we took pictures together and hugged. People like Roy Stevens (in the film) and Lucille really lived these things. Lucille talked about the first telegram and the second telegram coming when she lost her brothers. I think about Lucille a lot. If I'm down there, I'll be sure to pay her a visit. I'll never forget those times sitting with them and talking."

BEDFORD

From Lexington, you can wind over the magnificent Blue Ridge Parkway to the once sleepy little town of Bedford. You'll pass the Peaks of Otter, which can be seen from just about everywhere in the county and which remind its people they're close to home. Always mentioned on the greatest small towns in America lists, along with its bigger cousin over the mountain – Lexington – Bedford has been making a shift in its direction without relinquishing that small-town sweetness. Grab lunch in the off-the-beaten-track, memorabilia-filled old Norfolk & Western train station at 302 Court Street. As of late, Bedford has become a mecca for artisans. Betty suggested a visit to Goose Creek Art Studio, specializing in art, photography, framing, and glass jewelry and run by her cousin Mitchell Bond. In that irrepressible gregarious manner, she adds, "Tell him I sent you – and hi."

Of course, everybody knows everybody in town – just as they did on that fateful day back in 1944, when my dad was just a 16-year-old school boy in Bedford. I had visited the beaches of Normandy one misty, melancholy day many springs ago in France and recognized a powerful feeling of respect for this tragedy – but the impact of speaking with those who were actually in Bedford at the time of the D-Day invasions and who directly suffered these unfathomable losses made this experience so much more visceral – and so real. On this D-Day, this 71st commemoration, while music and wreaths and pageantry and speeches abounded at the Memorial just blocks away, Main Street, Bedford was lined with pairs of flags side by side, French and American, a silent and thought-provoking tribute to an immense sacrifice from a beautiful little American town that survived. Maybe that's why Betty Bond still plays the piano like there's no tomorrow – for tomorrow is never promised. If anyone ever got that lesson, it was the good people of Bedford. Maybe that is why she is still here to play today.



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

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EVENT SPACES

WHERE TYSONS CELEBRATES

Throughout the Tysons area, there are so many options for private dining functions—small gatherings to huge events, casual to formal, all offering their unique atmosphere and cuisine. *VivaTysons* wants to make it easier for you to consider the area's great variety of offerings so we compiled a list of restaurants, country clubs and special venues that are ready to serve you and your special group. (If we've missed any, we apologize in advance.)

FALLS CHURCH

2941 RESTAURANT

2941 Fairview Park Drive
703.270.1500
2941.com

2941 Restaurant is a special venue with several stunning rooms in which to host a business gathering or family occasion. Their private rooms can accommodate anything from an intimate gathering of eight to large private parties of up to 100. The entire restaurant and outdoor patio areas are also available for parties of up to 200. Water scenery and spectacular decor will make any event special.

ARGIAS

124 N. Washington Street
703.534.1033
www.argias.com

Praised for its unique blend of style and flavor, Argia's is a lively, local Italian restaurant where groups of family and friends gather to enjoy authentic family style Italian food. Argia's brings the comfort and class of Italian cuisine to its customers while providing a perfect atmosphere for private parties of up to 200 guests.

IDYLWOOD GRILL AND WINE BAR

2190 Pimmitt Drive
703.992.0915
idylwoodgrill.com

A perfect neighborhood restaurant, Idylwood Grill offers a customized menu and excellent service for special affairs and gatherings. From just cocktails and appetizers to semi-private seated dining, this casual yet upscale restaurant will happily meet your needs for up to 40 guests.



8191 Strawberry Lane
703.372.5161
seapearlrestaurant.com

SEA PEARL RESTAURANT AND LOUNGE

For parties of 10 to 200, Sea Pearl is the perfect place to host your event. Choose from a number of semi-private areas for dining, or reserve the bar or lounge for cocktails and hors d'oeuvres. They can customize a menu or bar option to meet your needs.

a banquet using both floors. This facility is not wheelchair accessible.

L'AUBERGE CHEZ FRANÇOISE

332 Springvale Road
703.759.3800
laubergechezfrancois.com

This is one of the finest restaurants in the area and a prominent chapter in the history of DC fine dining. L'Auberge Chez François is available for weddings and special events Tuesdays through Saturdays, 11am to 4pm. Parties can range in size from 40–80 guests and weather permitting the garden terrace can be used for the ceremony and cocktails, prior to moving indoors for a sit-down luncheon. The restaurant also provides service for corporate and private dinners Tuesday, Wednesday and Thursday evenings. A private dining room is available for groups of 25-45 guests, after 5pm. On Monday nights, L'Auberge Chez François can host private parties from 60 to 100 guests.

OPEN KITCHEN

7115 Leesburg Pike
703.942.8148
openkitchen-dcmetro.com

This unique venue is a bistro/cooking school/timeshare kitchen offering many options for private dining. Have an intimate customized dinner for 12 or take the entire restaurant for up to 80. Email Hue Chan-Karels at hcl@openkitchen-dcmetro.com to get the planning started. Fantastic programs for corporate team building, cooking classes for groups and more.

THE STATE THEATRE

220 N. Washington Street
703.237.0300
thestatetheatre.com

From 50 to 500, from a class reunion, to a wedding, to the corporate product launch party, The State Theatre is the venue for you. All the accommodations are available including the highest tech A/V and communications equipment you'll ever need. Put a band on the stage, let them customize your menu, and put your event to bed!

FORESTVILLE SCHOOLHOUSE

9812 Georgetown Pike
703.827.0269
fairfaxcounty.gov/parks/hprs/schoolhouse

Forestville Schoolhouse offers large sunlit rooms with hardwood floors. It may be rented individually or with the adjacent Great Falls Grange. Capacity for the indoor banquet room is 49. Forestville Schoolhouse is wheelchair accessible.

GREAT FALLS GRANGE

9818 Georgetown Pike
703.827-0609
fairfaxcounty.gov/parks/hprs/greatfalls.htm

This classic public assembly hall now listed on the National Register of Historic Places, offers two stories, a barrel vaulted ceiling with fans, large windows which allow for lots of natural light, a full stage and catering kitchen. This unique venue can handle 200 for a reception or 120 for

MCLEAN

CAFE OGGI

6671 Old Dominion Drive
703.442.7360
cafeoggi.com

Cafe Oggi has been the Italian restaurant in McLean for nearly two decades. They offer private dining for up to 50. The exquisite cuisine and attentive service will make any special occasion, well, special.

GREAT FALLS

DANTE RISTORANTE

1148 Walker Road
703.759.3131
danterestaurant.com

This Italian staple of Great Falls is the perfect setting for your next special social gathering or business event. From rehearsal dinners, to corporate team-building, this fine restaurant can handle up to 60 in a single room or up to 110 guests in multiple rooms.



10826 Fairfax Blvd, Fairfax
703.385.1226
www.dolceveloce.com

DOLCE VELOCE CICCETTI WINE BAR

The Cicchetti Wine Bar is open and inviting, with rustic slate floors, sun-splashed walls, rich woods and tables for casual dining. They can accommodate up to 60 guests for a private banquet.

IRIS LOUNGE

1524 L-M Spring Hill Road
703.760.9000
irisloungeva.com

Iris Lounge caters to a variety of business and social gatherings. For true private dining, they have a unique, glass-enclosed dining room located on the upper level that hosts events for groups from 25 people up to 150 people, for sit-down dinners up to 100 people.

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8130 Watson Street, McLean
703.707.8559
jrsbeef.com

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7920 Jones Branch Dr
703.847.5000
www.hiltonmclean.com/Harth

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LEBANESE TAVERNA

1840 International Drive
703.847.5244
lebanesetaverna.com

Offering private and semi-private group dining, their restaurant can comfortably accommodate groups of up to 110. The Galleria location has three rooms, a lounge, and an outdoor cafe available. For groups of over 12 guests, a preset menu is required. The menu is served family-style and offers a variety of their most popular mezza plates and entrees including a wide range

of vegetarian and non-vegetarian options. Customized menus are never a problem.

MYLO'S GRILL

6238 Old Dominion Drive
703.533.5880
mylosgrill.com

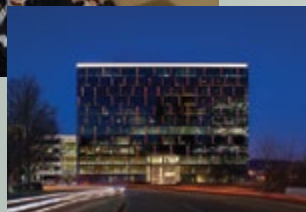
Located in Chesterbrook Shopping Center, Mylo's Grill offers authentic Greek and American cuisine. Their spacious private dining area is perfect for a social or office gathering for up to 40.

EVENTS ENLIGHTENED



Sure to leave a lasting impression, Silverline Center has multiple **indoor and outdoor venues** as well as **270 LED lights** that can be individually programmed to brand your event. The expansive sky-lit atrium space gives visitors direct access from the parking garage and can accommodate up to 104 seated guests or 340 standing participants.

Call 703-790-5144 to book your next event at the Atrium Silverline Center in Tysons.



SILVERLINE CENTER
7900 WESTPARK DRIVE

www.silverlinecenter.com

THE CAPITAL GRILLE

1861 Interntional Drive
703.448.3900
capitalgrille.com

Located in the heart of Tysons, they offer their supreme service and signature menu in two private dining rooms. The McLean Room is available for an intimate setting for up to 14 guests. The Wine Room offers the complete private Capital Grille experience for up to 30 guests. Extensive wine selections and A/V equipment available.

SILVERLINE CENTER

7900 Westpark Drive
703.790.5144
www.silverlinecenter.com

Sure to leave a lasting impression, the new SilverLine Center has multiple indoor and outdoor venues as well as 270 LED lights that can be individually programmed to brand your event! The expansive sky-lit atrium space gives visitors direct access from the parking garage and can accommodate up to 104 seated or 340 standing participants.

VIENNA

BAZIN'S NEXT DOOR

111 Church Street
703.255.7212
bazinsonchurch.com

Bazin's on Church is an 85-seat restaurant and is available for private dining only if "buying out the entire restaurant." They do not have private dining rooms, but a beautiful, open space that works well for special events. Their restaurant may also be rented out on Mondays, day or night, and on Saturdays from 11am-3:30pm.

BONAROTI RESTAURANT

426 Maple Ave E
703.281.7550
bonarotirestaurant.com

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HAVING AN AFFAIR?

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111 CHURCH ST NW, VIENNA, VA 22180 | 703.255.7212 | BAZINSONCHURCH.COM

CAFÉ RENAISSANCE

163 Glyndon Street

703.938.3311

caferenaissance.com

Café Renaissance offers a unique setting for any occasion. Whether you are looking to host a private dinner, or a cocktail reception, they are totally flexible and will tailor-make each event to suit your individual requirements. Their private Gold Room seats 14, and their main dining room seats 55. Cocktails and hors d'oeuvres for up to 75.

CHEF GEOFF'S

8045 Leesburg Pike

571.282.6003

chefgeoff.com

Chef Geoff's Tysons Corner loves to party! They offer 3 beautiful rooms at their Fairfax Square location from which to choose, accommodating any size group from 10 to 350 guests.

CHIMA BRAZILIAN STEAKHOUSE

8010 Towers Crescent Drive

703.639.3080

chima.cc

Located in the heart of Tysons between Route 7 and Tysons Corner Center, this



6641 Old Dominion Drive

703.918.0080

assaggiosteria.com

Brazilian-style steakhouse offers a huge salad bar and fresh grilled meats sliced at your table. They can accommodate up to 130 guests for a private banquet in their VIP room.

CLYDE'S OF TYSONS

8332 Leesburg Pike

703.734.1900

clydes.com

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private upstairs room provides the perfect venue for special family affairs, corporate functions and more.

DIYA

2070 Chain Bridge Road

703.970.7500

diyatyson.com

This popular Indian restaurant offers banquet facilities for up to 260. The variety of Indian cuisines and other offerings make this a unique choice. Centrally located at 123 and Old Courthouse Road.

DUNN LORING VOLUNTEER FIRE DEPARTMENT

2148 Gallows Road

703.745.8645

dlvfrd.org

This rental hall in Tysons can host your event for up to 300 people. There is a full commercial kitchen, a raised stage, A/V equipment and plenty of parking. Not available Wednesday and Saturday.

GRAND ATRIUM AT TYSONS CORNER

2236 Gallows Road

703.698.0228

grandatrium.com

Grand Atrium is the premier banquet facility for a wedding reception, party, or other special event. A basic event package includes use of facility and parking garage, buffet service, professional staff, bar service, and linens. Grand Atrium specializes in events that require a dance floor and can hold anywhere from 90-190 people comfortably.

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9601 Courthouse Road
703.827.0269
fairfaxcounty.gov/parks/hprs/hunterhouse.htm

Hunter House began as a small frame farmhouse. Over the years, the house was enlarged, but still retains much of its original character. Hunter House provides main floor accommodations, a sunlit screened porch, beautiful border gardens and spacious lawns for outside occasions. The indoor banquet room holds up to 40 people while an indoor/outdoor event can hold up to 200.

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www.levantva.com

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8100 Boone Blvd
703.760.0690
nostosrestaurant.com

Nostos elegant and Mediterranean atmosphere offers the perfect place to host your next event. Their private dining room can seat up to 30 people (40 standing).

THE ATRIUM (AT MEADOWLARK GARDENS)

9750 Meadowlark Gardens Court
703.255.3631
nvrpa.org

The Atrium quickly became one of the premier venues in the region for beautiful wedding receptions. The glass walls of the building look out on the 95-acre Meadowlark Botanical Gardens with some of the best ornamental collections right outside the venue's walls. The Atrium holds 190 seated or 300 standing and features a two-thousand square foot skylight, indoor stream and fountain. While wedding celebrations are most common, the Atrium is also host to corporate banquets, holiday celebrations and more.

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clubcorp.com/Clubs/The-Tower-Club-Tysons-Corner

The Tower Club Tysons Corner, located in Vienna, is the perfect venue for the special corporate affair or social event. Several room options are available from the smallest meeting to a wedding. The exquisite views, the attentive staff, and excellent menu selections make this a premium option in the area. Spaces to serve 5 to 150 comfortably.

VIENNA VOLUNTEER FIRE DEPARTMENT

400 Center Street
703.938.2242
vfd.org

The Vienna Volunteer Fire Department rents out its meeting hall to individuals, local businesses, community groups and organizations. The Community Hall is available for rent on most Mondays through Saturdays and is an excellent venue for wedding receptions, children's birthday parties, anniversaries, or business conferences. Able to accommodate up to 250 people, this downtown Vienna location is a choice often overlooked. You would be amazed at how well this room can look when decorated.

WOLF TRAP CENTER FOR THE PERFORMING ARTS

1645 Trap Road
703.938.8463
wolftrap.org

There are 5 options at Wolf Trap for renting private event facilities. The Barns (English and German) can handle private events, meetings and receptions for up to 300. The Center for Education is geared more for meetings with a capacity of up to 300 including a 100-fixed-seat auditorium for speakers. The Associates Deck overlooks Wolf Trap's beautiful meadow and the world-renowned Filene Center.

It is available for private functions on performance evenings during Wolf Trap's Filene Center season. This space can accommodate 300 seated or 400 standing. The Terrace at Wolf Trap can hold events for up to 25 to 125 guests for a pre-show reception, cocktail party or other affair. It is only rented in conjunction with a performance at the Filene Center and guests must have a ticket to the performance. The last venue is the Meadow Pavilion is available for rent for your special event prior to performances at the Filene Center. The covered stage and surrounding facility can seat up to 130 and fit 150 standing.

WOO LAE OAK

8240 Leesburg Pike
703.827.7300
woolaeoak.com

Woo Lae Oak has been called the best Korean restaurant in the Metro area. Party rooms can accommodate up to 300 to enjoy authentic Korean cuisine in a wonderful atmosphere. Menus can easily be customized to your tastes. ♦

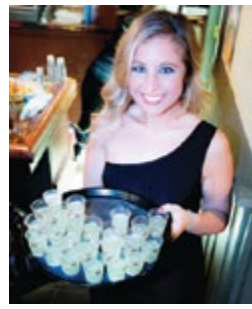


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ENTERTAINMENT ABOUNDS

at Art's Tavern

BY KEITH LORIA

Those who come to Art's Tavern (2190 Pimmit Drive) in Falls Church, know it to be a place to get some great food, enjoy a selection of drinks and see both old and new friends. A staple in the area for more than three decades, the place originally operated as a pub, but has transformed into a tavern since new owner Sharon Sachs took over a few years ago.

One only needs to read the Yelp reviews and tweets about the establishment to know it's a place that many in the community feel at home in; with many comparing it to the noteworthy bar experience from TV's *Cheers*, where everyone knows your name and you're always bound to see a friend and get involved in a fun conversation.

Art's Tavern is also known for being quite the place for entertainment, as well. Sachs began a karaoke night after she took over and it's one of the most popular places for Northern Virginians to do their best Madonna, Billy Joel or Rick Springfield imitations.

"People really enjoy this. We have some excellent talent who come in and sing," Sachs says. "This gives people a chance to sing and come out and have fun with their friends."

Offered every other Saturday night, the popular karaoke experience features state-of-the-art digital equipment with new songs added every week. This means that the latest Taylor Swift or Fall Out Boy song you're hearing on the radio is most likely available. And it's not just pop songs or Broadway tunes, the karaoke catalogue has something for everyone, which means fans of artists like Barry Manilow, Michael W. Smith, Cinderella, Van Halen, Stryker and Eminem can all take part.

"A lot of people just go up and fool around and have some fun with their friends, but then we have those who come by every time and are incredible," Sachs says. "We have parties who come in and they will get up and sing and there's just a lot of people who enjoy karaoke."

The tavern has hosted a couple of karaoke contests through the years, and it's always a fun time to see the best of the best compete for the title.

Karaoke isn't the only entertainment available at Art's. Sachs says she tries to liven up the place with fun music and activities most nights of the week.

For instance, there's a live trivia contest every Thursday night with teams competing for gift certificates and more importantly, bragging rights.

"We offer specials on burgers and wings, and people can come in either on their own or with teams, and it's a lot of fun," Sachs says. "People come back week after week and are very competitive, but new people are welcome."

Friday night means live music, with some of the best bands in the area—and as far as Charlottesville, come out to perform on the Art's Tavern stage from 8:30 p.m. to a little after midnight.

"We think music is important and it's great to see these professional musicians come out and it brings in lots of music fans," Sachs says. "We have a good rotation of bands who come in and we are always getting new musicians as well onto the calendar."

There's also an acoustic open mic once a week, where aspiring musicians can come in with their own instrument and play with them, or singers can have them back them up.

"This gives people who aren't in bands or aren't able to play all the time a venue to play at," Sachs says. "Some have been playing for years and others who are just starting out and may be a little nervous, but people support them. This might be the first venue they ever play at, and people always cheer them on and encourage them."

Finally, sports lovers will love the gridiron atmosphere on Sundays once football starts, as Redskins fans flock in to enjoy the game and some great food, as NFL games are shown throughout. There's also a big dart crowd who take advantage of the tavern space throughout the week.

"We are a neighborhood tavern that is a friendly place to come and relax and we have lots of entertainment," Sachs says. "I've grown up in this area and a lot of people who work here are local, and it was important to me to preserve the local tavern experience."

Art's Tavern is open Monday 4 p.m. to midnight; Tuesday-Thursday 11 a.m. to 1 a.m.; Friday and Saturday 11 a.m. to 2 a.m.; and Sunday from noon to midnight. For more information, visit artstavern.com. ♦

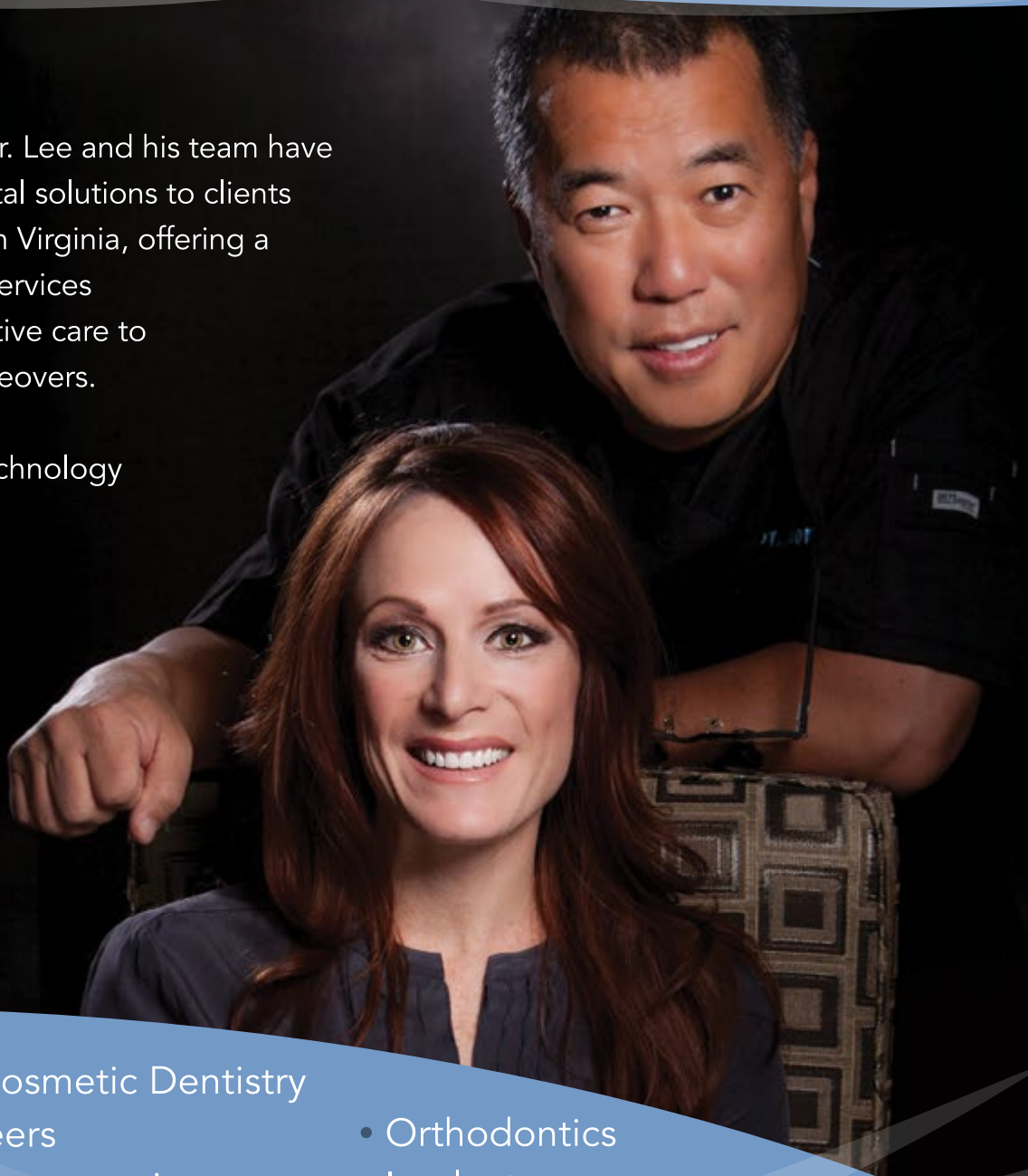
AUTHOR: Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.

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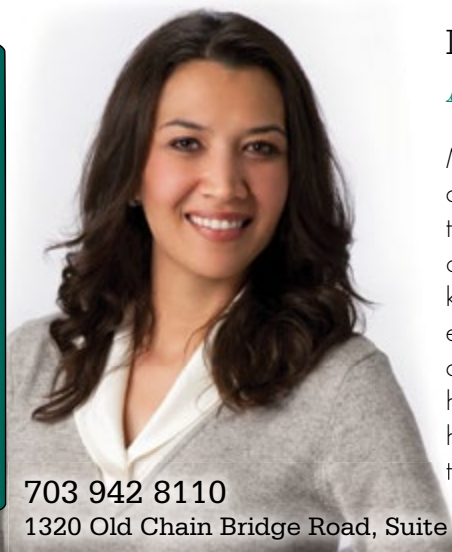
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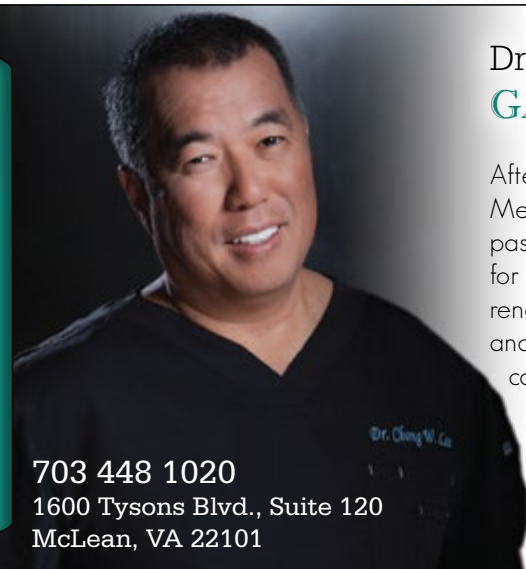
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Photo courtesy of fcmfcc.org



FALLS CHURCH- MCLEAN CHILDREN'S CENTER'S

Third Annual Teddy Bear 5K & 1K Walk Run

Viva Tysons is a media sponsor for the Falls Church-McLean Children's Center's Third Annual Teddy Bear 5K & 1K Walk Run. The Race to Give Every Child a Strong Start will again be on the last Sunday of September, 27 at 4 pm on the W&OD Trail, starting and ending at 400 N. Oak Street. All runners and walkers will receive a Teddy Bear when they cross the finish line. A fun fair starting at 2 pm will feature games, balloons and facepainting for the kids. Sponsorships are available. Runner registration is open at www.runsignup.com/TeddyBear5K.

This event benefits the nonprofit Children's Center that was established in 1968 by 20 area faith groups to provide affordable child care for children from low-income, working families. Their nationally accredited early childhood education program is a model program as the only preschool located under the same roof as a Fairfax County Public School. As such, the Center provides full-time working parents with the chance to retain their jobs while their special needs child attends half-day special education preschool at Lemon Road Elementary School, then finishes the day in the Center's enriching program. ♦



CREATIVE CONCEPTS CELEBRATES *"A Night in Italy"*

Creative Concepts announced their new and exclusive collections of Versace, Roberto Cavalli and Lamborghini Home Tile and Unica In-Stock Italian Kitchens and Bath Cabinetry at their networking event last June. ♦





FAIRFAX COUNTY CHAMBER *90th Anniversary*

Fairfax County joins with The Fairfax Arts Council to celebrate the arts program and the 90th anniversary of the chamber in the atrium of the new Silver Line Center in Tysons. ♦



MCLEAN PROJECT FOR THE ARTS— ARTFEST *October 4*

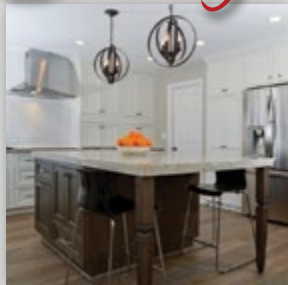
MPAartfest will transform McLean Central Park (corner of Dolley Madison Blvd and Old Dominion Drive) into a lively landscape of mini art galleries showcasing and offering for sale the work of a diverse group of 50 juried artists. There will be music and great food and much to do and see for the whole family. The Artfest takes place from 10am–5pm.

MPA Artfest attracts more than 7,000 residents of McLean, Fairfax County and the greater DC area. Families, friends and visitors have the opportunity to meet 50 of Northern Virginia's top visual artists, purchase art works, and create art.

New for 2015! ArtFest attendees can participate in MPA's new, innovative ArtReach and STEAM activities, a dynamic collaboration between MPA and the state-of-the-art Children's Science Center.

For the full month leading into Artfest, a community-wide Great Art Scavenger Hunt, a business sponsor event, will take place. Visitors to Artfest-sponsoring companies can complete the Scavenger Hunt submission form. Prizes will be awarded to the participants with the most visited number of sponsor companies. Visit www.mpaart.org/mpaartfest for more information. ♦

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Weight Loss





BY NIKKI CHESHIRE

Upon walking in to Sunrise Orthodontics, it would be easy to think you were entering a spa. With soft lights, soothing colors and open contemporary-style rooms, relaxation is one of the primary goals of Dr. Liliana Calkins.

With a focus not only on the aesthetics of the smile, but also on health and functional demands of the patient, Sunrise Orthodontics puts all of their patients' needs first. Founded and owned by Dr. Calkins, the orthodontic experience in this office is meant to be a soothing and relaxing one.

And one of the ways patients can relax is by knowing they're in the capable hands of one of the best orthodontists in the area.

"We're not a conventional orthodontic practice by any means," Dr. Calkins says. "We are focused on the comprehensive health of the patient by doing thorough medical analysis."

Dr. Calkins offers a wide variety of products and services, including the latest in aesthetic tooth alignment methods, MLS laser therapy for pain management, orofacial myofunctional therapy and nasolabial molding. She's skilled in techniques for patients of all ages, including adults, teens, and even children as young as three years old. In these patients, she's also been working on diagnosing and treating sleep apnea.

"We are constantly evolving. Nothing is static at all. Innovations and technology change our skills on a day-to-day basis," Dr.

Calkins explains. "This is one of the areas that distinguishes my practice. With access to the best education possible in my specialty, I'm able to educate my patient and implement the latest technology in their treatment."

As part of a comprehensive treatment plan, Dr. Calkins believes in coordinating orthodontic treatment with other forms of rehabilitation, and wants to work closely with every patient's family dentist and physician to formulate the best customized treatment options.

In addition to providing some of the top orthodontic treatment in Reston, Dr. Calkins is a strong believer in giving back to the community. She regularly hosts artwork from local schools in her office and supports the development of art programs like GRACE Art in nearly 20 area schools. Additionally, she provides free or discounted dental services to less fortunate children in the area.

"Practices like this demand a great deal of team effort," Dr. Calkins continues. "I have been very blessed by the presence of my husband, Matt, in my life. All of this is thanks to his love." ❖

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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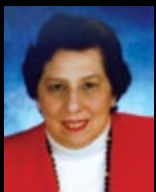


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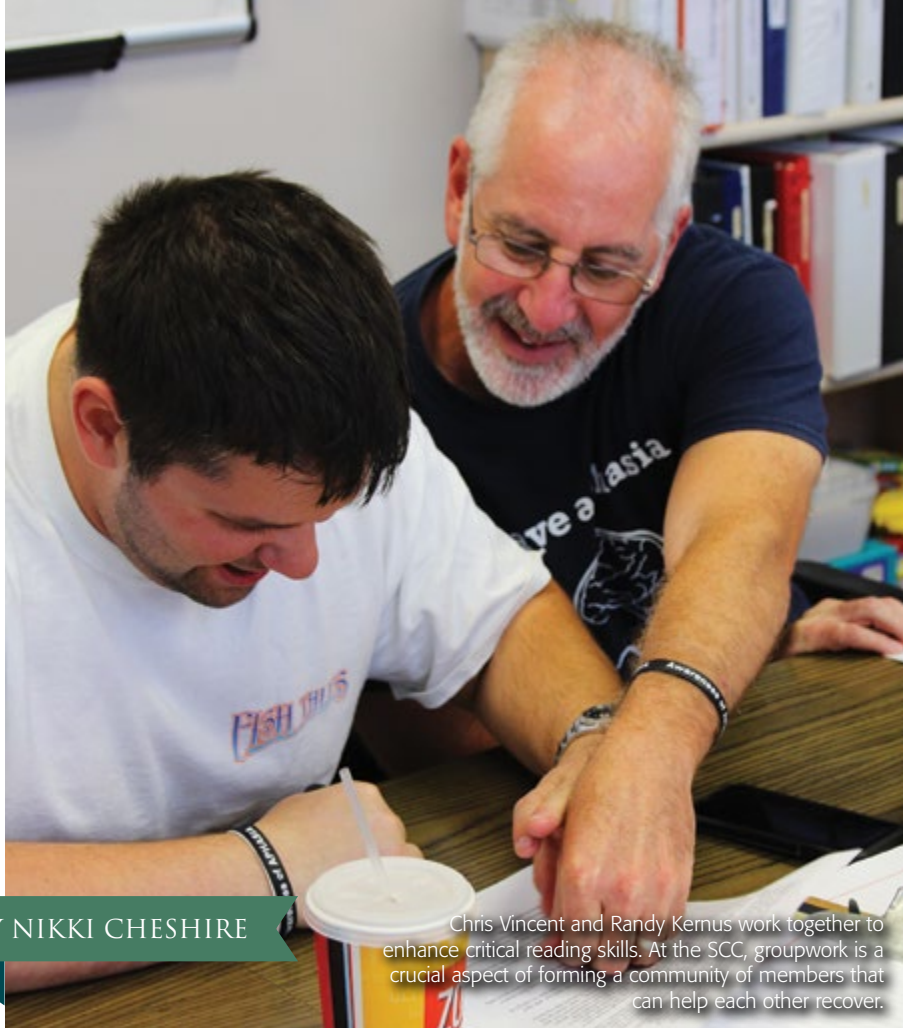
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BY NIKKI CHESHIRE

Chris Vincent and Randy Kernus work together to enhance critical reading skills. At the SCC, groupwork is a crucial aspect of forming a community of members that can help each other recover.



Founder and Executive Director Darlene Williamson dedicates her time to helping stroke survivors and others with aphasia live successfully.

Williamson is an expert in speech-language pathology, specifically with the problems caused by aphasia. Aphasia, which affects 1 in every 250 people in the US, often occurs as a result of a stroke and greatly limits a person's ability to communicate the way they want to.

"This is not a disorder of intelligence," Williamson says. "These people do not lose their intelligence, they just have difficulty manipulating language. And the four areas of manipulating language are listening, reading, writing and speaking." She relates it to the obstacles of learning a foreign language, where these four areas of communication must be learned again with a new language. For people with aphasia, it's not much different.

Helping people relearn their ability to speak is no easy task. It takes a lot of therapy to relearn each of the 26 individual phonemes in the English language, how to form them, and how to put them together. But with the help of special technology pioneered by the SCC, speech improvement is an attainable goal.

"Technology is so supportive and assistive for people who have difficulty communicating," Williamson explains. "For each session we give them, they're able to watch the same session hundreds of times at home." With the help of her son, Williamson was able to launch Video Assisted Speech Technology (VAST) on the Apple Store and online, making it easily accessible to those who need it.

Here's how it works: Using the website speakinmotion.com or the accompanying iPhone application, users have access to individualized and mobile speech practice. By watching close-up videos of a person's mouth while they speak certain pre-recorded words and phrases, a person with aphasia can learn to produce the same lip and tongue patterns required for repeating these words and

STROKE *Comeback Center*

Imagine being able to laugh, joke and share stories with your family one day, only to lose this ability to communicate the next. With a stroke, that can happen at any time. And if it does, the Stroke Comeback Center (SCC) in Vienna is ready to help.

For the past decade, founder Darlene Williamson and the SCC has been helping their members – stroke victims – live successfully with a focus on support, communication and community. With access to technology, fitness opportunities and specialized group sessions, members in all stages of recovery have the tools they need to re-engage in life.

Founded when individuals and families of stroke-affected individuals couldn't complete their treatment due to insurance restrictions, Williamson says the SCC was created to answer the question, "Now what?"

A stroke occurs when the blood supply to the brain is blocked or interrupted. A common yet life-threatening event, a stroke can affect anyone at any time, regardless of race, sex or age, but the risk of one is higher in people with poor diets and in those who smoke. There are two types of stroke, an ischemic stroke (a clot in a brain artery) and a hemorrhagic stroke (a brain artery ruptures). All strokes are medical emergencies.



Groups consist of members and certified facilitators to manage each session. Clockwise from left: Chris Vincent, Randy Kernus, Ashley Beard, Melissa Richman, Jerry Shrouds, intern Jordan Barr, and Joyce Simmons.



regardless of ability to pay. No one is turned away based on their financial situation, and close to one quarter of the center's members are on scholarship.

"The fees only cover about half of our overhead, so the remainder has to come from somewhere. We do fundraising events throughout the year, and then we have a loyal base of donors who contribute small amounts to us on an annual basis, and a couple of angels who donate larger amounts." Williamson explains, adding that they also have a few grants along with some corporate support. "And with that, we manage to stay afloat."

As engaging in the community is crucial both for the members to recover and for the SCC to raise awareness about strokes, they take part in an annual event at Nationals Park. Strike Out Stroke is a facet of a non-profit organization that holds education and awareness events nationwide, partnering with the local stroke centers (like the SCC) and charities in the area of the event.

"Strokes are not going away," Williamson says. "But the number of stroke survivors has only been increasing." And the SCC will be there to help everyone that needs it. ♦

phrases. According to independent research done by the Aphasia Lab at the University of South Carolina, stroke survivors suffering from non-fluent aphasia whose recovery process included VAST techniques could produce 60% more words than they could before the program.

Williamson is also researching other uses for the VAST technology, including aiding children with developmental apraxia as well as people with autism or other speech-impacting disorders. VAST can be utilized by both children and adults, and is even trying out music therapy – the idea being that music stimulates several different areas of the brain and can therefore enhance speech therapy techniques.

Since VAST is available both online and on mobile devices, the SCC provides all the technology necessary to access the program. With a computer lab equipped with webcams, headphones and microphones, as well as iPhones and iPads for members to use, individualized speech therapy is only a click away.

In addition to technological services, the SCC offers a variety of community programs for its members in an easy to get to location. Accessible by Metro and bus, there's always a way to get to the center and take part in their activities.

"It's all about living successfully," Williamson says. "We do all our work in groups, and our groups are built around areas of communication."

The center breaks up the year into several nine-week sessions in order to adjust the services to

match up with the level of care the members need. Meeting Monday through Thursdays during the sessions, the available services include writing workshops, book clubs, reading strategies, VAST work periods, brain games and fitness programs. And even when a session ends, the care and support does not. Members are welcome to enroll in as many sessions as they need for as long as they would like. The only center of its kind in the DC Metro area, the SCC is only one of six like it in the nation. Additionally, you don't have to suffer from a stroke to come to the center; members include people with other cognitive and physical impairments, those with aphasia as a result of other causes, and even wounded warriors.

Though the SCC is a non-profit, there are some fees for sessions and services in order to keep the organization running. For those who don't have the means to pay in full, the SCC is dedicated to finding a plan that will work for everyone

Anyone can fall victim to a stroke. Know the signs and act FAST.

!

RISK FACTORS:

HEALTH CONDITIONS
Previous stroke/mini-stroke, High blood pressure, High cholesterol, Heart disease, Diabetes, Sickle Cell disease

BEHAVIOR
Unhealthy diet (high in saturated fat, trans fat, cholesterol), Physical inactivity, Obesity, Smoking, Drinking alcohol in excess, Family History, Genetic factors that may affect blood pressure and cholesterol levels

F
A
S
T

FACE – Does one side of the face seem to droop?

ARMS – Is one arm weak or numb?

SPEECH – Is there difficulty speaking?

TIME – 32,000 brain cells can die every second.

It's important to call 911 as soon as you notice these symptoms, as early intervention can help prevent worse damage.

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.



COOKING WITH WINE

*A Tasty Way to
Enhance Your Meals*

BY LINDA BARRETT



The preponderance of Virginia wines lends itself not only to tastings, wine can be a delightful addition to recipes. Plus you get the added enjoyment of sipping while you cook.

Wine at any price point is acceptable for cooking, although you probably want to retain your finer wines for serving with the meal. Don't, however, use the pre-bottled "cooking wines" or "cooking Sherry." These are generally cheap wines to which salt and food coloring has been added. The rule of thumb is "don't cook with a wine you wouldn't drink."

Select the flavors of the wine to pair correctly with similar foods. White wines can contain flavors including apple, caramel, citrus, melon, olives, pear, pineapple, vanilla, or even mushrooms. Red wines reflect tastes of berries, cherries, chocolate, coffee, currants, oranges, peaches or plums.

For a recipe using dry white wine, try the Sauvignon Blanc, which becomes tart—almost lemony—when cooked, or Chardonnay. For bold or spicy flavors, try a Riesling, Viognier or Gewurztraminer; their fruity flavors and floral aromas create a nice counterbalance. For dry red wine recipes, consider a Petite Syrah, Zinfandel, Pinot Noir or Chianti. Be sure not to use an off-dry wine when a dry wine is called for. The residual sugars will completely change a dish's flavors.

Pair white wines with light-color meats like poultry, fish or shellfish, using dry non-oaked wines with more delicate fish and vegetable dishes. Use reds with dark-colored meats like beef, game meats or pasta, or with recipes using lots of onions, carrots and tomatoes that have their own sugars. Use either red or white with pork.

Some of the best wines used in cooking are Marsala, Madeira, Port and Sherry. These wines pack intense flavors and have more alcohol content than table wines. Marsala adds a caramel-fruity taste to Mediterranean dishes, while Madeira rings forth toffee-caramel notes. Port's rich sweetness adds to meat-based casserole, while Sherry's

nutty flavors enhance soups, stews or sautéed dishes. Cook with sweet wines when you want sweetness in your final dish, otherwise, use a dry wine.

Wine's acidity can also make a difference. Like lemon juice or vinegar, the acids can bring out flavor in mild foods such as fish (which is why fish is generally served with a lemon wedge). When adding wine, consider cutting back other acidic ingredients such as lemon juice or vinegar. Tannins in red wines pair well with hearty dishes, strong flavors and high-protein foods like steak, while the proteins in meat and dairy tone down the tannins, smoothing out its bite.

Does the wine evaporate?

Common belief is that the alcohol in wine evaporates during the cooking process. In fact, USDA research shows that 85% of the alcohol remains after wine is added to a boiling liquid and then removed from the heat. The longer a dish cooks, the less alcohol remains.

For example, after 15 minutes, 40% of the alcohol remains; after an hour, 25% remains, and after 2.5 hours, 5% of the alcohol remains.

The benefits of boxed wine

Using boxed wine gives you a lot of flexibility in cooking as you can use as little or as much as you want without having to worry about finishing the bottle. Boxed wines also have a much longer shelf life since they have an internal plastic bag that prevents the leftover wine from coming into contact with the air.

Never cooked with wine? Uncork a bottle (or a box) and experiment. You may find combinations that elevate your normal recipes to gourmet standing. There is no right or wrong, just go by your personal tastes. And use any leftover wine for serving along with your dish. ♦

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

TAKE FAT OUT OF RECIPES

When removing fat from a recipe, you must add another ingredient to replace the lost moisture. Substitute the oil or butter when sautéing vegetables using a smaller amount of oil and wine.

USE IN A MARINADE

Instead of marinating meat, poultry or seafood in a half cup of oil, use a quarter cup each of oil and wine. Wine adds the acid that helps tenderize meats while adding flavor and helps keep meats moist while cooking.

ENHANCE A FISH RECIPE

Add wine to the pan when simmering or poaching fish, or drizzle a couple of tablespoons of wine over fish and bake it in a foil package. You'll add flavor and preserve the moisture.



MARINARA SAUCE WITH WHITE WINE

INGREDIENTS

2 (14.5 oz) cans stewed tomatoes
1 (6-oz) can tomato paste
4 TBSP chopped fresh parsley
1 clove garlic, minced
1 tsp dried oregano
1 tsp salt
¼ tsp ground black pepper
6 TBSP olive oil
1/3 cup onion, finely diced
½ cup dry white wine
(Add ¼ tsp red pepper flakes, optional)

1. In a food processor, blend the stewed tomatoes, tomato paste, parsley, garlic, oregano, salt and pepper until smooth.

2. In a large skillet over medium heat, sauté the onion in olive oil for 2 minutes. Add the blended tomato sauce and white wine.

3. Simmer 30 minutes, stirring occasionally.

Source: allrecipes.com



BY RENEE SKLAREW

Having Fun with your Food

AT SISTERS THAI, A LIVING ROOM CAFÉ, NOW OPEN IN THE MOSAIC DISTRICT

Had Tammie Disayawathana become an interior designer, she would have been very successful. Lucky for us, she became a restaurateur instead. Disayawathana just opened her second restaurant in Fairfax County. The first was Sisters Thai, A Living Room Cafe, in Old Town Fairfax—a cult favorite among the locals. Stop in, anytime, day or night, and you'll find nearly every table full in this cozy townhouse. Now she's debuted her second location, this time, in the buzzy Mosaic District. Her second location is more spacious, but equally intriguing.

"My husband designed the décor," explains Disayawathana about Jaturon Srirote's unique sensibility. "He always has many ideas in his head; he always thinks differently. That's why the restaurant is 'us.'" When she says 'us,' she means a quirky collection of art, antiques, murals, super hero figurines, soft upholstered chairs, empty bottles of perfume, funky signs and an enormous bookcase full of real books; creating scenes that are endlessly interesting in every direction you turn, even the bathrooms.

Although the décor is stimulating, it's also welcoming. Here, the service matches the style—friendly and upbeat. Disayawathana says

she has hired her own friends to work here, and then friends of friends: "I put in the restaurant what I like. I wanted people like me, people who understand the way I think. I work in all the departments myself. So, the customers feel like they're eating at a friend's house."

Disayawathana comes from a long line of excellent cooks. Back in Thailand, her family was known for their recipes. She and her husband worked in other restaurants, until, as she says, they "got the opportunity" to open their own. "We started the first one when my daughter was one-year-old. I wanted to be with her as much as I can; not work regular {business} hours," says Disayawathana. "I also wanted a homey atmosphere so I could be with her here." In addition to her husband and daughter, the team at Sisters Thai includes other family members: "My uncle is our chef. I knew him my whole life. He makes it very easy for me and my husband to work in the front of the restaurant while he's in kitchen."

Chef Moo, as he's known, (his real name is Prasert Limsumanc) prepares food that is authentically Thai. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. At the Mosaic location, Limsumanc has more room in the kitchen and has added several "Chef's Recommendations" inspired by the season. For example, the current menu lists seasonal soft shell crabs, accompanied by broccoli, cabbage and snow peas, with a ginger chili sauce for dipping. The crab is upright, literally split in two, and standing on



its legs like it's walking—just another way Sisters Thai incorporates whimsy into the dining experience.

Some standouts on the menu are labeled Thai Street Food. Chicken Festival is the original dish that inspired Sisters Thai in the first place. Disayawathana prepared these grilled chicken skewers at a few events, and they were extremely popular. Now in her restaurant, she serves the same chicken skewers with a choice of Low Mein or fried rice on the side. “You’re not going to see this in most Thai restaurants,” Disayawathana notes. Another favorite dish is the Khao Soi, chicken egg noodles in red curry. This northern Thai dish might be among the specials at some restaurants, but at Sisters Thai in the Mosaic District, you can order it anytime.

On the appetizer list, the Roti Green Curry is enchanting—a bowl of creamy chicken curry served with eight pieces of delicate Indian flatbread. The stinging hot curry is powered with fresh herbs and peppers. Spoon some curry onto the flatbread, and eat it like a taco.

Disayawathana recommends the Num Tok, a steak salad, which in Thai means waterfall (juices of the barbecued steak drip into the charcoal, hence the name). Served over lettuce, with slices of red onion and fresh cilantro, the dish is brightened by zesty lime dressing. For an entrée, try Chef Moo’s signature Crispy Duck Curry—a fiery combination of crunchy slices of duck, jalapenos, pineapple and red pepper—in a silky curry sauce cooled with a hint of coconut milk. The contrast between the sweet pineapple and blazing jalapeno adds a pleasant jolt to the dish.

Sisters Thai in Mosaic features a coffee and dessert bar, with handmade smoothies, cakes and cookies. “Our food is spicy Thai,

but we also feature homemade desserts,” explains Disayawathana. “All the desserts we make here. They’re not too sweet.” The coconut cake I sampled was topped with shredded coconut meat over fluffy short cake and coconut-infused whipped cream. This confection is less about sweet, and more about the scented flavor of the tropics.

Sisters Thai has different seating areas depending on your mood. Hang out in the sunny bakery, or find a quiet table in the alcove overlooking a vivid mural of the Washington Monument. Choose to perch at the bar, or dine outside on the patio. There is so much to see while you wait for your food. “What I learned in my first restaurant is to create the kind of place you can come to any time. It’s time to eat, but you’re also looking for a very enjoyable atmosphere when you come in.” That’s why, she explains, there are books on the shelves—to remind you of school, and a movie theatre sign—because, she says, people love to go to the movies. Although some may disagree about “the pleasantness” of school, Disayawathana is certainly fond of it, and about learning and life in general.

“We always dreamed about having a restaurant; so I followed my dream,” she laughs. “We hope at this location we will be successful. At Sisters Thai, people know what to expect; we are going to sell you good food, in a fun atmosphere.”

You’ll definitely come away from this restaurant with some new memories, not just of a great food, but also a good time. ❖

AUTHOR: Renee Sklarew is working on a travel guidebook, *The Unofficial Guide to Washington DC*, coming out this winter. She’s also a regular contributor to *Northern Virginia Magazine* and *The Washingtonian*. She and her family love trying new restaurants.



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poured and traditional Irish fare such as fish 'n chips, corned beef and cabbage, Irish bangers, plus Gaelic entertainment. **\$\$**

JV'S RESTAURANT

6666 Arlington Blvd. 703-241-9504 www.jvsrestaurant.com JV's has been around for 60 years. A local institution. JV's is the place to be for live music, homemade chili, and cold beer. **\$\$**

LA CARAQUENA

300 West Broad St. 703.533.0076 www.lacaraquena.com Chef and owner Raul Claros shares his family's recipes with Latin American flavor. Comfort food in a

relaxed atmosphere where diners can take free salsa lessons, enjoy mojitos, and eat Pollo La Caraquena, a Latin-style baked chicken with black beans and white rice. **\$\$**

LITTLE SAIGON RESTAURANT

6218-B Wilson Blvd. 703-536-2633
www.littlesaigoncuisine1.com Little Saigon brings a taste of Vietnam to Falls Church. This restaurant has an extensive menu of Thai classics as well as a solid wine list. **\$**

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502 West Broad Street 703.854.1230
www.thelockerroomfc.com The Locker Room lunch/dinner menu features everything from burgers and sandwiches, to pizzas, steaks and fish. They offer a full menu 7 days a week plus daily specials, and weekday happy hour specials from 3-7pm. Brunch is served Sundays, 11am – 3pm \$

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

THE ORIGINAL PANCAKE HOUSE

7395-M Lee Highway 703.698.6292
www.ophrestaurants.com Pancakes, French toast, crepes, waffles, and breakfast and lunch favorites are served at The Original Pancake House. Pancakes are made with old-fashioned sourdough yeast, which is grown in their own kitchens and delivers light and airy pancakes. \$\$

OPEN ROAD GRILL AND ICEHOUSE

8100 Lee Highway #300 571.395.4400
openroadmerrifield.com Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, and motorcycles and Americana. A relaxed atmosphere with live music and extensive beer list awaits you. \$\$

PANJSHIR RESTAURANT

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

PISTONE'S ITALIAN INN

6320 Arlington Boulevard 571.388.3910
www.pistoneitalianinn.com Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on nutritious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment.

Check out the bar lounge where you are invited to sing with talented pianists and vocalists in the area. \$\$

PIZZERIA ORSO

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

PUBLIC HOUSE NO. 7

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

RED HOT AND BLUE EXPRESS

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

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163 Glyndon Street SE, Vienna, Virginia 22180
www.CafeRenaissance.com 703-938-3311



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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 a extensive vegetarian menu. \$

SEA PEARL

8191 Strawberry Lane 703.372.5161 www.seapearrestaurant.com With the inspired creativity of Chef Sly Liao with the trend setting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the

weekend or early evening offerings during the week. \$\$\$

SWEETWATER TAVERN

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

TARA THAI

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

TRIO GRILL

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

seasonal seafood, classic cocktails, and an extensive wine program. \$\$

FAIRFAX

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(703) 293-9600 theauldshebeenva.com For traditional Irish fare, look no further than Fairfax's Auld Shebeen. This local favorite brings the spirit of Ireland to Virginia by combining great food with a great time. Swing by for some fantastic selections such as fish and chips, braised lamb shank or even shepherd's pie. With a full bar, live music on the weekend, and a special events space for up to 200 people in "The Cellar" downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion. \$

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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.laubergechezfrancois.com Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France. \$\$\$



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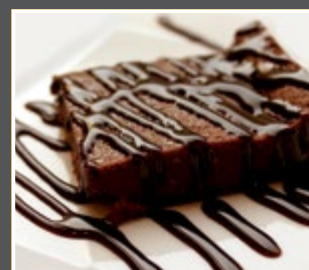
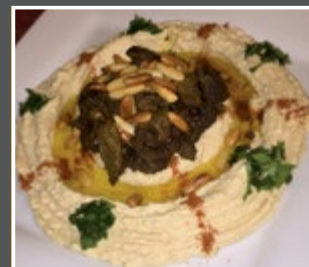
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MCLEAN RESTAURANTS

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 Zerehsrk Polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders. \$\$

ASSAGGI OSTERIA

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

BENNIGAN'S

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

BOSS HOG'S

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

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BUSARA THAI CUISINE

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

CAFÉ DELUXE

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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. \$\$\$

CAFÉ TATTI FRENCH BISTRO

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

CAPRI

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

EDDIE V'S PRIME SEAFOOD

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www.eddiev.com A fine dining restaurant offering fresh, culinary-forward seafood creations and premium hand-carved steaks.



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1433 Center Street 703.790.1910
www.eltiogrill.com Try tasty Tex-Mex with Mexican rice, refried beans, lettuce, pico de gallo, sour cream and guacamole on every plate. El Tio features grilled chorizo enchiladas, sizzling camarones, brochette fajitas, and a wide selection of chimichangas. \$

FLEMING'S PRIME STEAKHOUSE AND WINE BAR

1960 Chain Bridge Rd. 703.442.8384
www.flemingssteakhouse.com Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu. \$\$\$

GREENBERRY'S COFFEE CO.

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

HARTH AT HILTON MCLEAN TYSONS CORNER

7920 Jones Branch Dr. 703.761.5131
www.Harthrestaurant.com Executive chef Thomas Elder has his own rooftop beehive producing 200 pounds of honey each year and an organic garden that supplies harth with a variety of herbs, fruits, and vegetables. Harth serves comfort foods with a modern, fresh twist. Extensive wine, beer, and cocktail list. \$\$

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. \$\$

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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 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

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SEASONS 52

7863L Tysons Corner, McLean
 703.288.3852 www.seasons52.com
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THE CAPITAL GRILLE

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

THE PALM RESTAURANT

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

broiled crabcakes with mango salsa and remoulade and calabrese flatbread. **\$\$\$**

PADDY BARRY'S

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

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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. **\$\$**

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

FOUR SISTERS RESTAURANT

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

GYPSY SOUL

Mosaic District 8296 Glass Alley
703.992.0933 gypsylsoul-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. \$\$

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VIENNA RESTAURANTS

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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. \$\$\$

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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. \$\$

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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. \$\$

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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. \$\$

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

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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. \$\$

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OAKTON RESTAURANTS

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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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BY NIKKI CHESHIRE

TWO AREA RESTAURANTS

One Great Cuisine

Tucked away in a pleasant corner of Falls Church is a dining experience you don't want to miss. Saffron Indian Cuisine takes the freshest ingredients and hand-ground spices to craft authentic Indian food made from scratch.

With more than 18 years in the restaurant and hospitality business, you can rest assured that your experience at Saffron will be memorable for both the great food and the impeccable service.

"Saffron is proud to bring you the best Indian Cuisine in Fall Church," said owner Sanjay Mandhaiya. "I have been in the restaurant business

for over 18 years specializing in Indian Contemporary Cuisine."

A stylish interior reminiscent of Indian architecture guarantees an authentic Indian dining experience. On their menu, the choices are endless.

Start off your meal with some vegetable samosas, a crisp and flaky pastry filled with potatoes, green peas and coriander. Or spice it up with some hot rasam soup, complete with tomato, black peppercorn, curry leaves, whole chili peppers and mustard seeds. Saffron also offers six types of curries, from the heat of vindaloo to creamy korma. Or try one of their signature dishes, such as chicken tikka masala, kadai sea scallops, or tandoori chaamp masala, charbroiled lamb chops coated with a decadent masala sauce.

"Our dishes are bursting with the flavor of India, as we grind fresh and high quality spices," Mandhaiya said.

Since opening its doors just last year, Saffron has been expanding its menu to please every one of its customers. Among the more traditional dishes are newer options, includ-

ing nalli gosht, decadent braised lamb shank, as well as calamari sautéed in a special spicy sauce and zested with fresh lemon. Another local favorite and creative twist is the very hot vindaloo wings available at the restaurant.

"We bring some new dishes to Falls Church," Mandhaiya explained, specifically mentioning their begum bahar selection. Inspired by chicken cordon bleu, begum bahar is chicken breast rolled in spinach, nuts and fruits, finished in a creamy korma sauce. "It's a rare find in an Indian restaurant."

Guests can choose to order off of Saffron's expansive menu, or partake in the daily lunch buffet. Affordable and loaded with the top menu items, the buffet is a tempting choice. With the options varying daily, a new dining experience is in store every time and lets guests mix it up.

To make things even easier for customers, Saffron has a smartphone app available, free of charge. Check out the menu and special offerings there, and fantastic authentic Indian food can be right at your fingertips.

SAFFRON



It can be hard to find a fine dining experience in Great Falls, and even harder to find one serving authentic Indian cuisine. That's where Bollywood Bistro comes in. Conveniently situated in the Great Falls shopping center, now it's easy to get outstanding food at an affordable price.

Bollywood Bistro's first location is in Fairfax, but the restaurant expanded to Great Falls last November.

"There's really no sit-down fine dining restaurant here," said owner Pankaj Sharma, adding that the Indian restaurant choices are even more limited. "It's a good location. We give people a place to go in the evenings for nice, authentic food."

While the restaurant fills a much-needed niche in the community, the area currently is mostly repeat clientele. "It's new, so people don't know we're here," Sharma said, adding that he loves his loyal customers but also wants to share his restaurant with new people.

Bollywood Bistro is the go-to location for authentic Indian food. The restaurant dishes out dozens of high-quality selections.

"People like spice," Sharma explained. "At this location people like more of the lamb."

They like our chicken tikka masala, and lamb shank is very popular and spicy. They like the grilled shrimp – it's very spicy – and the Bombay shrimp appetizer."

The Bombay shrimp is a favorite, and is crunchy shrimp sautéed with blends of the experienced chef's special spicy and creamy sauce, garnished with thinly sliced carrots. The chicken tikka masala is barbecued chicken served in a decadent creamy tomato sauce and accented with honey, while the kadai lamb is coated in a delicious cinnamon sauce with green peppers, tomatoes and onion. The freshly made naan bread is a must, and the garlic naan is served hot and topped with chopped garlic and cilantro. The perfect end to every meal is dessert, such as the nutty kulfi, a rich, creamy homemade ice cream for dessert.

Having worked in the restaurant business for 36 years, many of which were spent in India, Sharma knows just how to please his customers. "My main focus is that my staff in the kitchen and in the front keep the place very clean," he said. That focus, along with generous portions of delicious food at affordable prices, makes Bollywood Bistro a local staple.

"Meeting new people, creating new dishes, it's so much fun. You learn so much every day in this business," Sharma said. "When people say they love the food, it keeps me going. And when they come back, that makes me very happy."

Bollywood Bistro also has a separate catering company for weddings, parties and other large events.



BOLLYWOOD BISTRO



BY NIKKI CHESHIRE

Rare Ahi Tuna Salad

The AULD SHEBEEN



Fish and Chips



Irish Sherry Trifle



Come escape to Fairfax's humble The Auld Shebeen, an authentic Irish pub that dishes out traditional Irish fare as well as local American favorites. Surrounded by good friends, great conversation, and fantastic food, you'll feel at ease in this location inspired by the old pubs of Ireland.

Modeled after Shebeens, speakeasies that dot the Irish countryside, The Auld Shebeen brings this fascinating history and the spirit of tradition to Northern Virginia. A laidback atmosphere provides for the perfect dining experience in Fairfax City's only true Irish pub.

Owned by Mick Boyle, Dominic Keane and Brian Dolphin, all originally from Ireland, The Auld Shebeen is a collaborative institution that has thrived since its conception in a pub in California.

"Believe it or not," Boyle said, "Dominic and Brian both worked in an Irish pub in California that I used to go to. Then I started working with them and we all emigrated to Virginia to do some pubs in 2000. We ended up with this in 2005. Between us all, we've made the US our home and we try to bring a bit of the old pubs in Ireland here."

For the past 10 years, the three owners have managed to create a flourishing restaurant that quickly became a local staple, and have managed to stay friends in the process.

"It was one of those things where we were good friends and got along, and the way the business operates it works well for us as a partnership," Boyle explained. "A lot of places struggle with friends as partners but for us it works well – we're friends both in business and outside of business."

For the food, the three owners travel back to Ireland a couple of times a year for inspiration. "We have ideas when we travel," Boyle said. "We'll try to dine out and see what people are doing over there, then bring it back here and maybe put our own twist on it."

Diners can choose from dozens of options, keeping it traditional with signature dishes such as fish and chips, shepherd's pie, and Guinness beef stew. Other popular options and house specialties



include the Irish breakfast (two eggs, sausages, bacon, Irish black and white pudding, and grilled tomatoes, served with mashed potatoes or house fries), barbeque beef brisket, and braised lamb shank.

Boyle went on to say that people's favorite dishes seem to be the traditional Irish fare. "There's a few there that are popular like our fish and chips, Guinness beef stew, shepherd's pie. Corned beef and cabbage is big but that's really more of an American influence on an Irish product. With our entrees and steaks we try to put a bit of an Irish twist on it with whiskey sauces and stuff like that." Other standard menu options contain the owners' Irish influence, such as the Irish Sherry Trifle dessert.

At The Auld Shebeen, it's about more than just eating. The presentation and prime ingredients that go into the cuisine are just one part of the total experience.

"Customer service is a huge part of us, and making sure to take care of guests, talk to people, as well as provide high-quality of food and move with the times," Boyle explained.

For the bar-goers, The Auld Shebeen has a wide selection of craft beers, bourbons, Irish whiskeys, and single malt scotches to bring the total number to more than 68 labels to choose from. Additionally, for sports games, the restaurant has 11 HD televisions. If there's an early game, customers can call ahead and have the staff record it for them so they can watch it when they get to the restaurant.

But The Auld Shebeen is much more than just a bar. With a friendly, dedicated staff, plenty of space to accommodate all sorts of diners and families, and live music events on the weekend nights, there's a little something for everyone. In "The Cellar," underneath the restaurant, The Auld Shebeen has a party room large enough to accommodate 200 guests.

"As far as customers go, we get a lot of regulars but then we get a lot of people in town, maybe visiting students at Mason or just traveling." Boyle continued: "It's just such a small world. You'll be chatting with somebody and the next thing you know is here you are, thousands of miles from home, and you find somebody you just met knew somebody you knew. Talking to people, meeting people, that's probably the best part." ♦

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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BY KEITH LORIA



HAVANA VINTAGE

Living the Dream

Growing up in Cuba, surrounded by very little, Nolkis Roman used to pretend she was the owner of a store, “selling” bottles and anything she could find to her friends and family.

When she visited her Aunt, she would peruse magazines of beautiful soaps and items that no one in Cuba had access to, and always wondered what they would feel and smell like.

“I dreamed of having a shop where I could get lost in a world of wonders and find unique, high-end and affordable clothing, hand-made accessories, organic soaps and candles that bring back wonderful memories,” she says. “There were only two stores in the entire city where I am from—Baracoa, Guantanamo.”

Little did she know that someday fantasy would become reality and she would be a successful storeowner, living the American dream in Northern Virginia. But that’s exactly what happened to Roman thanks to a life full of twists and turns that saw she and her family make it out of Cuba, find a home in America and eventually make their way to the area.

In 2011, Roman opened Havana Vintage, a consignment shop located at 1137 Walker Road in Great Falls, which offers beautiful treasures and unique, one-of-a-kind items.

Of course, getting to this point in her life wasn’t easy. Roman’s father fled Cuba in the ’80s, leaving the rest of the family behind. He became a U.S. citizen and was able to get them out in 1987, although because of the embargo, they had to live in Panama for a year. Roman was 18 when she finally came to America, knowing no English and not sure what she was going to do.

She learned English at a high school in New Jersey and eventually started a career in health care. In 1996, Roman moved to Virginia with her mother and sisters for better opportunities.



Owners family from left to right: daughter Genesis, husband Eli Roman Jr. Owner, daughter Victoria and son Noah.

"I started working for a health care company called ATA and then worked at Reston Hospital, and quit in 2012 to do this full-time," she says. "I had this big dream and when I first opened, I didn't know how to start."

She credits the support of her husband, family and Great Falls community with helping her to achieve the dream.

"The ladies here have been amazing, and the community has supported me so much," she says. "I started with a concrete floor and barely two racks and the store just started to grow and grow."

Once word got out, customers began coming from DC, Bethesda, Md., and all over Northern Virginia.

"Eventually, I was able to get nice flooring, add to the displays and made it a beautiful place, just like the photos in the magazines I saw when I was a child," she says. "It's become what I always imagined."

The name of the store pays tribute to her home country and the fact that a lot of people remember the old Havana and its beautiful surroundings.

"I wanted it to have that name, not because I carry only vintage items, because I also have lots of up-to-date fashions: Chanel, Louis Vuitton, Gucci, but I do also carry a few vintage pieces and collectable items," Roman says. "There's also a little bit of home goods such as crystal and Waterford, handbags, shoes, and gorgeous pieces of jewelry from around the world."

Roman learned to be a seamstress while in Cuba so she does a lot with fabric that comes into the store, as well.

"I'm always conscious of making things affordable for all women; there's items here from \$10 all the way to thousands of dollars," she says. "You can get dressed up nice for an affordable price. I love helping people put items together and get them inspired."

In addition to her work at the shop, Roman is a very spiritual woman and she and her husband are both pastors, doing a lot of



charity work around the world. She's also the proud mother of three children and tries to instill in them the importance of family.

"I've worked hard and had this very incredible story and I'm just so happy to be doing what I always dreamed of," she says. "It's a life I'm glad I'm able to share with my family." ❖

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 NIKKI CHESHIRE

You Find the Location AV ARCHITECTS BUILD THE DREAM



Founders and owners of AV Architects + Builders, Antonio and Francisca Alonso with Falls Church residents Meg Long and Brandon Sappington. (Photo by Nikki Cheshire)

What happens when you love everything about where you live – the location, the neighbors, the places nearby – but not the house itself? As proven by Falls Church residents Meg Long and Brandon Sappington, you don't have to move to find your dream custom home.

You can build it.

With the help of experts Francisca and Antonio Alonso, founders and owners of AV Architects + Builders, Long and Sappington were able to build the custom home they always wanted and customize it to fit their unique needs.

"We look at what they needed now, and which of their needs the house could serve five, ten years down the road," said Francisca. "We worked to figure out their lifestyle, knowing that [Meg] has many dogs, and a horse, and that they're both very outdoorsy and have unique hobbies."

At AV Architects + Builders, they believe that a house should be more than just a place to live; a home should be a place that reflects

and seamlessly fits a person's lifestyle.

Antonio added: "It's about figuring out how they live, and fitting in what they need with what they want."

And what they wanted didn't exist "off the shelf." That's where Francisca and Antonio came in. The original house, which was built in 1944, was a single level with limited space – about 800 square feet. It was the first house in the community and now, fully rebuilt, it's quite arguably one of the best.

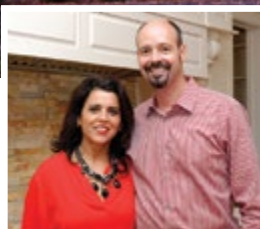
After taking apart the original house piece-by-piece and donating the materials to be recycled, the building period could begin. "It never was overwhelming," Long said about the timeline. "Francisca and Tony do their job very well, and they never once



made it too much to handle. It was always just enough to get done in a timely fashion without being overwhelming. That to me was the best thing." The construction was completed within eight months, with four to five additional months allocated for the design period.

No full rebuild comes without its challenges. The lot was 1/3 of an acre, and the design called for garage space for four cars without diminishing too much of the yard. So every placement of material was purposeful, and intended to yield a positive result. The house has double the windows of the average home, and is oriented toward the sun to allow for plenty of light. Additionally, there's an extra laundry room to accommodate the pets, a large mudroom complete with a dog wash station, a side

CONTINUED ON PAGE 104



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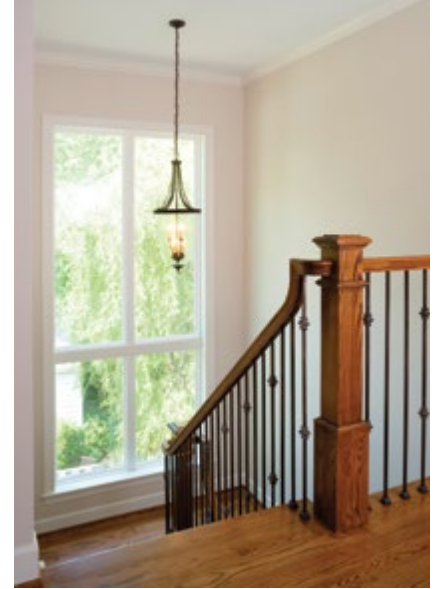


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AV ARCHITECTS CONTINUED FROM PAGE 103

placement for the stairs in order to create more open space in the floorplan, two master-style bedrooms, and a versatile basement – all tucked in a luxurious yet cozy space of about 3,700 square feet.

“When you have constraints, that’s when you’re able to come up with creative solutions to those constraints,” Francisca said.

For Sappington, who enjoys restoring cars in his spare time, an extra garage is located behind the house to serve as his workshop. Fully heated, it’s perfect for year-round usage.

As the couple is recently married, Long wanted to ensure it could accommodate future growth without sacrificing things from their current lifestyle. “I love this community. I love where we are in location to the metro station, in location to my work, in location to my horse ... I love the great school system. I love everything

about it,” Long said. “And honestly, when you look into the money we had already put into the original house, in comparison to buying versus building, it was worth the conversation.”

For all parties involved, this was the dream transaction resulting in the perfect home. ❖

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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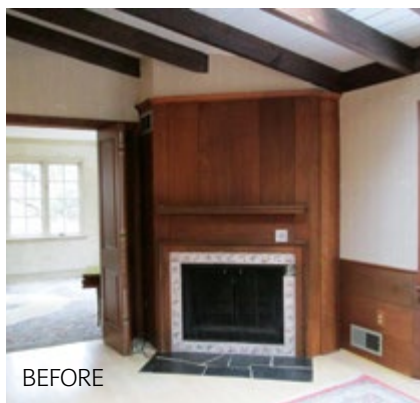
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by John

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BY JOHN BYRD



BEFORE

(Top) Sun Design's Roger Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent-- evoking a cozy cabin-like ambiance-- creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner.

(Above) Wood panelling, wainscoting, and a sled ceiling with faux rafters were among the dated interior details that defined the home's previous interior.

Arlington Makeover

ENHANCES FAMILY LIFE

On-time and On-Budget, Sun Design's Roger Lataille Is a Design Consultant Homeowners Return to for their 2nd or 3rd Project

Met Roger Lataille, Senior Design Consultant at Sun Design Remodeling and—more importantly—a remodeling resource homeowners turn to, and return to, whenever they need expert advice, hands-on support and commitment.

Case in point: in 2012, a north Arlington couple engaged Lataille to execute a top-to-bottom makeover to their 2,300 square foot home. The goal was to implement functional improvements within a “transitional” interior design style that would work well for a



growing family. Delivered on time and within budget, the owners dubbed the results “exceptional” in every detail.

Now, two years later, and with two daughters growing rapidly, the couple asked Lataille for ideas for an addition. As it turned out, the terrain around the property was too steep for the proposed addendum. While space enlargement discussions were still underway, however, the couple learned that elderly neighbors a few doors up the street were planning to sell their nearly 5,000 square foot Colonial.

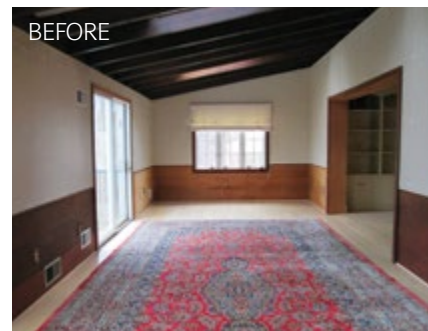
This was a promising development for Lataille’s space-cramped client, but far

from a slam-dunk.

The neighbor’s house had been built in the late 1960’s and hadn’t been upgraded in decades. Still, more living space was a tantalizing proposition, and the couple soon asked Lataille for an assessment on the feasibility of remodeling the house to the standard he had achieved in their current residence.

In short order, Lataille and client walked through the house and—before any decision had been reached regarding a possible purchase—the designer developed preliminary sketches depicting several remodeling scenarios.

What was obvious to everyone from the start was that the existing house was seriously dated, even degraded in places—



(Above) Lataille described the interior of the previous family room as “rustic”—something of anachronism in 2015.

(At left) By dropping the sled roof to the standard eight feet, the designer introduces a scale more appropriate to the family room’s size and purpose. Indoor continuum has been enhanced; French doors with sidelights now connect the space to a 17’ x 31’ deck complete with hot tub and outdoor kitchen.

and that the desired upgrade would require considerable vision, budget-mindedness and team performance.

Adding to the drama: if the deal went through, the new owners wanted to put their current house on the market immediately, remodel the purchased property at once and move into their newly madeover residence ASAP.

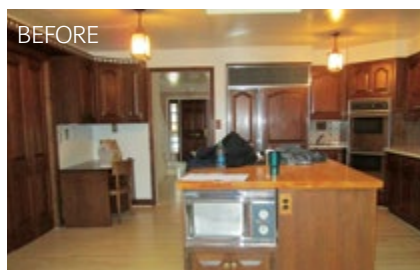
There would be no interim period of rental properties or furniture in storage.

“Looking back, the qualitative difference between the interiors of the two houses

CONTINUED ON PAGE 108

((At right) Sun Design’s “transitional”-style interior design solution concentrates on pleasing contrasts. The 3.6’ x 8’ cook top island and three stool dining counter features a walnut-colored base topped with a dappled granite surface. The dark-stained oak flooring is offset by ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook’s requirements.

(Below) The existing kitchen’s dated Colonial accents included Dutch-style maple cabinet facings, a mosaic tile back splash and a vinyl counter surface.





BEFORE

(Above) The previous lower level was little more than a partially finished basement that hadn't been used for recreational purposes in years.

(At left) Featuring billiards and pinball, the remodeled play room is also the site of a weekly card game. Once exposed vertical support beams and HVAC vents are now encased in dry wall. New wood-grained vinyl flooring, recessed lights and tawny/golden wall paint create a brightly cheerful ambiance.

ARLINGTON MAKEOVER CONTINUED FROM PAGE 107

was profound,” Lataille recalls. “The house being considered for purchase was like something from a 1970s movie set. There was large-pattern floral wall paper, wainscot paneling in many rooms; the family room adjacent to the kitchen was covered by a sled ceiling with faux exposed timbers.”

Moreover, the interior design style, Lataille elaborates, may have once been loosely described as rustic.

“But the look was plainly anachronistic in 2015,” he adds, “A far cry from the contemporary transitional style my clients wanted.”

The kitchen, likewise, featured outmoded Colonial accents that including Dutch-style maple cabinet facings, a Delft mosaic tile back splash, and vinyl counter surfaces. There was even a 30 year old microwave—“really a kind of museum piece”, Lataille says—“embedded in the food prep island.”

Downstairs, a spacious multi-function lower-level zoned as “game room”, “playroom” and “work room” had become stale from lack of use.

There was a tired old kitchenette in a rear corner—which meant that fixtures needed for sinks and refrigerators were already in place. But much of the lower level was little more than a partly below-grade basement—hardly a place for upbeat family entertainment.

THE REMODEL

In the plus column: the house featured generously-sized rooms and segues, large windows accessing abundant natural light and an appreciably “open” first floor plan with sight lines in three directions.

“The kitchen-centric first level plan had considerable potential,” Lataille notes, “but it needed a more cohesive interior—one that would support a more intimate scale.”

The first feature Lataille slated for deletion: the sled roof.

By uniformly dropping the ceiling to the standard 8 feet, the visual experience of anyone in the room now shifts to horizontal sight lines dominated by large windows and outside landscaping. The more sharply articulated indoor-outdoor continuum, in turn, adds focal points and intimacy—yet is more expansive.

To highlight perspective, Lataille proposed a stacked stone hearth for a sitting area adjacent to the open kitchen. The textural vertical accent—evoking a cozy cabin-like ambiance—creates an iconic invitation to sit and interact that had previously been missing from a nondescript corner.

With a panoramic view on one side and the open kitchen on the other, the redesigned niche is transformed into a cozy spot for sitting by the window with a book, or chatting with the cook as meals are prepared.

With the exception of moving interior walls a few inches, the kitchen footprint remains fundamentally the same. Here, Lataille concentrated on introducing wholly new elevations—eliminating all vestiges of the Colonial-style finish work while scrupulously developing a brightly luminous interior scheme composed of granite surfaces and ivory-hued cabinet facings.



The 3.6' x 8' cook top island and three stool dining counter now features a dark walnut-colored base topped with a dappled granite surface. The dark-stained oak flooring, by extension, perfectly contrasts with the ivory-hued paneling that wraps a two-door refrigerator, a roll-out pantry and drawers custom-designed to satisfy the cook's requirements.

French doors with sidelights now connect the family room to a 17' x 31' deck complete with hot tub and outdoor kitchen. The front stairs in the foyer have been re-finished; existing decorative capitals refurbished.

Downstairs, the once darkly cavernous lower-level has been elevated into an all-purpose family play area. Exposed vertical support beams are encased in dry wall, which, likewise, wraps HVAC vents. New wood-grained vinyl flooring, recessed lights and tawny/golden wall paint lend the space a light, cheerful ambiance.

The new play room features billiards, pinball and a card table where Dad hosts a weekly card game. The stacked stone tile fireplace situated in front of an L-shaped configuration of couches offers a perfect spot to watch a plasma screen TV mounted above the hearth.

The old kitchenette, transformed into the family's downstairs refreshment center, provides step-saving convenience that makes entertaining easier for everyone.

Family life—at its most fulfilling.

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



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

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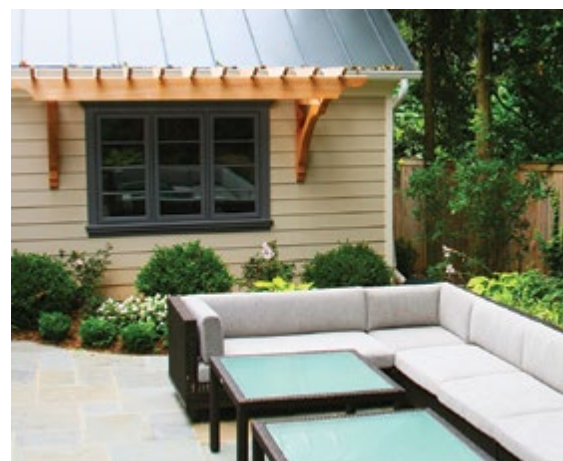
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BY LINDA BARRETT



The Tiny JEWEL BOX

TURNING A SMALLER HOME INTO A TREASURE

Hillary Staats, owner of Sanctuary Interior Design Build, recently completed a job for a client who downsized from a 12,000-square-foot mansion to a 3,000-square-foot home.

The house itself is a 1940s traditional brick Colonial chosen for its location. Her job was to transform it into a home that was more the owner's style: modern, with clean lines, and European, with Italian and Mediterranean influences rather like a Mediterranean villa.

It had to be exceptional.

In collaboration between the designer, builder, architect and homeowner, Hillary worked with the General Contractor, Ted Visnic of Visnic Homes to create the client's (Lisa's) vision. "The main challenge we encountered were the 8' ceiling heights," Staats explained. "Lisa was accustomed to living in a very spacious home and I had to make that visual adjustment."

THE TREASURES INSIDE

"Because Lisa was downsizing, we had the opportunity to choose every piece to fit the new space," Staats said. "Each item was extremely special and carefully selected, including the chandeliers, artwork, fabrics



and furnishings, and, as with opening a jewelry box, you find all these little treasures inside the home."

Opting for a neutral palette in shades of cream gives the illusion that the space is larger than it is. The color is found in Lisa's fabulous art collection. A gallery featuring Lisa's sophisticated art collection transverses the main downstairs hallway, along with custom bookshelves and recessed lighting using special low-voltage lamps that can pivot toward artwork or furniture as needed.

Metals and textures add interest to the neutral treatment. "We added the sparkle in the many crystal accents used throughout the decorating scheme, along with metals including silver and gold leaf, nail heads and stainless steel. Textures and metallics are even featured on the walls, with white grasscloth wallpaper installed throughout the entire main common area and the accent of Greek Key wallpaper in the downstairs powder room.

The former living room was redesigned as a foyer featuring crystal fine arts lamps, a grand piano and an oversized custom silver-leafed upholstered mirror, with a Christopher Guy chaise placed smack in the middle of the room.

Ebony hardwood flooring and a Jerusalem limestone-tiled wall create a focal point for the fireplace in the new living room. "The opening for the woodburning fireplace is five feet wide—a scale larger than you would think—but it gives the house a feeling of spaciousness," Staats said.

"Even with a small house you can still have great interiors—just on a smaller scale. If you have limited space, keep it simple and don't clutter it with too much small



furniture. Choose your items carefully and be satisfied with the minimal amount of furniture," Staats advised.

Staats is currently designing a meditation room in a former den, with a Buddha platform bed, 10" tables, luxurious textiles and a creative gathering of pillows. Asian-influenced lighting includes punched metal designs that reflect patterns on the ceiling. In contrast to the rest of the house, Hillary and Lisa decided to use darker colors in this room.

In the kitchen, Staats installed a 50" x 50" island with a three-inch-thick Walnut butcher block top that's perfect for a casual dinner party and adds just the right transition to the family room. Bar stools featuring Romo zigzag patterns were placed symmetrically around the kitchen island, tying together the colors of beige, steel gray, cream and black. Niermann Weeks designed the Gabrielle dining room chairs and the four Gabrielle club chairs found in the living room as well as the Lille dining room chandelier.

Window treatments can also make a small space feel larger. Staats flanked the French doors with a champagne-hued geometric Rodolph fabric, placing them as close to the ceiling as possible. "Windows are your most important asset and give you natural sunlight that makes the house feel brighter inside."

DRAMATICALLY DIFFERENT EXTERIORS

From the street, the house looks dramatically different. The exterior was

refinished with a stone and stucco treatment, and to open the interior space, most of the windows were replaced by six sets of French doors. They feature working Timberline shutters in Burnt Umber with the frames painted a dark gray to resemble metal.

The design continues into the backyard to a Jimmy Carlson-designed (Carlson Landscape Design) English/European garden courtyard. Furnished with modern Janus et Cie outdoor furniture, Staats mixed the tradition of European landscaping with a contemporary look. "It makes the space kind of hip and modern while keeping with the traditional architecture of the house."

The result is a happy client who is thrilled with her new living space. "Lisa enjoys cooking and entertaining and she still lives in luxury—it's just very manageable now since everything is smaller," Staats said. "She loves experiencing her tiny jewel box while entertaining family and friends and transforming her new lifestyle in a more urban community."❖



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AUTHOR: Linda Barrett runs All the Buzz, a professional writing firm that has been creating websites and marketing pieces for companies in the Design and Build trades for over 30 years. www.allthebuzz.net

Customized OUTDOOR SPACES

BY WILMA BOWERS

Customized outdoor spaces are highly sought after projects in the world of home renovations today. Homeowners want to make the outdoors a more integral part of how they use their home. According to Bruce Bowers of Bowers Design Build, "The best outdoors spaces are those that reflect the lifestyle and needs of the homeowner. Before designing an outdoor space, homeowners should articulate how they want to use the space so the design can appropriately accommodate their needs."

Here are a few sample questions homeowners should consider in designing an outdoor space:

- Are you planning to dine outside, if so, how many people will you need seating for?
- If you are planning a lounge/sitting area outside, how many people will you need seating for?

High level finishes can make a screened porch look as polished as the interior of your home.



A well-designed and built screened porch not only increases functional interior space, but also creates architectural interest to your homes' exterior.



BEFORE
Before outdoor living was an open air wood deck.

GREAT FALLS FAMILY WANTED BUG-FREE OUTDOOR OPTION

This Great Falls family (shown opposite page and at left and above) wanted a screened porch adjacent to their newly renovated kitchen. Screened porches are a great way to reduce annoying summertime bugs, but they don't have to look like the utilitarian structures of the past. They can be finished spaces that are a pleasant extension to your indoor living and a unique focal feature on the exterior of the home.

VIENNA FAMILY WANTED MORE YEAR ROUND OUTDOOR SPACE

This Vienna family (shown below) wanted more year round living space, so they converted an old screened porch to a four season dining and sitting area. Adjacent to this new year- round room is a covered sitting area and open air dining and grill area. The new covered area has built in ceiling heaters, a television and a large, unique ceiling fan feature and keeps the space cool in the warm weather.

CONTINUED ON PAGE 114

- If you plan to cook in the outdoor space, what appliances are you anticipating using? (This can include the obvious, like a grill, to the unique...pizza oven or popcorn station.)
- Do you want a water feature incorporated into your outdoor space?
- Do you want a fire feature incorporated into your outdoor space?
- Do you want part of your new outdoor space to be "bug free"?
- Do you want any portion of your outdoor space to be conditioned for year-round use?

Understanding the answers to these types of questions is critical to designing and building the ideal outdoor space. It is also important to think through how the outdoor space relates to the indoor space. Bowers says, "The outdoor space should be an extension of the indoor space to maximize the greatest use and functionality. For instance, an outdoor grilling area should ideally be close to the kitchen to make back and forth trips more manageable."

Here are three outdoor spaces, designed and built by Bowers Design Build, that reflect the unique needs of each client.



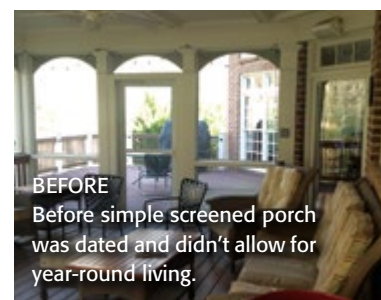
The old screened porch area was converted to allow for year round living space with lots of glass and wood to accentuate an outdoors feeling.



A new covered outdoor sitting area includes a built in ceiling heater and fan system for many months of comfort.



Ceiling fan systems can be an attractive and interesting addition to outdoor space.



BEFORE
Before simple screened porch was dated and didn't allow for year-round living.



The "after" outdoor space is accessible from multiple sets of French doors leading from the family room and kitchen. The new outdoor space accommodates for grilling, dining and sitting around the fire.



CUSTOMIZED OUTDOOR SPACES CONTINUED FROM PAGE 113

GREAT FALLS FAMILY WANTED COVERED OUTDOOR LIVING SPACE

When this Great Falls family was planning their new home addition, they wanted to include outdoor living in the design. They wanted a covered sitting and dining area with a wood burning fireplace that would be easily accessible from their family room and kitchen.

Creating the ideal outdoor space starts with thoughtful design planning and then building the space that meets each homeowner's unique individual needs and wants. Great outdoor spaces should transition well from the homes interior space. In addition, any outdoor space should accentuate the home exterior façade. No two outdoor spaces are alike, but there is a perfect outdoor space for every homeowner's needs and budget. ❖

AUTHOR: Wilma Bowers is the co-owner of Bowers Design Build located in McLean, VA.



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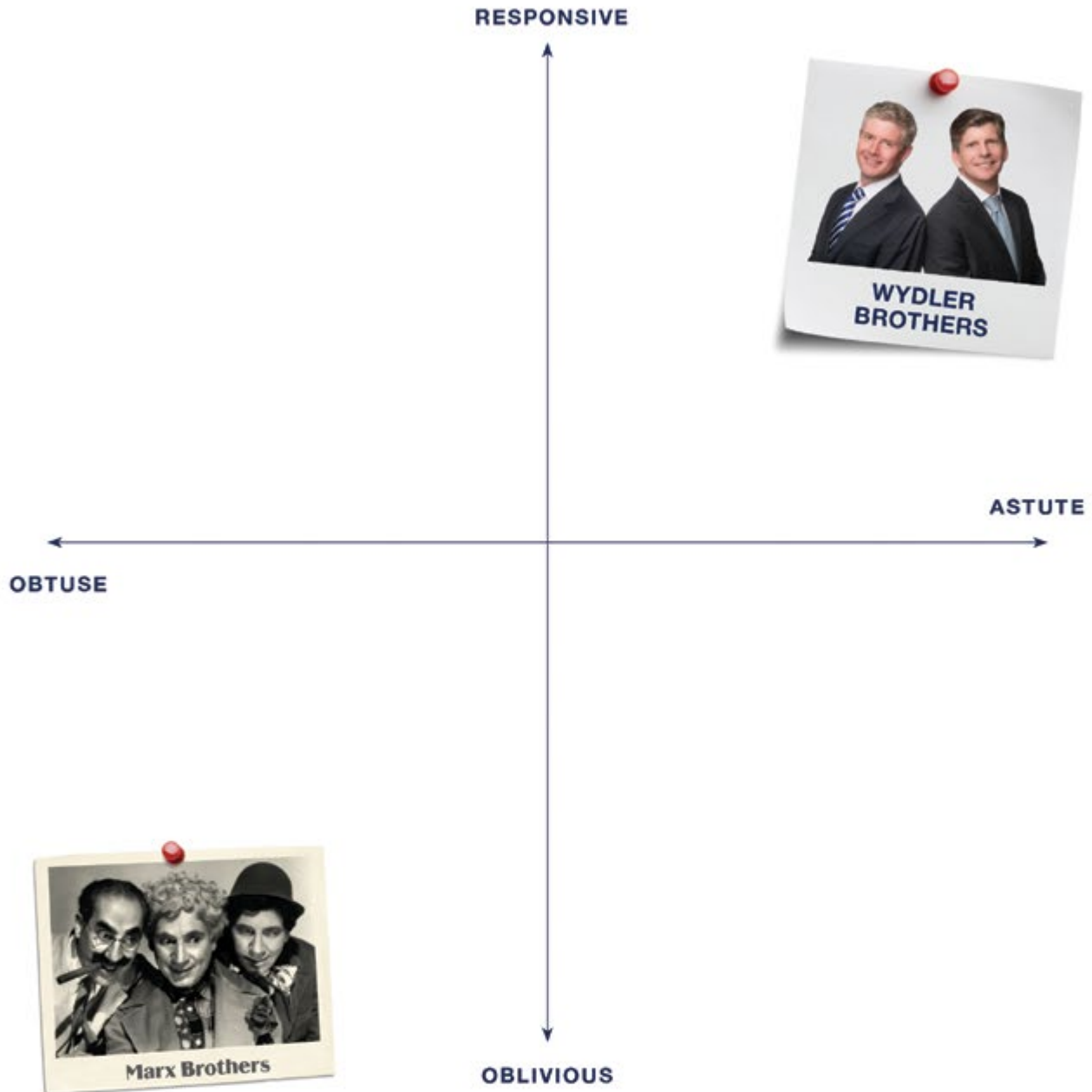
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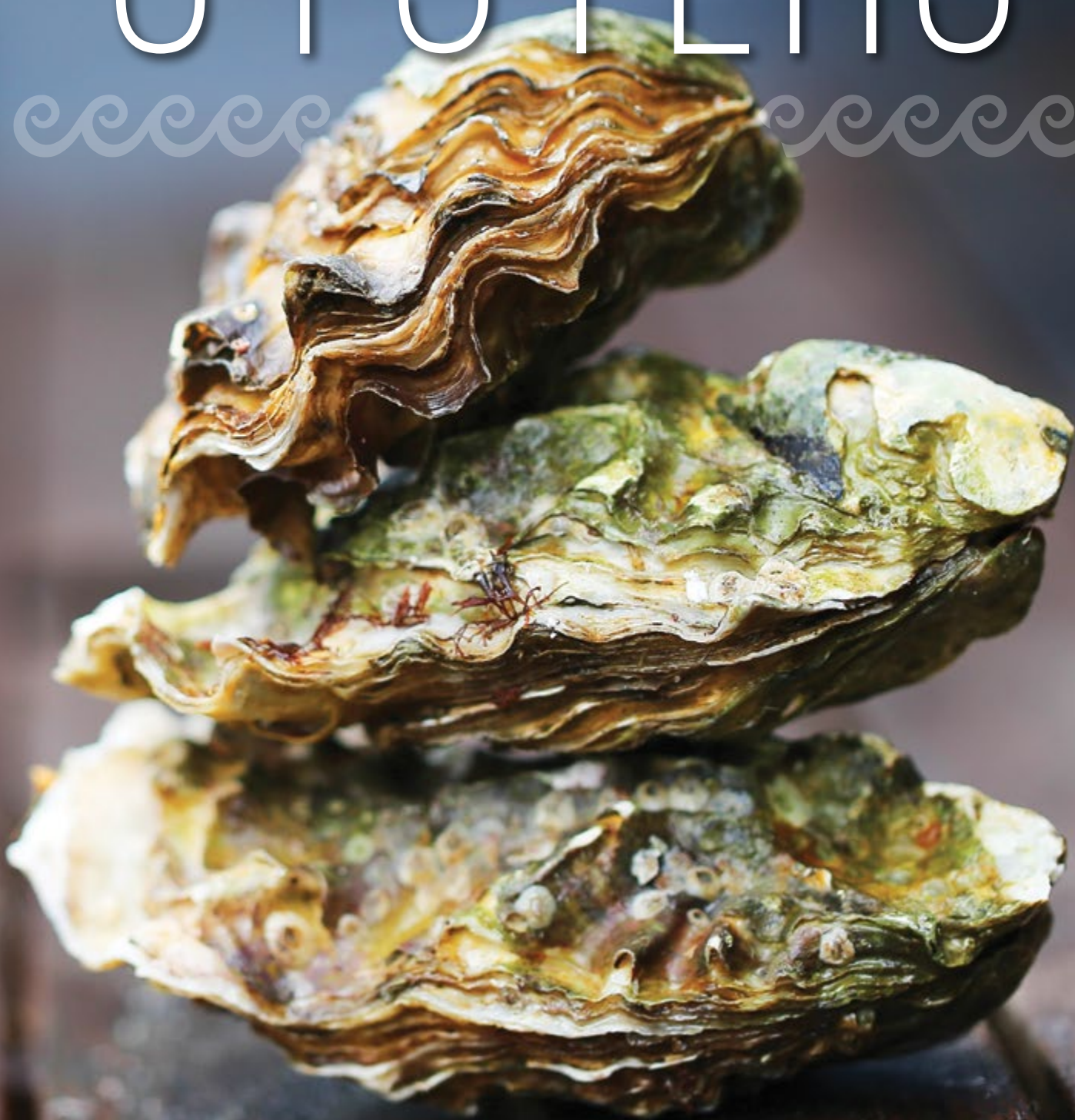


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OYSTERS



It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two. Chesapeake Bay oysters also developed a cult following nationwide.

Through overharvesting, pollution and disease, the local population of oysters dwindled to 1% of its peak historical population. Food safety became a concern with articles appearing about people getting sick or worse from eating oysters, regardless of where they came from. In 1992, we made the decision to remove them from our menu at the Old Ebbitt Grill much to the dismay of our customers.

In the early 1990's, people were leasing water rights from the various New England states and Canadian Maritimes to use for growing oysters. This form of aquaculture was known as "oyster farming." This was a relatively new, expensive and risky proposition. We were introduced to several of these growers, including one from Virginia named RG Parks. RG grew oysters in Kegotank Bay on the seaside of Virginia's eastern shore. After a visit with RG, we were smitten with his oysters and began the process of reintroducing oysters to our menu.

Thanks to these early pioneers and a resurgence of quality half-shell oysters,

we then felt comfortable serving oysters on the half shell to our customers. In 1994 we reopened the oyster bar at the Old Ebbitt Grill with strict standards such as laboratory testing oysters before they were allowed to be served to our customers. This pledge to provide the best oyster program gave birth to our "Oyster Eater's Bill of Rights." It has proved wildly successful and is now the oyster bar that all others are judged against. We have since expanded this program to several of our other locations (Clyde's Tower Oaks Lodge, Clyde's of Tysons Corner, Clyde's at Mark Center and Clyde's of Gallery Place).

The great news locally is that the Chesapeake Bay has seen a dramatic increase in oyster farming, providing a year round, quality supply of local oysters. This increase along with the wonderful efforts of the Chesapeake Bay Foundation, Oyster Recovery Partnership, Horn Point Research Laboratory and the Army Corp of Engineers are shaping the bay's future.

Oysters are a cornerstone species in the Chesapeake Bay ecosystem. Oysters feed by filtering the water in which they live. A single oyster can filter anywhere from 50 – 70 gallons of water per day! The more oysters, both wild and farm-raised that are in the bay, the more water they filter, the cleaner the water will become. This allows sunlight to penetrate in up to 10 feet of water and grasses to grow. Sunlight spurs the germination of the bay's aquatic grasses (submerged aquatic vegetation or SAV). SAV provides escape cover for juvenile crabs and fish, puts oxygen in the water through photosynthesis, and calms the wave action, preventing shoreline erosion. So in a nutshell, oysters benefit every living organism in the bay ecosystem and are almost single handedly saving the Chesapeake Bay!

BART FARRELL

Director of Food and Beverage
Clyde's Restaurant Group



HOW TO SHUCK AN OYSTER

First, wash the oyster in cold running water to clean it of any grit and sand. Then, with the flat top shell facing you and the rounded shell facing away from you, insert the knife between the shells near the muscular hinge. As oyster shell can sometimes be sharp, you may want to wear a glove or protect your hand with a thick towel. Otherwise, place the oyster on a flat surface, rounded side down. Work the knife into the hinge and twist it up in order to pop the shell up. Next, slide the knife along the bottom of the flat shell, as close to it as possible, keeping the oyster steady so as not to spill any of the delicious juice inside. There may be some resistance, so work slowly and carefully. Remove the top shell. Afterward, you may want to cut around the oyster in the bottom shell to make it easier to eat, but that's optional. Place on ice and serve!



AW SHUCKS!

WHERE TO GET OYSTERS IN TYSONS

As summer draws to a close, the next best season begins: oyster season. There's an old pearl of wisdom that says the only time to eat oysters is in months with the letter "R." For the freshest and best-tasting oysters, this still rings true with September kicking off the occasion. In the warm summer months, the oysters spend their energy spawning, which causes them to become thin and milky. Months with the letter "R" in them are the colder fall and winter months, which provides for decadent oysters with plenty of flavor. We've fished out the top places to get fresh oysters in the area, both raw and cooked. Whether you're looking to eat them at a restaurant or to prepare them yourself, we have it all for you.

EDDIE V'S Tysons

7900 Tysons One Place
McLean VA 22102
(703) 442-4523
www.eddiev.com

Known for seafood yet celebrated for excellence, oysters are just one of many offerings at Eddie V's. Settle in and enjoy oysters on ice with cocktail sauce or even partake in a refreshing twist on this classic dish, and order the oysters fondue, with broiled oysters paired with spinach and artichoke fondue, then dusted with panko crumbs. Or even spice it up with batterfried oysters, enhanced with the flavors of a light curry, cilantro and pickled Asian cucumbers.

CLYDE'S Tysons

8332 Leesburg Pike, Vienna, VA 22182
(703) 734-1900
www.clydes.com/tysons

Unwind after a hectic day with the raw bar Happy Hour specials in the luxurious dining experience of Clyde's in Tysons

Corner. Offering five distinct types of oysters alongside dishes such as Baked Oysters Rockefeller with chopped spinach, bacon, shallots, parmesan cream and bread crumbs, as well as the Grilled Bloody Mary Oysters cooked in Absolut Peppar vodka and spiked Bloody Mary butter with grilled bread, you'll find something special for every day of the week.

LEGAL SEA FOODS Tysons

Tysons Galleria
2001 International Dr
McLean, VA 22102
(703) 827-8900
www.legalseafoods.com/restaurants/mclean-tysons-galleria

Conveniently located in Tysons Galleria, Legal Sea Foods offers a wide variety of oysters for every taste. With menu items such as oysters baked in spinach, cheese, crumbs, and herbsaint, to traditional freshly shucked oysters, and even lightly fried and served with chorizo aioli, their selections are as fresh as their catch.

J. GILBERTS McLean

6930 Old Dominion Dr
McLean, VA 22101
(703) 893-1034
jgilberts.com

Start your dinner off the right way with oysters on the half shell, served with peppadew mignonette and cocktail sauce. Feel like sharing? Try out the ice shellfish platter, which comes with juicy oysters, shrimp cocktail, king crab legs and large lobster claws, the perfect size for two people.

BAZIN'S Vienna

111 Church St NW
Vienna, VA 22180
(703) 255-7212
www.bazinsonchurch.com

At Bazin's, enjoy a fresh take on fresh oysters. Served with country ham, creamed spinach and creole aioli, these oysters are crisped to perfection. Pair it with one of their many delicious side dishes, such as parmesan orzo, zucchini gratin and roasted broccolini with garlic crumbs, and create an unforgettable dining experience.

TRIO GRILL Falls Church/Merrifield

8100 Lee Hwy
Falls Church, VA 22042
(703) 992-9200
triomerrifield.com

It doesn't get any fresher than locally-caught oysters. With a selection of oysters caught off of the coastline of Virginia and Maryland, Trio Grill makes sure the oysters are fresh from the catch to your plate. Choose one type of oyster, or mix and match to create the perfect dish.

SEA PEARL RESTAURANT & LOUNGE Falls Church

8191 Strawberry Ln #2
Falls Church, VA 22042
(703) 372-5161
www.seapearlrestaurant.com

American cuisine with an Asian-inspired twist. Offering six different types of oysters

in their raw selection, Sea Pearl Restaurant and Lounge is well versed in the art of shellfish presentation. And better yet, during their Happy Hour specials every weeknight, these oysters are just one dollar apiece.

BRINE Fairfax (Mosaic District)

Mosaic District
2985 District Ave
Fairfax, VA 22031
(703) 280-1000
www.brinerestaurants.com

Enjoy a fresh selection in the freshly opened Brine restaurant in the fast-growing Mosaic District. Brine has the finest selection of oyster on the half shell. Mix it up a little by adding clams, ceviche and Carolina shrimp to your order. Or try out the savory oyster chowder in a creamy broth with bacon, leek and potatoes.

MEDITERRAFISH Fairfax

Mosaic District
8298 Glass Alley #100
Fairfax, VA 22031
(703) 462-9644
www.hookandfish.com

Looking to cook your own oysters? Mediterrafish has all the fresh stock you need, sustainably sourced and straight from the boat to your basket. Ask about recipes or even attend a cooking demonstration, and learn to create restaurant-quality food in the comfort of your own home.

PASA THAI McLean (opening oyster bar a few doors down)

1315 Old Chain Bridge Rd
McLean, VA 22101
(703) 442-0090
www.pasathairestaurant.com

For fresh oysters, look no further than the expansion of local treasure Pasa Thai, who's opening an oyster bar just a few doors down from their current location in McLean.

RAW OYSTERS ON THE HALF SHELL WITH CUCUMBER MIGNONETTE

Recipe courtesy of Tyler Florence, 2008

INGREDIENTS

12 large West Coast oysters
Crushed ice or rock salt
Cucumber Mignonette Sauce, recipe follows
Cocktail Sauce, recipe follows
Cucumber Mignonette Sauce:
1 cup rice wine vinegar
1 shallot, minced
1 (1-inch) piece fresh ginger, peeled and grated
1/2 hothouse cucumber, peeled and minced
1 tablespoon sugar
Several turns freshly ground black pepper
Cocktail Sauce:
2 tablespoons prepared horseradish
1 cup ketchup
1 teaspoon Worcestershire sauce
1/4 teaspoon hot sauce, or to taste
1 lemon, juiced

For the Oysters:

Begin by shucking oysters. (See **How to Shuck an Oyster** on page 125.) Nestle the oysters in a bed of crushed ice or wet rock salt to keep them steady. Serve immediately.

For the Cucumber Mignonette Sauce:

In a small bowl, combine the rice wine vinegar, shallots, ginger, cucumber, sugar and black pepper; mixing with a fork. Cover and chill for at least 1 hour or up to the day before you plan to serve, to allow the flavors to come together. Serve with raw oysters.

For the Cocktail Sauce:

Mix ingredients in a blender to combine. Cover and refrigerate until ready to use.

Read more at: <http://www.foodnetwork.com/recipes/tyler-florence/raw-oysters-on-the-half-shell-with-cucumber-mignonette-recipe.html?oc=linkback>

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INGREDIENTS

For the Oysters

2 dozen oysters

For the Aioli:

2 cloves garlic, chopped

2 large egg yolks

2 tablespoons fresh lemon juice

Kosher salt

1 cup extra-virgin olive oil

Buy the oysters. When buying oysters, look for a tag with the harvest date and use them within a week of that date. Also, make sure the oysters are fresh and alive; the shells should be tightly closed or should close when tapped.

Chill and clean. Put the oysters in a colander of ice when you get home, then place the colander in a bowl and refrigerate. When you're ready to cook, scrub the oysters with a stiff brush under cold running water to remove any grit (a clean nail brush works well).

Shuck the oysters. Hold the oyster, curved-side down, in a towel on a cutting board. Insert an oyster knife between the shells at the narrow pointed end. (Use a real oyster knife—there is no substitute!) Press down firmly on the oyster to prevent slipping and twist the knife to pry the shells apart. Use the knife for leverage; do not use force. Cut the muscle that connects the oyster to the top shell with the knife, being careful not to pierce the meat. Remove the top shell. Slide your knife under the oyster to loosen it, keeping the meat and liquid in the

BAKED OYSTERS WITH WILD MUSHROOM RAGOUT

Photograph by David A. Land
Recipe courtesy of John Besh for
Food Network Magazine

For the Ragout:

1 cup diced thick-sliced hickory-smoked bacon

1 or 2 shallots, minced

1 cup wild mushrooms, cleaned and sliced

2 cloves garlic, minced

2 tablespoons cold butter, cut into small pieces

Leaves of 1 sprig fresh thyme

Kosher salt and freshly ground pepper

shell. Use your knife to carefully scrape away any shards of shell.

Make the aioli. Blend the garlic, egg yolks, lemon juice and a pinch of salt in a food processor. Slowly drizzle in the olive oil with the motor running and process until thick. Use a rubber spatula to transfer the aioli to a bowl, then cover and refrigerate.

Prepare the ragout. Cook the bacon in a skillet over medium heat, stirring, until crisp. Add the shallots and mushrooms and cook 5 minutes, stirring. Add the garlic, cook 3 minutes, then add the butter and thyme. Season with salt and pepper.

Assemble the oysters. Preheat the broiler. Place the oysters, in their shells, in individual baking dishes or one large dish. (Put a crumpled sheet of foil underneath them to keep them steady, if necessary.) Top each with a spoonful of mushroom ragout.

Finish the dish. Top each oyster with a dollop of aioli. Broil until the aioli is golden, about 2 minutes, and serve immediately.

Read more at: <http://www.foodnetwork.com/recipes/baked-oysters-with-wild-mushroom-ragout-and-aioli-recipe.html?oc=linkback>



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BY CAROLE HERRICK

COMMODORE THOMAS AP CATESBY JONES

War of 1812: Battle of New Orleans

When reflecting upon the heroic figures of the War of 1812 three names immediately come to mind: Dolley Madison, Francis Scott Key and Andrew Jackson. Dolley was courageous in saving the full-length portrait of George Washington, Key wrote the words to what became the “Star Spangled Banner,” and, Jackson was victorious at New Orleans. Of course most are not familiar with the gallant actions of lesser-known personalities.

One of those figures is Commodore Thomas ap Catesby Jones whose home “Sharon” was located near Langley along the Georgetown-Leesburg Turnpike on property once owned by his mother, Lettice Corbin Turberville.

After the burning of the City of Washington on August 24, 1814, the victorious British turned their attention to finishing the war. They expected to sweep the American forces at Baltimore to finish off their Chesapeake campaign and then complete their southern plan with the seizure of New Orleans. The battle at Baltimore, beginning September 13, 1814, did not work out as they anticipated; Fort McHenry held firm. But the British continued with their plan by sending an expeditionary force to the Gulf of Mexico in anticipation of seizing New Orleans and, with the Mississippi River in their possession, the western states would be separated from the rest of the Union.

In December of 1814, a large British fleet assembled in the Gulf. Lieutenant Jones was in command of a five-gunboat flotilla to protect

the most direct eastern route across the shallow waters of Lake Borgne which the British might take to New Orleans. This was an easier approach to the city than sailing 60 miles up the Mississippi to their destination. The protective force at New Orleans was minimal at that time because the American General, Andrew Jackson, anticipated the enemy would attack at Mobile, Alabama where he established a defensive position. When he realized that New Orleans was the target, he immediately began to shift his troops to that location.

While Jackson hurried to relocate his forces, the British began their advance across Lake Borgne on December 12, 1814. Because the water was too shallow for the larger ships, 45 longboats were lowered into the water, along with approximately 1200 sailors and Royal Marines who began rowing during the darkness of night across the lake. They were led by Commander Nicholas Lockyer. Each boat had 20 sailors manning the oars and a cannonade at its front. The men rowed for 36 hours before encountering Jones’s small force during the morning

hours of December 14, 1814. Jones's anchored flotilla was drawn up in a line blocking the channel between Malheureux Island and Point Claire on the Louisiana coast and, so, the British decided to stop for breakfast and evaluate the situation.

Jones was vastly outnumbered: he only had a force of 182 men. He could have retreated before the enemy fired, but he elected to stay. After breakfast, Lockyer chose to attack and undertook a three-part assault that began shortly before 11:00 a.m. Rowing swiftly against a strong current and heavy cannonading from the Americans, the enemies first assault was directed towards Jones's flagship, Gunboat No. 156, while at the same time, returning fire. After fifteen minutes of violent action, which included grappling Jones's gunboat, the American resistance proved too strong and the longboats were driven back. A second group of longboats again went after Jones's flagship. This time British marines gained the deck. In the fierce fight that ensued, the opposing British officer, Lockyer, was seriously wounded and Jones received a ball in his left shoulder. Jones was carried below deck as the second attack was beaten back. In the third assault, the British surrounded Jones's gunboat and quickly gained control. The guns of his gunboat were then turned on the other American vessels as the British continued advancing upon them. The outnumbered Americans were quickly overpowered. One by one their gunboats were boarded and captured, forcing their surrender.

The battle lasted no more than two hours. It is unclear how many were either killed or wounded during the fray because many died later of their wounds. The best estimate is at least 41 Americans and 94 British either lost their lives or received serious injuries. Jones became a prisoner of war and was taken to Bermuda. He was exchanged three months later and served in the U.S. Navy until he was placed on the reserve list in 1855. The ball in his shoulder was never removed. It remained there and was buried with him at the cemetery at Lewinsville Church upon his death in 1858.

Even though Jones' small force inflicted considerable damage on the enemy, the British now had control of the lake. Its western shore became the landing zone for their troops in preparation for the attack on New Orleans. However, the sacrifice made by Jones and his men was not in vain. Their gallant defense of Lake Borgne delayed the British landing on its western shore for several days, enabling Jackson to strengthen his lines, reinforce his army, and acquire the support of additional artillery from Jean Lafitte and the Tennessee mountain sharpshooters.

Jackson won a smashing victory at New Orleans on January 8, 1815. Because of Jones's bravery on Lake Borgne, many, particularly in Fairfax County, consider him a "Hero of the Battle of New Orleans." Whatever the case, the War of 1812 was already approaching the finish line. The Treaty of Ghent had been signed by both the British and American delegations in Belgium on December 24, 1814, exactly four months after the dreadful burning of America's capital city. Great Britain's prince regent signed three copies in London on December 27 and three copies were rushed across the Atlantic, with three separate envoys, to be signed by President James Madison. The ratification papers were signed at the Octagon House by the president on February 17, 1815. The War of 1812 was officially over. The United States had twice defeated the British Empire and was now in a position to compete with any nation in the world. The patriotism that swept across the country was unimaginable. Embedded in that spirit of patriotism were heroes and heroines such as Key, Jackson and both of the Madisons. But there were many other patriots who helped the United States throw off the yoke of the British Empire: amongst those heroes was Commodore Thomas ap Catesby Jones. ♦

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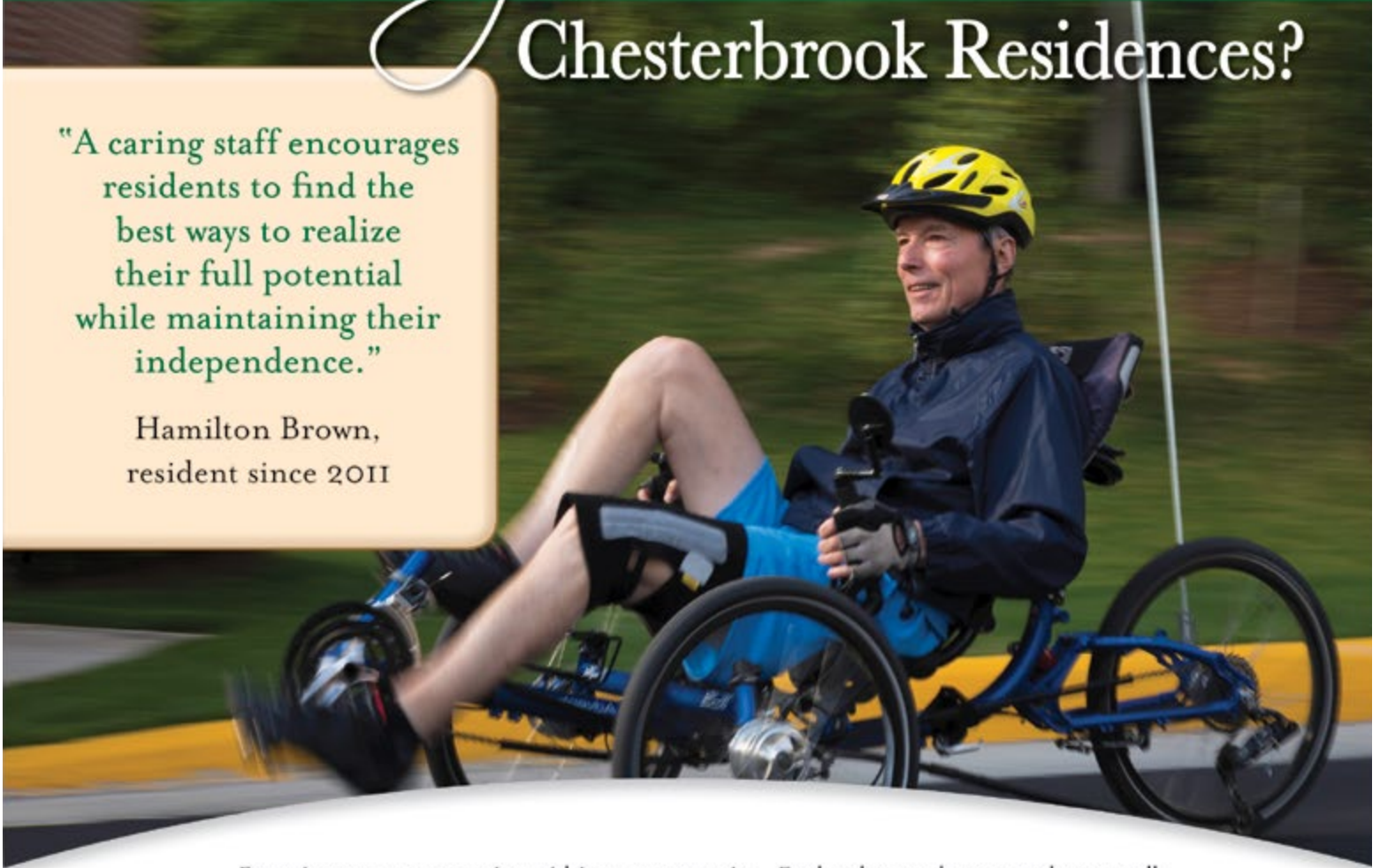


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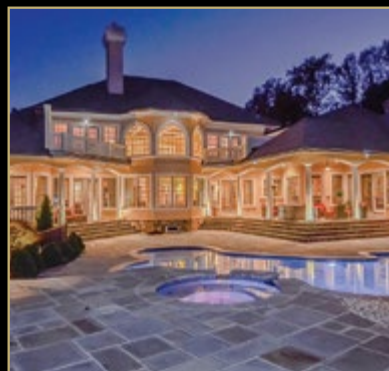


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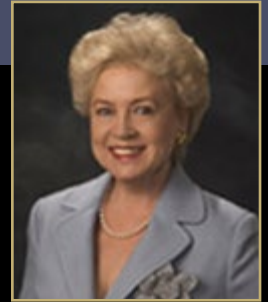
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A private oasis located on 6 idyllic acres with close proximity to the historic town of Clifton's shops and restaurants and offering easy access to all commuter routes and Washington, DC. This 12,000+ sq. ft. custom estate features a 6-car garage with a carriage house above that includes a guest suite with bath, kitchenette, and separate living quarters, perfect for guests or multigenerational living. The exterior offers fabulous outdoor living and entertaining space that includes a gorgeous salt-water pool & spa, an outdoor kitchen, and a 2000 sq. ft. stone patio with extensive hardscape, perfect for the most grand or intimate occasions. The interior features fine architectural appointments throughout, with soaring 25 ft. and coffered ceilings on the main level, a master chef's gourmet kitchen, and an expansive main level owner's suite that is highlighted by a luxury Roman bath and direct access to the outdoor space. There are a total of 5 bedrooms and 11 bathrooms, with a 2nd master suite on the main level, along with an extensive lower level living space that features a professional media room, a wine cellar, an exercise room and a recreation room with full bar.

TYSONS *Premier*

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LOCATION, LOCATION, LOCATION!



Lilian Jorgenson

www.Lilian.com

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MCLEAN, VA

\$1,799,000

This handsome brick colonial features approximately 7,000 square feet of finished living space on a half-acre lot, located at the end of a quiet street. Inside, a magnificent world unfolds, both spacious and grand, with a 2-story grand foyer with curved staircase, formal living room and dining room, a step down 2-story family room with a wall of windows, marble fireplace and wet bar, library and spacious new eat-in kitchen with access to the huge deck. Upstairs there are 3 bedrooms plus a luxurious master suite. There is a top level loft/5th bedroom with full bath. The lower level has been finished to a grand scale with a large rec room, club room, bar, lounge, second kitchen, 6th bedroom and full bath. Superb location, close to Tysons Mall, Metro & Spring Hill Rec Center.

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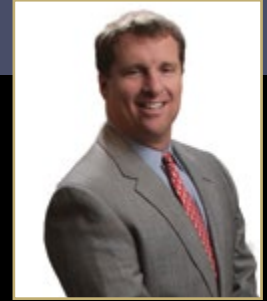
\$1,075,000

Set on a private 5 acre lot, this stunning colonial is perfect for your own club med. It features tree-lined pasture, spring-fed pond, a barn, 4 fully fenced paddocks-perfect for horses, a heated pool, porches, decks and meticulous landscaping, so close to shops, restaurants and the Silver Line Metro. Inside, there is a great floor plan with lots of upgrades; hardwood floors on the main and upper levels, embassy size bedrooms, baths, new roof, heating system and intercom (2010). The club level is finished with a large rec room, lounge area, bedroom, den and access to the patio. It is one of the few remaining properties in Oakton with Oak trees on grounds.

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Welcome home to elegance and beauty in Evermay. This stunning home offers 5 bedrooms and 5.5 bathrooms, on 3 finished levels, with plenty of updates throughout. Enjoy the first level bedroom/bathroom combination, along with the gorgeous gourmet kitchen with Calacatta marble and granite and eat-in kitchen area. The all season porch is the perfect way to extend your living space and entertain all year long! The quiet backyard backs to the HOA common area and tennis courts! The fully finished spacious recreation room boasts a double sided open bar and full bathroom. The upper level boasts 4 bedrooms/3 bathrooms, including the Master Bedroom suite, and bonus room! Langley High School and direct access to all major transportation arteries!

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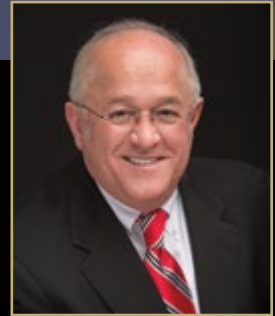
\$2,399,000

Classic architectural details and timeless elegance distinguish this gorgeous residence on a beautiful tree-lined cul-de-sac. Built by world renowned builder, Robert McCormick, the highest craftsmanship is evident throughout the home's four levels of gracious living; which are enhanced by a well-designed floor plan, lofty ceilings, extensive millwork, American cherry hardwood floors, oversized windows and French doors. This home is minutes from many parks and trails, Georgetown Pike and major commuter routes.

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BY JEFFREY DETWILER

5 Steps to help you get your dream home with a renovation loan

1. Work with your Long & Foster agent to find your new home and determine what improvements you'd like to make.
2. Contact licensed contractors to get quotes for any eligible updates. Consider reaching out to the Home Service Connections team for suggestions—their preferred service providers often offer special pricing or discounts to buyers working with Long & Foster.
3. Submit all information, including contractor quotes, to your renovation mortgage consultant.
4. Work with your renovation lender to get an appraisal on your new home and find out its post-renovation value.
5. Proceed to the loan closing and let the renovations begin.

If you're starting to feel like Goldilocks, trying one house after another and having trouble finding the one that fits you "just right," you may want to consider an alternative method to get the home of your dreams. Prospective buyers who love the charm of older homes or want to live in an established neighborhood, but who are not so crazy about aging appliances or outdated designs, have another option to buying as-is. With a renovation loan, you can buy an existing home and get it renovated—all before move-in day.

HOW A RENOVATION LOAN CAN TURN AN EXISTING HOUSE INTO YOUR DREAM HOME

From the Federal Housing Administration's (FHA) 203(k) program to Fannie Mae's HomeStyle Renovation loans, there are numerous lending options that allow buyers to wrap the costs of a renovation into their home purchase loan. You simply apply for a renovation loan based on the price of a home plus the estimated cost of renovations based on contractor bids. You can also work with a full-service mortgage banker like Prosperity Home Mortgage, which offers both the FHA and Fannie Mae renovation loans through its "House-To-Home" Renovation program.

The advantage to a renovation loan is that you pay for your renovation over the entire term of the loan rather than out-of-pocket or with other more costly financing. The work can be done before you move into the property and your home will be the way you want it as soon as you get settled.

WHAT UPDATES ARE ALLOWED WITH RENOVATION LOANS

The financing program chosen will determine what types of renovations are allowed and how much can be spent. With the FHA 203(k) program, for example, you cannot use the loan for luxury items like a pool or hot tub, but you can replace kitchen counters and cabinets, install new flooring or upgrade your heating and air conditioning system. The standard FHA



203(k) program requires a minimum renovation cost of \$5,000 and can go above \$35,000 to cover more expensive structural repairs and additions.

The FHA 203(k) program requires you work only with licensed contractors and you also have to coordinate with a U.S. Housing and Urban Development (HUD)-approved consultant to review contractor bids. Additionally, the maximum loan amount, including the renovations and the purchase price, must fit the FHA loan limits for your area, and you must qualify for the loan based on the total amount you're borrowing, not just the purchase price.

The Fannie Mae HomeStyle Renovation program, a conventional loan product, functions in a similar fashion to the FHA 203(k) loan, but it typically requires a larger down payment and a stronger credit profile. With the Fannie Mae program, you can finance any type of renovation as long as it is permanently attached to your property and adds value. Borrowers are limited to the maximum conforming loan limits in their area, but you can finance improvements of up to 50 percent of the completed home value.

Fannie Mae allows borrowers to make a down payment as low as five percent on the

total loan balance for primary residences. This type of financing also is available for investors and second-home transactions, but those require a higher down payment. The lender will also need to evaluate the creditworthiness of the contractors who renovate your home.

WHAT CAN YOU UPDATE WITH A RENOVATION LOAN?

From simple design updates to more complex home system changes, here are a few of the upgrades you could make with a renovation loan.

- ✓ Install new flooring or carpets
- ✓ Add new appliances
- ✓ Update your new home's kitchen or bathrooms
- ✓ Upgrade electrical, plumbing or heating systems
- ✓ Replace the roof, siding or windows

WHERE TO FIND MORE INFORMATION ON RENOVATION LOANS

If you are interested in buying and renovating an existing home, Long & Foster Real Estate offers multiple divisions

that can help you find, finance and insure your home. Representatives of Prosperity Home Mortgage are available in most Long & Foster offices in the Mid-Atlantic to assist prospective buyers with financing. A professional real estate agent can work with first-time buyers and more experienced buyers, including investors, for a smooth transition. In addition, Long & Foster agents have a range of contractors they can recommend to provide service to buyers and sellers before and after they buy a home. ♦

AUTHOR: Jeffrey S. Detwiler is president and chief operating officer of The Long & Foster Companies, parent company to Long & Foster Real Estate, the largest family-owned 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.

**The information contained in this article is not intended to be and does not constitute financial or investment advice.*



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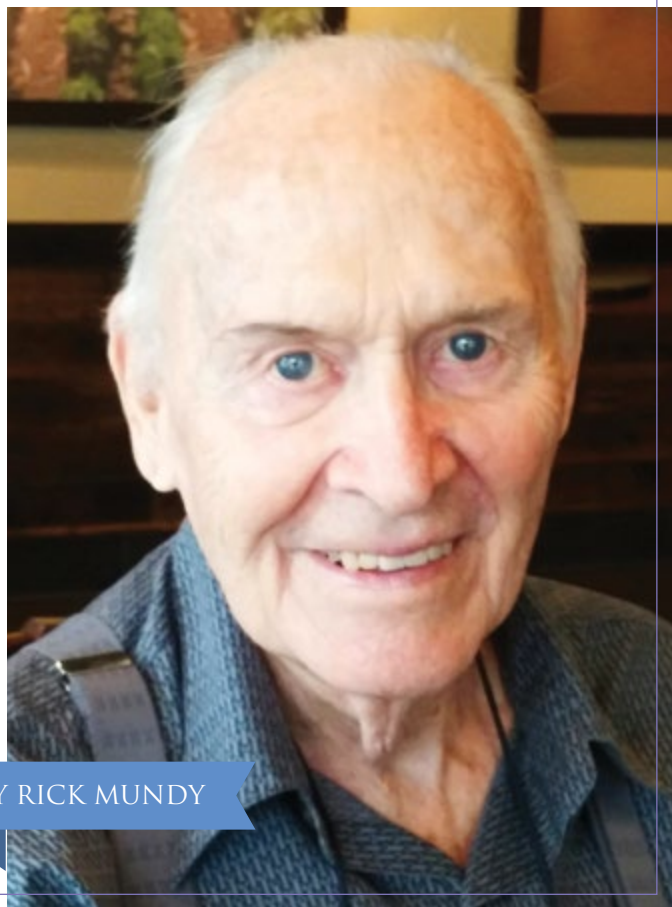

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"When Experience Counts"



BY RICK MUNDY

Bob Lundegard

GREAT FALLS COMMUNITY VOLUNTEER

Bob Lundegard is intensely interested in history and yet spends little time dwelling on his own history. At 88 years old, he is more focused on all of his current activities than those of his past. In fact, he saw in this article the opportunity to promote his volunteer work rather than his biography.

We do know that Lundegard grew up in Youngstown, Ohio and had a strong interest in science and technology. Attending graduate school in mathematics at Purdue University, he set his sights on becoming a university professor. From 1956 to 1960, Lundegard

taught in the math department at Syracuse University where he “learned a lot about math and university life.” He moved on to the Office of Naval Research from 1960 to 1980 where he awarded research grants to university professors. Then he worked as a science and technology manager for the National Institute of Standards and Technology.

With all of his technology background it seems natural that he became so interested in Great Falls’s Colvin Run Mill, being “awestruck” by the water wheel and grinding process. Following retirement he started as a docent for the mill, learning the history, teaching the visitors and becoming so fascinated that old mill history became his new love.

Lundegard quickly points out that the preservation of Colvin Run Mill is far from over. “It’s a unique place. What it can be, has not been realized yet.” After purchasing the building in the 1960’s, Fairfax County hired a millwright to restore the mill. Four years later, running out of funds, the county declared the work complete with an opening ceremony in July 1972. Unfortunately much remained to be done and the Friends of Colvin Run Mill, of which Lundegard was a founding member, have been working ever since to raise more funds and continue to restore more of the mill, the miller’s house and establish a visitor’s center. About \$2.5 Million is needed to complete the work of which about \$150,000 has been raised thus far.

Lundegard launches into a discussion of the milling industry, explaining that a major export of the mid-Atlantic region was flour, which Colvin Run produced and exported around the world. At one time in the 1800’s, there were over 10,000 mills in the mid-Atlantic.

Lundegard throws himself into volunteer work with numerous organizations including the Great Falls Citizens Association, the Great Falls Historical Society, and the Great Falls Senior Center (which he helped establish), in addition to Friends of Colvin Run Mill and the Society for the Preservation of Old Mills. In fact he has written numerous articles for the Historical Society, including a dozen on local mills and milling and a piece about George Washington’s land ownership in Great Falls. He and his wife, Marjorie, have traveled the area for twenty years, searching for old mills, and publishing their finds in “On the Road with Marge and Bob.”

For his dedication throughout the years, Bob has been awarded as Community Champion for the Dranesville District at the Fairfax County Volunteer Service Awards in 2012. In 2014 he was honored with the Mayo Stuntz Cultural Stewardship Award for “contributions toward the understanding, preservation, and education of history in Fairfax County.”

When asked the secret to his fulfilling life Lundegard does not hesitate. “You have to be fortunate when you get married. I found Marjorie who turned out to be just the right person. We learned how to work together and help each other all along the way.” In fact Marjorie was the initial reason that Bob got interested in Colvin Run Mill. She was already volunteering there before he ever stepped foot in the mill.

So thanks to both of the Lundegards, Fairfax County history is being preserved for the future. ❖

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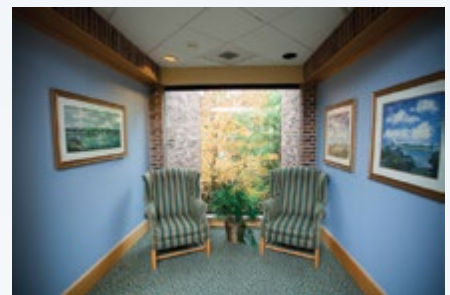


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5 THINGS YOU MAY NOT KNOW ABOUT HEARING ...But May Be Affecting You Anyway



Dr. Ana Anzola,
Ascent Audiology & Hearing

Hearing loss often develops gradually, which is why many people with impaired hearing aren't even aware of it until it reaches an advanced stage.

But your hearing can impact other areas of your life and your health.

That's why maintaining your hearing health is so important...in addition to enjoying a superior quality of life.

■ Hearing Impairment Is Linked To Dementia

When your hearing is impaired, your brain receives muddled sound signals. As a result, your brain spends more energy on processing sounds, and takes resources away from memory and comprehension. Over the long term, this causes dementia.

■ Diabetes Can Cause Hearing Loss

High blood sugar associated with diabetes can damage the delicate blood vessels in your ears, causing hearing impairment. That's why diabetics have significantly higher rates of hearing loss: 21% of diabetic adults have hearing loss, compared to 9% of non-diabetic adults. Over age 60, it increases to 54% versus 32% for those without diabetes.

■ Hearing Is Correlated To Cardiovascular Disease

Research has demonstrated a link between low-frequency hearing loss and various forms of cardiovascular disease, including stroke, coronary artery disease and heart attacks. Damaged blood vessels and impaired blood flow in the body can be detected in the inner ear before they are noticeable in other areas of the body. In this way, a hearing test can sound the alarm for your overall health, as well as diagnose your hearing loss.

■ Your Ears Help You Stay Balanced

There is fluid in your inner ear that moves around as you move, and tells your brain which way you're moving. The fluid signals to your brain whether you're sitting up, lying down, leaning back, and in which direction your head is turned.

■ Hearing Keeps You Connected

Research has found that people with untreated hearing loss are more likely to suffer from loneliness and social isolation. This is not surprising, as diminished hearing makes it difficult to participate in conversations, take part in activities and enjoy social gatherings.

We invite you to come in for a complimentary hearing test at our McLean office. Even if you don't have difficulty hearing, it's important to get a baseline reading of your hearing ability so we can detect changes down the road. Call (703) 942-8110. First 32 appointments only. ♦

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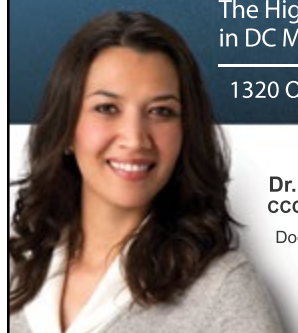
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SEPTEMBER/OCTOBER *Style*

BY LAUREN SIMMONS



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- 6) Chanel Travel Makeup Palette
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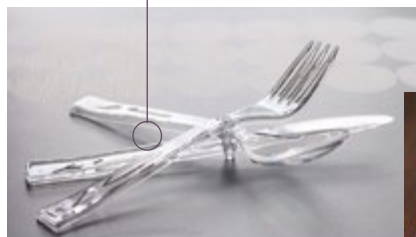
BY LAUREN SIMMONS



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BY AMY SCHOEN, MBA, CPCC

ASK COACH *Amy*

Q DEAR COACH AMY,

I am getting married this fall. We are in our 40's and for both we are getting married for the first time. In addition, both our families do not live in the DC area. My fiancé and I are looking at the wedding venues together. Some places are all inclusive, which means they take care of everything, flowers, cakes, etc. and even provide a wedding coordinator. Then, there are some places that I really like but they don't offer this kind of package. Which means we have to pay much more to obtain those things individually. For example it would easily cost \$1000 cost to hire a florist etc. What do you think is the most important thing in choosing a wedding venue? Also,

what is the most important thing in the wedding? Thanks for your insights!

Uncertain in Centerville

A DEAR UNCERTAIN,

How exciting that you are planning your wedding. Yes, I am the Motivated to Marry Coach, where I help marriage minded individuals to find and solidify true love! As you know I am not a wedding planner, however, I have had two weddings in my lifetime, first in my mid 20s and then in my early 40's.

First, you don't want to worry about anything! Since it doesn't seem like you have your family really involved in the planning, I am assuming that you are

coordinating your wedding on your own, just your fiancé and you.

Do invest in a wedding coordinator or pick one of those all inclusive hotels or venues that provide someone to help coordinate everything. You don't want to get bogged down by details especially on the day of the wedding. On that day you want to make sure you can be present to your partner, your family and friends, and enjoy your wedding. The whole affair goes by so fast!

Next, pick a place you feel comfortable in and your guests will be comfortable, as well. Also a place that has a good flow. Again, you don't want to have to worry about too many moving parts. I had to rent a bus and worry about getting people to the reception hall after the wedding ceremony at the synagogue. There were big issues! People couldn't find the place and I had to have a bus and or rides. We had to worry that everyone got to the reception hall. I even had a wedding planner help me!

What you have to hold on to after your wedding are your photos and video. So choose your people carefully! You want people who blend into the background and you hardly notice them. Do make sure that you get table photos which I had to request of one of my photographers. Some people may not be around ten or twenty years from now. I recommend taking photos of the family and wedding party before the ceremony so again, you can enjoy all your family and friends for the full time allotted after the wedding ceremony.

For the dress, you want to feel special and beautiful, like a princess! Do pick a dress or gown that is easy to walk in, dance in and get around. That goes for the shoes too. Make sure they are comfortable and can be in them for several hours. Last, you want your flowers to compliment your surroundings and the color theme for your wedding. A good florist will help you with that.

The food has to be decent and the cake to your liking. Truly, who really remembers that? (only my nephew did! He's into food and is an amateur chef!)

What do I remember? The beautiful ceremony. My husband's adoring eyes and wide smile.

Being surrounded by family and friends, my husband acing our first dance (we had a little routine- that we practiced together!), and our band was awesome. Many of my friends stayed to the end and danced!

Although one friend seemed unhappy being at yet another wedding, I mostly remember being with my friends, and family members who were truly happy for me. There were some family members who couldn't be there, and some are sadly no longer alive and the so called friends I haven't seen since my wedding! (What ever happened to.....?)

The most important thing is the your husband to be is comfortable and he gets his needs met too. And that you are together and will be building your life together from that day forward!

If you choose your husband well and you are lucky in life, you only will have one wedding. So make it meaningful and memorable. A wedding is something you are supposed to splurge on.

You have the rest of your life to budget, scrimp and save!

A beautiful wedding surrounded by friends and family is a wonderful way to start your life together. However, it's the life you make together that truly matters most.

Mazel Tov (Good luck)

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.

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BY DR. SANDY CHRISTMUS

HOUSE-SOILING ISSUES WITH KITTY

Q: Ginger, my 11-year-old kitty, has urinated outside her litter box several times over the last few weeks. We haven't seen our veterinarian yet, but wanted to know what you think could be going on with her. —*Mary C, Vienna*

A: I'm sorry Ginger has this problem, Mary. She's telling you there's something wrong, but our job (yours and your veterinarian's) is to figure out what she's trying to tell us. Getting to the bottom of Ginger's issue may take some work and testing, but we can often help cats use their boxes more frequently, thus making everyone happy.

To begin with, medical problems should be the first thing to consider. For example, some diseases, such as chronic kidney disease, Diabetes Mellitus and elevated calcium levels, make cats drink more water and urinate more volume. She may be urinating a larger volume and more often, but her litter box has already been used several times, so she doesn't want to go in there anymore. In this case, it is actually a behavioral problem, but it's being caused by a medical condition and poor litter-box-cleaning habits. To get to the root of the issue, your veterinarian will probably recommend a complete blood count, a full chemistry profile, and a thyroid level. With these blood tests, your veterinarian will be able to rule out a number of conditions and possibly make a definitive diagnosis for Ginger's problem. Sometimes other tests are still needed, however, because there's no perfect and complete blood test.

Some diseases simply make cats feel as if they need to urinate more often, but they're actually eliminating the same daily volume as normal. Kitties with this problem are often urinating several times a day, but in very small volumes. Sometimes they'll use their litter box, and other times they'll squat where they are, because the urge to urinate is so overpowering. This condition is called pollakiuria. Often cats with pollakiuria strain to urinate and squat in one position much longer than normal, producing only a few drops



of urine. Conditions such as bladder stones, urinary crystals, bladder inflammation, and urinary tract infections (UTIs) are the most common causes of frequent, small urinations. A common misconception in the cat-care community is that most cats with pollakiuria have a UTI. In actuality, studies have shown that UTIs are diagnosed less than 10% of the time when cats have pollakiuria. Crystals in the urine, bladder stones, and bladder inflammation make up the vast majority of causes of these symptoms, although UTIs are much more common as cats get older. Urinary bladder cancer is much more common in dogs, but cats often urinate frequently when they have this condition, too. Ginger's veterinarian will probably ask to get a urine sample for a urinalysis and possibly a urine culture test, to be able to differentiate these conditions and get a more complete picture of Ginger's health when put together with her blood tests.

If no medical problem is found, then we look at household problems that could cause Ginger's behavioral change. One point to keep in mind with cats is that they are a "prey" species. While we think of them as being tough little creatures because they catch and eat birds, mice, voles, and other small animals, they are actually very low on the food chain, considering that almost anything larger than them will attack and eat them instead. I bring up this fact because cats put lots of thought into where to use the bathroom. If you watch cats eliminating outside, they are in the open and watching their surroundings constantly. They are extremely vulnerable in these moments, so they have to watch to see if they're going to be attacked. Now think about how we ask cats to eliminate in our houses. We put a litter box in the basement next to the washing machine or the furnace. We often ask

them to go into a covered box with a small hole in the front to use the bathroom. Sometimes we have some newfangled litter box where



they enter through the top to get to the litter. We also often use scented litter for our sensibilities, but to a cat the smell can be overwhelming and unpleasant. To make matters worse, if there is more than one cat in the house, sometimes one cat will chase the other when it comes out of the litter box.

All these situations are contrary to the way cats actually want to use the bathroom. Sure, most cats are amenable to what we're asking of them, but sometimes they change their minds or something else changes in the house. Maybe they were in the box when the washing machine was running, to which they had gotten accustomed, but something fell off the machine and made a noise, a potential violent attack, in a kitty's mind. Maybe the litter type has been changed and the texture is different or the new product is scented, whereas it had been unscented in the past. Perhaps the box didn't get changed or scooped for a few days and the box was disgusting to the cats. Anything that makes cats not want to use their litter box must be assessed and changed to make them happier to eliminate where you'd like them to go.

The ideal litter box for cats is an open box that's one and one-half times as long as the cats are, from nose to tail. I know that size sounds big, and it is, but studies have shown this size to be the minimal size they prefer, if given a choice. The entrance shouldn't be very tall, because older cats, like your Ginger, often have joints that are a little creaky, and they will have trouble getting into some boxes. The box should be open so the cats can watch for predators while they're going to the bathroom. Their litter box should be in a quiet area, away from noises and people. Ideally there should be one more litter box than the number of cats in the house, and they shouldn't be in the same area. Households with older cats should have a box on each level of the house. The litter should be the scoopable type, scooped daily, and the box should be completely dumped and cleaned with soapy water at least once monthly.

Your veterinarian should be your first step toward figuring out what's going on with her, and be sure to discuss with Ginger's doctor your litter box arrangement and cleaning schedule, too. I hope this information helps you with Ginger's house-soiling issue, Mary. ❖

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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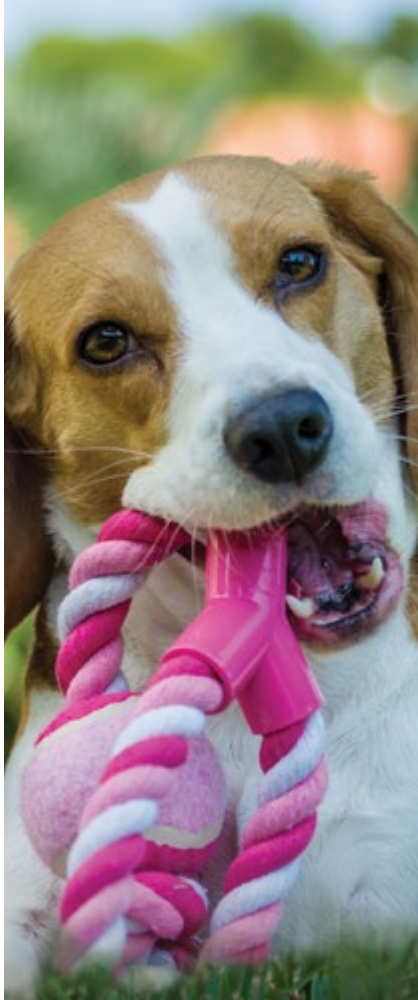
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COME SEE WHAT'S *New in Tysons*

Greenhouse Bistro Enjoying all these great fall activities can bring on a healthy appetite! Greenhouse Bistro, opening this fall on Chain Bridge Road, is the latest dining establishment by Masoud Aboghaddareg, of the famed D.C. hangout Lima Lounge and Fujimar Restaurant. For down-to-earth indulgence, Greenhouse Bistro will offer new and fresh organic and vegan entrees.

Roll Play Vietnamese Grill Lovers of Asian will delight in the new Roll Play Vietnamese Grill at Tysons Corner Center with a unique design-your-own rice paper roll dish, vermicelli bowl and Banh Mi. Roll Play reinvents a tradition of healthy, fresh, and tasty Vietnamese food. They take the exciting palettes from the streets of Vietnam and make it simple, customizable, and fast.

American Tandoor The new American Tandoor restaurant soon to open at Tysons Corner Center, will offer succulent shrimp, salmon and traditional Indian fare. Swing by the storefront for a selfie and a chance to win an iPad Air and free food for a month! #Indian4all

Shilla Bakery Every great meal deserves a sweet finishing touch... Shilla Bakery at Tysons Corner Center introduces the concept of fusing Asian and European bread and pastry flavors. Cookies, cakes and baked breads made with butter cream...what's not to like?

Astro Doughnuts and Fried Chicken How about a swift departure from a too-strict diet? Astro Doughnuts and Fried Chicken is coming to Leesburg Pike in Falls Church, armed with enough filling comfort food to make your week. You can feel great about cheating since it's all made from local farms...go for it!

Boho is more than just a fashion style... It's an attitude and a way of life. Boho is characterized by bright colors, textiles, aged and ancient patterns, eclectic designs. Touting a freedom to "be yourself", Boho Blanco is a new concept store at Tyson's whose emphasis and reason for being is to bring a modern edge to the very popular Bohemian Style.

Chelsea Collective In the mood for a fitness fashion upgrade? The new Chelsea Collective is coming to Tyson's Corner Center. Like its eclectic sister neighborhood, Chelsea Collective provides customers with a unique assortment of apparel, equipment, footwear, accessories and beauty products to serve women who are on the cutting edge of new trends.

Pure Barre With your new threads, stroll over to Vienna to the new Pure Barre where you can get lost in the music and sculpt your way through the stress. The new fitness studio on Maple Avenue offers a fast-paced, musically-driven workout to make the most of your toning time. ♦

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Charity Skating Event

Charity figure skating show, featuring Olympic gold medal ice dancers, Meryl Davis and Charlie White, Brian Boitano, local Olympian Ashley Wagner. Hosted by local Olympian Michael Weiss. All proceeds go to scholarships for rising US athletes. Local groups to perform will be DC Edge, national champion Synchro team, and Next Ice Age of Laurel, Md.

The event takes place on Sunday, September 13, 4 pm at the Gardens Ice House located at 13800 Old Gunpowder Rd, Laurel, MD. For more information visit michaelweiss.org for tickets or call 703-675-1553. ❖



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15-SCREEN MOVIE THEATER

*Coming July 2018 to
The Boro at Greensboro
Metro Station*

News Flash From the Washington Business Journal:

The Meridian Group has reached a deal to bring a 15-screen Showplace Icon to The Boro, its redevelopment of SAIC's corporate campus in Tysons where grocer Whole Foods has also signed on as an anchor tenant.

Kerasotes Showplace Theaters LLC has signed a lease with Meridian and is planning to open its luxury theater, to feature upscale dining options and reserved seating, in summer 2018. Its addition builds on the momentum Meridian is gaining at The Boro, a mixed-use development near the Silver Line's Greensboro Metro station in Fairfax County slated to break ground next summer.

Meridian is still seeking final approvals to begin work on the project, which is slated to include about 1.8 million square feet of residential space, 1.3 million square feet of office, 316,000 square feet of retail and 250,000 square feet of hotel. Meridian co-founder David Cheek told me Showplace and Whole Foods were high on the developer's list of top retail gets and will help attract other retail, restaurant and entertainment tenants.

"We're excited about it, it's high-end, and we think it's going to be a unique offering for the Tysons market and for the region in general for that matter," Cheek said. "It just sets the tone for the whole project." ♦

CONGRATULATIONS TO THE MERIDIAN GROUP.



It's official. ..our Tysons logo on the Water Tower says "you've arrived!" ♦



Patrick Warburton with the Team from Hoar Construction on the rooftop of the new VITA of Tysons. ♦

BASIS.ED

To open in Tysons

One of the nation's most successful independent school providers plans to open its third school in Tysons in time for the 2016-2017 School year. Critically acclaimed BASIS.ed will open and operate on an 11 acre campus at 8000 Jones Branch Drive and offer a Liberal Arts curriculum with a STEM focus. The school intends to accept 800 or so students from preschool through the 10th grade and plans to extend its curriculum through the 12th grade by 2018-2019.

According to the BASIS.ed website, families can expect to pay around \$25,000 per year for students and about \$22,000 for preschoolers.

BASIS.ed is best known for the challenging curriculum. The schools founders are prominent economics academicians. Dr. Michael and Olga Block believe American students were insufficiently challenged and that when motivated they could surpass "the best students in the world." Registration for the 2016-2017 is now open. For more information on BASIS Independent please visit www.mclean.basisindependent.com. ♦



PASSION FOR FASHION

*Sponsored by SafeSpot and
Bloomingdale's*

SafeSpot of Fairfax and Bloomingdale's Tysons Corner are partnering for a special event on Sunday, October 18 beginning at 10am. This third annual Passion for Fashion is a benefit designed to raise money for SafeSpot, a non-profit dedicated to "providing support and comprehensive services for child sexual and severe physical abuse victims and their non-offending family members." A catwalk will be present, and guests can partake in designer raffles, a silent auction, and brunch, and all guests will receive a swag bag. "Since child abuse is a community problem, community support is crucial to prevention," says Bill Ruhrkraut, OVP and General Manager of Bloomingdale's Tysons Corner. "Bloomingdale's wants to contribute to that community support team." Tickets are \$80. ♦

NEW BUSINESSES

for the Vienna Shopping Center

After all of the waiting and speculation, it seems as though the empty space that was Magruder's at the Vienna Shopping Center will soon be occupied. The space is being divided up into several suites, with Chop't Creative Salad Company, Mod Pizza and INOVA Urgent Care. There are two more suites, one of which is now under lease. The last available space could be split once more, depending on who moves in. ♦



FAIRFAX PETS ON WHEELS 20TH ANNUAL *"Paws for a Cause" 3K Walk*

At noon Sunday, October 4, 2015, the Fairfax Pets on Wheels raises funds supporting pet therapy for long-term care residents by holding its 20th annual "Paws for a Cause" 3K Walk in Fairfax, Virginia. The doggone fun begins at Weber's Pet Supermarket, 11021 Lee Highway, Fairfax.

Proceeds from the walk will go toward recruitment and training, volunteer activities, and insurance.

All pre-registered participants will receive a "Paws for a Cause" t-shirt. There will be human and canine treats at each kilometer and sponsored walkers are encouraged.

Registration is \$20 prior to September 18th and \$25 thereafter. Register online at:

<http://www.fpow.org/event-1914748/Registration> or visit www.fpow.org. Walk-in registrations are welcome.

Potential walkers and businesses interested in providing sponsorship or donating door prizes for participants should call (703) 324-5424 or email dfspetson-wheels@fairfaxcounty.gov for more information, or go to www.fpow.org.

Fairfax Pets on Wheels is an all-volunteer program sponsored by the Fairfax Area Agency on Aging and is a United Way agency (#8907) and an American Kennel Club recognized Pet Therapy Organization. FPOW provides pet therapy with teams of animals and their human companions who regularly visit 14 area long-term care facilities.

2015 is the 28th anniversary of Fairfax Pets on Wheels caring and sharing in the community. ♦



PROJECT
SUPPORT GRANTS
TOTALING
\$112,080
*from the Arts
Council.*

Seventeen Fairfax County non-profit arts organizations have been awarded Project Support Grants totaling \$112,080 from the Arts Council. Funded projects offer a variety of arts disciplines to Fairfax County residents and visitors ranging from an interactive art installation created from a variety of materials such as LED lights and ordinary household objects; family friendly, educational ballet performances integrating audience feedback into the shows; and a Korean festival that includes traditional dance demonstrations, contemporary upbeat sounds of DJ remixes and K-POP (Korean pop) music. To learn more about all our grant programs, visit artsfairfax.org/grants. ♦

Photo at top: Shih Chieh Huang, Seductive Evolution of Animated Illumination, 2013. Collaboration with glass masters from Murano, Italy. Modification of Renaissance style glass chandelier with mixed household electronics. Image courtesy of the artist.

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BY MARCIA MCALLISTER

Top left photo from left to right: Jim Corcoran, President and CEO of the Fairfax Chamber of Commerce and member of the WMATA Board of Directors, US Representative Gerry Connolly, Virginia 11th District, US Representative Barbara Comstock, Virginia 10th District. Cake was provided by Tysons Cake Bakery

SILVER LINE HAILED AT FIRST BIRTHDAY PARTY

*Tysons Redevelopment Praised;
Studies Show Traffic Drops Along 123*

The Silver Line opened a year ago and business leaders, politicians and residents gathered in late July to celebrate as a long list of project proponents praised what many called the dramatic changes coming to Tysons Corner and the entire Dulles Corridor that continue to happen because of the Silver Line.

Airports Authority CEO Jake Potter was among those praising the impacts of the new rail service. U.S. Rep. Gerald Connolly, D-VA, praised efforts to make Tysons more pedestrian friendly while touting the new developments of mixed-use properties springing up in Tysons Corner and at the Wiehle Avenue station, the short-term terminus of the Silver Line.

Currently there are 20 new plans for new mixed-use developments in Tysons, where today approximately 17,500 people live. Capital One is now building a new headquarters on its site along Route 123 at Scotts Crossing and Mitre Corp. is completing a new building nearby. Projections call for another 100,000 residents in future years.

Recent announcements that both Wegman's and Whole Foods will be coming to Tysons indicate faith in the expansion of the residential sector.

Experts said Tysons now contributes more than \$300 million to the Fairfax County tax base, a number that is expected to eventually hit \$1 billion.

Robin Antonucci, vice president of traffic consulting firm Wells + Associates, delivered interesting statistics that show significant decreases in vehicular traffic in the Tysons area since the Silver Line opened.



Take a look at morning peak hour traffic today along Route 123. There are:

- 15 percent fewer cars at Scotts Crossing/Colshire Drive.
- 11 percent fewer cars at Anderson Road/Dulles Access Road off-ramp.
- 7 percent fewer cars at Route at Old Meadow Road/Capital One Drive.

Meanwhile Silver Line ridership remains strong and it is expected to grow significantly as new developments open. Tysons Corner Center is experiencing greater than expected numbers of shoppers than prior to the Silver Line, an indication of the popularity of the transit station there.



Wiehle Avenue, the temporary terminus of the Silver Line, continues to be the busiest Silver Line station. Those numbers will grow when the apartment structure being built by Comstock LLC on top of that station begins renting later this year.

Lynn Bowersox, assistant general manager of Metro, introduced attendees to a new ad campaign that encourages Silver Line usage.

Other speakers included Fairfax County Board member Catherine Hudgins; James Policaro, vice president of Lerner Cos.; Michael Caplin, head of Tysons Partnership (sponsors of the Silver Line birthday bash); Jennifer Mitchell, director of the Virginia Department of Rail and Public Transportation and Rep. Barbara Comstock, R-VA.

In addition to Potter and MWAA communications VP David Mould, rail project representatives included Kevin Volbrecht, Al Kolodne, James Van Zee, Marcia McAllister, Katy Gorman and Whitney Winn.

The event was held at the Convene Conference Tysons. ❖



Michael Caplin and Sol Glasner
Tysons Partnership



BY MARCIA MCALLISTER

Chuck Caputo, MWAA Board with Joe Montano,
Office of Sen. Tim Kaine



BECOMING THE NEXT GREAT CITY

Tysons Partnership, Rust Honored

The Dulles Corridor Rail Association hosted an early summer reception celebrating the on-going construction of the Silver Line, the completion of the new Plaza and mixed use development at Tysons Corner, the endeavors of the Tysons Partnership and the longtime political support of retiring state Del. Thomas Davis Rust.

The event, hosted by Tysons Corner Center owners Macerich, was held on the concourse adjacent to the new Tysons Plaza.

The Dulles Corridor Silver Line is not just about laying rail, state Del. Ken Plum told the crowd. "It is about building successful communities all along that rail," said Delegate Plum.

James C. Dinegar, president and CEO of the Greater Washington Board of Trade, has long been an advocate of rail to Tysons, to Dulles Airport and beyond. He called for public and political support for the ongoing efforts to repair the aging Metro system, citing the need for such support is urgent to the region's economy. He said his organization will focus on building support for the Metro system now the subject of multiple federal inspections in the wake of safety problems.

Rust, who has long been a major rail supporter, was honored for his many years representing parts of western Fairfax and Loudoun

County. He announced his retirement earlier this year. But during the recent reception, he promised his continued support for transportation issues. Rust is a former mayor of Herndon.

The group also saluted Macerich for its commitment to construction of Phase 1 of the Silver Line and to the future of all of Tysons. The Tysons Corner Station is an easy walk to the plaza area and is the busiest of the four Tysons Corner Metrorail stations.

Macerich Executive Hillary Zahm accepted an award from the association for Tysons Corner Center's ongoing efforts which include an ice skating rink and community Christmas tree during the holiday season and summer on the Plaza concerts. This year's concert series kick-off included fireworks shot from atop the parking deck closest to Macy's and Lord & Taylor.

"Tysons Partnership is changing the geography of Tysons as well as the quality of life there, with exciting events for individuals and families. Tysons has long been a great place to shop. Now there are even more reasons to come to Tysons."

The Tysons Partnership, a coalition of local business and



Leslie Pereira, CRC, M'balia Tagoe, Bechtel,
Charles Stark, DCMP, Alan Kolonde, DCMP



Lynn Chapman, MWAA Board,
Charles Stark, DCMP Executive
Director, Tom Rust



Tom Rust with wife Ann,
Carolyn Moss of Dominion VA Power



Charles Stark,
DCMP Executive Director

community leaders dedicated to transforming Tysons Corner into “a great city,” was the recipient of the 2015 DCRA Award for Leadership, according to Patty Nicoson, president of the DCRA.

Plum praised the partnership.

“We’re delighted to see what’s happening in Tysons, where Tysons Partnership made a commitment to the betterment of the community, and turned Metro stops into something significant—places where people want to live, work and play. Tysons Partnership is changing the geography of Tysons as well as the quality of life there, with exciting events for individuals and families. Tysons has long been a great place to shop. Now there are even more reasons to come to Tysons.”

Mark Carrier, chairman of the Tysons Partnership, remarked, “The partnership is a really unique collection of stakeholders here in Tysons: developers, residents,

retailers, employers—really an eclectic group. I feel very proud to be a part of a wonderful group of people working in the best interests of the community as we go about making the next great American city. That’s what we are all about.”

Sol Glasner, immediate past chair, added: “Tysons Partnership is all about transforming this area from what it was into a 24-hour per day, livable, walkable, workable community. A partnership that represents everyone in the community is very powerful. This is a 30-, 40-, 50-year project. We’ve made a fantastic start; you can see it just outside. It’s only going to get better. Thank you very much for this recognition.”

Michael Caplin, partnership president, said: “Partnership members each do more than their share of everything because they know that is what it takes to build a vital, connected community.”❖



Shiva Pant, WMATA, Patty Nicosan,
DCRA, Jim Dinegar, Greater
Washington Board of
Transportation



BY JAN KING

CANINE CODEPENDENCY

When I was younger, we believed that the first sign of mental illness was when people began dressing up their pets. And if this standard still holds true today, then our entire nation is certifiably nuts! Nobody can deny that our society is obsessed with coddling, cooing, and co-depending our pets, especially our dogs. And what's more, this behavior isn't just limited to the empty nesters, either. That I could understand. You're lonely, you're bored, and the next thing you know, you're cross-dressing your pooch—what's the harm?

But now this doggie mania crosses the sanity spectrum to acts like creating Facebook pages for dogs, enrolling our pooches in doggie daycare, indulging in doggie grooming salons where toenail painting and elaborate coiffing happen, and regular visits to doggie spas to rest their precious paws on Serta perfect sleeper doggy beds. Good grief! A dog just isn't allowed to be a regular dog anymore. Now, they're all divas.

What the heck has come over dog owners these days? How many lunches or dinners can a person endure where crazed Doggie Mamas have to rush off after 15 minutes, because Fifi is home alone experiencing extreme separation anxiety? Wasn't it just a few years

ago that we would leave our kids home alone for hours with no human companionship but an X Box?

And, what about the doggie vets who are magically becoming fat cats stuffing their tills with booty from everything from doggie downers and puppy uppers to hundred dollar flea and tick collars, doggie dental cleanings, cataract surgeries, and multi-thousand dollar chemotherapies? Not to mention the organ transplants that go for \$20 grand. What's next? Black markets for poochie pancreases? It's like the dogs are getting better healthcare (but not affordable) than any human I know of, dead or alive. Case in point: I know a woman whose husband and dog were gravely ill at the same time, and in her haste to give her beloved his medication she inadvertently stepped on the other's oxygen hose for 5 minutes. Luckily, her beloved recovered, but her husband—that was another story.

Give me a break. For years we had to listen to women who droned on for hours about every facet of their kids' life from their potty-training, to how perfectly they behaved in public, to how exceptionally brilliant they were, and especially how unconditionally their kids love was for them. I don't know about you, but after ten minutes I wanted to kill myself if I wasn't already dead from boredom. And now, I certainly don't want to hear the same torturous stories all over again, but this time about their dogs.

So now that I've set everybody straight on this nutty dog obsession, excuse me but I'm outta' here. I left Grumpy Cat by himself for over an hour, and I'm sure he's having an anxiety attack. ❖

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



TRIVIA TEASER READY TO WEAR

1. Which of the presidents on Mount Rushmore is depicted wearing a jacket?

- a**-George Washington
b-Abraham Lincoln
c-Thomas Jefferson
d-Theodore Roosevelt.

2. What color of shirts were worn by the followers of Italian patriot Giuseppe Garibaldi?

- a**-White **b**-Green
c-Brown **d**-Red.

3. Which of Shakespeare's title characters said "Uneasy is the head that wears the crown"?

- a**-Henry IV **b**-Macbeth
c-Hamlet **d**-Henry V.

4. What bandleader hosted a musical quiz show while wearing collegiate robes?

- a**-Kay Kyser **b**--Rudy Vallee
c-Benny Goodman **d**-Bunny Berigan.

5. In the nursery rhyme, what attire was Wee Willie Winkie wearing?

- a**-Straw hat **b**-Petticoat
c-Nightgown **d**-Knickers.

6. On the TV series "M*A*S*H," which character hoped to get kicked out of the service by wearing dresses?

- a**-Radar **b**-Klinger
c-Trapper John **d**-Frank.

7. In what sport would you wear a mawashi?

- a**-Polo **b**-Curling
c-Fencing **d**-Sumo.

8. According to a song by Elvis Costello, who wants to wear his red shoes?

- a**-The President **b**-Dorothy
c-An elephant **d**-Angels.

9. What color is the hat worn by Paddington the Bear?

- a**-Yellow **b**-Red
c-Black **d**-Green.

10. What did comic strip character "Happy Hooligan" in place of a hat?

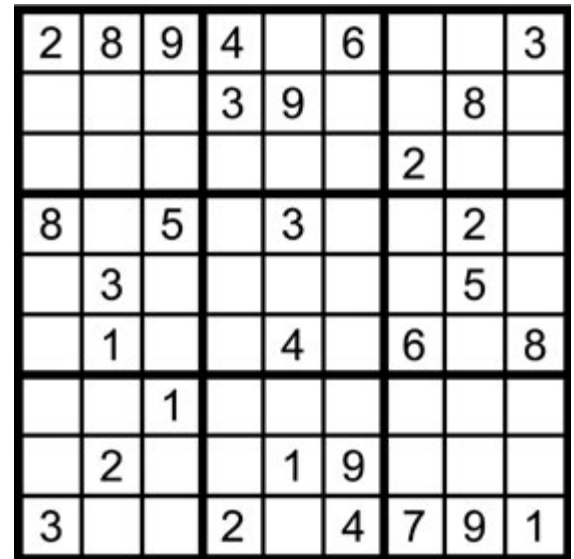
- a**-Pie plate **b**-Tin can
c-Funnel **d**-Flower pot.

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 medium.



FORMULATE AND STAMP INDELIBLY ON YOUR MIND A MENTAL PICTURE OF YOURSELF AS SUCCEEDING. HOLD THIS PICTURE TENACIOUSLY AND NEVER PERMIT IT TO FADE. YOUR MIND WILL SEEK TO DEVELOP THIS PICTURE!

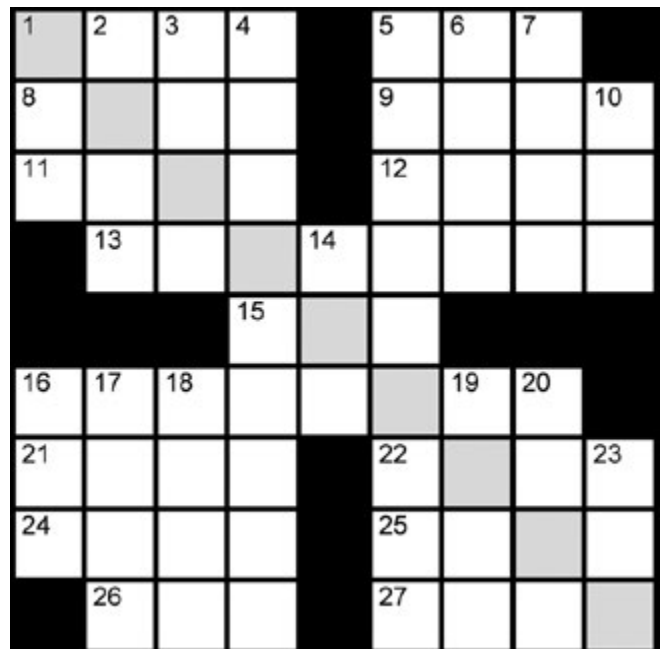
Dr. Norman Vincent Peale:
American author

TREASURE CHEST OF LUNAR RAYS?

CROSSWORD CLUES

ACROSS

1. Brood
5. Clobber
8. Throw, as dice
9. Needle case
11. "Beat it!"
12. Bank deposit
13. Gaps between neurons
15. Fed. construction overseer
16. Reclusive and austere
21. The "U" in I.C.U.
22. "Little piggies"
24. Fool
25. 11,000-foot Italian peak
26. Down in the dumps
27. Evaluate



DOWN

1. Robinson of song
2. ___ and aahs
3. Clever tactic
4. Stretched out
5. Splash
6. "Miss ___ Regrets"
7. Whimper
10. "___ alive!"
14. Balaam's mount
16. Kind of pie
17. Responsibility
18. Asian palm
19. Greek letter
20. Penny
23. Ed.'s request



THE COST OF THINGS: 1950S

Roll of film: \$.38
 Toilet paper (20 rolls): \$2.39
 Combination 19-inch television/FM radio/
 phonograph: \$495
 Corvette (1953): \$3,498
 Jackie Robinson's
 salary (1951): \$39,750 per year

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

SUDOKU Answers

2	8	9	4	7	6	5	1	3
1	5	7	3	9	2	4	8	6
6	4	3	1	8	5	2	7	9
8	7	5	6	3	1	9	2	4
4	3	6	9	2	8	1	5	7
9	1	2	5	4	7	6	3	8
5	9	1	7	6	3	8	4	2
7	2	4	8	1	9	3	6	5
3	6	8	2	5	4	7	9	1

CROSSWORD Answers

M	O	P	E		B	O	P	
R	O	L	L		E	T	U	I
S	H	O	O		S	I	L	T
	S	Y	N	A	P	S	E	S
			G	S	A			
M	O	N	A	S	T	I	C	
U	N	I	T		T	O	E	S
D	U	P	E		E	T	N	A
	S	A	D		R	A	T	E

Answer to 'Ready to Wear'

- 1-a, George Washington
 2-d, Red
 3-a, Henry IV
 4-a, Kay Kyser
 5-c, Nightgown
 6-b, Klinger
 7-d, Sumo
 8-d, Angels
 9-a, Yellow
 10-b, Tin can

FASHION SENSE

The ancient Romans dyed their hair with bird droppings.
 About three quarters of American adults wear some kind of fragrance.
 The average fashion model weighs 23 percent less than the average American woman.
 When she died in 1603, Queen Elizabeth I owned 3,000 dresses. When Empress Elizabeth of Russia died in 1762, she owned 15,000 dresses.
 Queen Elizabeth I owned 2,000 pairs of gloves.
 Percentage of Americans who say a unibrow is a turnoff: 35.
 The average person owns 25 T-shirts.
 Don't believe the Scots.
 The kilt originated in France.
 Blue neckties sell best. Red ties are second.
 Julius Caesar wore a laurel wreath crown to hide the fact that he was balding.
 In 1907 egret plumes were worth twice their weight in gold.
 The first person to wear silk stockings: England's Queen Elizabeth I.
 They were a gift.
 In 1797 James Hetherington invented the top hat and wore it in public. He was arrested for disturbing the peace.

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REMEMBER 1981?

President Reagan and Pope John Paul II shot; both recovered.
 Charles and Diana married.
 Sandra Day O'Connor became first woman appointed to Supreme Court.
 52 U. S. hostages released from Iran.
 AIDS identified for the first time
 MTV debuted

Excerpts taken from: *Uncle John's Bathroom Reader
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FAT & FAT FREE

Average caloric requirement for existing (breathing, eating, sleeping): 1,000–1,500 per day.

Thirty-five percent of American dieter blame candy for their failure to lose weight. Twenty-one percent blame cheese.

Melting an ice cube in your mouth burns about 2.3 calories.

You'd have to walk five miles to burn off the calories of a hot fudge sundae.

You burn more calories sleeping than you do watching TV.

Your body gives off enough heat in 30 minutes to bring half a gallon of water to a boil.

To lose one pound of fat, you need to walk at least 35 miles (briskly).

A karaoke singing of "We Are the World" burns 20.7 calories.

About 36 percent of people who make a New Year's resolution to diet and exercise break it by January 31.

Play a round of golf, then drink two cocktails. You've just gained more calories than you burned.

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THE WORLD EATS

On any given day, half the people in the world will eat rice.

Iceland consumes more Coca-Cola per capita than any other nation.

The French eat an average of 200 million frogs each year.

Peruvians eat about 65 million guinea pigs each year.

You can buy horseradish ice cream in Tokyo.

Best-selling candy bar in Russia: Snickers.

In Denmark, Danish pastires are called Vienna bread.

Excerpts taken from: *Uncle John's Bathroom Reader
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SEPTEMBER OCTOBER



VIRGO: When stress comes to you, step back and take a wider perspective. Work well but be detached from negative influences and you will recognize what you need to do.



LIBRA: Your colleagues are noticing that the boss listens to you. They could try to promote their favorite issues in the hope that you will pass them on. But be true to yourself.



SCORPIO: Focus on things that most deeply touch your heart and soul. Pace yourself, and patiently address them every day. That's called passionate living.



SAGITTARIUS: Powerful good luck and energy are at your fingertips this month. But it will take your natural intensity to take advantage of those gifts.



CAPRICORN: The pace slows and suddenly a great realization comes to you. When you move too fast, you often miss the details that help everything fall into place.



AQUARIUS: If you've felt blocked creatively, suddenly your artistic vision will flow. It's also time to pay extra attention to your health if you've been ignoring self-care.



PISCES: You may feel as if everything you do doesn't quite meet other people's standards. Don't act like a victim. Carefully explain your own standards one more time.



ARIES: The cosmos will reward your independent thinking as long as you have a solid plan in place. Being a leader doesn't always mean the pack will follow.



TAURUS: Though strangers naturally respect you, calling you sir or ma'am, there's more to it than that. How you carry yourself also reveals your knowledge and morals.



GEMINI: When you are involved in conversations with co-workers, don't assume that you know what they think or will say. Listen. Learn something about them or yourself.



CANCER: Think about that family member you haven't seen recently. Oddly, connections like this trigger your creativity and encourage you to be more open with others.



LEO: Sometimes everything seems to work in your favor. At other times, not much works at all. Trends are like autumn winds. They change as you work toward your goals.



LIBRA: Everyone who thinks they are in-the-know sees you as "Lucky Libra." They're fooled by the term, but you aren't. Keep doing excellent work so "luck" follows you.



SCORPIO: So you don't like what you hear from a child or a loved one. It's hard to hear, but avoid conflict. Discuss it with a trusted friend and you might get a new perspective.



SAGITTARIUS: It could take a while to decide if what is said at work is gossip or real information. Verify it in any way you can. Be your normal diplomatic self.



CAPRICORN: A friend is a valuable thing to have, but sometimes friendships are in danger of dissolving. If you don't see eye-to-eye, show interest in his or her position.



AQUARIUS: As the water bearer Aquarius, you may have seen some turbulent times this year, but the rest of 2015 will be more calm, especially in the area of relationships.



PISCES: Don't assume that you have resolved an immediate problem just yet. Though you have that famous ability as a problem solver, test your resolution with time.



ARIES: You thrive on the unpredictable nature of life, and your love of spontaneity serves you well, but circumstances change. You'll need burst of energy to handle them.



TAURUS: Don't get scared on Halloween! Creepy people are everywhere (as always), but if you give them a chance and a second look, you'll find they can be helpful.



GEMINI: Your good sense of humor helps you relax and others relax in your presence. Because things can't always be funny, grab a different perspective when you need to.



CANCER: When a workplace situation makes you worry, try not to get involved. Step away until you can get a sense of the true dynamics involved. Then maybe you can help.



LEO: Tension may be high when a system is initiated. Everyone want to learn quickly, but it takes time. Let them express views but say nothing as you embrace the change.



VIRGO: Columbus took a chance, but how about you? You have good ideas and great skills. Speak up when the time is right. Taking that chance could change your future.



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