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## FEATURES



## THE METRO'S MAGNIFICENT MURAL

*by Keith Loria*

The internationally acclaimed Lawrence Atoigue, known as Naturel in the art community, has been working on a 20 foot by 78 foot mural that will be a focal point for the Silver Line Metro Station. And while snow has slowed him down a little, the project is expected to be complete by the time this issue goes to press.



## VIENNA PRESBYTERIAN CHURCH

*by Charles S. Donnavan*

Those who live in and around Vienna know Vienna Presbyterian Church (VPC) to be an institution of the area—both for its services and youth programs, groups and networks. VPC is “a light in the community and continually tries to be a larger light.”

THE TYSONS  
HOME & DESIGN SHOWCASE

Choosing the right contractor or design firm to make improvements on your home can be messy. Narrow your scope and start with a list of the best.

PUBLISHER'S TOP 12  
DISHS IN TYSONS*by Johnny Hanna*

Would you like to know a place where the duck is superb? In the mood for stuffed grape leaves or a delicious pork chop? Our publisher has the short list for his favorite restaurants in Tysons and recommends the dish that will keep you coming back.





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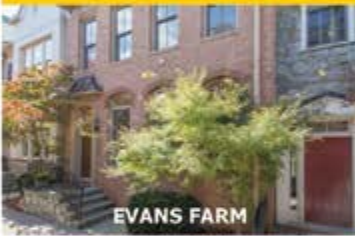
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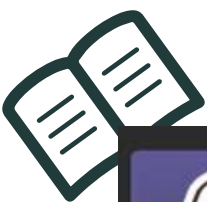
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# DEPARTMENTS



&lt;...

14 LETTER FROM  
THE PUBLISHER

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

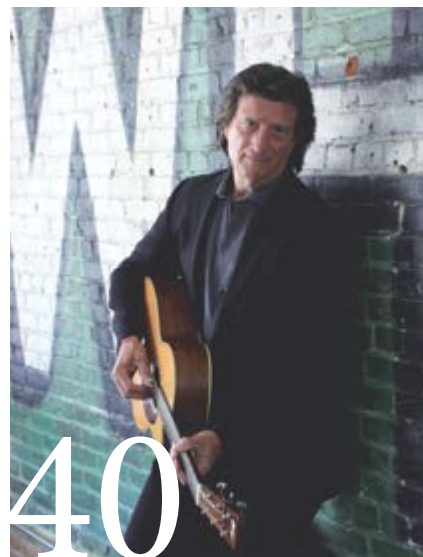
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ART 42  
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66 AROUND TOWN  
Tune in to the latest store  
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76 TYSONS HOME  
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re-invented split level.





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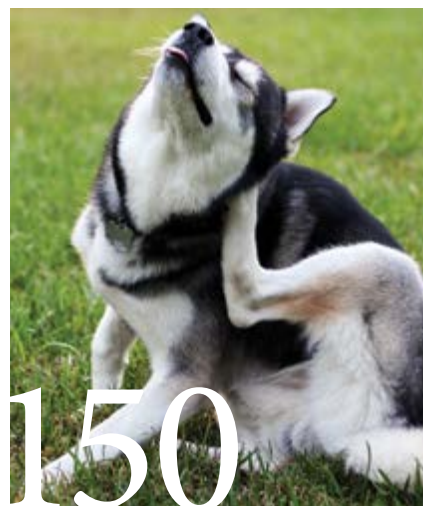
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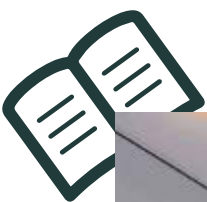
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THE MAGAZINE FOR TYSONS • GREAT FALLS • MCLEAN  
VIENNA • OAKTON • FALLS CHURCH  
MARCH // APRIL 2016

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Great Falls Whole House Makeover project by Sun Design Remodeling, An Architectural Design-Build Firm.

Photo credit: Greg Hadley.





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## Here's What's Happening at MCC

**Onstage @ The Alden**  
**"Sideways Stories from**  
**Wayside School"**  
 Sat. and Sun., March 5-6  
 and 12-13, 3 p.m.

**Old Firehouse Teen Center**  
**Spring Break Trips**  
 Monday, Mar. 21-Friday, Mar. 25  
 For 5th-9th Graders

**Spring Fest**  
 Saturday, Mar. 26  
 10 a.m.-Noon

**Onstage @ The Alden**  
**U.S. Navy Commodores**  
 Saturday, Apr. 2, 8 p.m.

**Old Firehouse Teen Center**  
**Glow Party**  
 Friday, Apr. 15, 7-9 p.m.

**Spring Community**  
**Garage Sale**  
 Saturday, Apr. 16, 9 a.m.-1 p.m.

**Onstage @ The Alden**  
**New York Neo-Futurists**  
**"Too Much Light Makes**  
**the Baby Go Blind"**  
 Saturday, Apr. 16, 8 p.m.

**Take a Day Away**  
**Petersburg, Virginia**  
 Wednesday, Apr. 20

**Mermaid Theatre of**  
**Nova Scotia's**  
**"Goodnight Moon and**  
**Runaway Bunny"**  
 Saturday, Apr. 23, 2 p.m.

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Jasmine Hanna

## IT'S TYSONS. *Tysons, Virginia.*

How about that snow storm last month? It was unlike anything I've seen in my time in the Old Dominion. As bad as it was, experts say it could have been much worse. It crippled us mostly on the weekend and, amazingly, we experienced very few power outages. Can you imagine being held hostage at home with no TV or internet? Yikes! Luckily, Spring is right around the corner.

Now is the season for change and renewal—and home improvements are at the top of our list! Please consider our area's top home improvement, design, and decorating experts in our Tysons Home and Design section.

Vienna Presbyterian Church has long been an institution in our area. Known affectionately as VPC, it is a "light in the community" and serves countless local residents with its many outreach programs—a true resource for the heart and soul. Charles Donnavan shares its history.

Art is an important part of our local culture, and more of it is coming to Tysons! Greensboro Station is getting a new mural by internationally acclaimed



artist, Lawrence Atoigue. Thanks for the story, Keith...and for introducing us to Hillary Steel and her beautiful, hand-woven pieces. Lucky us!

"Hello Muddah...Hello Faddah..." It's time to start thinking about camp. We have some amazing opportunities for our area's youth. Bonnie shares a selection of summer programs to consider—be sure to reserve early, they fill up fast!

There's nothing like having a mechanic you can trust. Since I met Billy Hughes and Scott Stauffer of C & C Garage in Vienna, my automotive nightmares are over! I take my car to Scott, and he calls me when it's fixed. Trust, integrity, honesty—never a doubt with them! Life is easy...thanks guys!

I know very few people who don't have a friend or family member who struggles with addiction. Meet Dr. Vanessa Vergnetti and the Sagebrush Addiction Center she founded seven years ago. Help is here.

Because dining is so important to community (and extremely important to me), we bring you some of our 12 favorite dishes for your enjoyment. Rick brings us the tale of the DeChiara family and Nicky's extraordinary story of gratitude and family devotion. Allison Chase reviews Thai Noy and takes us on a journey to Thailand. Plus, Linda Barrett unlocks the secrets of Sommeliers. Thanks to all of you!

Jan King is at it again. This time, she takes on online dating with her article *Shoveling Through the Bio Sheet*. Jan, you are too funny!

There are plenty of activities this Spring. Don't forget the Taste of Vienna in April, the May Day celebration in McLean, and remember mom on Mother's Day. (Hey mom, *I miss you so much!*)

Cheers!





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# SELECTED EVENTS

APRIL 22  
The Barns at Wolf Trap

## MARCH 4

### THE ALTERNATE ROUTES

*The Barns at Wolf Trap 8pm*  
\$22 adv./\$25 day of show  
The Alternate Routes are passionate guitar rockers who write anthemic rock & roll songs and folk-tinged Americana storytelling tunes. Capturing attention around the nation, enjoy fan favorites

like "Nothing More," which was featured on The Late Late Show with Craig Ferguson and recently in the 2015 TOMS Shoes' commercial, when they return to Wolf Trap.

## MARCH 5

### CHRIS SMITHER

*The Barns at Wolf Trap 7:30pm \$25-\$27* Fingerstyle guitar wizard, named "one of the absolute best singer-songwriters in the world" (Associated Press), showcases his rollicking songbook of "clever blues-based folk tunes" (The Washington Post). One of his best known compositions is the classic "Love You Like A Man," famously covered by Bonnie Raitt and, more recently, by jazz great Diana Krall.

## MARCH 10

### AUSTIN LOUNGE LIZARDS

*The Barns at Wolf Trap 8pm \$25-\$27* Texas's favorite satirists return with their arsenal of "imagination, wit, and craft." (*Los Angeles Times*) Don't miss their lively blend of country, bluegrass, and

folk, plus hilarious lyrics spoofing everything from politics to romance. Armed with an eclectic alt-country and folk sound with pointedly satirical lyrics, the self-described "most laughable band in show business" has dedicated itself to the art of spoofing sex, politics, and the countless absurdities of life through song.

### BRAD ROBERTS (CRASH TEST DUMMIES)

*Jammin' Java 7:30pm \$18-20* Five years ago, Brad Roberts put out a tenth Crash Test Dummies record, did a handful of small, memorable shows, and then decided to call it quits. "I had no intention of returning to music, besides little side projects like the mantra record," he says. But Roberts became restless. "I used to see touring as a necessary evil. Back then, what I really wanted to do was make records. However, I got better over the years at performing—despite myself. Now I've come full circle. It's the live experience I cherish

most." Roberts decided to call his agent and see if there would be any interest in Brad Roberts as a solo act. There was. "I'm going to pull some old material out of the proverbial hat," he says. "I'm looking forward to reinventing it."

## MARCH 11

### ARIEL QUARTET

#### Chamber Music at the Barns

*The Barns at Wolf Trap 7:30pm \$35*  
REPERTOIRE:  
Haydn: Quartet in B-flat major, Op. 76, No. 4  
Beethoven: Quartet in F minor, Op. 95, "Serioso"  
Brahms: Quartet in A minor, Op. 51, No. 2  
Winners of the 2006 Fischoff National Chamber Music Competition, this young Israeli quartet has earned a glowing international reputation for its "blazing, larger-than-life performance[s]" (*The Washington Post*).

CONTINUED ON PAGE 18

## LOCATIONS

### THE BARNS AT WOLF TRAP

1635 Trap Rd., Vienna  
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**MARCH 18**  
The Barns at Wolf Trap

Courtesy of Wolf Trap

**MARCH 11**

### SUB-RADIO STANDARD ALBUM RELEASE SHOW

*Jammin Java 6pm \$15-22*

The myth of the phoenix, which ignites and is reborn from its own ashes, seems to have been written for Sub-Radio Standard. Not only were they themselves formed from the disparate pieces of former bands, but their music explores that same theme—finding ecstatic highs out of the shuddering lows of life, brought out by thundering crescendos and a spirit of catharsis. With distinctively powerful vocals and focused songwriting beyond their years, Sub-Radio Standard is bringing a rebirth to the standard pop rock song. The band seems to shift between genres and arrangements effortlessly, all the while crafting a coherent sound. Songs like album closer “Interior Lighting” illustrate SRS’s signature style—shimmering guitars, melodic piano, and instantly recognizable vocals, building to an explosive finish.

**MARCH 12**

### MOVING AND LEARNING: CREATIVE MOVEMENT

**Experiences for the Infant/  
Toddler Classroom**

Maria Tripodi, Wolf Trap  
Master Teaching Artist  
*The Center for Education at Wolf  
Trap 10am \$25*

Transform your daily curriculum by incorporating basic dance concepts that stimulate arts-based learning in the classroom. With the aid of music, children’s literature, and imagination, participants will be inspired to create movement-based experiences that will enhance all areas of development in our youngest learners.

### PITTSBURGH’S OWN JOE GRUSHECKY AND THE HOUSEROCKERS

*Jammin Java 7:30pm \$18-20*

Joe Grushecky’s music has stood the test of time. For 30 years, publications such as *Billboard*, *Rolling Stone*, *Village Voice*, *No Depression*, and countless others have

hailed him as one of rock & roll’s most talented singer-songwriters.

In 1979, *Rolling Stone* magazine crowned his band’s, the Iron City Houserockers, first album *Love’s So Tough* the “debut record of the year.” Acclaimed rock writer Jimmy Guterman, named their second album, *Have a Good Time (But Get Out Alive)* as one of the 100 best rock & roll records of all time! Legendary guitarist and Rock Hall of Famer Steve Cropper produced *Blood on the Bricks*. Rock superstar and Hall of Famer, Bruce Springsteen produced *American Babylon* in 1995 and continues to perform with the band and write with Joe, including the Grammy-winning *Code of Silence*.

**MARCH 14**

### MATT ANDERSEN & THE BONA FIDE

*Jammin Java 7:30pm \$15*

With over 5 million views on YouTube, independent sales over 30,000 albums, a 2013 European Blues Award, and winning Best Solo Performer at the Memphis Blues Challenge, it appears

that the entire world is now discovering Matt Andersen. A powerhouse performer with a giant soul-filled voice and commanding stage presence, Matt has built a formidable way – touring worldwide and letting the converted audiences and Andersen devotees spread his reputation through word of mouth. In addition to headlining major festivals, clubs, and theatres throughout North America, Europe, and Australia, he has shared the stage and toured with Bo Diddley, Buddy Guy, Greg Allman, Tedeschi Trucks Band, Randy Bachman, Little Feat, America, Loverboy, Jonny Lang, Serena Ryder, and Beth Hart.

**MARCH 17**

### ALAN KELLY GANG

*The Barns at Wolf Trap 8pm  
\$25-27*

Called “absolutely fantastic” by the BBC and “a pristine polished gem” by *The Irish Times*, these instrumental virtuosos, fronted by Ireland’s piano accordion maestro (Kelly), present buoyant harmonies from the Emerald Isle that will draw even fainthearted listeners into their passionate performances. Don’t miss this acclaimed ensemble on St. Patrick’s Day! “Alan Kelly is fast becoming a national treasure. The piano accordion maestro has assembled a group—or gang—around him, who can complement his own amazing skills. See these guys as soon as you get the chance.”

—*Irish Music Magazine*

**MARCH 18**

### THE STEELDRIVERS

*The Barns at Wolf Trap 8pm  
\$27-\$30* Experience “acoustic music with an edge” (NPR) from this Grammy-nominated bluegrass quintet. With “tough, soulful vocals that straddle the worlds of soul and backwoods country with remarkable aplomb” (*American*



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Songwriter), their innovative compositions and new album, *The Muscle Shoals Recordings*, are a must-hear. Creating a fusion of bluegrass and soul, The SteelDrivers' veteran lineup includes Richard Bailey (banjo), Mike Fleming (bass/vocals), Brent Truitt (mandolin), Tammy Rogers (fiddle/vocals), and Gary Nichols (guitar/vocals).

MARCH 21

### BEN OTTEWELL (GOMEZ)

*Jammin Java* 7:30pm \$15

As a singer and lead guitarist in the rock band Gomez, Ben Ottewell is well known for his unmistakable voice and talent for blistering and inspired guitar solos. Rolling Stone declared, "Gomez's not-so-secret weapon is Ben Ottewell." And as *GQ Magazine* once wrote and anyone listening can attest, "[his] voice is not of this world."

Ottewell released his first solo album *Shapes & Shadows* (ATO) in 2011, featuring such beautiful acoustic tunes as "Blackbird," "Shapes and Shadows," and "Take This Beach," which appeared on FX's *Sons of Anarchy*. Since then, Ottewell has been pleasing audiences with a series of successful solo tours across the UK, US, and Australia.

MARCH 23

### MARK O'CONNOR'S "AMERICAN CLASSICS DUO" FEAT. MAGGIE O'CONNOR

*Jammin Java* 7:30pm \$25

A product of America's rich aural folk tradition as well as classical music, Mark O'Connor's creative journey began at the feet of a pair of musical giants, Benny Thomasson and Stephane Grappelli. At age 13, O'Connor was the youngest person ever to win national fiddling competitions competing against all ages, amateur and professional. He is still the only person to ever win

# ALAN KELLY GANG



Courtesy of Wolf Trap

national titles (open to all ages) on fiddle, guitar, and mandolin and he won a record-breaking six CMA Musician Of The Year awards.

MARCH 24 AND  
MARCH 26

### THE SECOND CITY FULL LOADED

*The Barns at Wolf Trap*  
Thursday 8pm, Saturday 7pm  
and 9:30pm \$27

Fresh, fast, and always spectacularly funny, The Second City brings you satire with all the bells and whistles. Featuring hilarious sketches made famous by Second City luminaries like Tina Fey, Steve Carell, and Stephen Colbert, the Fully Loaded tour presents new scenes straight from its sold-out shows in Chicago and Toronto. With 11 full-time touring ensembles and resident theatres in Chicago and Toronto, The Second City performs raucous improvisational comedy sketches that have entertained audiences for more than 55 years.

CONTINUED ON PAGE 21



Courtesy of Wolf Trap

2PM & 7PM

MAR  
20

## THE OAK RIDGE BOYS

### Celebration Tour

*The Barns at Wolf Trap* 2pm and 7pm \$55 Hear the Grammy-winning legends whose distinctive and recognizable sound has contributed to more than 40 country and gospel albums, featuring chart-topping hits like "Elvira," "Bobbie Sue," and "American Made." Cherished for their "impeccable harmonies" (NPR), The Oak Ridge Boys originally started out in Knoxville, Tennessee in the late 1940s as the Oak Ridge Quartet. The band's current lineup includes Duane Allen (lead), William Lee Golden (baritone), Richard Sterban (bass), and Joe Bonsall (tenor).





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MARCH 25

**LAWRENCE BROWNLEE, TENOR**  
**KIM PENSINGER WITMAN, PIANO**

**Chamber Music at the Barns**

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

Join the Wolf Trap Opera Alum who has become “one of the world’s most elegant, exciting, and acclaimed Rossini tenors” (*NPR*), as he returns to The Barns for an intimate recital with Kim Pensinger Witman. “His sound has warmth and bloom, with a quick, ardent vibrato. He soars easily up to ringing top notes, high C’s and even higher. Mr. Brownlee’s singing is a model of bel canto style.”

—*New York Times*

MARCH 26

**AN EVENING WITH DAVID WILCOX**

*Jammin Java 6:30pm \$30*

From songs like “Guilty By Degree” and “Bail My Boat,” where the writer finds himself navigating the shoals of life, through “It’ll Work On You,” where he slyly uses a story about cars to describe the therapy of songwriting, to the haunting finale of “Single Candle,” the songs on blaze create a path that Wilcox invites you to follow. As Wilcox describes that last song, “Single Candle” is about Martin Luther King and the words that struck a match and lit a flame that is still bringing light to the world. “This song is my way of making peace with how little each one of us can do. No single match burns for very long, but it is enough.”

MARCH 30–31

**BLACK VIOLIN**

*The Barns at Wolf Trap 8pm \$27–\$32* Combining classical music with hip-hop beats, Black Violin is an innovative violin/viola duo that defies boundaries with spellbinding vocals and high-energy compositions. Accompanied



**MARCH 30–31**  
**The Barns at Wolf Trap**



Courtesy of Wolf Trap

by their band, featuring a turntable wizard and skilled percussionist, the group has performed for captivated fans all over the world. Experience their groundbreaking virtuosity, including songs from their highly charting new album, *Stereotypes*.

MARCH 31

**LAURENCE JUBER**

*Jammin Java 7:30pm \$23–20*

Laurence Juber, lead guitarist from Paul McCartney’s Wings, is a world-class guitar virtuoso solo performer, recording artist, composer, and arranger. His playing fuses folk, jazz, blues, pop, and classical styles, creating a multi-faceted performance that belies the use of only one instrument. He has released over 20 albums, including *LJ Plays The Beatles*, which was voted one of *Acoustic Guitar Magazine*’s all-time Top Ten. “The melodies, textures, and harmonies he coaxes out of an acoustic guitar are absolutely spellbinding.”  
—*Michael Molenda, Guitar Player Magazine*

CONTINUED ON PAGE 22



Courtesy of Wolf Trap

8 P.M.

**SEAN WATKINS**  
**SOLO DEBUT**

*The Barns at Wolf Trap 7:30pm \$20–\$25*


Sean Watkins co-founded Nickel Creek when he was just 12 years old, kickstarting a career that’s taken him from the Grammy Awards to the top of the bluegrass charts—and made him an award-winning guitarist, singer/songwriter, and member of several bands. Now after a 25-year career, Watkins is throwing his full energy behind a self-penned new album, *All I Do Is Lie*.







Courtesy of Wolf Trap

 **APRIL 1**  
The Barns at Wolf Trap

APRIL 1

## CHAD & JEREMY

*The Barns at Wolf Trap*  
8pm \$30-35 Part of the 1960s British Invasion that stormed the U.S. charts, this folk rock duo possesses “a subtlety and sophistication unmatched among their contemporaries.” (*Billboard*) Relish in favorites like “Yesterday’s Gone,” “Summer Song,” and “If I Loved You.” Their sublime pop-folk style has endured the test of time and remains relevant today, influencing musicians from ’70s acoustic legend Nick Drake to indie pop’s Belle and Sebastian.

APRIL 2

## HEATHER NOVA

*Jammin Java* 6:30pm \$20-25 Nova’s self-penned songs have always been raw and emotional, frequently injected with cool pop melodies, a combination which often had her falling through the cracks between genres. This both helped and hindered her. The *London Evening Standard* recently called her “one of pop’s most enduring enigmas” for good reason. She has always made her own way and has had little regard for the current trends. “The Way it Feels” is her 9th studio album and is perhaps her best to date. It is imbued with an atmosphere that feels both natural and yet somehow otherworldly.

There are echoes of Americana, a bit of dark folk—a banjo and some pedal steel here and there—but it still feels very much like a Heather album with her distinctive vocals and great songwriting at its core.

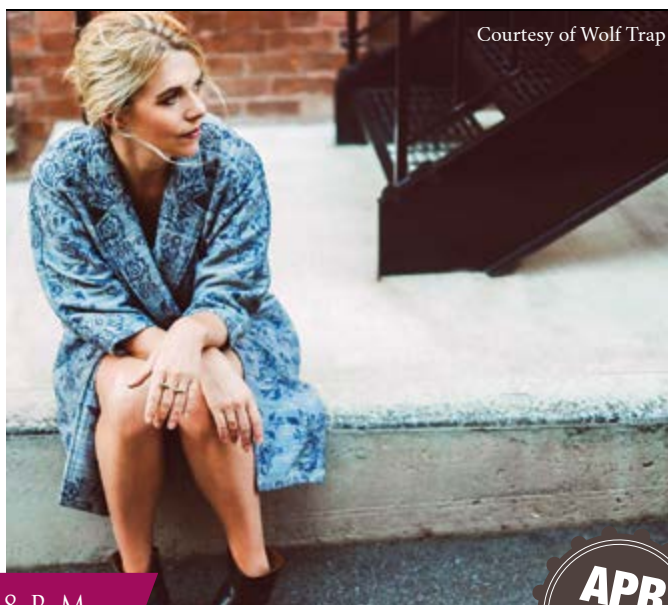
APRIL 3

## CARRIE RODRIGUEZ “THE SCARED HEART TOUR”

*Jammin Java* 7:30pm \$20 For Carrie Rodriguez and her musical partner Luke Jacobs, 2013 was an adventurous and revealing year. Putting over 14,000 miles on a rental van, the duo traveled coast to coast across the US in support of

Rodriguez’ acclaimed *Give Me All You Got*. The album was well received by critics and fans alike reaching no. one on the Americana radio charts. Rodriguez and Jacobs also took their live show to Sweden, Norway, Germany, Italy, and the UK where in a glowing review of their performance the *London Times* noted, “Both performers engaged the audience with their personalities as well as their music...as they progressed on a richly rewarding journey.” Jacobs’ laid back vocals, blue-collar songs, and soulful pedal steel playing have proven to be the perfect compliment to Carrie’s passion and intensity.

CONTINUED ON PAGE 24



8 P.M.

## AOIFE O'DONOVAN WOLF TRAP DEBUT

*The Barns at Wolf Trap* 8pm \$22-\$25 The “next Americana celebrity” (*The Guardian*) and regular *A Prairie Home Companion* performer brings her introspective new album, *In the Magic Hour*, to the stage. Aoife O'Donovan, who is also the lead singer of the captivating bluegrass outfit *Crooked Still*, has collaborated with musical heavyweights including Alison Krauss, Chris Thile, Punch Brothers, the Milk Carton Kids, and Yo-Yo Ma.





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APRIL 7

**COMMANDER  
CODY & HIS  
MODERN DAY  
AIRMEN**

*Jammin Java 7:30pm \$20*  
Commander Cody is the classic American Boogie Woogie piano playing blues artist of this era. He has been at the forefront of the roots rock and boogie blues scene since the early 70s beginning with his top ten hit, "Hot Rod Lincoln," with the Lost Planet Airmen.

He was one of the original Americana artists before the term was even coined. In the 40+ years of his career he has remained as vital and energetic as ever. To this day he is tearing it up at major festivals and venues across the U.S. and Canada.

Having played Portland Waterfront Blues Festival, Sunbanks Blues Festival, Honesdale Rhythm and BBQ, City Winery Tuesday concert series, plus many others, response has been overwhelming.

APRIL 8

**THE AIZURI  
QUARTET**

**Debut Artist**  
**Chamber Music at the  
Barns**

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

**REPERTOIRE:**

**Beethoven: String Quartet  
Op. 18 No. 6 in D Major**  
**Caroline Shaw: commission  
Schumann: String Quartet  
in A Major, Op. 41 No. 3**

Debut artists present an exciting evening culminating in a world premiere by Pulitzer Prize-winning composer Caroline Shaw. "In terms of choosing a calling card to send out into the world, the Curtis Institute of Music could hardly do better than the Aizuri Quartet."  
—*Philadelphia Inquirer*

APRIL 9

**ELLIS PAUL**

*Jammin Java 7pm \$20–22*  
Ellis' music is known internationally from songs placed in blockbuster Hollywood films such as "Me, Myself, and Irene,"

**APRIL 8**  
**The Barns at Wolf Trap**

"Shallow Hal," and "Hall Pass." His fiercely loyal fan base funded his last two releases which were both produced by Kristian Bush from the Grammy award-winning band, Sugarland. Known as one of the hardest working troubadours on the circuit, Ellis' work ethic and songwriting talents have propelled him the top of the American singer-songwriter world.

APRIL 13

**BUDDY GUY**

*The State Theatre 8:30pm \$67*  
Buddy Guy is one of the most celebrated blues guitarists of his generation (and arguably the most celebrated), possessing a sound and style that embodied the traditions of classic Chicago Blues, while also embracing the fire and flash of rock and roll. He was inducted into the Rock & Roll Hall of Fame in 2005 with both Eric Clapton and B.B. King presenting him with his award, and in 2012 he performed a special concert at the White House where he persuaded

President Barack Obama to join him at the vocal mic for a few choruses of "Sweet Home Chicago."

APRIL 13

**DAVID LINDLEY**

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

APRIL 14

**BLIND BOYS OF  
ALABAMA**

*The Barns at Wolf Trap 8pm \$35–\$45*  
Acclaimed worldwide as living legends of gospel music, the Blind Boys of Alabama have been creating blues-infused interpretations of traditional and contemporary spiritual music for nearly 75 years. Hear these Gospel Music Hall of Famers with five Grammy Awards to their name present their collection of Billboard-charting favorites, including "Way Down in the Hole," "Higher Ground," "Amazing Grace," and more.



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**APRIL 14**  
The Barns at Wolf Trap

Courtesy of Wolf Trap



# BLIND BOYS OF ALABAMA

of jazz (*Delfeayo*) showcases his “technical excellence, inventive mind and frequent touches of humor” (*Los Angeles Times*) alongside his father, the great New Orleans pianist and patriarch of modern jazz (*Ellis*).

## WILLY PORTER DUO (WITH CARMEN NICKERSON)

*Jammin Java* 7:30pm \$22  
Guitarist and singer/songwriter Willy Porter has been turning first-time listeners into die-hard fans for more than two decades. He and singing partner, Carmen Nickerson, bring their brand of righteous indie-folk for a night of high-test tunes and tons of fun. Willy’s signature finger-picking guitar work and rich songwriting creates a one-of-a-kind musical ride that has energized audiences all over the world from stages shared with icons such as Jethro Tull, Tori Amos, Paul Simon, and Jeff Beck. Carmen Nickerson’s soulful vocals and playful singing style pairs exquisitely with Willy’s grooves to produce soaring harmonies that add fresh layers and new depth to Willy’s songs.

APRIL 21

## JOHN MCCUTCHEON

*The Barns at Wolf Trap* 8pm  
\$25–28  
With his dynamic and narrative voice, this dulcimer master and influential folk singer performs classics like “Christmas in the Trenches” and “Hail to the Chief.”

APRIL 22

## THE 2ND ANNUAL NOVA FEST

*The State Theatre*  
Go to [thestatetheatre.com](http://thestatetheatre.com) for ticket information  
The Northern Virginia Film and Music Festival brings

APRIL 16

## ROBBIE FULKS (FULL BAND!)

*Jammin Java* 7pm \$18  
“Mr. Fulks is more than a songwriter. He’s a gifted guitarist who has taught for years at the Old Town School of Folk Music in Chicago, he’s a soulful singer with an expressive honky-tonk tenor, and he’s a natural performer. It rings true when he says he’s only truly comfortable when he’s onstage or when he’s totally alone. But what really sets him apart is his songwriting, which is one part artful country, one part artful sendup of country and one part a little of everything else.” – *New York Times*

APRIL 20

## ELLIS AND DELFEAYO MARSALIS

**Last Southern Gentlemen Tour**  
*The Barns at Wolf Trap*  
8pm \$35–40 One of the top trombonists, composers, and producers from the first family

Photo credit: Karl Giant



8 P.M.

## MEOW MEOW

*The Barns at Wolf Trap* 8:00 pm \$25–\$35  
Post-postmodern diva Meow Meow’s unique brand of “kamikaze cabaret” and performance art exotica has hypnotized, inspired, and shocked audiences globally, with sell-out seasons from New York’s Lincoln Center to the Sydney Opera House. See the multi-award-winning firecracker, who has collaborated with international sensations like Pink Martini, in her Wolf Trap debut.

APR 30



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the Hollywood without the Hollywood! They produce 10 Days of screenings, music, seminars, forums, panels, and parties all leading up to an awesome awards ceremony! The goal is to celebrate our accepted filmmakers, screenwriters and musicians with the prestige and appreciation they've earned. The organizers are filmmakers who have run the film festival circuit and understand the trials and tribulations required to complete a production. This year, the festival enters a bold new world with the addition of celebrating musical talents as well!

## HYPNOTIC BRASS ENSEMBLE

### Wolf Trap Debut

*The Barns at Wolf Trap 8pm*

*\$20 adv/\$25 day of show*

On a rocketing ride to success, the Hypnotic Brass Ensemble infuses traditional brass band music with infectious hip hop, soul, and funk. See the sons of legendary jazz trumpeter Kelan Phil Cohran when they make their Wolf Trap debut.

APRIL 23

## THE NIELDS

*The Barns at Wolf Trap 7:30pm*  
*\$22*

Discover "disarming...folk harmonies" (The Chicago Tribune) and "ebullient folk-pop" (Billboard) from the Nields sisters and their band as they "successfully fuse intelligent lyrics with heartfelt sensitivity" (*AllMusic.com*) for an evening of favorites and songs off their new album, XVII.

APRIL 24

## RITA WILSON

### Wolf Trap Debut

*The Barns at Wolf Trap 7:30pm*

*\$35-\$40* From Sleepless in Seattle and Runaway Bride to Old Dogs and Beautiful, Ohio, Rita Wilson has put



her mark on cinema classics and produced award-winning box office hits like *My Big Fat Greek Wedding* and *Mamma Mia!* Now as a singer, the Hollywood star brings her poppy tunes and poignant torch songs to venues across the country—including a sold-out residency at the Café Carlyle. Experience Wilson's husky, earnest voice—and newest songs from her forthcoming, self-titled album—when she debuts at The Barns.

APRIL 28

## TOM PAXTON

*The Barns at Wolf Trap*

*8pm \$24-28* Recognized

internationally as a timeless folk icon, the musical storyteller who gave you favorites like "The Last Thing On My Mind" presents soul-stirring and socially-conscious music from his illustrious, 50-year career that has spanned from Greenwich Village coffee shops to Carnegie Hall.

APRIL 29

## THE QUEBE SISTERS

*The Barns at Wolf Trap 8pm*

*\$22-25* A young sibling trio of champion fiddlers delivers their "unique, effervescent amalgam of Western swing, hot jazz and tight sibling harmonies" (NPR) in their Wolf Trap debut. "If you reject the idea of live music as an act of extrasensory perception, you probably haven't heard the Quebe Sisters sing. The sibling trio—Grace, Sophia and Hulda—use their fiddles and their lungs to braid old-fashioned melodies that evoke the Andrews Sisters and the Light Crust Doughboys entering a 21st-century mind-meld." —*The Washington Post*

APRIL 30

## THE STRANGER—A TRIBUTE TO BILLY JOEL

*The State Theatre 9pm \$17-20*

The Stranger is the complete premiere tribute to the music of one of the world's most beloved performers, Billy Joel. Comprised of some of the

best and most experienced musicians in the business, this six-piece band brings together an authentic replication of Billy's timeless music, crowning it with soulful, spot-on vocals that makes listening to a Billy Joel song so special. Out front on piano and lead vocals is founder and front man Mike Santoro. Born and raised in Levittown like Joel himself, Mike not only looks and talks a lot like Billy, but has the piano chops, vocal prowess and stage presence of the Piano Man—so much so that you will soon forget you are watching a tribute show. The Stranger gives you the Billy Joel experience with the sound of his original band in its prime...energetic, interactive and often unpredictable. Its live entertainment at its best! From his radio hits to classic B-sides, sprinkled with great songs from similar artists such as Elton John, Paul McCartney and many others, it's everything you'll ever want in an evening out of great music. ♦



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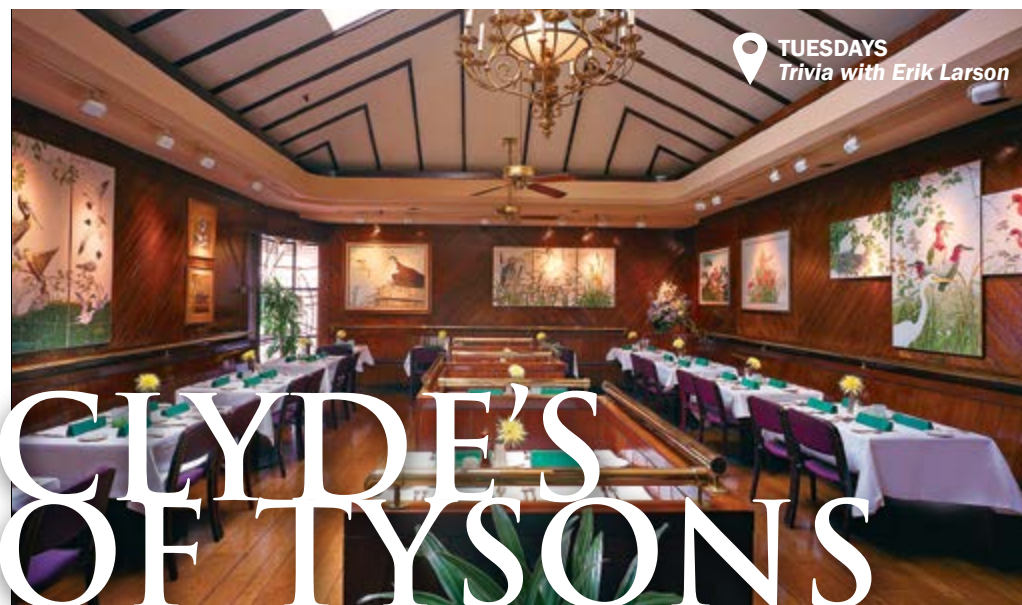
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CONTINUED ON  
PAGE 30



# CLYDE'S OF TYSONS



**TUESDAYS**  
Trivia with Erik Larson

## MONDAYS

### 50% OFF WINES AT WILDFIRE

#### Wildfire

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

### 50 CENT WINGS

#### Dogwood Tavern

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

### MONDAY WINE SPECIAL

#### J. Gilbert's

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

### PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

**Assaggi Osteria | 4-6pm | \$34**

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

## TUESDAYS

### A DANCE FOR EVERYONE

**Colvin Run Community Hall | \$12**

Ed Cottrell, Gail Crum and the NVA Dance Crew teach a one-hour class on a different dance each week. The class will start promptly at 7pm 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 two-step, foxtrot, tango, waltz, and more.

### ½ PRICE WINE AT BRX

#### Brx American Bistro

All wines below \$65 are half price 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 30



## We believe that positive relationships are the key to unlocking potential.

We believe that when students feel understood and supported they are better able to learn. This is why we focus heavily on the social, emotional, and academic growth of each of our students individually in a classroom built for two - just one teacher and one student. Our supportive community of learning encourages kids to find themselves and connect meaningfully with others. Our ideal result? to prepare students to meet the world head on.

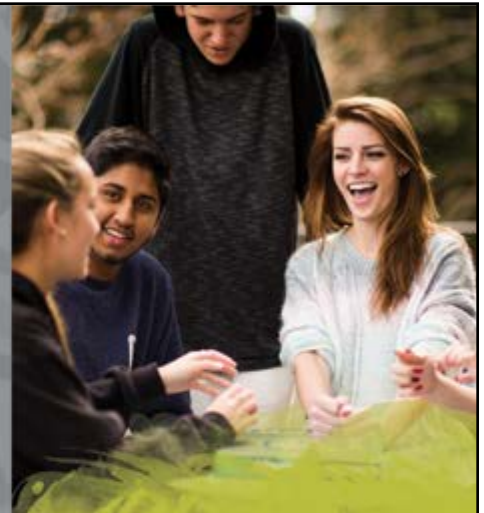
Fusion Academy is a revolutionary, accredited, private middle and high school. All classes are one-to-one: one student and one teacher per classroom, always. This allows us to personalize curriculum and teaching for each student's unique strengths and learning style. Best of all, no homework goes home.

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no barriers to their success.

## SHIRLEY BUFORD & ASSOCIATES New Listings in Vienna

**FOR SALE**



9010 Lupine Den Drive, Vienna Va 22182  
Offered at **\$1,225,000**

Exceptional Three Sides Brick Colonial with 5 Bedrooms, 5.5 Baths and three finished levels. Hardwoods throughout main level with front and back staircase. Spacious Kitchen with granite counters and sunroom off kitchen. Main and Upper level Family rooms 2 fireplaces. Three car side load garage on 1/2 acre backing to woods.

**FOR SALE**



2751 Hill Rd, Vienna, Va 22181  
Offered at **\$925,000**

Updated Colonial on 1/2 acre + lot with walkout backing to 5 community acres. New carpeting, granite counters, family room off kitchen with stone fireplace, wet bar, and flagstone patio. Rear glass sunroom with hot tub.

**FOR SALE**



1761 Brookside Ln, Vienna, VA 22182  
Offered at **\$1,399,000**

Stately All Brick Colonial with 3 car side load garage with paver driveway sited on parklike setting of 1.5 Acres in close in location. Exquisitely appointed with 5 Bedrooms, 4.5 baths, gourmet kitchen with cherry cabinets and granite counters, updated baths, updated roof, updated HVAC, hardwoods 3 finished levels with walk-out lower level. A must see!



Shirley Buford  
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## MCLEAN

## ASSAGGI OSTERIA

6641 Old Dominion Dr  
703.918.0080  
www.asaggiosteria.org

## BRIO TUSCAN GRILLE

7854L Tysons Corner Center  
703.288.8882  
www.brioitalian.com

## CAFE DELUXE

1800 International Dr  
703.761.0600  
www.cafedeluxe.com

ENTYSE BAR  
& LOUNGE

1700 Tysons Blvd  
703.506.4300  
www.ritzcarlton.com

## EVO BISTRO

1313 Old Chain Bridge Rd  
703.288.4422  
www.evobistro.com

## IRIS LOUNGE

1524 Spring Hill Rd  
703.760.9000  
www.irisloungeva.com

## J. GILBERTS

6930 Old Dominion Dr  
703.893.1034  
www.jgilberts.com

## LA SANDIA

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703.893.2222  
www.richardsandoval.com/lasand-  
iavirginia

## PALM RESTAURANT

1750 Tysons Blvd  
703.917.0200  
www.thepalm.com

## THE VINEYARD

1445 Laughlin Ave  
703.288.2970  
www.thevineyardva.com

CONTINUED ON  
PAGE 32



## WEDNESDAYS

1/2 PRICE  
WINE NIGHT  
Amphora

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

FAMILY PASTA  
NIGHT

## Brx American Bistro

Come out to Brx and experience  
their famous filet meatballs,  
seafood pasta, and more!

## PUB QUIZ

Ireland's Four Provinces |  
8pm

Test your trivia knowledge  
at one of the hottest spots in  
Falls Church. Make sure you  
bring a group of friends for the  
maximum trivia experience.

## JAZZ NIGHT

## Iris Lounge | 6:30-9:30pm

Join Iris Lounge and 100 of your  
closest friends for Live Jazz  
Night with Jaared Arosemena.

## MUSSEL MADNESS

## Argia's

Try our award-winning Solo

Mussels Argia or Marinara.

Regularly \$14.95, these  
delectable entrees are just \$8.95  
on Wednesdays.  
(Over pasta \$15.95)

\$5 BOTTOMLESS  
GUACAMOLE

## La Sandia | 4pm-7pm | \$5

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

WINE'D DOWN  
WEDNESDAYSEntyse, Wine Bar & Lounge  
| 5:30pm

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

MARTINI  
WEDNESDAYS

## Brio Tuscan Grille

Join Brio Wednesdays  
for \$5 Martinis.

## LOBSTER SPECIAL

## Assaggi Osteria | \$19.50

Come out to Assaggi Osteria to  
enjoy wonderful food, friends,  
and a great dining experience.  
You will get a salad and lobster  
grilled, sautéed, or baked with  
risotto or pasta.

HALF OFF  
PRIMETIMEPalm Restaurant | 5pm-  
7pm

During PrimeTime, all Prime  
Bites® are HALF-OFF only at  
Palm Bar! Try some Calabrese  
flatbread, dirty shrimp, prime  
steakburger sliders, or Nova  
Scotia lobster and bacon fondue.

## WINE WEDNESDAY

## Pizzeria Orso | 4pm-9pm

50% discount off all bottles of  
wine. Not valid for cash. Dine-in  
only. Offer valid from 4pm  
to 9pm.

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BLUE VALLEY  
VINEYARD AND WINERY

A Virginia Vineyard with a Long-Standing Tradition of Wine Making



*Photos by Candice Adelle Photography*

**Blue Valley Vineyard and Winery** arose as a masterful blend of the Zissios family heritage and the beauty of the blue stone and pastoral rolling hills of Delaplane Virginia. The Zissios family believes that the key to making good wine is patience and attention to detail; a motto which is upheld daily by the family and guided by three generations of vintner expertise.

**The State-of-the-art Winery** offers several event spaces for personal or business events, accommodating intimate gatherings as well as events including several hundred guests. Your guests will be awestruck by its unique design, where rustic meets modern with dramatic high ceilings and contemporary flair that encompasses picturesque views of the Blue Ridge Mountains and vineyards. The venue coordinating team will be on site to ensure your every need is fulfilled.

For more information, please inquire at [Events@BlueValleyVA.com](mailto:Events@BlueValleyVA.com)

**THE TASTING ROOM IS NOW OPEN!**

Monday & Thursday: 11am - 6pm

Friday - Sunday: 11am - 7pm

Tuesday & Wednesday: By Appointment Only

9402 Justice Lane, Delaplane VA 20144 | 540-364-2347 | [www.bluevalleyvineyardandwinery.com](http://www.bluevalleyvineyardandwinery.com)





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



**THURSDAY**  
*Thirsty Thursday Beer Tasting*

# RED, WHITE & BLEU

## MCLEAN

### TYSONS PLAZA

1961 Chain Bridge Rd  
703.847.7300  
[www.shoptysons.com](http://www.shoptysons.com)

### THE VINEYARD

1445 Laughlin Ave  
(703) 288-2970  
[www.thevineyardva.com](http://www.thevineyardva.com)

### WILDFIRE

2001 International Dr  
703.442.9110  
[www.wildfirerestaurant.com](http://www.wildfirerestaurant.com)

## FAIRFAX

### MOSAIC DISTRICT

2910 District Ave  
703.992.7765  
[www.mosaicdistrict.com](http://www.mosaicdistrict.com)

CONTINUED ON  
PAGE 34

## 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

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

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

### FRIDAY NIGHT WINE TASTING

**The Vineyard | 3-7pm**

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

### FREE WINE TASTING

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

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

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



## YOU CAN FIND TYSONS MAGAZINE AT THESE LOCATIONS:

Tyson's Corner	The Community Center	Maison Du Vin Wine Shop
Mall Information Center	on Park Avenue	Le Grand Appétit
Safeway	The Greek Grill	CVS
McLean Chamber of Commerce	Long & Foster Realtor	Greenberry's Coffee
Star-Nut Gourmet	Dunn Loring Post Office	Active Family Chiropractic
Greenberry's Coffee	Metro Dunn Loring	The Wine Cabinet
Giant Food McLean	State Farm Insurance	Lake Anne Coffee Shop
Long & Foster Realtor	Avery Hess Realtor	Lake Anne
Keller Williams Realty	DMV	Community Center
Weichert Realtors	Coldwell Banker Realtors	Wiehle Park & Ride
McEneaney Realtors	Lyons & McGuire	Whole Foods Market
Plastic Surgery	The Olde Brogue/	CVS
Sotheby's Mclean	Katie's Coffee Garden	Austin-Weston
Dessange Paris	Deli Italiano	Cosmetic Surgery
Remax Realty	Classic Wines	Whole Foods Market
Staybridge Suites	The Tavern	Nostos Restaurant
Anita's Restaurant	Long & Foster Realtors	Evo Bistro
Skorprios-Maggio's	Serbian Crown	May Jewelers
Maplewood Grill	Elite Fitness Concepts	Lost Dog Café
Norm's Beer & Wine	Ireland's Four Provinces	West Falls Church Metro
(next to Maplewood)	Long & Foster Realtor	Stifel & Capra
The Virginian Restaurant	Fairfax Realty	Community Center, Falls
Vienna Inn	Claire & Don's Beach Shack	Church
Long & Foster Realtor	The Dogwood Tavern	City Hall
Foster's Grill	Open Kitchen	The Virginian
Rexall Drugstore	Saffron Grill	Chesterbrook Residences
Peking Express	PizzaRama	Sun Design
Caffè Amouri	Arby's	McLean Community Center
Plaka Grill	Weichert Realtors	Oakton Vienna
Bazin's on Church	Elan Magazine	Animal Hospital
Artful Gift Shop	Studio Hair, Skin & Nails	Meadowlark Gardens
	GF Plastic Surgery	

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



**SUNDAYS**  
*Brunch*

# CAFÉ DELUXE

## 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 or John Jerz. 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



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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 & GREET

**Wylie Wagg | 3-5pm**

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

### SUNDAY BRUNCH

**Café Deluxe**

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

### SUNDAY BRUNCH

**Cyclone Anaya's**

Come out and try the best brunch in the Mosaic. Huevos

rancheros, huevos con chorizo, migas, breakfast quesadillas, and even a crabmeat omelet.

### SUNDAY BRUNCH

**Wildfire | 11am**

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

### SUNDAY BRUNCH

**Assaggi Osteria | 11am**

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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- Porcelain Veneers
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- Teeth Whitening
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Falls Church, VA 22043

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www.tysonsdentalesthetics.com



Photo Courtesy of the Artists.

MARCH 20  
Celtic Nights

## ARTS &amp; THEATRE EVENTS

CREATIVE CAULDRON • GEORGE MASON UNIVERSITY CENTER FOR THE ARTS  
THE ALDEN THEATRE • 1ST STAGE IN TYSONS • SIGNATURE THEATREMARCH 1-13  
ANGEL REAPERS

By Martha Clarke and Alfred Uhry

Signature Theatre Tues–Fri 7:30pm, Sat 2pm &amp; 8pm, Sun 2pm &amp; 7:30pm, Wed 2pm Prices Vary

Featuring traditional Shaker songs and a stunning mix of modern dance and actual Shaker movements, *Angel Reapers* captures the soul of the Shakers, an early American religious sect, which sought to connect with God through ecstatic ritual and strict celibacy. While the congregants strive desperately to maintain divine purity, the needs of the flesh threaten to take hold. With text by Pulitzer Prize-winning playwright Alfred Uhry, this wildly theatrical collage about the glorious love of the divine and the overwhelming desire for human connection marks the return to Signature of Residency Five playwright

and MacArthur “Genius” Award-winner Martha Clarke.

MARCH 20  
DIRECT FROM IRELAND:  
CELTIC NIGHTS:  
SPIRIT OF FREEDOMGeorge Mason University Center for the Arts  
Concert Hall 4pm \$29–48

Celebrate St. Patrick’s Day with a stirring spectacle of Celtic music and dance in this exciting new production that pays tribute to a century of Irish independence. *Spirit of Freedom* is a vibrant Celtic tapestry, using joyous music, thundering dance, and moving storytelling to depict the struggle of a proud people fighting to gain their freedom. The Easter Rising of 1916 was a pivotal conflict in this country’s fight for independence from Britain, and this show

commemorates the historic anniversary by expressing the passions and frustrations, hopes and fears of this struggle through Celtic music, dance and storytelling. “A spellbinding and exhilarating picture of a proud people and their passion.” (*Valentine Theater, New York*)

MARCH 31 – MAY 1  
PROOF

1st Stage in Tysons Thursdays 7pm, Fridays 8pm, Saturday 2pm and 8pm, Sundays 2pm and 7pm, \$15–30 Winner of the 2001 Pulitzer Prize for Drama, *Proof* tells the story of Catherine, a troubled young woman, on the eve of her 25th birthday. Catherine has spent years caring for her brilliant but unstable father, a famous mathematician. Now, following his death, she must uncomfortably confront various non-

THE ALDEN  
THEATRE  
1234 Ingleside Ave.  
McLean, VA  
703.790.9223  
www.aldentheatre.org

THE CREATIVE  
CAULDRON  
410 South Maple Ave.  
Falls Church, VA  
703.436.9948  
www.creativecauldron.org

1ST STAGE  
IN TYSONS  
1524 Spring Hill Road  
Tysons, VA 22102  
703.854.1856  
www.1ststageinTysons.org

GEORGE MASON  
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Center for the Arts  
4400 University Dr., Fairfax  
703.993.1000  
cfa.gmu.edu/calendar/

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



mathematical problems including her own volatile emotions; the arrival of her estranged sister, Claire; and the attentions of Hal, her father's former student who hopes to discern meaning from the 103 chaotic notebooks that her father left behind. Over the long weekend that follows, a burgeoning romance and the discovery of a mysterious new notebook draw Catherine into the most difficult problem of all: how much of her father's madness—or genius—will she inherit?

## APRIL 1-24

### PASSPORT TO THE WORLD

*Creative Cauldron* For showtimes and pricing go to [www.creativecauldron.org](http://www.creativecauldron.org)

This unique festival offers audiences an opportunity to “see the world without ever leaving Falls Church” while exploring the music, dance and theater of different ethnic performers representing cultures from around the globe.

## APRIL 16

### NEW YORK NEO-FUTURISTS

“TOO MUCH LIGHT MAKES THE BABY GO BLIND”  
(T.M.L.M.T.B.G.B.)

*The Alden Theatre* 8pm \$25/\$15 MCC district residents With its ever-changing “menu” of plays, “Too Much Light...” is an attempt to perform 30 plays in 60 minutes. The Neos aim to create an unreproducible, living experience of the comic and tragic, the political and personal, the visceral and experimental. From silly to surreal, tender to titillating, “T.M.L.M.T.B.G.B.” is theatre for people who want to be part of the action, love a rush of adrenaline, take a little of everything from the buffet and are, well... a little strange. Do you dare to be Neo? For more information go to [www.nyneofuturists.org](http://www.nyneofuturists.org).

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Photo credit: Peter Schaaf

7 P.M.

MAR  
13

## KEYBOARD CONVERSATIONS® WITH JEFFREY SIEGEL: SPLENDOR FROM SILENCE

*George Mason University Center for the Arts Concert Hall* 7pm \$24-40

In his third performance of the season, Jeffrey Siegel performs Beethoven's final Piano Sonata (No. 32 in C minor), Smetana's high-spirited Polkas, and Fauré's brooding final Nocturne (No. 13 in B minor) – three composers who triumphed in the creation of profoundly beautiful and transcendental music without being able to hear a note. Mr. Siegel examines these piano masterpieces of spiritual exultation and soul-probing depth, which each of these gifted composers wrote after deafness had engulfed them. For more than 40 years, this virtuoso pianist has delighted audiences of all ages with a unique glimpse into the lives and works of the greatest composers the world has ever known. “Siegel is the perfect instrument to transmit the timeless power and enduring passion of Beethoven's music.” (*Pittsburgh Post-Gazette*)

## MOSCOW FESTIVAL BALLET: GISELLE

George Mason University Center for the Arts  
Concert Hall 8pm \$34–56

This acclaimed Russian ballet company brings one of the most heartrending tragedies in classical ballet to our stage. With stunning choreography by the legendary Marius Petipa and hauntingly beautiful music, this romantic ballet portrays the poignant tale of Giselle, a young peasant girl who has fallen madly in love with a villager, unaware that he is, in fact, a count in disguise. When she learns that he is betrothed to another, she takes her own life and joins the ghosts of girls who seek to avenge the men who have jilted them. This gorgeous ballet of love and hate, vengeance and forgiveness, is performed by some of Russia's finest dancers in the grand tradition of Russian ballet with gorgeous costumes and colorful sets. "The dancers of the Moscow Festival Ballet spoke to the soul through

the body, performing a magnificent Giselle." (*Post and Courier*)

APRIL 23

## MERMAID THEATRE OF NOVA SCOTIA'S

### "GOODNIGHT MOON" AND "RUNAWAY BUNNY"

*The Alden Theatre* 2pm \$15/\$10 MCC district residents For ages 4+. "Goodnight Moon" is a celebration of familiar nighttime rituals, while "The Runaway Bunny" is a pretend tale of leaving home that evokes reassuring responses from a loving mum. Both tales feature endearing rabbit characters, and the soothing rhythms of bunny banter and dream-like imagery never fail to infuse young audiences with a reassuring sense of security. Mermaid's staged adaptation will bring a new sense of appreciation to stories that have delighted several generations. For more information go to [www.mermaidtheatre.ca](http://www.mermaidtheatre.ca) ♦



Photo by Mark Garvin

8 P.M.

APR  
23-24

## VIRGINIA OPERA: THE FLYING DUTCHMAN

George Mason University Center for the Arts Concert Hall Sat 8pm, Sun 2pm \$48–98 Wagner's immortal tale of a cursed sea captain, who is condemned to sail the stormy seas on a ghostly ship for eternity, is as mythic, mighty, and mysterious as the ocean itself. The Flying Dutchman has fascinated opera lovers since its premiere in 1843. With hauntingly beautiful music, it tells the story of a phantom seafarer on an endless quest for redemption through true love, and the adoring young woman who has vowed to save him. This opera was one of Wagner's earliest works, inspired by his own dangerous sea voyage, and contains evidence of the styles that would come to characterize his later works. Set against the backdrop of a violent and turbulent sea, this gripping saga features themes of deliverance, loyalty, sacrifice, and the supernatural; powerful ideas that Wagner would continue to explore in his operas throughout his illustrious career. Sung in German with English supertitles.



Photo by Larissa Pedenchuk

4 P.M.

## MOSCOW FESTIVAL BALLET: SWAN LAKE

George Mason University Center for the Arts Concert Hall 4pm \$34–56

This esteemed Russian dance company performs this exquisite fantasy ballet that has captivated ballet lovers and newcomers alike for generations. Swan Lake was inspired by the German legend of Odette, a beautiful princess who is the victim of a spell cast by an evil sorcerer. With Petipa's glorious choreography and Tchaikovsky's celebrated expressive score, this jewel of classical ballet continues to earn the adoration of audiences worldwide. Legendary Bolshoi Ballet principal dancer Sergei Radchenko has handpicked leading dancers from across Russia for this acclaimed troupe that is dedicated to preserving the timeless traditions of classical Russian ballet. "Dramatic expression and sensational steps." (*The Chronicle, Duke University*)

APR  
17

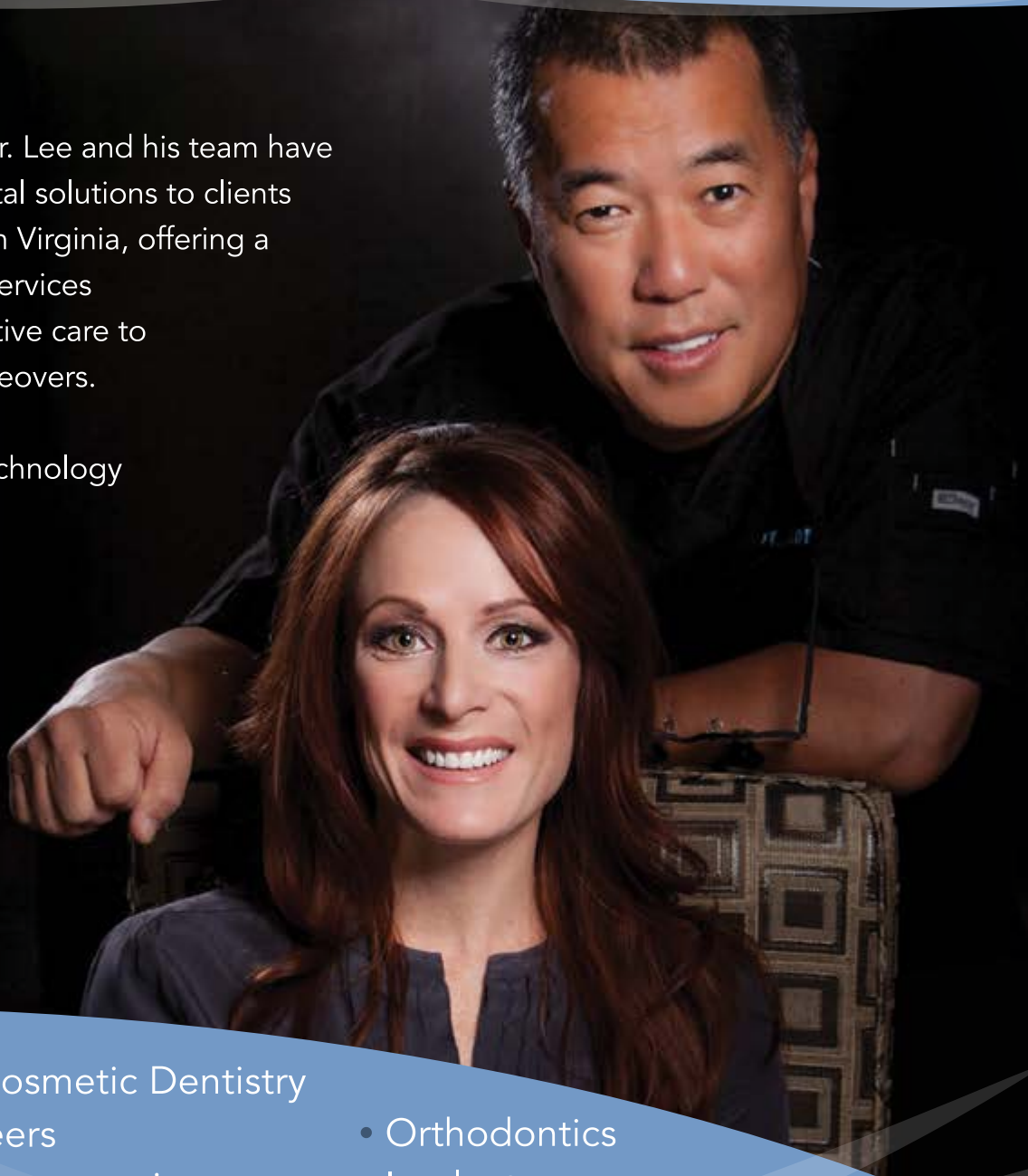


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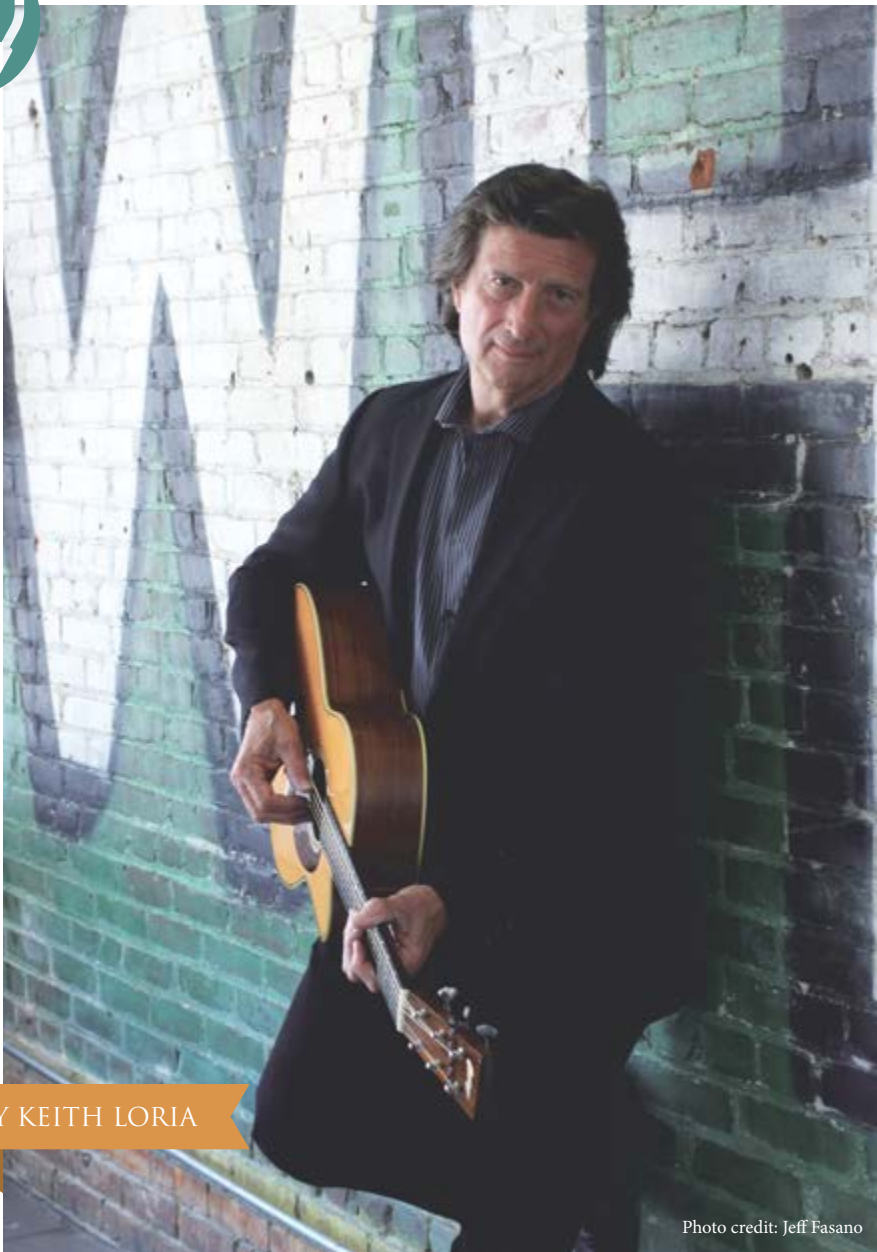
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BY KEITH LORIA

# A BLUES GIANT

## *Comes to Wolf Trap*

Blues-folk icon Chris Smither has long been revered for both his guitar prowess and his way with a lyric. To mark his 50th year in the music business, the performer released three noteworthy projects last year—a double retrospective CD, a Lyric Book, and a Tribute Album (Link of Chain) featuring Bonnie Raitt, Loudon Wainwright III, Josh Ritter, Dave Alvin, Tim O'Brien, Patty Larkin and many others.

And his secret for surviving in the industry for so long? “Don’t get too famous too fast,” he says. “I think half of it is just staying interested yourself. I love to play. I write the songs and make the records so I can perform, because I simply love to get out and recreate the songs in front of people.”

“Still On the Levee,” the double-CD retrospective, features fresh new takes on 24 iconic songs from his vast career, including “Devil Got Your Man,” the first song he ever penned.

Meanwhile, “Chris Smither Lyrics 1966-2012” is a lyric book that features his complete set of lyrics complemented by select images of Smither and performance memorabilia from his decades-long career.

“Looking back, I have a lot more confidence now in what I do. It’s gotten to the point now that I know within certain parameters what I can and can’t do,” Smither says. “For me, it took a long time to realize the relationship with the audience is not adversarial. They are on your side and once you accept that fact, the whole thing becomes more of a joy.”

In December, Smither was recuperating after getting a new heart valve, but he says that’s not going to stop him from performing. In fact, on March 5, Smither will be performing at The Barns at Wolf Trap, in a show that will cover all five decades of his career.

“Each song is like a little story that I venture out on and I show up in between the songs to talk to the audience,” he says. “There might be one or two new songs because I’ve been working on some new things. It will be a competent and enjoyable performance.”

The 71-year-old is seeing people of all ages at his shows these days, and is thrilled that people who have followed him his whole career still come out, as well as younger folks.

“People come up to me after the show and tell me that their parents raised them on my music,” Smither says. “That’s somewhat alarming to hear, although if I do the math, I know it’s true.”

The New Orleans-raised troubadour was born in Miami during World War II, but moved to Louisiana early in life, and it was his uncle that taught him the rudiments of instrumentation on a ukulele of all things.



"Uncle Howard showed me that if you knew three chords, you could play a lot of the songs you heard on the radio. And if you knew four chords, you could pretty much rule the world," Smither says.

Smither was an anthropology student at Mexico City University when his roommate introduced him to the music of Lightnin' Hopkins. From there, he became obsessed with the blues.

"I'd loved acoustic music—specifically the blues—ever since I first heard Lightnin' Hopkins' 'Blues In My Bottle' album. I couldn't believe the sound Hopkins got," he says.

So, he put his anthropology dreams aside and decided to take a crack at music instead, heading to Boston in the mid-'60s. It was there that he began long friendships with the likes of Bonnie Raitt and legendary folk singer Eric von Schmidt.

Smither became a quick favorite on the scene. His first two albums, "I'm A Stranger, Too!" and "Don't It Drag On" were critical and popular successes. He continued releasing albums and by the early '90s, his steady nationwide touring and regular release of consistently acclaimed albums cemented his reputation as one of the finest acoustic musicians in the country.

He still writes all the time and new songs can come to him anywhere—even at sound checks.

"I might be doing a little guitar riff and it sounds kind of neat, and you gradually get a collection of these things," Smither says. "I do set times for myself at home to write; putting myself into a room for three hours and not allowing myself to come out. It actually works."

Smither appreciates all his fans and those who have helped him be a success for more than five decades, and someday when people look back at the music annals, he hopes to simply be remembered.

"I compare it to a literary course, where you might learn about a particular time period and studying all the giants of the era, but then there's five to 10 minor poets of the age, and that's me," he says. "I just want a mention!" ♦

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



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BY KEITH LORIA

## Dream Weaver

When Hillary Steel first took a weaving class in college, she had a strong reaction to it: “I hated it,” she recalls. “But I went back to it and once I started learning it, it was something I gravitated towards.”

Today, Steel specializes in weaving and resist dyeing, incorporating ikat and shibori (jaspe and amarras) into her hand woven wall pieces.

“It’s always surprising. I have 30 years in and I’m still learning things all the time,” she says. “It’s a very engaging technical process and I’ve been able to learn a lot about it over time.”

Steel received a Bachelor of Arts degree from the State University of New York at Buffalo. After graduation, she studied textiles via post-baccalaureate course work at Buffalo State College and the University of Pittsburgh as well as through travel to Cote d’Ivoire, Peru, Chile and Mexico.

“I’ve also studied a lot of traditional textiles from all over the globe—through books, museums and my own travels,” she says. “I enhanced what I learned initially—the technical aspects—and adapted a lot of the approaches I gleaned from world textile history.”

She feels the field is so rich and engaging because of its importance historically.

“For humans, it goes way back, and pretty much everybody all over the world relied on weaving to create what they needed to ease their lives and keep themselves warm,” Steel says. “You learn a lot about anthropology and history and different cultures.”

Over the years, her work has gotten more complex, and a project can take anywhere from a few months to as much as five years to develop and get it just right.

“Generally, I start with some kind of idea and drawings and I find as I work on it, things shift and change and rarely look as I initially intended it,” she says. “I start with black and white thread and I do a lot of black and white dying prior to the threads even getting to the loom.”

Once the weaving begins, Steel imagines the cloth as a canvas, and she sometimes adds more color, cuts the cloth, folds and manipulates and eventually reconstructs it all by stitching it together. On average, she weaves 25 yards of cloth per project.

“I’m inspired by life. I see these as narrative,” Steel says. “They are fairly abstract and I think they’re very common life experiences. They are stories and people should take out of them what they feel.”

During her career, Steel’s work has been included in national and international exhibitions including at the North American Cultural Center in San Jose, Costa Rica, the American Consulate





1.



2.

in Tijuana, Mexico, and at our Embassy in Ouagadougou, Burkina Faso. Her textiles have been the subject of solo shows at the Glenview Mansion Art Gallery, the Hoyt Institute of Fine Arts, and the Rosewood Centre Arts Gallery, and are included in the book, "Art on the Edge, Seventeen Contemporary American Artists."

Since 2006, along with colleague Virginia Davis, Steel has been studying with and documenting the work of Mexican master rebozo weaver Don Evaristo Borboa Casas and the two artists have produced a film about his work.

A textile artist who uses the traditional Mexican backstrap weaving technique to create contemporary works with a modernist sensibility, Steel is also well known in the McLean community as a longtime art teacher at the Potomac School.

She received a Masters in Teaching degree from the Maryland Institute College of Art in Baltimore and has worked in public and private schools in Pennsylvania, Maryland and the Washington D.C. metropolitan area as an artist in residence, creating site-specific collaborative textiles with students.

"I've been teaching in Mexico most recently, and what I try to impart to all of my students is the reverence of the importance of art in culture and the role of the artist," Steel says. "I think to know how to work with one's hands and manipulate materials is really important and I fear we've kind of lost that a little bit. I do try to get that across to kids in particular."

The artist has lived in Montgomery County, Maryland since 1994, and maintains a studio in Takoma Park, Washington D.C.

Steel will be exhibiting some of her work at the McLean Community Center's Emerson Gallery from April 21 through June 4.

"There will be a lot of my large pieces, which rarely get shown together, so that's going to be nice to see them all in one space," she says. She will also be presenting a lecture/workshop about her



3.

work during the run of the show and showing the documentary film she made about her Mexican master weaver mentor.

For more about the artist, visit [hillarysteel.com](http://hillarysteel.com). ♦

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

1. SUBMERGING/EMERGING, Ikat and Shibori Resist Dyeing, Handwoven, 32" x 27"

2. US, Shibori Resist Dyeing, Handweaving, 60" x 60"

3. EIDETIC, Ikat and Shibori Resist Dyeing, Handwoven, 48" x 45" x 3"

# Sagebrush Treatment Inc.

## OFFERING AN INTEGRATIVE APPROACH TO ADDICTION TREATMENT

BY RICK MUNDY



Listening to Dr. Vanessa Vergnetti, one quickly senses the passion with which she approaches the mission of Sagebrush, an addiction treatment center she founded about seven years ago. As a naturopathic doctor, Vergnetti and her team seek to treat patients using a customized holistic approach, addressing body, mind, and spirit to identify and eliminate the root causes of addiction.

The center focuses on the needs of each individual because every patient responds and recovers in different ways. A variety of programs are used including group therapy, individual therapy (at least once a week for every patient), EMDR therapy, experiential therapy, psycho-drama. Music and art therapy are also incorporated as well as acupuncture, hypnotherapy, and massage therapy. Where appropriate, Sagebrush likes to hold family sessions or couples sessions to support both the patient and their families.

"Addiction is a comprehensive illness that affects the whole individual—body, mind, soul, family, community, workplace," explains Dr. Vergnetti. "For example, the problem could be emotional, but what about nutrition? How can you build a healthy body if you're not getting the proper fuel? Most of our patients come to us malnourished, without proper nutrition to heal. Our residential food program is nutritionally rich with a diverse diet of high-quality food. We look at proper diet and food as medicine. Addiction does not need to be treated with medications, although in some cases they may be needed occasionally. The body can heal itself as long as it has what it needs. We believe our nutrition is the best in the country and in fact, I am the only naturopathic doctor running an addiction center."

Dr. Vergnetti opened Sagebrush seven years ago in Great Falls with an eight-bed residential treatment facility. This was expanded to include outpatient facilities a couple of years later, and then a large outpatient clinic was added in Tysons.

Both are open seven days a week. They are preparing to open another facility in Vienna. Sagebrush has 45 employees, with eight independent contractors and the rest being full-time staff.

As Vergnetti prepared to design her center, she found that most treatment centers are hospital-based, which are not conducive to the healing that needs to happen. "Out of frustration, I decided that I could do better for this population," she recalls. "Many in this area do not want a lower-level treatment environment. They are higher-functioning and their needs are different. We respect our clients and want to offer a place that is comfortable and homey, warm, and soft." There are no plastic chairs for patients in these facilities.

Patients come from direct referrals by hospitals, physicians, and psychiatrists. Sometimes Sagebrush hears directly from a patient or someone who cares about the patient, like a family member or employer. Once the connection has been made, the client meets with a therapist who determines what level of care is needed and how much. The center offers residential treatment, partial hospitalization or intensive outpatient treatment. The intensive outpatient arrangement allows for those who must continue to work or maintain family obligations. The center can arrange evening or weekend schedules as the intended treatment permits.

When asked about the future, Vergnetti says, "We are growing. We have just added new staff and we have expanded our outpatient space. And there is the Vienna facility being planned. Let's face it,





the need is not going down. As the premiere facility with the most integrative and creative clinical services, Sagebrush will continue to bring the best treatment possible for our clients.”



*Vanessa Vergnetti*

## DRIVING FORCE FOR SAGEBRUSH

As the CEO and founder of Sagebrush, Vanessa Vergnetti's vision for healing, growth, and recovery are the core of her life's work. She is steadfast and dedicated to creating sacred spaces where true transformations can occur. Her knowledge and expertise in alternative treatments to addictions and other chronic and degenerative diseases have made her a healer, teacher, and leader. She is a perpetual student in the abundance of life, holistic healing, spirituality, and divine truth. Vanessa takes a personal interest in the personal story and progress of each client. She is sincere and focused on the profound restoration of the sense of purpose in one's life and she is determined to educate others in the benefits of recovery and a restored sense of self.

After graduating college in 1992, Vanessa worked as a drug and alcoholism counselor in Pennsylvania. Returning to school in 1997 after having two children, she studied Complementary and Alternative Medicine. After receiving her Doctor of Naturopathy (N.D.) degree, she practiced for several years in Pennsylvania as well as in Arlington, VA, before establishing Sagebrush in 2009. She earned a PhD in Natural Health in 2011.

Her unwavering devotion to manifesting the gifts of the soul, along with her courageous spirit continually inspire, encourage and guide the path, vision and cohesion of the Sagebrush team.

- excerpted from online reports

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BY ALLISON CHASE SUTHERLAND

*The Mountainous North*

# THAI TREASURES

## *Royal Cuisine of the Orient*

The enchanting cuisine of Thailand, thousands of miles away in Southeast Asia, has emerged in recent years as a culinary standout in many corners of the globe, with a fascinating mingling of delicate flavors which garner the moniker the French cuisine of the Orient.

### CHIENGMAI, THE MOUNTAINOUS NORTH

In the northernmost province of Thailand, Chiangmai rests in a valley dominated by the towering Inthanon Peak near the Burmese border at an elevation of 1,000 feet above sea level. The climate of Chiangmai is divided into a rainy season, hot season, and mild, but foggy winter, and is cooler than the rest of Thailand. This has an influence on the cooking of the north, which is milder than the hot, spicy dishes in subtropical regions such as Bangkok, but to the American palate, the dishes are still flavorful and spicy. Chiangmai offers the best teak, silver, and silk in Thailand, and produces cantaloupes, apples, and strawberries.

Tom Kha Gai and Tom Yum Goong are rich, savory soups with a base of chicken broth, flavored with lemongrass, Chinese parsley, mushrooms, and cayenne pepper – one with chicken, coconut milk, and galanga root, the other adorned with shrimp. The galanga root is from a tree similar to a bird

of paradise, but with a fragrant, beautiful brown and white flower. Tom Kha Gai is a perfect hot, savory soup on a wintry day, in the mountains of northern Thailand or here in Virginia.

### *Tom Kha Gai*

(Per serving)

1 cup chicken broth  
1/4 cup sliced chicken  
1 stalk lemongrass  
1/8 cup coconut milk  
1 piece of galanga root  
1/8 cup sliced onion  
1/8 cup sliced mushrooms  
or straw mushrooms  
1 finely chopped scallion  
1 T. Chinese parsley (cilantro)  
2 T. fish sauce  
2 T. lemon or lime juice  
pinch of cayenne pepper  
Combine ingredients in saucepan and bring to a boil. Remove lemongrass stalk and galanga root and serve hot.

### TO BANGKOK, THE HEART OF THAILAND

The people of Bangkok have taken to the water, where one can catch the “boat buses” that frequent the Chao Phaya River. One light, crispy Thai treat is spring rolls, with minced pork and shrimp with a not too sweet-and-sour tangy sauce. Spicy Duck is a popular Thai appetizer, shredded duck with an intriguing and fragrant blend of Kaffir lime leaves, red chili paste, and scallions, served over lettuce. Another fine Thai specialty is Charbroiled Rockfish, wrapped in banana leaves, stuffed with fresh Thai herbs, served with a spicy Thai sauce. The mingled aroma of banana and freshly charbroiled fish hits you as soon as you open the banana leaves. Followed by fresh fruit in season, like mango with sticky rice, a Thai meal is always an interesting mélange of flavor.

Thai curry is hot and spicy, red or green, and eaten all over Thailand. Curry Beef Panang is a Thai-style curry, blended from



peanut, red curry and coconut. Green curry paste, a mixture of small Thai red chili peppers, garlic, red onion, lemon grass stalks, galanga slices, and the Kaffir lime leaves, is easily obtained already made at most local Thai groceries, although some prefer to blend their own.

## Thai Green Curry with Beef

(For 2)

1/2 can (2 oz.) green curry paste  
1 T. cooking oil  
1/2 lb. thinly-sliced beef  
1/2 pint coconut milk, or more, to taste  
1 t. sugar  
2 t. fish sauce  
6 baby Thai eggplants or  
1/2 cup bamboo shoots  
1/2 cup fresh Thai basil, (1 small bag)  
2 Kaffir lime leaves  
slivers of hot red pepper (optional)  
Thai jasmine rice  
Mix green curry paste with cooking oil in skillet and cook for one minute. Mix in coconut milk and bring to a boil. Add beef, bamboo shoots or baby eggplants, Kaffir lime leaves, fish sauce, sugar, and fresh Thai basil leaves, stirring as the mixture cooks. Cook five minutes and serve over rice. For more color or more spice, slivered red pepper may be added to taste.

## AND SOUTH, TO THE GULF OF THAILAND

Thailand is a land of beautiful beaches. Hua Hin is a weekend getaway for the people of Bangkok. Lined with coconut trees, it was historically a fishing village. Still unspoiled, mostly locals or other native Thai visitors frequent Hua Hin.



*The Gulf of Thailand*



*The Heart of Thailand*

Many authentic Thai dishes are recipes handed down through families for generations. There is a great variety in the dishes from the regions of Thailand, with many seafood specialties from the south coast. Condiments allow diners to adjust the "heat" of the dish to their palate.

Beyond the traditional satays, tender chunks of skewered grilled chicken, Thai cuisine offers interesting starters such as Kanom Jeeb, crabmeat and minced pork wrapped in springroll skin, steamed and served with spicy Thai sauce, and Nua Sawan, marinated thin slices of beef, oven-dried and fried, served with Thai sauce. Shrimp Kapow, or Basil Shrimp, from the Thai word krapow meaning basil, is an easy-to-prepare favorite. This highly versatile recipe can be prepared with seafood, such as shrimp or scallops, fish, beef, pork, or chicken. Sautéed with chili, garlic, and fresh Thai basil leaves, Shrimp Kapow is a savory and aromatic dish.

## Shrimp Kapow or Chicken Kapow

(Stir-fried shrimp or chicken with Thai basil, chili and garlic)

(For 2)

1 lb. of shrimp, peeled and deveined, or 2 chicken breasts, boneless and skinless  
1 T. vegetable oil  
fresh garlic  
1 T. minced fresh Kee Noo chili  
2 T. fish sauce (Nam Pla)  
2 T. chicken broth (water may be substituted)  
1 T. dark soy sauce  
1 T. sugar  
1 cup Thai basil leaves (Bai Kapow)  
1 T. sliced Chee Fah chili  
Slice the chicken breasts into thin, bite-sized pieces. Heat a wok or large skillet over medium heat. Add the vegetable oil and roll it around to cover the surface. Check the heat of the oil by dropping a piece of garlic into the pan. If it sizzles immediately, the oil is ready. Add the garlic and Kee Noo chili to the pan, and swirl it with spatula until garlic begins to turn golden (approximately 15 seconds). Add chicken or shrimp and stir-fry it until the meat is half-cooked (approximately 1 minute). Add fish sauce, broth, and soy sauce, stir-fry for 1 minute. Add sugar, basil and sliced Chee Fah chili to taste and toss until the basil begins to wilt. Transfer to a serving plate, served with steamed rice. ♦

**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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For girls

#### Camp Twin Creeks

9235 Huntersville Road  
Marlinton, WV  
800-451-8806  
camptwincreeks.com  
Ages 8-16

#### FONZ Nature Camp

Smithsonian Conservation  
Biology Institute  
Front Royal, VA  
fonznaturecamp.org  
Grades 5 – 10, Nature focus

### DAY CAMPS

#### Beauvoir School

3500 Woodley Road NW  
Washington, DC  
202-537-2313  
beauvoirschool.org  
Ages 3-11

#### BeanTree Learning

5003 Westone Plaza  
Chantilly, VA  
703-961-8222  
beantreelearning.co2  
Ages 6-12

#### BeanTree Learning

43629 Greenway  
Corporate Drive  
Ashburn, VA  
571 223-3113  
beantreelearning.com  
Ages 6-14

#### Brooksfield

1830 Kirby Road  
McLean, VA  
703-356-5437

brookfieldschool.org  
Ages 3-10

#### Browne Summer Camp

5917 Telegraph Rd.  
Alexandria, VA  
703 960-3000  
browneacademy.org/  
summer-camp  
Ages 3-13

#### Camp Griffin at Westminster School

3819 Gallows Rd  
Annandale, VA 22003  
703-256-3620  
www.westminsterschool.com  
Ages 3-14

#### Camp Koda

19844 James  
Monroe Highway  
Leesburg VA  
703-779-8082  
aaesva.com  
Ages 4 and up

#### Camp McLean

McLean Community Center  
1234 Ingleside Drive,  
McLean, VA  
703-790-0123  
mcleancenter.org  
Ages 3-10

#### Congressional Camp

3229 Sleepy Hollow Road  
Falls Church, Virginia 22042  
703-533-0931  
www.congocamp.org  
Ages 3-14

#### Digital Kids

Spring Hill Rec  
1239 Spring Hill Rd  
McLean, VA 22102  
703-863-2763  
www.digital-kidz.net  
Ages 4–14

#### Every Body Golf School Junior Camps

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Oakton, VA  
703-255-5396  
everybodygolf.com  
Ages 8-17

#### Potomac Arts Academy

George Mason University  
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Fairfax, VA 22030  
703-993-9889  
www.potomacacademy.gmu.  
edu/Classes/GameDesign.  
html  
Ages 8–Adult

continued on page 52



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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!

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

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## **DAY CAMPS**

### **Green Hedges Summer Camp**

415 Windover Avenue  
NW  
Vienna, VA  
703-938-8323  
greenhedges.com/camp  
Ages 3-7

### **Griffin Camp at Westminster School**

3819 Gallows Road  
Annandale, VA  
703-340-7268  
westminsterschool.com  
Ages 3-15

### **Hargrave Military Academy**

200 Military Drive  
Chatham, VA  
434-432-2481  
hargrave.edu

### **Harmonia**

204F Mill Street NE  
Vienna, VA  
703-938-7301

harmoniaschool.org  
Ages 4-17 Dance/Drama/  
Music

### **Kenwood School Day Camp**

4955 Sunset Lane  
Annandale, VA  
703-256-4711  
camp.kenwoodschool.  
com  
Grades completed K –  
completed 8th

### **Langley School Summer Studio**

1411 Balls Hill Road  
McLean, VA  
703-356-1920  
langleyschool.org  
Pre-school -8th grade

### **Levine Music**

Westover Baptist Church  
1125 N. Patrick Henry  
Drive  
Arlington, VA  
703-237-5655  
levinemusic.org  
Ages 3 ½ - 12

### **McLean Children's Academy**

6900 Elm Street  
McLean, VA  
703-734-2353  
childrensacademy.com  
Ages

### **Montessori School of McLean**

1711 Kirby Road  
McLean, VA  
703-790-1049  
mcleanmontessori.org  
Grades PreK – 6th

### **Montessori School of Northern Va.**

Hillbrook Campus  
6820 Pacific Lane  
Annandale, VA  
703-256-9577  
msnv.org  
Ages 2-12

### **Montessori School of Northern Va.**

Valleybrook Campus  
3433 Rose Lane

Falls Church, VA  
703-992-0255  
msnv.org  
Ages 2-12

### **New School Computer Camp**

9431 Silver King Court  
Fairfax, VA  
703-691-3040  
newschoolva.com  
Ages 8-16

### **Pinecrest Summer Pavilion**

7209 Quiet Cove  
Annandale, VA  
703-354-3446  
pinecrestschool.org  
Ages 4 – rising 6th grade

### **Redskins Cheerleaders Cheer & Dance Camps**

redskins.com/cheerleaders  
Ages 7-17

### **Science Camp Watonka**

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watonka.com  
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stjohnschs.org/summercamps  
Ages 6-17, Sports focus

### St. Luke Summer Multi-Sports Camp

7005 Georgetown Pike  
McLean, VA  
703-356-1508  
stlukeschool.com  
Grades Pre-school -8th, Sports focus

### Tiny Dancers Magical Summer Camp

10875 Main Street #113  
Fairfax, VA  
571-312-3406  
tinydancers.com  
Ages 3-6 Dance Focus

### Valley Mill Camp

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Naturel Wild for the Night III

BY KEITH LORIA

# The Metro's MAGNIFICENT MURAL

Chances are, if you've walked past the Greensboro Metro Station in Tysons over the past couple of months, you've been privy to work by one of our area's most noted artists—the internationally acclaimed Lawrence Atoigue, known as Naturel in the art community.

Since December, Naturel has been working on a 20 foot by 78 foot mural that will be a focal point for the Silver Line Metro Station. And while snow has slowed him down a little, the project is expected to be complete by the time this issue goes to press.

In the mural, through latex and spray paint, surrealistic water lilies will be rendered in a futuristic blend of pop and cubism.

During his career, Naturel has produced commercial art campaigns with Mountain Dew and Hpnotiq and has done work for everyone from LeBron James to Rihanna to Spike Lee. He's exhibited in Miami and other cities, but this is his first large project in his hometown.

"I'm from the area, and it was a long journey for me to come and be able to leave my mark here," Naturel says. "Primarily, D.C. was built on the title basin and the aquatic life around here

is something that I wanted to capture, but also take a stab at Monet."

The artist came to the project thanks to Shane Pomajambo, founder of Art Whino, a D.C.-based art gallery whose mission is to bring together the pioneers and freshest talent from around the world.

"I created the gallery to attract artists to an art scene that's typically found in California and New York—very much pop surrealism and murals—and I've done numerous events over the last nine years, painting over 130 murals in the D.C. area," Pomajambo says. "It just so happened, I had an opportunity in Fairfax County, and being a resident of Great Falls, I was very excited to be given the chance to do something in the area."

When the Tysons Partnership was looking for someone to do a mural, they contacted Pomajambo.

"They told me they had this big white wall and a big blank wall in the Metro Station, and of course, people when they get off a Metro, would rather see a piece of art," he says. "You don't normally see a space that large for a mural. I work with a number of national and international artists and as luck would have it, a friend introduced me to Naturel."

Because of his work in New York, Pomajambo didn't realize that Naturel was based in D.C., but once he found out he lived in Virginia, he reached out to him about this great project.

Once they connected, Naturel was excited about the possibility and the two discussed what the best design would be.





"I was at the gallery with Shane and he was asking me what I wanted to do, and I told him there's a common theme I like to go back to when I have the creativity and freedom to do something, and it's always been these water lilies," Naturel says. "I wanted to do something that was equally beautiful and simple for people to get, but also technical. The water lily theme to me, combines all of that."

That was just what Pomajambo had in mind.

"When you do art like this for the people, it's extremely important to do something that's far reaching. You don't want two ninjas fighting it out on a wall," Pomajambo says. "He does a lot more abstract work and I thought that was quite important for this project. His geometrical style is definitely more broad reaching."

Pomajambo notes that in the D.C. area, this is a unique project because there's not much of a mural pop-art scene, and even less of one in Fairfax County.

"I'm hoping this will be the beginning of more people seeing how cool it is, and then we'll have a whole bunch of art in the Tysons Corner community," he says. "I want to be able to bring a lot of attention and hype to the art community, which I think is important."

Naturel will also have an exhibit at the Art Whino Gallery in April and has other things in the work in the District in 2016. For more information on the artist, visit [allburgundy.com](http://allburgundy.com). For information on the gallery, visit [www.artwhinocom](http://www.artwhinocom). ♦

**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.



Naturel Scope Inner State Pxxxxy



Naturel Bloom in a Dark Room



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# GET CONNECTED STAY CONNECTED



Ranked as one of the Top 20 Chambers in the Metropolitan Region, the Greater McLean Chamber of Commerce enhances the local business community by giving professionals an opportunity to get connected. The organization received the Fairfax County Office of Public Private Partnerships' 2011 Chamber of Commerce Community Connector Award.

## **Tuesday, March 8**

### **MCLEAN FIRST LEADSHARE**

7:45 am

Chesterbrook Residences  
2030 Westmoreland St.  
Falls Church, VA 22043

Register [mcleanchamber.org](http://mcleanchamber.org)

## **Tuesday, March 22**

### **MCLEAN FIRST LEADSHARE**

7:45 am

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## **Thursday, March 24**

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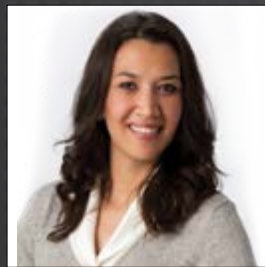
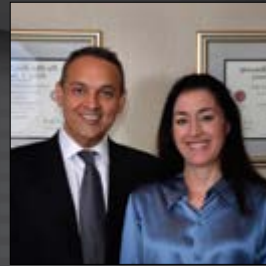
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# *PROFESSIONAL PROFILE PAGES*

Discover our area's finest and learn what sets each apart as a top leader in their field of expertise. The following Greater Tysons professionals are highly trained and known for their quality service.



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## Bruce D. Vaughn CFP®, AIF® VLP FINANCIAL ADVISORS

Bruce is the President of VLP Financial Advisors. He is a Certified Financial Planner™ practitioner and an Accredited Investment Fiduciary™. Bruce has been active in the profession since 1983. He graduated from Indiana University of Pennsylvania in 1979 and joined Financial Network in 1990.

Bruce is also a Registered Principal and Regional Director with our affiliated broker/dealer Cetera Advisor Networks LLC. Additionally, he is licensed for life, disability, and long-term care insurance. Bruce has been an instructor for the College of Financial Planning at George Washington University and has conducted retirement planning workshops for several government agencies and private firms in the Washington D.C. area.

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# HEARING LOSS

## IS LINKED TO OTHER HEALTH ISSUES

By Dr. Ana Anzola, Ascent Audiology & Hearing



Hearing loss affects more than your hearing and communication. What happens in your ears is connected to your whole body.

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The same things that damage blood vessels in the heart can damage blood vessels in the inner ear, causing hearing loss. If you have cardiovascular disease, you may also have impaired hearing.

### Dementia & Alzheimer's

Impaired hearing makes your brain work harder just to hear and follow conversations. The harder you have to work to hear, the more it takes brain resources away from things like memory and recognition. Hearing aids allow the brain to use its resources where they are needed most.

### Diabetes

Hearing loss is twice as common in people with diabetes because high blood sugar can damage the delicate blood vessels

in the inner ear. Once the vessels are damaged, they cannot be restored.

### Hospitalization

Adults with hearing loss are 32 percent more likely to be hospitalized than those without hearing impairment. Studies show that hearing aids increase quality of life and diminish episodes of illness in older adults.

### Obesity

Obesity leads to decreased blood and oxygen flow in blood vessels, including the delicate vessels in the inner ear. Obesity is also a contributing factor to high blood pressure, which can also contribute to hearing loss.

### Tinnitus (Ringing In The Ears)

Ninety percent of people who have tinnitus also have some degree of hearing loss. Hearing aids often improve both hearing loss and tinnitus.

### Smoking

Nicotine damages the audio nerve, which is why smokers are 70 percent more likely

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### Depression and Anxiety

Studies have found that people with untreated hearing loss reported significantly more feelings of depression and anxiety than those who wear hearing aids. With the use of hearing aids, depression and anxiety diminish and quality of life increases.

**If you have any of these conditions, I invite you to come in for a complimentary hearing test at our McLean office (call 703-942-8110). It's not just good sense for your hearing, it's good sense for your health.❖**

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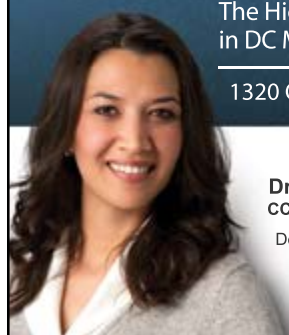
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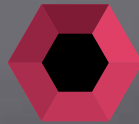






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## NORTHERN VIRGINIA CHAMBER OF COMMERCE *Launches New Brand*

Last January the Fairfax County Chamber of Commerce officially launched its rebrand and restructure to the Northern Virginia Chamber of Commerce (Northern Virginia Chamber) in a breakfast reception attended by nearly 400 members of the regional business community, including Northern Virginia Chamber members of the board, member companies, and community leaders from across the region.

Representing local employers with more than 500,000 regional employees, the Northern Virginia Chamber is the region's leading voice for business advocacy, thought leadership, business development opportunities and key community partnerships.

"The Northern Virginia Chamber will continue to be the Voice of Business in Northern Virginia™," said Mitchell D. Weintraub, Partner, Cordia Partners and Chairman, Northern Virginia Chamber of Commerce. "It will strengthen and unify the business voice on regional priorities that supersede jurisdictional lines such as transportation, education, workforce and economic opportunity."

The Northern Virginia Chamber offers expanded value and opportunities to its members, other chambers and partner organizations through collaborative efforts and partnerships.

"The Northern Virginia Chamber looks forward to working collaboratively with other chambers and

business organizations to strengthen the regional business voice and advance the issues that matter the most to the business community," Weintraub continued. "Now more than ever a strong, unified business voice is needed."

"Having a unified business voice is important to the Northern Virginia business community," said Adrian P. Chapman, President and Chief Operating Officer, Washington Gas and WGL Holdings, Inc. "The issues that matter the most to businesses cross jurisdictional boundaries."

For more information on the Northern Virginia Chamber of Commerce, please visit [www.novachamber.org/media-center.html](http://www.novachamber.org/media-center.html). ♦





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*Announcing a New Brokerage:  
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After more than 10 years of running a successful residential real estate team at Long & Foster, Hans and Steve Wydler (aka the brothers in Wydler Brothers) have decided to launch their own independent brokerage. Wydler Brothers' consultancy-style, substantive approach to the business has resonated with their clients and agents. As Hans says, "We don't talk about the wealth of our clients, nor how expensive their homes are, what we care about is giving our clients the very best sound business advice and backing it up with a marketing engine that is second to none." Through a combination of smart people, cutting-edge technology, fun/clever marketing and best practices, Wydler Brothers Real Estate is thrilled to announce their new brokerage.

"The Wydler Brothers achieved great success as part of the Long & Foster family over the past 10+ years. As they look toward new ventures, we wish them the best of luck and we look

forward to continuing a productive relationship with them in the future," said Jeff Detwiler, president and COO of The Long & Foster Companies—parent company of Long & Foster Real Estate. "For the Wydlers, Long & Foster served as an ideal brokerage to grow their business, and we remain a truly unique entrepreneurial environment that helps agents build their business acumen and achieve success."

As Steve Wydler said, "We grew so quickly because of the support from senior management at Long & Foster. We are so grateful to them and will continue to look for ways to collaborate and continue our wonderful partnership in the future."

Wydler Brothers Real Estate remains committed to delivering the highest level of service to their clients and providing the best marketing and technical support to their agents. Wydler Brothers was formerly a residential real

estate team formed by Hans and Steve Wydler, specializing in fine homes and condominiums throughout the greater DC metro area. With close to \$1.25 billion in sales since their inception, they were among the highest producing teams inside the Beltway and recently rank #25 in the USA by The Wall Street Journal, and were recognized as the most "innovative Realtor in America" by Inman News, the leading trade publication that focuses on residential real estate. Wydler Brothers Real Estate will be opening their new offices in McLean, Virginia; Chevy Chase, Maryland; and Washington, DC early this year.

For more information, contact Kathleen Wilks at Wydler Brothers at 202-276-0638 or Kathleen@wydlerbrothers.com or visit [www.wydlerbrothers.com/announcing-our-new-brokerage](http://www.wydlerbrothers.com/announcing-our-new-brokerage). ❖



## CIRQUE DU SOLEIL *Premieres at Lerner Town Square at Tysons II*

Cirque du Soleil returns to Washington This Summer with *KURIOS—Cabinet of Curiosities!* Written and directed by Michel Laprise, the new touring production will premiere under the iconic blue-and-yellow Big Top at Lerner Town Square at Tysons II beginning July 21st, 2016!

KURIOS – Cabinet of Curiosities had its world premiere in Montréal in April 2014 and is Cirque du Soleil's 35th production. Since its debut, the critics have been raving across North America: "Cirque du Soleil has come roaring back with KURIOS – a dazzling, hyper-detailed, potent, quixotic and generally fantastic show that reveals this extraordinary artistic company's singular capacity for exploration and metamorphosis. It is not to be missed on any account," said Chris Jones in *The Chicago Tribune*. "KURIOS is the most enthralling, consistently over-the-top magical show Cirque du Soleil has sent our way in a long time," raved Robert Hurwitt in *The San Francisco Chronicle*. "KURIOS is the most joyous piece of theater I've seen in years and it will lift your spirits to the stars," said Richard Ouzounian in *The Toronto Star*. And Misha Berson in *The Seattle Times* raved, "KURIOS thrills in a splendidly captivating new show." *The Los Angeles Times* made it a Critic's Choice.

Written and directed by Michel Laprise, KURIOS – Cabinet of Curiosities is a tale in which time comes to a complete stop, transporting the audience inside a fantasy world where everything is possible. In this realm set in the latter half of the nineteenth century, reality is quite relative indeed as our perception of it is utterly transformed. The name of the show refers to the humble and strange characters that inhabit the Seeker's Cabinet of Curiosities.

Pre-sale tickets available beginning February 1st for Cirque Club Members. General Public Tickets available beginning February 12th, 2016! ❖



## NOSTOS HOSTS *The Greek "Top Chef"*

Nostos hosted Athinagoras Kostakos, The Greek "Top Chef" and host of his cooking show "Cook Smart." Working primarily in Mykonos Island-the most renowned culinary scene of Greece. Chef Kostakos and Nostos offered Full Tasting Menus and Wine Pairing Dinners from January 11-16th. Stay in the loop with the many culinary adventures offered at Nostos at [www.nostosrestaurant.com](http://www.nostosrestaurant.com) ❖



by Lili (Lily) Liu

## TABOIS GALERIE *Reopens Its Doors*

The TaBois Galerie is delighted to re-open its doors after an almost six-year hiatus online! The Galerie kicked off the new year with the Premiere IASPAW Members Exhibition: *Concerto of Colours*, featuring the artwork by CTaBois (c'est moi) and Lily Liu.

The exhibition runs through April 2, 2016 at the TaBois Galerie, Regency at McLean, 1800 Old Meadow Road, Ste 113, McLean, Virginia, 22102. ❖



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# UNCORKING THE *Secrets of Sommeliers*

BY LINDA BARRETT



## THE TASTEVIN

*The shallow, faceted cup sometimes worn by some sommeliers was originally designed for winemakers to taste wine. Some sommeliers open a bottle of wine tableside and take a small taste in their tastevin to ensure it is not flawed.*

Dining in some of our area's finer establishments, you may encounter an in-house sommelier. In case you've ever wondered why they are there and how to use them, we've taken a moment to uncork the secrets to using their experience to your advantage.

### WHAT IS A SOMMELIER?

A sommelier, or wine steward, is a professional trained in the art of wine service, as well as wine and food pairing. This person may be responsible for selecting the wines, developing the wine list, and may work with the chefs to suggest and pair wines with the menu. Working with patrons, the sommelier assists in selecting wines to match personal taste preferences, pairings and budgets.

To be a sommelier, several years of formal education, apprenticeship, or experience are required, and a professional sommelier can rise through the ranks, or degrees, by passing examinations at the various levels to become a Master Sommelier, although most do not.

According to Vincent Feraud, sommelier and wine director at the Ritz-Carlton Tysons Corner, "A sommelier is someone who recommends the right wine for the right person and the right taste to have with dinner."

"Many people are afraid that the sommelier is going to try to sell them expensive wines, but our job is to make our guests comfortable and help them choose wine they can afford. You don't want to embarrass the guest at the table," he continued.

The issue of price can be a touchy one, yet can be subtly approached by pointing to a particular wine on the wine list. This gives the sommelier your price point. Or you can simply tell the sommelier, "I don't want to go over \$70."



## HOW TO USE A SOMMELIER

A sommelier's job is to help you narrow down the choices from a sometimes-overwhelming wine list and create a perfect pairing with your meal, however, there are things you can do to help him or her.

- 🍷 Know a little bit about your preferences. Do you prefer a particular wine region, vintage or type of grape?
- 🍷 Talk briefly about what you liked or didn't like about your wine choices in the past. Offer the names of particular wines you've enjoyed.
- 🍷 Know what food you're ordering.

If people are new to wines, Feraud begins by determining their basic taste preferences, asking if they like something fruity or light, for example. He likes to introduce people to wine with something smooth or fruity to start, then once they begin to develop a palate, suggests more aggressive profiles like those that are drier or include more tannins.

His most important tip: "Get your palate excited first—eat a piece of meat or a vegetable and then drink the wine after you eat. Most people do this backwards and drink the wine first," he said.

Those who are more knowledgeable in wines can give the name of a wine they've enjoyed in the past and ask for suggestions from the in-house wine list. This gives the sommelier both the price point and the style of wine.

## WINE SERVICE SECRETS

There's more to serving wine than just appearing with the bottle. "A sommelier has to know how to handle the bottle from the cellar to the table," Feraud said. Proper handling includes how to carry the bottle to control its sediment, how to open it, care to take with the cork, proper serving temperature, and even how full to fill a glass or ensure everyone at the table gets served equally from the single bottle, for example.

"Mostly, we want the service to go smoothly, and this entails working together with the host," he continued. "My job is not to give a lecture about the wine; rather, it is to make the guests comfortable and help them have a good time." ♦

**AUTHOR:** When not tasting or writing about wines, wine editor Linda Barrett runs *All the Buzz*, an agency offering professional copywriting and creative services for websites and public relations. [www.allthebuzz.net](http://www.allthebuzz.net).



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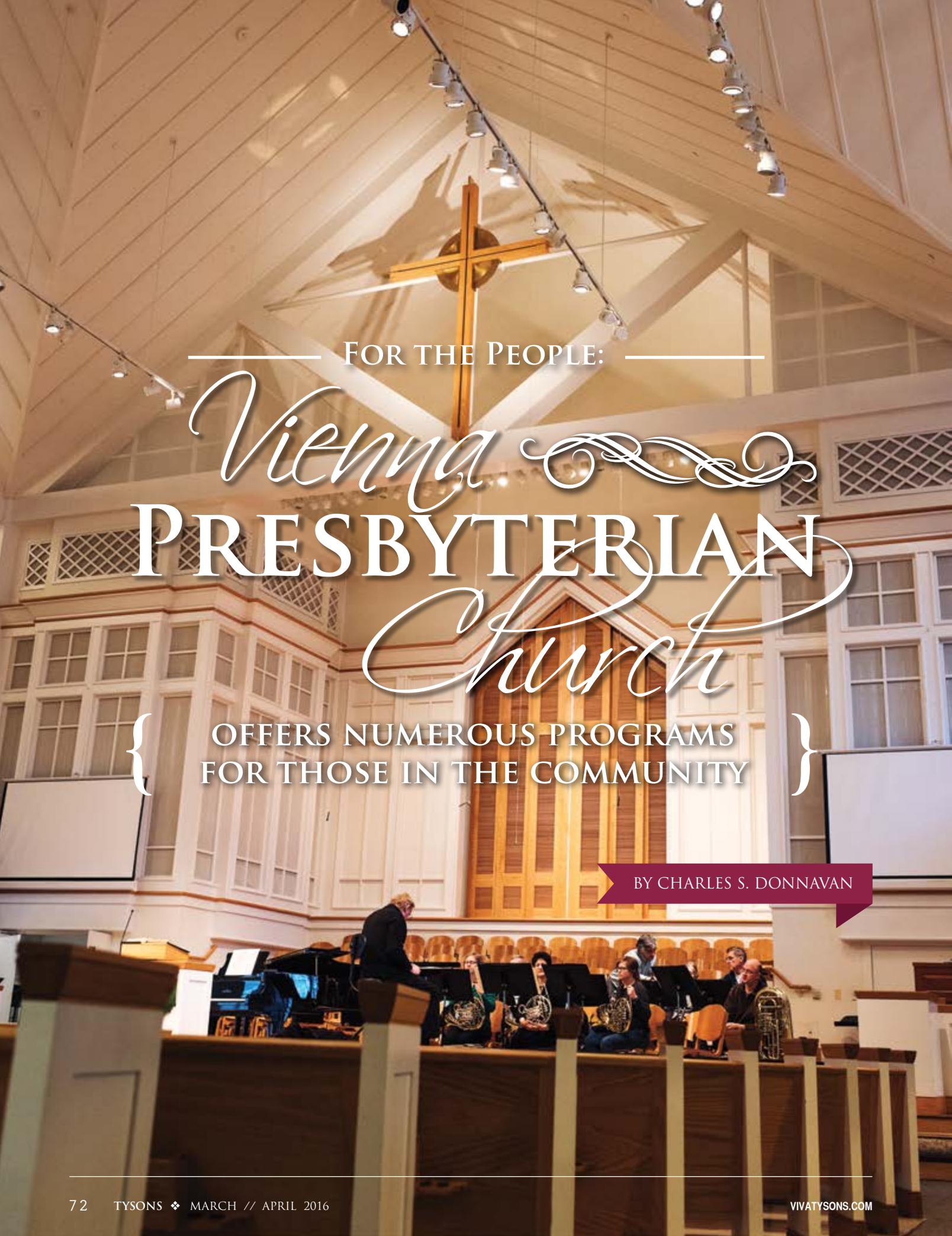
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— FOR THE PEOPLE: —

# Vienna PRESBYTERIAN Church

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BY CHARLES S. DONNAVAN





and prominent business leaders. That same night, the women have a Bible study group that's very well attended.

Jordan feels that the church is an important part of Vienna and the community.

"The people that come and get engaged and find a group or class, can make some really wonderful relationships here," she says. "I love how when someone has a family crisis or an illness or something, the group comes around and really comforts that person and that family until they get back on their feet. I think that's one of the best things about us."

Additionally, Jordan says there are a number of opportunities for mission work and helping the community both in Vienna and across the state—plus Haiti and Mexico—and people can connect with that and feel as if they are a part of something bigger and make a difference in someone's lives.

"Every Sunday morning, we have people manning the Connect Table in the lobby, and they will help people connect right there or collect their information and I will call them later and help them find what they're looking for, or connect them with the person who can best help them with whatever their goal is," Jordan says. "We have wonderful people here and wonderful ways for people to get engaged."

VPC is also well known in the community because of its youth ministry and a lot of people come in because it's a great place for kids to connect as well.

Kim Snyder, children's ministry senior manager, heads up the staff that works with volunteers to head up the youth programs.

"Sunday mornings is when most of the children's programs happen," Snyder says. "We offer classes during the worship services and have a variety of programs between K and 6th grade. We have age-group classes and a fun program that helps kids engage with the message of the bible."

CONTINUED ON PAGE 74

You have to go way back to 1871 to uncover the beginnings of the Vienna Presbyterian Church, when nine Vienna residents embarked on building the church (which now serves as VPC's chapel). Back then, VPC had a tiny congregation with little more than a 100 members, but by 1976 membership had grown to more than 1,300 and this little village church now had a thriving suburban congregation.

Today VPC is the largest Presbyterian Church in the Washington, D.C., area. It's comprised of a senior pastor (Reverend Dr. Peter G. James) and two associate pastors; more than 2,600 members; a wide range of study, fellowship, service and support opportunities; a deeply involved congregation, and an extensive local, national, and international missions outreach.

Those who live in and around Vienna know VPC to be an institution of the area—both for its services and youth programs, groups and networks.

Shannon Jordan, director of adult ministries, is in charge of the different groups and classes for adults, supporting volunteers and leaders of the groups, and informing new members about what's available.

"When someone comes to a church and they are looking for a class or group or way to serve, I am the liaison to do that," she says. "I also coordinate the big learning or teaching events that we have here."

For adults, everything from basic Bible studies to book groups to support groups for divorce are available.

"We also have support groups for those who are grieving; parenting classes; and classes to help with more intentional spiritual formation for those who want to go deeper spiritually," Jordan says. "We have a renewing prayer ministry, and other one-on-one caring help on hand."

One popular group is the Monday night Men's Great Steakout, where they cook steaks and the men come in and hear speakers. Guests have included U.S. Astronauts, Washington Redskins players





## VIENNA PRESBYTERIAN CHURCH CONTINUED FROM PAGE 73

There's also a once-a-month kid's club that is open to children, where they can hang out with people their age and have fun building community. Once they move up to middle school, 7th through 12th graders are involved in breakout classes and discuss the worship with speakers and among themselves.

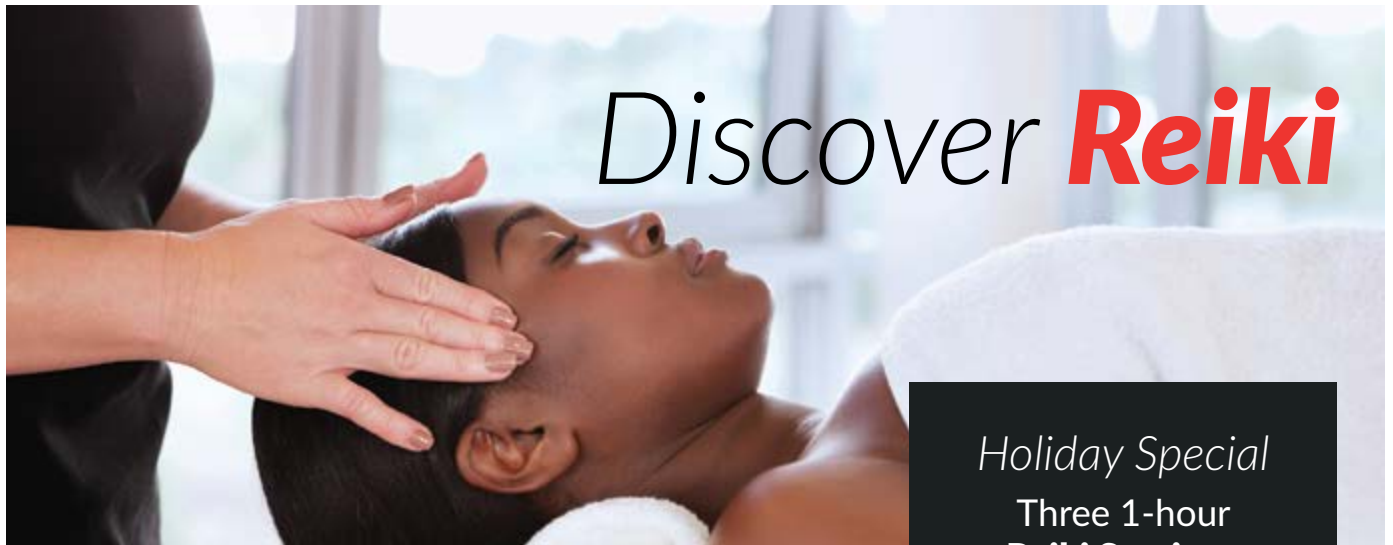
"The older kids have youth group times on Sunday evenings. It's a lot of fun and games and a really great way for people to meet each other," Snyder says. "They also have small group Bible studies which are really special to us. Those not only help them dive deeper into scripture, but to grow in their faith beyond what they may have learned."

For those who like to sing, there are children's choirs that happen on Sunday mornings and a Youth Choir that practices a bit more.

In Snyder's opinion, VPC is a light in the community and continually tries to be a larger light.

"There's an opportunity to serve in our town and reach out to neighbors, whether they're Christians or not," she says. "One of the neat things the Family Ministry does is run a day camp at an elementary school for anyone who wants to be a part of it. It helps kids build friends and gives families a chance to get kids out of the house when they might not have been able to afford something like that."

"We want to be more than just ourselves; we don't want to be just inside our little building," she adds. "We have a wider influence than just Vienna alone and we look to expand that as much as we can and do the greater good." ♦



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BY JOHN BYRD

Photo Credit: Greg Hadley

# Split DECISION

## CIRCA 1960'S SPLIT-LEVEL REINVENTED IN A SPACIOUS NEOCLASSICAL STYLE

To expand a home's main living area, Sun Design Remodeling added a 300 square-foot addition, introduced a front verandah with foyer, and elaborated the whole house in an entirely new architectural language.

In 1984, Jack and Marie Torre purchased a circa 1960's split-level on a half acre lot in Fairfax. At nearly 3,000 square-feet, it was a perfect spot to settle down and raise two children. The schools nearby were excellent; there was an easy commute to work, but there were some things about the property the Torres thought they might improve—should they stay in residence long enough.

A cabinet-cluttered kitchen with builder grade finishes, for instance; no powder room on the home's main level; space-restricted dining room.

Skip ahead almost two decades, though, and the whole house remodel by Sun Design Remodeling that the public was invited to see earlier this month firmly demonstrates the kind of sweeping

improvements that can occur when owners set their sights on new possibilities.

In fact: the former split-level is no longer merely a house. It's the Torre's long-term residence, and one that is both substantially larger and iterated in a completely new architectural language

"The ideal of long-term ownership is the option to create a residence that becomes more supportive of favored activities and aesthetic preferences," says Craig Durosko, founder and chairman of Sun Design Remodeling. "We are finding this kind of on-going commitment to personalizing a residence much more frequently than in decades past."

Durosko was at the house January 9 to greet neighbors who wanted to learn more about whole house remodeling. Sun





(At right) At over twice the size of its predecessor, the Torre's beautifully articulated gourmet kitchen invites a substantial increase in natural light.

(Below) The split-level's former bow window was converted to a set of French doors which overlook the new vernada. Though the seamless execution makes the addition hard to detect, the dining room beyond the fireplace is actually in the home's new dining room wing.



Design guided the Torres through every step of a comprehensive makeover. Many guests seem surprised at the project's scope; that the vision had such continuity and coherence.

The Torres, meanwhile, are quick to acknowledge that Sun Design's architectural solution came as a revelation—especially since they had hired architects on two separate occasions to develop plans that soon proved infeasible.

"We couldn't add onto the rear because of set-back restrictions," Jack Torre explains. "The bigger problem, though, was a six-foot roof overhang in front, and the seven steps required to walk from the ground level foyer to the primary living

area. Because of these factors, we thought we were prohibited from enlarging the foyer, or expanding our living space around the kitchen."

More recently, with their life as empty-nesters imminent, the couple was actively considering relocation. A chance visit to a remodeled split-level by Sun Design not far from their house, however, convinced Marie to once again consider the remodeling option.

Shortly after the viewing, the Torres set up a meeting with Sun Design's president Bob Gallagher, and several previously unconsidered options emerged.

At the top of the "wish list," the couple wanted a larger, more functional kitchen, plus a larger dining room with distinctive formal elements, including a tray ceiling.

There should be a dedicated family room with a view of the tree-lined back yard, and a spacious powder room on the same floor as the kitchen.

The substantially enlarged gourmet kitchen envisioned would require a butler's pantry, and a wine refrigerator.

Still more challenging: the couple wanted to enter their home's primary living area directly from the front door rather than ascending seven steps within a cramped ground-level foyer.

With these goals articulated, the problem for the design team was how best to implement critical components within a well-integrated whole.

Since new enclosed space couldn't be added on the rear, the east side of the house was designated for the new dining room/sitting room wing.

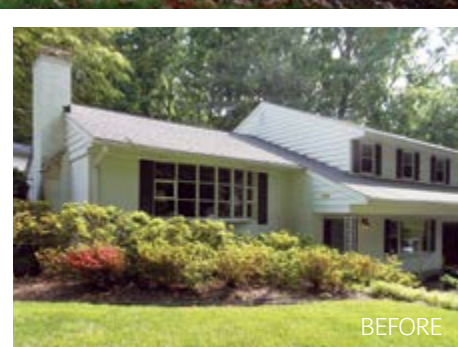
Still more problematic: under the current floor plan template, one entered the house from a narrow front foyer—ascending to a main level hall that segued to the living room (left), a set of staircases heading in two directions (right), or the kitchen straight ahead.

CONTINUED ON PAGE 78



(Above) The new front elevation to the Torre home is elaborated in neoclassical themes that respond to an enlarged floorplan incorporating both a 300 square foot addition and a spacious front veranda.

(At right) The roof overhang to this circa-1960's split-level was thought to restrict any practical consideration to re-designing the home's front elevation. On two occasions, the family hired architects to develop a solution—but nothing feasible resulted.



## CONTINUED FROM PAGE 77

What lacked, Gallagher observes, was a “procession” in which rooms unfold in an orderly, inviting sequence, even as sight lines coax the eye with intriguing visual continuum.

“The structural issue was finding an optimal way raise the front door to the main level of the house,” Gallagher recalls.

“This would require extending the front foyer eight feet to get past the existing roof overhang. We also needed to re-design the front elevation to better rationalize the difference between the grade at ground-level and the home’s main living area—a distance of about seven feet.”

What evolved was not merely a larger foyer, but an improved and more appropriate architectural context in the form of a spacious, classically apportioned front verandah that surrounds and presents the front entrance to the home.

“We were delighted as the plans for the front elevation began to shape up,” recalls Marie Torre. “It’s a completely new architectural style, yet perfectly

accommodates the square footage we needed to reconfigure the interior of the main living area.”

The resulting interior revolves around two comparatively modest additions, albeit, enclosed spaces that substantially enlarge the home’s main level.

The 44 square-foot foyer now situated on a new front porch is perfectly aligned with a front door that opens directly into a center hall, setting up entry into the living room or kitchen just a few feet beyond.

Meanwhile, the 300 square feet added to the home’s west side houses a formal dining room and an adjacent rear-of-the house sitting area.

The room includes a two-sided fireplace also visible in the living room. The enlarged kitchen accommodates a custom-designed banquette and multiple storage pantries.

Marie says the gourmet kitchen now in place provides spaces for all her cooking utensils, even items that used to be stored in the basement. Moreover, replacing the roof over the main living area and raising

the roof from eight feet to nine feet makes the room feel substantially larger.

Better yet, the remade rear elevation—which includes a bump-out with three divided light windows and relocated French doors—invites abundant natural light.

“This is really a completely different house,” says Marie, “But one that is much more satisfying to occupy.”

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm maintains a second office in McLean. For information: 703.425.5588 or [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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For 26 years, Jim Gardiner has been the owner and president of Courthouse Design/Build, operating the Courthouse Kitchens & Baths Design Studio in Falls Church next to Whole Foods on Leesburg Pike. Jim’s team has won national Best of Houzz Design Awards for both 2014 and 2015. Jim, a two-time graduate of UVA with an M.S. in Chemical Engineering, brings both an impeccable designer’s eye and an engineer’s discipline to all his company’s projects. Jim’s inspiration: “For me, Jefferson’s serpentine walls wove function and beauty together into a perfect construction... we strive for this when we design for our clients.”

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## *There's No Place Like Home:* PREPARING YOUR NORTHERN VIRGINIA HOME FOR VACATION STYLE LIVING™ IN RETIREMENT AND BEYOND

Studies show that most people want to stay in their current home and neighborhood as long as they can in retirement and beyond, but surprisingly, very few have a plan for preparing their home to support an active, social lifestyle in retirement. Experts warn: avoid waiting until it's too late and your options are limited. Bottom line: prepare for tomorrow today and you could enjoy an additional 10, 20, or even 30 years in your home.

### Is Your Home Ready for the Next Stage of Your Life?

Whatever stage of life you are in right now, it's important to ask yourself, "Is my home serving my needs and the needs of my family?" Take a good look around. Are there spaces that are rarely used (maybe your formal living room), while others are a congested hub of family activity (maybe your kitchen)? Making some key updates to your home now will not only make your day-to-day life more convenient and comfortable, it may also help you lay the groundwork for a home that will serve you well in your 70s, 80s, and 90s.

### You Don't Need a Retirement Home— You Need a Great Home for Retirement

Baby Boomers are redefining retirement. More active, engaged, and affluent than ever, this generation is shaping the future to meet their needs—starting at home. Proactively reimagining your home to not only meet your physical needs as you age, but also your social and lifestyle needs—like entertaining, hobbies, and even new businesses—means you can enjoy your retirement at home, instead of in a retirement home. Baby Boomers are embracing the trend of "successful aging" and for many, that means aging in place.



## What is Aging in Place?

Aging in place is living an active, fulfilling life independently in your own home custom-designed for your comfort, convenience, and safety in retirement and beyond.

For some, successful aging means helping older family members stay at home longer by adding an in-law suite and embracing the growing trend of multi-generational living. For others, it may mean finally building or buying the home of their dreams. Whether you choose to remodel, buy, or build new, doing so with an eye toward aging in place may help you avoid more costly and less desirable options like assisted living or nursing homes.

## Using Smart Design to Create a Better Quality of Life: The Luxury of Vacation Style Living™

Using smart design to prepare your home now for a better quality of life after retirement can help you live a life of casual luxury and convenience known as the Vacation Style Living™ approach to aging in place. Sadly, many families continue to struggle with the limitations of their current home or floor plan, but are eager to talk about the comfortable, convenient, luxurious accommodations of their last vacation. Why go on vacation for two weeks a year when you can live like you're on vacation year round?

Baby Boomers want and deserve homes that give them the freedom to flourish into the future. They want homes that are beautiful, functional, open, welcoming, convenient, safe, and easy to navigate. Working with an architect builder who is also a certified aging in place specialist (CAPS) can help you achieve Vacation Style Living™ now and for decades to come.

The good news: smart can be beautiful. Gone are the days of sterile grab bars and unsightly entry ramps. Today, new and stylish Universal Design products—products that are usable by most people regardless of age or ability—are coming to market every day. In addition, CAPS certified architect builders can “build in” the necessities for a comfortable and safe home for retirement. Features like wide halls and doorways, zero-entry showers, and eliminating thresholds and other hidden hazards can become part of a beautiful home remodel resulting in a place you'll love to live in and your friends and family will love to visit.

Often, this means embracing main floor living, expanding the square footage of the main floor to accommodate a master suite, a wellness area, and the popular trends of his and hers closets, bathrooms, and offices. Second levels can be transformed into luxury guest suites, and basements can be masterfully transformed into convenient storage spaces. By carefully considering your lighting plan, fixtures, finishes, and flow throughout your home, you can work with a building professional to create a stunning oasis custom designed for your style and your future.

## It's Never too Early to Start Planning for the Future

So, ask yourself: Is it time to transform your home and your future? Make sure your next season is your best season by planning now for a great quality of life at home today and for many years to come. ❖

**AUTHOR:** Francisca Alonso has been designing, remodeling and building homes for families in the Northern Virginia area for more than 15 years as CEO and Co-Founder of AV Architects + Builders, established in 2001 and headquartered in Great Falls, VA. With a passion for building homes that are designed around a family's needs, she uses her Vacation Style Living™ approach to improve her clients' quality of life with a clever combination of casual luxury and practical conveniences for every stage of life. Her first book *Nesting for Empty Nesters®: The Vacation Style Living™ Approach to Aging in Place* (Brand Spoken Press, 2016) is a practical guide to using smart design to prepare your home now for a better quality of life in retirement and beyond. Alonso and her husband reside in Northern Virginia with their four teenage children.

Wide openings



Curbless shower





# THAI NOY

## *A Feast for the Eyes*

### AND THE PALATE

BY ALLISON CHASE SUTHERLAND



Photo credits: Allison Chase Sutherland & Kathleen Drennan

Tucked inconspicuously in the newly thriving neighborhood of Westover on Washington Blvd., Thai Noy, long known for its gracious hospitality, has been warmly welcoming locals through its doors to enjoy tantalizing Thai cuisine for the last seventeen years. Artwork depicting scenes of Thai life grace the walls. Kathleen Drennan, a loyal Thai Noy fan describes the Larb Gai, a zesty appetizer of minced chicken tossed with red onion, scallions, fresh cilantro and a hint of fresh mint, ground roasted chili, and lime juice as the “perfect balance of heat, lime, and cilantro.” The lightly scented Basil Chicken, or Chicken Kapow, stir-fried chicken with fresh minced hot peppers, red and green bell peppers, onions, and basil leaves, with its slight hint of sweetness, is a perennial favorite. Her take on the Rockfish with Emerald Sauce, a spicy green curry sauce, accompanied by green veggies, was that it was a “feast for the eyes and the palate.” Garlic Shrimp stir-fried in a garlic sauce is a noteworthy Thai dish. Ginger Pork, prepared with fresh ginger root, red and green bell peppers, scallions, and ear mushrooms in a soybean sauce, is a popular selection, especially cooled off by a Thai Singha beer. Speaking of which, the beer and wine list is more extensive than you find at many a Thai restaurant. In the spring and summer months, you can opt to sip and dine on Thai Noy’s relaxing outdoor patio.



The owner, Kot Symoukda, is affable and professional and picks up much of the fresh produce for the restaurant locally. Kathleen recounts, “I ran into Kot one day at Grand Mart and he had half a shopping cart full of Asian eggplant, which I love. I asked him how he was going to prepare it when I recognized him as the owner of Thai Noy, one of my favorite Thai restaurants. He was delightful.” ♦

#### THAI NOY

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

**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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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. \$

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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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1222 West Broad St. 703.533.3501 [www.haandi.com](http://www.haandi.com) Northern and Southern cooking traditions incorporated into fragrant kabobs, curries, biryani, and vegetarian classic dishes make Haandi one of the region's stars of Indian cuisine. A lunch buffet is offered from 11:30 a.m. to 2:30 p.m. daily. **\$\$**

### HONG KONG PALACE RESTAURANT

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

### IDYLWOOD GRILL & WINE BAR

2190 Pimmit Dr, Unit B 703.992.0915 [www.idylwoodgrill.com](http://www.idylwoodgrill.com) There is always something special about a good neighborhood restaurant. Idylwood Grill's welcoming atmosphere, attentive staff, and fine cuisine is a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of seafood, pastas, steaks, veal, salads, and more. **\$\$\$**

### IRELAND'S FOUR PROVINCES

105 West Broad Street 703.534.8999 [www.4psva.com](http://www.4psva.com) Award-winning, Ireland's Four Provinces offers as genuine an Irish experience as you can get on this side of the pond. Guinness as it's meant to be poured and traditional Irish fare such as fish 'n chips, corned beef and cabbage, Irish bangers, plus Gaelic entertainment. **\$\$**

### JV'S RESTAURANT

6666 Arlington Blvd. 703-241-9504 [www.jvsrestaurant.com](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.

### THE ORIGINAL PANCAKE HOUSE

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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**PANJSHIR RESTAURANT**

924 West Broad St. 703.536.4566 [www.panjshirrestaurant.com](http://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](http://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.publichouseno7.com](http://www.publichouseno7.com) Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends. \$\$

**SAFFRON**

1077 West Broad Street 703.992.0077 [www.saffronfc.com](http://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](http://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. \$

**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. \$

**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



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

### DOLCE VELOCE

10826 Fairfax Boulevard 703.385.1226  
dolceveloce.com Stop at a bar along the piazza in sunny Sardinia, or linger at a trattoria in Venice's San Marco Square and you will be invited to experience cicchetti (chi-KET-tee), small plates or side dishes from the legendary cuisine of Italy. Now you can also enjoy cicchetti closer to home, at Dolce Veloce. These small plates offer a variety of flavors, from seafoods, salumes and salads to skewered meats, risotto and Mediterranean plates of olives and cheese. \$

## GREAT FALLS RESTAURANTS

### BOLLYWOOD BISTRO

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



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**DANTE RISTORANTE**

1148 Walker Rd. 703.759.3131  
[www.danterestaurant.com](http://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.lauberchezfrancois.com](http://www.lauberchezfrancois.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](http://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](http://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](http://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](http://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](http://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](http://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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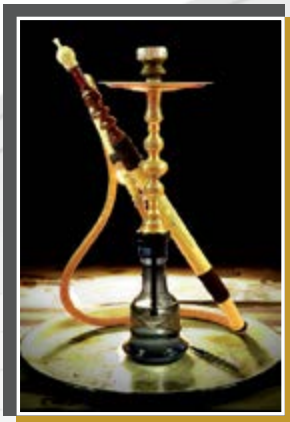
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8142 Watson St. 703.356.2288

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

## CAFÉ DELUXE

1800 International Drive West

703.761.0600 www.cafedeluxe.com

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

## CAFÉ OGGI

6671 Old Dominion Dr 703.442.7360

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

## CAFÉ TATTI FRENCH BISTRO

6627 Old Dominion Dr. 703.790.5164

www.cafetatti.com This French bistro 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 Parmigiana. \$\$

## EDDIE V'S PRIME SEAFOOD

7900 Tysons One Place 703.442.4523

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

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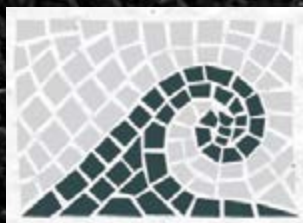
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www.flemingssteakhouse.com Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu.

\$\$\$

## GREENBERRY'S COFFEE CO.

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

## HARTH AT HILTON MCLEAN TYSONS CORNER

7920 Jones Branch Dr. 703.761.5131 www.Harthrestaurant.com Executive chef 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 For nearly 15 years, J. Gilbert's has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert's also offers a vegetarian menu and gluten-free menu.

\$\$\$

## JOE'S SIMPLY AMAZING BURGERS

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

## LA SANDIA

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



**LEBANESE TAVERNA**

1840 International Dr. 703.847.5244  
[www.lebanesetaverna.com](http://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](http://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](http://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](http://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](http://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](http://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](http://www.silverdiner.com/restaurants/tysons)  
 This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. **\$**

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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

**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. \$\$

**MATCHBOX VINTAGE PIZZA BISTRO**

2911 District Ave. 571.395.4869  
[www.matchboxmerrifield.com](http://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. \$\$

**OPEN ROAD GRILL AND ICEHOUSE**

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

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# Ristorante Bonaroti

Est. 1982

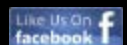


Sergio Domestici and the Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service. Since 1982, Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons and enjoys the praise of visiting dignitaries and the stars

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





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](http://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... **\$\$**

#### SEA PEARL

8191 Strawberry Lane 703.372.5161 [www.seapearlrestaurant.com](http://www.seapearlrestaurant.com) With the inspired creativity of Chef Sly Liao with the trend setting design of Studios Architecture to create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend or early evening offerings during the week. **\$\$\$**

#### TED'S BULLETIN

2911 District Ave 571.830.6680 [tedsbulletinmerrifield.com](http://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. **\$\$**

#### 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. **\$\$**

#### TRUE FOOD KITCHEN

Mosaic District 2910 District Avenue, #170 571.326.1616 [www.truefoodkitchen.com](http://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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*Gyro*



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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. **\$\$**

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**PAZZO POMODORO**

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

**PEKING EXPRESS OF VIENNA**

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

**PLAKA GRILL**

110 Lawyers Rd NW 703.319.3131  
www.plakagrill.com Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka Gyro" is available exclusively at Plaka

Grill in Vienna. New location now in Falls Church at 513 W Broad St.

**RISTORANTE BONAROTI**

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

**SAKURA JAPANESE STEAK HOUSE**

8369 Leesburg Pike #10 703.356.6444  
www.sakurasteakhouse.com Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here. \$\$

**SHAMSHIRY**

8607 Westwood Center Dr. 703.448.8883  
www.shamshiry.com Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereskh Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously

prepared and served in the Shamshiry restaurant in Tehran. \$\$

**SUNFLOWER VEGETARIAN RESTAURANT**

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

**TYSONS BAGEL MARKET**

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

**WOO LAE OAK**

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

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## 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 HUBIE CRAM



MCLEAN'S

# Capri Ristorante Italiano

## AN EXTRAORDINARY STORY OF GRATITUDE AND FAMILY DEVOTION

Capri Ristorante Italiano is a story of two families that started decades ago. The DeChiara family has been serving fine Italian food in restaurants around the world for generations. Nicky DeChiara collaborated with his brothers Renato and Enzo to open Capri in McLean, but the cooking started way before that.

Nicky's grandfather had LaRue on Sunset Boulevard in Los Angeles. His uncle Romeo opened Chianti in L.A., very popular from the 1940s through the 1970s. Nicky opened Romeo and Juliet, named for his mother and uncle, in Washington, D.C. Then MGM's Kirk Kerkorian, visiting in 1976, asked Nicky to open a restaurant in L.A. like Romeo and Juliet, which he did in 1980. Because of the popularity of family restaurants La Rue, Chianti, and Romeo and Juliet, all of Hollywood came to the new restaurant.

In all, Nicky has opened 16 restaurants around the world, including D.C.'s Romeo and Juliet with his brothers, as well as restaurants in Bologna, Italy and Monte Carlo. He was also a creative consultant for Pazzo Pomodoro when they opened in Vienna.

Throughout many of those restaurant successes, one person in particular has played an ever-increasing role. Beatrice Zelaya started working for Nicky at Romeo and Juliet in D.C. 39 years ago. She started as a salad girl, working next to Nicky's mother, Juliet, and essentially grew up with the family. She has worked with other notable restaurateurs like Roberto Donna, Savino Recino, and Romeo Salta and was part of the openings of D.C.'s Galileo and Primi Piatti. Eventually, she went to Potomac to take over DeChiara's Renato restaurant, a Maryland landmark. Now Beatrice is at Capri in McLean, along with other family members.

A few years ago, Nicky and Enzo met to plan the future (Renato had passed away). Enzo's son, Michael, has a mental disability, meaning he needs extra care, although he works a regular job at Capri. As Nicky was retiring, he and Enzo decided to turn over the restaurant to Beatrice and her husband, Philippe. As Beatrice and Philippe agreed to look after Michael and keep him working at the restaurant, the DeChiaras donated the entire restaurant, the food inventory, even the cash in the drawer as a sign of gratitude for their commitment to Michael and the family.



This arrangement matches Nicky's idea of what a family restaurant should be—that is, one that continues in the family from generation to generation. Nicky says, "And that will continue for a long time to come. Beatrice has about 100 people in her family." Indeed, today Philippe and his brother, Demitri, are in the dining room. Beatrice is chef in the kitchen. Their daughter, Roberta, works the front, and even their granddaughter takes reservations. Officially retired, Nicky still can be found at the restaurant most days, checking on things, greeting old friends, but the heavy lifting is now in the hands of Beatrice and Philippe.

The menu, which has not changed, is inspired by the cooking from the Amalfi coast by the island of Capri where the DeChiaras come from. As one would expect, the menu includes outstanding seafood dishes such as the simple Grilled or Poached Salmon with olive oil and lemon sauce or Cappelletti e Scampi "Bert Rosecan" (grilled jumbo scallops and shrimp served with a mild fra-diavolo sauce). There are several meat entrees featuring veal or chicken, and more than a dozen pasta dishes. Maybe one would choose Linguine con Gamberi, (linguine with shrimp, capers, asparagus, sundried tomatoes in a white wine sauce), or Ravioli di Grancho (medium square crabmeat ravioli wrapped in cracked pepper dough served with lobster and saffron.) The restaurant will gladly take any request for your favorite dishes. Many fine wines are available by the bottle, as well as several available by the glass.

We were honored to enjoy three incredible dishes. The Vitello Pizzaiola is a scalloped of veal served in a delicate tomato sauce creating an exquisite balance between meat and sauce. The Agnolotti is a home-made pasta filled with fresh spinach, imported ricotta and Parmesan cheese in a cream sauce. The delectable burst of flavor with the telltale taste of nutmeg swept me back to my most



recent visit to my inlaws' home in Emilia-Romagna. The Linguine Seafood included shrimp, calamari, mussels, and clams served with a reduction of fish fumet in a tomato sauce and served over linguine. It is truly a house specialty and one discovers so many flavors and textures in just a single dish.

The décor at Capri is suggestive of Nicky's time in California with light, pastel color and modern art. There is no hint of a restaurant that has been in one place for the 18 years it has existed, rather more like one year.

Capri Ristorante Italiano is located at 6825 Redmond Avenue in McLean. Take the escalator to the second floor. Reservations 703 288-4601 or online through Open Table. Go to [caprimcleanva.com](http://caprimcleanva.com). Come and enjoy one of the finest restaurants in Northern Virginia serving only authentic Italian cuisine. ♦

## IN THE TOWN OF VIENNA

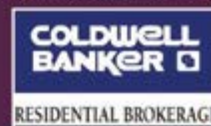


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# Flower POWER

## *Hillary's Tip*

Weave dandelions to make princess crowns for children.

BY LINDA BARRETT

*"Flowers have an immediate impact on happiness,"* reports

Jeannette Haviland-Jones, Ph.D., professor of psychology at Rutgers University and lead researcher on a 2005 study: *The Emotional Impact of Flowers*. They also have a long-term positive effect on moods and help make intimate contacts, she continued. "Now, science shows that not only do flowers make us happier than we know, they have strong positive effects on our emotional well being."

The study also showed that flowers displayed in foyers, living rooms, and dining rooms serve as a symbol for sharing. "Flowers bring about positive emotional feelings in those who enter a room."

## *Hillary's Tip*

Buy flowering plants at the hardware store or garden center and fertilize with aged horse manure.





"Flowers have power, and serve as a universal language of emotion," echoes Hillary Staats, interior designer and owner of Sanctuary Interior Design Build. "People give flowers to celebrate, show compassion, offer thanks or gratitude, or say they're sorry, and can immediately increase the chi or positive energy in the home."

Flowers shouldn't be a special occasion item, consider having flowers all the time—in the interior, the exterior, and when entertaining.

## Interior Flowers

In her own home, Staats, a former floral designer, makes it a point to display fresh flowers. Although she most often places them on the kitchen table, coffee table and bedside stand, unusual places like a foyer or bathroom work as well.

### Hillary's Tip

To determine freshness, look for firm buds and stems that are not soggy, and learn which day of the week flowers are delivered.

Affordable flowers are available at most grocery stores, and Staats advises buying large quantities of the same type and color for the most impact. She recently purchased about 150 daisy stems for \$30. Lilies, roses and daisies, or potted plants like orchids create stunning interior arrangements.

Anything that holds water can become a container, so think creatively. Use a milk pitcher for a bouquet, or salt and pepper shakers as bud vases. Even one fresh flower can make a statement.

Don't forget that men like flowers too. "Men think it's romantic to have flowers in the house, and it can help them feel like their wife is more feminine," Staats said. "Men like to be around feminine things—more than they let on." Choose darker shades of reds or burgundy for men's flowers.

## Exterior Flowers

"Place container gardens by your front door; they're welcoming and offer a friendly first impression," Staats said. Her favorite shade flowers include impatiens in white or pink. "These colors pop out and will move forward, while a dark red will be recessive." For full sun, try petunias or hanging baskets. Simply pop off the hanging device and insert the basket into your planter.

*Hillary's Tip*  
Don't be afraid to trim the stems to size; vase display should show 2/3 vase, 1/3 flower.

Other places to position flowers include near the back door or patio, and mailbox. "It's fun to plant a climbing plant like morning glory near the mailbox." Add color with hanging ferns on a screened in porch, window boxes off a railing, or flowering trees.

Flower and herb gardens also implant color. "Create a flowing border that snakes along the perimeter of your yard, and plant in groupings," she advised. "Sketch out a garden plan and take it to the store with you, but stick to a couple of colors." There's no rule as to which color. "Pick colors that make you happy."

## Entertaining Flowers

"Flowers are expected when entertaining," Staats said. Use them on the dining and display tables or as a serving tray garnish, or include edible flowers in meal planning. Affix blooms to the chair backs, attach sweetheart roses to place cards, or lay roses across the women's plates.

"For a baby shower, buy 200 pink carnations and scatter arrangements around the house. Or for a picnic, place a bunch of daisies in jars or water glasses," she suggested. "And the sky's the limit for weddings!" Flowers are available in virtually every color of the rainbow, and often, dyed flowers can be found to match any setting or theme. If you're indecisive, choose white; white is always elegant and goes with everything.

Now that the weather is warming up, it's time to think about flowers, and the powerful beauty they provide. ❖

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### Hillary's Tip

Keep the arrangement low on the dining room table. Put your elbow on the table and make a fist; your centerpiece should be no higher than your fist.

**AUTHOR:** Linda Barrett is a freelance writer and owner of All the Buzz, a creative agency offering copywriting for websites, public relations, and other business needs. [www.allthebuzz.net](http://www.allthebuzz.net)

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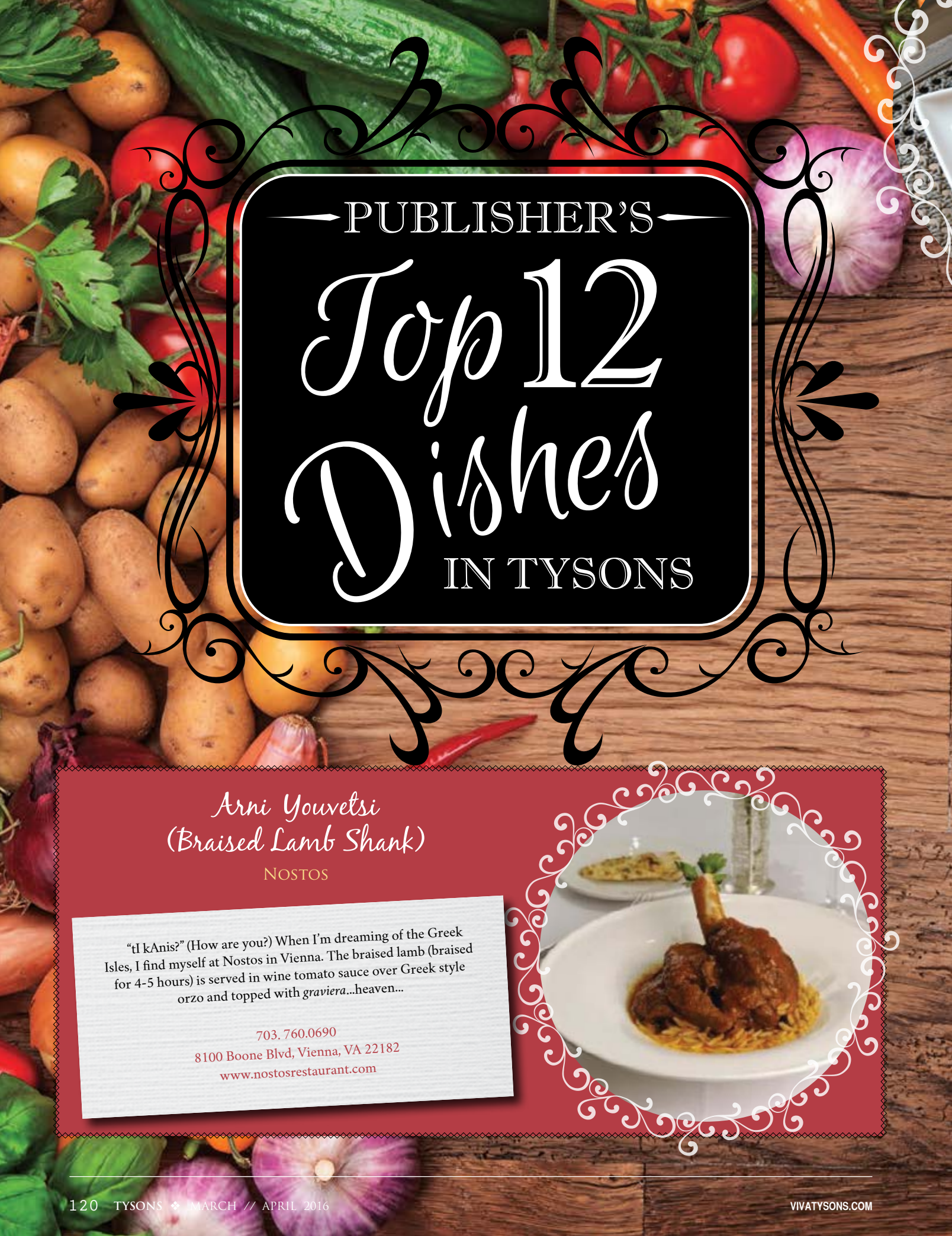


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They start with USDA Choice briskets cured and pampered by the Saval family, the brand that made corned beef row in Baltimore the corned beef destination for over 80 years. Then, the team at Brooklyn's cooks and slices them to perfection and serves it with those genuine New York-Style salt pickles. I'm on my way now... It's worth the schlep!

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**Top 12 Dishes**  
IN TYSONS





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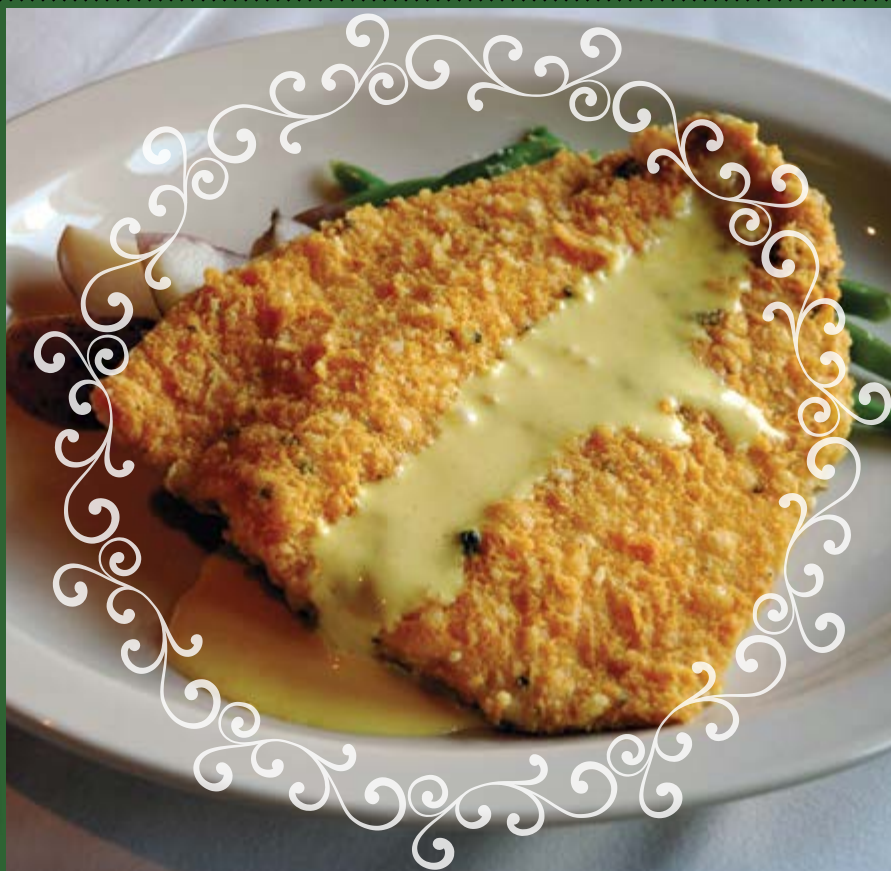


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BY HUBIE CRAM

When is a flower shop not a flower shop? Answer: when it's Open Blooms right here in Northern Virginia. Starting in November of 2015, Open Blooms is already growing rapidly as people are discovering their formula of fresher flowers delivered at lower prices.



George Dukas and his brother-in-law, Don Mayer, have been bringing flowers to people all over the country for 15 years, having started Blooms Today in 2000 as a nationwide flower ordering operation. “We operate like FTD or Teleflora, using the same networks of flower shops to fill orders, explains Dukas.

So why start a retail division? “We saw a huge opportunity here in the D.C. Metro area. This is a great market,” Dukas admits. “I was born and raised in the flower business. In 1910 my grandfather was selling flowers on street corners in New York. In 1956 the family opened Karin’s Florist and I worked there from 1980 to the early 2000’s when we started Blooms Today. I sold my interest in Karin’s a couple of years ago.



“Now we have a new twist on serving this area through our non-storefront approach. Building on the relationships we have through Blooms Today, we have access to extremely fresh flowers through our direct contact with the farms in Ecuador and Columbia. With our low overhead, we can deliver flowers all across the region at very competitive prices. We offer a 100% money-back guarantee of customer satisfaction. No more disappointment that what you think you ordered was not delivered.” In fact, customer satisfaction is the number one priority for Open Blooms.



Indeed in just a few months Open Blooms has been adding trucks and drivers to satisfy the floral needs of clients all over the region. They deliver 7 days a week, from Manassas and Gainesville to Arlington and Alexandria, all over Northwest D.C. and into Bethesda and Rockville, Maryland. Deliveries are planned carefully to get the drivers on the road as early in the day as possible so that they can wrap up before commuter traffic hits in the afternoon. They also want to make sure that their customers receive their orders as quickly as possible. According to Dukas, “Our biggest challenge is traffic in the area. We will even arrange a mid-day rendezvous with drivers so they don’t waste time driving back to the warehouse for more orders.”

“We really, really want to do a great job for every customer. We have the freshest product, that looks like the customer expected it to look, we do it at a better price than other shops, and we deliver 7 days a week. If you’re going to do something, you’d better do it right.” Is there any question that Open Blooms is committed to their customers?

Open Blooms has an expansive array of roses, flowers, plants, and gifts to suit any occasion. Hours of operation are 8:30 am – 5:30 pm Monday, Tuesday, Thursday, Friday; 8:30 – 5:00 Wednesdays, 9 – 5 Saturdays, and 10 – 2 Sundays. Order online 24 hours a day at [openblooms.com](http://openblooms.com) or call 703 754-1200. ♦



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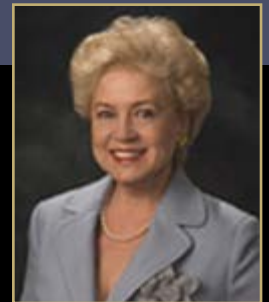


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This elegant, all-brick Georgian Colonial sits on a large, usable lot with a circular driveway, and features 6 BR/6.5 baths in its four levels of living space. Intricate details and master craftsmanship fill this home with its 10+ ft. ceilings, solid cherry wood doors and crown molding, marble and limestone throughout the two-story foyer and custom built shelving. This turnkey home is ideally located inside the Beltway just minutes from downtown McLean, Tysons Corner, the District and major travel arteries.

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### VIENNA, VA

\$1,585,000

This terrific quality new home by Dunhill Builders is under construction in Downtown Vienna! Filled with luxury and top new designs, this four-level home has six bedrooms and six-and-a-half baths. Stunning "Entertainer's kitchen" overlooking breakfast area and the welcoming family room with fireplace. Main level library with French doors and living room. Luxurious master suite with sumptuous bath and over 300 sq.ft. in the extended closets. Over 5,000 square feet on upper levels and over 6,800 total finished square feet. No detail in this Craftsman home is left unaddressed. Wonderful private and quiet cul-de-sac lot yet walking distance to Vienna Metro. Still time to select some options. Completion April 2016.



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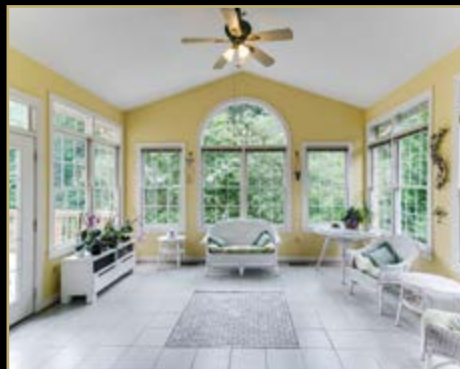
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Inspired by France's Chateau de Chambord, this 14,000+ sq. ft. custom estate nestled on 2+ acres is surrounded by National Forest yet only 2 stop lights from Washington DC and a 20-minute walk to the Potomac River. Distinctive architecture, classical detailing, and fine finishes define this extraordinary property. Situated in one of McLean's premier neighborhoods, it offers a total of five bedrooms, seven full and four half baths, nine fireplaces, garages to accommodate five cars, state-of-the-art home automation and entertainment systems, and the opportunity to live in your own private oasis.



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### VIENNA, VA

\$1,225,000

Exceptional Three Sides Brick Colonial with 5 Bedrooms, 5.5 Baths and three finished levels. Hardwoods throughout main level with front and back staircase. Spacious Kitchen with granite counters and sunroom off kitchen. Main and Upper level Family rooms 2 fireplaces. Three car side load garage on 1/2 acre backing to woods.

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## BELT TEAM REPORT:

BY TERRY BELT

# SELLING A HOME

*When You Have Pets*

One of the questions we hear frequently is how to sell your home when you have a pet. After all, a pet is part of your family. You want to minimize the disruption showings may cause, while also ensuring your home is as appealing as possible. So, what's the best way to handle this situation?

First, it depends on the pet. Obviously, pets such as fish are not a problem at all. Cats and dogs can be managed, but other pets (like snakes and iguanas) are a bigger challenge. We have had all of these and more—including exotic birds who were allowed to roam freely in the house!

What you need to consider is whether or not you want to sell your home quickly and if the amount you sell for is important. Having pets can affect both. If you're looking to maximize profits and sell as fast as possible, we recommend having your pets out of the house during the first two weeks your home is on the market. This is when you will have the most showings.

If you're like me, that doesn't sound appealing. My dog Cody would not be happy with this solution. Maybe your pet would feel the same. You might think, *My dog Fifi is the cutest thing ever; she would never hurt a fly. Why in the world would I need to send her over*

*to someone else's house to stay? Or worse yet, to a kennel?!*

You don't need to do that unless selling your home quickly and for the most money matters to you. If you don't mind having your home on the market for a longer period, and you don't mind not maximizing the sale price, then don't worry about sending Fifi on an extended play date. If time and money are valuable to you, however, sending Fifi away would be best.

You may not like this advice, but as your Realtors, we feel strongly about our duty to represent you and your best interests. Here are some stories about real buyers we've experienced over the years. These situations are very common and why we recommend being pet-free while on the market:

- **One buyer refused to enter—or even drive by—a home where pets were present.** They required us to verify with the seller that there were no pets in the residence. If we found a perfect home to show them, they refused to see the house if a pet were present, even if the home was gorgeous and in pristine condition.
- **Some buyers are afraid of dogs.** Even if the dog is caged, some buyers won't enter a home if they hear it bark. If you're a dog lover, this may seem silly to you, but it doesn't matter if the fear is rational or not. The buyer's perception is your reality. Even if their agent convinces them to enter the home, the fear alone may prevent them from bonding with the house the way they would if they were relaxed.
- **The worst situation we remember** is showing a home with several cages of snakes...and one got out! I don't care how many times you tell a buyer not to worry because the snake is not poisonous, you are *never* going to get that buyer back in the house.



- **Allergies are often a factor.** If someone in the family has an animal allergy, it may mean they won't buy your house. Or, they may offer less money as they factor in the cost of replacing carpets and cleaning air ducts. Either way, you lose.
- **Liability is always an issue.** Your pet is probably very loving, quiet, and well-behaved when you're around. But when your home is on the market, your pet may respond differently when strangers are constantly invading.

The last thing you want is a lawsuit because Fifi nipped at a child while they were looking at your home.

National studies show that among the top reasons a home doesn't sell—aside from price and condition—are smokers, heavy cooking odors, and pets.

The bottom line is: if you can find your pet a home away from home, you will improve your chances of selling quickly and for the most money. In the long run, this is best for Fifi, too!

If you're thinking of selling your home, give The Belt Team a call at (703) 242-3975. Not only are we listed by Real Trends in the Top 20 Best real Estate Agents in the State of VA (out of 30,000+ Realtors), but our team counts 9 dogs in our families. So we have a unique place in our hearts for Sellers who have special family members like we do! ♦

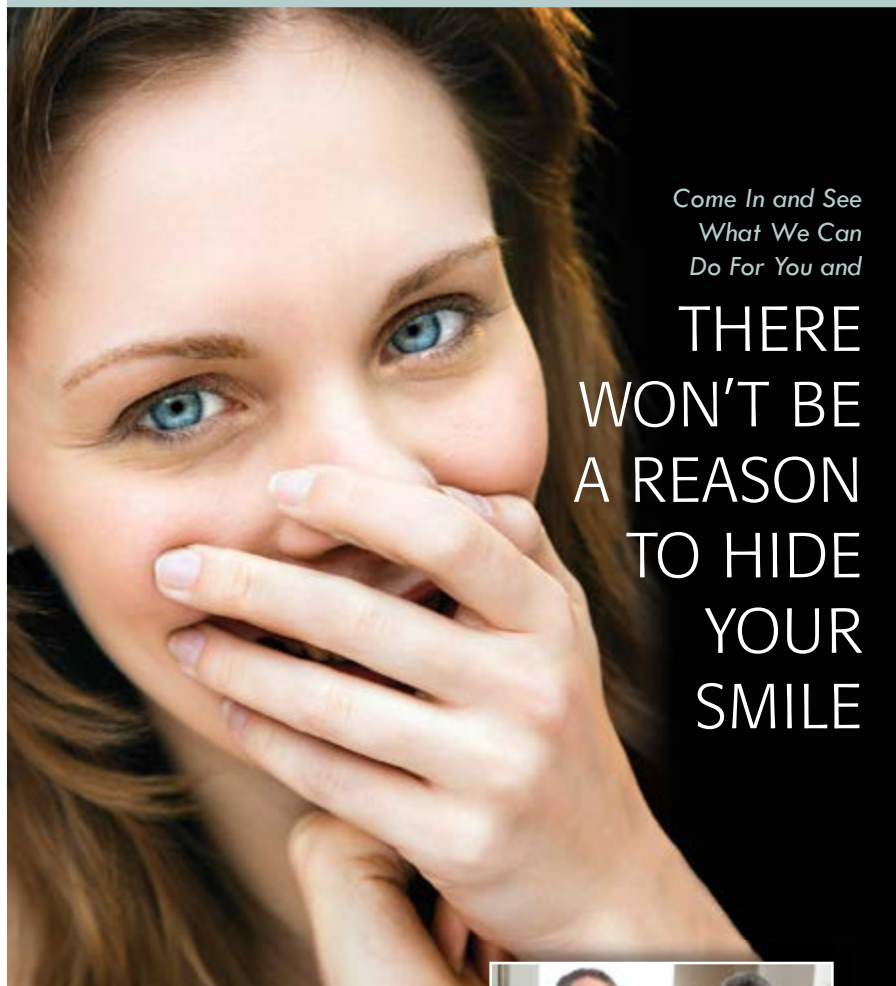
**AUTHOR:** Terry Belt, The Belt Team, Keller Williams Realty, 6820 Elm St, McLean, VA 22101. Phone: (703) 242-3975 State-of-the-Art Home Search Site: [www.BeltTeamRealEstate.com](http://www.BeltTeamRealEstate.com)

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BY BRUCE VAUGHN, CFP® AIF®

# ASK AN ADVISOR

## I'm getting close to retirement—what should I do to prepare?

You should focus on two things:

1. Estimate how much income you will need in retirement- usually when people retire their living expenses go down (such as commuting and clothing) but other expenditures (such as travel and medical expenses) may increase.
2. Identify your sources of retirement income and their tax implications—including investment accounts, pensions, Social Security benefits and other assets like 401(k)'s and IRA's.

With this information you can create a plan for drawing down your retirement assets, this is called distribution planning. When taking distributions—which assets you sell, when you sell them, and how you allocate those assets—has a direct impact on how long your money will last.

## Is there anything I can do to protect myself against market volatility during retirement?

That's a question a lot of people in or nearing retirement have right now. With all the recent market turmoil many people are worried that they will need to sell their investments when the market is low, and because of that, their savings won't last. This is where strategic planning comes in. Many people have heard that an investment portfolio should be more conservative as they near retirement, but don't understand the real purpose of this recommendation.

The reason to keep a portion of your retirement savings in reserve is to prevent being forced to sell investments when the market is low. I recommend that my clients in or near retirement keep 5-10 years' worth of distributions in bonds and in cash. That way they can avoid selling stock when the prices are low by taking distributions from the bonds and cash instead. The rest of the portfolio should be diversified among growth oriented investments.

## What is the most important thing I should know when getting ready to retire?

It is essential to know your options and have a clear financial plan for your future. Having the right investments and knowing the best times for them to be drawn upon is a very large part of ensuring that your savings last.

Other strategic actions such as carefully timed Roth Conversions between retirement and age 70 can preserve more of your wealth and significantly reduce the amount of taxes you pay during retirement. Understanding your Social Security benefits and proper portfolio allocation can also have a big impact on your lifestyle.

Working with a financial advisor can help you identify and take advantage of your options before and after retirement. It is important to work with someone who has experience in retirement and distribution planning and who takes the time to understand your unique retirement needs.

## I'm still 10+ years away from retirement- what should I be focusing on right now?

The most important thing pre-retirees can do is create a comprehensive retirement plan. The planning process will help you define your goals and provide you with strategies to achieve those goals. You will want to review and monitor your plan regularly and make adjustments as your goals may change. ♦

**AUTHOR:** Bruce Vaughn CFP® AIF® is the founding partner of VLP Financial Advisors. He believes that strategic planning is the key to creating, protecting, and growing wealth.

### Want to learn more about planning for retirement?

Attend a Retirement Income Educational Seminar Dinner hosted by VLP Financial Advisors on March 3rd or April 28th, 2016 at 7:00pm at Ruth's Chris Steakhouse (Pre-registration is required).

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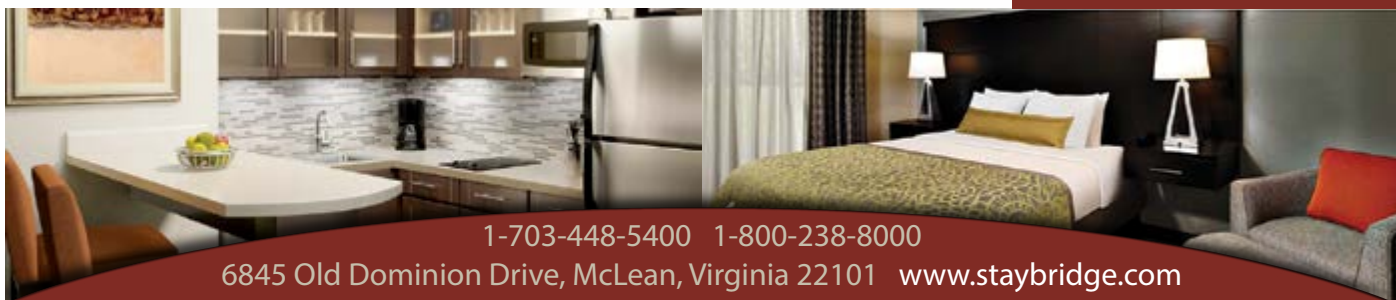




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BY HUBIE CRAM

## C & C GARAGE

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You notice an unusual sound every time you start your car. You can't call Car Talk anymore. Besides, they never actually fixed your problem, they just joked about it. Then there's the regular maintenance of keeping your vehicle in good running condition. Where can you turn for reliable service and knowledgeable mechanics?

Vienna residents and businesses know that automotive work at C & C Garage on Dominion Road will be done right and at a fair price. C & C has been servicing and repairing cars and trucks since 1973. Owners Billy Hughes and Scott Stauffer took over the business in August 2005 and continued the same quality service that C & C has offered for over four decades. Scott was born and raised in Vienna and Billy started at C & C in 1979, so they are both committed to taking great care of their customers. Most of their 15 employees have worked there eight years or more, and one has been around for 30 years.

Simply stated, C & C services and repairs most vehicle makes and models, providing everything from oil changes to complete engine replacement. They specialize in brake jobs, shocks, tune-ups, and winterization, but their website lists 75 different services. In other words, if your car needs service, C & C gets it done. It's not only the local residents that rely on them, but many businesses with large and small fleets use C & C to keep their vehicles on the road—clients like

the Town of Vienna, Fairfax County Police, B & B Heating and Air Conditioning, Money and King, and Amphora Restaurant Group.

C & C is a member of the Better Business Bureau and the National Federation of Independent Businesses. They are listed in Checkbook Magazine as being one of the top two highest-rated shops in Vienna. With their ASE-certified mechanics and their nine bays, customers can be assured of fast, competent service for all automotive needs.

"We've built this business on honesty and fair prices and it has resulted in serving generations of families throughout the area," says Scott. "We are also very involved in local organizations—Madison, Oakton, and Marshall High Schools, VYI, as well as St. Mark's and Our Lady of Good Counsel Churches. We are just working to do things the right way."

When asked what advice he would give car owners, the suggestion was simple: "Keep your car properly serviced. Routine maintenance is not expensive, lack of maintenance is very expensive."

What does the future hold for C & C Garage? "I guess we'll keep doing what we've been doing," Scott replies matter-of-factly. "We'll keep serving our community folks, and their kids, and now their kids' kids. We're not going anywhere." And that will make all their customers very happy.

C & C Garage is located at 334 Dominion Road N.E., Vienna. The garage is open Monday through Friday 7:30 a.m. to 5:30 p.m. Call for service 703 281-2525. The website is [www.candcgarage.com](http://www.candcgarage.com). ♦



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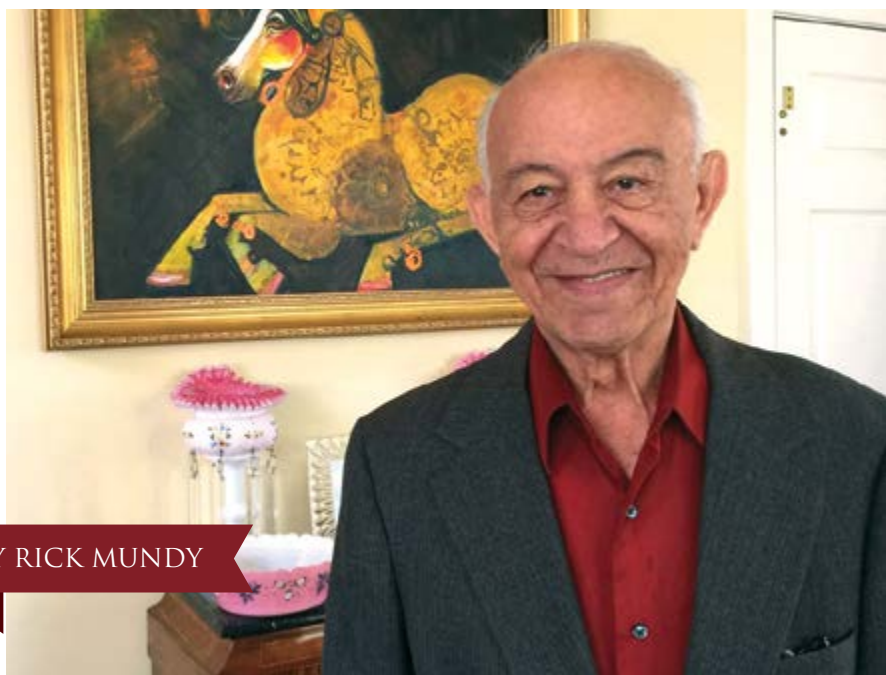
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BY RICK MUNDY

## Amir Motlagh

### CALMLY, QUIETLY GETTING THINGS DONE

Vienna's Amir Motlagh is a quiet man who has always believed in serving others and caring for his family. He was born in Tehran in 1928 and graduated there with a degree in engineering. He was employed at the national Iranian oil company for 28 years, working at Iran's largest oil refinery in Abadan where he ultimately rose to a high position.

At 22 Motlagh married Rouhi, the love of his life, and this year they will celebrate their 65th anniversary. He was her tutor in school and they fell in love at first sight.

Living in Iran during the 1970's, Motlagh decided that his family needed a different life so he set his sights on coming to America. He first sent his family including his three daughters, and then he joined them in 1980.

Motlagh was unable to find work using his engineering background, so he began a career in real estate with Long and Foster. Years later, he broke out on his own, bringing on his grandson, Sean Sharifi. His granddaughter, Lydia Russo, later joined them and the firm became Lydia Real Estate. Today Sean is the principal broker. Now 87, Amir continues to be involved in the business, including property management. (Ed: In fact he admitted that following our interview, he was on his way to show a house.)

Living in Vienna in a small house with a lot of land, he wanted to make sure his family was close, so he designed and four houses on the property and gave each daughter her own house. He still runs errands, buys groceries, makes soup, and hand-squeezed apple juice for the family.

Motlagh is a man of few words, but goes about quietly getting things done. This is no doubt borne of his Baha'i beliefs. A spiritual man, one can find him every Friday at the Vienna Baha'i service at Dr. Kavian Milani. "We believe in practicing kindness to others and giving service. The foundation of our religion is to love everybody, unite everyone, and show no prejudice," Motlagh explains.

As such, Motlagh always looks at the bright side and refrains from arguing and complaining. He can be counted on to calm others down. Amir and Rouhi are proud to call America home and are grateful for the opportunities they have found here over the last 35 years. Motlagh's secret to a long, happy life has been maintaining his faith in God, and giving to others, both family and community. ❖



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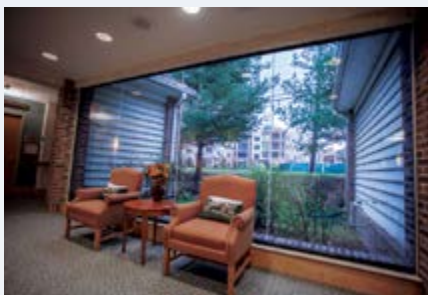
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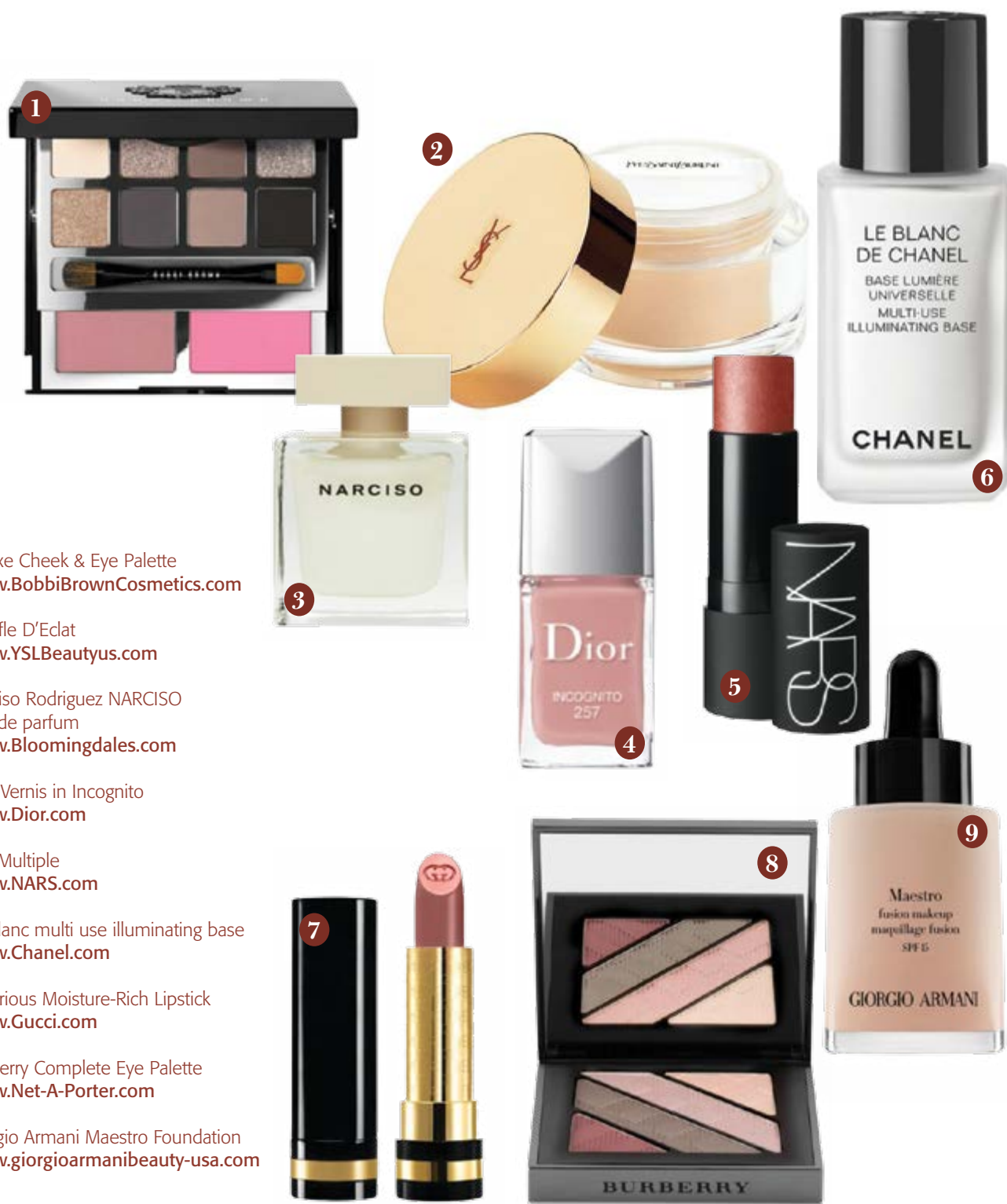
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# GADGETS, GOODIES, AND GIZMOS

BY LAUREN SIMMONS



1) Kinto CafePress Mug  
[www.UrbanOutfitters.com](http://www.UrbanOutfitters.com)

Enjoy rich, aromatic coffee and tea in just a few minutes with this unique mug! Just put the ground coffee or tea leaves in, pour boiled water, and let it brew for a few minutes.

Then, press the plunger down slowly and enjoy! Features double-walled insulation to keep your drink nice and warm.

2) Light Up Glasses  
[www.NeoLuxLLC.com](http://www.NeoLuxLLC.com)

This Ohio-based company seeks to expand the illumination industry by making you seen at night. With an assortment of colors and effects, these glasses are truly unique. Bring these to any event and be the life of the party.

3) Ephemeral Etchings Tray  
[www.Anthropologie.com](http://www.Anthropologie.com)

This decorative tray is functional as well as beautiful. It can be used in the bathroom to hold toiletries or in the family room on the sofa to put your coffee on. Made out of iron and pine, it has a sleek yet distressed look.

4) Foodlusion Pop Tart Frosted Strawberry iPhone & Samsung Case  
[www.Etsy.com](http://www.Etsy.com)

For everyone who can't resist a Pop Tart, this is a must-have! (Or for people who just want a cool case.)

These are handmade and part of the Frosted edition. Pop Tart cases are available in for the iPhone 4(s), 5(s), 6 and Samsung S5 and S6. They are made from a polymer clay and come with a free pouch.

5) Grip® Selfie Flash  
[www.Amazon.com](http://www.Amazon.com)

Consider this the best accessory for your selfie.

This is the first mini portable LED flash with 16 LED lights for better illumination. Compatible with any device that has an audio jack such as smart phones, tablets, and computers. The built-in battery enables no consumption of power on your devices and acts as a device-free flashlight tool. Now you can have perfectly lit pictures even in the dark.





BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*

Q

## DEAR COACH AMY,

I am a professional woman in my mid-40s. I am actively dating and looking for a serious love connection with the potential for marriage. I do online dating and have met several men that I am interested in after a few dates. Should I keep looking, or should I slow down or stop my search?

Very Truly,

*Searching in Springfield*

people to spend time together to see if they are both interested in each other. If interest is mutual, determining compatibility comes next. Both individuals' relationship goals must be aligned before both parties can commit to the relationship and determine if there is a future together. In the old days, they called it courting.

Only you know how much time and energy you can devote to dating. Most of us can only juggle two or three suitors at a time without going crazy! Though, there are many advantages to dating several guys at once:

- You won't obsess over one guy and wait by the proverbial phone.
- You have options and the ability to see who is the best fit for you.
- You can observe their behaviors and discover their true intentions without compromising what you truly want.

It's time to decide which of these men you want to spend more time with. If one of them is not up to your standards, then politely tell him you are no longer interested. It's best to let him go quickly so he can pursue someone who may be a better partner for him.

Eventually, one man will profess strong interest (and maybe even love!), and want to date you exclusively. If the feeling is mutual and you are ready for this step, now's the time to commit. If you are not sure, then keep looking for someone outstanding that you may have missed.

The goal of dating is to find that special person who is right for you. I work with my clients and help them discover their values, goals, and must-haves in a relationship. Then, when they meet someone right for them, they recognize the connection very quickly—within a month or sooner! Both people feel they they have come home to the right person and stop dating others. They take down their online dating profiles, and begin

When this happens, both parties stop dating others, take down their online profiles, and begin building the relationship together. With time and effort, this new, exclusive relationship becomes a more committed one, and eventually may lead to marriage.

Should you date more than one person? Absolutely! Should this go on for months or years? I hope not. However, a clear choice does need to present himself to you.

Good luck on your journey and be true to what you want.

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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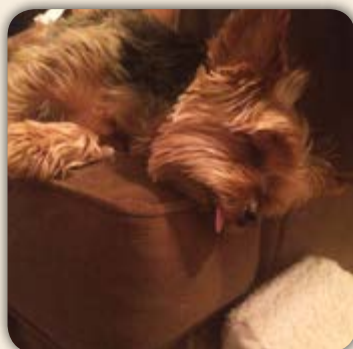
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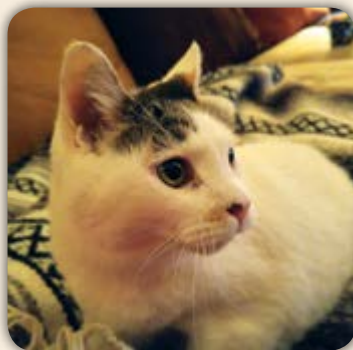
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## HOW TO PREVENT EAR INFECTIONS



BY DR. SANDY CHRISTMUS

**Q:** My dog keeps scratching his ear, and if I touch it, he yelps. He shakes his head more often lately, too. What could be the problem?

**A:** Without examining your dog, I'd say it sounds like otitis externa (pronounced oh-tight-us ecks-turn-ah), the medical term for a common ear infection. Otitis is one of the most common medical problems veterinarians see. The term "otitis externa" means ear (oti-) inflammation (-itis) localized to the outer ear canal (externa). Veterinary insurance companies report that otitis is consistently the number-one claim for dogs and in the top 10 claims for cats for many years running. In the following article, I'll discuss otitis in dogs and cats and what we can do to prevent it.

When pets have an ear infection, they often shake their heads vigorously or scratch around their ears or cheeks with their back feet. An infection can occur in one ear, but often both ears are affected. Early in the process, the skin of the ear canal is often red; however, if left untreated, the skin grows darker and pigmented and often develops a pebbled appearance, rather than the smooth, glistening skin you see normally. Usually, but not always, there is some sort of discharge present in the ear canal. It can be either dark or tan and waxy or it can be thin and look like pus. Otitis sufferers can display no discomfort, mild discomfort, or intense pain. If your dog has floppy ears, you'll have to lift the ear flap to see what's happening within the canal. The inflammation is easier to see in cats and in dogs with upright ears.

At the time your pet sees the veterinarian for the problem, the cause is usually an overgrowth of yeast, bacteria or both. Yeast and bacteria, typically Staph., are normal flora in the ear canal.



They're supposed to be there. When the environment in the ear canal isn't healthy or normal, however, normal flora can overgrow and create otitis.

Most cases of ear infections are a symptom of another disease, the most common of which is allergies. Animals can be allergic to environmental things such as pollens, molds, and house dust mites, or to foods, such as chicken, beef, dairy, corn, and wheat. Sometimes the cause is as simple as excess moisture in the ears from swimming or bathing. In some dogs with heavy, drooping ears, the excess moisture gets trapped, creating an unhealthy environment that allows yeast and/or bacteria to overgrow. Ear mites can also cause otitis, although mite infestations more often show up in puppies and kittens and typically don't recur.

When veterinarians see dogs and cats with frequent ear infections, we usually discuss the underlying, primary problems with our clients. If the dog swims or gets baths often, then the owner can instill an acidifying ear-cleaning solution into the ear afterwards to help prevent infection.

If drooping ears are causing the infection, then regular ear cleanings help keep the ear canal healthy.

The most common cause for recurrent otitis in dogs and cats is allergies. Sometimes allergic pets have other signs of allergies, such as skin infections, skin rashes, or areas of hair loss. Some allergic pets will chew or lick their feet or scoot on or chew their anal area. In some cases, however, the only sign of an allergy is recurrent otitis externa. The most common allergens are those that we can't avoid, unfortunately. Pollens from trees, grasses, and weeds are the most common allergens in the spring, summer, and fall, respectively. Molds are also common allergens and are more prevalent in the fall, although they are present in many homes, too, so they can cause year-round problems. This past fall was one of the worst for our allergic patients because of the warm, wet weather that persisted all the way until Christmas. Our odd weather pattern in late 2011 created a higher level of molds outside, especially in wet leaves, so we saw skin and ear problems much later into winter than normal.

Food allergies often cause skin problems in dogs and cats, too. They can also cause chronic vomiting and/or diarrhea, but that reaction is most often the result of diet sensitivity, rather than a true allergy.

Red, itchy ears without an underlying infection are the most classic signs of allergic otitis externa. Typically the bacterial or yeast overgrowth develops over time, and early in the process, the infection probably isn't there. We often see a yeast otitis that started as an allergic problem. We sometimes figure out the issue because medication eradicates the infection, but the problem recurs. In these cases, it's clear there's another, underlying cause for the otitis.

How can we prevent our pets from developing ear infections? Let's start with cats, because the feline solution is easy. If they don't have ear mites and they have recurrent otitis, they almost certainly have an underlying allergy. To fix their problem, first focus on ruling out a food allergy with a carefully controlled diet trial, assuming the problem is non-seasonal. If eliminating possible allergens from the diet doesn't help, discuss allergen-testing options with your cat's veterinarian.

For dogs, the answer is only a little more complex. Floppy-eared dogs, such as Bassett hounds, cocker spaniels, and many retrievers, can benefit from maintenance ear cleanings with an acidifying solution available from your veterinarian or over the counter. Keeping the ear dry, acidic, and clean can prevent an overgrowth of organisms that normally live in the ear. Preventing recurrent otitis in canines requires owners to look for the underlying allergy. If the problem is seasonal and infrequent, simply treating the occasional infection with medication can be a reasonable option. For pups with frequent or very painful problems, however, it's much healthier to work on the primary problem to help prevent the secondary otitis.

Please talk to your pet's veterinarian if your furry friend is having frequent ear problems. With persistence, patience and teamwork, recurrent otitis can be resolved. Thankfully, routine otitis is easy enough to fix with medication from your pet's doctor. ❖


**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 [askthetvet@ovvhpets.com](mailto:askthetvet@ovvhpets.com).



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## NEW BUSINESSES IN TYSONS



**Twice as Nice** is a stylish, new, upscale furniture and home decor second-hand shop that recently opened in Tysons. Run by the non-profit group, Capital Caring, (previously known as Capital Hospice). The shop has wall art, antiques, modern furniture, and more for sale at reasonable prices. Capital Caring has helped hundreds of thousands of patients and family members since 1977 by supporting them with care navigation, counseling through serious illnesses, palliative care, and hospice services. Proceeds from Twice as Nice will help provide Capital Caring's services to patients with advanced illness, regardless of their ability to pay. If you would like to donate well-appointed furniture or home decor, or if you're interested in volunteering, please call 703-538-2035. [8344 Leesburg Pike, Vienna, VA](#)

**Crust Pizzeria Napoletana** has a mission to serve authentic Napolitan Pizza certified by the "Associazione Verace Pizza Napoletana" (VPN) cooked in a true Italian wood-fired oven. In addition to serving an authentic Napolitan Pizza, Crust seeks to educate guests about their use of only fresh, all-natural, non-processed ingredients (imported from Naples or Campania regions), including Certified Mozzarella di Bufala. The wood-burning oven maintaining a temperature of 900 degrees and produces an authentic Napolitan pizza verified by VPN, in 60-90 seconds. Its characteristics include a thin center and charred puffy edges. Chef and Pizzaiolo, Tonio Topolino says, "We recommend eating it by hand, so save your fork for dessert." The authentic Napolitan pizza was invented in Napoli between 1715 and 1725, with the world-famous Margherita variant first cooked in 1889. Crust says, "a true Napolitan pizza is a labor of love, passion,



desire, and high quality ingredients from Campania region." Now open for lunch and dinner daily. [www.crust-pizza.com](http://www.crust-pizza.com).  
**8415 Old Courthouse Rd. Vienna, VA**

**Requin**, the upscale French-Mediterranean restaurant by TopChef darlings, Jennifer Carroll and Mike Isabella is now open. The restaurant has opened as a 'pop-up' in Fairfax's Mosaic District before its permanent home at the Wharf development in Southwest D.C. opens in 2017.

**Basillini Italian Café**, Tasty food, in a simple casual setting with very reasonable prices and smaller sized portion options to prevent over-carbing (as low as \$4.95). Polite staff and oriented to takeout.  
**235 Maple Ave E, Vienna, VA**

**Hayadi Salon** opened in late December at 4530 John Marr Drive in Annandale by Owners Daphne and Zaid Bakeer. Hayadi, which means "gift" in Arabic specializes in organic and natural hair care. "We want to move away from a chemical experience," Zaid says. Hayadi has a staff of professionals that offers haircuts, color, highlights, and styling for men and woman. Zaid Bakeer, is an award-winning master stylist, who met his wife Daphne at Jon David Salon in Springfield. [www.hayadi.com](http://www.hayadi.com).

**United Wellness Center & Sports Rehab's** new location is now open in Falls Church. They offer chiropractic sports medicine, acupuncture and nutrition counseling. Call 703 600-8208 today to schedule an appointment or visit their website to learn more. An open house is planned for March. United Wellness Center & Sports Rehab is also located at 905B Herndon Parkway in Herndon. [www.unitedwellnesscenter.com](http://www.unitedwellnesscenter.com) **510 West Annandale Road, Suite 300, Falls Church, VA**

**Social Oyster Bar**, in McLean is now open. Chefs Gift Thongpukdee and Chef Jeff Barillo features oysters, skate wing, steaks and rack of lamb on their menu. [www.socialoysterbar.com](http://www.socialoysterbar.com). **1307 Old Chain Bridge Road, McLean, VA**

**Dumpling Go** started out as a food truck in Arlington and is planning to expand and open it's first 'brick-and-mortar' restaurant. It serves chicken, shrimp, pork, and vegetarian dumplings. There is another New York restaurant called "Dumpling Go", but it may not be the same concept. More updates soon! ♦

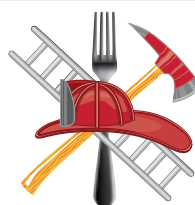


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# TASTE OF VIENNA

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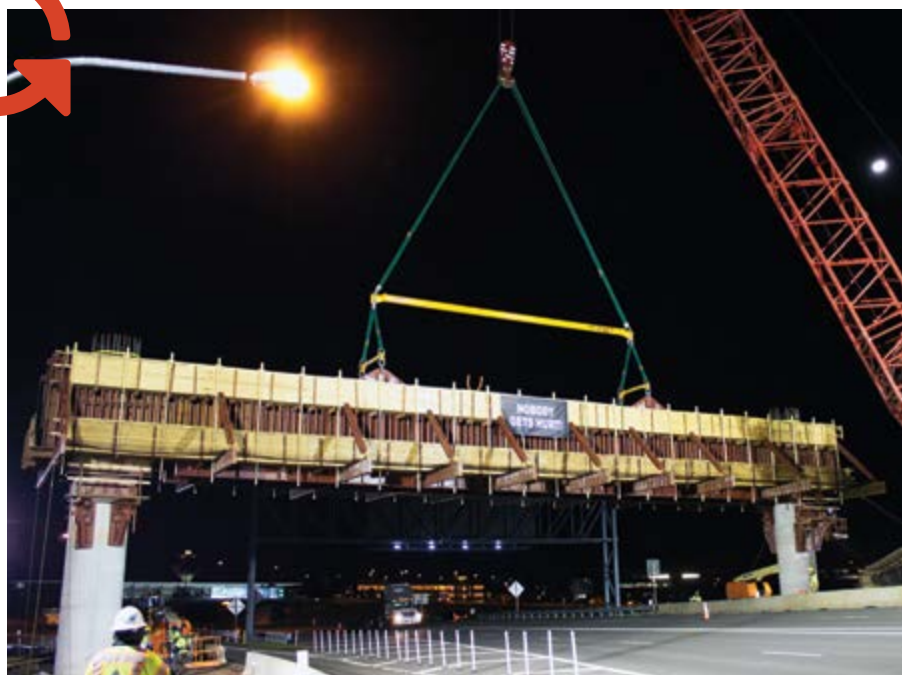


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(At left top) Dulles Corridor Metrorail Project Phase 2 crews place the bottom half of the form for the first of eight straddle bents that will span the highways of the Silver Line coming into and leaving Dulles International Airport.

(At left middle) Dulles Corridor Metrorail Project Phase 2 crews place 473 cubic yards of concrete overnight to construct a straddle bent over the eastbound Dulles International Airport Access Highway

Photos by: Jennifer Alcott

Massive concrete operations require significant coordination between project crews and the airport.

The work on January 8 required 49 truckloads of concrete, and caused minimal interruptions to eastbound traffic along the Access Highway. The concrete pour took about 6.5 hours to complete, including preparation time.

“Completion of the straddle bent signals a major step forward,” according to Charles Stark, executive director of the rail project.

To ensure structural integrity, several tests are conducted prior to pouring the concrete. Test cylinders are poured and post-tensioning cables are tested to confirm compliance.

As the project continues, it will require seven additional large straddle bents on or near airport property, including two more over the eastbound Access Highway lanes and one over the westbound lanes. This work is scheduled to be completed by the third quarter of 2016. Work on the four remaining straddle bents over the eastbound lanes of the Dulles Greenway is projected to begin in late 2016.

“The use of straddle bents enables(?) us to span significant roadways or environmental features,” said Keith Couch, project director for Capital Rail Constructors, the joint venture of Clark Construction and Kiewit Infrastructures South, the contractor executing the design-build contract for the second phase of the Silver Line.

Phase 2 runs from Wiehle avenue in Reston west through Herndon, Dulles Airport and to Ashburn in eastern Loudoun County. ❖



BY MARCIA MCALLISTER

## CROSSING THE AIRPORT ACCESS HIGHWAY

FIRST OF SEVEN STRADDLE BENTS ERECTED USING 49 TRUCKLOADS OF CONCRETE

Crews working on Phase 2 of the Dulles Corridor Metrorail Project have successfully completed a significant construction operation, by pouring 473 cubic yards of concrete needed to construct a large “straddle bent” over the Dulles International Airport Access Highway.

A straddle bent supports a structure that spans a particularly wide area where piers cannot be used directly beneath the span.



# ART IN TRANSIT COMES TO SPRING HILL STATION



Have you noticed that tall ice cream cone along Route 7 near the Spring Hill Metrorail Station?

It's not really an ice cream cone but its erection stopped traffic on a cold post Blizzard 2016 night when Dulles Project Metrorail crews hoisted the structure into place on the south side of 7 near the Honda dealership and next to an entrance pavilion to the Spring Hill station.

It's a sculpture!

It's part of the rail project's Art in Transit program.

Designed by Barbara Grygutis, a well-known public art creator, the piece is not quite finished. Soon the cone will be multi-colored and a lighted beacon along this busy roadway in a patio area at the station. Watch carefully as this area changes as work progresses over the coming months. ♦

## TUNNEL TO TERMINAL CLOSES BECAUSE OF RAIL CONSTRUCTION

*Shuttles to provide service for some Dulles passengers*

Travelers accustomed to using a tunnel to get from one of the two daily parking garages to get to and from the main terminal at Washington Dulles International Airport now must use shuttle buses.

The tunnel to Garage 1 has been closed to allow for construction of the Dulles Airport Metrorail Station, a key part of Phase 2 of the Silver Line.

Signs in the garage and terminal now guide travelers to the shuttles.

The tunnel will re-open in approximately two years.

When this portion of the rail line opens in approximately four years, passengers will access the terminal from directly from the new Metrorail station and the parking garage via the reconstructed tunnel which will include moving walkways. Airport officials have promised to do everything to minimize any disruptions to the traveling public because of the two-year closing. ♦

## BLIZZARD OF 2016





# Treat Mom Mother's Day

SUNDAY, MAY 8, 2016

BY LISA SHAPIRO

Give mom the day off and treat her to an appreciation brunch with mimosas, champagne and bloody Mary's (and lots of hugs and kisses!)

Check out one of these Tysons area restaurants for ideas on where to take mom out for a special treat (and don't forget the card and flowers!)

*Flemings* – Treat mom to an exquisite three-course Mother's Day Brunch. Enjoy your choice of starter, dessert, side, and entrée, including signature eggs benedict, baked brioche French toast and prime rib hash for \$39.95. Plus, their children's brunch menu offers three delicious courses perfect for smaller appetites. Available from 10:30am-2pm.

1960-A Chain Bridge Rd.  
McLean, VA

## *Bazin's on Church* –

Mom can appreciate some sophistication. Delight her with a special brunch at Bazin's where she can enjoy traditional brunch items like eggs benedict and bananas foster French toast served alongside house favorites like huevos rancheros. Reservations are highly recommended.

111 Church Street, NW  
Vienna, VA

## *Metro 29 Diner* –

Pay tribute to the best mom in the world with delicious comfort food just like her mother used to make with a sumptuous breakfast, brunch, or lunch featuring favorite recipes like made-from-scratch fluffy pancakes and waffles—or the thick and eggy French toast made with house-made challah. Bring the entire family, our diner is the perfect family-friendly environment.

4711 Lee Highway  
Arlington, VA

*Café Oggi*, a neighborhood go-to for 25 years for sophisticated, traditional Italian cuisine, plus outdoor seating. Café Oggi will offer a special three-course lunch for \$25 (commemorating 25 years in McLean!). What a special way to celebrate with all the mothers who support, inspire, encourage and love every single day! 6671 Old Dominion Dr.  
McLean, 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. Treat mom to signature buttermilk pancakes, made with farm fresh egg yolks giving it a hearty flavor and texture. Or, opt for 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 mom and the whole family will love.

377 Maple Ave. West  
Vienna, VA

*Capital Grille* Roll out the red carpet for mom and invite her to enjoy an exceptional prix fixe brunch to enjoy Chef's take on classic dishes such as lobster frittata and more.

1861 International Dr.  
McLean, VA



*Evo Bistro* – Treat mom to a culinary experience this Mother's Day with Mediterranean-style tapas. Enjoy a special three-course prix fixe Menu for \$39 per person. Tapas and kids menu options will also be available. Sunday 10am-3pm.

1313 Old Chain Bridge Rd.  
McLean, VA

*Walker's Grille* – Treat mom to a very special three-course prix fixe brunch with indulgent choices such as eggs benedict or eggs Chesapeake with fresh crab, tomato, hollandaise and home fries or a deliciously golden Belgian waffle with whipped butter and maple syrup. Mom will go home satisfied, with a smile and a complimentary rose. Brunch menu available from 10am-4pm. \$39 per person.

6909 Metro Park Dr.  
Alexandria, VA

*Nostos* – Prix fixe menus available at \$48, \$58 and \$68.

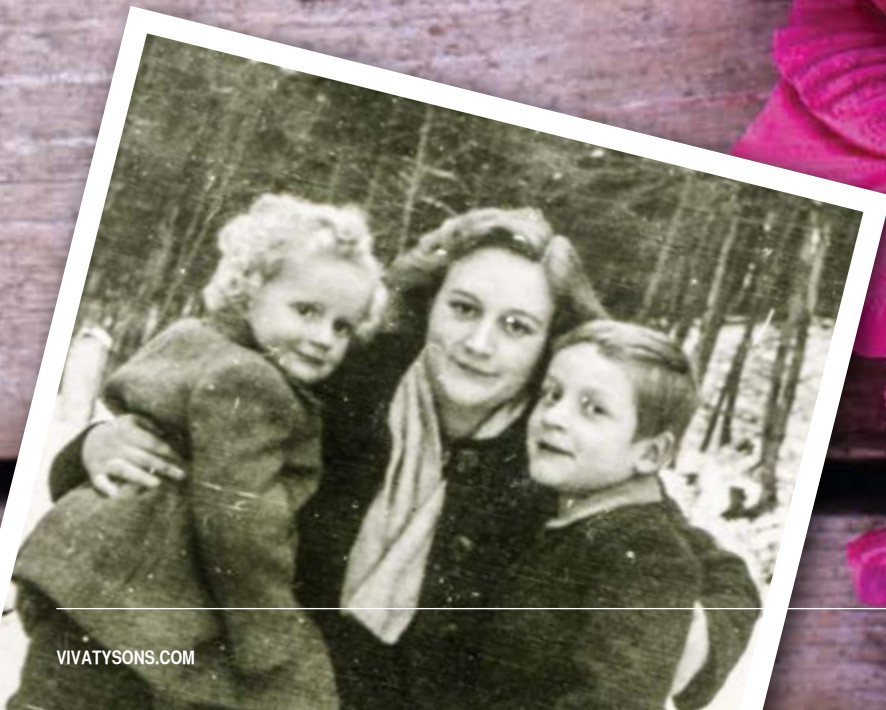
8100 Boone Blvd.  
Vienna, VA

*Sea Pearl* – Prix fixe Brunch \$35 per person. Regular dinner menu will be available from 5-10 pm.

8191 Strawberry Lane #2  
Falls Church, VA

*2941* – Three-Course Prix Fixe Dinner for \$75. Children's Menu 12 & Under for \$25.

2941 Fairview Park Dr.  
Falls Church, VA







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# BRIDGE CLUB

## LOUIE'S GOOD FORTUNE

♠ J 4  
♥ A 9 3  
♦ 7 6 5 4  
♣ A 10 4 3

♠ A 7  
♥ 7 6 5  
♦ A K Q 2  
♣ Q J 5 2

West	North	East	South
			1NT
pass	3NT	all pass	

West leads the deuce of spades: jack, queen from East. You take the ace, but when you cash the ♦ A-K, West discards a heart. Plan the play. Answer on page 160.

## BIDDING QUIZ

### YOU HOLD:

♠ J 4 ♥ A 9 3 ♦ 7 6 5 4 ♣ A 10 4 3

Your partner opens one spade, you respond 1NT and he rebids two spades. The opponents pass. What do you say?

**ANSWER:** Partner promises minimum values with at least six cards in spades. You have only 9 points, but since they consist of two aces and 'working' jack, game is quite possible. Bid 2NT. If partner has a typical minimum such as:

♠ A K Q 7 5 2 ♥ 6 4 ♦ J 3 2 ♣ K 6  
3NT will be a fine contract.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 19.

## YOUR IMAGINATION IS YOUR PREVIEW OF LIFE'S COMING ATTRACTIONS.

Albert Einstein, physicist who developed the theory of relativity

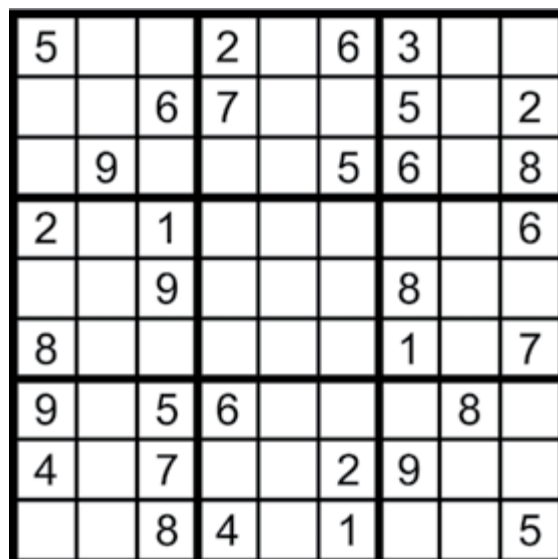
## HOW TO SOLVE SUDOKU PUZZLES

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 easy.



EACH ONE HAS TO FIND HIS PEACE FROM WITHIN. AND PEACE TO BE REAL MUST BE UNAFFECTED BY OUTSIDE CIRCUMSTANCES.

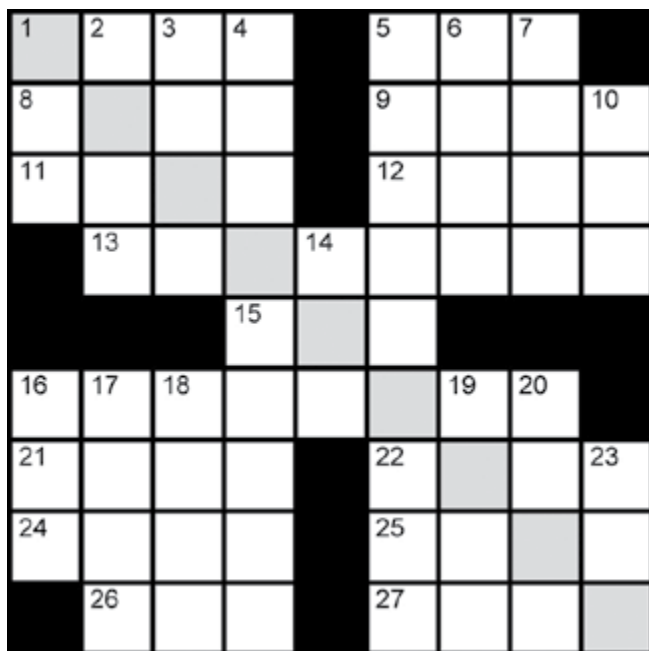
Mahatma Gandhi, leader of the Indian independence movement

## SNOWY NIP

### CROSSWORD CLUES

#### ACROSS

- Watch chains
- When doubled, a dance
- Cheese on crackers
- Medical advice, often
- Clickable image
- "\_\_\_ bitten, twice shy"
- Hit man
- "\_\_\_ alive!"
- Back bone
- Antioxidant berry
- Is under the weather
- Gangster's blade
- Appraise
- "\_\_\_ to Joy"
- \_\_\_ gin fizz



#### DOWN

- J. Edgar Hoover's org.
- Shamu, for one
- Life stories, for short
- Touchy

- Goalposts
- Coop group
- Fungal spore sacs
- Half a score
- Dined
- \_\_\_ deferens
- Audio effect

- Bust, so to speak
- Iranian money
- Chorus member
- Bishop's jurisdiction



# BRIDGE CLUB SOLUTION

## LOUIE'S GOOD FORTUNE

	♠ J 4	
	♥ A 9 3	
	♦ 7 6 5 4	
	♣ A 10 4 3	
♠ K 8 5 2		♠ Q 10 9 6 3
♥ Q 8 4 2		♥ K J 10
♦ 9		♦ J 10 8 3
♣ 9 8 7 6		♣ K
	♠ A 7	
	♥ 7 6 5	
	♦ A K Q 2	
	♣ Q J 5 2	

West	North	East	South
pass	3NT	all pass	1NT

Opening Lead: ♠ 2

Some of us went to dinner at a Chinese restaurant, and Unlucky Louie's fortune cookie contained this: 'You will meet a beautiful woman; you will give her money.'

'Doesn't sound bad,' Louie smiled.

Louie also had high hopes later that evening at 3NT. He took the ace of spades and cashed the A-K of diamonds, scowling when West discarded a heart. Louie next let the queen of clubs ride, but East produced the king and cashed four spades. Down one.

'My luck is as bad as ever,' Louie sighed, 'but at least I'm going to meet a beautiful woman.'

'West's lead of the deuce marks him with four spades,' I said. 'After he shows up with a singleton diamond, he must have four hearts and four clubs or else he'd have held a five-card suit to lead from. If West has, say K-9-8-7, you can never take four club tricks. Your only chance is to play East for the singleton king.'

Louie groaned.

'By the way,' I added, 'that cashier at the Chinese restaurant was a knockout, wasn't she?'

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 15 and 19.

## SUDOKU Answers

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

## CROSSWORD Answers

F	O	B	S		C	H	A
B	R	I	E		R	E	S
I	C	O	N		O	N	C
	A	S	S	A	S	S	I
			I	T	S		
V	E	R	T	E	B	R	A
A	C	A	I		A	I	L
S	H	I	V		R	A	T
	O	D	E		S	L	O



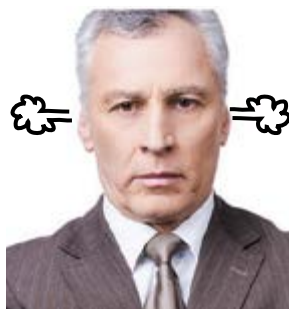
WE GENERATE FEARS WHILE WE SIT. WE OVER COME THEM BY ACTION. FEAR IS NATURE'S WAY OF WARNING US TO GET BUSY."

Dr. Henry Link, American psychologist

ABUNDANCE IS NOT SOMETHING WE ACQUIRE. IT IS SOMETHING WE TUNE INTO.

Wayne Dyer, American author





JAN KING

## ONLINE DATING: SHOVELING THROUGH THE BIO SHEET

Continuing on with my scholarly dissertation (aka: bitch-fest) about online dating, here's some additional information for you to digest—and regurgitate as needed. When reading a man's bio, the secret is to read "between the lines," because the clues and key phrases which reveal the truth are hidden under his carefully crafted words.

### "COMFORTABLY RETIRED"

Don't believe the men who say they're a retired CEO and now their full time profession is "managing their finances." Reading between the lines, this means that these guys are basically unemployed and spend an average of 12 hours a day playing Internet poker, Fantasy Duel, and trading penny stocks. Talk about inflation! The only kind of inflation they're experiencing nowadays is not about their assets... it's about their asses—which now hang over the sides of their chairs while sitting in front of the computer with four giant bags of Doritos.

### "HOPELESS ROMANTIC"

This bio throws a broad net, hoping to ensnare all the women out there who are drowning in the dating pool. The man professes to his 500,000 online prospects that he is searching for his "one and only" lifetime partner *and* then so cleverly adds: "it might be you!" OMG. Sounds like a pitch from the Publisher's Clearing House Sweepstakes. Incidentally, your chances of winning the PCH sweepstakes are far better than winning this guy's attention. He goes on to say that he "isn't asking for much," just a gorgeous woman who prefers cooking meals to dining out, cleans her own house, and will give him great sex upon demand.

Okay, ladies. It's pretty easy to figure this jerk out.

- The man can't be left alone for 30 minutes because he can't stand his own company.
- He can't boil water, operate a washer and dryer, or be left alone

without supervision.

- Oh yeah—he can't even have sex with himself!

### "OVERCOMMITTED"

Don't kid yourself, Tinkerbell, it happens. There's thousands of married men trolling dating sites looking for some side-candy. Their sketchy bios always state that "due to the time constraints placed on them from their executive jobs" they are unavailable on weekends and can only text you between 9am and 3pm Monday through Friday. They also state that they currently don't have a good photo of themselves to post. Also, because of "security concerns" imposed by their employers, they will be unable to take your calls, but will be happy to call you when "time permits." They also prefer out of the way places for dates, and inform you that because of their irregular hours it's possible they might have to cancel your date up to an hour before. Shut up! The only full time jobs these cheaters have is thinking up the thousands of lies they'll tell their wives to cover their own asses.

### "EGOTISTS"

With men like this, girlfriend, you won't have to stress out about your looks, your figure, or your conversational skills—any of it. Why? Because, they're *not* looking at you, kid. It's all about them! This man's bio reads like a David McCullough novel listing every imaginable aspect of himself from his Mensa I.Q. and huge earning capacity to how many women say he looks just like Joe Manganiello.

What's interesting is that these men never mention what kind of woman they're looking for. Why? Because, *you're irrelevant*. You're never going to share the stage with this guy, because he's the star of his own show. So, if you're willing to suck up, shut up, and put out, you'll fit his bill just fine. ♦



**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)

## MARCH



**PISCES:** Returning letters and phone calls is likely to be an avenue for really getting in touch with your current friends. Pleasant surprises are on the horizon. Look for them.



**ARIES:** Sometimes you're slow to get started, but you're a force to be dealt with once you get moving. So check your to-do list and jump right into it. Do it right away.



**TAURUS:** You have good reasons for welcoming spring. The winter may not have brought the results you expected. An Easter buffet can bring smiles.



**GEMINI:** You might discover a talent for a different field and wonder if you should pursue it. It could sound attractive, but think of how you fought for the job you have now.



**CANCER:** If you dig your heels in before a course is clear, you might have to backtrack. Make a greater attempt for deep knowledge of an issue before giving it your support.



**LEO:** You will be pleased with the effort you put into your home life this spring. The love and respect you exchange will bring pleasure to all other aspects of your life.



**VIRGO:** You interact well with your co-workers and can influence the decisions you reach together. Those decisions are likely to lead to a successful outcome.



**LIBRA:** Your celebration of Easter Sunday will give you that deep relaxation that you crave now. But the Easter bunny won't bring it. You will create the joyful time yourself.



**SCORPIO:** Keep your social schedule as loose and easy as possible until you have a better sense of the time involved. Keep time in mind before making workplace promises.



**SAGITTARIUS:** You really don't need to prove anything to anyone, Sagittarius. Some projects, especially those that require creativity, simply can't be rushed.



**CAPRICORN:** Any stress from the recent past is noticeably diminishing. Your confidence is high now, so you can move forward with any project that's in the offing.



**AQUARIUS:** Don't worry about what the future holds in store for you. Instead, tackle your workload today so you can be ready for the challenges of tomorrow.

## APRIL



**ARIES:** You could feel that a co-worker is withholding information. Worry not. The facts will soon surface naturally.



**TAURUS:** You will have a positive impact on others if you focus on the common good in any situation. Always have that be your goal.



**GEMINI:** Plan your responses. An issue comes your way that is difficult to understand. Be prepared with answers.



**CANCER:** Challenges give you a chance to demonstrate your skills. Always approach them with a positive attitude. Tackle them though success may be delayed.



**LEO:** The object of your affection will soon find it impossible to resist your charms whether that object is a partner or a hoped-for partner. Your gift of gab will take you far.



**VIRGO:** You are blessed with a deep reservoir of stamina that you can call on in trying times. You can still be strong when others can't. You will need this.



**LIBRA:** Stay the course. Your restlessness is due partly to your inventive ideas, especially if you can't share them. Your good ideas in themselves can be emotionally satisfying.



**SCORPIO:** Just when everything was in order and proceeding well at work, an obstacle stopped you in your tracks. It happens. Find good help for aid and for problem solving.



**SAGITTARIUS:** At home, April showers really will bring May flowers. Help the process by showing your love, caring and understanding.



**CAPRICORN:** You won't get exactly what you want today, but you won't go down in defeat either. All is good, and tomorrow is another day.



**AQUARIUS:** Do your best to leave personal problems at home so they don't overtake your work-day concerns. During your commute, put the personal stuff in a mental box.



**PISCES:** Have all your ducks in order before you share your opinions. Bosses and co-workers need to believe in your reliability.



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