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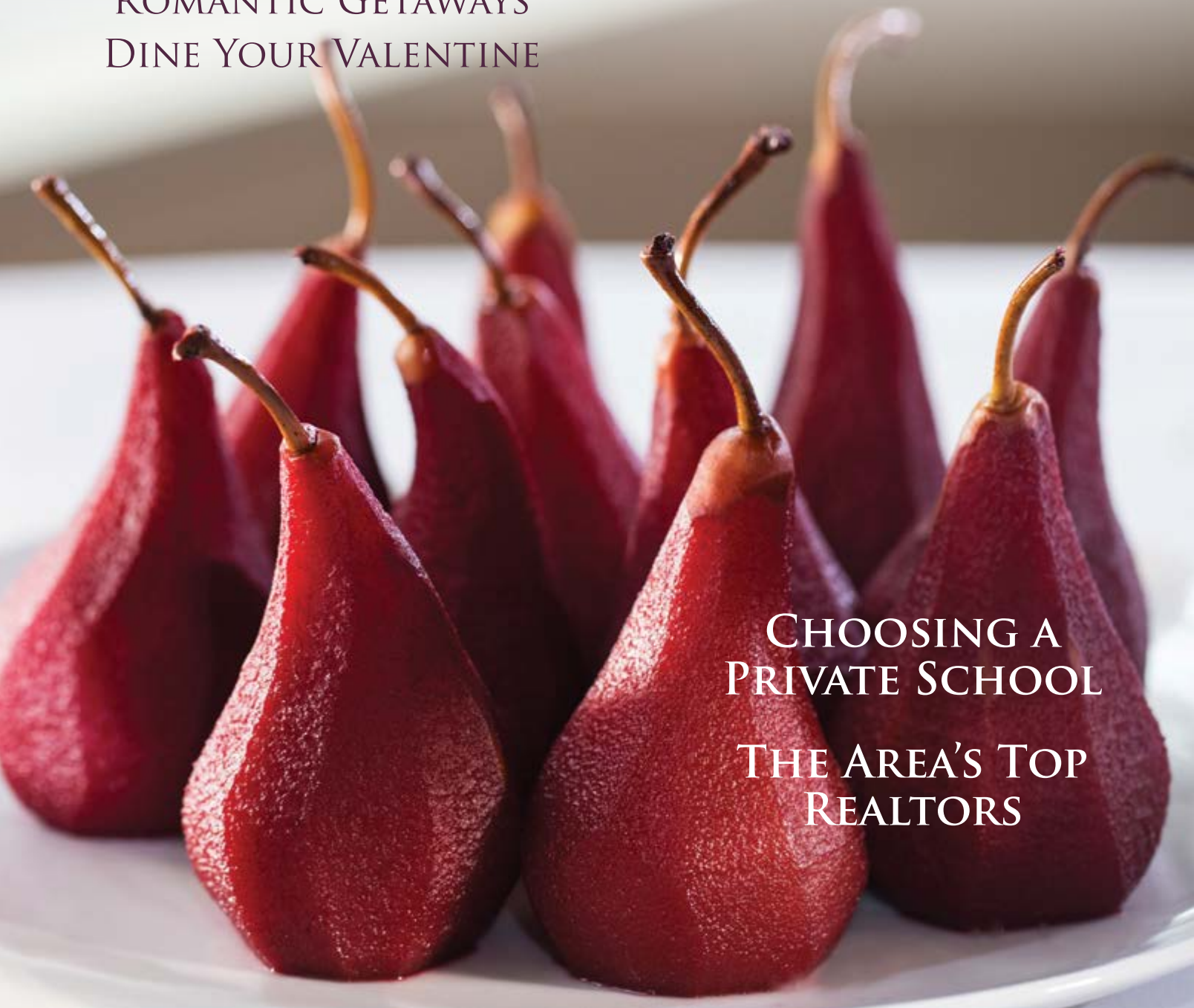
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# FEATURES



## EDUCATION REVIEWS

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools.



## ROMANTIC GETAWAYS

Getting a bit of that cabin fever? Then it's time to take a trip! Explore these charming and romantic getaways that are closer than you think and become your significant other's Valentine's Day hero.



## DINE YOUR VALENTINE

by Lisa Shapiro

There is no sincerer love than the love of food. Celebrate the holiday of the heart in Tysons Corner with a delicious meal bound to get anyone in the mood.



## TYSONS HOOKAH LOUNGES

by Charles S. Donnavan

It seems like Hookah bars are popping up all over Tysons Corner, but while it may be a new trend in our area, the hookah's origins trace back to India around the 15th Century. Enjoy Charles Donnavan's Guide to Enjoying Hookah.





# Happy New Year!

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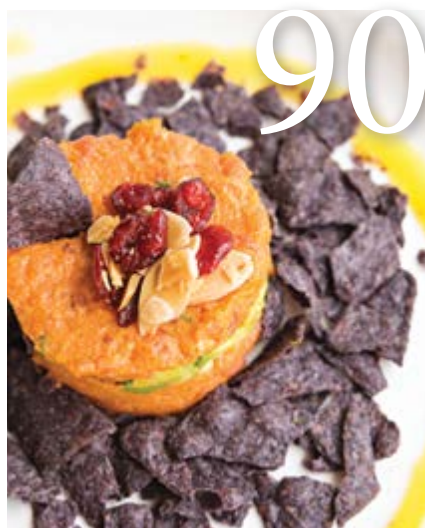


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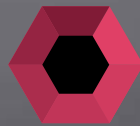
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JANUARY // FEBRUARY 2016

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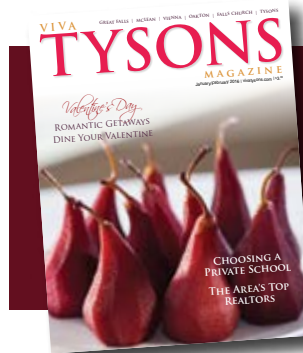
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Saturday, Jan. 16, 2 p.m.

**Martin Luther King Jr. Day Celebration**  
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**"A Walk to Redemption"**  
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**Onstage @ The Alden American Shakespeare Center on Tour**

**"Julius Caesar"**  
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## IT'S TYSONS. *Just Tysons.*

...And now its official!

Happy New Year and welcome to 2016—another year of building the "Next Great American City!" The changes are everywhere, and we are in awe of the hard work and dedication of so many involved. Lucky us!

In this issue, Bonnie Stephens looks at the extraordinary private schools dedicated to superior learning across all grades. She shares education opportunities that set new standards of learning for decades to come. Thanks Bonnie.

I love breakfast. Especially when I get eggs just the way I like them. We asked Lisa Shapiro to show us where we can fuel up for the day. Plus, Judy Caplan shares her thoughts on "What's Healthy Now."

Looking for some romantic getaways to cure that cabin fever? We've got some suggestions that are very close to home. And speaking of romance, Lisa knows of some warm and romantic dining spots where you can celebrate in the heart of Tysons. Allison spent some time at The Salamander Resort and Spa—what a wonderful place! Valentine's Day is Sunday, February 14th. (Don't forget!)

In my earlier days, my parents were diplomats. I lived many years in the Middle East where Hookah bars were a cultural staple. Now, they're popping up all over our area, so we asked Charles Donnavan to take a look into the trend. Thanks Charles.



We can't get enough of Nia's work! Keith Loria interviews the hometown artist and shares her thoughts. Linda Barrett teaches us how to pair wine with cigars, and Renee Sklarew visits two new restaurants in the area: Iron Chef House in Mosaic District and Crust Pizza in Vienna. Our Talk of Tysons section includes a few new dining adventures that have recently opened.

We get a lot of compliments about our magazine and the stunning design work of our Art Director, MJ. But in reality, we couldn't do what we do without Stephenson Printing. George Stephenson has been in the printing business all his life, and at a time when very few industry mavericks are still around. But George won't quit! (We won't let him.) His hard work and friendship with our magazine has been monumental to our success. Read his story by Rick Mundy. Thanks George!

Also in this issue: keeping your pet parasite-free; advice by love coach Amy Schoen; Sun Design's Kitchen makeover; The Memory Café; fun with Jan King; Around Town; updates on Tysons; and so much more.

As we begin our eighth year, we want to thank our advertisers, writers, contributors, and especially YOU—our wonderful readers! We are so fortunate to have the support of so many in this wonderful community.

I know I speak for everyone here at VivaTysons when I wish you and yours health, wealth, peace and joy in the coming year.

Cheers!






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**JANUARY 30**  
Gay Men's Chorus of DC  
The Barns at Wolf Trap

## JANUARY 3

### THE FRED EAGLESMITH TRAVELING STEAM SHOW

*Jammin Java 7pm \$20*

The heart of rock and roll is alive and well with Fred Eaglesmith's 20th album, *Tambourine*. Fusing together all of Fred's past influences, the result is pure rock 'n' roll reminiscent of 1966. "When I put the songs together for

*Tambourine*, I was thinking about the days when there were five push buttons on an automobile radio," Eaglesmith explains. "Everyone was listening to AM stations and, at any given time, one of those five buttons was playing a song worth listening to. The album is a walk through the garden of rock 'n' roll. The music's roots are firmly dug in the mid-to-late 60s. The primary essence is 1966 – the year that gave us Bob Dylan's *Blonde on Blonde* and Question Mark & the Mysterians."

the past four years, the Tone Rangers were voted the Best A Cappella Group four consecutive years (2007, 2008, 2009, 2010) and won Best A Cappella Recording for "We Think You Love Us (But We've Been Wrong Before)." They were also national finalists in the 2002 Harmony Sweepstakes (the Superbowl of a cappella), and three-time winners of Mid-Atlantic "Audience Favorite" and "Best Arrangement" awards.

"Mint Green Bee" from Gustafer Yellowgold's *Wide Wild World* was a Grand Prize Winner in the Children's Category of the John Lennon Songwriting Contest.

## JANUARY 9

### MICHAEL CLEM'S "FIFTY CLEMENTINES" CD RELEASE & BIRTHDAY SHOW + THOMAS GUNN

*Jammin Java 7:30pm \$15*

Ten years after Eddie from Ohio's Michael Clem's first solo album, comes the better-late-than-never sophomore release "Fifty Clementines." With 13 previously unreleased songs, Clem brought in 30 friends from all over Virginia to contribute in the fine Charlottesville JLM Studios where he co-produced with James McLaughlin. Clem returns to Jammin Java (locale of his last CD release ten years ago) & will feature a full ensemble to bring these and other Clem originals to life. There's also rumors of a birthday celebration...

CONTINUED ON PAGE 18

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## JANUARY 8

### THE TONE RANGERS

*Jammin Java 8pm \$15*

The Tone Rangers delight audiences from coast to coast with a dynamic blend of tight harmonies, inventive arrangements and keen wit. In a few choreographed minutes, the Tone Rangers propel through 900 years of Western music—from Gregorian chant to classic rock to TV theme songs—in a fresh approach to contemporary a cappella music and comedy. Nominated for seven Wammies by the Washington Area Music Association in

## JANUARY 9

### GUSTAFAER YELLOWGOLD

*Jammin Java 10:30am \$10*

Since his creation by Morgan Taylor in 2005, Gustafer Yellowgold has become an international phenomenon, acclaimed by *The New York Times*, which described Gustafer as "A cross between 'Yellow Submarine' and Dr. Seuss." *Entertainment Weekly* praised "...The most infectious original songs. It's like tapping into some pleasure center in the brain- both adult and kid...absurdly appealing. Grade: A." *New York Magazine* named Morgan Taylor "Best Kids' Performer" in a recent "Best of New York" issue.



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The Barns at Wolf Trap

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## TRIBUTE TO THE BAND FEATURING THE THE BAND BAND

*Jammin Java 6pm \$20*

The THE BAND Band is without a doubt the most musically satisfying tribute to The Band on the scene today. While The Band may be long gone from the stage, The THE BAND Band is keeping their sound and spirit alive and well with authentic, true-to-form renditions of their legendary repertoire. This group of veteran musicians showcases the astounding breadth and depth of The Band's distinctively original Americana music with classics such as "Up on Cripple Creek," "The Weight" and "The Night They Drove Old Dixie Down," as well as deeper cuts from The Band's vast catalog.

This is not your ordinary tribute band. The THE BAND Band brings the songs to life again with the energy and excitement of The Band's legendary concerts, and they are earning the praise of critics and audiences wherever they play.

**JANUARY 13**

## AN EVENING WITH THE GONZALO BERGARA QUARTET

*Jammin Java 7:30pm \$18*

Gonzalo Bergara has emerged a virtuoso composer and lead guitarist. Mixing a cascade of arpeggios with the sounds of Paris and his native Argentina, he has forged his own style of progressive Gypsy Jazz. The Gonzalo Bergara Quartet (GBQ) explores a modern variant of the 1930s Django Reinhardt-inspired sound. The Quartet's first CD, *Porteña Soledad*, was Editor's Pick in *Guitar Player Magazine*. *Vintage Guitar Magazine* called it a "masterpiece." The music is heavily influenced by Django Reinhardt and the Hot Club of France, as well as the music of Buenos Aires.

**JANUARY 14**

## THE HOUSE JACKS + PITCHES BE CRAZY

*Jammin Java 7:30pm \$20*

The House Jacks are a pioneering a cappella rock band featured in the audio clips of NBC's "The Sing Off" and ESPN's Monday

Night Football, watched by tens of millions of Americans. The band has been interviewed in top media outlets including ABC, NBC, CBS, CNN, and Fox; they have performed with the likes of Ray Charles, James Brown, LL Cool J, The Neville Brothers, and Cosby, Stills, and Nash, at venues including Carnegie Hall, The House of Blues, Fenway Park, The World Expo, and Candlestick Park; and they have performed and/or recorded commercials for celebrities and corporate clients like President Bill Clinton, Aaron Spelling, AT&T, Coca Cola, and Verizon Wireless.

**JANUARY 15**

## FALU'S BOLLYWOOD ORCHESTRA

*The Barns at Wolf Trap 8pm*

*\$22-27* Fronted by one of India's most influential musicians—who's collaborated with masterminds including Yo-Yo Ma and A.R. Rahman—this ethereal ensemble combines the timeless elegance of Bollywood's musical golden age with an inventive modern style. Catch Falu's highly acclaimed vocals backed by

an orchestra of Eastern and Western instruments for a one-of-a-kind performance. "[Falu] mixes Hindustani classical music, Punjabi bhangra, jazz and pop into some of the more pleasurable pastiche around."  
—*The Village Voice*

**JANUARY 17**

## THE 32ND MID-ATLANTIC SONG CONTEST AWARDS GALA

*Jammin Java 6:30pm \$14*

Join us for a magical night, as we celebrate the power of great songs to touch our heart, and recognize the songwriting talents of all the entrants. Enjoy exhilarating performances of many of the Gold and Silver award-winning songs, ranging from Folk to Jazz to Rock, Country to Hip Hop, Adult Contemporary to Children's Music!

**JANUARY 22**

## ROBYN HITCHCOCK EMMA SWIFT

*The Barns at Wolf Trap 8pm*

*\$25-28* "A gifted melodist... [who] nests engaging lyrics in some of the most bracing, rainbow-hued pop [music]" (*Rolling Stone*) makes his Wolf Trap debut—experience one of England's most enduring singer/songwriters and his eccentric alt-rock.

**JANUARY 23**

## BACHAPALOOZA

*Jammin Java 11:30am \$5*

Bach to Rock is the music school for students of all ages! B2R's unique method is based on the knowledge that students learn best when they join together to play the music they like the most. That's why we use special arrangements of the music of our time and combine individual lessons with band instruction. Weekly "jam sessions" lead to Battles of the Bands, recording sessions in B2R Studios, and this winter's 2nd Annual Bachapalooza!



## AN EVENING WITH ERIC BRACE & PETER COOPER

*Jammin Java* 6:30pm \$15  
Grammy nominees Eric Brace and Peter Cooper have created a body of work that reflects their journalistic sensibilities, a love of harmony and wry humor, and their deep respect for the masters they've played with. Their most recent project, the Grammy-nominated *I Love: Tom T. Hall's Songs of Fox Hollow*, was featured on NPR's "All Things Considered" and "Weekend Edition," in *USA Today* and the *Chicago Sun-Times*, and was named a Top 5 Americana album by Rich Kienzle in the *Pittsburgh Post-Gazette*.

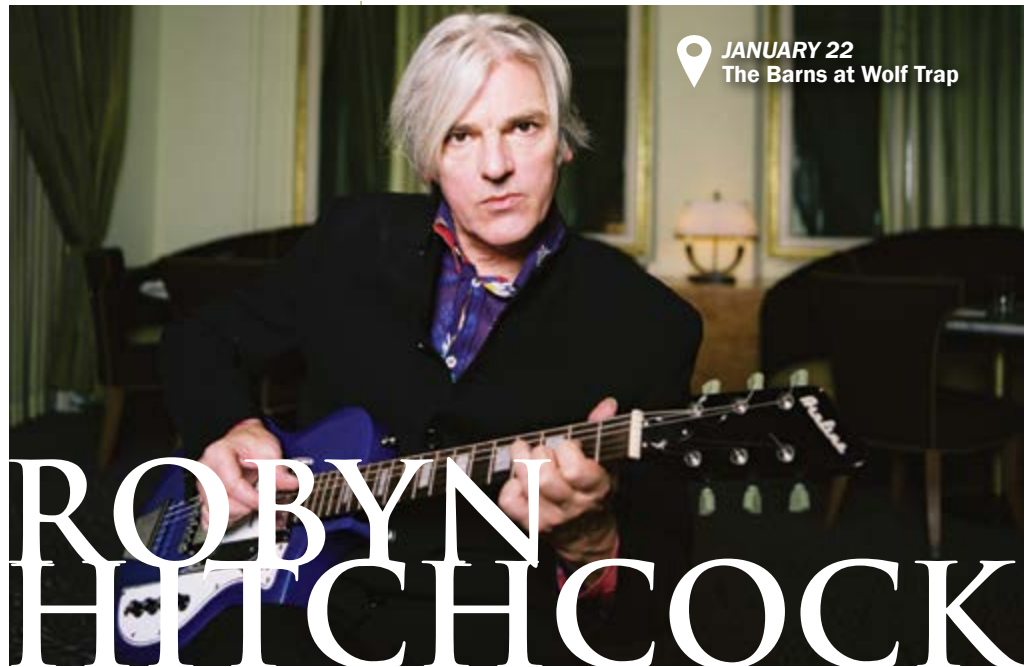
JANUARY 24

## THE PHILADELPHIA ORCHESTRA CHAMBER ENSEMBLE

**Yannick Nézet-Séguin,  
Music Director**  
*Chamber Music at  
The Barns at Wolf Trap* 3pm  
\$35 Join esteemed players from one of the nation's finest orchestras in a rare evening of chamber music. The centerpiece of the performance will be Mozart's Clarinet Quintet (K. 581), featuring principal clarinetist Ricardo Morales.

## CRYS MATTHEWS

*Jammin Java* 7pm \$15  
A prolific lyricist and composer, Crys Matthews has penned three full-length albums and has already begun working on a fourth. *Backroads and Driveways* is her debut album and first studio release. Having found her voice in the Blue Ridge Mountains of North Carolina and her inspiration for most of the album in the Blue Ridge Mountains of Virginia, *Backroads and Driveways* is about a journey. From "Traveling"—which was literally written on an airplane—to the title track, these songs play like journal entries along the road to love and happiness.



JANUARY 28

## GRANT-LEE PHILLIPS + STEVE POLTZ

*Jammin Java* 7:30pm \$20  
"History and legend have often found their way into my songs" reflects Grant-Lee Phillips. "But sometimes, I don't have to look quite so far to find inspiration." *Walking in the Green Corn* is the newest album by Grant-Lee Phillips. Its ten songs are drawn from Phillips' intensive investigations into his native lineage. Phillips, who is Muskogee (Creek), elliptically explores the intersection of past and present, personal and political. While the songs delve deeply into the subconscious mystery of his own backstory, they simultaneously reveal the resonance and insight of ancient myth in parallel to contemporary man's emotions, actions, and errors.

CONTINUED ON PAGE 21



8 P.M.

## MARCIA BALL

*The Barns at Wolf Trap* 8pm \$35-40  
Join this Grammy-nominated pianist and singer/songwriter as she blends Louisiana swamp rock and classic Texas blues into an "irresistible" musical cocktail (*The Boston Globe*). She began playing piano at age five and debuted with the country rock album *Circuit Queen* in 1978. Since then, she has released more than a dozen records, including her Grammy-nominated collaboration with blues stars Irma Thomas and Tracy Nelson, *Sing It!* (1998), and the Grammy-nominated albums *So Many Rivers* (2004), *Live! Down The Road* (2005), *Peace, Love & BBQ* (2008) and *Roadside Attractions* (2010).



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## JANUARY 29

### TED ALEXANDRO

*The Barns at Wolf Trap 8pm*  
\$22 "Crafty, thoughtful and extremely funny" (*The New York Times*), don't miss the stand-up comedian who has appeared on the late night shows of David Letterman, Conan O'Brien, Jimmy Kimmel, Craig Ferguson, and more.

### GARLAND JEFFREYS & THE CONEY ISLAND PLAYBOYS

*Jammin Java 7:30pm \$25*  
Brooklyn Native Garland Jeffreys' rock hits include "R.O.C.K." and "Wild In The Streets" plus his smash covers of "What Does It Take (To Win Your Love)" and "96 Tears." "A man of diversity with music to match... Had he been born earlier, Mr. Jeffreys could have had a career as a jazz singer... Had he been born later, he might have been a peer to Citizen Cope and Ben Harper, who mix up their playlists and benefit from followings not bound by the dictates of radio."  
- *Wall Street Journal*

## JANUARY 30

### GAY MEN'S CHORUS OF DC

#### Rock Creek Singers/ Potomac Fever

*The Barns at Wolf Trap 7:30pm*  
\$45 Two vocal ensembles from "one of the world's best male choruses" showcase their "usual impeccable musicianship [and] witty choreography" (*The Washington Post*) in this "fabulously fun" (*Broadway World*) performance—hear the WAMMIE-winning groups during their 35th anniversary season.

## FEBRUARY 5

### THE SMITHEREENS

*The State Theatre 7pm \$21*  
Dressed in leather, brandishing heavy guitars, and an unabashed fetish for British Invasion pop, the Smitheereens were an anomaly in the American college rock scene of the



late '80s. They came onto the national radar in 1988, and the first single, "Only a Memory," not only became a college and modern rock hit, but it crossed over to album-rock stations as well. The Smitheereens made their attempt at big-time album-rock success with their third album, *11*. Hiring producer Ed Stasium brought a heavier guitar sound, which made "A Girl Like You" a Top 40 hit, sending *11* to gold status, and solidifying their spot in our memories.

## FEBRUARY 5-6

### SOLAS 20TH ANNIVERSARY TOUR

*The Barns at Wolf Trap 8pm \$25-28* Hailed by *The Washington Post* as "one of the world's finest Celtic-folk ensembles," this quintet's diverse repertoire includes innovative original songs as well as Irish classics. "Through fresh and unexpected arrangements of age-old tunes, compelling and topical originals and covers, and unparalleled musicianship, Solas continues to define the path for the Celtic music world and drive the genre forward."—*The Chicago Tribune*

CONTINUED ON PAGE 22



8 P.M.

FEB  
2-4

## RICHARD THOMPSON ALL REQUEST SHOW

*The Barns at Wolf Trap 8pm \$60-75*

The founding member of Fairport Convention, called "the finest rock songwriter after Dylan and the best electric guitarist since Hendrix" (*Los Angeles Times*), presents a solo, all request show—pick your favorite songs to be played from any of his numerous albums, including his new, highly-acclaimed release, *Still*.

Courtesy of Wolf Trap

Courtesy of Wolf Trap





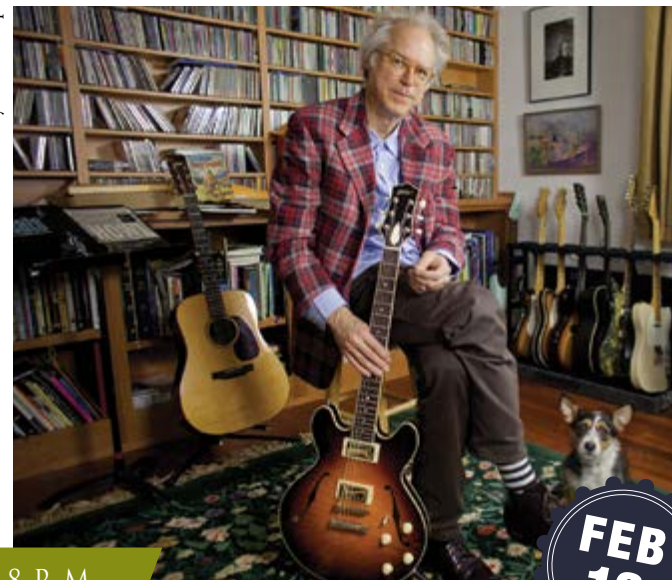
Courtesy of Wolf Trap

**FEBRUARY 18**  
The Barns at Wolf Trap



# THE JONES FAMILY SINGERS

Courtesy of Wolf Trap



8 P.M.

## BILL FRISELL

*The Barns at Wolf Trap 7:30pm \$35–40*

“Long hailed as one of the most distinctive and original improvising guitarists” (*The New York Times*), this Grammy winner performs his “subtle but stunning” (*Rolling Stone*) eclectic music with touches of jazz, folk, classical, country, and more. Grammy Award-winner Bill Frisell is an in-demand contemporary guitarist who has been blending rock energy with jazz spontaneity for more than four decades.

**FEB  
13**

**FEBRUARY 10**

## JANE SIBERRY

*Jammin Java 7:30pm \$20*

More than 30 years after her first musical release, Toronto native Jane Siberry is renowned as one of contemporary music’s most creative, innovative artists—with 11 major recordings, her own independent label, and the acclaim of fans and peers alike. *The Edinburgh Press* said she “fills the hall with astonishing, spiritually-charged music” and “had the audience breathless, in simple awe.” The *London Times* said Siberry is “spellbinding” and *Melody Maker* a “genius.” Jane Siberry’s songs have been covered by numerous artists, with particular success by k.d lang. She has collaborated with Brian Eno, Peter Gabriel, Emmylou Harris, The Indigo Girls and more.

**FEBRUARY 10–11**

## ERIC BURDON AND THE ANIMALS

*The Barns at Wolf Trap 8pm \$75–85* The previous frontman of War and the

driving force of the psychedelic rock band, The Animals, is one of the most searingly powerful voices in rock ‘n’ roll—catch the English award-winning band, who gave you “House of the Rising Sun,” in their Wolf Trap debut. “Burdon’s new material...[is] on fire, part and parcel of a cathartic, pounding set full of nostalgia, but not a lick of sentimentality.” —*The Austin Chronicle*

**FEBRUARY 12**

## VOCES8

*Chamber Music at The Barns at Wolf Trap 7:30pm \$35*

Join the British vocal octet, hailed as “impeccable in its quality of tone and balance” (*Gramophone*) as they present *Light Devine*, a performance exploring the desire for comfort and light throughout the ages. “Voices sounding as though hand-picked for sheer vocal beauty, perfect transparency of intricate contrapuntal textures, extreme cohesion, as well as impeccable accuracy and mutual attentiveness, characterized voice culture of the highest level.” —*The Jerusalem Post*

**FEBRUARY 18**

## THE JONES FAMILY SINGERS

*The Barns at Wolf Trap 8pm*

*\$25* A favorite musical discovery by NPR, don’t miss this family’s “old-school gospel-soul funk...[that] tears the roof off live” (*Rolling Stone*). “Rip-roaring gospel performers...brilliantly timed with one crescendo after another.” —*The New York Times*

CONTINUED ON PAGE 24

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Courtesy of Wolf Trap



**FEBRUARY 24**  
The Barns at Wolf Trap

# 1964 THE TRIBUTE

**FEBRUARY 19**

## KEVIN GRIFFIN OF BETTER THAN EZRA

*The Barns at Wolf Trap 8pm \$25–27* Known as the frontman of the alt-rock band Better Than Ezra, this prolific singer/songwriter has penned numerous hits for Train, Sugarland, James Blunt, Howie Day, Missy Higgins, Blondie, and more. Ever since Better Than Ezra made it big with their double-platinum debut album *Deluxe* (1993) featuring the hit single “Good,” frontman Kevin Griffin has used his time in the spotlight to craft brilliantly catchy pop-rock gems.

**FEBRUARY 20**

## THE BEAT OF A DIFFERENT DRUM: MUSIC AND DRAMA STRATEGIES FOR CHILDREN WITH SPECIAL NEEDS

**Valerie Bayne Carroll, Wolf Trap Master Teaching Artist**  
*The Center for Education at Wolf Trap 10am \$25*  
In this workshop, teachers will learn performing arts strategies targeted toward building social-emotional

skills in children with special needs. Arts strategies such as call-and-response singing, creative movement with steady beat, guided dramatic play, and the exploration of books through music appeal to children with multiple learning styles and inspire enthusiastic interaction. In addition, children learn life skills such as listening and turn-taking, and how to be independent but also part of a group.

**FEBRUARY 20–21**

## HAPA

*The Barns at Wolf Trap 7:30pm \$25–30*  
Often described as the “Soundtrack of Hawaii,” the ancient chants and warm, contemporary tunes of this group’s liquid guitar runs are woven around clear harmonies and poetic lyrics—it’s no wonder the L.A. Times calls HAPA’s music “beautiful, fragile, spiritual, and powerful.” “The most successful Hawaiian-music group in recent history” —*The New York Times*

**FEBRUARY 24**

## 1964 THE TRIBUTE

*The Barns at Wolf Trap 8pm \$38–42* Thrilling audiences around the globe, the “Best Beatles Tribute on Earth” (*Rolling Stone*) recreates the Fab Four’s early ’60s concerts—see their astonishing show live, complete with period instruments, clothing, hairstyles, and onstage banter.

**FEBRUARY 26**

## ITAMAR ZORMAN, VIOLIN KWAN YI, PIANO

*Chamber Music at The Barns at Wolf Trap 7:30pm \$35*  
This award-winning violinist’s “astonishingly intimate and intense” (*The Guardian*) performances have graced the stages of Carnegie Hall, the Concertgebouw, Avery Fisher Hall, as well as Lincoln Center, Zankel, and Weill Recital Halls. Don’t miss him in this rare recital appearance. “Nearly weightless, with detailed and

utterly transparent playing.”  
—*The Washington Post*

**FEBRUARY 27**

## JOHN EATON THE ROARING TWENTIES: A SALUTE TO THE JAZZ AGE

*The Barns at Wolf Trap 8pm \$25–27* Pianist, vocalist, and musicologist John Eaton began his illustrious career as a student at Yale in the 1950s, under the tutelage of famed classical teacher Alexander Lipsky. Eaton is considered one of the foremost interpreters of the Great American Songbook. “Pianist John Eaton practices a special kind of alchemy. He takes the familiar and makes it fresh, renders the old new and exciting. It’s no easy trick, but Eaton is a master at it.” —*The Washington Post* ♦



Courtesy of Wolf Trap

8 P.M.

## HERB ALPERT & LANI HALL

*The Barns at Wolf Trap 8pm \$55–65*  
A “trademark blend of Latin rhythms and catchy smooth-jazz horn lines” (*The New York Times*) catapulted this iconic Grammy-winning trumpeter and Tijuana Brass frontman into the spotlight—join him and his Grammy-winning wife—the original voice of Sérgio Mendes’ *Brasil ’66*—as they take the stage with their dynamic band.

**FEB  
29**

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CONTINUED ON  
PAGE 28



**TUESDAYS**  
*A Dance for Everyone*

## MONDAYS

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

## PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

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

## TUESDAYS

## A DANCE FOR EVERYONE

Colvin Run Community Hall | \$12

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

## ½ PRICED WINE AT BRX

## Brx American Bistro

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

## \$2 TACO TUESDAYS

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

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

## KIDS' TUESDAY

## Pizzeria Orso

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

## SALSA NIGHT

Iris Lounge | 6:30pm

Salsa Night – Maria Fernanda Krupholter teaches the hottest Salsa dance moves! Classes go from 8:30-9pm, then hot Salsa dancing until 2am.

## OSSO BUCO NIGHT

Assaggi Osteria | \$19.50

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


## TRIVIA WITH ERIK LARSON

Clyde's of Tysons | 7-9pm

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

CONTINUED ON PAGE 28

# HAVING A PARTY?



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PAGE 30



## WEDNESDAYS

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8pm**

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**JAZZ NIGHT****Iris Lounge | 6:30-9:30pm**

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

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**WINE'D DOWN  
WEDNESDAYS****Entyse, Wine Bar & Lounge  
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WEDNESDAYS****Brio Tuscan Grille**

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PRIMETIME****Palm Restaurant | 5pm-  
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**WINE WEDNESDAY****Pizzeria Orso | 4pm-9pm**

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in only. Offer valid from 4pm  
to 9pm.

CONTINUED ON PAGE 30

**SIGN UP  
TODAY!**

## Stem Cell Therapy

### ALTERNATIVES TO SURGERY:

# Using Your Own Stem Cells to HEAL YOUR BODY

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

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

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

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

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

### FREE PATIENT INFORMATION SEMINAR!

#### Maryland

WED., JANUARY 6, 2016

6:00pm to 8:00pm

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

#### Virginia

TUE., JANUARY 12, 2016

6:00pm to 8:00pm

1800 Tysons Blvd., Ste 100  
McLean, VA 22102

**RSVP**  
OR MAKE AN APPOINTMENT

**703.520.5063**  
[www.StemCellArts.com](http://www.StemCellArts.com)

#### VIRGINIA

1750 Tysons Blvd, Suite 120  
McLean, VA 22102

#### MARYLAND

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



### StemCell ARTS Physicians:



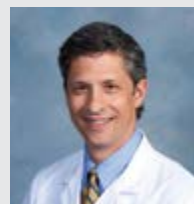
Rodney Dade, MD

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



Mayo F. Friedlis, MD

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



Robert Wagner, MD

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

WATCH THE VIDEO AS SEEN ON







**THURSDAY**  
**BOGO Thursday**

## MCLEAN

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www.shoptyson.com

### THE VINEYARD

1445 Laughlin Ave  
(703) 288-2970  
www.thevineyardva.com

### WILDFIRE

2001 International Dr  
703.442.9110  
www.wildfirerestaurant.com

## FAIRFAX

### MOSAIC DISTRICT

2910 District Ave  
703.992.7765  
www.mosaicdistrict.com

CONTINUED ON  
PAGE 32

## WEDNESDAYS

### REINHARDT LIEBIG

Maplewood Grill | 7-11pm  
open mic 9-11pm

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 | 8-11pm

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

Come and join us in our tasting room for our Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every Thursday.

## MEXICAN NIGHT

Brx American Bistro

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

## BOGO THURSDAY

Pizzeria Orso

Buy one pizza, get one 50% off of

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

## AFTERNOON TEA

Entyse, Wine Bar & Lounge  
| 12pm

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

## UNCORKED THURSDAYS

Brio Tuscan Grille

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

## EFI TOVIA EXPERIENCE

Iris Lounge | 8-11:30pm

From standards & jazz to pop, rock & today's radio hits, Efi Tovia Experience plays everything that makes you wanna dance!

## THURSDAY MORNINGS WITH THE GREAT ZUCCHINI

Jammin' Java  
10:30am-11:30am | \$5

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

## FRIDAYS

### REINHARDT LIEBIG

Maplewood Grill | 7:30pm-12:30pm open mic  
9:30pm-12:30pm

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 | 9:30pm –2am**

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*

## FRIDAYS

### JAZZ FRIDAYS

**Entyze, Wine Bar & Lounge | 8:30pm**

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

### FRIDAY NIGHT WINE TASTING

**The Vineyard | 3-7pm**

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

### FREE WINE TASTING

**Red, White & Bleu | 5-8pm**

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

## Find Your *Tyson's Magazine*. Live Like a Local.



### YOU CAN FIND TYSONS MAGAZINE AT THESE LOCATIONS:

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McLean Chamber of Commerce  
Star-Nut Gourmet  
Greenberry's Coffee  
Giant Food McLean  
Long & Foster Realtor  
Keller Williams Realty  
Weichert Realtors  
McEneaney Realtors  
Plastic Surgery  
Sotheby's McLean  
Dessange Paris  
Remax Realty  
Staybridge Suites  
Anita's Restaurant  
Skorpio's-Maggio's  
Maplewood Grill  
Norm's Beer & Wine  
(next to Maplewood)  
The Virginian Restaurant  
Vienna Inn  
Long & Foster Realtor  
Foster's Grill  
Rexall Drugstore  
Peking Express  
Caffè Amouri  
Plaka Grill  
Bazin's on Church  
Artful Gift Shop

The Community Center  
on Park Avenue  
The Greek Grill  
Long & Foster Realtor  
Dunn Loring Post Office  
Metro Dunn Loring  
State Farm Insurance  
Avery Hess Realtor  
DMV  
Coldwell Banker Realtors  
Lyons & McGuire  
The Olde Brogue/  
Katie's Coffee Garden  
Deli Italiano  
Classic Wines  
The Tavern  
Long & Foster Realtors  
Serbian Crown  
Elite Fitness Concepts  
Ireland's Four Provinces  
Long & Foster Realtor  
Fairfax Realty  
Claire & Don's Beach Shack  
The Dogwood Tavern  
Open Kitchen  
Saffron Grill  
PizzaRama  
Arby's  
Weichert Realtors  
Elan Magazine  
Studio Hair, Skin & Nails  
GF Plastic Surgery

Maison Du Vin Wine Shop  
Le Grand Appétit  
CVS  
Greenberry's Coffee  
Active Family Chiropractic  
The Wine Cabinet  
Lake Anne Coffee Shop  
Lake Anne  
Community Center  
Wiehle Park & Ride  
Whole Foods Market  
CVS  
Austin-Weston  
Cosmetic Surgery  
Whole Foods Market  
Nostos Restaurant  
Evo Bistro  
May Jewelers  
Lost Dog Café  
West Falls Church Metro  
Stifel & Capra  
Community Center, Falls Church  
City Hall  
The Virginian  
Chesterbrook Residences  
Sun Design  
McLean Community Center  
Oakton Vienna  
Animal Hospital  
Meadowlark Gardens

CONTINUED ON PAGE 32





**SATURDAYS**  
DJ & Dancing

# IRIS LOUNGE

## FRIDAYS

### 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.

## GREAT FALLS

### BRX AMERICAN BISTRO

1025 Seneca Rd  
703.433.9050  
www.brxgf.com

### COLVIN RUN COMMUNITY HALL

10201 Colvin Run Rd  
703.435.5620  
www.colvinrun.org

## 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.

### TERRY LEE RYAN Maplewood Grill | 8 - 11pm

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!

### 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.

### DJ & DANCING Iris Lounge | 9:30pm - 2am

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

## SUNDAYS

### SUNDAY BRUNCH Amphora

Don't miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even our Greek Pocket featuring grilled pita



## TYSONS · GREAT FALLS · MCLEAN · VIENNA · OAKTON · FALLS CHURCH

topped with scrambled eggs, simmered tomatoes, onions, feta cheese and authentic Grecian gyro made fresh daily.

### 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 & GREETINGS

#### Wylie Wagg | 3-5pm

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

### SUNDAY BRUNCH Café Deluxe

Can't miss menu items 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

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



## Creating Happy Smiles & Teeth Sanae Berrada, DDS



Dr. Berrada brings over 18 years of clinical experience and a bright, vibrant personality to her work. She also has a wide variety of up-to-date skills and experience with today's newest technology. Throughout her career, she has had extensive training in orthodontics, dental implants, cosmetic, and general dentistry. She is committed to providing the best possible dental care in our community.

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# ARTS & THEATRE EVENTS



**FEBRUARY 21**  
**TAO Seventeen Samurai**

CREATIVE CAULDRON • GEORGE MASON UNIVERSITY CENTER FOR THE ARTS  
THE ALDEN THEATRE • 1ST STAGE IN TYSONS • SIGNATURE THEATRE

## JANUARY 9

### THE CAPITOL STEPS

*The Alden Theatre 8pm \$35–50*

Hold on to your hats, it's an election year. More fodder for the ever-changing political comedy troupe ... and we're not talking about Congress.

## JANUARY 10

### CONCERTS AT THE ALDEN

*The Alden Theatre 3pm FREE*

This free classical music series, now in its 40th season, features professional musicians who have won international recognition for their artistry. The series also includes Young Soloists Recitals that showcase the talents of local school-age musicians.

## JANUARY 13

### MARY PICKFORD'S "SPARROWS" (1926)

**Classics of the Silent Screen with live accompaniment**

*The Alden Theatre 7:30pm \$12–18*

Produced by and starring Mary Pickford, this mature silent film has been described as "Dickensian" and "equal parts Gothic thriller and sentimental melodrama." The former Pollyanna Pickford grows up into the savior of children in a bayou "baby farm," complete with an escape scene through an alligator-infested swamp. Get an exclusive look at Bruce's special DVD edition while enjoying Ben's amazing, totally improvised score.

## JANUARY 16

### BARTER THEATRE'S "A WRINKLE IN TIME"

*The Alden Theatre 2pm \$10–15*

For ages 7+. On a dark and stormy night, the eccentric Mrs. Whatsit arrives at the home of Meg Murray, a tomboy who doesn't fit in at her high school. Meg's scientist father vanished over two years ago, under mysterious circumstances. Aided by Mrs. Whatsit and her friends, Meg and her gifted brother Charles Wallace are transported through time and space on a mission to rescue their father from the frightening forces that hold him prisoner on another planet. John Gore's delightful, wildly theatrical adaptation brings this acclaimed story magically to life.

## LOCATIONS

### THE ALDEN THEATRE

1234 Ingleside Ave.  
McLean, VA  
703.790.9223  
[www.aldentheatre.org](http://www.aldentheatre.org)

### THE CREATIVE CAULDRON

410 South Maple Ave.  
Falls Church, VA  
703.436.9948  
[www.creativecauldron.org](http://www.creativecauldron.org)

### 1ST STAGE IN TYSONS

1524 Spring Hill Road  
Tysons, VA 22102  
703.854.1856  
[www.1ststageinTysons.org](http://www.1ststageinTysons.org)

### GEORGE MASON UNIVERSITY

**Center for the Arts**  
4400 University Dr., Fairfax  
703.993.1000  
[cfa.gmu.edu/calendar/](http://cfa.gmu.edu/calendar/)

### SIGNATURE THEATRE

4200 Campbell Ave.  
Arlington, VA  
703.820.9771  
[www.signature-theatre.org](http://www.signature-theatre.org)



## JANUARY 21

## "BRUSH UP YOUR SHAKESPEARE"

*The Alden Theatre 7:30pm \$3-6*

Experts from the Shakespeare Theatre, American Shakespeare Center and the Folger Shakespeare Library are back to give you a guided tour of the world of Shakespeare in preparation for American Shakespeare Center on Tour's Shakespeare Weekend at The Alden. #ShakespeareHacked.

## JANUARY 22

## ASC ON TOUR'S "JULIUS CAESAR"

*The Alden Theatre 7:30pm \$20-35*

In this profoundly moving, breathtaking and deeply human play, Shakespeare shows us a world on fire; a world turned upside down; a world where some of history's most famous men commit horrific crimes in the name of patriotism and honor. "Julius Caesar" is a dazzling thrill ride of betrayal, violence and perhaps most surprisingly, love. ASC recreates the theatre experience the way Shakespeare's audiences would have enjoyed it, with the lights on. Audience members are encouraged to sit on stage and, at times, even interact with the performers.

AQUILA THEATRE:  
THE ADVENTURES OF  
SHERLOCK HOLMES

*George Mason University Concert Hall 8pm*

*\$26-44* Literature's legendary sleuth, from the brilliant mind of Sir Arthur Conan Doyle, takes our stage in this riveting tale of mystery, suspense, and intrigue that will leave you on the edge of your seat. Sherlock Holmes skillfully maneuvers through the twisted web of London's most fascinating cases, solving them with his sharp observations and quick deductions. Along for the wild ride are his trusty sidekicks Dr. Watson, the red-headed mason Jabez Wilson, and Irene Adler, the woman who got away. A century and a half after this clever investigator first leapt off the page, Sherlock Holmes remains the most definitive and hallowed detective in all of fiction and has inspired generations of mystery writers. "Remarkably inventive and highly skilled." (*Post and Courier*)

CONTINUED ON PAGE 36



Photo by Ari Collier

8 P.M.

FEB  
19-20

## MARK MORRIS DANCE GROUP

*George Mason University Concert Hall 8pm \$29-48*

In celebration of its 35th anniversary season, Mark Morris Dance Group presents treasured gems from Mark Morris's expansive repertoire performed by the company's talented dancers and musicians. Since forming his Dance Group back in 1980, this consummate choreographer has been revered by audiences and praised by critics who marvel at his creations that radiate astonishing beauty, musical sophistication, and delightful wit. Hailed by *The New York Times* as "the most life-enhancingly musical choreographer alive," Mark Morris is renowned for his musicality, and he continually explores the relationship between movement and music, typically using live music in the performances. The program includes the D.C. area premieres of *The*, set to Bach's Brandenburg Concert No. 1 in F major; and *Whelm*, set to three breathtaking piano pieces by Debussy. The Dance Group will also perform *Cargo*, set to Darius Milhaud's "La Création du Monde"; and *Resurrection*, set to music composed by Richard Rodgers for the 1936 Broadway musical *On Your Toes*. "Mark Morris is a genius. His best dances...tug at us powerfully. He can align steps and music in a way that transports." (*Huffington Post*)





## JANUARY 23

## "THE IMPORTANCE OF BEING EARNEST"

*The Alden Theatre 2pm (Live music starts at 1:30pm) \$50–88* Oscar Wilde's brilliant and wicked comic masterpiece defines wit and style. This "trivial comedy for serious people" is at once blissfully silly and outrageously shrewd. One-hundred twenty years after its first performance, "The Importance of Being Earnest" continues to delight audiences with its playful language, charming characters and biting look at contemporary society, and ASC on Tour's production will have you in absolute hysterics.

## "THE LIFE OF KING HENRY V"

*The Alden Theatre 8pm (Live music starts at 7:30pm) \$50–88* The story of England's hero-king and the greatest upset in European military history is Shakespeare's finale to his great history plays. More than

that, Henry V — at once touching, heroic, savage and comic — explores the nature of greatness and its connection to theatre; and, perhaps more than any other of Shakespeare's works, it makes the audience part of the story.

## THE BAND OF THE ROYAL MARINES: FEATURING THE PIPES, DRUMS, AND HIGHLAND DANCERS OF THE SCOTS GUARDS

*George Mason University Concert Hall 2pm and 8pm \$31–52* Two of Great Britain's most respected military musical institutions take the stage in full regalia, bringing to life the magnificent pageantry of British tradition and history. Thrill to the distinctive sounds of their bagpipes, brass, and stirring anthems combined with the spectacle of regimental marches and spirited Scottish Highland dancing. Featuring some of the most superb musicians in the military world, The Band

of the Royal Marines has supported the British naval service for nearly 250 years, originally to provide the beat for columns of marching soldiers. Also appearing, The Band of the Scots Guards was founded three centuries ago to boost morale for these elite British troops while engaged in conflicts. Today, this illustrious ensemble performs at Buckingham Palace for the daily Changing of the Guard. People of all ages will be awed by the pomp and grandeur on display in these performances.

JANUARY 26–APRIL  
OLD HATS

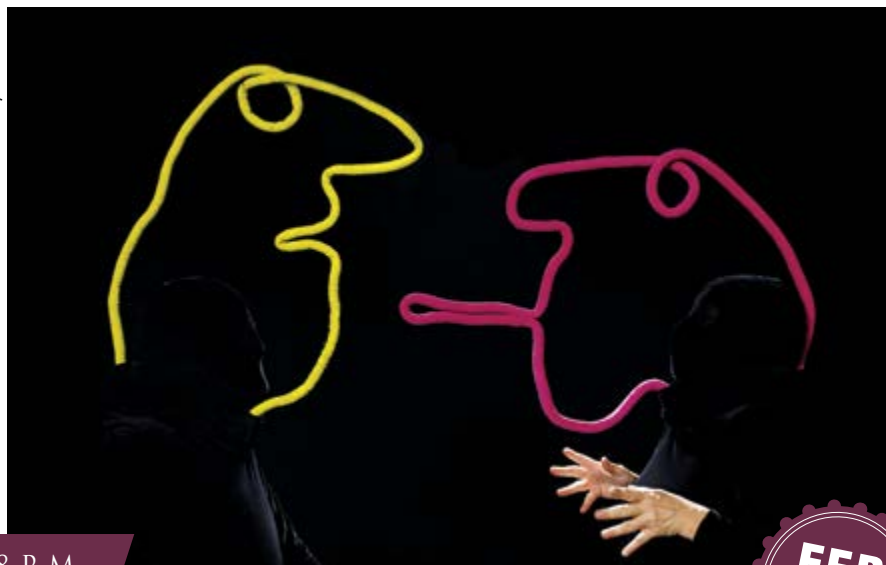
*Signature Theatre Tues–Fri 7:30pm, Sat 2pm and 8pm, Sun 2pm and 7:30pm \$45–80* After an extended, sold out run in 2013, Signature welcomes back Bill Irwin and David Shiner in their award-winning, critically acclaimed production of *Old Hats*. Called "one of the funniest shows of the past few years" by the *New York Post*, this production reunites the clowns with original director Tina Landau and introduces their new songstress and comic foil Shaina Taub, hailed as "a young Judy Garland meets grown-up Lisa Simpson" by the *San Francisco Chronicle*. Using music, technology, and movement, Irwin and Shiner combine their inimitable magic and slapstick to create an unforgettable outing that's fun for the whole family.

JANUARY 28–FEBRUARY 21  
MONSTERS OF THE VILLA DIODATI

*Creative Cauldron Thurs–Sat 8pm, Sun 2pm and 7pm \$26* From the creative team that brought you last season's critically acclaimed *The Turn of the Screw*, comes an electrifying musical premiere! While a storm was brewing outside their villa on Lake Geneva, the famous writers inside entertained one another with vivid stories. Lord Byron, their host, offered a challenge: produce the perfect tale of terror before the night ends. Conner and Smith's "bold new work" explores the nature of creativity itself, and reveals to us the inner demons that materialized in two of the most iconic monsters in Gothic literature: John Polidori's *The Vampyre* and Mary Shelley's *Frankenstein*.

CONTINUED ON PAGE 38

Photo by Pia Zanetti



8 P.M.

## MUMMENSCHANZ

*George Mason University Concert Hall 8pm \$29–48*

Let your imagination run wild with a witty and whimsical performance for all ages featuring this celebrated troupe of Swiss entertainers. These unique artists perform in complete silence on a blackened stage with common household objects and simple forms to create ingenious illusions and amusing narratives that provide light-hearted insights on life. Mummenschanz, originally conceived as a new form of theatrical non-verbal expression, enjoyed an unprecedented three-year run on Broadway in the 70s. In the nearly four decades since, it continues to captivate audiences of all ages around the world with its delightful performances that are wonderfully playful, and yet deeply poignant. "What Mummenschanz does so extraordinarily well is create its own comic universe — a place of constant wonder and ingenuity." (*Boston Herald*)

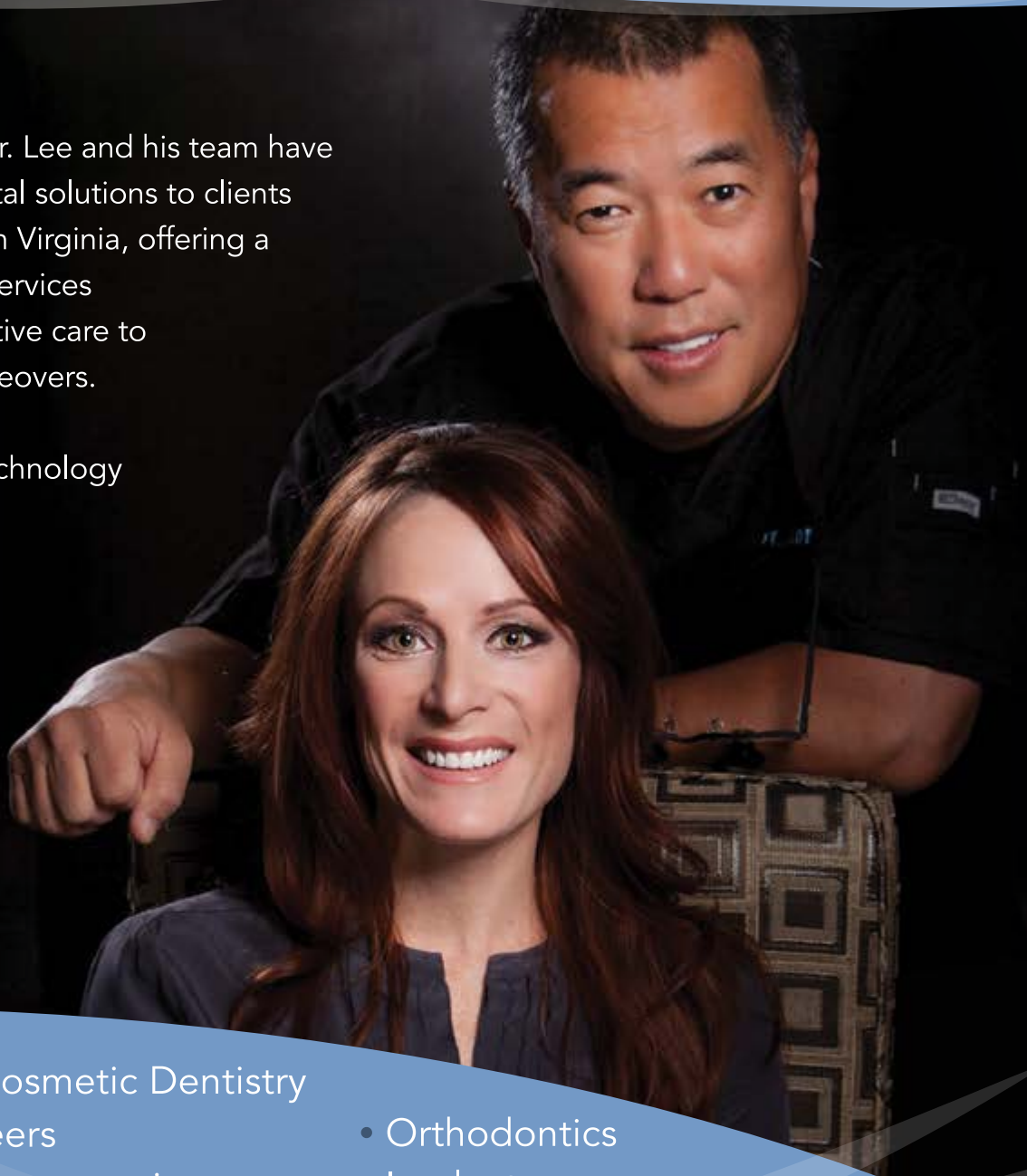
FEB  
5

# True artistry, truly transforming *...your smile journey begins now*

Dr. Chong W. Lee & his patient Rebecca M.

For over 30 years, Dr. Lee and his team have been providing dental solutions to clients throughout Northern Virginia, offering a complete range of services from routine preventive care to complete smile makeovers.

- State-of-the-art technology
- VIP treatment
- Expert care



- General and Cosmetic Dentistry
- Porcelain Veneers
- Full Mouth Reconstruction
- TMD & Headache Treatments
- Teeth Whitening
- Orthodontics
- Implants
- Sedation Dentistry
- Sleep Apnea Appliances





Photo by Mark Garvin



7 P.M.

WALNUT STREET THEATRE

## A MOON FOR THE MISBEGOTTEN

*George Mason University Concert Hall 7pm \$26-44* Can two lost souls find love, hope, and redemption on a barren patch of earth under a lover's moon? Set on a Connecticut farm in 1923, this poignant and heartrending tale follows a fiery Irish lass with a sharp tongue and tarnished reputation. Fate has paired her with a tortured alcoholic, haunted by his own past. Sparks fly as their hearts open to each other on one autumn night, but as dawn breaks, is it enough to help them overcome a lifetime of disappointment? A prequel to *Long Day's Journey Into Night*, Pulitzer Prize-winning playwright and Nobel laureate Eugene O'Neill wrote this bittersweet play — his only true love story — at the end of his career, and it remains one of his most definitive works. This riveting drama is brought to our stage by Philadelphia's storied Walnut Street Theatre. "O'Neill at the height of his powers — masterfully employing classical fundamentals to wring hauntingly poetic truths about love and self-delusion from gritty everyday experience." (*Los Angeles Times*)

FEB 28

## JANUARY 30 POLISH BALTIC PHILHARMONIC ORCHESTRA

**Boguslaw Dawidow, conductor**  
**Marcin Koziak, piano**

Wagner: Overture, *The Flying Dutchman*  
Rimsky-Korsakov:  
*Symphonic Suite from Scheherazade*  
Chopin: Piano Concerto, No. 2 in F minor  
*George Mason University Concert Hall 8pm \$30-50* This distinguished ensemble from the historic port city of Gdansk on the coast of the Baltic Sea brings a splendid evening of classical music favorites. Founded in 1945, the Polish Baltic Philharmonic Orchestra has flourished over the decades, despite this tumultuous period in Poland's history. The orchestra thrives today, representing the lofty passions that witnessed tragedy and drove revolutions, while still capturing the proud stoicism of contemporary Poland and the Baltic Sea coast. Under the baton of celebrated Polish conductor Boguslaw Dawidow, this exceptional ensemble performs three masterful nineteenth century works full of Romantic passion and drama.

## FEBRUARY 4-28 WHEN THE RAINS STOPS FALLING

**By Andrew Bovell**

**Directed by Michael Dove**

*1st Stage Thurs 7:30pm, Fri 8pm, Sat-Sun 2pm, \$15-30* Named the best new play of 2010 by *TIME Magazine*, *When the Rain Stops Falling* is a monumental piece of theatre, epic in scope and poetic in language and imagery. This compelling family saga alternates in time (from 1953 to 2039) and place (from London to Australia). Encompassing four generations of fathers and sons and their mothers, lovers, and wives, the play is sweeping yet extraordinarily intimate. A riveting mystery that weaves its way through time and across oceans, the play is a "metaphor for the impossibility of escaping the past, for the way we are all shaped by what came before—and are living in the shadow of what comes next." —*TIME Magazine*.

## FEBRUARY 5-21 "1776" BY PETER STONE AND SHERMAN EDWARDS

*The Alden Theatre Fri and Sat 8pm, Sun 2pm* A musical based on the events surrounding the signing of the Declaration of

Independence. It dramatizes the efforts of John Adams to persuade his colleagues to vote for American independence and to sign the document.

Experience the founding fathers as you have never have before! This Tony Award-winning classic will get a brand new perspective with an all-star cast portraying John Adams, Benjamin Franklin, Thomas Jefferson, John Hancock, and the rest of the colonial gang.

Take a peek inside the hallowed halls of Congress and find it filled with crotchety drunks, Southern fops, innocent Quakers, a proud Scotsman, befuddled secretaries, sycophants, and passionate congressmen who are willing to go to blows for their beliefs. Audiences will laugh at the witty banter, waggle their eyebrows at the raging libidos, shift uncomfortably as congressmen defend slavery, and find themselves fully invested in how in god's name this country began, from convincing Jefferson to write the damn thing to the nail-biting conclusion (hint: our national food sure ain't bangers and mash).

## FEBRUARY 13-14 VIRGINIA OPERA: ROMEO AND JULIET

*George Mason University Concert Hall Sat 8pm, Sun 2pm, \$48-98*

Celebrate Valentine's Day with the quintessential love story. Shakespeare's drama about young lovers is the definitive tale of tragic love, sparking countless interpretations, but few are more lush and luminous than Gounod's setting of *Romeo and Juliet*. From the glorious masked ball where Romeo first spies the beautiful Juliet, to the famous balcony scene where the lovestruck young man declares his eternal devotion, to the ultimate tragic ending, this timeless tale never fails to touch the heart. A sensational success from the very start, this gorgeous opera is filled with dramatic duets and awe-inspiring arias, including Juliet's famous waltz, "Je veux vivre" (I Want to Live), which are exemplary of French Romantic period music. Sung in French with English supertitles.

CONTINUED ON PAGE 40

# We want to help local families have sweeter dreams.

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## FEBRUARY 20

## PUPPETRY FESTIVAL

*The Alden Theatre 10am-1pm \$10-15*

**Ages 4+.** The festival consists of two 45 minute shows along with puppet making stations.

Jim West Puppets will perform "Aesops Fables" at 10:30 followed by Crabgrass Puppets with "African Adventure Tales" at 11:30. Puppet-making booths will be open from 10 a.m.-1 p.m. The booths are self-guided so parents can create puppets with their children. Tickets are required for all participants over the age of two.

## FEBRUARY 21

## TAO: SEVENTEEN SAMURAI

*George Mason University Concert Hall 4pm*

**\$29-48** This electrifying Japanese Taiko drumming ensemble returns with its latest hit production, *Seventeen Samurai*, direct from its sold-out premiere run at the Edinburgh Festival Fringe. The explosive Taiko drumming performance captivates with impeccably complex rhythms and innovative choreography brought together by strong athletic bodies in stunning contemporary costumes. The performers are highly trained athlete-artists who undergo years of rigorous training to reach their

impressive level of virtuosity. The result is a remarkable and energetic interpretation of this ancient art form. "Extraordinarily talented...incomparable muscular zeal." (*Chicago Tribune*) TAO's energy and precision is sure to amaze children as well as kids at heart!

## FEBRUARY 26-MARCH 21

## THE DANCING PRINCESSES

*Creative Cauldron Fri 7:30pm, Sat 2pm and 7:30pm, Sun 2pm \$16*

A group of princesses, each more beautiful than the last, are locked in their room each night, but in the morning, their dancing shoes are completely worn through as if they had been dancing all night! Join our Learning Theater Ensemble as a young knight attempts to find out the princesses' secret in a musical adaptation of this classic Grimm tale.

## FEBRUARY 27

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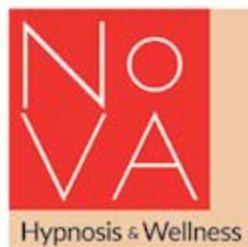
**Ted Sperling, conductor***George Mason University Concert Hall 8pm*

**\$36-60** Dancing hippos, ostriches, and alligators; frolicking mythical centaurs and unicorns; and one famous mouse dabbling in magic come to life with live music in this performance for all ages. Experience these animated Fantasia films as you've never experienced them before: accompanied by a full, live orchestra. Conceived as a concert work, Walt Disney's original legendary film *Fantasia* (1940) was considered a masterpiece when it was released and introduced generations to some of the most magnificent works of classical music as well as the most creative animation of the time. Now you can enjoy favorite scenes from this groundbreaking film and its popular sequel, *Disney Fantasia 2000*, with live music played by the Czech National Symphony Orchestra. Stunning imagery from Disney's unmatched animation studios appears on screen above the orchestra as Broadway and orchestra conductor, Ted Sperling leads it in famous works such as Tchaikovsky's *The Nutcracker Suite*, Beethoven's *Pastoral Symphony*, Respighi's *Pines of Rome*, and Dukas's unforgettable *The Sorcerer's Apprentice*. "Fantasia...reminds us of the emotional storytelling power of classical music and the wide spectrum of beauty and characters that animation can provide."

*(Spinningplatters.com) ♦*

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BY KEITH LORIA



Photo by Richard Blundy

# Someday is Now

## FOR MARSHALL CRENSHAW

Back in the 1950s, while other kids his age were out playing sports or kicking the can around the street, a young Marshall Crenshaw was holed up in his house being exposed to musicians like Chuck Berry and Elvis Presley by his father.

"My dad was an uninhibited guy who had a guitar he liked to beat on and sing," Crenshaw says. "It was fun for me to watch him enjoy himself with the instrument. My dad was really into rock and anything that was loud and fun, which was unusual for an adult at that time."

By the time he was 10, the influence of those music lessons paid off, as Crenshaw was mastering the guitar and becoming the "cool kid" in the Detroit-area schools he attended.

"I was the one kid in school who knew what rock was before the Beatles and then one day, it completely changed," he says. "I was playing guitar before they came, and then suddenly everyone was playing."

As most teens of his era, Crenshaw was a hard-core Beatles fan and their influence further increased his desire to perform. From 1968 to 1973, Crenshaw fronted the band Astigafa (an acronym for "a splendid time is guaranteed for all," which any Beatles devotee will recognize as a line from "Being for the Benefit of Mr. Kite.") and he started to make a name for himself.

That familiarity with the Beatles even helped score Crenshaw his first big break in 1977.

"They were auditioning for [the Broadway] production of 'Beatlemania,' so I sent in my picture and a demo tape and the next thing I knew, I was auditioning for John Lennon," Crenshaw says. "They came to Detroit and made a big spectacle of the

audition, with newspaper coverage and open auditions, but they hired me right then and there."

Over the course of the next two years, Crenshaw performed in the show—as an understudy for the Broadway play and then as a regular member of the West Coast and touring company that followed.

"It took me a while to figure out what path to take next. As I was leaving 'Beatlemania,' it fell into my mind that what I wanted to do was be on stage and play guitar," he says. "In my earlier days, I thought about maybe being behind the scenes with songwriting and producing, and may have been able to pull it off, but I really liked to play. Being on stage cemented that for me."

Crenshaw decided to stay in New York and soon recorded the single "Something's Gonna Happen" for Alan Betrock's Shake Records, which helped him land his first deal with Warner Bros.

"I was really enthralled with New York and made up my mind that I wanted to be there," Crenshaw says. "The local scene was inspiring to me. I loved it and wanted to be part of it. Pretty soon, I had the whole thing in my back pocket."

His self-named debut album was acclaimed as a pop masterpiece upon its release in 1982 and established Crenshaw as a first-rate songwriter, singer and guitarist. The album spawned the Top 40 infectious, era-defining pop hit "Someday, Someway."

Crenshaw's second album, 1983's "Field Day" was another critical smash and led



to a successful slate of 25-plus years of studio recordings that offered a fascinating evolutionary journey through an array of musical landscapes.

"I love the recording process," the now 62-year-old says. "Towards the end of 'Beatlemania' I bought a tape recorder and started messing around with it. I can be in the studio for hours upon hours and never want to leave. There's something so magical about it."

For the past three years, Crenshaw's been releasing 10-inch vinyl EP's, featuring three songs—a cover, an original, and a new tune, per album. The recordings get released on the annual Record Store Day, and he feels it's the only way he will ever make new music again.

"I started this project as a Kickstarter campaign and it was difficult at first, but now we have some support from a label so we're going to be able to do the six that I wanted to make," he says. His latest is "Grab the Next Train," which came out in the summer of 2015.

You can hear some of his latest music, plus many of the hits he's known for, when Crenshaw heads to the Birchmere on Friday, Jan. 22 for a performance with the Bottle Rockets.

"We've worked together a lot and play together really well," Crenshaw says. "I was always a big fan of theirs and when we are on stage together, there's a lot of energy and we get a great show. We all kind of push each other to interesting places."

Looking ahead to 2016, Crenshaw expects some big things and is excited to continue making great music.

"I have some cool stuff coming up, some of which is from out of left field, which I like. That's what I like about show business, that you can be surprised in good ways," he says. "I think about playing when I'm not playing, that is the thing in life that drives me and it hasn't changed. I see all good times ahead." ♦

**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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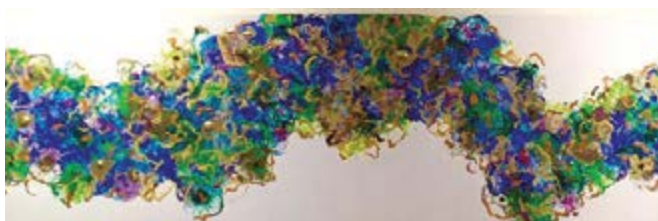
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Photo by Gedalia Vera



(At left) Poseidon's Roar, (At top) Nia Tavlarides Stratos & Annette with Aquamarine Currents, (Above) Continuum I & II, (At top of next page) Thalassa.

## Art is All Greek to Her

**Nia Tavlarides Stratos didn't develop an interest in art, she was born that way.**

"I do believe you can learn and go to school and study it, but it comes from within," she says. "I think there are two types of artists; those who like to paint and enjoy it, and another type of artist who has a desire to share it. I am definitely the latter. I am outgoing and part of who I am is what I share."

A native Washingtonian, Stratos completed her undergraduate work at The University of Maryland and was awarded a scholarship to The Smithsonian National Portrait Gallery, where her work was exhibited.

"I am a contemporary artist, not modern, using movement and shape and color to express all different types of abstraction," she says. "I use a lot of techniques when I paint, such as pointillism, which is using thousands of small dots, and use some methods where I throw the paint around on the canvas and use paint to actually draw as opposed to using a brush."

She also has an interest in mixed-media compositions where she adheres different types of materials in and on to the canvas and paints.

"My art has evolved throughout the years. In school I studied and explored many artistic styles but I have found my true voice as an artist through the use of mixed-media," she says. "This work incorporates a variety of materials into paintings and collages on canvas and paper that are predominantly abstract. My varied work incorporates characteristics of Color Theory, Abstract Expressionism and Abstract Impressionism. Looking back, I believe that many of the art professors I had were influenced by the artists of The Washington Color School, which is also reflected in my work."

Spending time in her ancestral home of Greece has also given Stratos the opportunity to explore her Byzantine heritage.

"Stepping off of the boat in Hydra, Greece, I was surrounded by azure brilliance. This brief sojourn to my homeland had instantaneously reignited my inspiration to create," she says. "Staring at the aquamarine water the cobalt and cerulean waves lapping at the shore, turquoise and azure surrounded by a labyrinth of brilliant whiteness was bathed in gold from the bright sun. I was in a world of color."

This trip inspired her in many of her paintings now on display at the Aaron Gallery in DC. Stratos also just finished an exhibition at the Women's National Democratic Club. In 2016, she will have





exhibits in the Pepco Edison Place Gallery, will have her work shown in the National Museum of Women in the Arts, and will continue to be showing at Art Wynwood in Miami. She also has an exhibit scheduled for Italy in the spring.

Working in a beautiful, bright sunroom in her home, Stratos listens to music (opera or jazz) while she works and tries to do it every day.

"I'm inspired to paint all the time. I usually have five paintings going all the time. I try to make painting a regular part of my everyday life," she says. "I will go back and forth between one painting to the next and start new ones sometimes and continue working on the older ones."

Stratos notes she really enjoys working on larger paintings now, and hopes to paint more painting sculptures in 2016.

"Basically, I take some book canvases and adhere them one to another and construct shapes, a little more abstract," she says. "I'm probably going to do more pointillism paintings as well."

In addition to her painting, Stratos also dabbled in jewelry design, creating her own specialty line called Evelyne Designs. Her collections sold to notable boutiques and department stores including Saks Fifth Avenue and Bloomingdales. She later became a partner in a Washington based advertising agency where her work garnered both regional and national awards.

"I haven't done jewelry for many years, as I am full force into the fine arts now," she says. "You have to have tenacity to be an artist. I am relentless. I live and breathe art."

Looking ahead, Stratos hopes to exhibit more internationally and plans to work with and become affiliated with more museums.

Stratos recently began working with an art advisory board called Art Impacts USA, which brings multicultural and national artists together for educational and exhibition purposes.

"I'm getting to meet all types of artists from all walks of life in the world, and we will be working together, so that's really exciting," she says. ♦

**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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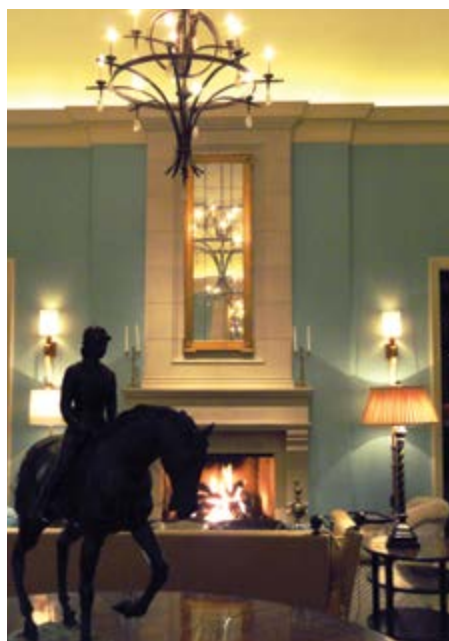




# SALAMANDER

## RESORT & SPA

BY ALLISON CHASE SUTHERLAND



### *A Place to Reconnect Close to Home*

Tucked just behind the quaint little historical town of Middleburg, Virginia, a winding road will lead you back to a gracious countryside haven known as the Salamander Resort & Spa.

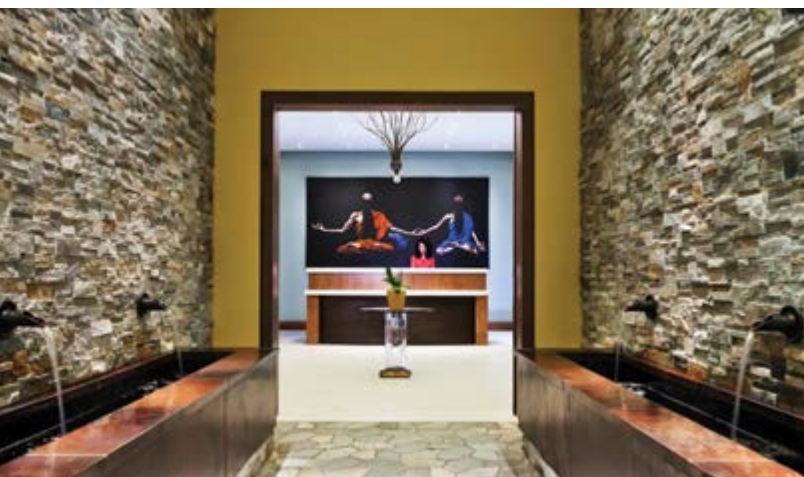
The atmosphere throughout retains elements of its equestrian past, with art and sculpture adorning the cozy library and elegant lounges where you can sip a cocktail by the fire. Or, if you wish, a wall of windows beckons you out to explore the Grand Lawn with its fire pits and giant chess game. The Salamander Resort is secluded, yet accessible, with the charming town of Middleburg just steps – or a carriage ride – away. And of course it's

just a stone's throw from Tysons Corner. Although the Salamander Resort only opened in 2013, Founder & CEO Sheila Johnson's Salamander Resort integrates seamlessly into the bucolic surroundings of Virginia's rolling Piedmont.

You might stop in for a glass of wine in the Gold Cup Wine Bar and Billiard Room with its lighter fare. But for dinner, you won't want to miss the impressive







octagonal Harrimans Grill with its Virginia Piedmont-influenced cuisine served in an elegant, subdued ambience. The service is friendly, attentive, and gracious. The on-property two-acre culinary garden provides Chef de Cuisine Chris Edwards and his team with fresh, sustainable produce. But they also import Wagyu beef directly from Japan. Check out the Cooking Studio, an open kitchen design, which features a variety of culinary classes for guests throughout the year.

Activities abound at the Equestrian Center, with its 22-stall barn and riding arena, not to mention miles of countryside trails for leisurely rides through woods and fields. One can also experience Yoga in the Stable at sunrise and Yoga on Horseback, with the goal of “empowering mind and body.” Throughout the year, there are also many equestrian events in the neighboring countryside, including steeplechases polo events, and horse shows. Tennis courts, basketball courts and a putting green lend some fun over near the Family Pool, but they also have a tree top zip tour as well as opportunities to participate in unique activities such as falconry.

When you have finished exploring for the day, you will be ready to enjoy the unequalled luxury that the thoughtfully appointed guestrooms and suites provide. In the cooler months, you may opt for your own fireplace. Or you may prefer to wind down on your private balcony or terrace and breathe in the clean country air.

One resort guest, Jenise Davis, was quite a keen observer. “Salamander Resort & Spa boasts the amenities, tranquility, and sophistication all under one roof. From the well-manicured lawns to the spa-like appointed rooms to the decadent dining experience, I felt like I was on a tranquil retreat in my own back yard. I highly recommend this place for a day of pampering, a weekend getaway, or simply just because.”



Indeed, during your visit, you may seek to restore and regenerate at the Salamander Spa – a true oasis of tranquility. This 23,000-square-foot spa and wellness center is inspired by the serenity of nature and follows a holistic approach to balance both mind and body. According to Sheila C. Johnson, “Our spa will not only revitalize your body, but rejuvenate your soul.” And it’s close enough for a day trip, too. Select from refreshing treatments such as Cabernet Crush, using French Caudalie Vinotherapie Spa exfoliating grape-seed scrub, reflective of the surrounding Virginia wine country. After your treatment, sink into the vitality whirlpool with hydrotherapy jets and enjoy the aromatic steam room. The experiential shower with its display of lights is quite a delight. The heated tepidarium loungers harken back to the warm rooms of the Roman baths with their blue and white mosaic tiles. Or take a relaxing break by the indoor or outdoor pools. There is even a private salon for hair, nails, and makeup so you can feel great from head to toe. Christina Kozich of the Salamander Resort hopes guests can “reconnect with themselves, each other, and their families.”

CONTINUED ON PAGE 48





SALAMANDER RESORT & SPA  
CONTINUED FROM PAGE 47

In fact, you might not imagine that the pretty blonde before you painting your nails an elegant shade of pink may be Jana Leigh McWhorter. You will undoubtedly appreciate her gracious and amicable



nature, but there is more to Jana Leigh than meets the eye. Not only is Jana Leigh a manicurist and pedicurist (and soon-to-be massage therapist) at the Salamander Spa, she is also a wing walker for the Bealeton Flying Circus Airshow.

So after you've partaken in the plethora of activities available at the Salamander, take a leisurely 45-minute scenic drive through the beautiful Virginia countryside from Middleburg, and you will arrive at the Bealeton Flying Circus Airshow, <http://www.flyingcircusairshow.com/schedule.html>. Music and news feeds from a bygone era will be piped through old-timey speakers

to set the nostalgic tone for the afternoon. Every Sunday, May through October, gates open at 11, and the show starts at 2:30 pm. The lovely Jana Leigh McWhorter starts things off by singing a heartfelt rendition of the national anthem for the crowd. Barnstormers from the 1920s simulate World War II training missions. A variety of aircraft take to the skies, including some very modern high-speed jets.

But the highlight of the afternoon, of course, is when Jana Leigh, high up in the sky, actually walks the wings of the biplane. She describes the experience. "I just love being in the air. It's a passion for the sky." Afterwards, bright-eyed children gather around to get her autograph on Flying Circus posters. Jana Leigh says, "It's become like a family to me. The guys are like brothers. It's just a special place for me and it always will be."

In mid-August, be sure to return for the Hot Air Balloon Festival, one of the highlights of the year. The Flying Circus Aerodrome (540) 439-8661 is located 14 miles southeast of Warrenton, VA, just off Route 17, at 5114 Ritchie Road (Route 644) in Bealeton, Virginia. Just look for the Flying Circus sign. All in all, it just goes to show you, you really don't have to go far to enjoy a great weekend getaway in the Virginia countryside. ❖

**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](http://www.allivoice.com)

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[mclean.basisindependent.com](http://mclean.basisindependent.com)

Pre-K through 12th grade

The curriculum at BASIS Independent teaches Liberal Arts with an educational focus on the fields of Science, Technology, Engineering, and Mathematics. Their courses of study are designed to challenge and inspire; students become scientists, artists, writers, mathematicians, linguists, computer scientists and engineers. Even in the youngest grades, the BASIS Independent curriculum is designed to help students establish a deep foundation of disciplinary knowledge to fuel critical thinking, problem solving, and creativity.

In every grade, teachers focus on the development of two fundamental competencies: the organization of complex tasks and the productive management of the student's limited time. Great teachers who are selected as masters of their subject content, ignite students' interest in achieving challenges, grasping new concepts, and inspiring a desire for lifelong learning.

BASIS Independent McLean is a new Preschool through 12th grade private school with a nationally-ranked liberal arts, STEM-focused curriculum. Every motivated child can achieve academic success with the right course of study and the help of expert educators. The school is opening in Fall 2016 in Tysons and is now accepting applications.



## MASON GAME & TECHNOLOGY ACADEMY

George Mason University  
4260 Chain Bridge Road  
Fairfax, VA 22030

[www.PotomacAcademy.org](http://www.PotomacAcademy.org)

Ages 8 to Adult

The Mason Game & Technology Academy is part of the Mason Computer Game Design Program, and the Virginia Serious Game Institute. MGTA offers age appropriate, on-site, and live, on-line classes in 3D Computer Game Design, Creation, & Entrepreneurship; Modeling and Animation; Digital Art; Multi Platform Mobile App & iOS App Development; Programming and CyberDefense. Summer, spring, fall classes in Fairfax, Loudoun, and Prince William, plus a summer pre-college residential Honors Program for High School students. Courses are developed and taught by Mason faculty, and advanced Game Design and Computer Science students, many of whom have start up companies of their own!



## BROOKSFIELD SCHOOL

1830 Kirby Road  
McLean, VA 22101  
703-356-5437

[www.brooksfieldschool.org](http://www.brooksfieldschool.org)

Pre-K through 4th Montessori school

Brooksfield was developed to offer a Montessori

curriculum enhanced by the power of discovery through the arts and the great outdoors. The Brooksfield philosophy is rich in exciting adventures and opportunities to develop abilities such as self-confidence, independent thinking, risk-taking, and curiosity.

Brooksfield encourages children to be confident in who they are and who they are becoming. Everyday provides a range of opportunities for children to grow into their potential and to express themselves in a natural, spontaneous fashion.



## CONGRESSIONAL SCHOOLS OF VIRGINIA

3229 Sleepy Hollow Road  
Falls Church, Virginia 22042  
703-533-9711

[www.congressionalschools.org](http://www.congressionalschools.org)

Infants through eighth grade

Congressional School is a premier independent Infant- Grade 8 school on 40-acres, just minutes from the nation's capital. At Congressional, we encourage independent thinkers and learners by setting high academic standards. Coupled with a rigorous curriculum, we offer opportunities to excel in the fine arts, on the athletic fields and through a multitude of clubs and activities.

Through an innovative and accelerated curriculum, the Congressional Schools prepare children to embrace the opportunities and responsibilities they will face as global citizens. The core curriculum is enriched with foreign languages, fine arts and athletics.

Congressional's unique approach to education includes integrating study across disciplines as well as across grade levels, building relationships and a reassuring sense of continuity in their education.



CONTINUED ON PAGE 52



## GREEN HEDGES SCHOOL

415 Windover Avenue N.W.  
Vienna, VA 22180  
703.938.8323

[www.greenhedges.org](http://www.greenhedges.org)

Montessori Pre-School, Traditional  
Grades 1-8

**G**reen Hedges School provides an experience that emphasizes core academic subjects, foreign languages, the arts and athletics, while supporting the overall growth of the students.

A balance between academics and the arts and a whole child approach permeates the school culture. Headmaster Bob Gregg adds, "Children enter schools with diverse sets of skills, perceptions and experiences. Yet, an independent school, by virtue of its "independence" from external governing forces, has the unique ability to celebrate these differences within the context of the school's clearly defined core values. At Green Hedges, these values include Achieve Distinction, Commit to Character, Explore Opportunities and Become Yourself. The collective efforts at GHS embrace these themes and facilitate the creation and preservation of an environment where preschool, elementary and middle school children comfortably grow intellectually, emotionally, physically and spiritually."

## LANGLEY SCHOOL

1411 Balls Hill Road  
McLean, Virginia 22101  
703 356-1920

[www.langleyschool.org](http://www.langleyschool.org)

Pre-School through Eighth Grade

**T**he Langley School creates a child-centered environment that is academically challenging and uniquely engaging. The curriculum is integrated across disciplines, developmentally appropriate, and multicultural.

The students blossom in a safe, structured, and academically rigorous community that enables intellectual risk-taking while promoting positive social and personal development. The Langley School celebrates the middle school years to ensure they are not simply a sandwiched transition between elementary and high school.

For every child the innovative and differentiated teaching is tailored to the different learning styles of the students. Students learn so much more than how to read, solve a math problem, speak Spanish, or use a microscope. Langley prepares students for a life of intellectual engagement and responsible citizenship.

Dr. Elinor Scully, Head of the School remarks, "What distinguishes Langley is our commitment to pre-school through eighth grade children. These are foundational years that can position a child to thrive at work and in the community. We underscore the intellectual, social and emotional development and have a curriculum that is designed to ensure each child's success.



## STEMTREE STEM TUTORING

220 Maple Avenue West  
Vienna, VA 22180  
(703) 281-7836

[www.stemtree.com](http://www.stemtree.com)

Kindergarten through  
Twelfth Grade

**S**temtree's focus on science, technology, and engineering aligns with today's nationwide emphasis on STEM (Science, Technology, Engineering, and Mathematics). Nurturing your child's inner scientist through fun, hands-on learning built upon a core scientific curriculum, Stemtree gives your child the edge he or she needs to succeed in science and engineering- whether that means a better grade in class, a future science and engineering-related career, or just having fun!



## MONTESSORI OF MCLEAN

1711 Kirby Rd.  
McLean, VA 22101  
703 790-1049

[www.mcleanmontessori.org](http://www.mcleanmontessori.org)

Montessori for children 24 months  
through 12 years old

**G**eneral objectives of the Montessori program are to: nurture self-confidence, independence, concentration, co-ordination, a sense of order, and an awareness of self, community and the world, to encourage and direct the natural desire to learn, choose and solve; and to provide a carefully prepared environment and personnel to support learning as it moves from the concrete base to greater abstraction.

The Primary (preschool/kindergarten) environment is divided into four main categories: practical life, sensorial exploration, language, and mathematics. The academic program also includes art, music, geography, science, history, foreign language, and physical education.

The rich Elementary curriculum includes mathematics, language, reading, grammar, writing, spelling, geography, history, technology, foreign language, and science.

Co-Head of School Meredith Wood offers, "Our mission is to nurture the whole child and to inspire an enduring love of learning that prepares children to live joyful lives as responsible, compassionate citizens, therefore contributing to a peaceful and benevolent society."



CONTINUED ON PAGE 54



# Top 10 School In The World



**Is Your Child Bored? Ours Certainly Aren't!!**

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Specifically For Their Children To Attend Nysmith.**



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**nysmith.com**





## NYSMITH SCHOOL FOR THE GIFTED

13625 EDS Drive  
Herndon, VA 20171  
703 435-7711

[www.nysmithschool.com](http://www.nysmithschool.com)

Preschool through Eighth Grade

**T**he award-winning Nysmith School is a family owned and operated private school with over 550 students from pre-school - 8th grade. The Nysmith School is known for its diversified, high-caliber academics and fun, child-centered environment, and maintains a low teacher:

student ratio so that loving teachers can inspire students with their creative and challenging programs. Nysmith courses emphasize critical thinking, creative problem-solving, clear communication, and exploration. The core curriculum augments reading and math with hands-on science, social studies, foreign language and computers, and students have time after school to pursue personal interests like sports, music, and dance. Reading and math classes are diversified up to four grade levels above level for a well-rounded, high-quality education.

Nysmith School is the Johns Hopkins "Top 10 School In the World", Winner "CyberPatriot Team 2015", Winner Thomas Jefferson "Tommy Award", and the Top 1% Scorers National IOWA Standards Testing.



## DOMINION CHRISTIAN SCHOOL

10922 Vale Rd, Oakton, VA 22124  
703 758-1055

[www.dominionschool.com](http://www.dominionschool.com)

Kindergarten through Twelfth Grade

**D**ominion provides a rigorous, college-preparatory, classical Christian curriculum. Promoting an environment of high expectations, each student is supported in the pursuit of his or her fullest God-given potential. Our school strives to equip students with the tools of learning in order that they might be well-prepared to think critically, collaborate with others, and lead the next generation.

Dominion students are college bound, and our program prepares students for admission and success in their colleges of choice and employs the time-tested methods and materials that have produced well-rounded, well-educated generations for thousands of years, including the likes of Thomas Jefferson, Benjamin Franklin, Thomas Edison, and more. Prior to the last 100 years in American education, there were at least three dominant forms of education: basic literacy education, vocational training, and leadership education. The latter form largely focused upon "the making of a man" rather than upon his training, and it is an educational form that has largely been lost today. Dominion sets out to recover this lost form of education, believing it provides an answer to the leadership crisis our nation faces today.

"Believing that thoughtfulness, leadership, winsomeness, and critical thinking are the most important twenty-first century skills, Dominion's faculty is passionate about holistic student formation in the context of a Christian worldview."  
*Matt Mitchell, Head of School*

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703.938.3600 | [www.olgcschool.org](http://www.olgcschool.org)

8601 Wolfrap Rd. | Vienna, VA 22182





## POTOMAC SCHOOL

1301 Potomac School Road  
McLean, VA 22101  
703 356-4100

[www.potomacschool.org](http://www.potomacschool.org)

Kindergarten through Twelfth Grade

The Potomac School prepares students to achieve academically and to live healthy, principled, and successful lives. Potomac faculty truly get to know each child - their interests and passions and what lights their intellectual fire, challenging students with a rigorous program of inquiry and study. Potomac graduates develop a framework for understanding the world and the skills and traits to succeed in it.

Head of School John Kowalik notes, "A Potomac School education is distinctive in many ways. I think immediately of the excellence of our teaching and the beauty of our wooded, 90-acre campus. One of our great strengths is the fact that Potomac is a K-12 school with all grade levels in one location; this creates exciting opportunities for collaboration and contributes to the strong sense of community for which our school is known.

"In addition to academic achievement, Potomac emphasizes character development and excellence in all dimensions of a student's life. This is the promise of our mission - to prepare students to achieve academically, and to lead healthy, principled, and successful lives."

CONTINUED ON PAGE 56

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## OAKCREST SCHOOL

850 Balls Hill Road  
McLean, VA 22101  
703 790-5450

[www.oakcrest.org](http://www.oakcrest.org)

Girls' School for Sixth through Twelfth Grades

**O**akcrest educates the whole person. Inspired by the teachings of the Catholic Church and the spirituality of Opus Dei, they weave together a rich liberal arts curriculum, character development, one-on-one advising and service to create a vibrant environment that graduates confident young women who will make a difference in all they choose to do.

Students at all-girls schools report having higher aspirations and greater motivation, being challenged to achieve more, engaging more actively in the learning process, feeling more comfortable being themselves and expressing their ideas, showing greater gains on core academic and life skills, being and feeling more supported in their endeavors.

Oakcrest School helps girls to discover and know themselves, to be unafraid of effecting positive change wherever they go. Each girl is encouraged to blossom, given individualized attention that feeds their mind and soul. Girls develop a strong foundation to grow in wisdom and virtue, ready to face the world.



## OUR LADY OF GOOD COUNSEL CATHOLIC SCHOOL

8601 Wolftap Road  
Vienna, VA 22182  
703 938-3600

[www.olgcschool.org](http://www.olgcschool.org)

Kindergarten through Eighth Grade

**T**he School provides a Catholic education instilled with the spirituality of St. Francis de Sales. It is intended to "make your child's faith a living, conscious, and active one through the light of instruction." The integration of religious truth and values with life is the focal point of the curriculum. OLGC School strives for academic excellence, encourages appreciation of the fine arts, fosters self-respect and respect for all life, and attempts to develop responsibility for the total community.

Our Lady of Good Counsel Catholic School has a long standing reputation for excellence in academics and a caring, family environment which facilitates learning and the child's spiritual, social, emotional and physical growth. Students who successfully complete the course of studies at Our Lady of Good Counsel School are well prepared for academic success in high school and beyond. Our graduates typically choose to attend Bishop O'Connell and Paul VI High Schools, Gonzaga College High School, Georgetown Visitation, Georgetown Prep, and other private and public schools.



## WESTMINSTER SCHOOL

3819 Gallows Rd  
Annandale, VA 22003  
703 256-3620

[www.westminster-school.com](http://www.westminster-school.com)

Pre-K through Eighth Grade

**W**estminster's academic program is based on the belief that children between the ages of five and fourteen are naturally dominated by curiosity and enthusiasm for life, and want nothing so much as to understand the world around them, discover how they fit into it, and show what they can do. To satisfy and stimulate this appetite for learning and accomplishment, Westminster presents a diverse, challenging curriculum in a purposeful classroom environment which emphasizes thorough mastery of subject, high standards of achievement, good study habits, and personal responsibility.

Westminster provides to students in preschool through grade eight a well-rounded education steeped in the classics, whose fundamental goals are a disciplined and well-informed mind, strength of character, dedication to learning, generosity of spirit, creativity, and joy in the possibilities of life. Accelerated curriculum includes the core subjects, as well as Junior Great Books, French, Latin, Art, Music, Drama, and daily PE.

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MGTA also offers a pre-college summer residential honors program.

MGTA is part of the Mason Computer Game Design Program, and the Virginia Serious Games Institute (VSGI) at GMU. Our courses are developed and taught by Mason faculty, who are assisted by advanced Game Design and Computer Science students, many of whom have start up companies of their own at VSGI, and serve as mentors for the next wave of tech entrepreneurs!

MGTA courses include popular core courses in Game Design, Creation, Production & Entrepreneurship, 3D Game Design in Unity and Unreal4, Art, Modeling & Animation, Multi Platform & iOS Mobile App Development, Digital Art for Games, Introductory Programming (Visual Python, XML, and HTML/JavaScript), Advanced Programming (Java, C++, C#), Music & Sound for Games, Writing and Character Creation for Games, and Performance & Motion Capture (Age appropriate classes, 8 to adult)



Questions? Contact Director Vera Lichtenberg at [vlichten@gmu.edu](mailto:vlichten@gmu.edu) or call 703-993-9889.

[WWW.POTOMACACADEMY.ORG](http://WWW.POTOMACACADEMY.ORG)



# Making the Grade

(EDUCATION OPTIONS IN NORTHERN VIRGINIA)

BY BONNIE STEPHENS

Raising a family in the nation's capital can have its disadvantages (think traffic and cost of living) and its advantages (myriad of culture options, employment opportunities and a pipeline of contacts). However, one item on the pro side must certainly be included—the high quality of education available to residents of northern Virginia. At no time in our history has education been more important as our graduates currently compete globally with savvy and very driven job-seekers. Maintaining America's preeminence requires a world-class system of education, in which all students can reach their potential. As one of the most pressing economic issues in America's future, education will guarantee success in a global economy.

The northern Virginia area has always been a rich source of quality liberal arts education. Flexibility, creativity, critical thinking, and strong writing skills are at the core of liberal arts education and are critical to success. Many private schools assure that this tradition is well-represented. Dominion Christian School of Reston encourages a basis in the classical values of grammar, logic and rhetoric as part of its college preparatory program. Students at Congressional Schools of Virginia in Falls Church, in addition to their core courses, receive instruction in art, music, speech, science and foreign language. Westminster School of Annandale provides an education in the classical tradition within a broad humanities curriculum.

It appears that a quality liberal arts education and STEM (Science, Technology, Engineering and Mathematics) courses are more important than ever in applying to colleges. Amy Takayama-Perez, George Mason University Dean of Admissions and Executive Director of the Washington Scholars Program, says, "We take a holistic approach to reviewing each applicant at Mason, but the most important factor is academic performance. We look for students who have demonstrated success in a challenging high school curriculum. That includes English, Math, Science, foreign language, and social studies or humanities. Students with a passion for studying STEM majors will need to have a strong foundation in math and science for

sure, but even our performing arts and social sciences students are encouraged to integrate STEM courses into their discipline so they are well-prepared for the future job market."

Many private schools and academies in our area have enriched their studies to deliver the skills needed to enhance academic competitiveness. Nysmith School for the Gifted does offer liberal arts, yet is most well-known for its strong STEM-based teaching, having received first place in this year's National CyberPatriot Competition. Students had to identify weaknesses in a virtual computer network, eliminate them and defend against future virtual cyberattacks. Says Principal Ken Nysmith, "When I walk with visitors through the school, they are struck by how much fun the children are having, yet at the same time, they are amazed at the academic caliber of the concepts the students are exploring." In the last two years, Nysmith School has received the Tommy Award from esteemed Thomas Jefferson High School, and the designation of Top Ten School in the World by Johns Hopkins University Center for Talented Youth.

The newest member in Fairfax County's elite private school consortium is BASIS Independent McLean, slated to open in the Fall of 2016. BASIS Independent Schools will be bringing a nationally-ranked, liberal arts, STEM-focused program to our area of long-standing tradition of academic excellence.

Academic preparation does not necessarily need to come solely from school-based learning; it can evolve through a fascination with technology. Many academies and STEM tutoring programs boost this passion and help nurture a love of learning. Dr. Scott Martin, Founding Director, Computer Game Design Program, Virginia Serious Game Institute (VSGI) states, "Computer Game Design- a federally defined STEM field - combines both the Sciences and the Arts to allow new discovery through 3D mediums and platforms to solve some of the world's most pressing problems. Classes in Game Design at an early age can spark a student's passion for STEM subjects and the arts, and can help them prepare for advanced studies and

careers in both Game Design and Computer Science.” Mason Game and Technology Academy is part of the Mason Computer Game Design Program, and offers students quality instruction in computer design, app platforms and cyber defense, among other hands-on courses, making play time an investment in their technological future.

Blending the two disciplines of Liberal Arts and STEM is vital to our students’ success. Deborah VanTrees, an Advanced Placement Language Teacher in Fairfax County, states, “We need STEM to take us into areas of physics, chemistry, biology, etc. we have yet to discover. But our discoveries and our inventions usually force us to confront the limits of human morality. Scientists grapple with the limits of the physical world. Writers grapple with the limits of the human world. Science and Literature/Language cannot live mutually exclusive lives.”

The northern Virginia area, with its myriad of quality education choices, is wonderfully prepared to nurture the next generation. Whether private school, public, tutoring or camps, all options lead to a greater guarantee of success for our children here in the nation’s capital. ♦



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#### Admissions Office

7925 Jones Branch Dr., Ste. 5150, McLean, VA 22102  
 (571) 205 7079 | [McLean.BASISindependent.com](http://McLean.BASISindependent.com)



# WHAT IS THAT RINGING IN YOUR EARS?

By Dr. Ana Anzola, Ascent Audiology & Hearing

Do you notice a ringing in your ears after you leave a loud concert or sporting event? Or perhaps you hear ringing or buzzing all the time. That's tinnitus. It can range from irritating to debilitating. But there are things you can do to manage it.

Tinnitus is often described as a sound you hear that isn't coming from an outside source – it comes from within your own head. It can be a ringing, buzzing, hissing, clicking, or rough sound, and is often accompanied by some degree of hearing loss.

The American Tinnitus Association estimates that over 50 million Americans have tinnitus, with over 10 million people seeking medical treatment for the condition because of its severity.

## What Causes Tinnitus?

Tinnitus is often caused by exposure to loud noise without proper hearing protection. Listening to loud music is a common culprit. Others causes include working on a loud job site such as construction or the military, or loud hobbies like hunting or NASCAR. If you are exposed to loud sounds, it is important to wear appropriate hearing protection to prevent the onset of tinnitus or hearing loss.

## How Tinnitus Can Affect You:

- **Impaired Hearing.** Some people experience tinnitus so loudly that it affects how they hear other sounds around them, including speech.

- **Reduced Concentration.**

Tinnitus can interfere with your ability to concentrate when reading or following a conversation.

- **Interrupted Sleep.**

Tinnitus can keep you awake at night, or prevent you from falling back to sleep in the middle of the night.

- **Negative Thoughts and Emotions.** Tinnitus can leave you feeling tired and frustrated which can lead to feelings of depression, anxiety and anger about your condition.

While there is no cure for tinnitus, there are several treatment options available to help you adjust to living with the condition. Sound therapy devices mask the ringing, and hearing aids amplify the sounds around you to diminish the tinnitus. Relaxation and counseling are also used to reduce the negative emotions associated with the condition.

If you hear ringing or buzzing in your ears, come see us in our McLean office for an accurate diagnosis and to discuss the best treatment options for you. Don't let the ringing in your ears diminish your quality of life. Call us at (703) 942-8110 to schedule an appointment today. ♦

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# AROUND TOWN



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



## “THE BLUES” EXHIBITION *of Vienna Arts Society Members*

“The Blues” Exhibition of VAS members paintings is free and open to the public from 10:00 am - 4:00 pm, Tuesdays–Saturdays until the 23 of January. The exhibition and reception take place at the Vienna Art Center at, 115 Pleasant St., NW, Vienna VA 22180.

On Thursday, January 14, from 10:30am–12:30pm The Vienna Arts Society will have their monthly meeting at the Vienna Art Center featuring artist Elizabeth Witcher who will demonstrate painting and drawing with inks. ♦



## 400 GUESTS JOINED TO CELEBRATE *2015 Arts Awardees*

The Arts Council of Fairfax County presented its fourth annual Arts Awards last October to a full house. A common thread ran through the ceremony this year as honorees and elected officials hailed public-private partnerships and civic collaboration as drivers for enhancing communities and lives. The 2015 Arts Awards were presented to Earle C. Williams (Jinx Hazel Arts Award); Rebecca Kamen (Arts Achievement Award); Vienna Jammers (Emerging Arts Award); and Richard Hausler of Insight Property Group LLC (Arts Philanthropy Award). The Arts Awards have been held annually in late October since 2012. ♦

TOP IMAGE CAPTION: (LEFT TO RIGHT)

Springfield District Supervisor Pat Herrity; Lee District Supervisor Jeffrey C. McKay; Congressman Gerry Connolly; Jinx Hazel Arts Awardee Earle C. Williams; Chairman of the Board of Supervisors Sharon Bulova; President & CEO of the Arts Council Linda S. Sullivan; Arts Awards Event Chair Richard Goldberg; and Arts Awards Event Sponsor Daniel A. D’Aniello; Photo Credit Capitol Media USA



## *Fleming's Prime Steakhouse* GETS A NEW LOOK

**S**tep into Fleming's Prime Steakhouse & Wine Bar in Tysons Corner and you'll see something new. The restaurant has just completed renovations.

"We opened our doors on December 7, 2000 and now it's 15 years later...it was time for a change!" said Michael Garcia, operating partner. Guests will immediately notice the lighter interior, enhanced by bright windows, lighter wallpaper, and fewer dark woods. "We opened up the inside to be more airy and less clubby, with a more inviting atmosphere. We feel everyone has gained a lot more energy from this change."

Inside, Fleming's replaced the bar tables and chairs, flooring and carpeting. "People will notice the three different fabric textures in our booths, bar and dining rooms," Garcia added. The Reserve Room in the center of the Dining Room is lit from within and bottles are illuminated "behind the glass" at the bar. New copper awnings and a larger sign enhance the exterior.

"We came to Tysons as a small steakhouse from California 15 years ago, and while other restaurants around us failed, we've gotten stronger. We strive for excellence and we cared enough to upgrade with a new look and some modern features we wanted to add."

"While our physical appearance has changed, the quality of our steaks has not," he continued. Fleming's specialties include its prime

rib (Sunday only), hand-selected wet- and dry-aged USDA Prime, Certified Angus and Wagyu beef, double-thick pork chops and fresh seafood, with everything made from scratch. Small plates are also available. Select from its more than 200-bottle wine collection, with 100 wines served by the glass.

For drink and appetizers at its renovated bar, come for one of the two happy hours, held 5-7pm and 8-10pm daily, even on weekends. At the early happy hour, indulge in a \$7.00 prime hamburger.

Fleming's is conveniently located near Fairfax County's business district, a stone's throw from the Tysons Galleria and Tysons Corner Center, and offers complimentary valet parking. It is open to the public for dinner daily and for special events in one of four private dining rooms. ♦

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



BY BONNIE STEPHENS

## DC's Dancing Stars Gala RAISES OVER \$185,000 FOR CHARITIES

On Oct. 24, Tysons came alive as hundreds of dance enthusiasts were treated to an evening of dancing, cheering and talent, all for a good cause: the 2nd annual DC's Dancing Stars Gala at the Hyatt Regency.

Gala co-chairs and Fred Astaire Dance Studio- Fairfax owners, Maria Coakley David and Jim David, and special co-host, Emmy Award-winning actor and producer Vincent De Paul brought together DC celebrities and professional dancers from

their studio to perform together in front of this lucky audience to raise both funds and awareness for five local charities: The Leukemia & Lymphoma Society, T.A.P.S., Marymount University, Our Military Kids, and The Code of Support Foundation.

2015 DC'S DANCING STARS GALA is a new fundraiser that incorporates 12 local DC Celebrities who are each committed to learning a professionally choreographed dance routine which is performed with a Fairfax, Virginia FRED ASTAIRE DANCE

STUDIO Professional the day of the Gala. Each Star undergoes an amazing journey as they prepare for their chance to win the 2015 DC's Dancing Stars Gala mirror ball trophy, all in the spirit of giving back to a charities from the DC area.

Just like the television show, dancers were giving it their all for audience and judges. Stay tuned for information on next year's contestants. Will you be one? ❖

## PHOTOGRAPHIC COMPETITION AND CRITIQUE

*Hosted by the Vienna Photographic Society*

The Vienna Photographic Society is hosting a competition and critique for member submitted photographs. The themes are neglect/decay, night, and open.

The critique will take place on Wednesday, January 20, at 7:30 PM Oakton Elementary School Auditorium room 123, 3000 Chain Bridge Rd Oakton, VA 22124. Free and open to public.

Denise Silva, our judge, recently the featured photographer in the Who's Who in the Kelbyone Community article (July/August 2015 Photoshop

User Magazine), is the co-owner of Road Runner Photography Tours and an award winning and published international photographer. Denise has captured images from all over the world, including Alaska, Iceland and China, and encourages others that "there is no better place to learn and develop your skills than in the field!" Denise goes on to say, "For me, photography is an extension of who I am. I find it meditative,



creative, challenging, and rewarding from the associated travel through the visualization of a composition to the post processing and production of the final image. I can honestly say

that my passion is to capture everything I see. I enjoy the natural world, with endless landscapes, waterscapes, and animal wonders, but am just as likely to be found roaming the city shooting

street scenes, people, and 'urban-cityscapes.'"Additional details, newsletter, and calendar are at [www.vpsva.org](http://www.vpsva.org) ❖

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# WINE *and* CIGARS

A PERFECT PAIRING



BY LINDA BARRETT

*Virginia's very beginnings* were founded on American tobacco, and the first settlers were encouraged to plant wine vines, so it is only natural that these two industries pair up, offering cigar aficionados the opportunity to pair their preferences with their favorite Virginia wines.

Since both cigars and wine each offer a variety of tastes and aromas that are surprisingly complimentary, the pairing process is almost scientific.



## The Chemistry Between Wine and Cigars

Ron Barker, owner of CigarVolante, started out selling cigars at Renaissance and Wine Festivals, and noticed that when he talked to people about the characteristics of cigars they didn't quite understand. But when he began asking people what characteristics they liked in their wines, there was a resonance. "It was a language they understood."

Drinking wine and smoking cigars offer similar aesthetics, he described. "They marry a combination of sensations: the wine's bouquet, the cigar's room aroma, the feel of a dry wine or a rich smoke in the mouth, and the complex flavors as they play upon the palate."

"I describe cigars in the more elegant and flowery descriptions that liken to wine flavors: chocolate, coffee, floral notes, grassiness, etc.," he said. People recognize what they like in their particular wine and choose the cigar that matches it, but doesn't compete. Refer to his flavor descriptors on his website and at area wineries.

Barker offers an example of how even white wine works with this chemistry. "Imagine brushing your teeth then drinking orange juice. The taste is acidic. Most cigars are alkaline, like toothpaste, and if you drink white wine with one, the acidity creates bitterness. I have a cigar whose wrapper is acidic, and when you smoke it, it makes your mouth more acidic, balancing the acid and bringing out the underlying fruit flavors of white wine."

### The Virginia Wine and Cigar Trail™

Barker founded The Virginia Wine and Cigar Trail™ to promote the marriage between Virginia wine and cigars. "I noticed that the wine trails offered a way of grouping, categorizing and marketing a group of wineries in the same geographical area, so I created a virtual trail that shows our members on a map," Barker said. Today, the Trail features more than 25 wineries, breweries and distilleries. Find the map at [www.vawineandcigar.com](http://www.vawineandcigar.com).

"It's more difficult nowadays for cigar smokers to find places to smoke," he continued. "The wineries we've paired with are typically located in the country, have lots of space around them, and are looking for ways to get people to stay for a while. They provide a separate smoking area, ideal for cigar smokers."

In addition, Barker participates in events at area wineries, working closely with winemakers to pair their wines with his cigars for an interactive presentation. "We talk about why the pairing works, and participants get to enjoy their wine and cigars."

### Cigars and Wineries

Potomac Point Winery dedicated Humidor Hill for its cigar smokers. "We designed the hilltop space for its views into our vineyards, and offer cigars and port wine," explained wine club manager Michele Patterson. "We get to smoke and drink—it's a fun thing—and it draws gentlemen and couples who like to smoke cigars together into the winery for the camaraderie as well as the experience."

She recommends using the techniques of aroma and feel to make a cigar selection. "How do you like your wine—refreshing, tannic, heavy body?" she asks. "We then use these profiles to direct our visitors to a cigar flavor they will like."

Potomac Point holds yearly spring and fall cigar and wine events. "As cigars and wine varietals change, we continue to pair them up properly." The winery also offers a port and cigar bar option for weddings.

### Cigars and Wine Stores

Some area wine stores, like Classic Wines of Great Falls, also offer cigars. Owner Richard Ashton carries about 50-70 cigar selections from around the world in his humidor. "It's our second biggest selling item after wine."

He believes there is a cigar to match any wine palate, from bold reds to lighter whites and rosés, and since he personally samples his various cigars, he can assist customers with their selections. "I started smoking them myself so I could tell my customers about them," he said, defining their characteristics with words like "smoky" or "spicy."

"It's my job to mitigate the risk of your purchase with wine and cigars," Ashton continued. "I want my customers to be happy, so I stand behind my products."

Like many mysteries, a series of clues leads to a fulfilling end. Pay attention to the characteristics in your favorite wines, and use your natural abilities of taste to find the perfect combination of cigars and wine for your palate. ♦

### RESOURCES

#### The Virginia Cigar and Wine Trail

RWBarker@CigarVolante.com  
[www.vawineandcigar.com](http://www.vawineandcigar.com)

#### Potomac Point Winery

275 Decatur Road, Stafford, VA 22554  
540-446-2266  
[www.potomacpointwinery.com](http://www.potomacpointwinery.com)

#### Classic Wines of Great Falls

9912-C Georgetown Pike  
Great Falls, VA 22066  
703-759-0430  
[www.classicwinesgreatfalls.com](http://www.classicwinesgreatfalls.com)

**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 creative agency for copywriting, websites and PR, [www.allthebuzz.net](http://www.allthebuzz.net).

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*The Inn at Perry Cabin*





From left to right: Elaine Strawser Cherry, Janie Strauss, Carole Herrick, Viriese Hall Thornton, Peggy Stalcup Byers, John Foust and Janet Beall.

BY CAROLE HERRICK

## The Chesterbrook COMMUNITY

Recently, Fairfax County installed a historic roadside marker at the corner of Kirby and Park Roads to bring awareness to the significant history of Chesterbrook, once a community by itself, but now an integral part of McLean. As motorists drive along Kirby Road, few realize that the area was once a vibrant farming community. They do not focus on the few structures that remain from that agrarian past because Vinson Hall, the Arleigh Burke Pavilion and the Sylvestery dominate what was once the core of the neighborhood.

After the Civil War, the area was called Lincolntown. It was a mixed-race community comprised of families with names like Hall, Faulkner, Ball, Mutersbaugh, Kirby, Carper and Stalcup to name a few. In the beginning there was just one church: the First Colored Baptist Church of Fairfax County, founded by Cyrus Carter in 1866. Shortly thereafter, the name changed to First Baptist Church Lincolntown, and it was the center of activity for black residents. Little change took place in Lincolntown until 1897 when a post office opened in the home of Martin Peyton on Kirby Road. The name of the community officially changed from Lincolntown to Chesterbrook, though there is no record of the reason for the change or why the name Chesterbrook was selected. The First Baptist Church Lincolntown was then renamed First Baptist Church Chesterbrook.

The area was slow to grow. It wasn't until 1906 when Chesterbrook's one-room school opened on Linway Terrace that any changes took place. The school had 38 students, and Inez Jenkins served as its principal until she married Guy Stalcup. In that same year, the Methodist Episcopal Church South formed and its members began worshipping in the schoolhouse. In 1921, the Methodists moved into a church they built on Kirby Road. Then, in 1926 the Chesterbrook Colored School relocated to a new building on Kirby Road on land given by the Stalcup and Mutersbaugh families. Black youths attended school in the Odd Fellows Lodge, which had been built on the property of the First Baptist Church Chesterbrook during the mid 1920s. Thus, the nucleus of the community was the post office, two churches, and two schools.

The heart of the community, however, was Stalcup's general store. Guy and Inez Stalcup, along with Inez's mother, Charlotte Jenkins, opened the store in 1909 on the south side of Kirby Road. A few years later, they moved the business to the opposite side of the road, where the Sylvestery is today. The sign above the store read "Chesterbrook Store: General Merchandise." Inez was the principal operator until it closed in the late 1940s. Vinson Hall and the Arleigh Burke Pavilion were built on land the Stalcups once owned and farmed. Many know that Admiral Arleigh Burke was a World War II Naval hero, but few realize that he owned property in McLean near Difficult Run. Most of his cabin has deteriorated, but the chimney and part of the roof still remain.

The historic marker reads: Lincolntown, a farming community that developed along Kirby Road after the Civil war, was renamed Chesterbrook ca. 1897. The "first Colored Baptist Church of Fairfax County" was founded ca. 1866 by reverend Cyrus Carter. The one-room Chesterbrook School opened in 1906 on present-day Linway Terrace. The school moved to Kirby Road in 1926. Chesterbrook Methodist Episcopal Church South, formed in 1906, worshiped in the schoolhouse, then relocated to Kirby Road in 1921. Classes for the Chesterbrook Colored School were held in the Odd Fellows Lodge adjacent to the general store which the Stalcup family operated for many years. ❖





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*Photos by Candice Adelle Photography*

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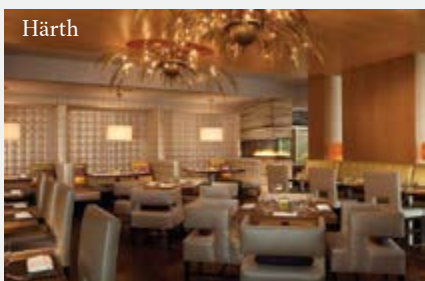
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There are dozens of homemade entrees on the menu, including old world favorites such as ravioli, tortellini, and manicotti, all served with pasta that is house-made fresh daily, chicken picatta, and spaghetti with fruiitti di mare. With an extensive wine list, Owner/Sommelier Sergio will hand-pick the perfect wine to pair with your meal. You will surely

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Maple Ave E., Vienna, VA|

### Bazin's on Church

Bazin's on Church brings a little romance to Church Street with their open kitchen, brick walls, vaulted wood-beam ceilings and subdued lighting, which effortlessly sets the mood for a very romantic evening. Chef Patrick Bazin offers an American bistro menu that will surely get you in the mood with starters like crispy oysters with country ham, creamed spinach, and creole aioli. You know what they say about oysters? Bazin has created a sumptuous menu featuring a savory mix of land and sea. For dessert, choose from sweet indulgences like nutella panna

cotta, salted caramel tart, or if you have a hankering for crème brûlée, the chef's mocha cream version is elegant. The restaurant has a very selective wine list representing outstanding wineries from around the world, plus its own wine bar. | 111 Church St. NW, Vienna, VA|

### Härth

Härth will surely ignite your appetite, if not more with their seductive dining room which features three stone fireplaces, providing an ambiance with a warm glow. Chef Luc Dendievel offers contemporary American comfort food, taking full advantage of the kitchen's wood-burning granite clad oven. He offers a variety of fire-roasted dishes with a focus on sustainable and local ingredients. Enjoy a delicious meal complemented by an extensive list of local and regional beers and wines. Located in the Hilton McLean, with a large patio and fire pit outside, as well as three indoor fireplaces, Härth provides romantic fireside dining 365 days a year. | 7920 Jones Branch Drive, McLean, VA|

### L'Auberge Chez Francois

L'Auberge Chez Francois, the charmingly rustic Alsatian cottage tucked alongside the crook of a windy road in Great Falls, has been a favorite special occasion choice for decades by many locals and ranked as one of the top restaurants in the nation. Offering a truly romantic and elegant dining experience, Executive Chef Jacques Haeringer serves provençal comfort classics such as La Gratinée des Halles (onion soup) and Les Ris de Veau (grilled sweetbreads), Les Aiguillettes de Canard (grilled breast of duckling), and, of course, La Choucroute Royale Garnie à L'Alsacienne (an Alsatian classic of sauerkraut, sausages, port, duck confit and foie gras). Guests cherish the charming setting where servers speak the language of love and dote on guests like family. | 332 Springvale Rd. Great Falls, VA|

CONTINUED ON PAGE 78



## Dine Your Valentine

CONTINUED FROM PAGE 77

Café Renaissance



Ristorante Bonaroti



Nostos



### Café Renaissance

Located in the heart of downtown Vienna, Cafe Renaissance offers a quiet, charming and welcoming ambiance transporting you to an old-world destination, with its inconspicuous strip mall surroundings. Enjoy a romantic dinner in the Parisian influenced dining room adorned with lovely art and beautiful table settings. Enjoy classical French cuisine with a modern twist with a selection of Provençal appetizers, savory entrees and succulent desserts, surely to put anyone in the mood. Impress your date with superb customer service offering every attention to detail, with special attention from the owner, chef, and staff making you feel like you are dining with family and friends. | 163 Glyndon Street, SE Vienna, VA|

### 2941

French meets American at one of the most romantic and sought after Valentine's Day dining destinations in the area boasts picturesque waterfront views, two roaring fireplaces, a candlelit dining room adorned with priceless artwork, and pristine landscaping featuring waterfalls and koi ponds. Executive Chef Bertrand Chemel is preparing two special menus on Valentine's Day including a three-course prix-fixe menu for \$75 per person and a three-course vegetarian prix-fixe menu for \$48 per person. Available from 5:30-9:30PM. | 2941 Fairview Park Drive, Falls Church, VA|

### Nostos

Nostos' lovely earth-toned dining room inspired by an Aegean village, flickering by candlelight will surely set the tone for a starry romantic evening. Impress your date and make them swoon with your restaurant prowess at this hidden gem. Ranked as one of the DC area's best restaurants, expect the freshest seafood available, prepared with uncompromising quality. Nostos offers a wide variety of authentic "mezedes," or small dishes, which are an integral part of Greek dining and reflect the idea that eating is about sharing. No one will mind when you lean across the table to share a nibble. |8100 Boone Blvd., Vienna, VA| ♦

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**AUTHOR:** Lisa is a native Washingtonian and founder of the award-winning blog, "Dining in DC". She has a passion for the DC area dining scene and loves to help others with dining recommendations.



## *THE REALTOR PROFILE PAGES*

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## GINGER P. KING

### Best Real Estate Agent and Top Producer

Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. In her professional life, Ginger previously was a senior manager in the Federal Government and worked in strategic arms limitations and high-level nuclear waste disposal. After leaving the government, she became Dean and Chief Operating Officer of a non-profit civic education organization after which she became a full-time realtor. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and says that her hobbies are Tennis and Golf.



703.477.8793

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[ginger.king@cbmove.com](mailto:ginger.king@cbmove.com)

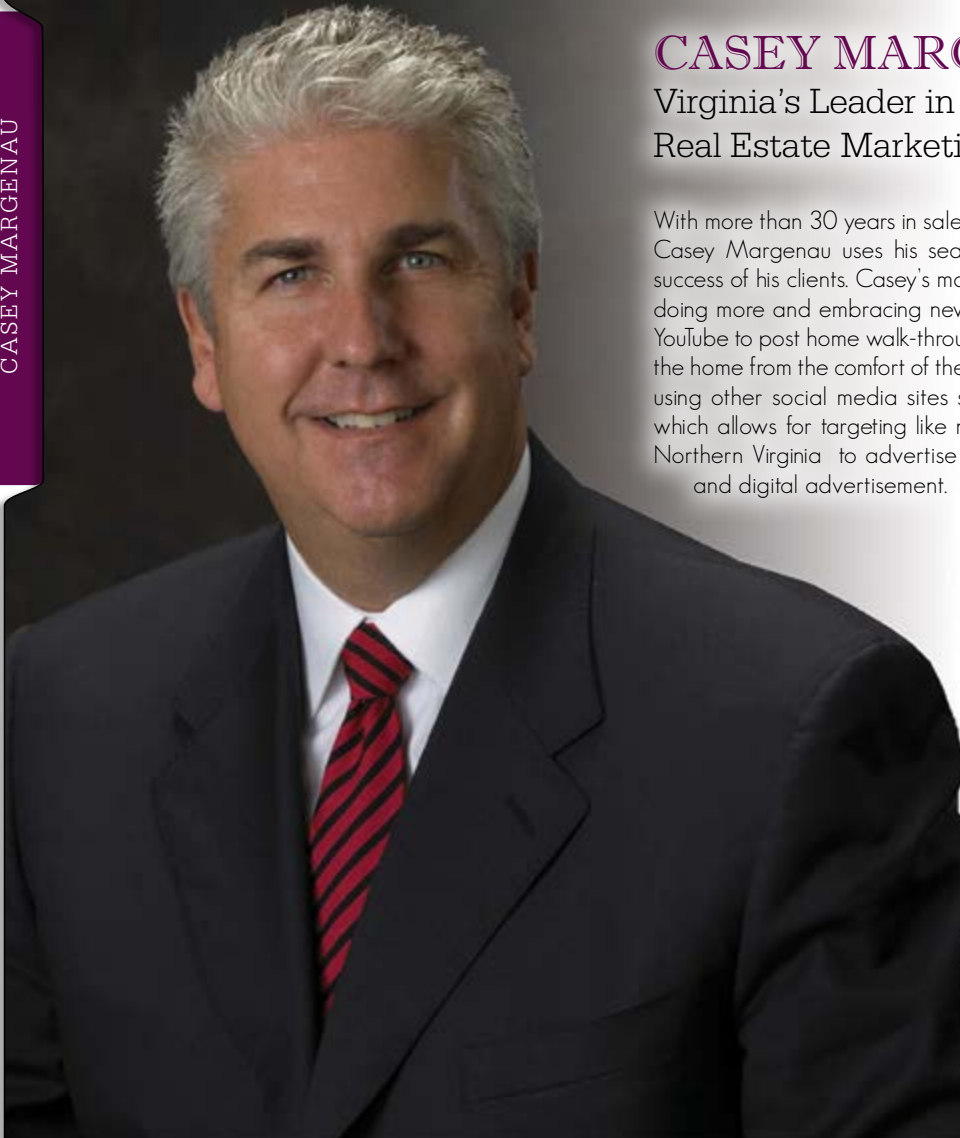
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Claudia worked for many years in the financial services and management consulting industries, before becoming a Realtor. Claudia brings to the Wydler Brothers team her experience in working with clients to identify and understand their needs and help them find their ideal home. She has substantial expertise with expatriates and their particular requirements, assisting them with the some times overwhelming process of relocating to a different area/country. Claudia has an MBA from Georgetown University, is fluent in Spanish, German and English, and is licensed in Virginia, DC and Maryland. She lives in Vienna with her husband and two children.



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## STEVE WYDLER

### The Wydler Brothers Team

Steve Wydler is one of the highest producing agents in Northern Virginia and leads the #25 ranked team in the country, The Wydler Brothers Team. As a former transactional attorney he understands the deal process and knows how to negotiate on his clients' behalf. Steve, a local area resident since 1995, lives in McLean with his wife and two daughters. He graduated *cum laude* from Dartmouth College with a B.A. and received a J.D. from Vanderbilt Law School where he was Associate Editor of the *Vanderbilt Law Review*. When not working or spending time with his family, Steve likely can be found playing squash or golf.



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## LILIAN JORGENSON

Long and Foster Real Estate, Inc.

Lilian is a true joy to be with. She loves people and houses, and she loves selling houses to people. She grew up selling in her family's grocery store in a small town in Jutland, Denmark. She still retains the concepts of integrity and service she learned from working with her parents. She also retains a charming hint of Danish accent.

Lilian has sold over 1900 homes for a value of over 1.3 billion dollars 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.

Lilian's detailed knowledge of the Northern Virginia real estate market, her years of hard work, and her upbeat and positive attitude has left her a long list of satisfied clients.

Lilian works across all of Northern Virginia to represent both buyers and sellers of Residential Real Estate in all price ranges. She has extensive experience with the processes involved with relocation clients.

Lilian is a Life Member NVAR Top Producer and Multi-Million Dollar Club. She has received numerous awards as one of the top twenty Realtors in NVAR and has been listed among the top 200 agent in the United States by the Wall Street Journal. She is the #1 Listing Agent and #1 Sales agent in Long & Foster, Virginia.

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Allie Chamberlain of Long and Foster in Vienna brings her savvy contract negotiation experience and local expertise to our market area. Seasoned through changing markets and always on top of changing market conditions, a conversation with Allie offers both buyers and sellers an up to date perspective on area Real Estate. Allie holds the Accredited Buyer's Representative Designation (ABR), the benchmark of excellence in buyer representation, and is a member of the Northern Virginia Association of Realtors and The Real Estate Buyers Agent Council. She and her family are active in the community of Vienna and have resided there since 2003.

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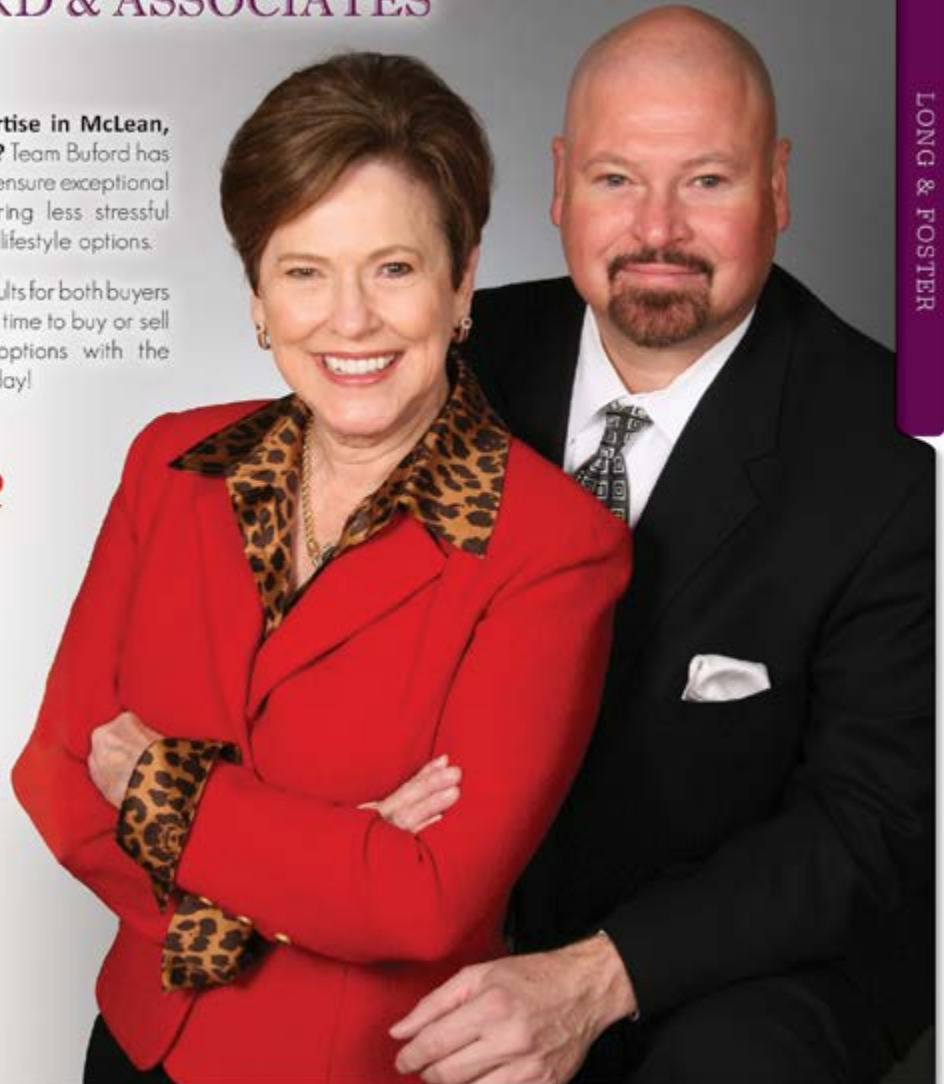
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LONG & FOSTER







# TYSONS HOOKAH

★ *Lounges* ★

## PUFF, PUFF, PASS: *A Guide to Enjoying Hookah*

BY CHARLES S. DONNAVAN

It seems like Hookah bars are popping up all over Tysons Corner, but while it may be a new trend in our area, the hookah's origins trace back to India around the 15th Century.

Still, many don't truly understand what it is. It won't give you the same health risks that cigarettes do, but it's still not great for you if used in excess, and it also won't give you the high that smoking some other drugs will.

A Hookah itself is a pipe-like apparatus that includes a bowl, hose, foil, coals and stem. This stem is the heart and soul of the hookah. It is what the smoke will travel down, and also houses the purge valve and hose port.

While hookahs vary in size and extravagance, they're generally set up the same way, with a glass, water-filled base connected to a upright pipe topped with a bowl. The bowl holds the maassel, tobacco soaked in a mix of molasses, semidried fruit and honey with the occasional artificial flavoring. On top of it, separated by a thin sheet of aluminum foil peppered with tiny holes, is a lump of hot coal. A flexible tube connects to the water bowl, from which the user sucks in smoke that is cooled by the liquid, producing a smooth taste that doesn't feel as rough as that of a cigarette.

The tradition of smoking hookah stretches across many countries and countless cultures, and here are some things that will keep you in good standing at a Hookah bar.

1. When passing the hose, fold the handle so the tip is pointing at you, never point it at others, as it is a sign of disrespect and hostility.
2. Never light a cigarette using the hookah coals, as it is considered rude and may taint the flavor;
3. When talking, pass the hose to others who may want to smoke.
4. Your hookah should be on the floor and not sitting above you;
5. When sharing, turn the hookah to give others more slack with the hose, which will also help prevent it from tipping over.

A hookah is used to smoke a special kind of tobacco called "shisha" here in the U.S., but goes by several other terms abroad. Shisha is very moist and sticky tobacco that has been soaked in honey, molasses or

CONTINUED ON PAGE 88



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## TYSONS HOOKAH

CONTINUED FROM PAGE 87

other flavors and is smoked in a hookah. It comes in many flavors, including mint, apple and coconut, and some places even have fun or exotic flavors like Sex on the Beach.

Once you have the flavor you want, it's time to fill the base of the pipe. Filling the base with the proper level of water is crucial for the perfect session, so aim for the base to submerge the stem at about 1.5 inches. Cold or room temperature water is best.

For Enhanced Flavor, try adding other liquids, including juices or concentrated flavors. When using liquids other than water, the flavor might be too strong so dilute the liquid with water to find your perfect taste.

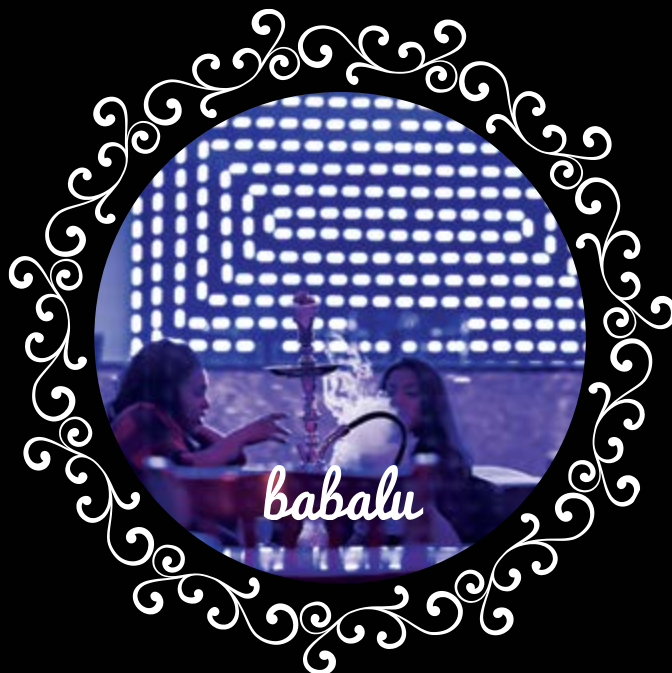
For a cooler session try adding ice cubes to your base with cold water. This significantly lowers the temperature of the water, subtly chilling the smoke further. When adding ice cubes to your base, be sure to partially fill your base with water, as the ice cubes can damage your base if dropped harshly without some water to dampen the impact.

Now that you're ready, here are some of the best places to enjoy the hookah pipe in our area.

### LEVANT

8411 OLD COURTHOUSE RD, VIENNA, VA 22182

The name "Levant" originally means the "Mediterranean Lands Of The East" and the Levant Restaurant and Lounge is a hookah bar that serves an array of Mediterranean wonders. Its Hookah smoking area is spacious with plenty of comfortable sofas, tables with candles and soft light.



### BEY LOUNGE

303 A MILL ST NE VIENNA, VA 22180

This new hotspot provides a warm and friendly atmosphere with plenty of room in its lounge for those who enjoy Hookah. Its menu has a fine selection of foods, including Lebanese pizza and cheeses.

### BABALU

8605 WESTWOOD CENTER DR #100, VIENNA, VA 22182

The casual nightspot offers Mediterranean dishes plus a lounge with a large selection of flavored tobacco for Hookah smokers to enjoy.

### FRIENDS KABOB

2063 CHAIN BRIDGE RD, VIENNA, VA 22182

Another casual Vienna favorite, which features a selection of kebabs and other Persian standards, plus a fine selection of flavored tobacco in a relaxed setting.

### ARABICA

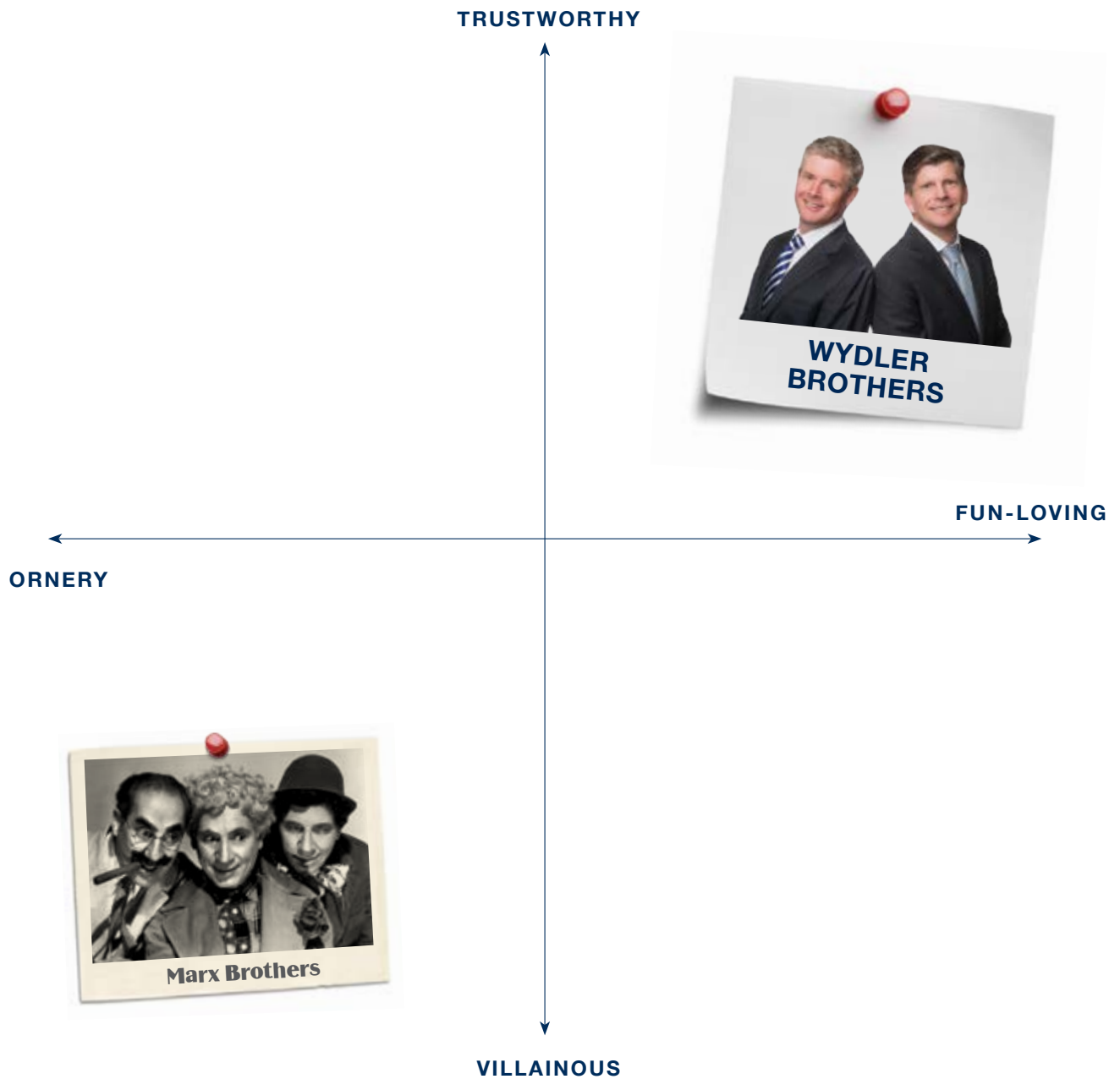
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One of the best tobacco spots in our area, Arabica carries a wide selection of flavors, plus plenty of interesting Hookah pipes and accessories.

### FUZION

9530 ARLINGTON BLVD, FAIRFAX, VA 22031

Opening its doors in 2013, this Hookah lounge is known for its music and fun atmosphere, plus an endless selection of Hookah flavors.



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BY RENEE SKLAREW

## IRON CHEF HOUSE:

*The Art of Japanese Food*

Japanese food is arguably the most beautiful of all cuisines, so when sushi chef Leo Shi, his wife Joy Zheng, and partner Qiayao Wang opened the Iron Chef House in the Mosaic District, they wanted to incorporate their love of modern art. Already experienced restaurateurs, the group opened their first Iron Chef House in Brooklyn Heights in 1999, and today, the neighborhood café has a tremendous following. However, in the blossoming Mosaic District, the owners sought a more modern vibe. “We’ve always had a dream to have a restaurant that is different from the first one,” says Zheng who runs the operations of the restaurant. “We wanted less traditional things in Virginia. To make the food so beautiful it looks like art.”



The name may conjure up the popular Food Network show with its chopping, racing and competition, but you won’t see that here. The aesthetic is more science than battle, as sushi chefs create inventive structures that customers frequently say are too pretty to eat. Indeed, the presentation is a focus here, and Shi, who oversees the kitchen, is a stickler for aesthetics. But he is even more passionate about fresh seafood, “I only order the highest quality of fish and get a shipment everyday except Sunday. I check every delivery carefully, and will refuse anything I don’t feel is good enough. I also have some specials depending on what fish is fresh that season.” When customers ask for seasonal favorites, like scallop, blue crab and sea urchin, Shi calls them when it comes in.

Open since early September, Iron Chef House already packs in local sushi enthusiasts who’ve learned about their lunch and dinner specials. The prices are extremely fair for the high quality, generous portions, and particular care given to each dish. Some young women sitting near me exclaimed over their plentiful bento boxes and steaming bowls of ramen. I asked them what brought them to Iron Chef House for lunch, and one woman said, “This is our second time in a month. We really like the food, but the service keeps us coming back.” Friendly, solicitous servers are a noticeable attribute. Zheng’s team is knowledgeable and enthusiastic without being bothersome; you can tell they care deeply about your dining experience.





The dizzying number of specials and combinations offered at Iron Chef House will impress even the most experienced connoisseurs of Japanese cuisine. The list of signature sushi rolls, like the Kingsley Roll with tuna, salmon, avocado, topped with crunchy crispy duck and slivers of crabmeat, is a luscious amalgam of textures and flavors. Another standout, squares of Halo Sushi Rolls, layers of crunchy spicy tuna, avocado, salmon and white tuna, served Osaka-style. The tempura is a tower of lightly fried vegetables, including eggplant, broccoli and pumpkin, with an onion crown. But my favorite was the sashimi—fatty tuna, salmon and yellow tail wrapped gracefully around a dollop of orange roe.

The combination of sushi, nigiri and sashimi platters are a rainbow of the brightest seafood—yellowtail, salmon, eel, and shellfish—arriving atop bamboo leaves, decorated with tiny orchids, and drizzled with sauces like fantasy miso, butter soy, chili mayo, cilantro mango, orange curry, and sometimes accompanied by an Asian pancake or fish flakes. The restaurant makes it easy to choose by offering platters with a taste of everything, or the “Never Know Fish Bowl” filled with the fresh fish of the day.

There are worthy options for the raw seafood-adverse too, such as Nagimaki beef rolls—tender slices of silky beef rolled around crisp scallions broiled in teriyaki sauce; and the Yakitori—skewered chicken. The soups, with choices of vegetable, tofu, chicken, beef and shrimp, come out from the kitchen blisteringly hot, so try warming your cold bones with some Miso or Ramen.

Finish your meal with an intriguing dessert like Red Bean Mochi, Green Tea Crepe Cake, or Blood Orange Mascarpone Mousse. Clearly, you can visit Iron Chef House countless times and never grow tired of this menu, and with their commitment to freshness, you can feel safe ordering raw fish. So do sample something other than the same old California Roll; surprise yourself with food that tastes as good as it is beautiful. ❖

**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.







## ARLINGTON RESTAURANTS

### METRO 29

4711 Lee Highway 703.528.2464  
metro29diner.com When two families came together to open a New York style diner restaurant in Arlington, the result was a delicious success. Metro 29 began serving its immense portions of American favorites in 1995. The idea was to create a menu that offered something for everyone, and an ambiance that welcomed families and couples, friends and colleagues. The mission continues to focus on providing quality food, prompt service and a warm, easy going dining experience. \$

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2941 Fairview Park Dr. 703.270.1500  
www.2941.com Nestled in a corner of an office building off the Beltway, 2941 offers an upscale casual dining experience in a cozy, open setting. Chef Bertrand Chemel creates succulent dishes with fresh, locally-sourced ingredients. \$\$\$

### ANTHONY'S RESTAURANT

3000 Annandale Road 703.532.0100  
www.anthonysrestaurantva.com For 40 years, Anthony's has offered real, homestyle cuisine. They offer Greek, Italian and American specialties as well as pizza, club sandwiches, burgers, over-stuffed subs, salads and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event. \$\$

### ARGIA'S

124 N. Washington St 703.534.1033  
www.argias.com Nestled in the heart of downtown Falls Church, Virginia, Argia's is a family owned and operated restaurant that provides an opportunity to experience authentic, world class Italian cuisine in a cozy, relaxing ambiance. Always alive with friends and families enjoying both single and family size dishes, this is a Falls Church dining destination. \$\$

### THE AULD SHEBEEN IRISH PUB AND RESTAURANT

3971 Chain Bridge Road 703.293.9600  
www.theauldshebeenva.com In Ireland, a Shebeen was an after-hours speakeasy where once inside, you could find good familiar conversation, friends, food, and drink. The Auld Shebeen menu combines traditional Irish recipes and

American cuisines including Fish and Chips, Shepherd's Pie, and their signature Guinness Beef Stew, as well as a few house specialties such as BBQ Beef Brisket and Braised Lamb Shank. \$

### BENTLEY'S

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

### CELEBRITY DELLY

7263-A Arlington Blvd. 703.573.9002  
www.celebritydeliva.com Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and homemade potato knish. Chuck Rossler knows his corned beef. Look for genuine New York Style deli sandwiches, half-done pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy. \$

### CLARE AND DON'S BEACH SHACK

130 North Washington St. 703.532.9283  
www.clareanddons.com Located next to the State Theatre in the heart of the City of Falls Church, Clare and Don's brings the beach to landlocked Northern Virginia. This hot spot offers trivia on Wednesdays and live music on weekends and a menu with summer favorites like gator tail and jambalaya. \$

### DOGFISH HEAD ALE HOUSE

6220 Leesburg Pike 703.534.3342 www.dogfishalehouse.com Dogfish Head Ale House has comfortable, casual surroundings and service, tasty and unique wood-grilled food, and the craft-brewed Dogfish ales. Great selection of year-round beers plus all the seasonal and special release beers. For food selections, you'll find half-pound burgers, steaks, pizza, and salmon. \$\$

### DOGWOOD TAVERN

132 West Broad St. 703.237.8333 www.dogwoodtavern.com The creators of Ragtime and William Jeffrey's Tavern is described as a "celebration of the Old Dominion," which offers steaks, seafood, pasta, and burgers. The tavern offers live music on weekends. \$ \$DUANGRAT'S 5878 Leesburg Pike 703.820.5775 www.duangrats.com For more than 25 years, co-owners Ed and Pookie Duangrat have been serving signature Thai dishes. Some of these dishes include chicken and



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#### ELEPHANT JUMPS THAI RESTAURANT

8110-A Arlington Blvd. 703.942.6600 [www.elephantjumps.com](http://www.elephantjumps.com) Elephant Jumps offers an extensive menu with more than 100 dishes including croissant green curry chicken sandwiches, burrito satay chicken, and crispy salmon salad. Diners are sure to find classic Thai dishes as well as hard-to-find Thai dishes. **\$\$**

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6387 Leesburg Pike 703.532.0940 Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dandan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu. **\$**

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#### JV'S RESTAURANT

6666 Arlington Blvd. 703-241-9504 [www.jvsrestaurant.com](http://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](http://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](http://www.littlesaigoncuisine1.com) Little Saigon brings a taste of Vietnam to Falls Church. This restaurant has an extensive menu of Thai classics as well as a solid wine list. **\$**

#### THE LOCKER ROOM SPORTS BAR AND GRILL

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

#### OPEN KITCHEN

7155 Leesburg Pike 703.942.8148 [openkitchen-dcmetro.com](http://openkitchen-dcmetro.com) Open Kitchen is a unique culinary gathering space that celebrates the kitchen and the table as centers of pleasure and community. Through custom-designed, interactive, and engaging events, Open Kitchen provides you with a total culinary experience.

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

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8100 Lee Highway #300 571.395.4400  
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group that brings you Circa, Trio Grill,  
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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 pizzas are made  
in the traditional Neapolitan style. \$\$

**PUBLIC HOUSE NO. 7**

6315 Leesburg Pike 703-942-6383  
www.publichouse7.com Public House  
No. 7 serves favorite English dishes  
including Shepherd's Pie, Lancashire hot  
pot, fish and chips, and bangers and mash,  
to name a few. There are also English  
brews, specialty cocktails, and wines to  
accompany your meal or to enjoy during  
live music on weekends. \$\$

**RED HOT AND BLUE EXPRESS**

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

**SAFFRON**

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

**SAIGON CAFÉ**

6286-B Arlington Blvd. 703.237.1899  
www.saigoncafe-va.com Saigon Cafe  
offers a warm and spacious environment.  
The restaurant specializes in Vietnamese  
dishes, including famous appetizers and  
entrees from the central part of Vietnam.  
Saigon Café offers a wide variety of pho,  
noodles, soups, and rolls, as well as a  
extensive vegetarian menu. \$

**SEA PEARL**

8191 Strawberry Lane 703.372.5161  
www.seapearlrestaurant.com With  
the inspired creativity of Chef Sly Liao  
with the trend setting design of Studios  
Architecture to create Northern Virginia's  
most memorable dining experience. Sea  
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poultry, steak and more. Treat yourself to

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DINNER: Mon. -Sat. 5.30PM - 10.00PM, Sun. 5PM -9.00PM



a great brunch on the weekend or early evening offerings during the week. \$\$\$

#### SWEETWATER TAVERN

3066 Gatehouse Plaza, 703.645.8100  
[www.greatamericanrestaurants.com/](http://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](http://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](http://www.triomerrifield.com) A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine program. \$\$

#### FAIRFAX RESTAURANTS

##### THE AULD SHEBEEN IRISH PUB & RESTAURANT

3971 Chain Bridge Rd, Fairfax, VA 22030  
 (703) 293-9600 [theauldshebeenva.com](http://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. \$

##### CHUTZPAH DELI

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



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**DOLCE VELOCE**

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dolceveloce.com Stop at a bar along the piazza in sunny Sardinia, or linger at a trattoria in Venice's San Marco Square and you will be invited to experience cicchetti (chi-KET-tee), small plates or side dishes from the legendary cuisine of Italy. Now you can also enjoy cicchetti closer to home, at Dolce Veloce. These small plates offer a variety of flavors, from seafoods, salumes and salads to skewered meats, risotto and Mediterranean plates of olives and cheese. \$

**GREAT FALLS RESTAURANTS****BOLLYWOOD BISTRO**

9853 Georgetown Pike 703.865.0450  
www.bollywoodbistrofairfax.com After finding success in Fairfax, Bollywood Bistro opened its second restaurant in Great Falls just last year. A modern and fresh take on Indian cuisine, this restaurant offers selections such as tomato-cheese naan, tender chicken korma, and decadent Bombay shrimp. With reasonable pricing for both catering and in-house dining, Bollywood Bistro is perfect for any occasion. \$

**DANTE RISTORANTE**

1148 Walker Rd. 703.759.3131  
www.danterestaurant.com Italian born chef Giuseppe Di Benigno serves comfort foods from his hometown in Italy. The menu includes Italian favorites like pastas, Osso Buco alla Milanese, and Giuseppe's signature seafood soup. Dante offers an extensive wine list with plenty of reds and whites to choose from. \$\$\$

**L'AUBERGE**

332 Springvale Rd 703.759.3800  
www.laubergetchezfrancois.com Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France. \$\$\$

**THE OLD BROGUE**

760 Walker Rd 703.759.3309  
www.oldbrogue.com Classic Irish pub and restaurant near Great Falls Park featuring award winning food and drink, Katie's Coffee Shop, great Sunday brunch and live music Thursday-Saturday. A Great Falls institution with outside seating and enclosed patio. \$\$

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

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

**ASSAGGI OSTERIA**

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

**BENNIGAN'S**

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

**BOSS HOG'S**

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

**BOULEVARD CAFE & CATERING**

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



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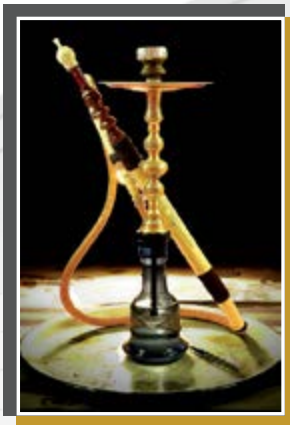
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# Levant

Tysons Corner

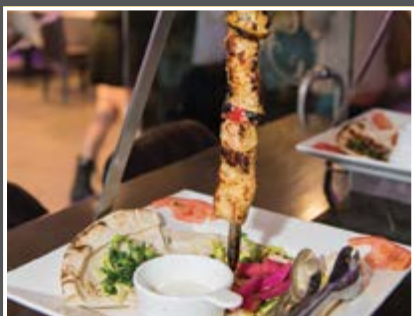
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6671 Old Dominion Drive, McLean, VA 22101 | www.cafeoggi.com


**BUSARA THAI CUISINE**

8142 Watson St. 703.356.2288

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

**CAFÉ DELUXE**

1800 International Drive West

703.761.0600 www.cafedeluxe.com

Café Deluxe combines the charm of a neighborhood restaurant with the energy of a European eatery. This restaurant offers brunch, lunch, and dinner menus combining traditional fare with menu favorites. \$\$

**CAFÉ OGGI**

6671 Old Dominion Dr 703.442.7360

www.cafeoggi.com For over 22 years,

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**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. \$\$

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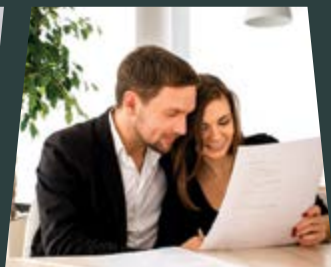
7900 Tysons One Place 703.442.4523

www.eddiev.com A fine dining restaurant

offering fresh, culinary-forward seafood creations and premium hand-carved steaks. The award-winning wine list features more than 300 selections. The atmosphere is refined yet relaxed, with live jazz and blues, featuring local jazz trios, played nightly in the V Lounge. \$\$\$



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**EL TIO**

1433 Center Street 703.790.1910  
[www.eltiogrill.com](http://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](http://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](http://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](http://www.Harthrestaurant.com) Executive chef Luc A. Dendievel 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](http://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](http://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/](http://www.richardsandoval.com/lasandiavirginia/) Chef Richard Sandoval, internationally recognized as the Father of Modern Mexican Cuisine, elevates Mexican cooking to new heights at La Sandia serving up



authentic Mexican specialties alongside over 200 fine Tequilas. Inspired by his culinary mantra of 'old ways, new hands,' Chef Sandoval reinterprets traditional dishes with innovative techniques and skillful presentation. \$\$

#### LEBANESE TAVERNA

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

#### MOBY DICK HOUSE OF KABOB

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

#### O'MALLEY'S PUB

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

#### PAUL BAKERY TYSONS GALLERIA

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

#### ROCCO'S ITALIAN RESTAURANT

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

#### SEASONS 52

7863L Tysons Corner, McLean  
703.288.3852 www.seasons52.com Seasons 52 gives diners a fresh dining experience using natural cooking

techniques to let the flavors shine. With all of their menu items being under 475 calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners. \$\$

#### SILVER DINER

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

#### STAR NUT GOURMET

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

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**THE CAPITAL GRILLE**

1861 International Dr. 703.448.3900  
[www.thecapitalgrille.com](http://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](http://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.paddybarrys.com](http://www.paddybarrys.com) Brendan Barry has open an authentic Irish Pub in the heart of Tysons-classic Irish fare and hospitality TV's to watch the game, and of course-classic Black and Tan's. Open seven days a week...\$

**MERRIFIELD RESTAURANTS****BLACKFINN AMERIPUB**

2750 Gallows Road 703.207.0100  
[www.blackfinnameripub.com](http://www.blackfinnameripub.com) Located two blocks south of the Dunn Loring Metro, the only D.C. location of Blackfinn Ameripub specializes in craft beers and signature cocktails. Blackfinn Ameripub offers American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "handhelds") are among the fare offered at this restaurant meant to be a place to meet with friends, family, or coworkers. \$\$

**CYCLONE ANAYA'S**

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

**FOUR SISTERS RESTAURANT**

8190 Strawberry Ln. 703.539.8566  
[www.foursistersrestaurant.com](http://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](http://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. \$\$\$

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428 East Maple Ave, Vienna | 703.281.7550 | [BonarotiRestaurant.com](http://BonarotiRestaurant.com)





### MATCHBOX VINTAGE PIZZA BISTRO

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

### PASSION FIN ASIAN BISTRO & SUSHI BAR

2750 G Gallows Rd. 703.204.2969 Newly added dining experience in the Halstead District. Elegant, yet comfortable dining experience with full Asian inspired menu, sushi, sake and full stocked bar for getting together with friends. The cuisine is wonderful. Open daily for lunch and dinner. \$\$

### RAOUCHE CAFE

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

### TED'S BULLETIN

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

### TRUE FOOD KITCHEN

Mosaic District 2910 District Avenue,  
#170 571.326.1616 www.truefoodkitchen.com With a wide selection of vegan, vegetarian or gluten free options, you need only a desire to give your body nutrients and your palate something memorable to enjoy True Food Kitchen. The basis for the anti-inflammatory diet is to make us feel better, live longer and make us happy while enjoying the salads, pizza, seafood entrees, and those to-die-for "Natural Refreshments." \$



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## VIENNA RESTAURANTS

### AMPHORA

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

### ANITA'S

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

### BAZIN'S ON CHURCH

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

### BJ'S BREWHOUSE

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

### BRIX & ALE IN THE SHERATON

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

### CAFE RENAISSANCE

163 Glyndon St SE 571.938.3311 [www.caferenaisance.com](http://www.caferenaisance.com) Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. Try Escargot Bourguignonne, Medallions



of Monkfish with garlic, mushroom & white wine sauce, or Maryland Style Crab Cake with beurreblanc sauce. Visit Cafe Renaissance for the most romantic dinner in Northern Virginia. **\$\$**

#### CHEF GEOFF'S

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

#### CHIMA BRAZILIAN STEAKHOUSE

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

#### CLYDE'S OF TYSONS CORNER

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

#### I-THAI

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

#### MAGGIO'S

421 Maple Ave E 703.938.7777 [www.maggiosvienna.com](http://www.maggiosvienna.com) Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek Festive Rotisserie Chicken, Classic Gyros, Souvlaki, Moussaka, Pita Wraps, and Falafel, as well as their popular Marinated Flame Broiled Lamb Chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods. **\$**

#### MAPLE AVE

47 Maple Ave W 703.319.2177 [www.mapleaverestaurant.com](http://www.mapleaverestaurant.com) Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade Carnival Funnel Cake served with vanilla bean ice cream. **\$\$**

#### NEIGHBOR'S RESTAURANT

262 D Cedar Lane 703.698.8010 [neighborsrestaurantva.com](http://neighborsrestaurantva.com) Come in to watch soccer, football or basketball games. Featured games can be seen on their huge screen, visible from just about any seat in the restaurant. Enjoy karaoke on Friday and Saturday nights. The restaurant's ambiance is relaxed and the service is professional with a goal to bring the best Persian and American cuisine experience for our customers. **\$\$**

#### NEISHA THAI

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

#### NOSTOS

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

#### PALADAR LATIN

##### KITCHEN & RUM BAR

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

#### PAZZO POMODORO

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

#### PEKING EXPRESS OF VIENNA

103 Center Street N #107 703.281.2445 [www.peking-express.com](http://www.peking-express.com) Love, love, love! Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg roll and choice of soups, authentic appetizers, chicken, shrimp, and beef and pork selections, and the fried rice or lo mein is to die for!



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**PLAKA GRILL**

110 Lawyers Rd NW 703.319.3131  
[www.plakagrill.com](http://www.plakagrill.com) Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka Gyro" is available exclusively at Plaka Grill in Vienna. New location now in Falls Church at 513 W Broad St.

**RISTORANTE BONAROTI**

428 Maple Ave E 703.281.7550 [www.bonarotirestaurant.com](http://www.bonarotirestaurant.com) Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list, and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

**SAKURA JAPANESE STEAK HOUSE**

8369 Leesburg Pike #10 703.356.6444  
[www.sakurasteakhouse.com](http://www.sakurasteakhouse.com) Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken and steak entrees and sides. There is a separate section for

those only ordering sushi. For a traditional Japanese steakhouse experience, go here. **\$\$**

**SHAMSHIRY**

8607 Westwood Center Dr. 703.448.8883  
[www.shamshiry.com](http://www.shamshiry.com) Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. **\$\$**

**SUNFLOWER VEGETARIAN RESTAURANT**

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

**TYSONS BAGEL MARKET**

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

**WOO LAE OAK**

8240 Leesburg Pike 703.827.7300  
[www.woolaoak.com](http://www.woolaoak.com) Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Dishes like Bibimbap and Korean barbeque keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two. **\$\$**

**OAKTON RESTAURANTS****LUCIANO ITALIAN RESTAURANT**

Hunter Mill Plaza, 2946 Chain Bridge Road 703.281.1748 [lucianoitalianrestaurant.com](http://lucianoitalianrestaurant.com) These family-focused restaurateurs specialize in fresh, homemade, southern Italian cooking. Known for authentic NY-style pizza, they also serve a full array of reasonably priced Italian dishes and desserts. **\$\$**

**OLD PEKING**

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

**SANTINI'S NEW YORK STYLE DELI**

2975 Chain Bridge Rd. 703.766.6666  
[www.mysantinis.com](http://www.mysantinis.com) If you're looking for a good corned beef and pastrami with Provolone, this is your place. Santini's brings a taste of New York to the D.C. suburbs. Santini's has a variety of subs and sandwiches and New York style pizzas. **\$**

**TIGRIS GRILL**

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

**YOKO SUSHI**

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.6644 [www.yokosushi1.com](http://www.yokosushi1.com) This traditional sushi house serves rolls, noodles & other Japanese staples. Their lunch and dinner menus offer a huge sushi selection, plus appetizers, tempura, teriyaki, katsu and more. **\$\$**

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BY RENEE SKLAREW

## TYSON'S LITTLE *Slice of Italy*

Tonino Topolino is the head chef at Crust, the new brick oven pizzeria in Tysons. His last name means baby mouse in Italian, and I'm told his friends call him "Mickey Mouse." Chef Topolino doesn't have big ears, rather he is a sinewy, energetic young man who moves and speaks quickly. He eagerly stops to talk when the topic is his passion for cooking. You can almost imagine La Nozze di Figaro playing in his head as he rhythmically smoothes and flattens a ball of dough or splashes a circle of red sauce.



Topolino explains that he obtained most of his recipes from his grandmother in Italy (as many Italians do—myself included), and strives to recreate her distinct red sauce—the orangey-cream blend she developed for her cannoli—and the tangy aged balsamic and olive oil dressing on the Brushetta Classica. Topolino also considers presentation an important part of the dining experience, so every plate he serves is simple and beautiful. His grandmother would expect nothing less.

Crust has been certified by the Associazione Verace PIZZA Napoletano (VPN), which means every pizza must be made with ingredients imported from Italy and cooked using techniques established by the VPN. The Naples Chamber of Commerce established the VPN in 'the old country' back in 1984 to protect and increase the value of pizzas produced and processed according to Neopolitan traditions and customs. Topolino follows VPN requirements exactly in the production of his pizzas at Crust.

In the back corner of the restaurant, you'll see an enormous brick oven containing a blazing wood fire, an essential element in the VPN baking process. This handmade, red-tiled oven with "CRUST" emblazoned on the front is the centerpiece of the restaurant and has been signed by the artisans who built it. Shipped here from Italy, the oven is designed to reach temperatures of more than 1000 degrees and can cook a pizza in less than two minutes. The result is a perfect crust that is simultaneously crisp, soft, airy and charred, exactly as you would hope to find in Naples. But the good news is you can have that same extraordinary pizza right here in Tysons.

So, it's pretty obvious that you should order a pizza, of course, but do save some





room for an appetizer and dessert. Perhaps begin your meal with the wispy Bruschetta Classico—creamy, pearl-like mozzarella on a bed of tart cherry tomatoes, lightly bathed in Jewel of Tuscany olive oil and balsamic vinegar. Another standout is the Arancino Zafferano Con Ragu, fried risotto balls, flavored with a dollop of beef ragu, fontina cheese and a smidgen of green peas. These saffron-colored peaks emerge from the tomato puree like golden mountains in a red sea.

A pizzeria is often measured by its Margharita Classica, a purist version of the Neopolitan style. At Crust, Topolino creates a sublime rendering of this traditional tomato sauce and fresh mozzarella pizza with a perfectly charred crust. Other signature dishes include Chef Topolino's Pizza alla Crust which consists of half a pizza, half a calzone and a small arugula side. Although you can order Crust pizza with or without red sauce, I think it would be a shame to remove this magnificent blend of tomatoes and spices. Sandwich lovers will enjoy the panuozzos, where the same airy crust is folded over and baked with ingredients like prosciutto, ricotta, salami, artichokes and fontina cheese.

Desserts are frequently ignored in a restaurant where pizza is the star, but Topolino doesn't skimp on his final course. He puts together a petite bowl of irresistible tiramisu, Italian gelati, and freshly prepared cannoli—a Sicilian-style pastry tube with creamy ricotta filling and chocolate chips inside. All arrive at the table accompanied by fresh fruit and a dusting of powdered sugar. Crust also offers seven popular Italian wines by the glass, a choice of twelve wines by the bottle, and Italian coffee service.

DC entrepreneurs Fred Bazzaz and Bobby Sabet are hands-on owners who maintain a briskly paced food service and oversee the business side. This allows their maestro, Topolino, to focus on his kitchen. The team is completely dedicated to upholding their VPN designation and strives for authenticity. The restaurant even has on display Crust's featured ingredients—the Polselli 00 flour and cans of the whole peeled Carmelina San Marzano tomatoes—both from the Campania region of Italy, should you have any doubt.

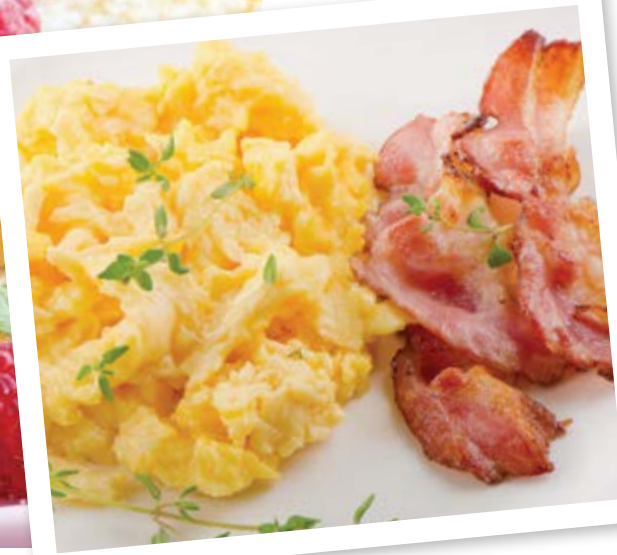
What makes Crust especially nice is, after only two months, it feels like it's becoming a neighborhood gathering place despite being surrounded by urban high-rise buildings. Located in a less developed area on Old Courthouse Road off Route 123, the restaurant offers the added benefit of easy parking. Currently, Crust is comfortably busy, though quiet and quick enough to enjoy relaxed conversation without waiting interminably. They are doing a brisk take out business, but be assured, the best way to eat Neopolitan pizza is steaming hot from its brick oven. More modern



than cozy, I believe when more locals discover this little gem they will make stopping for Crust pizza a regular part of their week. I know I will. ♦

**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.





# BREAKFAST in Tysons Corner

BY LISA SHAPIRO

Everyone has heard that saying that breakfast is the most important meal of the day, but many of us skip it or are always on the go. While brunch has become increasingly popular, what about the old-fashioned, sit-down weekday breakfast? It's not as hard to find as you'd think. Here are some great breakfast spots, even a few with quick carry-out options to help you savor the morning meal again.



get a midnight craving for pancakes. Locals rave about their signature buttermilk pancakes, which are made with farm fresh egg yolks giving it a hearty flavor and texture. Or, opt for one of their golden Belgian waffles, heavenly Hollandaise, or eggs Benedict. Create your own omelet or try their French toast, made from their distinctive house-made brioche. There is surely something for everyone. 377 Maple Ave. Vienna, VA

**Amphora** is a local landmark that has been serving the area for more than 40 years with a focus on made-from-scratch delicious food in a family friendly atmosphere 24 hours a day, 7 days a week, just in case you



Von Hengst, who sources only the freshest, high quality all-natural ingredients available from local farms. Enjoy omelets made with farm fresh Amish eggs with nitrate-free bacon on the side, pancakes, French toast and more. After jumping on the local, fresh, seasonal bandwagon, the Silver Diner has once again become a family favorite. Two Tysons Corner locations: 8101 Fletcher St., McLean, VA & 8150 Porter Rd. Falls Church, VA.

**Silver Diner** — Serving breakfast all day, this is not the greasy spoon that you grew up with. The Silver Diner has been revitalized to offer healthy choices for the whole family. Expect a lighter, fresher, and healthier menu created by Executive Chef Ype



**Metro 29** Once small time Mom 'n' Pop diner, Metro 29 became an overnight sensation when it was featured on Guy Fieri's Food Network show, Diners, Drive-Ins and Dives in 2010. Now families come from far and wide to indulge

in this New York style diner which serves breakfast 'round the clock. Enjoy made-from-scratch fluffy pancakes and waffles anytime—or the thick and eggy French toast made with house-made challah. 4711 Lee Highway, Arlington, VA



**Sweetleaf Cafe** is a homegrown local favorite known for fresh salads and sandwiches. They also offer delicious breakfast

options with your coffee including the Morning Glory with all-natural egg, cheddar cheese on multi-grain house-made bread with your choice of bacon or sausage. Looking for something lighter? Try one of their smoothies, shakes or muffins made in-house. Sweet leaf uses local growers, farmers, ranchers and producers whenever possible. Two Tysons Corner area locations: McLean: 1359 Chain Bridge Rd / Vienna: 262 Maple Ave.



**Founding Farmers** offers classic farm-inspired dishes made from scratch with sustainably farmed products and locally sourced ingredients whenever possible. Sip on a coffee or espresso, try one of their cold-pressed juice blends, or even a breakfast cocktail while you're devouring the best stuffed French toast or farmhouse waffles you've

ever had. How about some made-to-order Beignets with raspberry coulis or chocolate? On the lighter side, try their Drag Through the Garden with scrambled egg whites and seasonal vegetables. Serving breakfast Mon- Fri 7-11am; weekends 9am-2pm. In a hurry? Founding Farmer also offers grab-n-go and carry-out. The Tysons Brunch is a Farmers Market style unlimited buffet brunch for \$30 per person. Brunch is served Saturdays and Sundays, from 9AM-2PM, and most holiday Mondays. 1800 Tysons Blvd, McLean, VA

**The Virginian Restaurant** — Enjoy a little piece of Americana in this old-fashioned neighborhood diner known for hearty breakfasts and Southern comfort food. It's a popular stop for families with young children who love the pancakes and biscuits with their famous sweet gravy served any time of the day. The vintage high swivel chairs and campy signs offer a fun nostalgic appeal. The Vienna Shopping Center: 169 Glyndon Street, SE Vienna, VA

**McLean Family Restaurant (MFR)** — For many families, weekend breakfasts are a tradition, especially when it's at this family-owned restaurant established in 1969. From cozy booths come peals of laughter as kids feast on their famous chocolate chip pancakes, where breakfast is served daily till 3 p.m. 1321 Chain Bridge Rd. McLean, VA

**Vienna Inn** — While this Vienna institution is well-known for its chili dogs and cold brews, it's also the place to go for a hearty home-style breakfast. The youthful placemat art on the walls and teeming trophy shelves give it a very the family-friendly vibe. The menu has something for everyone, from hot cakes, to omelets, to scrambled eggs with salami. Breakfast is served Monday through Friday: 7 - 11am and Saturday: 7am - 12pm and Sunday: 9am - 12pm. 120 East Maple Ave. Vienna, VA

CONTINUED ON PAGE 112

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# BREAKFAST

CONTINUED FROM PAGE 111



**Ted's Bulletin** Located in the Mosaic District, Ted's reimagines a real 1930's American classic diner complete with nostalgic homemade comfort food all in a friendly neighborhood atmosphere. Like an old fashioned cake shop the scent of heavenly pastries and coffee greets you as you walk in. Gape at their throwback pastry case filled with homemade pop tarts, pies, cakes and muffins. Wash down that poptart with a custom milkshake—with or without alcohol—or a coffee favorite made in front of your very own eyes by the 'shaketender' and barista. Serving all-day breakfast starting at 7 am. 2911 District Ave, Fairfax, VA



## Original Pancake House

Kids, pancakes. Pancakes, kids. Yes these two things go together nicely. So, if your kid loves pancakes, they will love the food here. It's a cheery place with enormous portions that can be easily shared. The OPH is

known for its popular Dutch Baby, a puffy donut with lemon and powdered sugar, and for their fluffy crepes. They also serve gluten-free dishes. 7395 Lee Highway Falls Church, VA ♦



## IN THE TOWN OF VIENNA



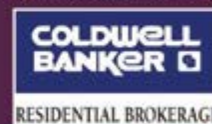
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## BY LINDA BARRETT

BY LINDA BARRETT







## When Hillary Staats, interior designer and owner of Sanctuary Interior Design Build, returned from a recent trip to Florence, Italy, she brought back new visions of style.

The Capital of Italy's Tuscany region and the birthplace of the Renaissance, "Florence is a city blessed with beautiful sun and age, and friendly people. Every corner in the historic district is enchanting," Staats described. "You have these cobblestone streets, street lamps and flowers everywhere, yet, for its design aesthetic, it's a clashing of modern and traditional."

For example, she illustrated, you might see a cobblestone street with a red Ferrari racing down it, or an uber-modern piece of art in a gallery whose walls are three-foot-thick stone and stucco.

Small, eclectic boutiques line the streets, and whereas Staats reports that neutral colors are hip right now, it was the pops of color—the accents—that drew her eye, especially the reds. "Italians design with pops of color, they use it as accents and to define style—it's lovely." You find these red accents

in the foods, clothing, design, décor, art, and everyday objects like dishes.

"I normally don't use much red in my projects; it's such a strong color," she

said. "But you can visualize how a red dress or a red pair of shoes can make a statement. When I think of Italy, I think of that red Ferrari, and can picture it against the background of the beige walls or streets, the green vineyards, or the neutral woods...an unexpected and exciting pop of color."

The people of Italy aren't afraid to show age, which is apparent in their traditional/modern design. You see it in the warm wooden beams on interior ceilings that show peeks of bright terra cotta roofs. You can also see it in the historic buildings, like the Florence Cathedral. "You have the feeling you're living in this old century, and then are hit with lightning bolts of modernism."

As a designer, Staats strives to bring these accents into her decorating, through flowers, paintings, pottery, or anything. "They bring life to the room; if you don't have color the space looks emotionally cold."

### SELECTING ACCENTS FOR YOUR OWN HOME

How do you select the right accents for your own home? "Buy what you love," she advises. "When you shop, slow down and look at each piece individually. It's like looking at jewelry; you look at the whole case, but our eyes are trained to take in one piece at a time

because each is so delicate and beautiful you have to appreciate it individually." She recommends looking deeper into the details of accessories, whether it is lamps, bookends, or art.

"Think of it as gathering all the amazing ingredients for making a great meal—the best meat, vegetables, wine, bread, seasonings, and cream. Then put them together to create a fabulous feast. It's the same with design," she continued. "If you buy beautiful textiles, floor coverings, window treatments, and add amazing paint colors, your room comes to life in a rich way that has spirit. The rooms take on depth and warmth and are not flat."

"When I shop, I try to find the most special item in the whole store—the thing that brings me happiness, changes my life, and one I can enjoy looking at every day, no matter how simple."

Travel opens one's eyes to new things—new cultures, new foods, and, in Hillary's case, new uses of color.

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**AUTHOR:** Linda Barrett is a busy freelance writer and owner of All the Buzz, a corporate writing firm, [www.allthebuzz.net](http://www.allthebuzz.net).







BY JOHN BYRD

## An Expansive Kitchen Makeover IN TIME FOR THE NEW YEAR

When does the kitchen become dated? The answer may be subjective, yet 18 years is a generation in the life-cycle of a style preference, and it's not simply because the surfaces have become dull.

Rather, it becomes all too clear that the home's best assets are not being brought forward in bold relief. What you *have* you have *seen* so often that it's invisible. The impulse is to bring it all back to life, to renew—and not just the kitchen, but one's *enjoyment* of it. It's a situation that calls for a new lease on life, and a new era.

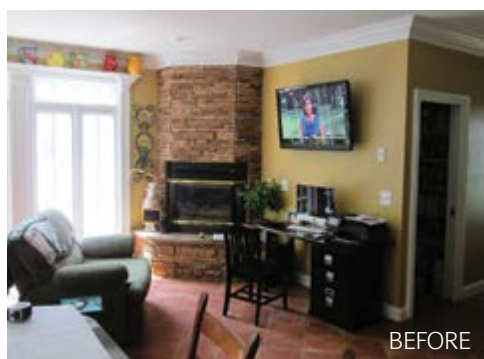
Such are the motivations behind many a modern makeover, according to Roger Lataille, senior design consultant at Sun Design Remodeling and the professional who recently guided a 4,700 square foot Clifton residence from a vague set of options to a crisply defined interior plan newly completed in time for the New Year.

Owned by Tom and Mary Beth Healy who have occupied since 1997, the home is situated on a spacious one acre lot that includes a pool and pool house.

"This is really an exceptional transformation," Lataille says, pointing to the expansive French country style kitchen and re-invigorated family room. "It really shows what you can do with an open floor plan in a larger home surrounded by beautiful views."

Looking back, the 22x20-foot kitchen Tom Healy had a hand in designing in 1997 had its charms. Surrounded by a course of divided light windows on two sides, the breakfast





(At left) The island is positioned for easy service to the new breakfast table, but also works as a dining counter. The base itself is equipped with an antique copper farm sink, a microwave and a dishwasher. The corner previously had a corner harth (above).

room featured views of the well-landscaped backyard. Morning light was usually available—if not as abundantly so. The pine-facing cabinets, while dark, exuded a kind of rustic American ambiance.

On the other hand, the cook top island and dining counter didn't work well. There was a range oven on one side; stools and place settings on two opposite corners. Now that the kids are away at school, this layout could clearly be improved upon.

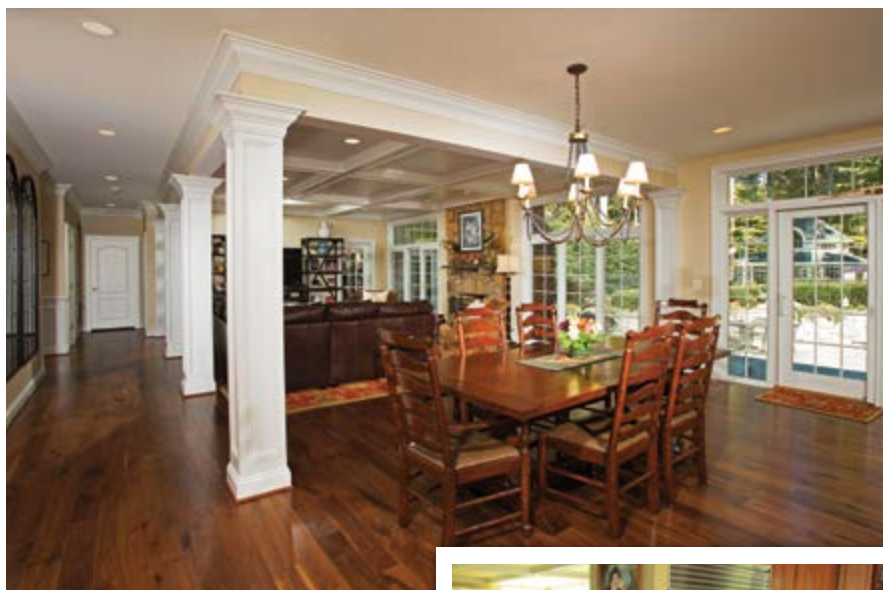
Ditto the L-shaped counter configuration separating the kitchen from the large family room. Technically, the family room was a "step down"—a sunken affair set off by an interior colonnade and a coffered ceiling. But sequestering the space only closed it off visually from the kitchen, a plan which no longer held much allure to the Healy's as they looked ahead.

## BETTER UNITY, VISUAL CONTINUUM

"What really made sense was better unity between a re-designed gourmet kitchen and the family room," Lataille explains. "To do this, we would need to raise the family room floor eight inches to level with the kitchen, and delete an interior kitchen elevation—which was also a bearing wall."

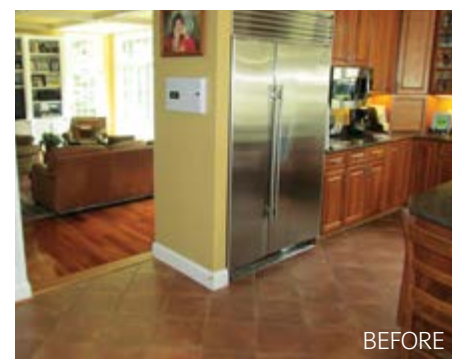
To hold up the home's second floor, Sun Design employed an I-beam bolstered by three vertical supports which would be wrapped in wooden facings that match the existing colonnade. Installing a sub floor, in turn, raises the family room floor to level with the kitchen. With existing kitchen tile removed, both rooms are re-floored

CONTINUED ON PAGE 118



(Above) The family room's former sunken floor was raised 8 inches to be level with the kitchen. Hickory flooring built on a subfloor now visually unifies the 800 square foot space great room. The running windows frame a panoramic view of the pool and well-landscaped surroundings.

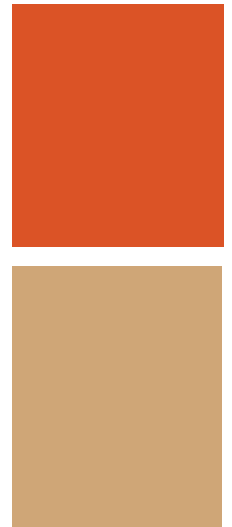
(At right) An appliance-laden bearer wall separated the kitchen from the sunken family room, which was eight inches lower.



(Below) Sun Design Remodeling's kitchen solution for the Healy home called for eliminating a bearing wall between the kitchen and the family room. To hold up the second floor, the team installed an I-beam resting on vertical supports. The divided light French door with sidelights and transom replaces a slider. The changes have resulted in a dramatic increase both morning light and visual continuum.







(Above) Katie Coram's interior design is a study in soft textural contrasts. The Namibia African granite counter surface for the island was cut to emphasize natural veins that run through the middle of a slab. The gas-powered fireplace in the corner is now set off by stacked stone; small format stones of the same type define the backsplash. (At right) The old island didn't work well. There was a range oven on one side; stools and place settings on two opposite corners.



## CONTINUED FROM PAGE 117

in fine hickory stained to suit the Healy's aesthetic preferences.

To augment natural light availability, the original slider is replaced with a divided light door bordered by sidelights and transom. There's a sympathetic glazing presentation behind the new wine bar. There are even transom windows above the cabinets on either side of the gas range.

"The light effects are pretty impressive throughout," Lataille notes.

In all, the nearly 800 sq ft expanse from kitchen to family room opens up vigorous sight lines in all directions. From the cook's station behind the new granite-surfaced food preparation island one gazes forward into the living room with its blazing hearth, or outside to the lushly landscaped surroundings.

To better rationalize nearby amenities, Sun Design enlarged and re-organized the pantry, re-tiled the mudroom, powder room and laundry,

and upgraded powder room fixtures and cabinet facings.

Better yet, the interior finishwork scheme by Sun Design's Katie Coram is a study in soft textural contrasts. The corner gas-powered fireplace in the former breakfast zone is now set off by a stacked stone hearth; smaller format stones of the same type were used to build the back splash behind the range oven.

The African granite food prep island surface—a rare strain known as *Namibia*—was cut to emphasize the natural veins that runs through the middle of a slab. The slab was selected to complement the custom-designed base. The base itself is equipped with an antique copper farm sink, a microwave and a dishwasher.

The island parallels the gas-powered cook top and convenient roll-out spice racks, warming drawers and wine cooler, yet the gracefully-arching slope extending past the base is perfectly situated for service to the new breakfast table aligned for a direct view to pool and gardens.

Shaker cabinet facings painted in bright Eggshell hues provide a neutral mid-tone that nicely balances the contrast between the darker hardwood floor and white hues on the ceiling and other surfaces.

Columns, molding and other trim work provide formal accents that give an open space its playful sense of boundaries. In all, a transitional style execution with lots of visual continuum perfectly expressed.

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 call 703.425.5588 or visit [www.SunDesignInc.com](http://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@gmail.com](mailto:byrdmatx@gmail.com) or [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com).

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BY RICK MUNDY

Lydia Russo presenting Kathy Cutri who works in the office of Louise Archer Elementary School with a Donatos Pizza, part of the "A Slice of Gratitude" Project



Dave Parsons from Donatos Corporate, My brother Sean Sharifi (and a Vienna Volunteer Firefighter), My mother Yasmin, Me, and Jeremy Watson, Manager of Donatos Vienna

# Lydia Russo

## DELIVERING A SLICE OF GRATITUDE

because her family is her first priority

**L** Lydia Russo is a vivacious and charming Vienna native who seems to spend the majority of her time thinking of and helping others. To describe her in one word is impossible as even her own Facebook page says she is a licensed Realtor, Tastemaker, Blogger, Foodie, Fashion Enthusiast, TV & Film Junkie. Then add Volunteer, Devoted Daughter, Adventurer and Friend to All.

Lydia was born and raised in Vienna and has always been active in the community and "will probably be here for the rest of my life." In fact one of her first role models was Jane Seeman, Vienna's mayor prior to her death in 2014. She had been Lydia's pre-school teacher and was a great influence on her.

Lydia's grandfather had emigrated from Iran in the late 70s and chose Vienna to raise the family. With four family houses together, Lydia calls it "My Big Fat Greek Wedding" Persian style. "Every day is like Thanksgiving and we are always at each other's houses. I feel that something is wrong if I don't see my grandparents every day."

Attending Marymount University, Lydia majored in fashion merchandising and fashion design. In fact she was the Fashion Club president and during her four years, volunteered at over 200 events including galas, charity events, and fashion shows. This resulted in her meeting notables like Martha Stewart, Richard Branson, Tommy Hilfiger and more and even being invited to Fashion Week in New York. "The more active you become, the more opportunities are presented to you. I have to push myself to go out to meet people but I always have such an amazing time. My true passion is networking and meeting people,"

Lydia admits. She tries to instill that same enthusiasm in others, always telling them to come to this or that event and to be active. "I want to bring people in on the adventure. The more people that get involved, the better it is."

After college Lydia worked in the Middle East helping former classmates start a fashion line, but became homesick after a few months, landing a position with Neiman Marcus back in the States. During this period her mother, Yasmin, became gravely ill, undergoing three heart surgeries and then in April 2015 Mom fell. Life for Lydia needed to slow a bit while she shifted her focus. She joined the family real estate business with her grandfather and brother – in fact, it became Lydia Real Estate and she did the PR for the firm. Licensed in Virginia, Maryland and DC, she has been an agent for the past two years.

Her mom's doctors did not have much hope for Yasmin's recovery, expecting her to live but a short time. Yasmin was determined to fight, however. With prayer, much love from the Inova nurses, tremendous family support and a little pizza(?), she started to recover to the point where she is now much stronger and healthier, and according to Lydia, "perfect."

"The nurses were great. They saved my mother's life, giving her the love she needed and always being optimistic."

As for family support, Lydia and her brother, Sean Sharifi played a big part, with Sean staying at the hospital 12 hours a day and Lydia staying 12 hours each night. Lydia's father worked all day but could be found giving Yasmin massages at night. And her grandfather would squeeze apple juice by hand for Yasmin.

But the pizza? Yasmin craved it the whole time she was ill, but it wasn't on her diet.



My mother on the first day she got to go outside in her 75 day stay at INOVA hospital.

Finally the doctors relented and allowed her one piece a week. Her weekly "fix" came from Donatos (whose motto just happens to be, "Every Piece Is Important.") As Lydia was ordering online one night during this dark period in her life, she entered a text contest. Out of 24,000 entries her name was chosen. She won \$1000 for herself and \$1000 for a charity of her choice which was the Vienna Fire Department. (By now it should be no surprise that Lydia is a volunteer firefighter.)

When Donatos' corporate team came to present the check and heard her mother's story, they agreed to start a program with Lydia which she calls A Slice of Gratitude.

According to Lydia, "The money was a great help (we are a small business), but it was more than just that. Donatos brought some excitement to my family in a time where our days were tough and gloomy. On the day I was presented with the checks, my mom gathered all her strength and ventured out for the first time to watch me to receive the prizes. Having her there was priceless.

And now, I want to pay it forward. I hope that each week, we in the community can surprise people who are in need of a pick-me-up with a warm, delicious Donatos pizza and celebrate life! It may be just a pizza but it's more about the message. I hope it will lead to bigger things.

So whether it be a devout teacher, hardworking volunteer, loyal co-worker, patient parent, or even just a friend who is going through a difficult time... let's spread some pizza love and share a slice of gratitude!"

Check out Lydia's blog at [asliceofgratitude.wordpress.com](http://asliceofgratitude.wordpress.com) and nominate your candidate at [asliceofgratitude@gmail.com](mailto:asliceofgratitude@gmail.com). ❖

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# Living' on

## (TYSONS THEN AND NOW)

BY BONNIE STEPHENS

If you're a Tysons baby, you may remember the days of tree-lined streets (yes, really "Maple" Ave and "Cedar" Lane), peach groves and farm stands right here on our beloved northern Virginia grounds. Known originally as Peach Grove, our now-urban skyline topped out as the heights of the most mature trees bearing fruit.

William Tyson from Cecil County, Maryland, purchased a tract of land from A. Lawrence Foster and served as postmaster of the now discontinued Peach Grove Post Office from 1854-1866. The well-trod Leesburg-Alexandria Turnpike, essential to carry residents to and from Alexandria, Leesburg and Washington, and Chain Bridge Road named after its high chain suspension bridge, came together at our Tysons "crossroads". After the Civil War, our area received the designation Tysons Crossroads and kept its residential character for nearly 100 years. In 1964, the massive Capital Beltway (495) intersected this area and changed everything. A sleepy little crossroad was now accessible by everyone in the metro DC area. Also in the 60s, plans were underway for the Tysons Corner Shopping Center; 90 acres of retail now sat right inside an easily accessible triangle bordered by Leesburg Pike, Chain Bridge Road, and the Capital Beltway. Hipsters and suburbanites alike cheered its opening in 1968.

Tysons Corner quickly became the unofficial business capital of Fairfax County. Packed with bustling cubicles of commerce, government offices and popular retail, Tysons was an energetic place to work, however the commute was a daily drain. Tysons Corner had soared to the vertices of vegetation and vibrancy --- the perfect "Edge City", a parcel packed with people, working and shopping and eating in one big explosive area. There were more parking spots than residents in Tysons, and once the stores closed, the city basically went dark. Lacking a community soul, suddenly, Tysons wasn't so peachy.

Enter people with a grand vision. The Fairfax County Board of Supervisors and the Tysons Partnership have come together to work with developers, transit authorities and local retailers to create a place of shared optimism. Tysons Corner is growing from a tiny peach grove to an efficient orchard of opportunity: mixed uses including a higher ratio of residents to jobs, better transit options, enhanced pedestrian connections and, of course, the "green part", open space and minimal impact on natural resources.

According to the Tysons Partnership, the vision for the future Tysons is a place of greater density, a healthy and dynamic mix of uses, pedestrian and transit-friendly, and sustainable in design and function. The new Tysons will have a rich inventory of amenities — beautiful architecture, attractive neighborhoods, parks and paths, art and events, 24-hour vitality, and a variety of places to gather, socialize and build community spirit. The new Silver Line metro with its four popular stations encourage livability and an easier commute.

Driven by that vision, new apartment rentals have sprung up in the past year, offering welcoming abodes such as: the VITA, the Ascent, Ovation at Park Crest, and Nouvelle. If

THE  
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In the coming years, the building boom will continue to offer greater options in living at Tysons. Three-quarters of this future growth will be within a half mile of a Metro Silver Line station. Many offices and homes will be a five-minute walk from a station. Circulating bus and van routes will connect neighborhoods further from a station. Sidewalks and bike paths will span from one end of Tysons to the other, and residents will be able to move throughout this new downtown without a car. The Fairfax County plan will make it the largest reurbanization project in the world. By 2050 Tysons will be transformed into a walkable, green urban center, where an estimated 100,000 people will have a Tysons address. Soon, Tysons will offer new residences at the Commons of McLean, the Boro, Arbor Row, Scott's Run, and Adair.

Finding an affordable place to rent in Fairfax County is often difficult – especially for people who are just starting their careers, who are new to the area, or who earn more modest incomes. The new Fairfax County Workforce Dwelling Unit Rental Program (WDU) is designed to help working households afford to live in Fairfax County, near employment centers and transportation options –and avoid those long, expensive commutes from further away. Some of the new apartment rental companies mentioned in this article are participating in the program to help residents live near where they work – and spend less time on the road.

With the construction and traffic woes, Tysons right now is in that teenage stage that tests endurance... but on the edge of maturing as “America’s Next Great City.” ♦



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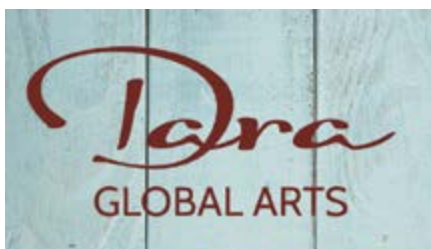
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BY RICK MUNDY

**A**s George Stephenson talks one can sense the passion that he has for his craft. Some use an expression about certain printers that “that one has ink in his veins” suggesting his propensity for immersing himself in the business. Stephenson is the epitome of that phrase.

Unlike most seniors who have been profiled in these pages, George Stephenson is different. At 81 years of age, he is still going strong working 10-to-12-hour days and shows no sign of slowing down. Also he has been working at the same job his entire life, quitting school and starting in a print shop in 1951 at age 17 as a pressman.

Ultimately he went back and finished high school because he found that quitting had “spooked me a lot.” Even at that young age he was determined to do everything the best that he could. Two years later, he enrolled in night school to get training in printing operations with which he was unfamiliar.

The big move came on January 1, 1959 when he started Stephenson Printing. Starting with a simple one-color press, he moved quickly to a two-color press in 1962, then to a four-color press in 1964 and continued to expand over the next several years. In 1980, he built the 60,000 square foot plant in Alexandria where the operation continues today. Today Stephenson is the only printer within 100 miles of Washington with web-printing capability, seeing five competitors between Baltimore and Richmond leave the area or go out of business in recent years.

While the business has changed dramatically over the years with the advent of digital capabilities, internet communications and more, Stephenson has always adapted to the changing times. Sometimes it's equipment upgrades, sometimes it's the elimination of entire processes, but he takes it in stride. In the 90s he had 150-170 employees covering 24 hours six days a week. Today there are about 70 employees working four-day weeks.

Stephenson rattles off the capacities, outputs, and speeds of the various machines without effort and, asked if he could run any machine in the shop he nods with a smile, implying “of course.” The same vast knowledge applies whether he talks about different papers, inks, or bindery operations. At the same time, he is understated in his approach to the business. He comments, “Every job is different and needs special attention, and yes, there are different inks, different papers, different operations that a job may require, but in the end, every job is about putting ink on paper.

What keeps him going? “I am always looking to improve what I do and grow what I do. Printing is sliding but I simply look for other ways I can grow. If I retired, I'd probably be too heavy. Yes, I give myself a hard schedule but that's how I succeed. To me, retiring is the beginning of the end.”

What sets Stephenson apart from other printers? “It's about service and response to the customer. You have to make sure the customer gets what he needs when he needs it. That's why we maintain the high quality standards we do.

“The key to the whole thing is to do the very best thing for your customer, treat them right and respond to their needs. In other words, offer services to the customer where he knows he's getting a good bang for his buck.

“As long as I've been in business, there hasn't been a day go by when at least one project doesn't require a unique solution. So it helps to have years of experience. There is a lot of knowledge you have to have and you can't just look it up on the internet. I have 55+ years but there are several in the company that add to that knowledge. There are at least 10 employees with over 30 years here, a couple with 35 or 40 years, and quite a few with over 20 years.

“When you do come up with new challenges we work it out. I will say ‘Let's settle down, figure out what the problem is and what we can do to resolve it.’ After it's resolved, then we ask the super big question, ‘what do we put in place so it doesn't happen again?’

As committed as Stephenson is to his business, he still finds time for a little relaxation. He has been a boater since the mid-sixties and all through the 70s and 80s he would take clients and others on a Crab Day. He became famous around DC for his crab outings.

Of course on Monday morning he's back at the office bright and early, ready to take on the next challenge and thinking of ways to grow and improve the business. His final thought, “Someday I may not be doing this anymore, but I'm not looking forward to that day.” ♦

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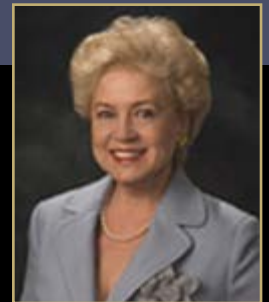


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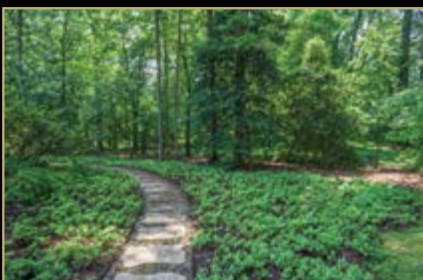
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### OAK HILL, VA

\$999,989

Beautifully updated & remodeled colonial on private 5 acre lot with access to horse trails! Peaceful setting, yet oh so close to many amenities! 5,000+ sq ft on 3 levels; bright & flowing floorplan; gorgeous refinished hardwood floors on main level; 4 fireplaces; eat-in kitchen opens to family room; main level library/office; tennis/sport court & more! Gorgeous landscaping including waterfall & small creek!





# TYSONS *Premier*

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### VIENNA, VA

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This 5BR/4.5BA colonial with Tudor elements built by Monte West sits on almost 2 acres of land on a tranquil cul-de-sac. It has one of the flattest front yards on the street and features a gorgeous backyard with a view visible from the second you enter the home. Features include a welcoming two-story foyer, spacious open floor plan, cathedral ceilings, hardwood floors and wood crown molding, an office with built-in shelving and an inviting family room with a two-story brick fireplace with large windows facing the beautifully wooded grounds. The deck sits off the kitchen and family room and overlooks the backyard that hosts its own trail, bridge and fenced-in portion. In addition to the master suite with his and her closets and a master bath with a double granite vanity, soaking tub and glass shower, the upper level hosts three additional bedrooms and a cozy sitting room overlooking the family room. The finished lower level is complete with an additional bedroom, full bathroom, large laundry/craft room, a wet bar, a brick fireplace and tons of storage space. This home has been meticulously maintained and is the perfect space for entertaining and everyday living.

## SOUTH-FACING END UNIT IN THE HAMPTONS OF MCLEAN



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### MCLEAN, VA

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This gorgeous, south-facing end unit offers four levels of sunlight-filled living space and sophistication. As a Chartwell, this property is the largest townhome style in the upscale Hamptons community. The elegance of this home is immediately apparent upon entry, with its various upgrades, large Palladian windows that offer protection from UV rays and noise, crown molding, hardwood floors, fluted columns and detailed dentil woodwork throughout the main living area. Ideally located steps from McLean Square, this townhome is convenient to shops, restaurants, Pimmit Bend Park, and major commuter routes.

# TYSONS *Premier*

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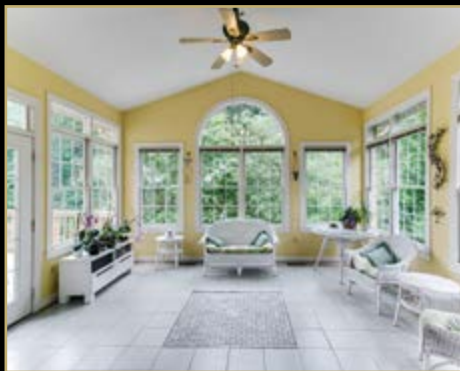
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BY CHRISTY BELT GROSSMAN

## BELT TEAM REPORT:

# SIX SECRETS TO

## *Surviving A Home Renovation*

Thinking of renovating your home? Then this is a must read! Christy Belt Grossman, COO of The Belt Team, recently completed a home renovation. She was thrilled with how it came out, but it wasn't always a walk in the park. Here are her "Six Secrets To Surviving A Home Renovation."

First, the background. We had our house built in 1986. We had been married two years at the time and we were SO excited to move from our condo to our new single family home. We spent hours talking about all the details. (Well "we" didn't, but "I" did. LOL!) The carpet color, the tile selections, the window treatments and the wallpaper. Yes, the wallpaper.

Twenty-five years later, after raising two children, it was time to make a few changes. We finally decided we just couldn't stand the grey carpet and rose wallpaper for even one more day. So, here's what we did:

- ✓ Installed hardwood floors throughout the entire main level (except laundry room)
- ✓ Installed hardwood on stairs to upper level and in the upstairs hall
- ✓ Upgraded from vinyl flooring to tile flooring in the laundry room
- ✓ Re-designed the kitchen layout to add a breakfast bar and second oven
- ✓ Upgraded from laminate counters to granite countertops
- ✓ New kitchen cabinets

- ✓ New kitchen sink & faucet
- ✓ New stainless steel appliances
- ✓ New recessed and pendant lighting in kitchen
- ✓ New lighting in foyer, hall, family room and powder room
- ✓ New cabinet, sink, faucet and granite countertop in powder room
- ✓ Fresh paint throughout the entire main and upper levels
- ✓ New carpet throughout the upstairs & stair runner on stairs

We learned a lot along the way. So here are my Six Secrets To Surviving A Home Renovation:

### 1. *Hire a contractor who does what he says he's going to do.*

They all talk a good game. But they all don't do what they say they're going to do. Last year, I had a client call to ask for a contractor recommendation. Unfortunately, she called AFTER she was eight months into what should have been an eight-week renovation. She was tens of thousands over budget and not happy. This could have been prevented if she had done her homework. Don't just interview the contractor. Interview past clients. And not just the ones he gives you to talk to. Ask them who else they know who has had work



done by this contractor, and then ask those people, too. Don't just talk to them—*visit them!* You might be surprised what people will tell you. Even the ones the contractor "thinks" are giving him glowing reviews.

In our case, we hired a builder (Dominion Associates Inc) that we have represented for more than 20 years. He builds million dollar homes that we list and sell, so I already knew that he does what he says he's going to do.

## 2. Ask for a "worst case" timeframe.

The temptation is to ask "how long will it take?" But what I found is that there will come a time when you just want it done and each day after that can be excruciating. Instead ask, "How long would you guesstimate and what's the worst case scenario?" Then, prepare yourself as if the worst case is the best case. In my situation, the builder said six weeks was worst case, so I prepared for that. It was done faster, which meant a happy builder (because I wasn't "pushing" him) and a happy client (because he exceeded my expectations).

## 3. Keep your sense of humor

Things are bound to go wrong. It's just part of the process. But if you keep your sense of humor and can laugh about it, it makes the process a whole lot easier. What went wrong during our renovation? Not much. It took three tries to get a refrigerator delivered without damage. Oh, and one day our dog got painted.

## 4. Move out

I work out of a home office most of the time and we have a finished basement. So I insisted that we could stay in the house during the renovation. We also have a dog, so it wasn't easy to find a place to stay six weeks. If I had to do it all over again, I would have moved out for at least a few weeks. (Perhaps then Cody would not have gotten painted!) The worst times to be there were during the sanding of the hardwood floors and the painting. I have asthma and it was triggered by both of these events.

## 5. Go with your gut

When you're doing a renovation project like this, it's easy to get caught up in both the big and small decisions you have to make.

After all, this is probably something you've been dreaming about for quite some time and you want to make sure it comes out exactly right. I spent hours looking online, visiting stores to view granite samples and more. What color granite? What about the backsplash? Would that faucet work? What about the hardware on the cabinets? Horizontal or vertical? Black or silver? The list goes on.

What I found is even though I spent hours (and days) agonizing over each decision (and I am normally a quick decision maker), the final selections were almost always what I had started out with. It's kind of like

when you buy your wedding dress. Often you buy the very first one you try on, but you keep trying more dresses "just in case." If I had trusted my gut, I would have saved a LOT of time! (And I should have known better, because I was one of those brides who bought the first dress she tried on!)

## 6. Pare down, purge, and prepare for dust.

No matter how good your contractors are at cleaning up after themselves and no matter how well they prepare the site to contain the dust (and our contractors were meticulous!), it will invade every surface and every crevice. Every single item you pack away will need to be washed or cleaned when you unpack it post-renovation.

We carefully packed all our belongings and moved them to either the basement or the garage. Everything was covered, sealed and protected as well as it could be. After 25 years, we had a lot of stuff, so we purged as we went. Looking back, we could have pared down even more. There comes a point while you are packing where you find yourself just packing everything because it seems like you will never finish the task. When you hit this point, I encourage you to KEEP PURGING! If you don't, you'll find yourself unpacking after the renovation and taking things out of boxes that don't have a home anymore. Once

your renovation is done, and your home looks spotless and beautiful, you are even more incented to keep it that way. Instead of taking the time to wrap things, box them up, carry them to storage, carry them back from storage and unpack them only to wonder why you kept them in the first place, do it right the first time and PURGE, PURGE, PURGE!

Remind yourself that every single item will have to be washed, cleaned or dusted. That includes clothing (even though our closets were sealed), furniture (even though it was in the garage) and every boxed up item like plates, glassware, photos, cd's, books, etc (even though they were in the basement).

There are a lot more things to consider when renovating, especially if you're debating renovating versus selling, so please give The Belt Team a call at (703) 242-3975 (or email [Info@TheBeltTea.com](mailto:Info@TheBeltTea.com)). We're happy to share our expertise about resale value, contractor recommendations, etc! ♦

**AUTHOR:** Christy Belt Grossman, The Belt Team, Keller Williams Realty, 6820 Elm St, McLean, VA 22101. Phone: (703) 242-3975 State-of-the-Art Home Search Site: [www.BeltTeamRealEstate.com](http://www.BeltTeamRealEstate.com)

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The Belt Team is recognized by Real Trends on Virginia's Top 20 Best Real Estate Agents List and was named one of Washingtonian Magazine's Best Realtors.

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## *Kids Are Gone.*

# WHAT TO DO WITH THE EXTRA MONEY?

When children are finally self-supporting, parents don't have big bills for braces, private lessons, college tuition and cars.

But a new study by Boston College Center for Retirement Research shows they contribute very little more to their 401(k)s, as little as 1 percent of income more, in the first eight years after they become empty nesters.

During the same time, researchers calculate that more than half of them are at risk of being unable to maintain their standard of living when they retire.

With children gone, money may go for travel or household projects.

### MONEY MISTAKE #1

*You forget to change beneficiaries,* potentially leaving assets to the wrong heirs. Spouses are entitled to 401(k)s and pensions unless they opt out.

"There is often a long list of pent-up projects," from updating kitchens and bathrooms to adding landscaping, says Carol Hoffman, a financial planner in Blue Ash, Ohio. Another financial planner says that within two years of becoming an empty nester, he and his new wife blew through about half of his nest egg by throwing parties, going on a Mediterranean Cruise, and buying a home theater.

Some empty nesters have empty pockets because they continue to spend on their adult children. They may help them pay for graduate school, health or car insurance, car repairs or a down payment on a house.

Some do prepare for retirement by buying long-term-care insurance or paying down debt. Savings rates can rise by another 2 percent of income due to accelerated mortgage payments. Financial academics make these suggestions.

- >> Think about what you're spending on and whether it's worth the price.
- >> Check online programs like Mint and Yodlee's MoneyCenter for advice and budgeting.
- >> Plan less-expensive indulgences. Do fun things that cost less.
- >> Increase your automatic savings through payroll deductions that go to your 401(k). ♦

### MONEY MISTAKE #2

*You make late IRA contributions.* An investor contributing \$5,000 each January (instead of April) could end up with \$12,600 more after 20 years.



# BI-WEEKLY MORTGAGE PAYMENTS

## *Build Up Savings*

People normally pay their mortgages once a month. But there are advantages to breaking the payment in two and making it twice a month.

Bi-weekly payments save money over the life of the loan because the schedule results in the equivalent of 13 monthly payments instead of 12.

Before setting up the bi-weekly schedule, Jack Guttentag, Professor Emeritus of Finance at the Wharton School at the University of Pennsylvania, recommends asking whether the payment will be credited to the principle when it is received. Some lenders apply all payments on the monthly schedule once a month, which wouldn't save anything.

Making weekly payments doesn't have a much greater effect than bi-weekly, but paying weekly can be a convenience for those who are paid every week.

On a \$500,000 mortgage with monthly payments of \$2,439.26, a bi-weekly payment applied when received would save \$61,091.57 over the life of a 30-year mortgage. And the mortgage would be paid off in 26 years. Paying \$609.82 weekly would result in \$2,000 more per year in savings.

To save on fees to set up a bi-weekly plan, you can just do it yourself. Or you could divide the monthly payment by 12 and add the extra amount to the principle with each monthly payment.

Before making a commitment to any more frequent payment plan, be sure to consider your full financial picture and what else could be done with the money. Because many mortgage interest rates are about 4 percent, you could conclude that you would make more on investments instead of paying extra on your mortgage.



## THINK MORE ABOUT OUTFLOWS *When Planning Your Finances*

The top number on your budget calculation is usually your income. That's the easy part.

Your outflows are something else. It's difficult to know in advance how much all your expenses for the month will be. Your budget will break if you don't give expenses enough weight.

John Lynch, director of the Center for Research on Consumer Financial Decision Making at the University of Colorado, Boulder, researched the matter. He found that people don't really think enough about rising expenses, so they end up thinking they can afford things they can't.

>> **One crucial component is to create an explicit budget.** Relying on vague calculations makes it look possible that everything can fit in, says Lynch, so they feel free to spend.

>> **Some people spend more because of the way they view willpower,** thinking it's limited so they deserve to reward themselves for showing some. People who think willpower is unlimited think no reward is needed.

>> **There is a relationship between mood and money habits.** When people are sad, they save less, spend more, and consume more. Study leaders say they should give their financial decisions another look and make a big effort to change their mood and attitude.

>> **Guard your home equity.** Daniel Cooper of the Federal Reserve Bank of Boston found that as home values rise, some view it as an increase in their borrowing power.

He says a home should be viewed as a place to live, not as a tool for borrowing money. "If you max out a home-equity line of credit, then housing prices drop, you will be financially constrained." ♦

### MONEY MISTAKE #3

*You don't make "catch up" contributions* to tax-deferred accounts. At 50 or older, you can add an extra \$5,500 a year to a 401(k).





BY HUBIE CRAM

*Carol Blackwell*

## BRINGING HELP TO PEOPLE WITH MEMORY LOSS

Throughout their marriage, Bob and Carol Blackwell have enjoyed a comfortable life. He was teaching at Emory University, and with the arrival of two children, she was a stay-at-home mother. As Bob looked to better support the growing family, he applied for a position at the CIA. With

his PhD in political science and expertise on the Soviet Union, he was a strong fit. In 1975, the family moved from Atlanta to Great Falls.

Carol wanted to return to teaching, but Fairfax County had no openings for fifth grade teachers. Bob suggested she apply to the CIA, as they hire spouses and the background checks had already been completed during his application. Carol became an instructor at the CIA, teaching interpersonal skills and management training. Later she would become a course designer and coach. "It was a good life, I can't complain," says Carol.

Then around 2004 or 2005 Bob's supervisor started to express concerns about his work. He would forget to go to meetings and he began to repeat things he had said. Bob was brilliant and loved being with other people. He didn't want to retire but the time had come.

In 2006, he tried again as a contract employee but ultimately he was let go. This was when he was diagnosed with Alzheimer's disease.

Carol reflects, "It was like the end of the world, at least the end of our world." She also retired in 2006 to support her husband. "Bob was such an extrovert that he wanted to talk with others who had Alzheimer's, but we couldn't find them. Even with five million people having Alzheimer's, they were hard to locate. There were support groups for me, but it was a lonely time." Soon friends started to drift away although a few stayed close.

Carol felt that maintaining the social aspect of their lives was important. Bob got into a clinical trial at Georgetown when they discovered the Friends' Club in Bethesda for men in the early stages of Alzheimer's that provided some socializing opportunity.

Carol soon learned of Memory Cafés in England where both patient and caregiver visit together to find fellowship with others experiencing similar situations. She thought, *wouldn't it be great if our spouses had this kind of outlet to enjoy a relaxing afternoon?* With her friend, Elise Schoux, Carol started a Memory Café at Andrew Chapel United Methodist Church in Vienna.

Even though it was promoted heavily, the first meeting in February of 2012 had just six people including the Blackwells and the Schoux. As word got out, the Memory Café started to grow to the point where



three women from the church started volunteering. Today there are 25-30 attendees per meeting. They meet on the first and third Thursdays of each month in the teen center at the church. The Café provides a setting in which people with memory loss can share fun and laughter with their care partners and friends in a setting free from awkwardness and stigma.

There is no cost to participate. Some people bring snacks and the ecumenical council provides some money for entertainment and food. Andrew Chapel provides the space as a ministry of the church.

"We have become community, become family, and we have the resources to help each other," Carol says. "This is a place where caregivers can talk about issues, offer advice, and share information, especially while your loved one is still living at home." (Bob is no longer able to participate and lives at Great Falls Assisted Living where Carol visits him all the time.)

Carol started another Memory Café at Providence Community Center meeting on the second and fourth Tuesdays from 1-3 pm. Her friend Elise and Marty Bailey started yet another at Sibley, and

others are being planned. Soon there will be five or more in the area. Carol points out that that will allow couples to be able to visit several in a month.

Carol stays quite busy with the work because "you need someone to plan the activities and organize things. And there are LOTS of parties. Halloween, Thanksgiving, and Christmas made for a busy fall, but parties take place all year. We have music, food, games and other activities like painting pumpkins. People like to be around other people. This could have made Bob so much happier if he had been able to participate."

Why does Carol continue with the café? "Because I can't imagine not doing this. Selfishly, I feel that I get back more than I give. It restores my soul. Memory loss is one hell of a journey for the individual and caregiver alike. If you have the company of others, people with whom to share your feelings, the burden is lighter and lives are enriched." ♦

"We have become community, become family, and we have the resources to help each other," Carol says. "This is a place where caregivers can talk about issues, offer advice, and share information, especially while your loved one is still living at home."



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# What's Healthy Now?

BY JUDY CAPLAN

In the constantly changing world of health, nutrition, and dieting, foods that are good for you one month or year are demonized or forgotten the next with others taking their place. It seems just as we get used to adding oat bran to our cereal, we are told ground flaxseed would be a much better choice. Or that eating red meat causes cancer only to be told that animal protein might be better for us than carbs. Or what about eggs, throw away the yolk or keep it? Coffee, bad for the heart or our major source of dietary antioxidants? Go figure.

So in this world of instant and non-stop medical and health information, instead of being confused and throwing up your hands and saying “to heck with it all”, let’s find a more reasonable approach. Know with ever increasing media outlets there will be more sensationalized stories inferring absolutes that may confuse us and make us question the food we eat (and the medicine and supplements we take.) In the end you have to weigh the evidence and do what is best for you.

Now the question becomes, then what should I be eating? A recently published Israeli study reported that there may be no “ideal” diet for everyone (look at the variety in global eating.) Some people will do better on a low carb diet, while others may be able to tolerate complex carbohydrates and still lose weight. Individual biochemistry plays a huge role in our health and wellness outcomes. Should you be a vegan or vegetarian, a pescatarian or flexitarian? What about a mucusless diet, gluten free diet, or sugar free diet? The list is endless.

I suggest instead of worrying about the number on the scale and trying to create the “perfect” eating program which takes into account the latest “must do,” why not take that energy and focus on what encourages health and prevents chronic disease? About that we absolutely know a lot.

The advice I give my clients is GoBeFull. Look at the visual above to help you remember it.

GoBeFull helps you fill up on foods that promote health. The more you incorporate healthful GoBeFull foods into your diet, the more you crowd out processed, greasy, over sugared, over salted, fiberless ones that we know induce disease. Make GoBeFull your mantra next time you run out to grab a quick bite to eat or go to the grocery store.

Ask yourself:

Is the sandwich on whole grain bread? Did I add lots of veggies? (Subway, Pot Belly) **UNREFINED GRAINS, GREENS**

Is the tortilla soft (not fried) and made of corn instead of white flour? (Taco Bell, Chipotle, California Tortilla, Qdoba) **UNREFINED GRAINS**

Are the chips baked or fried, white flour or whole corn? If I eat the chips do I have room for other carbs? (Whole Foods, Target, Trader Joe’s, Wegmans, Giant)

**UNREFINED GRAINS, OILS**

Where can I find beans (veggie burger, tofu, falafel) instead of a burger and fries? (Chipotle, Cava, Johnny Rocket, Mexican and Asian restaurants.) **BEANS**

Is my salad dressing made with olive oil? (Ask the waitperson.) **OILS**

Hungry for a snack? Grab a KIND Bar or a handful of raw or dry roasted nuts to keep in desk and car. (7-11) **OILS**

Need another snack? Apple with almond butter, pear with cheese, or a freshly squeezed fruit or veggie juice. Whole grain crackers, apple and cheese. (Starbucks) **FRUIT, GREENS, UNREFINED GRAINS & OILS**

What should I order from take out?

Sushi **LEAN PROTEIN** (Asian restaurants) **UNREFINED GRAIN** if on brown rice

Salad with protein (Sweet Greens) **GREENS, LEAN PROTEIN, BEANS, OIL**

Brown rice, veggie bowl with tofu **UNREFINED GRAINS, GREENS, LEAN PROTEIN**

Thin crust whole grain pizza with veggies **UNREFINED GRAINS, GREENS**

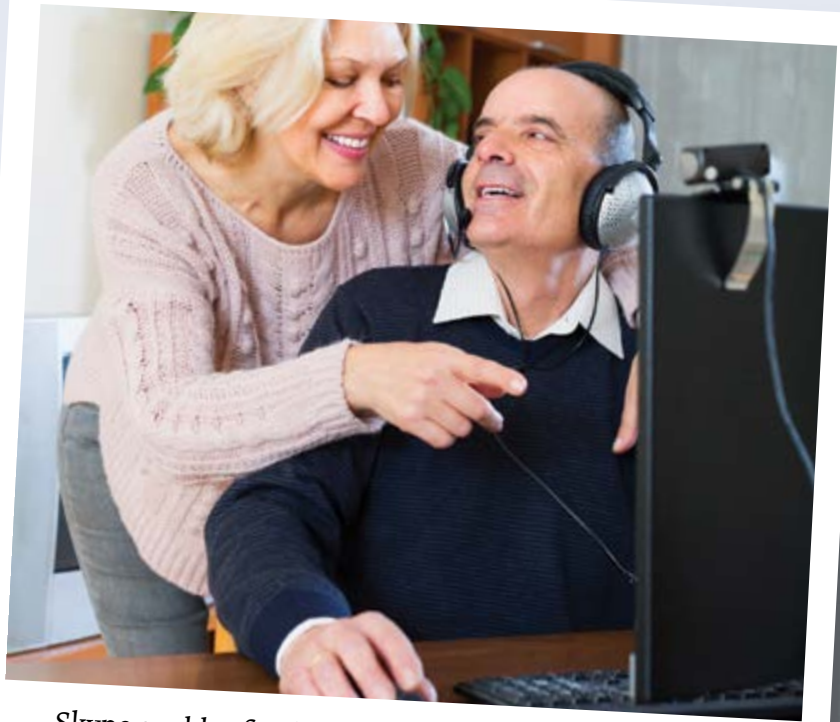
If you seriously want to GoBeFull, GoBeFull– Eight Keys to a Healthy Life is available on iTunes or at [www.gobefull.com](http://www.gobefull.com) and provides everything you need to lose weight and stay healthy. ♦

**AUTHOR:** Judy Caplan is a registered dietitian with a private practice in preventive health in Vienna, VA. Her latest books such as GoBeFull—Eight Keys to a Healthy Life Book are available on iTunes and at [www.gobefull.com](http://www.gobefull.com).

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# JANUARY/FEBRUARY 2016 FESTIVE PARTY TIME...

BY LAUREN SIMMONS



1) Nuca sandals at  
[www.MGemi.com](http://www.MGemi.com)

2) Guerlain Météorites Pearls  
[www.Nordstrom.com](http://www.Nordstrom.com)

3) Temptation Drops Earrings  
[www.BaubleBar.com](http://www.BaubleBar.com)

4) Long Mongolian Scarf  
[www.TopShop.com](http://www.TopShop.com)

5) Round clutch bag  
[www.HM.com](http://www.HM.com)

6) Cap-Sleeve Sequin Dress  
[www.JCrew.com](http://www.JCrew.com)

7) Christian Louboutin Matte Luxe Lipstick  
[www.NeimanMarcus.com](http://www.NeimanMarcus.com)

8) Pave bar cuff at  
[www.BCBG.com](http://www.BCBG.com)



# GADGETS, GOODIES, AND GIZMOS

BY LAUREN SIMMONS



1) The U.S.S. Enterprise Pizza Cutter  
[www.Hammacher.com](http://www.Hammacher.com)

This is the pizza cutter that boldly slices like no other pizza cutter has sliced before. The U.S.S. Enterprise pizza cutter has a 4-inch diameter blade inside the fuselage that cuts through wafer-thin Neapolitan pizzas or thick Chicago-style deep dish crusts, all while exploring strange new toppings and seeking unique cheeses.

Cooks hold onto the ship's brassard collector that afford a firm, reliable grip. The laser-etched stainless steel blade and solid, zinc-alloy chromium-plated body ensure the pizza cutter will live long and prosper through years of use despite its highly illogical design.



2) Hovertrax Hoverboard Personal Mobility Device  
[www.Brookstone.com](http://www.Brookstone.com)

In case you didn't get everything you wanted for Christmas... Personal mobility devices are popping up everywhere and with good reason. They're fun, convenient, and quickly becoming a new trend. Hovertrax takes everything that's fun and cool about self-balancing scooters and condenses it down into a compact 15-pound package that's easy to take anywhere you go.



4) DIY Knit Kit Nantucket Throw by Loopy Mango  
[www.LoopyMango.com](http://www.LoopyMango.com)

What better way to spend those cold nights than to knit your own giant wool throw. Locally owned in NYC, Loopy Mango has a large selection of DIY items as well as fully finished products – just in case you're not so inclined. They offer tutorials and each kit has instructions. Because the yarn and knit is so large, the project goes very quick.

3) Ringly – Smartphone Ring  
[www.NeimanMarcus.com](http://www.NeimanMarcus.com)

Talk about the ultimate in form and function. The Ringly syncs with your smartphone to keep you connected. You're still keeping in style while your ring discreetly flashes colors that correspond to different alerts. No more being rude while out to dinner or in a meeting.







BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*

Q

DEAR COACH AMY,

I am in my 30's and have started dating a wonderful woman. I don't want to blow it this time. I feel that I may have missed a step in my past relationships that may have led to them not moving forward as I would have liked. This time, I really feel I met someone special and I can see it moving towards a more serious relationship and possibly marriage. What do you suggest I do to make sure that she sticks around? I grew up in a household with brothers and I don't really have someone to tell me how to be with women. Thanks for your advice.

Very Truly,

*Unsure in Shirlington*

A

HI UNSURE,

There is much to learn about relationships and it is not always intuitive about how to be around the opposite sex. We are supposed to learn from

our family and our friends. However, that doesn't always mean we actually have the best role models or get the right advice about relationships. You may be uncomfortable talking to your friends or family members about this. (Aren't you supposed to know already?)

There are so many books on the subject that it can make your head spin. There are whole sections in book stores, the library, online and on iTunes (ie. the Motivated to Marry podcast!) However, I believe in following the golden rule and just think about how you want to be treated in a romantic relationship. For women there are several important qualities they look for in a mate.

The following is my best advice for men who are in a relationship, are marriage minded and want this relationship to last for the long haul! I hope this helps you be a better, more attuned partner. And in turn, your girlfriend will appreciate you for your efforts and see you to be a rare find.

- **Make sure that she can count on you!** This alone is huge for a woman to be able to depend on a guy. She needs to know that you will be there for her. If you say you are going to be somewhere, then you show up on time. If you say that you will call, then you call as expected. This is how you will develop trust over time.
- **Show appreciation for the little and big things she does for you.** There are different ways to show appreciation and you better make sure it matches the way she needs love to be expressed to her, be it a verbal affirmation or a big kiss and a hug. The last thing she wants to feel is taken for granted. If that happens, then know that she will be considering her other options in the near future. So don't forget to verbally affirm your appreciation of her often!
- **Tell her she's special and that she is the only one for you (and why!).** Your girlfriend wants to know that you have eyes for her only. She needs to know why you chose to be with her. And she wants to see that you will be loyal to her. Most women worry that you will tire of

her, move on or become unfaithful. By expressing why you are with her, she will feel more secure in the relationship and that you are not going anywhere.

- **Demonstrate that she is being included in your future.** Do you talk about taking a vacation together? Are you including her in activities with your friends and family? Is your girlfriend invited to spend time with your family during the holidays? Has she met your parents yet? All these actions demonstrate that you are including her in your future and that she is important to you.
- **Be sure you remember her birthday and other important dates with gifts and surprises.** It's important to remember her birthday and holidays such as Valentine's Day, Christmas or Hanukah or Kwanza. Women feel special when you make a big deal about these special occasions with an appropriate gift, a romantic dinner or a weekend away together. Don't forget the flowers and other items (food or meaningful trinkets) that she enjoys. Again, this shows her that she's special to you and worth all the effort. If you need help pulling it together, then seek help. Don't fall down here or you will be history!

If you follow the above five ways to make your girlfriend feel special and cared for, then you are on your way to being the man of her dreams. So when you pop the question, she will surely say, "Yes!"

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](http://www.MotivatedtoMarry.com).

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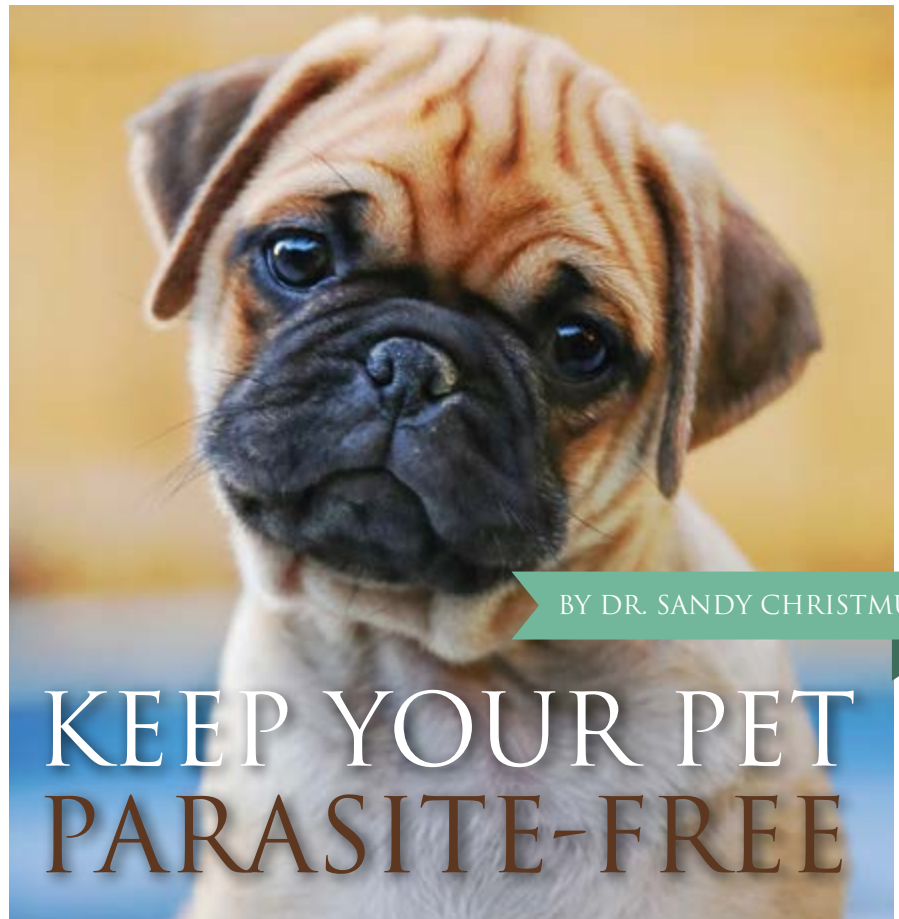


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BY DR. SANDY CHRISTMUS

# KEEP YOUR PET PARASITE-FREE

**Q:** Why should I have my pet tested for intestinal parasites twice a year? They're not a problem around here, are they? How can my dog have worms if he's not sick?

**A:** Veterinarians hear variations of these questions almost daily. Some people think parasites are a concern only in rural areas. Others think that because their cats don't go outside, they aren't at risk for parasites. Still others assume that their pets seem healthy, so they can't have parasites. Another theory is that because pets are on monthly heartworm and intestinal parasite prevention, the animals are free of all parasites.

Unfortunately parasite infestation in our dogs and cats is a very real and common condition in our region. The most common intestinal parasites we see in my veterinary practice are roundworms, hookworms, whipworms, coccidia, tapeworms and giardia. Some of these parasites are zoonotic, meaning people can develop them, too. Some heartworm preventives do a good job of preventing some of these parasites, but no medication prevents them all. All dogs and cats, regardless of their lifestyle or medication history, are at risk for intestinal parasites. Below is a summary of the most common parasites in our region and their risks.

Roundworms are three to seven inches long and can be seen in feces and vomit. They can cause vomiting and diarrhea or cause no outward signs of distress at all. Puppies can be born with roundworms or become infested from mom's milk, whereas kittens are infected through the milk only. A pet's pot belly is a common sign of parasite infestation in young animals, even if they don't appear ill. The adult worms pass eggs into the pet's stool, and the eggs become infective over a period of two to four weeks. By that time, the stool has dried up and broken apart, and the eggs have dispersed into the environment. Small rodents and earthworms can ingest the eggs and be a source of infestation for cats and dogs. Pets that walk on the ground and then clean themselves can ingest the eggs, which develop into



adult worms. Indoor cats can be infested by insects that come in from outside and carry the eggs on their feet. Humans, especially children, are susceptible to roundworms, too. Unfortunately the worms can cause more serious problems in people, including liver, lung or brain inflammation and even blindness. People, especially children, pick up the infective eggs the same way dogs and cats do, from the environment, such as the playground, sandbox or garden.

Hookworms are less common, but they can cause severe diarrhea or even anemia, in the worst cases. Anemia is a lack of red blood cells which, in mild cases, can cause weakness and lethargy, but in more serious cases can cause death. Puppies can be infested in utero or through their mother's milk, as with roundworms. Adults are infested by either ingesting an infested animal's stool, or the larvae can burrow through the skin. It takes only two to ten days for hookworm larvae to be infective. The larvae live in water droplets on the ground and swim well, just waiting for a host to walk by. People develop a disease called cutaneous larval migrans when the larvae burrow through our skin, usually on our feet or arms, creating a very itchy, tingly rash. Dogs and cats don't typically develop the skin irritation, but the larvae migrate to the intestinal tract to continue their life cycle. They go through several transformations, or molts, to become adults that live in the small intestine, suck blood and get their nutrition. Some dogs will show no signs of infestation, but many will have diarrhea.

Whipworms are a potentially serious, but less common, intestinal parasite of dogs.

These worms are about a quarter of an inch long and can cause bloody, mucus-filled stool and can cause anemia, in the worst cases. Many dogs don't show any signs if their infestation is light, but they are contagious to other dogs in the area. People, however, are not at risk from whipworms.

The most common tapeworms, Dipylidium, are often noticed more by pet owners than by veterinarians. Owners may spot small rice-like segments, more tan than white, moving or dried on the pet's fur, or sometimes on the feces. Some owners have said they spotted the segments in the pet's bed or the owner's bed, when the pet sleeps there. Your veterinarian checks for microscopic eggs of parasites, and if Dipylidium segments aren't on the stool the veterinarian analyzes, the typical fecal test will not reveal the most common tapeworm infestation. Fleas are the carrier for this worm; the eggs are inside the flea's gut. The pet eats the flea, and the worm develops and attaches to the small intestine. Tapeworms don't cause many clinical signs and don't cause weight loss or "scooting," as the old wives' tales say. The worm commonly measures eight to eighteen inches long, but can grow longer than that. In the most severe cases, tapeworms can cause stomach upset, vomiting or diarrhea. Other tapeworms affect pets; however, they're not frequently seen in our area.

Coccidia are microscopic one-celled organisms that can cause soft stool, especially in puppies and kittens. Adult dogs and cats can develop coccidia, too, but they often don't show any clinical signs. Sometimes the animal's immune system rids the body of the parasite, but often veterinarians will treat the pet, especially if it is showing any clinical signs, such as diarrhea or soft stool. Pets can become infested with coccidia from a contaminated environment or from another infested pet's feces.

Giardia is another one-celled protozoal organism that can cause vomiting and/or recurrent diarrhea in dogs and cats. Infestation occurs from ingesting contaminated water, soil or food. Infective organisms are passed in the stool of infested animals, such as dogs, cats, humans, birds and deer. Many animals don't get sick when they're infested with giardia, while others can experience chronic diarrhea, weight loss and, in the worst cases, death. Even if not sick, infested animals can pass millions of infective giardia cysts into the environment in their feces. Although humans can pass giardia to dogs, the giardia most pets have does not typically cause sickness in people.

Parasites are a risk to all of our pets, and are sometimes a risk to their caregivers. The Companion Animal Parasite Council recommends testing all dogs and cats for intestinal parasites two to four times a year. If you're interested in more information, go to [www.PetsAndParasites.org](http://www.PetsAndParasites.org).

**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](http://OVVHpets.com). Please e-mail questions to [askthevet@ovvhpets.com](mailto:askthevet@ovvhpets.com).



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# NEW BUSINESSES IN TYSONS



**Takumi Sushi**— This new sushi restaurant has taken over the former Vapor Solutions space between Smashburger and Ayoub Carpet Service at 310 S. Washington Street in Falls Church. Chef Jay Yu—who spent 13 years at Kaz Sushi Bistro in D.C. and also worked at Raku and Café Asia—heads the new 30-seat restaurant which opened in November. Takumi's menu is heavy on nigiri and sashimi, but also features warm dishes like fried tofu.

**Kapnos Kouzina**— The Mosaic District in Merrifield, VA will be the second location for Chef Mike Isabella's

new Kapnos Kouzina, which pulls its name from the Greek word for kitchen. The ambience and menu will match its name, featuring home-style Greek cuisine, rustic Mediterranean dishes and platters to share.

Kapnos Kouzina will feature both small plates and large-format platters served family-style. Greek-spiced crispy chicken with attiki honey, braised lamb top round with lentils, eggplant, tomato and harissa and whole roasted branzino in a spicy clam broth will be among the signature dishes. The Kapnos Kouzina menu will also feature a few favorites from the original Kapnos, notably the stone bread and Greek spreads.

Like Kapnos Taverna, Kapnos Kouzina will be open for weekday lunch. Chef Billy Riddle will serve as chef de cuisine at the Mosaic District location.

**Taco Bamba**— Chef/Owner Victor Albus will be expanding his "Best of Falls Church" takeout taqueria which opened in 2013, to two new locations. The primary menu will feature tacos, sopes and tortas while daily specials will rotate tamales, soups and classic Mexican dishes through the offerings. The new location will also launch a new bar program with margaritas (perhaps on tap), micheladas, palomas, and Mexican beers. "The drink programs are going to be pretty focused," Albus says. "It's going to be stuff that goes with tacos, for the most part. In Vienna, we'll have probably a bit more of a broader bar, where you can sit down and have a few different styles of cocktails. But I'm not envisioning a 50-item, mixology-driven, craft-cocktail menu at any of these locations. It's still a food-first business." Projected Vienna opening Summer 2016 at **180 Maple Ave. W in Vienna**.

**TenPenh**—the Asian-fusion restaurant that closed its doors on June 30, 2011 after 11 years in DC has signed a lease for 6,395 square feet of space at Washington REIT's newly renovated Silverline Center in the heart of Tysons, VA. The revived concept will nod to its earlier location in both appearance and food, but there will be plenty of "contemporary and new" aspects, too, Wizenberg said. The restaurant will feature an outdoor area with a fire pit, a lounge and a sushi bar. Tunks will help develop the new TenPenh, but the group plans to hire a chef de cuisine. Wizenberg said some old favorites, such as the Chinese-style smoked lobster, shrimp curry and crispy whole fish, may appear on the menu.

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**Earl's Tysons Corner—** With 63 existing locations across the US and Canada, Earl's Tysons Corner, a premium casual restaurant that offers dishes made fresh and from scratch, celebrated its grand opening October 14. Earls works with local suppliers and producers, where possible, offering a selection of seasonal menu items including a variety of pastas, seafood, chicken, ribs and steaks as well as burgers, sandwiches, a great wine selection and craft beer. **7902 Tysons One Place, McLean, VA**

**Chase the Submarine—** Beloved Vienna restaurateurs Michael Amouri (of Caffe Amouri) and husband-and-wife

chef duo Tim Ma and Joey Hernandez (of Water & Wall and formerly of Maple Ave Restaurant), celebrated their grand opening Wednesday, November 18, of latest project, Chase the Submarine, offering gourmet sandwiches, butcher shop and coffee shop for just 30 guests located at 132 Church Street (formerly Kiln & Co.). They opened their doors at 10:30 AM and sold out by 2 PM – a huge testament to how supportive the neighborhood has been to local area businesses. [Read More here.](#)

**American Tandoor—** Opened October 30 and offers dishes to reflect India's eclectic culinary heritage with the influences of

contemporary American dining. Karan Singh, the man behind American Tandoor, is a native of both the USA and India where he developed a passion and understanding of both cultures and their unique, abundant flavors. Lunch and dinner will be offered, Monday through Friday starting at 11:30 a.m. with brunch on the weekends running from 10 a.m. – 3 p.m. [More here.](#)

**Street Kitchen—** From the same folks at American Tandoor, this sister concept offers fast casual Indian, located just next door on the 2nd level of Tysons Corner Center. Menu features Dosas and Frankies. ♦

## TYSONS CONSTRUCTION PIPELINE



Building Name	Start Date	Completion Date	Land Use (RS, O, RT, H)
MITRE Building 4	Nov. 2013	Jun. 2016	RS: 0k O: 340k RT: 0k H: 0k
1775 Tysons Boulevard	Dec. 2013	Q1. 2016	RS: 0k O: 457k RT: 19k H: 0k
Garfield Scotts Run	Jun. 2014	Jan. 2017	RS: 476k O: 0k RT: 0k H: 0k
Adaire	Sep. 2014	Jan. 2017	RS: 412k O: 0k RT: 5.6k H: 0k
Capital One Headquarters	Jan. 2015	Q3. 2018	RS: 0k O: 950k RT: 25k H: 0k
Commons of McLean	Feb. 2015	Q2 2017	RS: 338k O: 0k RT: 0k H: 0k
7915 Jones Branch	Nov. 2015	Q2 2017	RS: 437k O: 0k RT: 2.5k H: 0k
The Residences At Tysons II	Q4 2016	Q3 2019	RS: 722k O: 0k RT: 0k H: 0k
The Boro Phase 1	Q2 2016	Q4 2018	RS: 945k O: 400k RT: 266k H: 0k
Dittmar Westpark Plaza	Q2 2016	Q4 2018	RS: 615k O: 0k RT: 13k H: 0k
Tysons West Phase 2	Q2 2016	Q2 2018	RS: 400k O: 0k RT: 50k H: 0k
Lennar Tysons Central	Q1 2016	Q3 2018	RS: 393k O: 400k RT: 15k H: 0k



RESIDENTIAL: 4.79 Million sf  
OFFICE: 2.55 Million sf  
RETAIL: 396,000 sf  
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BY MARCIA MCALLISTER

## TYSONS CORNER CENTER

### *Just Keeps on Growing*



*Surrounding the existing parking garage for Macy's, three new buildings will rise up facing International Drive. This includes a 20-story apartment building and a five-story one, plus a 12-story office building. The current four-story parking deck will be topped with a 2.8-acre amenity plaza that will link to the new buildings and mall. It will offer features like walking paths, gardens, children's play area and bocce ball courts, plus an option for shops and restaurants.*

Tysons Corner Center, one of the nation's largest and most dynamic shopping malls, has already become a mixed-use development showcase less than two years after the opening of one of the largest transportation infrastructure projects in America. For the first time, the Silver Line's heavy rail trains have connected this prime Northern Virginia location to downtown Washington and Virginia's high tech corridor.

Since the July 2014 opening of the rail line, a flagship Hyatt Hotel, Tysons Tower, a towering office building, and VITA, a luxury apartment structure, have opened. These structures surround a plaza that has hosted numerous community events and festivals and can be directly accessed from the shopping mall. The mall sits on 78 acres bordered by major highways, affluent residential communities and Class A office space.

Macerich, Tysons Corner Holdings LLC and its affiliates, own this prime real estate. In 2007, the property began a major expansion to transform the mall into a pedestrian friendly complex which would include a hotel, restaurants and office towers.



As owners of the center have said, the property located near the Tysons Corner Metrorail Station is directly tied to the station via a pedestrian bridge and has become a critical hub for District-Tysons bound commuters and for residents and tourists alike visiting the cultural attractions of downtown D.C. At the end of 2015 and through the middle of 2015, Tysons Corner Center owners convinced Fairfax County officials to approve the change to its 2007 approval of construction of approximately 3.5 million square feet on their site. It was a simple but complex change to what remains to be built.

For example, the newly approved plan will permit replacing a large surface parking lot outside the LL Bean site with a 19-story residential tower containing up to 342 units overlooking a community green to be built across from Bloomingdale's. Some units will be two-story and there will be a fitness center and swimming pool. The green will be used for play area and special events, walking paths and street trees. A new mall entrance will provide easy cut-through access from the residential building to the Metrorail station.

Additional retail space in the general area will serve residents of the new residential areas being built at the mall.

The plan includes three new buildings facing International Drive and surrounding the Macy's parking garage. These structures include a 20-story apartment building, a 12-story office and a five-level apartment building. The top of the existing parking deck will be topped with a plaza linking the mall and the buildings and will have options for shops, restaurants, children's play area and bocce ball courts.

According to plans approved by Fairfax County, "the continuous facade of these buildings will present a new architectural face to west" while screening the existing parking decks.

When the approved changes are built out, the Macerich site will include almost six million square feet of space. This includes the existing 2.4 million feet within the mall.

Tysons Corner Center generated about \$8.6 million in sales taxes to Fairfax County in 2014 and is estimated to have generated about \$95 million in property taxes for the county in the last decade. ♦

# SILVER LINE *tid bits*



## PAVING CHANGES

Dulles Corridor Rail crews continue to put finishing touches on Leesburg Pike in Tysons Corner. Pavement replacements continue as well as changes to access points to business and shopping areas to ensure all meet codes required by Americans With Disabilities Act.

In addition crews continue to work on the shoulders of portions of Dulles Connector Road/I-66.



## PEDESTRIAN TUNNEL AT DULLES

Crews are working on changes to the existing pedestrian tunnel at Dulles Airport to improve pedestrian accessibility to and from the main terminal and the future Dulles Airport Rail Station.

Meanwhile, excavations for the foundation for that future station continue.



## WHERE'S MY BUS?

Fairfax County and Dulles Rail teams have been briefing those who use the popular Herndon parking garage about changes taking place there because of rail construction. Significant signage is in place to direct drivers, pedestrians and users of the popular slug line about recent changes to bus pick-up spots at this busy garage area.



## STRADDLE BENTS COMING NEAR DULLES

Barriers, flaggers and signs are telling those using the eastbound lanes of the Dulles International Airport Access Highway how to navigate construction of aerial supports for the overhead guideway to carry future Silver Line trains moving in and out of the station.

Drivers can expect detours, closures and reduced lanes because of straddle bent construction that will be taking place into spring 2016. This work is taking place near where traffic now makes sharp right curve approaching the airport.



## BLASTING ALONG ROUTE 606

Hensel-Phelps, the Chantilly based contractor building the rail yard on the ground of Dulles Airport, will be doing blasting along a short segment of Route 606, a main connector between Route 28 and 50. Crews have encountered significant rock, or granite, in this area, and blasting is necessary to build the yard. Motorists should watch for signs.

This work is taking place at approximately 2 p.m. daily and will be done in compliance with a host of safety regulations. The blasting will cause short term closings (about 5 to 10 minutes) of Route 606. The area of this road impacted is near Commerce Center Court and Mercure Business Park. ♦





## SILVER LINE PHASE 2 CONSTRUCTION



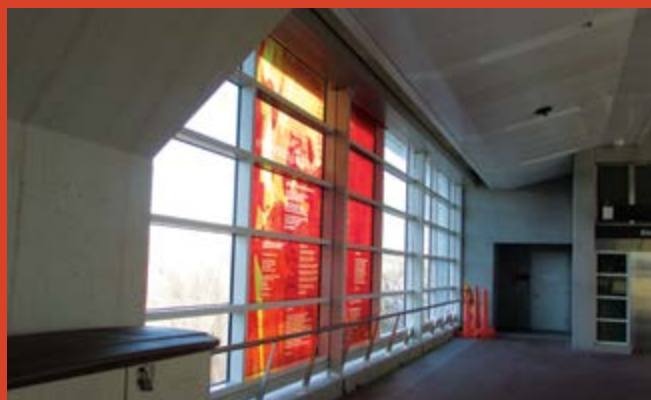
Construction of the infrastructure for the Silver Line at Dulles International Airport is well underway. The Silver Line will integrate air and rail travel at a critical economic hub in the Washington, DC region that serves over 20 million air passengers per year. The combined direct economic activity (business revenues) of Dulles International Airport is \$14.1 billion including aviation, capital programs, operations and maintenance expenditures and visitor industry spending.\* Photo by Jennifer Alcott.

\*[http://www.flydulles.com/sites/default/files/2012\\_economic\\_impact\\_study.pdf](http://www.flydulles.com/sites/default/files/2012_economic_impact_study.pdf)



Hand tunneling for utilities and installation of 34.5 KV duct bank.

## ART IN TRANSIT



The Art in Transit is now complete at the McLean Station.

## PUBLIC ART

### *Coming to Tysons Rail Stations*

Public artworks are soon to be in place at three of the Silver Line Metrorail stations in Tysons Corner. Preparations for installations of art at the McLean Station, the Greensboro Station and the Spring Hill Station began in late November.

Public art was installed on the facade of the Tysons Corner Station prior to the July 2014 opening of Phase 1 on the Silver Line from East Falls Church to Wiehle Avenue in Reston. Work is also underway to prepare for installation of art at the Wiehle-Reston East Station.

Installations will take place over varying times frames, depending on the complexity of the artwork.

The selected artists for the five Phase I Dulles Corridor Metrorail Stations are:

- McLean Station creation by Martin Donlin
- Tysons Corner Station creation by Ray King.
- Greensboro Station creation by David Dahlquist.
- Spring Hill Station creation by Barbara Grygutis.
- Wiehle Avenue Reston East Station Artwork creation by David Wilson.

Integrating public art into overall station designs enhances transit station development for transit users and pedestrians.

The artists and their creations were reviewed by a panel of community representatives and members from, the Fairfax County Arts Council, art and design professionals and representatives of the Metropolitan Washington Area Transit Authority and the Metropolitan Washington Airports Authority. Members included Doug Carter, Tim Davis, Luca Gori, Elizabeth Lodal, Howard Menaker, Marcia McAllister, Neil Nott, the late Ann Rodriguez, the late Robert (Bob) E. Simmon, Richard Stevens and Henrik Sundqvist. The panel, headed by McLean resident Lodal, reviewed 167 portfolio submissions, selected 15 artist finalists and recommended five artwork proposals for approval by the Metro Board.

That board approved five artwork proposals recommended by the Art Review Panel and authorized the WMATA general manager to enter into contracts with the selected artists, after each proposal was been reviewed by the Virginia Department of General Services' Art and Architecture Review Board. ♦



BY JAN KING

## WWW.MISMATCH.COM

Online dating. As easy as shooting fish in a barrel or as hard as shooting pool with a rope? You decide. Hey, I'm not saying that a girl can't get lucky and find a great guy. Sure it happens...about as often as Haley's Comet comes around. So instead of basking in the glowing head of newfound love, most of us get burned in the tail.

But not to worry, girlfriends. You can put away your Colt 38's. There is still hope! Would I leave you alone in this battlefield of loose cannons? Of course not. Read ahead and learn how to spot the red flags of online dating that will alert you to the pitfalls, the pratfalls, and the plotzes!

### The Profiles: Princes or Poseurs?

#### RED FLAG #1: PHOTOS

When you log on to a dating site, even before reading the bio, you need to look at that all-important photo. Remember a picture is worth 1,000 words. And like a hot sports car, a hot photo can get you a lot of mileage.

### Categories

#### 1. THE NO-SHOW

You're ready for the eye-candy, but you do a double take! The guy posted NO photo? What the hell is he thinking? Let's get this straight. You're on a dating site competing with thousands of other men, pulling out all the stops to attract a woman. It's your one shot, and it's crucial to make a good first impression. And, the best you can do is post a gray silhouette of a generic guy's profile? Whaaaaat?

Dude, you can't be serious! Any woman with even two functioning brain cells will immediately figure out that you're uglier than Gollum from Lord of The Rings. I mean, what other conclusion can you come to? If you won't even post a picture, even one that you took out of a Pottery Barn frame, than you've gotta' be hideous.

#### 2. THE OVEREXPOSURE

Then, there's the extreme opposite of the no-photo guy. He's the exhibitionist with a collage of photos that make the Kim Kardashian ass-selfies look like Mother Seaton. These are the men who are posed at the beach with their bathing shorts barely clinging to the lowest extremities of their hips. You can see his belly button, cut abs, hip-groin space and just about everything in Gray's anatomy but the twig and berries.

Hey, I'm not complaining. A lot of eye-candy is titillating after looking at all those asexual silhouettes. However, when the hot-bod hunk posts his age as 50, umm. Who's buying that? And if this does happen to be his true picture, then the next question is will he show up partially naked for your date? Does he own a shirt? Will he take you on a gym date where he spends the whole time seated in front of a mirror flexing his pecs, abs, and those other parts that are almost visible?

#### 3. THE PETA OP

If a guy posts multiple photos of himself surrounded by his pets, be wary. There's always the de rigueur shot of them playing ball in the backyard, the one wearing identical Christmas sweaters, the doggie birthday party, and the big red flag—the one of them spooning in bed. Sure, it can be argued that the photos show a sensitive, caring, pet lover, but you've got to ask yourself these questions:

Where are his people friends?

continued on page 158



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Chantilly/Dulles  
14063 Willard Rd | Chantilly, VA 20151  
703-953-3449 | [www.qualityusedtires.com](http://www.qualityusedtires.com)

[WWW.MISMATCH.COM](http://WWW.MISMATCH.COM)

continued from page 157

Do he and Fido spend every birthday alone celebrating each other?

Is this an indication that the guy has too much time on his hands?

What's the story with the dog in his bed?

I'll leave these and other questions for you to chew over.

#### 4. THE BAIT AND SWITCH

This shyster posts a photo of himself standing on a dock in front of a big, fabulous yacht. Right away you're thinking "Oh boy, I might win the lottery here." Take a closer look. His boat is the one next to the yacht. Yeah, the little one with the 15 h.p. outboard motor. I would advise that this photo is a pretty accurate confirmation that this guy has a little dinghy! Don't waste your time. I can also guarantee that any date you go on will end with a "failure to launch." ♦

\*\*I know you're clamoring for more advice, so stay tuned. Next issue I'll be schooling you in how to read between the lines in the bios!

**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](http://www.jankingauthor.com)

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**TYSONS**  
MAGAZINE



# BRIDGE CLUB

## EVEN DISPOSITION

♠ Q 9 6 4 3

♥ —

♦ A 7 6 5

♣ K 9 8 7

♠ A 10 8 7 5

♥ A 3

♦ K J 2

♣ A J 6

West	North	East	South
	pass	pass	1 ♠
2 ♥	3 ♥	pass	4 ♣
pass	4 ♦	pass	5 ♠
pass	6 ♠	all pass	

West leads the king of hearts. Plan the play.  
Answer on page 160.

## BIDDING QUIZ

### YOU HOLD:

♠ K J ♥ K Q J 10 2 ♦ Q 8 3 ♣ Q 10 2

You deal and open one heart, and your partner responds on espade. The opponents pass. What do you say?

**ANSWER:** Don't rebid two hearts, even though you have 100 honors, since you'd guarantee a six-card suit. You're never forced to rebid two hearts in this sequence with only five; you'll always have an alternative. Bid 1NT, promising 12 to 15 points with balanced distribution.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 13.

SOMETIMES IT IS BETTER  
TO BE KIND THAN TO BE  
RIGHT. WE DON'T NEED  
AN INTELLIGENT MIND  
THAT SPEAKS, BUT A  
PATIENT HEART  
THAT LISTENS.

Unknown

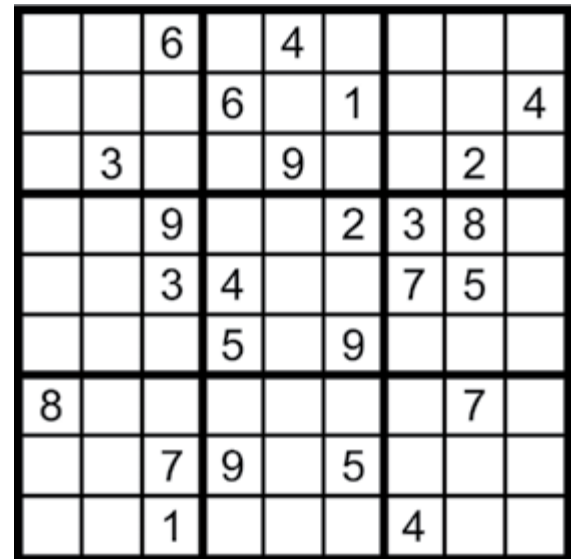
## HOW TO SOLVE SUDOKU PUZZLES

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 on this puzzle is medium.



HOW FAR YOU GO IN LIFE DEPENDS ON YOUR BEING TENDER  
WITH THE YOUNG, COMPASSIONATE WITH THE AGED,  
SYMPATHETIC WITH THE STRIVING AND TOLERANT OF THE  
WEAK AND STRONG. BECAUSE SOMEDAY IN YOUR LIFE, YOU  
WILL HAVE BEEN ALL OF THESE.

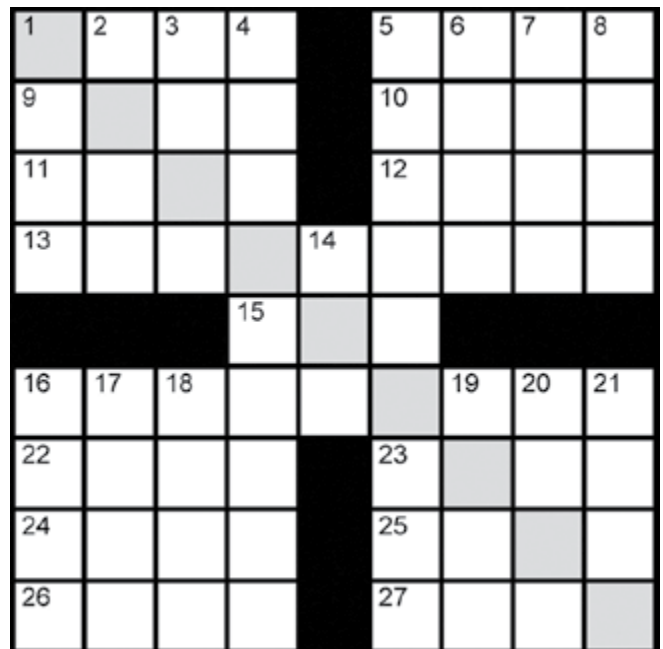
George Washington Carver,  
American scientist and inventor

## A FIX FOR A FLIP

### CROSSWORD CLUES

#### ACROSS

1. Hoopla
5. Petty quarrel
9. Make, as money
10. Nobel Peace Prize city
11. Came to rest
12. Employed
13. Rued
15. \_\_\_ Wednesday
16. Decompressing a zip file
22. Presently
23. Hydrox alternative
24. Philatelist's purchase
25. Fibber
26. Molt
27. Catch sight of



#### DOWN

1. Try, as a case
2. Its motto is "Lux et veritas"
3. Snob
4. Boarded
5. Antarctica

6. "Check this out!"
7. Sheltered, at sea
8. Mrs. Lincoln's maiden name
14. Clairvoyance, e.g.
16. Mail carrier, for short

17. Ark builder
18. Area
19. Colored eye part
20. \_\_\_ tide
21. Bloody





## SUDOKU Answers

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

## CROSSWORD Answers

H	Y	P	E		S	P	A	T
E	A	R	N		O	S	L	O
A	L	I	T		U	S	E	D
R	E	G	R	E	T	T	E	D
			A	S	H			
U	N	Z	I	P	P	I	N	G
S	O	O	N		O	R	E	O
P	A	N	E		L	I	A	R
S	H	E	D		E	S	P	Y



## BRIDGE CLUB SOLUTION

## EVEN DISPOSITION

♠ Q 9 6 4 3

♥ —

♦ A 7 6 5

♣ K 9 8 7

♠ K J

♥ K Q J 10 2

♦ Q 8 3

♣ Q 10 2

♠ 2

♥ 9 8 7 6 5 4

♦ 10 9 4

♣ 5 4 3

♠ A 10 8 7 5

♥ A 3

♦ K J 2

♣ A J 6

West	North	East	South
	pass	pass	1 ♠
2 ♥	3 ♥	pass	4 ♣
pass	4 ♦	pass	5 ♠
pass	6 ♠	all pass	

Opening Lead: ♥ K

'I cut Grapefruit at rubber bridge today,' Ed (the best player in our club) told me. As I have mentioned, Grapefruit has a perfectly even disposition: always sour.

'On the first deal,' Ed related, 'he bid like a madman, and I was lucky to go down only one. Grapefruit growled that I could've made the hand three different ways. This was the next deal.'

Ed showed me the layout. 'I ruffed the first heart in dummy and led a trump to my ace. Next I led the ace of hearts and 'absent-mindedly' ruffed it.'

'What did Grapefruit say to that?' I asked.

'Nothing I'd repeat,' Ed said. 'When I led a trump next, West was endplayed. If he led a minor, I'd get four tricks there; if he led a heart, I'd ruff in dummy, pitch a club, take the top clubs, ruff a club and throw a diamond on dummy's last club.'

'If you discard on the ace of hearts,' I said, 'you can't make it. Well done!'

'Grapefruit didn't think so,' Ed sighed. 'He muttered that God must look out for fools and his partners.'

Excerpts taken from: Frank Stewart's *Bridge Club*. Pages 9 and 13.

YOU CAN ONLY GROW IF YOU'RE WILLING  
TO FEEL AWKWARD AND UNCOMFORTABLE  
WHEN YOU TRY SOMETHING NEW.

Brian Tracy

Well known advisor in business and personal subjects

IF YOU DO WHAT YOU'VE  
ALWAYS DONE, YOU'LL GET  
WHAT YOU'VE  
ALWAYS GOTTEN.

Tony Robbins, self-development  
author and speaker



# SUPER SUNDAY IS FEBRUARY 7

When you're looking for the perfect venue to celebrate with friends, the Tysons area has plenty of local options to feed a hungry crowd and enjoy the action on a big screen. Be sure to support our independent eateries for your super party.

## **BJ's Restaurant and Brewhouse**

8027 Leesburg Pike  
Vienna, VA 22182  
703 356-7305  
bjsrestaurants.com

## **Chef Geoff's**

8045 Leesburg Pike  
Vienna, VA 22182  
571 282 6003  
chefgeoff.com

## **Chics n' Wings**

8119 Watson Street  
McLean, VA 22102  
703 847-2442  
chicsnwings.com

## **Clyde's**

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

## **Glory Days**

Pan Am Shopping Center  
Fairfax, VA 22031  
703 204-0900  
glorydaysgrill.com

## **Grevey's**

8130 Arlington Blvd.  
Falls Church, VA 22042  
703 560-8530  
greveys.com

## **Ireland's Four Provinces**

105 W Broad Street  
Falls Church, VA 22046  
703 534-8999  
4psva.com

## **Iris Lounge**

1524 Spring Hill Road  
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(703) 760-9000  
irisloungeva.com

## **Neighbor's**

262 Cedar Lane  
Vienna, VA 22180  
(703) 698-8011  
neighborsrestaurantva.com

## **O'Malley's Irish Pub and Restaurant**

Crowne Plaza  
1960 Chain Bridge Road  
McLean, VA 22102  
703 738-3134  
omalleyspub.com

## **Open Road Grill and Icehouse**

8100 Lee Highway  
Falls Church, VA 22042  
571 395-4400  
ppenroadmerrifield.com

## **Paddy Barry's Irish Pub and Restaurant**

8150 Leesburg Pike  
Vienna, VA 22182  
703 883-2000  
paddybarrysva.com

## **Paladar Latin Kitchen and Rum Bar**

1934 Old Gallows Road  
Vienna, VA 22182  
703 854-1728  
paladarlatinkitchen.com

## **Sergio's Spuntini Wine Bar**

(at Ristorante Bonaroti)  
428 Maple Avenue East  
Vienna, Virginia 22180  
703 281-7550  
ristorantebonaroti.net

## **The Tavern at Great Falls**

Great Falls Center  
Shopping Center  
9835 Georgetown Pike  
Great Falls, VA 22066  
703 757-4770  
greatfallstavern.com

## **Vienna Inn**

120 Maple Avenue East  
Vienna, VA 22180  
703 938-9548  
viennainn.com



## JANUARY



**CAPRICORN:** It's a wonderful time to consider how you've wanted to spruce up your look. A new hairstyle or wardrobe can give you a vibe that others find captivating.



**AQUARIUS:** Career news looks bright. This will be an ideal time to reach for a promotion, launch a business, or go after whatever will help to enhance your reputation.



**PISCES:** You'll soon be able to assert your worth on the job and reclaim confidence in your earning power. Use this feeling to correct any financial mistakes made last year.



**ARIES:** Your positive outlook will increase your confidence and effectiveness in the new year. Remember the feeling and be sure to cultivate it in spite of any situations.



**TAURUS:** Avoid being convinced that one tweaking of your work process is too mundane to have any effect. Sometimes tiny improvements add up to big improvements.



**GEMINI:** A work project with incredible potential will begin soon, but check for something that needs to be reworked before you can demonstrate your true talents.



**CANCER:** Beware of allowing simple misunderstandings to grow into something else. Focus on clear communication and cooperation with co-workers and at home as well.



**LEO:** Watch for it. A period of profound realizations and rapid-fire breakthrough thoughts is coming over you. Don't be convinced that each one is right without changes.



**VIRGO:** The first month of 2016, the Year of the Monkey, will be dynamic. Januaries are always periods of powerful creative influences, but this year will stand out for you.



**LIBRA:** You have wished for a fresh start and now you could have it in business or in your personal life. There will be no limitations about what you can set into motion.



**SCORPIO:** Experiences that you prefer to forget have been bubbling up. But you are ready for a psychological fresh start and won't allow your past to hold you back.



**SAGITTARIUS:** As the new year begins, you finally have clarity about which way to go in a family decision. Of course, you'll have to convince your partner that you're right.

## FEBRUARY



**AQUARIUS:** If someone wants to form a partnership with you, they'll have to give you plenty of leeway. Otherwise, the alliance won't be worth your time. Consider it carefully.



**PISCES:** Every effort you make this year will be rewarded in due course. Making a living, relationships, and everyday life take a lot of work. This year you'll be appreciated.



**ARIES:** If you have the opportunity to take a business trip, attend a workshop or go to a seminar, don't hesitate. Think of the new ideas and the networking opportunities.



**TAURUS:** Because Taurus people are famous for not liking big changes in their lives, consider how wise it would be to get a physical. Any conditions can be handled now.



**GEMINI:** When you want a vacation at the same time the kids are at summer camp, better get the arrangements for camp and for your vacation started right away.



**CANCER:** Do you feel it coming? When you feel a change is in the offing, it might give you a feeling of uncertainty. With your skills and capabilities, know that you'll do well.



**LEO:** You've got the talent, you've got the guts and your initiative is high. What are you worried about? Your goals will be achieved, maybe not right now, but before long.



**VIRGO:** If you're think that helping co-workers will encourage them to support your ideas or projects, don't count on it. They'll still make independent decisions.



**LIBRA:** A lot of guys are born under the Libra sign, and some still think it's "Lucky Libra." Avoid counting on luck for Valentine's Day. Trade candy or flowers for a kiss instead.



**SCORPIO:** Are you stingy with your holiday pictures or just neglecting to send something to a relative, friend or your boss? Come on, you aren't too busy to do that.



**SAGITTARIUS:** Realize that your favorite pet will not live as long as you will. Enjoy your dog or cat every day and provide good care. Don't be overwhelmed at the end.



**CAPRICORN:** You are extra sensitive and susceptible to other people's moods. Try not to fall into this trap. Maintain a mental separation between you and others.

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