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# FEATURES



## BLVD | RESTON STATION

by Analiese Kreutzer

Thinking of downsizing? For those who like the patio feel of a garden apartment, the ninth floor of BLVD offers something special. The interior apartments here open onto small patios that lead to a larger green space with manicured gardens. An outdoor kitchen and large stainless steel grills allow BLVD to host events or for residents to use the space. Read more about Luxury at the heart of Reston's newest neighborhood.



## ARCHITECT + BUILDER PROFILES

Whether your current home's design is lacking the functionality you crave, or you are in the market for a new house and can't find what you're looking for, you may want to consider hiring an architect. Having an architect design a custom home or addition is a foolproof way to achieve the results you want in your current home, or bring the vision of your dream house to life.



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## STAYCATION IDEAS

by Reneé Sklarew

Summer's here and you don't need to go far to enjoy some invigorating time off. You'll feel like you've traveled when you follow one of these cost effective, memorable getaways. Because you saved money on gas or airplane tickets, put that windfall toward pampering good fun in your own backyard. forward to in the day-to-day.



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## A BASIC GUIDE TO ENJOYING CRAFT BEER

Beer has been the most consumed alcoholic beverage in the United States for the past twenty years. Today, 99% of breweries in the United States are small craft breweries. In fact, the average

American now resides within 10 miles of a brewery. And here you have it—a very basic guide to the quickly expanding world of craft brewing!



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## ARE YOU A BREAST CANCER SURVIVOR?

In our September-October issue, **Le Nouveau Moi** will highlight one of the most important health issues women face today: breast cancer. This special section will feature valuable information on how to perform self exams, risk factors to be aware of, when to get mammograms, and more.

We will include stories about local breast cancer survivors and their relationships with their doctors during and after their struggle. We believe that hearing from friends and neighbors will help area women who are currently fighting breast cancer know they are not alone and that they have the support of their community.

In addition to these stories, we will include profiles on area oncologists and plastic surgeons to help connect breast cancer survivors with the doctors who can help them. If you or someone you know is a survivor and feel their story would be helpful to others, please put them in contact with us.

**If you are a Breast Cancer Survivor, or are a doctor with a patient who has an incredible story, we'd love to hear from you. Please contact us at 703-448-7323 or email Mary Jeanne Cincotta at [mj@vivatyson.com](mailto:mj@vivatyson.com).**







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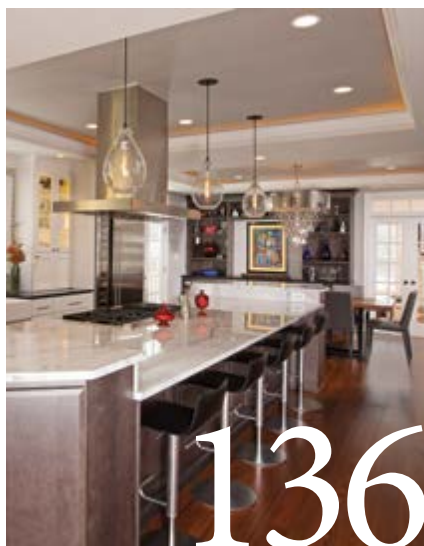
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**ON THE COVER:**

The Ovation at Park Crest,  
Tysons' First High-Rise  
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## Here's What's Happening at MCC

### 4<sup>th</sup> of July Fireworks Celebration

**Monday, July 4;**  
**Grounds open at 6:30 p.m.**  
**(Rain date, fireworks only**  
**July 5; 8:30 p.m.)**

**New location: Churchill  
Road Elementary School,**  
**7100 Churchill Rd.**

**Free Admission**

### Summer Sunday Concerts in the Park

**McLean Central Park,**  
**1468 Dolley Madison Blvd.**

**Free admission**

### Desert Highway (Eagles Tribute Band)

**Sunday, July 3, 5 p.m.**

### The English Channel (British Invasion Tribute Band)

**Sunday, July 10, 5 p.m.**

### The Reflex (1980s Tribute Band)

**Sunday, July 17, 5 p.m.**

### Satisfaction (Rolling Stones Tribute Band)

**Sunday, July 24, 5 p.m.**

### Still Surfin' (Beach Boys Tribute Band)

**Sunday, July 31, 5 p.m.**

### The Old Firehouse 26<sup>th</sup> Anniversary Block Party

**Saturday, August 20, 4-8 p.m.**  
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## IT'S TYSONS

*Just Tysons!*

It's summer again in our New American City, and the festivals and coming attractions are more exciting than ever. "Slide the City," the record breaking waterslide will be here to cool things off on the 16th of July. Cirque du Soleil returns to Tysons with its newest show "Kurios," The Plaza at Tysons Corner has summer concerts lined up and a plethora of new restaurants and clubs are opening to keep us busy exploring new dining and entertainment options.

Our skyline continues to be busy too. New and exciting options for luxury living in the heart of city kept our writer Ana busy. Some great developments for you to explore—and right on the Silver Line!

Got family visiting you this summer? Check out some of the area's hotels that offer great "friends and family" values and great prices. Give yourself a vacation too!

Keith's on top of the music and arts beat. Read his reviews on many of the acts coming to the area and the story of the magnificent dancer, Shu-Chen Cuff.

We took some time to review a few of our area's top Builders and Architects; we hope you'll consider them when planning your next home improvement project.

When we met Dani Keating and heard her story of her trek across Spain, I thought our readers might enjoy hearing about her adventure. Thanks Dani.

Say what you want about the burgers, but there is no disputing the large heart and helping hand of the folks at The Ronald McDonald House Charities of Greater Washington. Rick has the story. Rick also spent some time with Emma Cech at "The Happy Tart," bringing gluten-free baking to those of us looking for incredible gluten-free treats.

Get away—someplace close by. Renée put together some ideas for the quick and easy getaways not far from home. Beach, Mountains, just for the ladies? We got them.

Here's an app you can use on the road. Read about [urgent.ly](http://urgent.ly)... they have you covered.

Happy 100<sup>th</sup> Birthday to our National Park Service. How lucky are we? Linda has the story.

Plus... Craft Beers, Pets, Election fun with Jan King, The Iris Inn, loving and looking good—so much more!

On behalf of all of us at *VivaTysons*, thanks for your continued readership and support, please have a safe summer—see you in September.

Cheers!

*John Han*





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## JULY 7

### PAT BENATAR & NEIL GIRALDO

#### Melissa Etheridge

*The Filene Center at Wolf Trap*  
8pm \$30-60

Party to the enduring hits of '80s icons Pat Benatar and Neil Giraldo like "Hit Me With Your Best Shot" and "Love is a Battlefield," and sing along to '90s rocker Melissa Etheridge's rousing songs like "I'm The Only One" and "Come To My Window" for one night only.

## JULY 8-9

### JAZZY ASH AND THE LEAPING LIZARDS

*Theatre-in-the-Woods at Wolf Trap* 10:30am \$10

"Bon Voyage" on your trip to Dixieland with Jazzy Ash and the Leaping Lizards as they take you on a jazzy musical adventure that encourages kids and their grown-ups to celebrate the music of New Orleans as part of the American folk music heritage. Ages 2 to 8.

## JULY 8

### Gershwin's *Rhapsody in Blue*

#### YUJA WANG, PIANO

#### National Symphony Orchestra

#### Lionel Bringuier, conductor

*The Filene Center at Wolf Trap*  
8:15pm \$20-58

Widely considered one of the most important artists of her generation, pianist Yuja Wang's virtuosity—which has graced top concert halls around the world—is nothing short of dazzling. "Hers is a nonchalant, brilliant keyboard virtuosity that would have made both Prokofiev (who was a great pianist) and even the fabled Horowitz jealous."—Los Angeles Times

## JULY 10

### CARLOS VIVES

*The Filene Center at Wolf Trap*  
8pm \$38-85

With over 30 million records sold worldwide and multiple Grammy and Latin Grammy Awards to his name, Colombian pop luminary and pioneer Carlos Vives is hailed as one of the most important figures in Latin music.

## JULY 14

### MISTER G

#### Bilingual Fiesta With Latin Grammy Award Winner

*Theatre-in-the-Woods at Wolf Trap* 10:30am \$10

Called the "kid-friendly bilingual rock star" (Washington Post), Latin Grammy award winner Mister G performs an interactive concert spanning genres from funk to folk, reggae to rock, and bluegrass to bossa nova.

CONTINUED ON PAGE 18





# Michael T. Gocke, D.D.S.

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# JAZZY ASH AND THE LEAPING LIZARDS

JULY 8-9  
Theatre-in-the-Woods  
at Wolf Trap

JULY 14

## PINK FLOYD LASER SPECTACULAR

*The State Theatre 8:30pm \$22-27*

After 30 years of playing theaters throughout the world, The Laser Spectacular is not only the world's longest touring laser show, but also the longest touring theater show in history! Each year the show is updated with technical and creative changes that keep the audience coming back for more. As a rock cultural phenomenon, Paramount's Laser Spectacular has become a cult classic in multimedia entertainment!

JULY 15

## THE 6TH EDITION OF JAM BAND FAN NIGHT

*The State Theatre 9pm*

Featuring Covered with Jam, The Ron Holloway Band and Better Off Dead.

JULY 14-16

## AMERICAN BALLET THEATRE ROMEO AND JULIET

*The Filene Center at Wolf Trap 8:30pm \$20-95*

A masterful interpretation of Shakespeare's enduring romantic tragedy comes to dramatic life

in a production by America's National Ballet Company® whose work has been hailed as "the most spectacular dancing in the world" (The New York Times). American Ballet Theatre returns to Wolf Trap in a signature production, renowned as one of the most famous and beloved ballets.

JULY 15, 17, 20, 23

## GASSMANN L'OPERA SERIA

*The Barns at Wolf Trap 7:30pm, Sunday at 3pm \$32-88*

Before Mozart and Salieri there was Florian Gassmann. Following highly acclaimed productions in Paris and Berlin, Wolf Trap Opera presents the American premiere of Gassmann's 1769 comic sendup of traditional 18th-century opera. Go behind the scenes during an opera premiere. From the three star sopranos, whose translated names are Smirking, Out-of-Tune, and Purple-Face, to the insecure composer and stereotypical stage mothers, no one is spared. With daggers drawn and everyone looking for glory, success is by no means assured.

JULY 16

## JIM SLAKIE TRIBUTE SHOW & CD RELEASE PARTY FEAT. FIVE DAYS DRIVE + FADED GIANT

*Jammin Java 2pm \$15*

Formed in 2006, Five Days Drive is a roots rock band with a wide range of influences. The group recorded its debut album in 2009, which features nine original tracks performed by Jim Slakie (lead vocals, rhythm guitar), Ken Logerwell (lead guitar), Wes Christenson (bass guitar and backing vocals), Jon Varga (drums), and special guest Chris Gagen (keyboards and backing vocals). From the blues inspired "Boogeyman", to the honky tonk of "Calamity Jane", and the pure Americana of "Good Old Days", the band covers a wide range of musical styles.

JULY 16-17

## 2016 COLONIAL MARKET FAIR

*Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean VA 22101, 11am-4:30pm \$3-8*

In the summer, sit in the shade and savor roast chicken and spicy sausages, enjoy dancing and singing with the fiddler,

and test your water color and writing skills with Mr. Andrews at the Stationer. Muster with the militia and re-outfit your home in furniture from the Cabinet Maker. Only at Market Fair can you catch up on the latest news from the frontier and trade stories while enjoying local ales and porters at the Tavern. Try hands-on crafts such as spinning and dyeing, and shop for goods from the finest merchants in the colonies.

JULY 17

## Wheels of Soul 2016 Tour

## TEDESCHI TRUCKS BAND LOS LOBOS

*The Filene Center at Wolf Trap 7pm \$25-70*

Formed by husband-wife team Susan Tedeschi and Derek Trucks, the Tedeschi Trucks Band brings together an eclectic mix of roots-rock performers to create a booming supergroup that "sit[s] at the intersection of heritage and innovation" (*Rhapsody*).

JULY 21-AUGUST 21

## CIRQUE DU SOLEIL KURIOS—CABINET OF CURIOSITIES

*Under the Grand Chapiteau, Lerner Town Square at Tysons II, Times Vary \$43-295*

Step into the curio cabinet of an ambitious inventor who defies the laws of time, space and dimension in order to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down. Read more at [www.cirquedusoleil.com](http://www.cirquedusoleil.com).

JULY 22

## SUFJAN STEVENS

*The Filene Center at Wolf Trap 8pm \$35-65*

The multi-instrumental singer/songwriter whose eclectic sound ranges from indie to electronic consistently creates songs with "well-detailed lyrics...and a gorgeous whisper that could reach into a heartbreaking falsetto" (*Pitchfork*).

CONTINUED ON PAGE 21





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—Bill Madden, CEO & Executive Brewer

**Saturday, July 23**

### Six Year Anniversary Party!

We will be celebrating six years of  
award-winning brews with five rare beer  
releases, food specials, live music, and  
giveaways! *The party begins at 11AM!*

**Saturday, August 6**

### Beer 101: Brewery Tour & Tasting

Learn all about your favorite craft beers  
from production to taste characteristics  
at our Beer 101 class! As a veteran of the  
young craft brewing industry, experience  
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our Executive Brewer, Bill Madden. The  
\$15 ticket price includes a brewery tour,  
beer sampler, discussion & bar snack. Get  
tickets at [www.madfoxbrewing.com](http://www.madfoxbrewing.com)!

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*Independent seniors who are commissioned military officers and their immediate family, as well as government workers of an equal rank from select agencies.*



JULY 22

## ROCK THE BLOCK #TGIFAIRFAX

*Old Town Square in Fairfax*  
6:30-9:30pm  
Don't miss out on Stereo A, The Reagan Years, Rockets, Hackens Boys and more. Food is available for sale. Bring chairs and/or blankets to sit on and have kids wear swimsuits and bring towels for the new spray pad! No pets allowed except service animals. Visit [www.fairfaxva.gov/RockTheBlock](http://www.fairfaxva.gov/RockTheBlock) for more information.

## LATE LATE COMEDY SHOW

**Hosted by Benjamin Daniels**  
*Jammin' Java 10:30pm \$10*  
Jammin' Java's BIGGEST comedy event yet! Now heading into its fifth year, the Later Late Show features some of DC's best stand-up comedians on ONE SHOW! Come be a part of the hilarious fun featuring Smooth AF, a live house band playing the smoothest Yacht rock jams. Enjoy Jammin' Java's new menu and wonderful drink selection. Don't miss out! Tickets available at [jamminjava.com](http://jamminjava.com).

JULY 23

## THE FIREBIRD

**National Symphony Orchestra, Janni Younge**  
*The Filene Center at Wolf Trap 8:15pm \$20-65*  
The majestic Firebird rises on stage to tell its enchanted tale of transformation. Stunning larger-than-life puppetry fuses with contemporary South African dance set to Stravinsky's ravishing score. Janni Younge of the world-renowned Handspring Puppet Company leads this world premiere production. Co-commissioners: Wolf Trap Foundation, Ravinia Festival, Hollywood Bowl, The Mann Center, Saratoga Performing Arts Center, and Sun Valley Summer Symphony.

JULY 24

## PINK MARTINI

**National Symphony Orchestra, Steven Reineke, conductor**  
*The Filene Center at Wolf Trap 8:15pm \$30-60*  
Drawing musical inspiration from all over the world, the self-described "little orchestra," Pink Martini, performs its cosmopolitan world music spanning jazz to classical to vintage pop. Together with the National Symphony Orchestra, they will take you across continents for a pop concert full of glamour.

JULY 26

## HUEY LEWIS & THE NEWS

*The Filene Center at Wolf Trap 8pm \$25-50*  
For over 35 years, these bluesy rockers have shown us "The Power of Love" and that it's "Hip to Be Square," while becoming a staple of the 80s and beyond.

JULY 27

## JEFF BECK & BUDDY GUY

*The Filene Center at Wolf Trap 8pm \$30-65*  
Two of Rolling Stone's 100 Greatest Guitarists—Jeff Beck, lauded for "Cause We've Ended as Lovers" and his version of "I Put A Spell On You," and Buddy Guy, best known for "Mustang Sally" and "Ain't No Sunshine"—take center stage.

## AN EVENING WITH LIZ VICE

*Jammin' Java 7:30pm \$15*  
"I didn't think I was going to live past 20 years old," recounts Liz Vice. It's a surprising revelation considering the vitality and energy she exudes onstage, but it brings context to the utter joy, gratefulness, humility and magic that imbues her soulful voice throughout "There's A Light," her debut album. Vice is an unlikely breakout artist—she'll be the first to tell you that she never intended to share her

singing voice with anyone—but she's overcome the odds with a survivor's spirit, discovering that sometimes we have to travel dark roads and long nights before the sun can illuminate our true path.

JULY 29

## TCHAIKOVSKY & DEBUSSY CHAD HOOPES, VIOLIN

**National Symphony Orchestra, Stéphane Denève, conductor**  
*The Filene Center at Wolf Trap 8:15pm \$20-58*  
The young violinist with "a gift for dramatic pacing and a distinctive, convincing sense of poetry" performs Tchaikovsky's

stirring violin concerto alongside the NSO with "jaw-dropping virtuosity." (*The Washington Post*).

JULY 30

## STAR TREK INTO DARKNESS

**National Symphony Orchestra, Emil de Cou, conductor**  
*The Filene Center at Wolf Trap 8:30pm \$30-58*  
Boldly go where no man has gone before with J.J. Abrams' Academy Award-nominated film presented on huge screens with Michael Giacchino's score performed live by the National Symphony Orchestra!

CONTINUED ON PAGE 22



Photo courtesy of Wolf Trap

8 P.M.

JULY  
28

## TONY BENNETT

*The Filene Center at Wolf Trap 8pm \$35-65*  
A champion of the American Songbook since the 1950s with 18 Grammy Awards and two Emmys, Tony Bennett continues to shine on stage with pop standards and jazzy reinventions of classics.





Photo credit: Fadil Barisha

# YUJIA WANG



**JULY 8**  
The Filene Center  
at Wolf Trap

## ENSEMBLE WITH YO-YO MA

*The Filene Center at Wolf Trap*  
8pm \$30-80

Journey around the globe with one of the greatest cellists of all time and an eclectic, multicultural ensemble. Presenting an unexpected hybrid of exotic and familiar musical traditions, these inspired performers celebrate how music can cross boundaries and connect the world. As *The New York Times* raves, there is "no end of virtuosity among the Silk Road players."

CONTINUED ON PAGE 24

**AUGUST 4**

## STRAIGHT NO CHASER

**The New Old Fashioned Tour**  
*The Filene Center at Wolf Trap*  
8pm \$25-50

This a cappella group's musical cocktail blends pop hits and classics with a mix of top-shelf collaborators from Elton John to Sara Bareilles.

**AUGUST 3-4**

## FLY DANCE COMPANY

*Theatre-in-the-Woods at Wolf Trap*  
10:30am \$10

So you think you can dance? Check out this high-energy, gravity-defying dance crew as they mix hip-hop, pop n lock, and modern dance with colorful costumes and comic delivery. Ages 5 to 10.

**AUGUST 5**

## LA BOHÈME WOLF TRAP OPERA

**National Symphony  
Orchestra, Grant  
Gershon, conductor**  
*The Filene Center at Wolf Trap*  
8:15pm \$25-75

One of the world's most beloved operas. Puccini's masterpiece is an unforgettable tale of love, youth, and tragic loss in the Latin Quarter of 19th-century Paris. Wolf Trap Opera presents a fully staged

and costumed production of Puccini's classic opera, in a one night production featuring full orchestra, chorus, and custom video projections.

**AUGUST 7**

## THE BAND PERRY

*The Filene Center at Wolf Trap*  
8pm \$35-60

The Band Perry returns to Wolf Trap! Get ready for country music with a rock 'n' roll edge when the Grammy-winning sibling trio hits the stage. Featuring chart-topping favorites like "If I Die Young" and "You Lie," The Band Perry's high-energy show is a must-see live.

## AUGUST 10 PHILLIP PHILLIPS MATT NATHANSON

**A Great Big World**  
*The Filene Center at Wolf Trap* 7pm \$32-55  
Experience a night of soulful music from a pair of gifted singer/songwriters featuring American Idol winner Phillip Phillips acclaimed for radio hits like "Home" and "Gone, Gone, Gone" and touring maverick Matt Nathanson recognized for "Come On Get Higher" and "Faster."

## AUGUST 11 THE SILK ROAD



8:15 P.M.

**AUG  
6**

## SETH MACFARLANE AND THE GREAT AMERICAN SONGBOOK

**National Symphony Orchestra  
Steven Reineke, conductor**

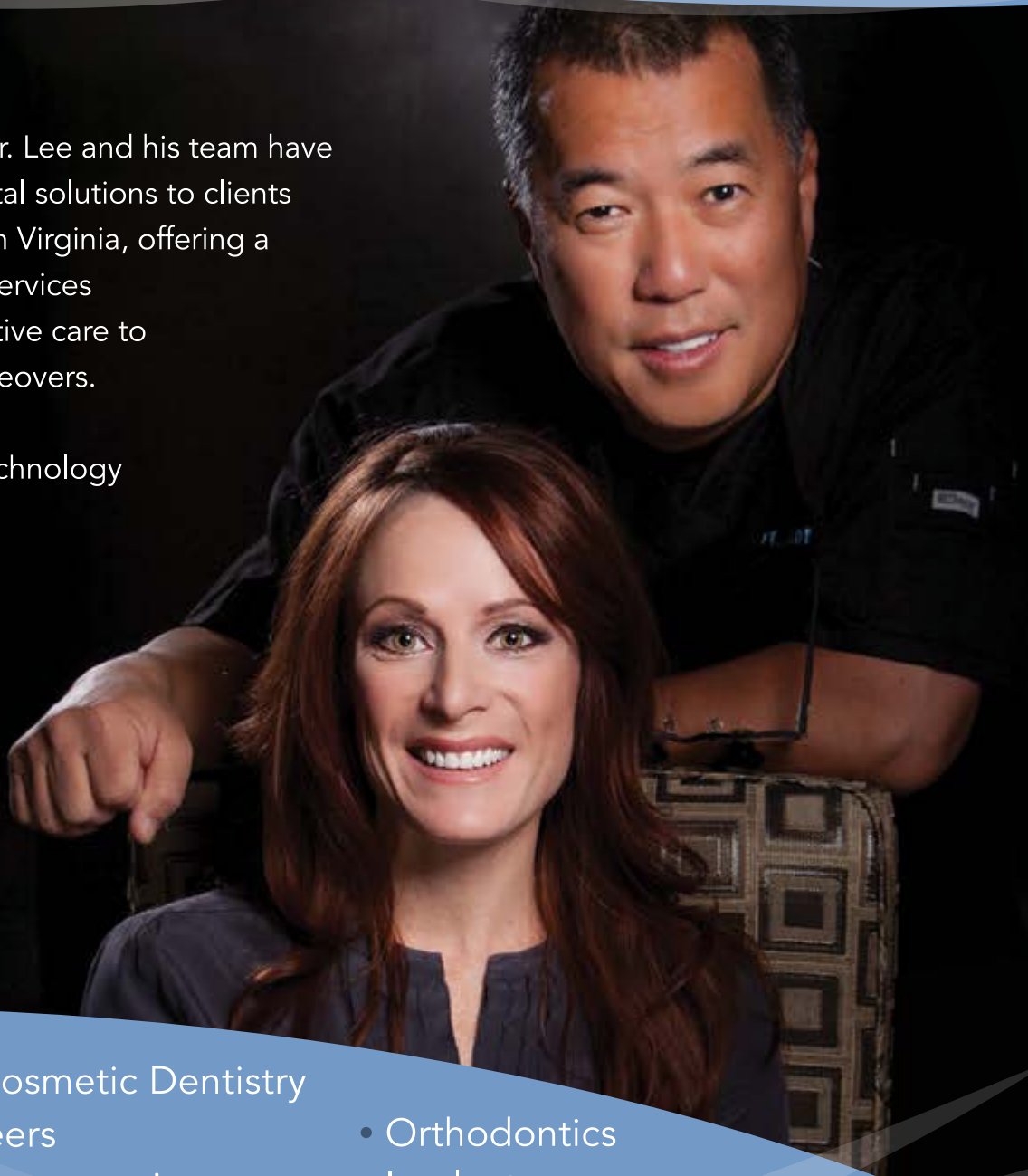
*The Filene Center at Wolf Trap* 8:15pm \$25-65  
Grammy-nominated funnyman Seth MacFarlane, best known as the creator of *Family Guy* and *Ted*, shows off his impressive musical abilities by singing pop standards.

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**SEPTEMBER 1**  
The Filene Center at Wolf Trap

SELECTED EVENTS

Photo Credit: David M Earnisse Photography



# CHICAGO



8 P.M.

**AUG  
26**

## ARETHA FRANKLIN

*The Filene Center at Wolf Trap 8pm \$35-65*

Exalting massive "Respect" for her glorious belt and countless gospel-infused hits like "Chain of Fools" and "Think," the Queen of Soul makes her triumphant return to Wolf Trap.

## AUGUST 12 LYLE LOVETT & HIS LARGE BAND EMMYLOU HARRIS

*The Filene Center at Wolf Trap*

7:30pm \$30-55

Experience a show filled with Grammy-winning Americana flair including the "major genre-straddling talent" (Rolling Stone) of Lyle Lovett & His Large Band and the "shimmering, yearning soprano" of "one of the great voices in music" (BBC), Emmylou Harris.

## AUGUST 14 Classic Albums Live Presents

### DAVID BOWIE

#### The Rise and Fall of Ziggy Stardust and the Spiders from Mars

*The Filene Center at Wolf Trap*

8pm \$25-45

Commemorate the prolific, original chameleon of music, and hear his widely acclaimed album performed live by some of the world's best musicians. Featuring anthems like "Starman" and one of "rock's earliest, and best, power ballads" (Rolling Stone), "Ziggy Stardust," this is a tribute that is out of this world.

## AUGUST 19

### JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS

*The Filene Center at Wolf Trap*

8pm \$25-50

Nine-time Grammy-winning jazz icon Wynton Marsalis and his all-star orchestra hailed as the "finest big band in the world today" (The Daily Telegraph) return to Wolf Trap! Drawing from an extensive repertoire that includes original compositions by Marsalis, Ted Nash, and masterworks by legends like Ellington and Coltrane, the group is internationally acclaimed for its incredible versatility.

## AUGUST 20

### IRA GLASS

#### Seven Things I've Learned in Association WAMU 88.5 FM

*The Filene Center at Wolf Trap*

8pm \$25-55

"A journalist but also a storyteller who filters his interviews and impressions through a distinctive literary imagination, an eccentric intelligence, and a sympathetic heart" (The New York Times), Ira Glass makes his Wolf Trap debut—catch the award-winning host and producer of NPR's massively popular This American Life podcast in a unique, solo show.

## AUGUST 21

### KRISTIN CHENOWETH

*The Filene Center at Wolf Trap*

8pm \$25-65

A "Popular" Tony- and Emmy-winning presence throughout the entertainment sphere who starred in the original cast of Wicked and Disney's Descendants, Kristin Chenoweth, a small-but-mighty leading lady, brings her magic to the Wolf Trap stage.

## AUGUST 22

### NEEDTOBREATHE's

TOUR DE  
COMPADRES  
NEEDTOBREATHE  
MAY KEARNEY  
JOHN MARK  
MCMILLAN  
WELSH ARMS

*The Filene Center at Wolf Trap*

7pm \$27-55

The "Brother," South Carolina-based band returns to passionately strum its Grammy-nominated, rock-infused songs filled with "heart and drive and craftsmanship" (PPcorn.com).

## AUGUST 23

GOO GOO DOLLS  
COLLECTIVE SOUL  
TRIBE SOCIETY

*The Filene Center at Wolf Trap*

7:30pm \$32-55

The alternative rock band that has sold millions of records with radio hits like "Iris" and "Slide" continues to top the charts, cementing its spot as "rock's premier purveyor of music" (AVClub.com).

## AUGUST 24-25

### RICKY MARTIN

*The Filene Center at Wolf Trap*

8pm \$45-125

An "all-around showman" with joyous bilingual hits like "La Mordidita," "Livin' la Vida Loca," and "Disparo al Corazón," the Latin superstar makes his Wolf Trap debut with live performances that can only be described as "full-scale pop spectacle[s]" (Rolling Stone).

## AUGUST 26

JAMMIN JAVA'S  
MID-ATLANTIC  
BAND BATTLE #15 -  
FINALS

*Jammin Java 7:30pm \$10-18*

Check out the region's best up-and-coming bands competing for \$2,000 cash, recording studio time, pro photo shoots, and more! Bands can apply online at [www.jamminjava.com](http://www.jamminjava.com).

## AUGUST 26

ROCK THE BLOCK  
#TGIFAIRFAX

*Old Town Square in Fairfax*

6:30-9:30pm

Don't miss out on Stereo A, The Reagan Years, Rockets, Hackens Boys and more. Food is available for sale. Bring chairs and or blankets to sit on and kids wear swimsuits and bring towels for their new spray pad! No pets allowed except service animals. Visit [www.fairfaxva.gov/RockTheBlock](http://www.fairfaxva.gov/RockTheBlock) for more information.

## AUGUST 31

BONEY JAMES  
MARSHA  
AMBROSIOUS

*The Filene Center at Wolf Trap*

8pm \$25-60

With influences ranging from Earth, Wind & Fire to producer Quincy Jones, four-time Grammy nominee and chart topper Boney James captivates audiences with his pop and R&B-tinged jazz, highlighting his spectacular saxophone playing.

## SEPTEMBER 1

### CHICAGO

*The Filene Center at Wolf Trap*

8pm \$35-60

With over 100 million records sold and a 2016 induction into the Rock and Roll Hall of Fame, Chicago rightfully claims its place as the highest charting American band on Billboard's list of 100 Greatest Hot 100 Artists of All Time.

## SEPTEMBER 2

DISNEY IN  
CONCERT  
WITH WOLF TRAP  
ORCHESTRA

**Tale as Old as Time**

*The Filene Center at Wolf Trap*

7:30pm \$25-65

The newest Disney in Concert show features well-loved music and film clips from some of the best-known films ever! Dream, wish, and sing along to enchanting songs from Frozen, Tangled, Cinderella, Sleeping Beauty, The Little Mermaid,

Beauty and the Beast, The Princess and the Frog, Aladdin, and The Lion King. Tale As Old As Time has a little Disney magic for everyone.

## SEPTEMBER 3

### I LOVE THE 90'S

**Featuring: Salt-n-Pepa with Spinderella, All-4-One, Color Me Badd, Coolio, Tone Loc, Rob Base, Young MC**

*The Filene Center at Wolf Trap*

7pm \$37-80

Yo! Drop the cassette tapes, and experience hits from the dopest decade like "Shoop," "Gangsta's Paradise," and "Bust A Move" live. Scrunchies, fanny packs, and denim welcome.

## SEPTEMBER 7-8

### DON HENLEY

*The Filene Center at Wolf Trap*

8pm \$42-112

The singer/drummer and cofounder of the iconic band the Eagles, this Rock and Roll Hall of Famer makes his Wolf Trap debut with "unimpeachable vocals" (Billboard) heard on tracks like "The Boys of Summer" and "The End of the Innocence." ♦



8 P.M.

SEPT  
9

## BRYAN ADAMS GET UP!

*The Filene Center at Wolf Trap 8pm \$42-72*

With 15 Grammy nominations, the king of '80s power ballads best known for "Summer of '69" and "(Everything I Do) I Do It For You" is ready to rock in his Wolf Trap debut.





## LOCATIONS

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www.4psva.com

#### PIZZERIA ORSO

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703.226.3460  
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CONTINUED ON  
PAGE 28



DAILY  
Full Service Tea

# SWEET CITY DESSERTS

## DAILY

### FULL-SERVICE TEA

#### Sweet City Desserts 12pm - 5pm

Three tiers of amazing sweets, scones, and savory sandwiches, served with your favorite pot of tea, right in the heart of Vienna! Call to reserve at least 48 hours in advance. Available daily. \$19.99/adult, \$14.99/child.

### \$5 BOTTOMLESS GUACAMOLE

**La Sandia | 4pm-7pm | \$5**  
Experience bottomless guacamole with you and your closest friends for \$5.

## 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

### DESSERT TEA SPECIAL

#### Sweet City Desserts

Buy one Dessert Tea at \$9.99, get the second one at 50% off! Dessert Tea consists of two desserts—S'mores Cake, Chocolate Pyramid, Eclair or Cupcake (any flavor)—and a pot of tea. Perfect for you and a friend! Available while supplies last.

## 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 of 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.

CONTINUED ON PAGE 28



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*SHIRLEY BUFORD & ASSOCIATES*

## New Property Listings

**FOR SALE**



2771 Hill Road, Vienna, VA  
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Stunning Quality Constructed Home sited on 1/2 acre wooded lot! Gourmet kitchen/ Granite Counters/island, Main Level 2nd Master Suite or Library, 2 Story Family Room, Wood Flooring, 3 fin lvs walkout LL w/rec rm, media rm, au pair suite. 9+ ceilings on cul-de-sac near vienna metro.

**FOR SALE**



1911 Franklin Ave, McLean, VA  
Offered at **\$939,000**

Fabulous Cedar Siding Contemporary w/ 4 Bedrooms, 3 Baths, Vaulted Ceilings, Hardwoods throughout main level, Gourmet Updated New Kitchen w/ All New Cabinetry, Quartz Counters, Stainless Appliances, Dining Room w/ Fireplace, Finished LL w/ Recreation Room and 4th Bedroom. New Deck, and 2-car Side Load Gar on Beautifully Landscaped lot.

**FOR SALE**



1761 Brookside Lane, Vienna, VA  
Offered at **\$1,349,000**

Major Price Reduction! Elegant Colonial on 1.5 Acre lot with 3-car Side Load Gar. Many Upgrades. Custom Baths, Gourmet Kitchen w/ Granite Counters, Stainless Steel Appliances. Two Story Great Rm w/Wet Bar & Palladian windows, Finished walkout LL w/ bedroom and bath/In-Law Suite Near Metro, Airport, Shopping & W&OD Trail.

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CONTINUED ON  
PAGE 30



WEDNESDAYS  
Risotto Dinner  
Al Fresco Dining



# CAFE OGGI

## TUESDAYS

### 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.

## 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!

### CUPCAKE SPECIAL

Sweet City Desserts

Buy two cupcakes, get the third one free! Our luscious cupcake flavors include: Almond, Chocolate Peanut Butter, Red Velvet, German Chocolate, Mocha, and Ube (purple yam). Available while supplies last.

### RISOTTO DINNER

Cafe Oggi

Risotto with fresh Strawberries and a fresh garden salad  
Special Price \$19.95

### 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.

These delectable entrees are just \$9.95 on Wednesdays.

### WINE'D DOWN WEDNESDAYS

Entyze, 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.

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**WEDNESDAYS**  
Tysons Plaza

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## WEDNESDAYS

### TYSONS FIT CLUB

**Tysons Plaza | 5:30pm-6:30pm | FREE**

Tysons Corner Center, Crunch Fitness and The North Face have partnered together to bring a culture of fun and fitness to all with our Tysons Fit Club. Exercising Crunch Fitness' No Judgements philosophy Fit Club helps attendees achieve their fitness goals one class at a time.

Wednesday's weekly Powerwave class is taught using Battle Ropes and body weight exercises that combine strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves!

### 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 PRIME TIME

**Palm 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.

### REINHARDT LIEBIG

**Maplewood Grill**

**7:30-11pm**

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.

## THURSDAYS

### TERRY LEE RYAN

**Maplewood Grill | 8-11pm**

New Orleans' own Terry Lee Ryan, pianist and vocalist, plays blues, popular standards and especially N'awlin's 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-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.

### 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*

## 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.

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McLean Community Center  
Oakton Vienna  
Animal Hospital  
Meadowlark Gardens

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# TYSONS FARMERS MARKET

## FRIDAY NIGHT WINE TASTING

**The Vineyard | 4-8pm**

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.

## FRIDAYS

### FREE WINE TASTING

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

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

### AFTERNOON TEA

**Entyse, Wine Bar & Lounge |**

**12pm** Enjoy the timeless ritual of afternoon tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

## MCLEAN FARMERS MARKET

**1659 Chain Bridge Rd, McLean, VA 22101 | 8am-12pm**

The farmer's market offers produce, plants & baked goods from local vendors with Master Gardener Plant Clinic on site to answer questions about plants in your landscape.

## SATURDAYS

### VIENNA FARMERS MARKET

**301 Center St S, Vienna, VA 22180 | 8am-12pm**

The Vienna farmer's market offers produce, meats & small goods from area farms.

### 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 their 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'awlin's 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 | 1-6pm**

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

### TYSONS FARMERS MARKET

**4800 Westpark Dr & Greensboro Drives | 10am-2pm**

Find some great produce and organic meat along with 'Halftime' gluten free whole food snack bars. Plus enjoy the only real BBQ for miles around!

## SUNDAY BRUNCH

### Amphora

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

## TELL US ABOUT YOUR EVENTS

Would you like to tell more people about your September or October events?

Email us at [events@vivatysons.com](mailto:events@vivatysons.com).



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# ARTS & THEATRE EVENTS

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## JULY 5-22 SIZZLING' SUMMER NIGHTS CABARET SERIES

Signature opens their air-conditioned doors once more for the annual Sizzlin' Summer Nights Series. With a different concert each night, there's always something to keep you entertained. This season's acts include Will Gartshore, Erin Driscoll, Shayna Blass (The Mystery of Love and Sex), Bob McDonald and many more. All-access passes are currently available for only \$175.

Signature Theatre 8pm \$175  
4200 Campbell Ave., Arlington, VA  
703.820.9771 | [www.signature-theatre.org](http://www.signature-theatre.org)

## JULY 8-24 FOOTLOOSE

A musical based on the film of the same name. The music is by Tom Snow (among others), the lyrics by Dean Pitchford (with additional lyrics by Kenny Loggins), and the book by Pitchford and Walter Bobbie.

One of the most explosive movie musicals in recent memory bursts onto the live stage with exhilarating results. When Ren and his mother move from Chicago to a small farming town, Ren is prepared for the inevitable adjustment period at his new high school. What he isn't prepared for are the rigorous local edicts, including a ban on dancing instituted by the local preacher, determined to exercise the control over the town's youth that he cannot command in his own home. When the reverend's rebellious daughter sets her sights on Ren, her roughneck boyfriend tries to sabotage Ren's reputation, with many of the locals eager to believe the worst about the new kid.

The heartfelt story that emerges is of a father longing for the son he lost and of a young man aching for the father who walked out on him. To the rockin' rhythm of its Oscar and Tony-nominated top 40 score (the soundtrack album reached number one on the Billboard charts and has sold over 15 million copies!) and augmented with dynamic new songs for the stage musical, FOOTLOOSE celebrates the wisdom of listening to young people, guiding them with a warm heart and an open mind.

The Alden Theatre Fridays and Saturdays at 8pm,  
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## AUGUST 2-SEPTEMBER 11 JELLY'S LAST JAM

Take your seat at the legendary Jungle Inn nightclub for the electrifying, multiple Tony and Drama Desk Award®-winning musical that tells the story of jazz through one of its most notorious entertainers: Jelly Roll Morton.

Journey from the back alleys of New Orleans to the dance halls of Chicago to the stages of New York with "he who drinks from the vine of syncopation" in a sizzling memoir of pride, lust and a past denied. Directed by Matthew Gardiner (West Side Story, Cabaret), this Washington premiere stars acclaimed jazz pianist Mark G. Meadows (Jazz at Lincoln Center, Kennedy Center, Strathmore), and features the soul-stirring Nova Y. Payton with dazzling, high-energy choreography by Broadway's Jared Grimes. Now that's how you jazz!

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BY KEITH LORIA

## *Huey Still Has* THE POWER OF LOVE

With a song catalogue that includes one radio hit after another—“Do You Believe in Love,” “Heart of Rock & Roll” and “If This is it”—Huey Lewis and the News is one of the most popular groups of all time.

And while the band still tours around the country, its lead singer hasn’t been embracing the musical world of today.

“I don’t Facebook. I don’t Twitter. I’m so old school,” Lewis says. “I fish, I ride my horse, I play golf. I just do everything outside where there’s no electronics.”

But thankfully, he still sings and sounds as great as he ever has.

This quintessential American rock band got its start when two rival Bay Area bands merged in 1979. Taking the name Huey Lewis and The News, the band offered a brand of straight-ahead rock and roll that has outlasted countless trends.

“We weren’t spring chickens at the time. I had been in the band Clover and made two records and did sessions as a harmonica player living in London,” Lewis says. “By the time this band formed, I knew how to stick to my guns substantively and I knew what I wanted to do. It was blues and R&B based, but with a modern edge.”

While the band has always had a huge following for its live shows, over the past 25 years or so, Lewis says he’s had to work to get his music heard.

“The music business isn’t what it used to be and there’s very little market for a pop record,” he says. “If you are over 28 and are a white male, you better be doing country. As a pop writer, it’s hard to write when there’s no audience, but we do write and we do original stuff.”

Unfortunately, most of that stuff hasn’t been available on any record. The band’s last release was 2010’s “Soulsville,” and even that was their first full album in a decade’s time.

“It’s soul-oriented and sax-oriented, Memphis based music,” Lewis says. “This was a labor of love for us. The only reason to do anything anymore is if it’s a creative challenge and this was.”

Problem was, the album sold what was reported as less than 50,000 copies, which is a long way off from when *Sports* was selling that many in a single day.

Lewis does hint that new stuff may be coming in 2016, although he’s not even sure how to promote a new recording anymore.

"Even if you release a new album, any radio station is only going to play the old stuff. But it's a calling card," he says. "We've got four songs finished, and three of them are mixed and we've got another two in the oven. And I've got ideas for another two. I don't know if it'll be an album or an EP or whatever. I don't think it matters, to be honest, because I don't think we're going to sell that many. But as a storyteller, you need a new story to tell."

On July 26, Huey Lewis and the News tells that story as they return to Wolf Trap, a venue they've become quite the regulars at.

"I've always had great memories of Wolf Trap," Lewis says. "There have been some very memorable shows. We had Stevie Ray Vaughan open for us, Bill Kirchen opened once... Some really fun times."

Lewis previews that he and the band will play a generous portion of the hits complete with a three-piece horn section that was added about 15 years ago.

"We'll also play what we consider the greatest misses, our favorites that weren't hits and are really for our hardcore fans," he says. "When you play music the way we do—which is old school—nothing is on samples and it's a team sport. The songs just begin to play themselves and that's the best feeling in the world. When you find that spot and it sounds good, it's the most fun thing in the world. You can only do that when it's different every night."

In their heyday, the band would play close to 200 dates a year, but now it's a more manageable 60-75.

"It's enough. You don't want to take too much time off, but at the same token, you don't want to go six weeks at a time without playing. I absolutely love playing live," Lewis says. "As I get older, my voice is actually better than ever, but you have to be smarter. Think about Sinatra at the Sands when he was 55, he was at his best. It's age and wisdom. Admittedly, my range isn't what it used to be, but that doesn't matter. It's still a good time." ♦

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



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BY KEITH LORIA



Shu-Chen Cuff

# DANCING *Through Life*

Growing up in Taiwan, Shu-Chen Cuff knew at an early age that she wanted to perform.

"I wanted to be on stage but didn't know in what art form, I just knew that I wanted to perform," she says. "It was just a very natural thing for me."

When she learned her elementary school offered a dance class after school, she wanted to join but her family couldn't afford it and her dad didn't think dancing was a good idea for her.

"My friends were really encouraging me to join, so in the second grade, I signed up without my dad's permission and started taking the class even though I hadn't paid. I was dancing in my regular clothes and socks," Cuff says. "The teacher eventually came up to me and asked about the tuition and I had to tell my dad. He came to watch the class and saw me, and he agreed that I could continue, paid the money, and got me proper dance gear."

That was just the beginning of her dance journey. Cuff trained all the way through high school and planned to continue dancing through college, with the ultimate dream of one day dancing for Taiwan's prestigious Cloud Gate company.

Her dream started to change when her Aunt and Uncle visited from Texas and convinced her parents to apply for Green Cards and come to the U.S. for the chance at a better life. It took 10 years, but when Cuff was in high school, the family was approved, and she began thinking about dancing in the United States.

"Because both my parents had steady jobs, they stayed in Taiwan, but I came here to go to college to study dance," she says. "I went to the University of Florida's New World School."

After graduating, she went on to perform numerous classical and contemporary dance works while working with Dana Tai Soon Burgess Dance Company, Miami Ballet, and Nevada Ballet Theatre, and has toured in Asia, Central America, and Europe. In 2002, she relocated to the Washington, D.C. area.

In 2011, Cuff founded Reston-based Gin Dance Company, which provides artists the opportunity to learn, grow, and express themselves through dance. Currently, there are eight dancers in the company—Falls Church's Alison Grant, Northern Virginia's own Therese Gahl and Lindsay Benson Garrett, Michelle Conroy, Samantha Greymont, Julia Hellmich, as well as Maryland natives Kaitlin Madzellan and Jane Rabinovitz.

"Our mission is both to provide a professional environment for artists to learn, grow, and express themselves while bringing refreshing and vitalizing works to the community," she says. "We have had a lot of great opportunities since we started."

Cuff serves as artistic director for Gin Dance and regularly performs with her dance company in Fairfax County and the Washington metropolitan area.

Over the last five years, the company has been invited to perform at the Kennedy Center Millennium Stage, VelocityDC Dance Festival at the Shakespeare Theater Company, the DC Mayor's Arts Awards at the Lincoln Theater, and the Yes! Dance Invitational: The National Festival of Contemporary Dance & Theater at the Dogtown Dance Theatre.

Over that time, Cuff has also been named a finalist at the Dance Metro DC Awards in the categories of both Outstanding Choreography and Outstanding Individual Performer.

"Utilizing both visual art and movement is an impactful way to deliver narratives and reach audiences at a deeper level. I am thrilled about the recognition and delighted to be able to continue sharing my art with performing arts enthusiasts," she says.

For those interested in joining her company, Cuff will invite them for an audition and look at their technique, training, and style.

"I also like to see their energy and personality and try to understand them a little," she says. "I like to find a group that can work together really well, who have the same passion and energy. It's hard work. I've developed such a variety of repertoires and new works, that it's very demanding physically."

Each of the company's works uniquely reflects a rich Asian Dance heritage and Eastern sensibilities blended with Western fluidity of movement.

"We really do some innovative, very uplifting and aspiring pieces," she says. "This has been a dream come true for me. It's amazing to have all these artists—each with a unique style. I am so fortunate."

For more information on the Gin Dance Company, visit [www.gindance.org](http://www.gindance.org) ♦

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



Shu-Chen Cuff

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f t p i



# BLVD | Reston Station

*Luxury*

at the Heart of Reston's  
Newest Neighborhood

BY ANALIESE KREUTZER



Faced with a large empty nest in Oakton, Cathy Plymack decided she needed to downsize. She turned to BLVD | Reston Station because of its proximity to her work, the airport, and the Metro, and for the urban lifestyle it offers. “I liked the concept of a luxury apartment which included great amenities, such as a rooftop pool, chef’s kitchen, lounge, gaming and exercise rooms, and the ability to work from the BLVD office center on the ground floor,” she said. “Also, I can be at the bike path in five minutes or hop on the Metro and be at Tysons in three stops.”

Reston is all about its neighborhoods, whether it’s Lake Anne, North Reston, South Lakes, Glade, the Town Center, or its newest neighborhood, Reston Station. Although the neighborhood is still taking shape, BLVD, a 450-unit luxury apartment building that sits atop the Wiehle-Reston East Metro station, provides an anchor for it and is defining what it means to live in the next wave of this visionary city.

Maggie Parker, vice president of communications for Comstock, the company behind BLVD, says the property and its surrounding neighborhood fits with Reston Founder Robert E. Simon’s vision for the next village center. Simon’s dream for





his suburban downtown emphasized convenience and community instead of sprawl for a better quality of life, and BLVD firmly supports that vision.

## THE NEIGHBORHOOD OUTSIDE

BLVD's location over top of the Metro provides an ideal access point to the rest of the area, and as one of the tallest buildings on the Dulles corridor, its silhouette defines the neighborhood's skyline.

Since BLVD opened its doors on March 1, "Many Restonians have been coming over to see the property," said Parker. "They're curious. People can be afraid of density, and it's important for them to know that the redevelopment that is going on at Reston Station is concentrated along a swath of land right along the Dulles Toll Road."

The new neighborhood also stays true to Reston's original concept, with walkable access to amenities like parks



and shopping. The main entrance to BLVD opens onto the Reston Station Plaza, which buzzes with activity. Monday through Friday, shoppers can browse through a rotating array of vendors in Comstock's pop-up market, Urban Pop. These small glass kiosks house crafters and businesses trying out a small retail space while getting exposure to a vibrant market. The pop ups have included a book store; a shop selling honey; a crafter selling handmade scarves, hats, and gloves; and a vendor offering tea and tea accessories.

"It's not just a metro station anymore, it's a destination," said Catherine Hughes, BLVD's community manager. In addition to Urban Pop, the plaza offers yoga on Tuesdays, pilates on Wednesdays, a farmers market on Wednesday afternoons, children's story time, a summer concert series, and outdoor movies.

The prospective businesses moving onto the plaza further induced Plymack to move in. "I loved the planned businesses that will be on site, such as Founding Farmers, Starbucks Evenings and perhaps a market. The urban pop ups are a lot of fun."

Not only does BLVD offer the best Metro access in the area, it's also right across the street from an entrance to the Washington and Old Dominion trail, making it easy for bike-to-work enthusiasts to commute, and walkers, joggers, inline skaters and recreational bikers to get some fresh air and exercise. Residents have the added convenience of bike storage at BLVD, and it will be a Capital Bikeshare station as well. Built on top of the below-grade transit center, there is also ample parking for both residents and guests.

BLVD is a member of the Reston Association, further melding it and its

residents with the community. As part of the association, residents can take advantage of the programs and events it offers. Not all of the apartment buildings in Reston offer that, according to Parker.

As our world becomes more global, people need to feel like they are part of something. The buy local movement has shown us that people like to be invested in their communities. BLVD appeals to the upscale consumer's need for the latest conveniences and amenities while simultaneously providing a strong sense of community, both in the surrounding neighborhood and among the neighbors within the building.

## THE NEIGHBORHOOD INSIDE

BLVD surrounds its residents with luxury and convenience and combines personal service with the latest technology. It starts with 24-hour concierge service. When residents have packages, groceries, or dry-cleaning delivered, they receive a text message or email notification and can also see it posted on a screen near their mailbox. Another screen provides residents with the latest transit information, from how long before the next train arrives to traffic updates and bus and Uber information.

Residents who need to hold a meeting can take advantage of the first-floor conference room, perfect for those who work from home or who need to hold a meeting locally before heading to their office or out of town.

When they're ready to take advantage of the building's amenities beyond the first floor, touchscreen controls summon an elevator to whisk them to the 21st floor where a state-of-the-art fitness center

CONTINUED ON PAGE 42





## CONTINUED FROM PAGE 41

with the best views in the area encourages residents to stay healthy. In addition to resistance and cardio equipment, the fitness center includes a spacious yoga studio with on-demand classes on the large-screen TV or instructor-led classes. “Residents don’t need to leave the building to go to a high-quality gym. It’s very convenient,” said Hughes.

“One of my favorite amenities so far is the ping pong table in the lounge area, where I challenge my friends or son to a match,” says Plymack. “This is serious playing. We even bring our personal paddles and balls.”

In addition to the ping pong table, the game area also includes a large-screen TV and a pool table as well as a private game room that one resident has already reserved to hold his fantasy football draft later this summer.

Beyond the game area, residents can relax, mingle and enjoy the breathtaking views that surround the large lounge area. A demonstration kitchen is located here, where property management plans to hold chef-led cooking demonstrations. The lounge area opens onto the rooftop pool deck, featuring fire pits with additional seating at the far end.

“I look forward to lazy Saturdays when I don’t need to leave the premises or use my car if I don’t want to, with the planned access to groceries, coffee, restaurants, and the pool, exercise, and gaming areas,” said Plymack.

## A PLACE TO CALL HOME

BLVD has not only attracted residents who are downsizing from larger homes but those new to the area and those familiar with the area who want a better quality of life close to DC without being in it.

Renters choose between 35 different floor plans from studios to one- two- and three-bedroom-plus-den models. All the apartments are beautifully appointed with porcelain tile, stainless steel appliances and high-quality cabinetry.

“Comstock’s origins are in home building, and you can see that in the details inside the apartments,” said Hughes, “from the quartz countertops to the tile surrounds in the bathrooms to the backsplashes in the kitchens. It feels more like a house than an apartment.” In addition, the apartments feature gas stoves, two-door ovens, and floor-to-ceiling windows for lots of light.

For those who like the patio feel of a garden apartment, the ninth floor of BLVD offers something special. The interior apartments here open onto small



patios that lead to a larger green space with manicured gardens. An outdoor kitchen and large stainless steel grills allow BLVD to host events or for residents to use the space.

"I live on the ninth floor, which is the Sky Park level," says Plymack, "and I can just walk across the lawn to grill out for dinner. Then by evening, after I watch the sun set from my terrace, if I decide to listen to jazz, I'll hop on the Metro and be at Eddie V's in Tysons in a matter of minutes."

Now that's luxury living with Reston's unique blend of convenience and community. ♦

To learn more about BLVD | Reston Station, visit or contact them at  
1908 Reston Metro Plaza  
703-230-1110  
[leasing@blvdatreston.com](mailto:leasing@blvdatreston.com)

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BY JEFFREY S. DETWILER

## A PRIVATE ELEVATOR *to* *Your Dream Home*

Whether your vision of luxury living includes first-class travel, designer clothes or gourmet meals, it's also likely to include a home. The definition of luxury when it comes to property varies more widely than in some other consumer categories since \$1 million can buy you acres of land in the country, a swath of waterfront property with a dock, or a jewel-like condo in the heart of the city. No matter where it's located, though, there are certain features expected in a high-end residence.

### MUST-HAVE FEATURES IN LUXURY HOMES

Regardless of the size of the home or the location, certain characteristics are shared by homes that carry a high price tag. Buyers of these homes have high expectations for the quality of the residence they're purchasing, so hardwood and stone flooring are assumed to be among the standard features of any high-end home.

As with most buyers and sellers, the kitchen and bathrooms are important spaces that should showcase good

design and upgraded fixtures and finishes. Depending on the style of the home, the kitchen should include either contemporary-style European cabinetry or traditional high-quality wood cabinets. Upgraded appliances, often professional-grade, even if the homeowners aren't chefs, are part of many upscale homes. Marble and limestone are traditional materials used in the spa-like bathrooms found in so many luxury homes. High-end fixtures and items like freestanding soaking tub and multiple showerheads are also common in luxury properties.

One more feature that's a "want-to-have" for most homebuyers and a "must-have" for million-dollar homes is an outdoor living area. While gardens and patios are traditionally part of a suburban or rural luxury property, upscale city homes generally include a terrace, a balcony, or, ideally, a private rooftop deck off the penthouse. If there's space, the outdoor living area features a grill and a wet bar for entertaining. Larger homes often have a private patio or balcony off the master suite in addition to multiple porches and patios.

Luxury-level homes, whether they are in the city, suburbs or country, share one other attribute: a view. Whether that view is of the Washington Monument, the Potomac River, acres of meadows and trees or the Blue Ridge Mountains, every upscale buyer expects an attractive scene to share with their guests.

### DESIRED AMENITIES IN URBAN LUXURY PROPERTIES

Condos that cost \$1 million and up typically have more square footage than a standard condo, but far less than a similarly priced single family home. What buyers are paying for is a lifestyle akin to luxury hotel residence in a prime location. In fact, some luxury condos in the D.C. area, such as the Residences at the Ritz-Carlton or Waterview above the Le Méridien hotel in Rosslyn, come with room service.

Buyers at upscale condos expect exceptional service and amenities, such as a door attendant, 24-hour concierge, a fitness center and a resort-style swimming pool. Guest suites are popular in luxury buildings too, some of which are available for occasional reservations and some for purchase. Social spaces such as screening rooms, reception rooms and temperature-controlled wine rooms are also available to urban luxury homeowners. At The Lauren in Bethesda, a sommelier is on staff to help residents with their wine selections.

A relatively new trend in the D.C. area, once an amenity found mostly in New York City and Miami, are private elevators directly into the home. At condos like 2424 Lofts in Adams Morgan and Quarry Springs and The Lauren in Bethesda, residents and their guests have the privilege of being whisked directly from the garage or the building foyer into their own condo.

### AMENITIES IN SUBURBAN AND RURAL LUXURY HOMES

Extravagant amenities aren't limited to city condos. Buyers outside the city limits

have the added benefit of more space and privacy. Instead of sharing the swimming pool or fitness center, residents at upscale estates in Potomac, Great Falls and McLean have their own heated swimming pools with pool houses, outdoor kitchens with grills and refrigerators, tennis courts and multipurpose courts.

Amenities at these larger homes aren't just outside, either. Most include a guest suite with a private bathroom and sometimes a kitchenette either on the lower level, above a garage, or in private cottage. Indoor basketball courts, putting greens, spa-like retreats with a sauna, steam room or both, in addition to an exercise room, are frequently found in upscale homes, along with a bar and a second catering kitchen for entertaining.

One of the more popular features in high-end suburban and rural homes is a wine cellar, preferably with a tasting room for guests. Even homeowners who don't necessarily consider themselves wine experts like to have a place to store and collect wine for entertaining.

If you're thinking about buying or selling a luxury home this year, consult a Long & Foster agent. Long & Foster offers multiple divisions that can help buyers and sellers, and the company provides a wealth of market data to their agents and clients through their Market Minute, Market Conditions and LuxInsight reports. All Long & Foster agents can leverage the company's broad network, not only in the agent's own office, but also across the entire firm and its global affiliates like Christie's International Real Estate and Luxury Portfolio International. ❖

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

**AUTHOR:** Jeffrey S. Detwiler is president and chief operating officer of The Long & Foster Companies, parent company to Long & Foster Real Estate, the No. 1 family-owned real estate company in the United States, and Prosperity Home Mortgage, LLC, a full-service mortgage banker.

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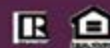
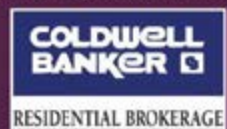
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BY DANI J. KEATING



(Top) Galicia, the Celtic Region of Spain.

(Snapshot above) Pilgrims in a Larrasoña Bar.

(Above) Imagine Peace and Love; the Yellow Arrows Show The Way.

**Opposite Page** (Top) Finisterre, Spain. The End of the Earth. (Snapshot top) The Way to the French Pyrenees from St.-Jean-Pied-de-Port. (Snapshot below) Blue Skies and Poppies in the Spanish Countryside

# My Camino Escape

I stood at the end of the Earth, half a world away from Northern Virginia, and for the first time in my life knew exactly what I wanted. I had taken many steps to get to the Spanish seaside town of Finisterre, located on the westernmost edge of Europe. I looked homeward across the Atlantic knowing I would be back in Tysons soon, but that my life there would never be the same. Behind me, the Camino de Santiago, a 500-mile pilgrimage that had called to me just when I needed it.

My journey began months before when I had stood at the corner of lost and confused. Now, a 40-something-year-old woman with a handful of failed relationships under my belt, and nearly 20 years of federal service in a promising but unfulfilling career, I needed to make changes but wasn't sure how. At a friend's insistence, I watched *The Way*, a 2010 film about the Camino de Santiago, an ancient pilgrim route. Inspired by the adventure, I arranged for time off, bought a plane ticket to Paris and began preparing for my first solo backpacking trip.

Lying in my hotel room in Finisterre listening to the rain, I remembered exactly where I had been the last time it rained. Just 35 days earlier I donned my 20-pound rucksack and walked through the cobblestone streets of St.-Jean-Pied-de-Port as buckets fell from the skies over France. Determined, I followed the yellow arrows out of town. When the weather broke, I was standing at the base of the Pyrenees, the vertical climb revealed.

The velvet green tapestry disappeared as I ascended the 1,492-meter climb. Dense fog swallowed the valley below; torrential rains and wicked winds created treacherous conditions before I was half up the mountain. Temperatures plummeted and I began to understand how people died crossing the Pyrenees. I arrived at the albergue (pilgrim hostel) in Roncesvalles, Spain nine hours and 19 miles later, soaked and freezing. Semi-confused and famished, I made my rack alongside 180 others, ate dinner, and passed out from exhaustion.

The next morning, bright lights slapped me out of my rack at 6am. Dazed in a boot camp flashback, I looked at the vacant beds around me; many pilgrims had already packed out. I questioned my sanity as I schlepped three kilometers down the path dreaming of pancakes, to a small café in the middle of nowhere. Instead of the hot, mouthwatering breakfast I had envisaged, I found a measly croissant and a shot of espresso. Disappointed and starved, I staggered on.





Later that day I met five European pilgrims—all of whom were seeking direction in their lives (like me). We checked into the same albergue that afternoon, and one of them graciously cooked us a much needed pasta dinner. We talked into the evening, slept a few hours, and trekked onward together the next morning.

By the third day, I had forgotten all about the things that had weighed heavy on my mind because of the excruciating pain in my left knee. One pilgrim reminded me daily that pain and suffering was part of the Camino experience. Determined to continue, I fought through the pain, bought a pair of trekking poles, and mailed seven pounds of extra clothes and electronics home.

In the days ahead, we became a family, doing everything together from sunrise to sundown. Every day we repeated this sacred ritual: walk, siesta, eat, sleep, repeat. We shared our lives: our hopes, our dreams, our shortcomings and our failures. We became deeply connected during our shared experience and over time, things that had once been a priority faded into the background; the path beneath my feet came into focus as though life's aperture had been opened, bringing the present to the foreground.

Twelve days after we met, my friends returned to their home countries. After a tear-filled goodbye, long hugs, and words of wisdom, I continued solo, embracing the chance to meditate. I packed up and headed out, confident I could manage on my own, but when it came time to shower later that afternoon, I discovered I'd left my only other pair of pants hanging on the clothes line, 15 miles back.

Having no other choice, I stripped down and washed my stinky pants, shivering in my

panties in front of a group of disappointingly uninterested strangers. Alas, this wasn't the last opportunity for me to "get European." Two days later I stayed in an albergue with a large unisex bathroom where men and women mixed with a type of jaw-dropping, nonchalant equality I'd never known. I was now fully out of my comfort zone. After overcoming this hurdle of modesty, doing laundry in my bikini underwear in front of strangers seemed rather blasé.

I continued to walk alone and discovered that solitude gave me time for introspection and meditation; I emotionally processed some things and let go of others. Clarity of mind and a sense of inner peace brought me to a state of Zen. I met many pilgrims during this time, all of whom shared openly their reasons for walking the Camino. Nuggets of wisdom gave me new things to contemplate as I proceeded for eight days.

When I reached Astorga, I joined four injured pilgrims and we embarked on the slow walk to Santiago. By this time, my right leg was contused and I was living on magnesium pills and eggs and chips—the Camino is not a vegetarian mecca. My pace had slowed substantially but as we walked someone said, "It's as though you didn't know you could walk slower; then when you do, the Camino becomes the journey you were seeking all along."

Some of my most vibrant memories were created during the final leg to Santiago. At one albergue, at the end of yet another grueling day, I was greeted by the unrivaled pleasure of a shower before dinner. After I got in and soaped up, the lights went out. While dancing around with shampoo in my hair, trying to get the sensor to trigger the light, the water turned to ice. To make matters worse, the freezing stream was stuck in the 'on' position. Unable to wrap myself in my mini REI camping towel, I had to wait until my calls for help were answered. After recovering from the hypothermic deluge, all I could think about was food, but the five Italians in charge of making dinner that night became more interested in boisterously drinking glass after glass of red wine instead. Two long, stomach rumbling hours later, five very drunk Italians served a meal never to be forgotten: naked spaghetti. Really? C'mon guys, I thought you were Italian!

Injuries, adversity, and many comedic moments gave me a new perspective on life. By the time I arrived in Santiago, I had lived a lifetime and felt ready to stop walking. My life back in the States was a distant memory and I'd come to understand it was possible to do life differently. I bussed to Finisterre and checked into a seaside hotel.

The adventure filled me with a level of self-confidence, self-assurance, and sense of accomplishment I had never experienced before. Laying on my hotel bed listening to the rain I remembered Don, an 83-year-old American I met along The Way. His imparting wisdom: "Follow your bliss and the rest will work out."

Dodging rain drops across the cobble-stone streets of Finisterre, I ducked into a small ocean front café and ordered a cup of coffee. Dreaming of one day being a writer, I picked up a pen and finally began to write ... What calls a person to the Camino is uniquely one's own—whether seeking God, seeking self, seeking challenge, or seeking affirmation, The Way of Saint James is not just a hike, it is a pilgrimage that embodies a way of life—one of simplicity and minimalism—that reprioritizes or affirms the most important facets of one's life. It is the physical manifestation of the spiritual transformation that occurs when one puts one foot in front of the other, day after day, and trusts that what is needed will be provided along The Way.

To learn more about The Way of Saint James, visit [hikingthecamino.com](http://hikingthecamino.com) or [www.facebook.com/groups/AmericanPilgrims](http://www.facebook.com/groups/AmericanPilgrims). ♦







BY RICK MUNDY

# RONALD MCDONALD HOUSE

CHARITIES OF GREATER WASHINGTON, DC

*Helping children heal and stay healthy*

**Y**ou've seen the collection boxes at the McDonald's drive-thru or inside by the cash register. Perhaps you've wondered how all that change gets used. In this area, Ronald McDonald House Charities of Greater Washington, DC (RMHC DC) addresses one of the most urgent needs in our community—children's health.

They operate three programs that serve the communities of northern Virginia and Washington, DC, helping to keep sick children close to their families while providing the care they need to heal. In 2015, 9,182 children were served through their programs.



## *Ronald McDonald House*

Perhaps the best known of the programs, Ronald McDonald House provides a home-away-from-home for families while their seriously ill child is treated in the hospital. The 2 local RM Houses are located in Washington and by Inova Children's Hospital in Falls Church. Families may stay six days or six months or longer.

The house features rooms for the families, plus a large communal kitchen, leisure rooms with TV's, computers, video games and more. For children experiencing a medical crisis, nothing works better than having Mom and Dad nearby for love and support. That is also why the Ronald McDonald Family Room was designed.

## *Ronald McDonald Family Rooms*

Since 1996 at Children's Hospital in Washington, the RM Family Room has provided a place in the hospital where families can retreat from the regular hospital activity but still be close to their child. In February of this year, a new RM Family Room was opened at Inova Children's Hospital.

"It is a privilege to be able to expand our reach and impact with this new program in Inova Children's Hospital," said Karen Torres, RMHC DC Executive Director. "Much like our other programs, RM





Claudia Lewis, Director of Community Relations



Jordyn who, with her mom, has stayed at the NOVA RMH for the last 17 months. Even when you are down, Jordyn's big smile, and love of all things pink, can brighten your day.

Family Rooms provide a welcoming space for families to relax and regroup while finding the support and encouragement they need to cope better with the illness of their child."

Using the room allows the family to stay in tune with their child's treatment plan, talk privately with their doctors, and even have access to a washer and dryer. This family-centered health initiative helps children heal faster and cope better.

The RMFR offers snacks, coffee, and activity boxes and provides a quiet place for checking email, reading, or enjoying programming presented by staff. It is available to families with children in the PICU, Cardiac Care, Intensive Care, and the NICU. These are the families that have the longest stays and need to be close to their child for hours on end.

### *Ronald McDonald Care Mobile®*

The KIDS Mobile Medical Clinic/Ronald McDonald Care Mobile has been offering medical services to children in underserved communities of Washington since 2003. Traveling to Wards 4-8 five days a week, the "doctor's office on wheels" provides free health care for children up to 21 years of age. Serving more than 900 children and adolescents annually, the RM Care Mobile offerings include free well-child visits, newborn exams, inoculations, flu shots, visual care, and mental health care. Visiting homeless shelters and community centers, the mobile office has completed more than 20,000 patient visits since its inception.

This summer a second RM Care Mobile will start serving the area. This Care Mobile will be focused on wellness and nutrition. Support for RMHC DC comes in many ways

Individuals and companies throughout the greater DC area provide funding for the organization. RMHC is also the charity of choice for

CONTINUED ON PAGE 58



## VOLUNTEERS HELP

From all over the area they come to cook meals and help in other ways around RM House. Some come from companies, schools and other organizations. Others come as individuals. "We couldn't do it without all the volunteers who help us," says Director of Community Relations Claudia Lewis. "These are nice people who just want to help."

Among the staunchest group of volunteers is the Road Gang, an association of people affiliated with transportation. They include members from AAA, UPS, as well as the US and DC Departments of Transportation and have been helping out with RMHC DC for 28+ years. "It is the volunteers who make things happen," says Lewis.

Volunteers are always needed and interested individuals or groups can contact the house where they'd like to volunteer—703 698-7080 for Falls Church, 202 529-8204 for Washington DC.





## CONTINUED FROM PAGE 57

McDonald's owner-operators. Those in this area have been very supportive in providing resources for RMHC DC to accomplish their initiatives. Lewis notes, "If it's something for kids, they step up to the plate."

Another fundraiser is the annual Red Shoe 5K Run and Walk that was recently completed on May 1st in Herndon. For more information and to start planning early for the 7th Red Shoe Run, go to [redshoe5k.org](http://redshoe5k.org) to get started.

Donations are greatly appreciated, both monetary and wish list items. Needed RMHC donations include household items like laundry detergent pods and towels, kitchen/pantry items such as Keurig K-cups, snack foods, and cereal, plus gift cards (Giant, Safeway, Target, etc.) as well as bigger ticket items like sheets and game systems. A complete 2016 wish list can be found at [rmhcdc.org](http://rmhcdc.org). ♦





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- A "Pet In Suite" Magnet, provided at check-in, must be displayed on the outside of your suite door at all times.
- Pet may be left unattended in your suite. However, if you leave the premises of the hotel with your pet unattended in the suite, the pet must be in a crate or pet carrier while you are gone.
- Guests must walk their pets in designated walk areas and are responsible for picking up after their pet in and around the hotel at all times.
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6845 Old Dominion Dr, McLean, VA 22101  
(703) 448-5400 | [www.staybridge.com/McLean](http://www.staybridge.com/McLean)



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



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### Pets Welcome

- Pets allowed with 125 USD non-refundable fee per stay
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(703) 893-1340  
[www.westintysonscornerhotel.com](http://www.westintysonscornerhotel.com) ♦





BY HUBIE CRAM

# The Happy Tart

## BRINGING NEW MEANING TO GLUTEN-FREE BAKING

Growing up, Emma Cech always wanted to attend culinary school. Her parents encouraged her to go in a different direction so she settled on food science. As a college senior she realized that the job market was weak, so she went on to earn a master's degree in immunology and found work in the biotech division of the US Patent and Trademark Office.

After years of Foreign Service travel throughout Central and South America with her husband, Cech finally entered culinary school in September, 2009. Four months later she learned that she had celiac disease, meaning not only could she not eat wheat flour products, but ultimately she could not work with flour either, as she would breathe in the flour dust particles in the air.

Over the next two years, she developed new recipes, using French techniques learned in culinary school, but altering the ingredients to avoid wheat flour and gluten. Each recipe used a combination of several non-wheat flours like brown rice and millet, but each recipe required its own formula of the different flours. "I used my own knowledge and LOTS of experimentation to find the right blends. My motivation was all selfish," she quips. "I just wanted something good to eat!"

As anyone who struggles with gluten intolerance/sensitivity knows, the vast majority of gluten-free (GF) commercial products available are lacking in authentic taste and appeal. Nothing tastes quite like it should.

Finally in January 2012, The Happy Tart opened in the Del Ray community of Alexandria. Over the next three years, interest grew and Cech decided it was time to expand. "Many of our customers were coming from the McLean/Vienna area, so we opened our second location in Falls Church in October of 2015. This one is a café because I wanted a place where you (the GF individual) could come and be a normal person." Those who live with this issue know what she means.

Again the clientele is growing, and it's not all customers with gluten issues. "The Happy Tart has incredible products," claims one customer. "I had a spinach-leek turnover and the



pastry crust was so flaky and tasted just like my grandmother's." Indeed there is a wide variety of foods, from scones and quiches to petit fours and chocolate raspberry volcanoes. There are breads, pizza shells, cakes and cupcakes—all delightful to look at and scrumptious. On pointing out one particularly colorful cake covered in a rainbow of colored flowers, Cech says, "Those avoiding gluten don't always get pretty things to eat. We still have sophisticated tastes and appreciate a beautiful presentation." And as noted previously Happy Tart creations appeal to everyone. They are that good. Most popular products are the eclairs, the turnovers, and, what else—everyone's favorite—chocolate chip cookies.

What's next for the guru of gluten-free? Cech thinks maybe another location in a couple of years. She is considering a line of GF products that could be sold through Amazon or Whole Foods. Cech is already expanding her wholesale business, selling to area restaurants and supplying GF pizza crusts to Jerry's. Cech doesn't do much of the baking these days, although she admits to decorating a cake sometimes. Most of her time is taken up in managing the operations.

Those of us looking for incredible gluten-free alternatives are thrilled that Emma Cech finally found the way to attend culinary school and use her skills to create some of the finest gluten-free products available in Northern Virginia. But remember, whether or not one is gluten-free this bakery and café is a treasure for everyone.

Located at 410 South Maple St., Unit 110 in Falls Church, The Happy Tart is open seven days a week, Monday-Thursday 7am-8pm, Friday-Saturday 7am-9pm, and Sundays 8am-6pm. Telephone 571 375-8280.

[www.happytartbakery.com](http://www.happytartbakery.com) ❖



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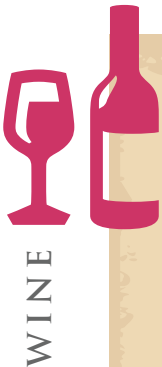
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# Old VERSUS NEW

*Exploring the differences between  
Old World and New World wines*

BY LINDA BARRETT

## Old World vs. NEW WORLD COMPARISONS TO TRY

### *Whites:*

Italian Pinot Grigio vs.  
California Pinot Grigio

Alsatian Pinot Gris vs.  
Oregon Pinot Gris

Vouvray vs.  
South African Chenin Blanc

Pouilly-Fuissé vs.  
California Chardonnay

### *Reds:*

Burgundy vs.  
Oregon Pinot Noir

Northern Rhône vs.  
Australian Shiraz

Cahors vs.  
Argentinean Malbec

Chianti vs.  
California Sangiovese

When you hear people talking about wine, you may notice the terms “Old World” or “New World” when it comes to describing wines. But what really makes a wine “Old” or “New?”

### *Old World Wines*

The term Old World refers to wines created in Europe and the Middle East, locations considered to be the birthplaces of wine. Some of more well-known Old World countries include France, Germany, Greece, Italy, Portugal and Spain, and Israel and Lebanon in the Middle East. Old World countries also include Croatia, Georgia, Hungary, Turkey, and Romania, among others. They can also be called Heritage wines.

The biggest difference between Old and New is that Old World wines are heavily restricted, with stringent guidelines in their making. Since winemakers in Old World countries have been making wine in specific ways within specific regions for often many centuries, they are held to those old standards. You could say that tradition is king.

The standards include what grapes can be planted, vine density, training and pruning methods, harvest ripeness minimums and maximum yields. Standards can also include winemaking techniques and use of oak. Vine density is a key distinction, for example. Vines planted in the Bordeaux region were planted three feet apart in rows that were also three feet apart. This allowed sufficient space for pruning and harvesting done manually.

The local regulations are known as Appellation d'Origine Contrôlée (AOC) in France, Denominazione di Origine Controllata (DOC) in Italy, Denominación de Origen (DO) in Spain, and Denominação de Origem Controlada (DOC) laws in Portugal.

Old World wines often take their names from the place where they are made. For example, Chianti, Bordeaux and Rioja indicate their region, while Cabernet Sauvignon and Chardonnay reflect the grapes used. Winemakers also strove to accentuate the particular traits of their region, such as the slate soils in the Mosel wine region, which expressed itself in the minerality of its wines.

Tastewise, Old World wines tend to be lighter-bodied, less fruit-forward and more restrained, often displaying more tannins. Herb, earth, mineral and floral components are more noticeable. They are also lower in alcohol than their newer counterparts.

## New World Wines

New World Wines arose in countries that were former colonies, where winemaking techniques were brought in by colonists and immigrants seeking to reproduce their homelands' wines. New World countries include Argentina, Australia, Chile, New Zealand, South Africa and the United States. They can also include China, India and Japan's wine regions.

Climates are generally warmer in New World countries, hence the wines tend to be fuller bodied and have bolder fruit flavors. They also have less acidity and higher alcohol content, some reaching 16% ABV and above. They also tend to take on the name of the grape as their name: Malbec made in Mendoza, Argentina is called Malbec.

With fewer restrictions, New World winemakers tend to focus on making wines using experimentation and new technologies rather than reproducing centuries-old processes. They can plant any grape varietal they want in any place they want. In the New World, less emphasis is placed on terroir, with the belief that the advanced winemaking techniques can smooth out any terroir imperfections.

## The Judgment of Paris

Traditionalists held to their beliefs that Old World wines were better until 1976, when the "Judgment of Paris" occurred. A blind tasting was arranged by a British wine merchant who arranged to bring the best California wines to France. The result: a panel of French judges proclaimed that the California wines were "not only better, but more quintessentially 'French' in character." The Château Montelena Chardonnay beat the Burgundies and the Stag's Leap Cabernet won over the Château Mouton-Rothschild wines. ❖

**AUTHOR:** Wine Editor Linda Barrett is the Wine Editor enjoys visiting Virginia's fine wineries and has experienced an Old World/New World blind tasting. When not lifting a glass, she can be found running All the Buzz, a copywriting firm for websites, blogs, social media and public relations. [www.allthebuzz.net](http://www.allthebuzz.net).



## HOLD A BLIND TASTING

To test your preferences—and your palate—gather friends for a blind tasting to see if you can determine which is the Old World wine and which is the New, and which you prefer. Select several styles of wine, like Cabernet or Chardonnay, choosing one Old World and one New World. Place bottles into bottle bags secured tightly around the neck, and remove or cover all identifiable labels that may show. Set the bottles up in pairs and label each bag A or B for voting. See if Virginia's varietals tickle your fancy over European wines.

### HOW TO HELP DETERMINE

During your blind tasting, look for characteristics based on style, color and flavor. These three tips may help:

- 🍷 An Old World wine is generally a blend of two or more grapes, while a New World wine is likely to be single-varietal.
- 🍷 An Old World wine is more restrained, or subtle in flavor, while New World wines are more fruity, oaky and higher in alcohol, providing a bigger and bolder experience.
- 🍷 Old World wines are designed to be consumed paired with food, while New World wines often stand on their own for tasting. Old World producers would never serve wine without food!

Whether you prefer New World or Old World wines is entirely a personal preference. What is important is that you find a wine that you enjoy.





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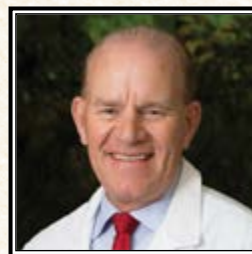
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# *Staycation Ideas from VivaTysons*

By Renee Sklarew

Summer's here and you don't need to go far to enjoy some invigorating time off. You'll feel like you've traveled when you follow this guide for one of these cost effective, memorable getaways. Because you saved money on gas or airplane tickets, put that windfall toward pampering and good fun in your own backyard.





# Romantic Resort Staycation

## What To Do

National Harbor is a waterfront resort with an island sensibility. Enjoy retail therapy at the boutiques and outlet stores. Rent a kayak or canoe to paddle around the Potomac. In the evening, the Capital Wheel offers a bird's eye view of Washington D.C. and Alexandria. Play some beach volleyball or settle in for outdoor movie under the stars. Family movies are Sundays at 6 pm, and Date Night Movies are Thursdays at 7 pm. (877-628-5427)

## Where to Eat

Make a reservation at Succotash, where an award-winning chef serves the Southern classics (301-839-1630). Old Hickory Steakhouse in the Gaylord Hotel is a first-class dining experience with a cheese sommelier who introduces guests to local and international cheeses (301-965-5100). For a selection of craft brew and seafood specialties, grab a seat on the deck at Walrus Oyster & Ale House. (301-567-6100)

## Where to Stay

Check into the four-diamond Gaylord Resort Hotel & Conference Center with its 19-story high glass atrium filled with gardens, restaurants, a spa and salon. Swim in their spacious indoor pool, or decompress in the fitness center and whirlpool. Before retiring, check out the Pose Rooftop Lounge to relish the twinkling nighttime landscape. (301-965-4000)



Grab a seat on the patio at Walrus Oyster & Ale House



Atrium @ Gaylord National Resort



The four-diamond Gaylord Resort Hotel & Conference Center





## What To Do

Celebrate the National Park's 100th Anniversary in Shenandoah National Park. With miles of scenic hiking trails, traverse the high country for panoramic views and to catch glimpses of wildlife. Take a ride on a friendly horse at Skyland Stables. Be sure to observe the sun's mystical effects on the lines of mountains that make up the Blue Ridge. (540-999-3500)



Big Meadows Lodge

## Where to Eat

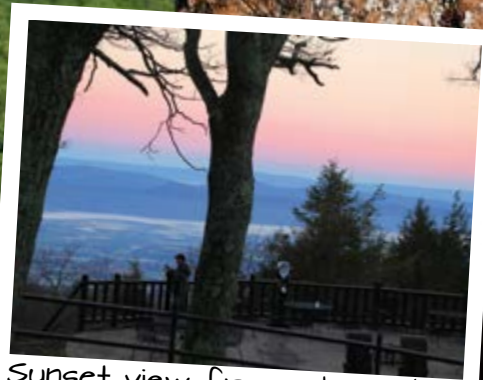
While you're in Shenandoah National Park, stop for lunch at Big Meadows Wayside. Known for their heaping pancakes and fried chicken, the lodge serves family friendly meals all day. (540-999-2211) If you're visiting Luray Caverns, stop in the Gathering Grounds on Main Street in downtown Luray, for the live music and burgers. (540-743-1121)



Luray Caverns

## Where to Stay

Skyland Resort is perched along Skyline Drive on Shenandoah National Park's highest peak. The resort has stunning views and provides easy access to hiking trails. The rustic resort was recently renovated and serves meals all day on their patio and dining room. Skyland's Mountain Taproom features local craft beers on tap and nightly entertainment. (540-999-2212)



Sunset view from Skyland

Photo by Renee Sklarew





## What To Do

Philly is walkable city with historic sites, world-class museums and stunning architecture. The Benjamin Franklin Museum, Liberty Bell and Independence Hall, are free National Park sites worth a visit. The Barnes Foundation has a jaw-dropping collection of Post-Impressionist paintings. The Franklin Institute's scientific exhibits will amaze and thrill visitors of all ages. The Betsy Ross House living history actors tell the story of pre-Revolutionary America. ([visitphilly.com](http://visitphilly.com))

## Where to eat

Philadelphia was a foodie town long before it was in style. The best place to sample Philly's signature cuisine is at Reading Terminal Market. The merchants in the historic building sell baked goods, specialty foods and hot meals you can enjoy on the spot. Don't miss the cheesesteaks at Spataro and the Whoopie Pies at Flying Monkey Bakery. (215-922-2317)

## Where to stay

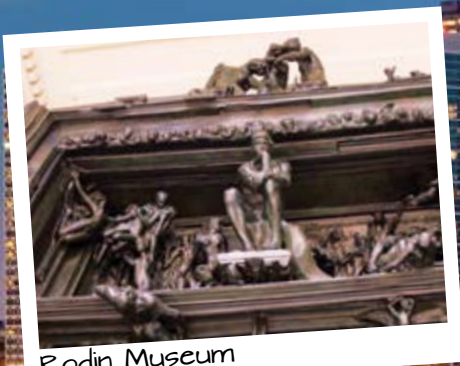
The Sonesta Philadelphia Downtown is a newly refurbished hotel with an ideal location for exploring the city. Comfortable guest rooms are spacious enough for families and luxurious enough for couples; but what makes this hotel a standout is the friendliness of the staff. You'll love the views from their rooftop pool and patio. (855-268-3178)



Don't forget the cheesesteaks!



Benjamin Franklin Museum



Rodin Museum



Love Park is nicknamed for Robert Indiana's Love sculpture that was first placed in 1976.





## What to do

Just a few miles from the DC line you'll find dozens of wineries welcoming visitors to tour, taste and buy. Focus on Loudoun Heights, where the mountains provide a scenic backdrop to the fine tasting rooms of Breaux Vineyards, Doukenie Winery, 8 Chains North and Hillsborough Vineyards. Learn how these small batch wineries cultivate and harvest fields of grape vines to make Virginia the Napa of the East. ([visitoloudoun.org](http://visitoloudoun.org))

## Where to eat

A hometown favorite, Grandale Vintner's Table, is located at 868 Estate Vineyards. This elegant restaurant features the vineyard's own wines and an upscale menu. (540-668-6000) Down the road, in the little town of Lovettsville, you'll find the buzziest new restaurant in Loudoun, Market Table Bistro. Here, the chef creatively showcases the best of Loudoun wines and seasonal produce. (540-822-3008)

## Where to stay

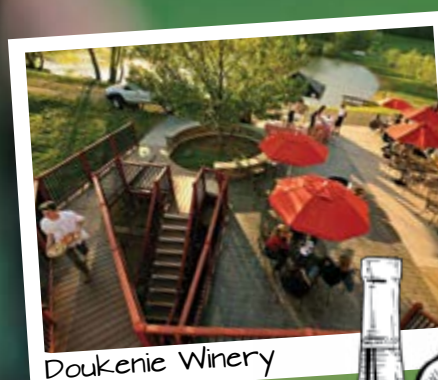
Savor the rustic comfort of Alta Terra Bed & Breakfast located on Route 9 near Mechanicsville. The small inn doesn't get overrun by weddings and has acres of farmland to wander. (540-668-6913) For the luxurious experiences offered by a full-service resort, choose the newly renovated Lansdowne Resort and Spa. Relax by the resort's five pools, play some golf, or pamper yourself with a spa treatment. (703-729-8400)



Grandale Restaurant



Hillsborough Winery toast



Doukenie Winery







### What To Do

Gather the girls together for a spa treatment at the sumptuous The Ritz-Carlton Spa, Tysons Corner. The hotel offers skin care, body treatments and massage therapy using natural ingredients like avocado, brown sugar and seaweed. After indulging in a healthful treatment, luxuriate in the Ritz-Carlton's steam room and sauna, or swim a few laps in their indoor pool. You will come out refreshed and ready for a night out on the town. (703-744-3924).

### Where to Eat

Plan your staycation around one of the neighborhood's favorite dining spots-America Eats Tavern. Renowned chef José Andrés offers a new take on American classics, celebrating a delectable array of native







Schedule a treatment at The Ritz-Carlton Spa, Tysons Corner

ingredients in some of the country's most historic dishes. (703-744-3999). After your meal, head to Babalu Tysons, a new Miami-style cocktail lounge and hookah bar. (703-388-1001).

### *Where to Stay*

Staybridge Suites in McLean has expansive suite-style rooms where four can sleep comfortably. Store your refreshments in Staybridge's mini kitchenettes. The next morning, fuel up at the complimentary breakfast and end your time together reading and talking by their sunny outdoor pool (703-448-5400).

**AUTHOR:** Renee Sklarew is the author of the award winning travel guidebook *The Unofficial Guide to Washington DC*. She is currently writing *60 Hikes Within 60 Miles of Washington DC*. She and her family love exploring the dining scene in Tysons Corner and the surrounding neighborhoods. Follow her on Twitter and Instagram @DCWriterMom

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# Dewey Beach Resort Getaway

## What To Do

Dewey Beach has one of the most pristine, natural beaches on the East Coast. Miles of shoreline with no high-rise buildings to block the sunshine helps Dewey maintain its old fashioned charm. For water sports lovers, East of Maui operates a full-service concession that rents surfboards, paddleboards, jet skis and canoeing at the Lighthouse Cove Resort. For an entertaining afternoon, check out the Funland arcade on the Rehoboth Beach Boardwalk or slide down giant waterslides and play miniature golf at Jungle Jim's. Dewey's nightlife is legendary; see live bands at the Bottle & Cork or the Rusty Rudder.

## Where to Eat

Que Pasa Cantina is a Dewey Beach restaurant and open-air bar that serves casual Mexican food with unsurpassed views of the sunset over Rehoboth Bay. Some tables are situated directly on the sand. Try their popular happy hour every weekday from 4-7 pm. The adjoining Lighthouse Pub is a raw bar and sports saloon, with patio tables and views of the Dewey Beach Marina. Known for their orange crush drinks and Old Bay-infused fries, this is festive place to watch the sunset. Don't leave without trying Dewey's favorite pizza at Grotto Pizza & Subs.



Skee-ball @ Rehobeth



Time for sandcastles!



## Where to Stay

Hyatt Place Dewey Beach is a new 108-room refined hotel located on the Rehoboth Bay side of Dewey Beach. Attached to the Lighthouse Cove Resort, the hotel enjoys convenient dining and water sport options. Along with comfortable beds, the guest rooms include



cozy-corner sofas that expand into a bed, providing ample space for a family. With an indoor salt-water pool, fitness center and interior parking, bad weather won't keep guests from enjoying their beach vacation. Another option for longer stays are the 2, 3 and 4 bedroom rental units available at Lighthouse Cove Condominiums, rented through Coldwell Banker Resort Realty. ♦



Hyatt Place Dewey Beach



## Discover Dewey Beach's only resort-style condominium community



Situated on the Rehoboth Bay with views of the Atlantic Ocean, residents of Lighthouse Cove are able to enjoy unparalleled amenities, including **public beach access, on-site dining, a fitness center, indoor saltwater pool and more.** New construction, 2, 3 & 4 bedroom homes starting in the low \$600's – **Call today to schedule a tour!**



1301 COASTAL HIGHWAY, DEWEY BEACH, DE 19971 | 302-212-0002 | [THERESIDENCESDE.COM](http://THERESIDENCESDE.COM)





Rick Robinson

BY RICK MUNDY

## ON THE ROAD WITH CAR TROUBLE? URGENT.LY HAS YOU COVERED

It's the middle of the night. You're on Route 95 somewhere and your vehicle breaks down. Panic! Maybe it's a flat tire, you're out of gas, or those noises you were ignoring are now a major system failure.

If you belong to an auto club, you could call it. The tow truck may show up – eventually – but in the meantime you're left wondering when, with no real way of knowing.

OR you could contact Urgent.ly, the reliable, safe choice in emergency roadside assistance. Some have called it the Uber of roadside assistance. Going to the Urgent.ly app, you can request help with just a few taps. Moments later, you have info on the driver, a corresponding photo, and a map view to track his progress to your vehicle. No longer will you describe your roadside assistance experience as annoying, scary, or frustrating. The Urgent.ly staff can also communicate via text to keep the client apprised of the progress with the driver to further allay all fears.

The app is easy to use and it's free to download. As with Uber/Lyft, the client's billing information is kept on file so there is no need to pay for towing at the time of service. In short, the customer has nothing to worry about during this trying moment.

Another great feature of Urgent.ly is that you only pay for the service as you use it. No need for hefty annual auto club fees that you can easily end up not using in a given year. With

Urgent.ly you simply do not pay for something if you don't use it.

The service is available for use nationwide as Urgent.ly has a huge network of emergency roadside responders. Because of their extensive coverage, it is not unusual for a responder to arrive in as little as eight minutes. Their back-end system also knows what type of truck is needed,

who is the closest responder, and who is available right now.

The service has grown largely from Google advertising and word-of-mouth. Younger drivers have commented that they simply searched for an app. "We naturally assumed that such a service existed" is a typical comment.

Other Urgent.ly features go well beyond standard auto club service. If the app is downloaded on a phone, it can be used for accident detection. Urgent.ly can send a text asking if help is needed. With the free family view feature, parents can receive alerts when their son or daughter has a roadside problem. According to Rick Robinson, one of the founders, "it is the roadside partner you want to keep with you at all times. With our technology, we are able to super-serve the customer."

Rick adds, The idea for Urgent.ly developed from six of us with different kinds of expertise getting together to explore the idea of dramatically improving roadside assistance." Soon a prototype was launched in D.C. in the spring of 2014 where it elicited a great response. Some seed funding allowed them to expand the network nationwide pretty quickly.

"We continue to expand our responder network to deliver the best service possible. The drivers like it because we pay faster and better than other companies attempting to provide a similar service," says Robinson.

Future options call for Urgent.ly to ultimately include overseas markets. There are also possibilities for partnerships with other companies. "We want to be anywhere a consumer looks for roadside help," admits Robinson. It seems they are off to a great start.

Contact [www.urgent.ly](http://www.urgent.ly) for more information. ❖





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



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



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Delight in both small-town charm and modern amenities during your stay at the Residence Inn Tysons Corner. Their elegantly designed extended-stay hotel sits in a quiet community near one of the country's quickest developing business centers, making for an ideal combination of location, convenience, and understated luxury. Newly renovated, their modern hotel offers easy access to the Washington, D.C. metro area.

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



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

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



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Staybridge Suites is great for leisure travelers. The Washington, D.C. area provides entertainment by way of monuments, memorials, and museums, including the Iwo Jima Memorial in Arlington. The hotel's amenities make extended stay travelers feel at ease. Complimentary, 24-hour laundry facilities are available, as well as a fitness center where guests work out for free. An outdoor swimming pool and patio complete with barbecue grills are great for relaxing.

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



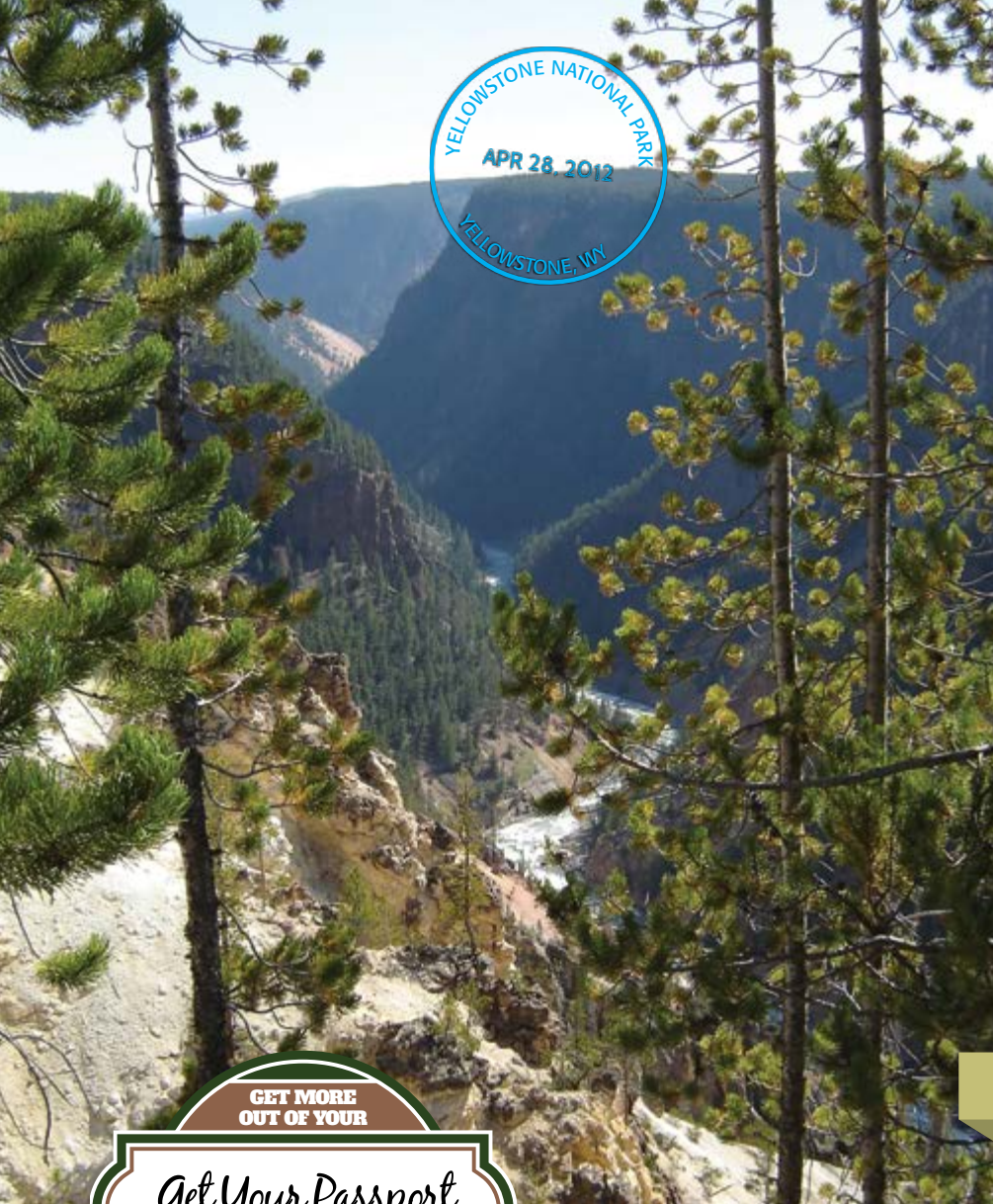
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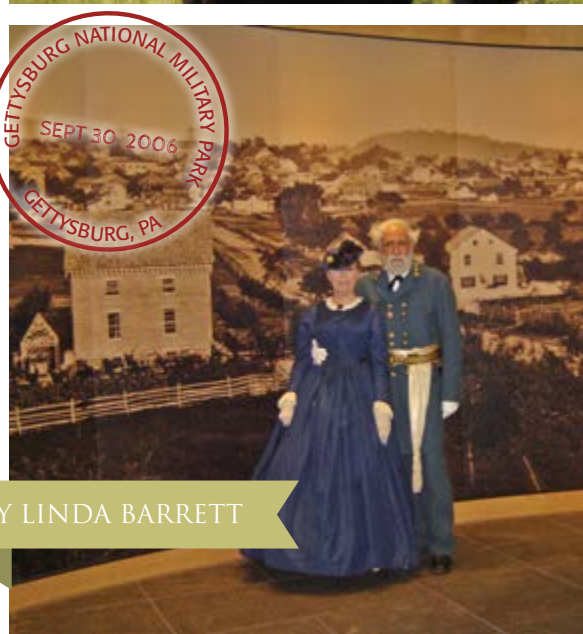
The Westin Tysons Corner hotel offers 405 superbly comfortable guest rooms, each equipped with high speed internet access, a flat panel TV, 24-hour room service, and Westin signature bath amenities to help replenish your body.

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





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BY LINDA BARRETT

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NATIONAL PARKS

The Passport To Your National Parks contains maps and park information, divided into nine geographic regions, and including blank areas where you can enter cancellation stamps recording the park and your date of visit. Rubber stamps and ink are generally found in the Visitor's Center at each location.



## HAPPY 100<sup>TH</sup> BIRTHDAY, NATIONAL PARKS

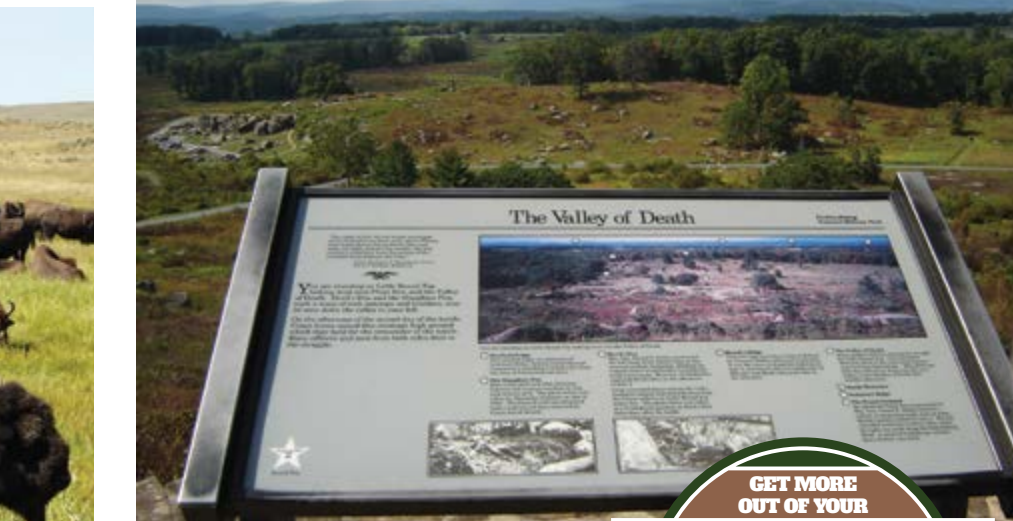
**August 25, 2016 Marks the Anniversary  
of the National Park Service**

Many years ago, I purchased a "Passport To Your National Parks" after discovering it at a park's gift shop. Little did I know then it would open a gateway that would lead me on a lifelong adventure.

Before acquiring my Passport, I thought National Parks were only the major ones that we've all heard of: the Grand Canyon, Mt. Rushmore, Mt. Vernon, the Blue Ridge Parkway. To my joy, the Passport unlocked a whole new world of exploration by listing scores of places, region by region, where I could gain a much-coveted rubber-stamped verification of my visit. I now have hundreds of passport stamps in my book that have taken me across our nation and back, and hundreds more yet to obtain.

Kids ages 5-12 can get into the act as well, through the National Park Service Junior Ranger program. Each participating park or historic site asks young visitors to complete a series of





activities during their park visit. Once they share their experience with a park ranger, they receive an official Junior Ranger patch or badge and a certificate. Ranger-led programs are also available for children and adults.

## Happy 100<sup>th</sup> Birthday

It would be difficult to miss the fact that summer of 2016 commemorates the 100th anniversary of the National Park Service, with media throughout the nation splashing photographs, interviews and visits across their screens and pages. You can even share your own story about what a park is to you—stories, songs, photos, poems, dances, videos... anything you want ([www.findyourpark.com/share](http://www.findyourpark.com/share)).

Other government agencies are also getting in on the act. The U.S. Mint created three limited-edition commemorative coins: a five-dollar gold coin, a silver dollar, and a half dollar clad coin featuring images of iconic park features, portrayals of cultural heritage and the exploration of nature, and the National Parks' logo: the Arrowhead. In addition, the U.S. Postal Service is issuing 16 new Forever stamps featuring national parks. And now through October 2, 2016, stop by the United States Botanic Garden in Washington, D.C. to view the "Flora of the National Parks" art exhibit of rare and familiar plants.

Be sure to catch National Parks Adventure, a feature film created just in time for the Centennial and appearing in IMAX® and giant screen theatres. Narrated by Robert Redford, the movie takes audiences on the ultimate off-trail adventure in immersive IMAX® 3D cinematography.

## History of the National Park Service

The first national park was Yellowstone National Park in the territories of Montana and Wyoming, established by the Act of March 1, 1872. In the years that followed, the U.S. authorized additional national parks and monuments, administered by the Department of the Interior, the War Department and the Forest Service of the Department of Agriculture. No one agency unified



Who wouldn't like to become a Junior Ranger and earn a National Parks arrowhead badge? Each park offers a Junior Ranger program, where kids can complete activities to earn their badge. 2016 offers a special commemorative Activity Book available free online.

## NATIONAL PARK FUN FACTS

- Oldest: Yellowstone, WY 1872
- Newest: 7 added in 2015
- Largest: Wrangell—St. Elias, AK, more than 8 million acres
- Smallest: the David Berger National Memorial sculpture at Beachwood, Ohio, only a few square yards
- Most Visited: Blue Ridge Parkway—15,054,603 in 2015
- Least Visited: Gates of the Arctic National Park and Preserve, Alaska—11,012 in 2015

their management until President Woodrow Wilson signed the act creating the National Park Service on August 25, 1916. At that time there were 35 national parks and monuments.

Today, the National Park System contains 405 areas including national parks and monuments, covering more than 84 million acres in 50 states, the

District of Columbia, American Samoa, Guam, Puerto Rico, Saipan and the Virgin Islands. Additions can only be made through an act of Congress.

According to the National Park Service, "Roughly 60% of the... park areas administered by the National Park Service have been set aside as symbols and evidence of our history and prehistory. They are a remarkable representation of America's natural, cultural and historical legacy."

## National Parks in the Capitol Region

You don't have to travel far from home to find a National Park; there are 22 in Virginia, 24 in DC, and 18 in Maryland, not to mention scores of National Heritage Areas, Trails, Historic and Natural Landmarks, and Historic Places. They range from serene seashores like Assateague Island to battlefields like Antietam and Manassas; from natural areas like

CONTINUED ON PAGE 80





All photos credit: Linda Barrett



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**NATIONAL PARKS**

Sixteen days in 2016 are designated as fee-free days, including August 25-28 (National Park Service Birthday), September 24 (National Public Lands Day) and November 11 (Veterans Day).



CONTINUED FROM PAGE 79

Shenandoah National Park and Rock Creek Park, to clusters of symbolic structures at the National Mall and Memorial Parks. Thirteen fall within the Journey Through Hallowed Ground National Heritage Area that traverses Route 15 from Gettysburg to Charlottesville.

National parks aren't just about acres and acres of nature; there are a number of urban playgrounds as well. Think about American icons like the Statue of Liberty, the White House, the Lincoln Memorial and Ford's Theater, the Gateway Arch or Fort McHenry. One of the newest urban national parks, added in 2015, the World War I Memorial in Pershing Park in Washington, D.C., isn't even built yet.

## Staying Overnight

Many of the national parks include places to shelter overnight that range from camping to luxury accommodations. Among the more well-known lodges are Big Meadows Lodge in Shenandoah National Park that offers cabins with fireplaces in addition to the lodge accommodations, and Crater Lake Lodge in Oregon, providing a

first-rate modern hotel with complimentary wi-fi and gourmet dining. The Old Faithful Inn in Yellowstone is the largest log structure in the world, providing a range of 327 rooms, and Phantom Ranch at the bottom of the Grand Canyon is likely the most difficult to access. It can only be reached by mule, on foot or by rafting the Colorado River.

Our national parks are our national treasures, created for us to enjoy. And with such a wide variety, there is no end to the awe and wonder they can bring. ❖

## RESOURCES

- National Parks Service, [www.nps.gov](http://www.nps.gov)
- National Park Owner's Guide free download, <http://www.nationalparks.org/explore-parks/national-park-travel-guides>
- National Parks Guide: "Park in your Pocket" free download, [www.thesca.org/parks-your-pocket](http://www.thesca.org/parks-your-pocket)
- 2016 Junior Ranger Commemorative Activity Book, free download, [www.nps.gov/junior-ranger](http://www.nps.gov/junior-ranger)

[nps.gov/kids/pdf/Centennial-JrRangerBooklet.pdf](http://nps.gov/kids/pdf/Centennial-JrRangerBooklet.pdf)

**AUTHOR:** Linda Barrett can't wait to get out to gather her next passport stamp. When not exploring, she runs *All the Buzz*, a corporate copywriting firm, creating websites, blogs and social media for area businesses. [www.allthebuzz.net](http://www.allthebuzz.net).

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BY RICK MUNDY



## SHENANDOAH SHEDS

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When Gary and Barbara Arghyris were in the market for a new run-in shed a while back, they were greatly disappointed with what was available. Naturally they did what any other person would do and opened their own outbuilding business two years ago.

Working with high quality Amish builders, Shenandoah Sheds offers sheds, run-in, row, and pole barns, plus outdoor furniture, chicken coops, and rabbit hutches, with the majority of their business being the run-in and row barns. "Where a typical 10 x 16 run-in shed without paint or stain may sell for \$4000, we can provide that same size for \$3000 with paint and built to a higher standard," says Arghyris. "All our materials are Number 1 – the plywood, the boards and battens and we have lots of options to choose from." In fact their specialty is customizing each building to meet the needs and budget of every customer.

"A lot of customers have a vision of what they want and we turn those visions into reality," continues Arghyris. "Customer service is a big deal for us. We take care of our customers and see them through the entire process. We will dig the site, put in the stone and stone dust, bring the building out and properly place it. I am very hands-on. I go on all the deliveries to make sure everything is done correctly, and to thank the customer personally so they know how much we appreciate their business."

Shenandoah Sheds is located at 1518 Fairfax Pike in White Post, Virginia, just eight miles from Winchester. They encourage people to come out or look on the web to learn more, but "we hope they will visit so they can see the quality that goes into each product."

Shenandoah Sheds is open seven days a week, 9am to 1pm and can be reached at 540 869-4050. [www.shenandoahsheds.com](http://www.shenandoahsheds.com) ❖

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# RENEE'S Raves

As a food writer, I'm always looking for ingredients to help me create tasty, healthy meals at home. I love experimenting with new products that I find in grocery stores, multicultural marts and farmer's markets, and I've made some discoveries worth sharing. Here's what I go out of my way to buy, and why.

BY RENÉE SKLAREW



Like many of us, I prefer products that aren't full of chemicals and preservatives. I like them even better if they're made in the MidAtlantic region. That's why I tried **Tessamae's** dressings. Annapolis mom Tesse Vetter, started Tessamae's when her sons said her salad dressing was so good she should sell it. The family business manufactures a flavorful collection of organic, all-natural salad dressings, marinades and condiments. My current favorites are **Green Goddess** and **Lemon Chesapeake**—visit Tessamae's website for recipe ideas.



Top Chef fans may remember Mexican food entrepreneur **Rick Bayless**, who founded **Frontera Grill** and **Frontera** products. One of the reasons I love Frontera is the packaging; his seasoning sauces come in environmentally responsible pouches packed with intense flavors. Try making tacos, enchiladas and carnitas with his authentic sauces; people will think you're a genius in the kitchen.



**Marion's Kitchen** sells restaurant-quality Thai cooking kits at **Harris Teeter**. Marion's kits contain almost everything you need to make a genuine Thai dish, including green or red curry paste, noodles, coconut milk, dried herbs, bamboo shoots and chilies. My favorite is the **Thai Green Curry Kit**. Add veggies, meat or seafood for a quick and easy meal.







Have you tried **Skinny Pop Popcorn**, a low-calorie popcorn taking the world by storm? It tastes like freshly popped popcorn, and you can enjoy handfuls of it guilt-free. Surrender that unhealthy microwave popcorn. Give up the tasteless air popper; instead buy giant, 12-ounce bags of Skinny Pop at Costco for about \$5.



The charcuterie craze is alive and well, as many artisan chefs embrace high-quality cured meats. To serve restaurant-quality salami and sausages at home, stop by **Central Farm Markets** at **Mosaic District** for **MeatCrafters** products (also **Balducci's** and **Mom's Organic Market**). These are the same cured meats served at **The Inn at Little Washington**, and if it's good enough for a Michelin-starred restaurant, it's good enough for me.



There you have it—five tips for eating better food at home. What are your favorite products? Tweet us on @vivatysons or write [foodeditor@vivatysons.com](mailto:foodeditor@vivatysons.com); we'd love to hear from you! ❖



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BY ALLISON CHASE SUTHERLAND



## *The Iris Inn—* TREEHOUSE IN THE SKY

There are many ways to Waynesboro. Choose the scenic route—not just the road less taken, the road best taken. From Northern Virginia, take 66 West to Manassas, 29 South past the hallowed battlefields, down to the lovely town of Culpeper for a respite and some sustenance; a country ham biscuit will do nicely. It's a great little foodie town, but that's for another day. Then hop on 15 South to Orange, followed by Virginia Scenic Byway 20 South, past gently undulating farms with their barns and silos and fields of Black Angus grazing amongst the fields of buttercups.

Wind your way towards Charlottesville and swing by Jefferson's Academical Village, as he called it long before I did my studies at UVA. Time to stretch the legs, but it will be difficult not to linger in this extraordinary town. When you hit I-64 East, you can feel the mountains approaching from the surrounding topography. This is the land where our geology professor once took us on field trips. He would say, "Stop the van! What a beautiful schist!" And what a beautiful schist it was.

### *The Iris Inn—Secret Mountain Hideaway*

The Iris Inn is juxtaposed strategically between the scenic Skyline Drive and the beautiful Blue Ridge Parkway. Meander up the steep hillside at Chincapin to your very own mountain hideaway—yes, the Iris Inn—a 12-acre mountaintop haven overlooking the Shenandoah Valley. You needn't stop at any of the multitude of wineries along the way just yet, as you will be welcomed that evening by a complimentary wine and cheese hour in the elegantly cozy, rustic main lodge. There, the affable Glenn will tell you tales of his adventures in the Eskimo villages of Alaska. He was introduced to his first wife during his missionary work in Savoonga, where he had to get permission to marry from the Elder Kingekuk. "I could see Russia from my house—literally!" Glenn graciously pours Virginia's





Rockbridge Tuscarora White and Lovington 2014 Rotunda Red, among other fine vintages. He was also kind enough to bring me to my car with a giant umbrella when I realized I had left my sunroof tilted open and it began to rain!

The inimitable Iris Inn houses six fine guest rooms, some overlooking the valley, some backing to the forest. Guests of the main inn can view sunsets from the observation tower. Or you might opt for one of the spacious country cottages with names like Hawks Nest and Bears Den, or the brand-new, contemporary, glass-enclosed treehouse cabins, perched on stilts overlooking the Blue Ridge. This treehouse in the sky is so spectacular it turns you into the little kid who doesn't want to go to sleep because you want to keep on taking it all in. You don't want to miss a thing. Then you dream about it. You wake up early like it's Christmas morning, but it's not – the birds are chirping.

Innkeepers Heidi and Dave Lanford have accomplished such fine work since bringing their vision to the inn in 2007 that the ever-so-lovely Iris Inn has made it into the highly respected Select Registry. For their 25th anniversary package, the Inn is offering the fun and delicious Sip & Simmer Cabin Dinner, which comes with carefully paired wines. The amazing Chef Caitie Maharg prepares a magnificent dinner for you and leaves you a refrigerator full of special surprises with step-by-step instructions on how to

apply the finishing touches. All this in your own state-of-the-art kitchen that comes fully equipped with a two-burner stove top and convection microwave oven. It even has its own little dishwasher! Plus you get to wear chef hats and Iris Inn aprons while you cook—all the more fun! Start off with a fresh local salad of spring greens with radishes, English cucumbers, strawberries, ricotta salata, and honey balsamic dressing. You'll especially love the lemon herb arancini (risotto balls) and roasted lemon salmon en papillote (in parchment). For dessert, enjoy a strawberry crisp with sweet lemon balsamic ice cream. You can't help but love it.

Rest your tired feet as you savor a glass of wine in a comfy reading chair by the deck windows or in the side-by-side lounge chairs with kick-up foot rests in front of the strikingly chic gas fireplace. There's also a beautiful big-screen LG TV complete with Dish TV and 3D glasses, but I never turn that on—not with that view. The heated floor in the bathroom leads you to an inviting open-air (if you wish) modern rainforest shower which opens to your own private hot tub on your secluded screened-in back porch overlooking the Blue Ridge. As the Laurel and Hardy song goes, "In the Blue Ridge Mountains of Virginia, on the trail of the lonesome pine—In the pale moonshine, our hearts entwine." Perhaps they were singing about this place.

The inn is graced with original paintings by Clara Thompson and the brilliant scenic photography of James Beeler, originally from Charlottesville, but now in nearby Crozet. Click the switch to automatically raise and lower the shades. It's fun, but I'd rather just leave them open. Ah, that view. The wooden ceiling has modern recessed lighting and a ceiling fan. There is even a full-sized washer dryer. Yes, they thought of everything.

You can wake up to singing birds while you sip a cup of tea or coffee in the wooden rocking chairs on the back porch overlooking the valley. For breakfast, step into the sunlit Great Room for some scrumptiously crunchy Belgian waffles with fresh whipped cream or eggs Benedict with parmesan cream sauce.

Glenn regales us with the remarkable story of the red chair that travels ([www.redchairtravels.com](http://www.redchairtravels.com)) as a treasured guest from inn to inn in search of delightful destinations to discover. There's a photograph of the famous red chair at the entrance to the inn taken in front of nearby Crabtree Falls in the Blue Ridge. Like the Olympic torch, it is then passed on to the next inn, as it was by innkeepers Heidi and Dave of the Iris Inn. They do it all. People even come here to elope. The owner, Dave, can perform wedding ceremonies! Dave sums it up with refreshing sincerity: "It's a real thrill for us to see people enjoy what we created, relax, and enjoy themselves. It's also great to see couples reconnect. That's nice and comforting for us. And the impact of dealing with happy people has made us both happier and healthier. It's a truly wonderful thing."

Back up in the treehouse, rocking on your sturdy wooden rocking chair under a ceiling fan on the back porch of your cabin, breathing in the serenity, you might just wish you could stay forever. Savor these last moments. It just might be hard to say goodbye.

### *In the Blue Ridge Mountains of Virginia*

Heidi and Dave send you a thoughtful and informative welcome email introducing you to the majesty surrounding you. Just around the bend, you'll find the entrance to the majestic Blue

CONTINUED ON PAGE 90



Andrew Goldwasser as Bluntschli, Zoe Speas as Raina, and Josh Innerst as Sergius in "Arms and the Man."



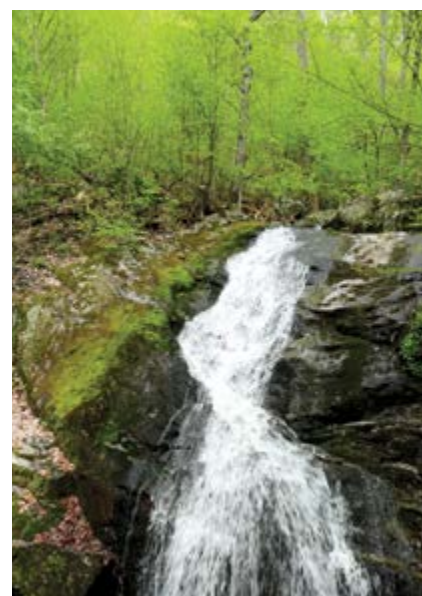
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Ridge Parkway. Drive along until you come to Sherando Lake with its vintage-style bath house – a park carved out of the George Washington National Forest by the labors of the Civilian Conservation Corps in the 1930s. Near the crest of the Blue Ridge, you'll encounter fit cyclists and hardy hiking groups of elderly women, but mostly you'll just wind along the crest of heaven with its spectacular views and the blue hues of these legendary mountains. Get close to nature with a refreshing waterfall hike to Crabtree Falls, the highest vertical-drop cascading waterfall east of the Mississippi. Just six miles off the Parkway near milepost 27, the foliage is so lush you might feel like you've been transported to Costa Rica. Then, at long last, you reach the gentle valley.

### *Zynodoe Restaurant*

Staunton, Virginia was, not surprisingly, named one of the "Best Small Towns in America." Stop by the historical Woodrow Wilson House, where they've now built a presidential library. Explore a few quirky shops and boutiques in the quaint downtown section, and then make your way to the finest of dining spots—Zynodoe—a sleek yet eclectic, art-filled space with ambient jazz. You might think you were in New York or San Francisco. Executive Chef Ryan Zale deftly performs his culinary magic on farm-to-table Southern cuisine, honed at such revered culinary locales as the Inn at Little Washington and the Joshua Wilton House in Harrisonburg. The amuse-bouche cheddar cracker was a complete palate tantalizer. Also quite delectable was the benne-crusted Atlantic yellowfin tuna with marinated cucumber, crispy ginger, and miso vinaigrette. The lamb with a delicately balanced chimichurri was succulent and flavorful, and the wine pairings were spot on. The frozen strawberry mousse with white chocolate shavings and crunchy honey brittle was exquisitely paired with a Virginia 2013 Barboursville Paxxito. Now bid your dinner hosts adieu, it's off to the theatre.

Just around the corner, you'll find the American Shakespeare Center's Blackfriars Playhouse [www.americanshakespearecenter.com](http://www.americanshakespearecenter.com), the only replica of Shakespeare's



original Globe Theatre, up close and personal, lit by grand chandeliers and complete with a rotating repertoire of talented thespians. Behold the world-class acting of Zoe Speas, Chris Bellinger, Jessica Lefkow, Andrew Goldwasser, and Susie Parr in the witty romantic comedy *Arms and the Man* by George Bernard Shaw, you'll be glad you did. Then step out of the Blackfriars Playhouse into





the misty rain of Elizabethan England. Walk down the quiet street and continue your reverie. In the words of the Duke of Bedford in Shakespeare's *Henry V*, to the Earl of Salisbury, "Farewell, good Salisbury, and luck be with thee." ❖

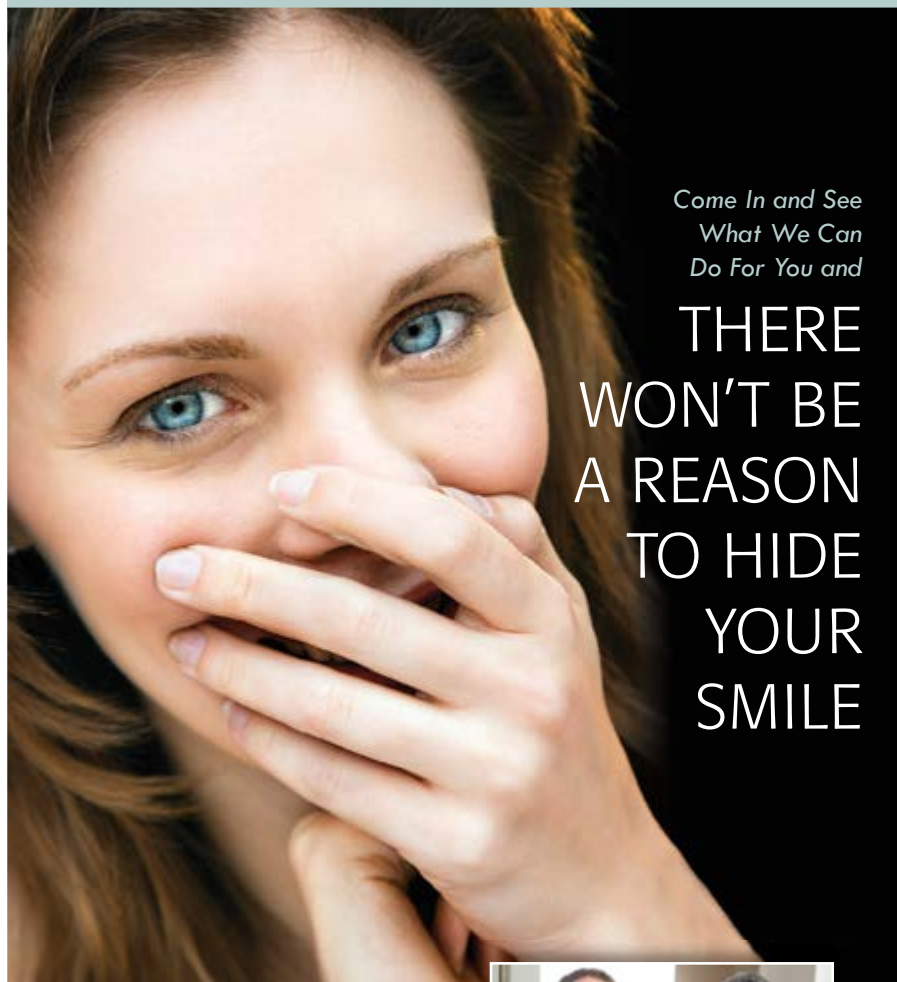
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**AUTHOR:** Allison Chase Sutherland is a restaurant reviewer/travel writer and photographer, author of *Destination: Flavor* international cookbook, multilingual voiceover talent, and foreign language instructor. [www.allivoice.com](http://www.allivoice.com)

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# CAN HEARING LOSS CAUSE DEMENTIA?

JOHNS HOPKINS UNIVERSITY  
HAS FOUND SOME ANSWERS

By Dr. Ana Anzola, Ascent Audiology & Hearing

We know that hearing diminishes with age. Now new studies are showing that age-related hearing loss is strongly tied to decreases in memory and understanding.

## Dementia Started Earlier With Untreated Hearing Loss

Johns Hopkins University studied 2000 people aged 74-85 over six years. Results indicated that older adults who had untreated hearing loss were more likely to suffer from dementia than those who had normal hearing (either through the use of hearing aids or from naturally good hearing). In the group of seniors with untreated hearing loss, "significant cognitive impairment" occurred 3 years earlier compared to those with normal hearing.

## Your Brain Needs To Work Harder

People with untreated hearing loss are more susceptible to developing dementia because, to put it simply, the resources in their brains are being maxed out. When the inner ear has

limited access to incoming sounds, it sends a jumbled message to the brain, which then has to work harder to decode and process the information. The brain uses additional energy and resources in order to process sound, which comes at the expense of other brain functions like memory and comprehension. Over time this can contribute to the onset of dementia.

## Social Isolation Can Also Lead to Dementia

Social isolation is common amongst people with untreated hearing loss. When someone can't hear what's being said, they tend to avoid situations that require them to communicate, and spend more time alone, which can also contribute to the onset of dementia.

## Hearing Aids Can Help

The good news is that hearing aids can reduce—and even reverse—the negative effects of hearing loss, including the early onset of dementia, social isolation and depression.

Hearing aids provide enhanced sound to the inner ear, so the brain doesn't have to sacrifice the energy required for memory and comprehension in order to hear. Wearing hearing aids offers individuals better access to conversation, allowing them to participate fully in social events and activities they enjoy. Both of these factors can dramatically reduce the probability of developing dementia related to hearing loss.

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The Northern Virginia Chamber of Commerce, formerly Fairfax Chamber, hosted the Innovation Awards Showcase at the Hyatt Regency Reston. At the event, the Innovation Awards applicants showcased their Innovations and finalists in each category were announced. ♦







## NAVY MARINE COAST GUARD RESIDENCE FOUNDATION'S *Gala and Silent Auction*

Boasting its 22nd annual gala, Navy Marine Coast Guard Residence Foundation (NMCGRF), a local McLean nonprofit, hosted its annual Gala this past Saturday. General Jack M. Keane, USA (Ret) spoke at the Gala to military veterans, McLean community members and sponsors. The Gala's silent auction raised just over \$10,000. All together, the Gala raised \$85,536 for NMCGRF.

NMCGRF was established in 1961 by the Naval Officers' Wives' Club of Washington, D.C. to provide housing for military officers' widows who were not left sufficient funds to live in dignity when their husbands passed away. Today, the foundation is a 501(c)(3) organization that supports the Vinson hall Retirement Community raising funds for three purposes: Resident Assistance Fund, Research and Technology, and Wounded Warrior Transitional Housing.

Members of the NMCGRF Board of Trustees and Vinson Hall Retirement Community residents welcomed corporate supporters for a night of fun, food, and friendship all in support of NMCGRF. Gala Chairman Vice Admiral Mark Skinner, USN (Ret) of Northrop Grumman and NMCGRF Executive Director Admiral Kathy Martin, USN (Ret) brought together corporate sponsors, supporters and military veterans for a record-breaking attendance in support of local veterans and wounded warriors. "We are so grateful for all of the support our community members and corporate partners have shown us this year," says Skinner. "We'd like to thank all of those who joined us to make this 22nd Gala a phenomenal evening."

Gala corporate sponsors included BB&T, Design Data, McGuireWoods LLP, Navy Mutual Aid, SFCs Architecture, USAA and Whiting-Turner Construction. The Gala's silent auction boasted donated items and excursions from 40

local businesses. Some of the silent auction's most popular items included a hand-crafted pearl and turquoise necklace from Mangan Jewelers of McLean, a group wine tasting and vineyard tour at Barrell Oak Winery in Delaplane, and cooking classes at Culinaria Cooking School in Vienna.

During the gala's seated dinner, guests enjoyed listening to the Marine Corps Brass Quintet play the armed forces medley as guests who served in the military stood and were recognized for their service.

This year's Gala honored former Chief of Staff of the US Army and decorated Vietnam War veteran General Jack Keane. Keane is currently the president of GSI Consulting and serves as a director of General Dynamics and the chairman of the Institute for the Study of War. Speaking to a ballroom full of his war comrades, Keane gave a commentary on the state of our national security while thanking past veterans for their dedicated service. ❖





Bebel Gilberto's voice is like the whisper of a gentle breeze soothing your soul.



Photo credit: Harper Smith

BY ALLISON CHASE SUTHERLAND

## Brazilian Bebel Gilberto

AT THE HISTORIC STATE THEATRE IN FALLS CHURCH

### What Could Be So Nice?

Brazilian singer Bebel Gilberto is best known for her lyrical and wistful bossa nova-influenced sound: a pure melodic style which first emerged in the late fifties, shaped by many venerated artists, among them her own parents, musicians João Gilberto and Miúcha. Locally Bebel has played at musically discerning venues such as Wolf Trap and

the 930 Club, but recently, over seven hundred fans packed the house at our own historic State Theatre in Falls Church, Virginia to be transported hypnotically to the beautiful beaches of Bahia.

Performing favorites from her 2000 breakthrough release *Tanto Tempo* to her most recent release *Tudo*, which includes tracks in Portuguese, English, and French, Bebel breezed effortlessly across the stage as though barefoot in the sands of Ipanema. Her *Tanto Tempo* transformed Bebel into one of the best-selling Brazilian artists since the sixties. In 2015, the title track *Tudo* was nominated in the Best Brazilian Song category for the 16th Latin Grammy Awards.

"*Tudo* is perhaps Bebel's most intimate recording, captur[ing] the human vulnerabilities that bring both sorrows and joy." This latest release is characterized by "warm and playful Brazilian rhythms that include the berimbau, wood bongos, and shakers." Bebel is also a talented voice actor, and her voice was recently featured in the animated films *Rio* and *Rio 2*, on the soundtrack and as the voice of the toucan, Eva.

After a nice tapas lunch at the Spanish restaurant Ser in Arlington, she was ready to sing. She can even whistle! The crowd joined in enthusiastically to favorites like *It Would Be So Nice* to which Bebel responded, "That was so nice!" My Brazilian friends shouted out their request *Preciso Desir Que Te Amo* or *I Need to Tell You I Love You*, to which they seemed to know every word as they sang along with typical Brazilian alegria.

The performance was refreshingly simple with Bebel's mellifluous voice accompanied by the talented Masa Shimizu on acoustic guitar. Bebel serenaded the crowd with tones as rich, sweet, and sultry as melted chocolate. Interspersed throughout the night was her ever-infectious laugh, as she interacted playfully with the delighted listeners.

Bebel was born in New York City but grew up in Rio de Janeiro. She also lived in Mexico City, which was a very special time for her, as it is where she started school and learned to speak Spanish. Currently she spends most of her time in Manhattan, but of course she loves to escape to Rio and Bahia in Brazil from time to time. Then again, who wouldn't? Some of the most beautiful white sand beaches and





Arraial do Cabo, Rio de Janeiro, Brazil

blue water I have ever seen. Ah, saudade...

I was first introduced to the music of Bebel Gilberto by my great Brazilian friend Marilza Piana Iriarte of Arlington and first saw Bebel open for the legendary Cape Verdean singer Cesaria Evora at Wolf Trap. "That was amazing," gushed Bebel in regards to that performance. "It was a beautiful place. I'm so happy I did it." Later, the Ted Kelly World Party morning show would often feature her music in their eclectic international format. Since then, I have extended my enjoyment of bossa nova by creating a Pandora station entitled *Bebel Brazil*, and one song that popped up was from a 2003 concert in Tokyo by her father, João Gilberto.

Bebel performed for the first time at the tender age of nine at Carnegie Hall with her mother Miúcha and the eternal Stan Getz, an experience about which she still has treasured memories. Connecting with the crowd at the State Theatre, she confided, "I need you to be a part of it, because I didn't expect so many beautiful people understanding our love. With a musical crowd we can do anything. Thank you." One of my all-time favorites happens to be the very first song she wrote—*Mais Feliz*—to which I gladly added a little harmony from my seat. She expressed her hope to return to perform at the State Theatre. With the crowd clearly behind her, she shouted jestfully, "I'm gonna move to Falls Church!" What could be so nice. ❖

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

## COOKING WITH A ROCK STAR II – *Encore Performance at Culinaria*

Paul Tagliaferro Cullen, former bass player for Bad Company, is coming back to rock the kitchen at Culinaria on Thursday, July 28 from 7pm-10pm. He'll teach Italian cooking, and play his guitar! Class will sell out quickly (\$90 per person) and space is limited.

The Taste of Piemonte Menu will feature: Bagnet Verd Taleggio Crostini—Bagnet Verd is a classic Piedmontese parsley sauce; Insalata Russa—very popular in Italy, it was known in the eighteenth century as insalata genovese

because it is said that it was served to aristocracy for gala dinners; Agnolotti with a Mushroom Thyme Beef Broth—Agnolotti is pasta typical of the Piedmont region of Italy, made with small pieces of flattened pasta dough, and folded over a filling of roasted meat or vegetables; and Whipped Nutella Mascarpone filled Strawberries.

This will be a wonderful evening you won't want to miss! Visit Culinaria's website at [www.culinariacookingschool.com](http://www.culinariacookingschool.com) to sign up. ❖

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## MCLEAN WOMAN'S CLUB HONORS *Middle and Elementary School students*

Ten students at Chesterbrook, Churchill Road, Franklin Sherman, Kent Gardens and Spring Hill elementary schools received awards for their significant contributions as safety patrol members. The honorees were: William Davis and Rebecca Hatepaa, of Chesterbrook Elementary; Andrew Zhao and Isabelle Scott, of Churchill Road Elementary; Jack Forde and Emma Saunders, of Franklin Sherman Elementary; Yanni Aknine and Sofia Najjar, of Kent Gardens Elementary; and Jack Prewett and William Trosch of Spring Hill Elementary. In addition to the trophy each student received, the safety patrol program at each school has received an \$80.00 donation from the Woman's Club for program equipment. The award ceremony is an annual event of the Woman's Club of McLean. ❖

Article and Photo credits: Laura Sheridan, Woman's Club.





# TAKING FLIGHT

BY KEITH LORIA

When you hear the words “Air Force,” most people automatically think of Air Force pilots and flying. So, when the Air Force-affiliated Randolph-Macon Academy in Front Royal was looking to distinguish itself from other schools back in 1985, it decided to offer a flight-training program to its students.

“I think they were trying to stand apart from other military schools,” says Laura Abraham, who has served as flight director for the school for the past 14 years. “It’s been a very successful program.”

This year, approximately 40 students are enrolled in the flight-training program, and it’s a great program for teaching responsibility.

“I see a lot of students who come to school here, and once they take our program, and they’re successful at it, it’s a huge ego boost and makes them more confident about themselves,” she says. “It teaches them responsibility and decision-making skills. I see a lot of people come in here who are very shy and reserved, but once they learn how to fly and take control of that, it’s a huge deal.”

As flight director for the program, Abraham wears a lot of different hats. She is head instructor, makes sure the airplanes get regular maintenance checks, makes sure the maintenance facilities are safe, checks that all inspections are scheduled and complete, and is also in charge of aircraft acquisitions (both buying and selling).

Looking at her experience, it’s not hard to understand why she was selected for the program. Abraham started out as an education major, but didn’t want to be confined to a

classroom and started taking flying lessons in Pittsburgh. She received a master’s degree in aeronautics and has both a seaplane rating and rotorcraft helicopter add-on to her license as well, meaning she can fly everything from airplanes to seaplanes to helicopters.

Each year, young men and women have the opportunity to earn their solo wings through the flight lessons taught by Abraham and fellow on-staff flight instructor Ryan Koch, and many also achieve other aviation credentials.

“The R-MA Flight Department took my interest in aviation and dream of flying and turned it into the reality I live in today,” says flight student Danny Scarlzello, Class of 2016. “The instructors have fueled my curiosity into a passion that I will have for the rest of my life. They have helped me grow, not only as a flight student into a pilot, but also as a person. I will be graduating this school with the knowledge and skills that will help me to excel in my



future aspirations of life in aviation and with a confidence in my skills I couldn't get anywhere else."

Not surprisingly, the flight school is one of the most popular electives at Randolph-Macon Academy, with most who are eligible for the class signing up.

"We get a lot of students who come here because they want to fly in our program," Abraham says. "It's kind of the deciding factor, which is nice, and it sets us apart from a lot of the other schools."

The school's flight training program is the only one of its kind at the private secondary school level in the entire US. Lessons are available to all Upper School (grades 9-12) students, with priority given to seniors and juniors. Per FAA regulations, students must be 16 to solo and 17 to test for their private pilot certification.

"[Students] have to maintain a certain GPA (3.0 or higher) and it does cost extra; it's not part of the tuition," Abraham says. "Most of our students who take part are juniors and seniors because before that they're just too young."

In March, sophomore Jared Keefe performed his first solo flight, and he kept the calming advice of Abraham in his head while in the air.

"I was really nervous the first time, but once I got in the air, I knew I just had to do it. When I landed on final approach, it was such a relief because I knew I could do it again and again," the 17-year-old says.

"I kept thinking, 'Wow, I'm flying a plane by myself.' I have always wanted to be a pilot, ever since I was 10, and now here I am."

Sasha Matson, a 16-year-old junior, is in her first year of the flight program, after taking flying instruction at several summer programs.



"I've been travelling in airplanes since I was really young and did a simulator when I was young, and always thought flying was really cool," she says. "It's kind of crazy when you realize you are actually flying a plane. My parents tell all their co-workers and everyone is amazed that I am flying planes."

The students in the program take flying lessons in two Cessna 172s, which are housed year-round inside the William H. Garber Hangar, named for 1933 R-MA graduate and aviation enthusiast William H. Garber.

The hangar is located at Front Royal/Warren County Airport, only six miles from the school. The aircraft are professionally maintained by FAA certified flight mechanics and are routinely inspected to meet Federal Aviation Regulations. Recently, new GPS systems were installed in the planes to be competitive with other schools and to ensure safety.

Randolph-Macon Academy, situated on a 135-acre campus in Front Royal, is the oldest co-ed boarding school in America with Air Force Junior ROTC, serving grades 6-12 and postgraduates. For more information about the school and/or the flight program, visit [www.rma.edu](http://www.rma.edu). ✨

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BY RICK MUNDY

## Dr. Kavian Milani

### WORKING AND ADVOCATING FOR SOCIAL JUSTICE FOR ALL

“My view toward human rights and social justice is that I must try to allow all people to emerge fully. We must work to overcome anything that prevents us from reaching our potential,” says Dr. Kavian Milani. This is the foundation by which he lives in all aspects of his family life, his work, and his spiritual journey.

He and his family are members of the Baha’i faith and in considering some of its basic themes—like the centrality of justice to all human endeavors and the importance of relationships that bind together individuals and communities—one can begin to understand how Dr. Milani sees his role in the world.

Dr. Milani has seen and experienced more injustice than most people. Born in the United States in 1967, he grew up in Iran, and lived through the 1979 revolution with all of its atrocities. Two years into the conflict his father was arrested and killed as a member of the Iran National Assembly of Baha’i. Later he saw the start of the Iran-Iraq war. At 17, upon graduating high school, he was not allowed to attend college because of his religion, so he fled the country. After a two-week journey traveling with smugglers, he arrived in Pakistan, from which he was able to travel to the United States where he was already a citizen by birth.

He attended NOVA, later George Mason University, and finally the University of Virginia Medical School, where he still teaches today. He pursued a career in medicine to help as many people as possible. Milani takes a portion of the for-profit side of his practice, located in Fairfax and Vienna, and diverts it to a non-profit side, the Center for Health and Human Rights. The Center takes care of people who don’t have health insurance, or are underinsured.

His approach is to deliver the best service and have the best medical practice possible, while striving to also improve the health of the community. For his many contributions in this realm, Dr. Milani was recently honored by the Town of Vienna with a 2016 Carol Wolfand Award.

He takes a portion of the for-profit side of the practice located in Fairfax and Vienna and diverts it to a non-profit side, the Center for Health and Human Rights. The Center takes care of people who don’t have health insurance, or are underinsured.

His caring approach is demonstrated by the recent benefit concert he held for a breast cancer patient, which raised several thousand dollars to cover her medical expenses, and also created cash reserves for many other women to receive mammograms they can’t afford.

“We have a very busy practice,” Dr. Milani points out, “but we must focus a portion of our time and energy to deliver care for all.

The goals of our office include providing some element of social justice. Coming from a background of religious persecution, any kind of injustice speaks to me. It gets me thinking about how we can contribute to improve the plight of others.”

Milani goes even further to contribute to the lives of others. Each Friday he and his family open their home to provide a meeting place, open to all, to reflect on spiritual and philosophical issues of justice, equality, and spirituality in the modern age. Once again the gesture is driven from his faith, but he calls it an opportunity “to help others along the path they are on.” The “firesides” are a few hours and include music, meditation, presentations, discussion, and fellowship. On a given Friday, 20-40 people may participate.

“I try to do what I can do,” Dr. Milani says simply. With the support and involvement of my wife, Leila, and our three children, these meetings are part of our engagement with society.

Milani’s future plans include more publishing and more work in human rights, taking it to the next level with similar activity across the country. He also opened a third office and Center for Health and Human Rights in Tysons last month, and will be opening a laser and aesthetic center where profits from the spa will help fund his non-profit centers.

Clearly Dr. Milani is a man on the move with lots of energy and ideas. “The world we live in is full of injustice, prejudice, and negative sentiments. To the extent possible, we’ll do what we can to remedy that condition,” promises Dr’ Milani.

See the September edition of *VivaTysons* for more on the Center for Health and Human Rights. ♦

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suit students' individual interests, strengths and challenges. It was modeled around the needs of students who weren't finding their place in more traditional school environments – whether they struggled with mild learning differences, social issues, the rigid scheduling of more traditional schools, or the boredom of a classroom not geared to accelerated learners.

Along with a personalized curriculum, Fusion's one-to-one teaching model also allows for customized scheduling. Students may enroll at any time of the year, and take classes at a time of day that works best for them, which appeals to students who have demanding schedules outside of school because of sports or artistic involvement.

Each campus is unique but has a similar "vibe" and culture to the original Solana Beach campus. Each also includes a state-of-the-art recording studio and mixed-media art studio for students to express their creativity, as well as two Homework Café® spaces, one silent and one social, where students complete their homework before leaving for the day.

Some students enroll full time, while others utilize Fusion's tutoring and mentoring services. The tutors are Fusion teachers who are passionate about and have mastered their subject matter. Families also turn to Fusion to support their homeschooling efforts by allowing students to take classes for credit like world languages and lab sciences.

From algebra to yoga and everything in between, Fusion offers over 250 middle and high school courses, all of which meet state standards. Classes are available at three levels: essential, college prep, and honors. Fusion teachers have also

## A REVOLUTIONARY WAY TO SCHOOL

*Coming Soon to DC, Tysons Corner + Alexandria!*

Fusion Academy is a private middle and high school, but don't be quick to envision uniforms and lecture halls. At Fusion, classes are one-to-one: just one student and one teacher per classroom. This allows for a personalized curriculum for each individual student's strengths, interests, and learning style. Fusion is so unique that it has, in fact, broken many traditional school paradigms since its conception in 1989.

The education model was born of a frustration with the status quo, and out of a passionate belief in the power of positive relationships to unlock academic potential. This unique, relationships-based school began when founder, Michelle Rose Gilman, began tutoring and mentoring students out of her home in Solana Beach, CA.

After demand outgrew their space, Gilman and her teachers moved into a building and expanded their offerings to become the private, accredited, one-to-one school Fusion is today. In 2010 the first campus replication opened in Los Angeles, CA, and the model has since grown exponentially to 32 campuses across the country in California, Connecticut, Illinois, New Jersey, New York, and Texas. A new campus in Northwest Washington D.C. is scheduled to open in June. It will be located next to the Van Ness Metro Station at the corner of Connecticut Avenue NW and Tilden Street NW. Additionally, Fusion campuses will be opening in Alexandria and Tysons in the near future.

The educational experience at Fusion is completely customized to ignite a student's passion for learning. Classes are self-paced, and course materials are presented in ways that



created classes for students when there is something students would like to learn that wasn't available in the catalog, while still adhering to state standards.

Creative expression is at the core of Fusion, as they understand the pivotal role it plays in students' well being. Fusion offers a robust roster of elective classes like DJ Performing Arts, Graphic Design, Music Theory, Vocal Fundamentals, Recording Arts, Studio Art, Digital Photography, Film Studies, and more.

Fusion's Wellness Program complements the academic experience – providing balance and offering opportunities for emotional and social growth. It consists of 20 sessions across four elements: Art Expression, Music Expression, Physical Wellness and Healthy Habits. Like everything at Fusion, it too is tailored to each student. Art and music are considered pathways to healthy self-expression for Fusion students, helping them achieve better balance and deal effectively with stress, anxiety, low self-esteem, body image issues, social pressures, and substance abuse.

What makes Fusion work is the commitment to meeting each student right where they are, creating a meaningful connection, and finding the very best way to unlock each student's passion for learning and discovery. Beyond academics, Fusion partners with outside therapeutic professionals to support students' emotional health and help foster a balanced life.

Summer school at Fusion gives options for students to catch up, get ahead, or try something new. They offer the summer school basics like classes for credit and test preparation, in the same one-to-one learning environment. Other programs include Roadtrip Nation: a journey of self-construction and discovery centered around students' passions, and the Fusion Summer Exploratory, where students can have the "full Fusion experience" in just 4-6 weeks. Visit the website at [FusionSummer.com](http://FusionSummer.com) to learn more.

The Washington D.C. campus will be opening in June and is enrolling students now. If interested, contact the campus to set up a meeting with their Head of School, Laura DeLima: 866-904-4770 or [FusionWashDC.com](http://FusionWashDC.com).

Also, coming soon to Tysons Corner + Alexandria VA this fall! ♦

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 A REVOLUTIONARY WAY TO SCHOOL





BY RENÉE SKLAREW



## THIS DIPLOMAT'S TACOS *Rock*

Taco Bamba is like its owner Chef Victor Albisu—Latin and bold, but also refined and smart. This little Mexican taqueria, situated in the corner of a humble strip mall off Pimmit Drive, is selling the most exciting street food this neighborhood has probably ever seen; and they're doing it in a relatively glamour-free spot near Tysons Corner. Despite plans to expand the Taco Bamba brand to other Northern Virginia locales, Albisu says the Falls Church Taco Bamba location "will remain closest to my heart."

Taco Bamba currently serves as a community-gathering place; Albisu knew the neighborhood was hungry for it. Open at 8:30am, construction workers are usually in the door first, but expect that door to swing open dozens of times every hour, with business people, neighbors, high school kids, groups of millennials, and cooks (when you see a cook coming into a restaurant, that's a good sign) until it closes at 10pm. There aren't many places to sit at Taco Bamba; there are no real tables. But that doesn't stop people from loitering about; some bring their own table, setting it up outside the door (the eatery does have chairs outside). You'll also find patrons sitting on the curb, savoring their overflowing tacos. Others may sit on their cars, or perhaps in their cars. Everyone



is welcome to gather together and eat the most genuine Mexican food this side of San Diego.

Trained at Le Cordon Bleu School in Paris, Albisu's résumé names him chef at three acclaimed Washington DC restaurants—BLT Steak, Ardeo & Bardeo, and Ceiba—when the buzz for each was at its peak. He's cooked for the Obamas and the President of Uruguay. In 2013, Albisu opened his South American grill, the upscale Del Campo in Penn Quarter, promptly earning the designation, "Best New Restaurant," in *Esquire*. With the addition of Taco Bamba, the charismatic Albisu walked away with 2015 MidAtlantic Chef of the Year from the Restaurant Association of Metropolitan Washington.

When this respected chef decided to open a take-out restaurant next to his mother's grocery, Plaza Latina, he turned his intense gaze toward creating traditional tacos and his famously large tortas. Albisu's goal was to serve all people: "When I first took this on as an endeavor, it's not something I wanted to promote. It's something for the neighborhood, something to add to my mom's market. It's for the clientele, which is definitely Latino."

When you ask about Taco Bamba's signature dishes, he laughs, "I don't take credit for ancient food that's been growing on the streets of Mexico for much longer than I've cooked it." Albisu elaborates: "The way we put our food together here is the signature of what I do. We take traditional ingredients and turn them on their head; we have a good time with them."

As a member of the American Chef Corps with the U.S. State Department, the trilingual Albisu is determined to educate the DC Area about the diverse food cultures found in different parts of Latin America. He focuses his restaurants on the culinary specialties of a specific country or region—at Del Campo, it's South America; at Taco Bamba it's Mexico. "This has been an interesting journey for me," explains Albisu. "I'm trying to elevate cultures for what they are, not mix them up for no reason...we have fun with the menu, but this is a Mexican eatery."

Albisu is pleased with the value he offers his customers, along with the authentic

list of options. Tacos range from \$3 for Tradicionales to \$4 for Tacos Neustros, and you will have trouble finishing three in one sitting. Each taco features generous portions of proteins—shrimp, pork, sausage, beef or chicken—tucked into silky cremas or savory salsas, blasted with peppers and herbs, and wrapped inside two supple corn tortillas. The Super Tortas, one of the pillars of Mexican street food, are submarine sandwiches on supple rolls. Each mingles multiple kinds of beef or pork with salsa, queso fresco and Taco Bamba's vinegary jalapenos.

Stop in anytime for breakfast, and you'll find the popular Huevos Rancheros, but lots more. The Tinga Tostada is a multi-layered, fried-egg bite of sunshine. At lunch, try the playful La Poutina taco, with (what else) French fries, along with barbacoa jus, pickled onions and bacon; or the standout El Beso, crispy pork and beef bites slathered with Sriracha aioli and scallions. Sopas are another Mexican street snack, and Taco Bamba's Camaron Diabla sope is packed with spicy shrimp, drizzled with avocado crema, nestled into crunchy cornbread. Albisu's Pozole is a steaming bowl of stew topped with Chicharrones, house-fried

pork rinds. Burger lovers should sample the Bamba Dog, a messy, double-stacked sandwich stuffed with "Gringo Meat" and pineapple-chili relish. Cool down the heat with some shareable Arroz con Leche, Albisu's caramel rice pudding. Thanks to his mother's market, Albisu has access to imported ingredients and spices directly from many Latin American countries.

Albisu's mantra is to make things memorable, and he achieves this both with intense flavors and a high-energy atmosphere. Taco Bamba plays very loud music. It's part of the experience, says Albisu. "Sometimes there will be opera blasting, then we'll play Metallica or gangster rap. People go, 'what's going on?' but it's part of the experience, the vibe here." Whether you adore the bold flavors, blasting tunes, lack of seating—or not—you definitely won't forget Taco Bamba. ❖

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





## ARLINGTON RESTAURANTS

### METRO 29 DINER

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

## FALLS CHURCH RESTAURANTS

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

### ANTHONY'S RESTAURANT

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

### ARGIA'S

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

### BENTLEY'S

6654 Arlington Boulevard 703.532.4100  
www.bentleysfallschurch.com Bentley's is known throughout Northern Virginia for their breakfasts. Famous Eggs Benedict, omelets, waffles, pancakes, crepes and more are served every day... but still the weekends are the best time. Their banquet facilities accommodate 50 to 250

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

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

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

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

### DUANGRAT'S

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

### EDY'S CHICKEN AND STEAK

5420 Leesburg Pike 703.820.5508 Edy Durnovsek's secret recipe combines flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. The Peruvian Chickens, Steak a la brasa, and sandwiches are just a few items to try on the menu. \$

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**ELEPHANT JUMPS THAI RESTAURANT**

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

**HAANDI FINE INDIAN CUISINE**

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 are 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 with 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 Vietnamese 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 seven days a week plus daily specials, and weekday happy hour from 3-7pm. Brunch is served Sundays, 11am - 3pm **\$**

**MAD FOX BREWING COMPANY**

444 West Broad St. 703.942.6840  
[www.madfoxbrewing.com](http://www.madfoxbrewing.com)  
 Enjoy upscale casual dining in an English-style gastro brewpub with an emphasis on high-quality food and house-brewed beers. Beer lovers and foodies unite to relish in the chef-driven, locally-sourced seasonal menu along with the seven to ten standard, house-brewed beers on tap as well as a rotating selection of seasonal brews. **\$\$**

**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. **\$\$**

**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. **\$\$**

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**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 from the area. \$\$

**PIZZERIA ORSO**

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

**PUBLIC HOUSE NO. 7**

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

**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, the restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. The 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 a great time. Swing by for some fantastic selections such as fish and chips, braised lamb shank or even shepherd's pie. With a full bar, live music on the weekend, and a special events space for up to 200 people in "The Cellar" downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion. \$



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**CHUTZPAH DELI**

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

**DOLCE VELOCE**

10826 Fairfax Boulevard 703.385.1226  
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**GREAT FALLS RESTAURANTS****BOLLYWOOD BISTRO**

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

**DANTE RISTORANTE**

1148 Walker Rd. 703.759.3131  
[www.danterestaurant.com](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.laubergetchezfrancois.com](http://www.laubergetchezfrancois.com) Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France. \$\$\$

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[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 RESTAURANT

6271 Old Dominion Dr 703.448.8500

[www.amoosrestaurant.com](http://www.amoosrestaurant.com) Amoo's 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 Zereskh 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. \$\$

## BARREL AND BUSHEL

7901 Tysons One Pl 703.848.6340

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

This contemporary American-style restaurant and bar located on the Plaza level of Hyatt Regency Tysons Corner Center offers regionally-inspired handcrafted American food, 22 local and regional craft beers on tap and more than 40 select bourbons that round out a selection of handcrafted cocktails and unique wines to satisfy nearly anyone's palate. Barrel and Bushel is open for breakfast, lunch, dinner and times in between. \$\$

## 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. \$\$

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Tex-Mex Grill

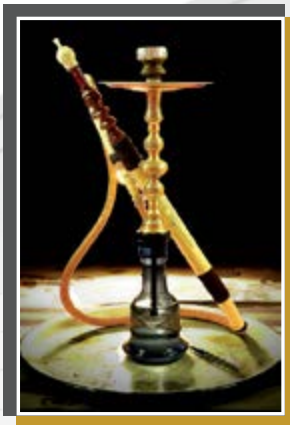
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## BOSS HOG'S

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

## BOULEVARD CAFE &amp; CATERING

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

## BUSARA THAI CUISINE

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

## CAFÉ DELUXE

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

## CAFÉ OGGI

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

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6627 Old Dominion Dr. 703.790.5164  
www.cafetatti.com This French bistro brings diners classic French dishes including vichyssoise, quiche lorraine, filet with béarnaise sauce, and Flounder Belle Meuniere. Closed Sundays. \$\$

## CAPRI

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



**EDDIE V'S PRIME SEAFOOD**

7900 Tysons One Place 703.442.4523  
[www.eddiev.com](http://www.eddiev.com) A fine dining restaurant offering fresh, culinary-forward seafood creations and premium hand-carved steaks. The award-winning wine list features more than 300 selections. The atmosphere is refined yet relaxed, with live jazz and blues, featuring local jazz trios, played nightly in the V Lounge. **\$\$\$**

**EL TIO**

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

**FLEMING'S PRIME STEAKHOUSE AND WINE BAR**

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

**GREENBERRY'S COFFEE CO.**

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

**HÄRTH AT HILTON MCLEAN TYSONS CORNER**

7920 Jones Branch Dr. 703.761.5131  
[www.Harthrestaurant.com](http://www.Harthrestaurant.com) Executive chef Luc A. Dendievel has his own rooftop beehive producing 200 pounds of honey each year and an organic garden that supplies Härth with a variety of herbs, fruits, and vegetables. Härth serves comfort foods with a modern, fresh twist. Extensive wine, beer, and cocktail list. **\$\$**

**J. GILBERT'S**

6930 Old Dominion Dr. 703.893.1034  
[www.jgilberts.com](http://www.jgilberts.com) For nearly 15 years, J. Gilbert's has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert's also offers a vegetarian menu and gluten-free menu. **\$\$\$**



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

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

**MOBY DICK HOUSE OF KABOB**  
1500 Cornerside Blvd 703.992.7500 mobyonline.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. \$

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

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

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#### 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. **\$**

#### STAR NUT GOURMET

1445 Laughlin Ave 703.749.9090  
[www.starnutgourmet.com](http://www.starnutgourmet.com) The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given them a very special reputation. Their comfortable café exudes old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee. **\$**

#### THE CAPITAL GRILLE

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

### 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, Blackfinn Ameripub specializes in craft beers, signature cocktails and American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "handhelds") are among the fare offered at this great 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. **\$\$**

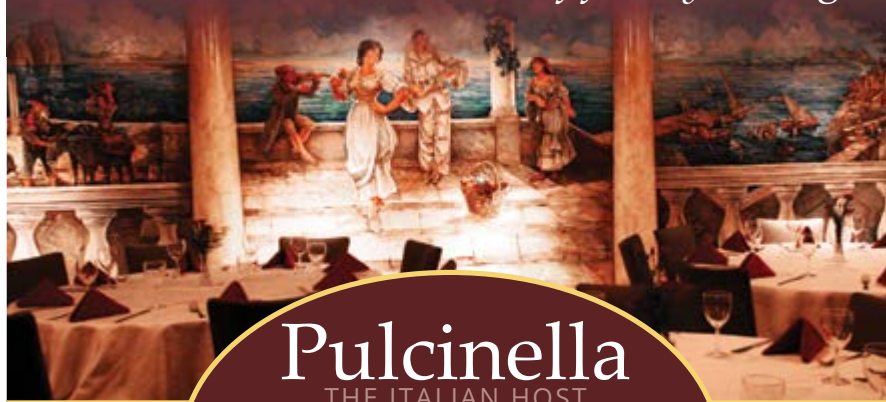
#### MATCHBOX VINTAGE PIZZA BISTRO

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. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft. **\$\$**

#### OPEN ROAD GRILL AND ICEHOUSE

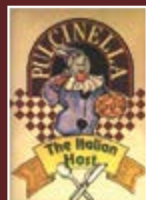
8100 Lee Highway #300 571.395.4400  
[openroadmerrifield.com](http://openroadmerrifield.com) Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, and motorcycles and Americana. A relaxed atmosphere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

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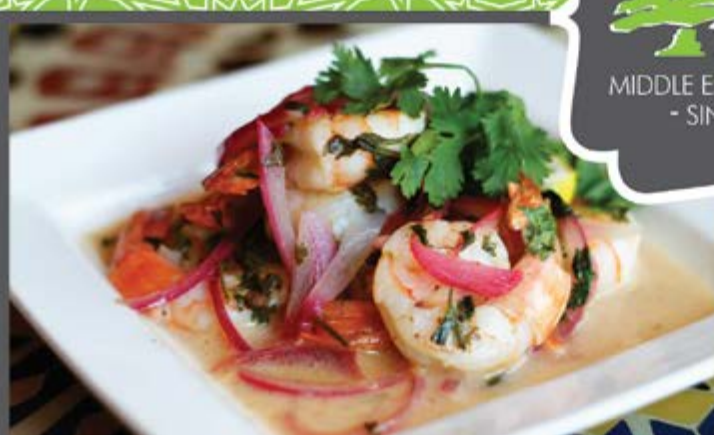
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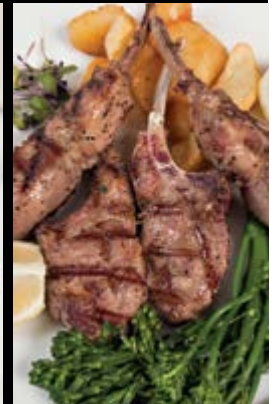


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### PASSION FIN ASIAN BISTRO & SUSHI BAR

2750 G Gallows Rd. 703.204.2969 In the Halstead District, elegant, yet comfortable Passion Fin possesses a full Asian inspired menu, sushi, sake and full stocked bar for getting together with friends. Open daily for lunch and dinner. **\$\$**

### RAOUCHE CAFE

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

### SEA PEARL

8191 Strawberry Lane 703.372.5161 [www.seapearlrestaurant.com](http://www.seapearlrestaurant.com) The inspired creativity of Chef Sly Liao and the trend setting design of Studios Architecture 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, including breakfast all day. Great bakery items to go, especially the 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 list. **\$\$**

### 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 and gluten free options, everyone can enjoy True Food Kitchen. The basis for the anti-inflammatory diet they advocate is to make you feel better, live longer and be happy while enjoying the salads, pizza, seafood entrees, and those to-die-for "Natural Refreshments." **\$**



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# Maggio's

## 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.anitacorp.com](http://www.anitacorp.com) This local chain has offered New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinner. \$\$

### 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, 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 modern take on classic comfort food, while wine enthusiasts will marvel at their 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. \$

### CAFÉ RENAISSANCE

163 Glyndon St SE 571.938.3311 [www.caferenaissance.com](http://www.caferenaissance.com) Café 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 Café 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 as well as regular menu, plus 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 into a delightful experience with the boldest and most genuine flavors possible using the perfect blend of herbs and spices. **\$**

#### 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) A great place 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, bringing the best Persian and American cuisine experience possible. **\$\$**



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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 such as slow braised duck, roasted pork,

or blackened fish. Larger plates include Grilled Skirt Steak Churrasco and "Ocho Hora" braised short rib. And if you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more. **\$\$**

**PAZZO POMODORO**

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

**PEKING EXPRESS OF VIENNA**

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

**PLAKA GRILL**

110 Lawyers Rd NW 703.319.3131  
[www.plakagrill.com](http://www.plakagrill.com) Established in 2007,

the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka Gyro" is available exclusively at Plaka Grill in Vienna. New location now in Falls Church at 513 W Broad St. **\$**

**RISTORANTE BONAROTI**

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

**SAKURA JAPANESE STEAK HOUSE**

8369 Leesburg Pike #10 703.356.6444  
[www.sakurasteakhouse.com](http://www.sakurasteakhouse.com) Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken, and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here. **\$\$** **SHAMSHIRY**  
 8607 Westwood Center Dr. 703.448.8883  
[www.shamshiry.com](http://www.shamshiry.com) Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereschk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. **\$\$**

**SUNFLOWER VEGETARIAN RESTAURANT**

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

**TYSONS BAGEL MARKET**

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

**WOO LAE OAK**

8240 Leesburg Pike 703.827.7300  
[www.woolaoak.com](http://www.woolaoak.com) Since 1946, Woo Lae Oak offers a Korean dining experience

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

## OAKTON RESTAURANTS

### LUCIANO ITALIAN RESTAURANT

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

### OLD PEKING

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

### SANTINI'S NEW YORK STYLE DELI

2975 Chain Bridge Rd. 703.766.6666 [www.mysantinis.com](http://www.mysantinis.com) If you're looking for a good corned beef or pastrami sandwich, 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 MOLLY STOOPLER

Beer has been the most consumed alcoholic beverage in the United States for the past 20 years. Over the past 40 years, the beer manufacturing industry has undergone a quiet revolution, despite the initial doubts of industry experts.

Prior to prohibition, the influx of German immigrants into the country brought a preference for lagers, and brewery consolidation eliminated the majority of smaller-operations which produced different varieties. The passage of the 18th Amendment, which eliminated alcohol production in the country, was the proverbial nail in the coffin for independent brewers. When prohibition was finally repealed, the largest breweries took advantage of their superior technology and efficiency to push the small brewers out of business. Thus by the early 1980s it is estimated that there were fewer than 100 breweries operating in the United States, almost all of which produced beer of a similar style—a light, somewhat bland, lager known as “American Lager.”

Homebrewing would be the spark that would eventually change the face of beer production. Independent small breweries began cropping up throughout the country, trying to bring back styles of beer that had been effectively wiped out by industry monopolization. Collaboration amongst small-scale beer manufacturers provided the necessary brewing knowledge to give small regional breweries the opportunity to compete with the large manufacturers. Advancements in communications technology, such as the advent of the personal computer, allowed long distance consultation, which further spurred the accessibility of craft brewing to the common man. Today, 99

## Orange Whip IPA 7.5% ABV

Brewed with our favorite American Citra hops, the citrus and fruit aromas lure you in even before taking the first sip. The strong malt backbone alongside the intense hop character produce an extremely well balanced IPA. The impeccable balance makes this beer approachable to everyday beer drinkers and hop-heads alike!

### Mad Fox

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percent of breweries in the United States are small craft breweries, and The Brewers Association has rigorously standardized 142 styles of beer. In accordance with this, American tastes are also trending towards the consumption of more varied and robust styles of beer. In fact, the average American now resides within 10 miles of a brewery. As of 2015 there are 124 craft breweries in Virginia, up roughly 59 percent from 2014.

So with so many craft breweries around to try, what should you expect when drinking craft beer? Obviously most craft beer does not resemble ubiquitous traditional American lager. Beer styles have been influenced throughout the history of beer production



*Mad Fox in Falls Church*



by a variety of factors, including locale, ingredient availability, and economic and political restrictions. At its essence, beer is made up of three main ingredients: malt, hops, and water. Malt serves as the base of beer, and is the mix of malted grains – usually barley – that is fermented to create sugar, and thereby, alcohol. Hops are a flavoring agent and preservative that is used to balance the taste of beer, providing bitterness in contrast with the sweeter flavor of the malt. Beer is divided into two categories, ales and lagers, based on the type of yeast used in the fermentation process. Ales are fermented with yeast that rises to the top of the brew at higher temperatures, whereas lagers are fermented for longer periods with yeast that remains at the bottom. The resulting difference is that ales have a tendency to be stronger both in flavor and alcohol content than lagers, and lagers tend to be less cloudy in appearance than ales.

The following serves as a guide to some of the more commonly found families of beer styles, within which there are many subcategories. Although this list is far from exhaustive, it provides background information regarding some of the more basic styles you might encounter when venturing out to your local brewery.

### ***Pilsners/Pale Lagers***

Pilsners are the original pale, light, hoppy brew style. Originating in Germany and the Czech Republic, Pilsners are crisp, clean lagers with a bready malt flavor.

### ***Dark Lagers***

Using darker malt than their paler counterparts, dark lagers are toasty and caramel-like in flavor. Common styles include the German-style Märzen/Okttoberfest and Vienna lager, which have proven very popular among American consumers.

### ***Bocks***

Traditionally, Bocks include little to no hops, and are therefore sweeter than most dark lagers. Doppelbocks are stronger in flavor and are a more alcoholic version of the original Bock, given the German literal meaning as “Double Bock.” Trippelbocks (English: Triple Bock) are a less common, but definitively stronger version

of the double variety. Certain styles of Bock may include wheat (Weizenbock) or additional hops (Maibock).

### ***IPAs***

Commonly referred to by the acronym “IPA” India Pale Ales are the top selling craft beer style in the United States. IPAs were invented in order to create a beer that would survive the long trip to India for consumption by British soldiers, as India’s climate

continued on  
page 124



### ***FLA-Mango***

Florida Weisse  
with raspberry and mango

### ***Aslin Beer Company***

257 Sunset Park Dr,  
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[www.aslinbeer.com](http://www.aslinbeer.com)



***Flight of Beer at Aslin in Herndon***



continued from page 123

was too hot to lend itself to brewing. The addition of extra hops, which function as preservatives, created a beer that not only survived the journey, but was believed to actually have improved flavor. IPAs can possess a floral, citrus, or even piney flavor, depending on the type of hops used. Much like Bocks, a stronger variety of IPAs exist known as DIPAs, or Double IPAs.

## Porters/Stouts

Porters and Stouts comprise the two darkest styles of craft beer currently available. The difference between them is widely contested, and various distinctions in history, composition, and brewing methodology have been proposed as potential divisions between the two. The common consensus is that Porters are made from malted barley, whereas Stouts consist of unmalted, roasted barley. Though historical context may refute this differentiation, this belief largely defines how modern brewers choose to name, and thus distinguish their beers. Dark and roasty Porters have light aspects of chocolate, nut, and coffee flavors, but are less dramatic than their more espresso-like cousins, Stouts. Stouts can range from a sweeter and maltier Milk Stout to a more bitter and alcoholic Imperial Stout.

## Wheat Beer

In 1516, Germany passed a law known as Reinheitsgebot, also known as the German Beer Purity Law, which dictated that the only ingredients permitted in the manufacturing of bottom-fermented beer

(lagers) were water, barley, and hops. The law was enacted in an attempt to prevent breweries from competing for grains needed to produce bread, namely wheat and rye. As time passed, yeast was recognized by the law as a necessity for beer fermentation and was exempted from the restriction. Reinheitsgebot still remains in effect in Germany today and there are therefore limited wheat-based beers exported from Germany. Top-fermented beers (ales), however, saw more relaxed restrictions and certain beer styles, such as the Hefeweizen survived. Outside of Germany, Belgian Witbeir and American varieties of wheat-inclusive brews have flourished in recent times. Modern wheat beers generally use anywhere between 40-60 percent wheat in the brewing process. Wheat gives the beer a creamier and tangier flavor, which lends to the addition of fruit flavors. Due to this, you will frequently come across wheat beers that include fruit in the brewing process.

## Hybrids

One of the beauties of the craft beer movement is that although certain styles are standardized for the sake of differentiation and better understanding of the brewing process, experimentation is very much encouraged. Fruits, spices, and deviations from traditional fermentation methods can create entirely new styles of the world's most consumed beverage. A very common example of this is the Kölsch, which is a pale ale that is warm fermented, and then conditioned at cold temperatures like a lager.

And there you have it—a very basic guide to the quickly expanding world of craft brewing! Have no fear, the craft brewing world is very focused on open discourse, so if you have any questions, just ask your server or brewer.❖

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**July 16–17, 2016**

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**Barrel & Bushel at Tysons Plaza**



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**Mark your calendar for the first Barrel & Bushel Annual Virginia Craft Beer Festival!**

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# Need a Getaway?

## TRY HARRISONBURG, Virginia



BY LINDA BARRETT

I had the privilege of attending college in Harrisonburg, Virginia, the same town where my ancestors found their footing in America, and where their names, stories, homes, and businesses still survive today. But after school, I left what was then a small town to seek my fortunes in the larger cities of Virginia.

Recently I went back, and was excited by the changes in the 'burg. Harrisonburg is now making a name for itself in cultural, arts, historical and foodie circles. In fact, it was designated the first Culinary District in Virginia.

Check into the **Joshua Wilton House Bed & Breakfast**, the only downtown B&B. This elegantly-restored Victorian home is the perfect place to rest your head and enjoy a great deal of what Harrisonburg offers within walking distance. Select from one of five elegantly appointed rooms that include a full gourmet breakfast, and book at least one night's dinner there to enjoy upscale dining featuring high-quality ingredients from the area's local farms and an extensive Wine Spectator award-winning wine list.

If pastry chef Elizabeth Stover offers you one of her baked goods, say "yes." In her words, "I get to make edible love and feed it to people every day." I smuggled out several of her creations for an afternoon treat.

Make your first stop at the **Hardesty-Higgins House Visitors Center**, a block away. Here you'll find a downtown map, brochures, gift shop, and cafe. History buffs will enjoy the Civil War Orientation Center and Valley Turnpike Museum. Note the signed records book in the front room display; it is one my great-great-grandmother saved from a local courthouse after the Yankees set the building afire (another is displayed inside the Courthouse).

Across the street, visit the Virginia Quilt Museum, with three floors of rotating, curated quilt exhibits celebrating Virginia's art and cultural heritage. Then wander two blocks past the Farmer's Market to the **Hugo Kohl Museum of American Jewelry Design and Manufacturing**—and jewelry store.



American Celebration polar bear float with director of marketing



All photos credit: Linda Barrett



Staff at Bella Gelato



Hugo Kohl, jewelry museum





*pastry chef at Joshua Wilton House*



Joshua Wilton House B&B and restaurant

While traveling, jeweler Hugo Kohl stumbled across some workers dumping boxes of steel parts into a dump truck to be sold for scrap metal. One box broke open and pieces tumbled out onto the ground, and Kohl went over to investigate. He discovered valuable hubs—blocks of steel with intricate hand-carved designs used to create jewelry in the 1800s. Beginning with those, Kohl's collection now contains more than 3,000 hubs, dies, and rolls, along with many of the original manufacturing equipment pieces used to create Victorian jewelry in the Industrial Age. He uses this equipment today to create his unique designs, and offers daily tours of the manufacturing process. Save time to shop!

Enjoy lunch at **Bella Luna Wood Fired Pizza** (voted Best Pizzeria in the Shenandoah Valley and Harrisonburg's first farm-to-table restaurant). Watch your pizza cook in the massive 900-degree wood-fired oven, or order from the artisanal and seasonal menu featuring produce, meats, and cheeses from Valley farms. Organic flours are used in making the hand-made pizza and pastas and an extensive wine list is available.

Then cross the street to **Bella Gelato & Pastries** for something sweet (same owners). Try the hand-crafted chocolate gelato sandwiched between two lavender cookies, or a crumbly scone.

You could literally eat your way through the 40-block culinary district of Harrisonburg where 40 restaurants showcase innovative menus ranging from mainstream to ethnic selections, and fine dining to casual. Take a 2.5-hour **Rocktown Bites! Food Tour** for samples and the behind-the-scenes "dish".

Harrisonburg also earned the nickname "Beertown" for its influx of craft breweries. Sample brews at **Three Brothers Brewing** microbrewery (you can find their beer in Northern Virginia stores) or attend the twice-annual Rocktown Beer & Music Festival (April and September).

Nestled in the embrace of the Shenandoah Valley, visitors enjoy a peaceful yet rich getaway. The 10-block vibrant downtown area was designated Virginia's first Arts & Cultural District, with a dozen or more galleries featuring local artisans and artists, museums, and exciting performances at the **Forbes Center for the Performing Arts**.

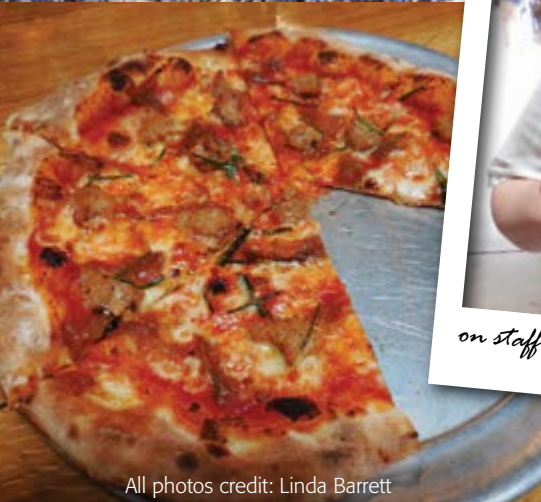


Breakfast foods at Joshua Wilton House



CONTINUED ON PAGE 128





*Harrisonburg Farmers Market*



*on staff at Bella Luna Restaurant*

CONTINUED FROM PAGE 127

## Exploring the Valley

Plan a day or two to enjoy the serene rolling hills and mountain vistas of the Shenandoah Valley. With stunning settings, Bluestone Vineyard, CrossKeys Vineyards, the Purple WOLF Vineyard, and Old Hill Cider are open for weekend tours and tastings. At The Purple WOLF, part of the **White Oak Lavender Farm**, sample the unique taste of a lavender infusion or warm lavender mulled wine.

The Lavender Farm is a destination itself, with more than 32 varieties of aromatic lavender, farm animals, meditation areas, a labyrinth, and plenty of places to kick back. You might find yourself quite content in a hammock amidst the fragrant meadow.

Don't be surprised to see a horse and buggy along the roads; the Harrisonburg area is home to a thriving Mennonite population. Visit the Old Order Mennonite-Amish **Dayton Farmer's Market**, or the **Shenandoah Heritage Market**, where locally-owned shops offer hand-made quilts, gourmet foods, candy, kitchenwares, Amish-made furniture and more. Book lovers also flock to the **Green Valley Book Fair**, a 25,000-square foot discounted book outlet only open several times a year.

For a quirky adventure, cool off in the 56-degree **Shenandoah Caverns** on a one-mile trek through seventeen spectacular rooms. Look for the "Breakfast Bacon" that appeared in *National Geographic* magazine. Also at their complex, don't miss **Celebration on Parade**, especially in this election year. You'll see the massive floats and platforms used in Presidential parades and Inaugural ceremonies, as well as the Tournament of Roses parade—up close. Sit inside a float and learn how they maneuver down the street.

Then pop into the nearby **Route 11 Potato Chip factory** for handmade specialty chips in 10 gourmet flavors including Chesapeake Crab and Dill Pickle. Sample each kind as you watch the chips move down the conveyor belt into take-home packages.

So close to D.C., Harrisonburg still leaves you with the feeling that you've traveled afar. Its warm and friendly people, fabulous foods and plethora of interesting attractions offer more than one reason to visit. ♦

**Harrisonburg Tourism**  
[www.visitharrisonburgva.com](http://www.visitharrisonburgva.com)

**AUTHOR:** Linda Barrett is a graduate of James Madison University in Harrisonburg, VA as are her brother and sister. Her grandmother attended the college in the 1920s, and her grandfather was born in a house just off Court Square. The town was almost named after the family even—but that's another story. When not traveling, Linda is owner of All the Buzz, a corporate copywriting firm for websites, brochures, blogs and business communications. [www.allthebuzz.net](http://www.allthebuzz.net).

All photos credit: Linda Barrett





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# 2016 JULY/AUGUST STYLE THAT PEACHY GLOW...

BY LAUREN SIMMONS



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5



7

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- 2) Marchesa Petunia Pin  
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# GADGETS, GOODIES, AND GIZMOS

BY LAUREN SIMMONS



## Fearless Fathers Diaper Kits

[www.FearlessFathers.biz](http://www.FearlessFathers.biz)

Fearless Father diaper kits are 'Gear for Men Brave Enough to be Dads'. This local Reston company has launched a clever way to never be without the essentials for your little ones. Not intended to replace the traditional diaper bag but a perfect addition for leaving in your car, in a stroller, or leaving behind at Grandma's house.

## Air Cork

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

When all you're craving is a single glass, the rest of the bottle doesn't need to suffer a most unsavory fate! Unlike stoppers that leave your leftover vino exposed to air, and consequently, oxygenation, this ingenious wine savor creates a protective, impermeable seal between the bottle's contents and the taste-altering air above.

Simply lower the balloon end until it just grazes the surface of your remaining wine. Give the grape-shaped pump a few squeezes and the balloon will expand to the exact size of the bottle.



## Lekue Silicon Popcorn Maker

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

This Lekue silicon popcorn maker for the microwave pops a third of a cup of kernels, no oil, in two to three minutes and collapses for storage. The unique suction lid keeps the popcorn from overflowing. A great way to have a fast, guilt-free snack.



## Rikon High-Output Ratchet Mill

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

The high-performance Kuhn Rikon high-output ratchet mill features a ceramic stone grinder that won't corrode and can be used with salt, pepper or other spices. Adjusts from fine to coarse and is a favorite among cooks.

## Evrgrn Crash Sack—Wearable Sleeping Bag

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

This wearable bag combines the warmth of a legit sleeping bag with indulgent comfort of the biggest puffy jacket you could own. Designed with zippered holes for arms and legs, it lets you walk, eat and kick back without ever leaving your cocoon.







BY JULIE KANE

## INSPIRE, CREATE, AND SUSTAIN *Your Outdoor Living Area* The benefits of hiring a design-build firm for your landscape needs.

Finding the right landscape company can be challenging, especially with so many different businesses offering a wide range of services, skills, and levels of quality. At Kane Landscapes we feel our purpose is well defined by our tagline; to Inspire, Create, and Sustain high quality residential landscapes. Our Landscape Architects have the talent to transform your ideas into an inspirational design that is not only beautiful, but functional and architecturally sound. Our experienced construction teams use the latest equipment, technology and techniques to create gorgeous landscapes that stand the test of time. Finally, our maintenance division will protect your investment and ensure that your property receives the attention and care required to thrive.

There are several benefits to working with a landscape architecture firm that handles all aspects of a project:

- We are licensed contractors with years of experience in landscape construction. This ensures that we use the best installation methods and that our team uniquely understands how to design buildable and sustainable landscapes.
- We ensure that your vision is translated from the architects to the installation team to the crew that will ultimately maintain your property year-round.
- We save you money. Our experienced Landscape Architects understand both your budget and the cost of construction, eliminating surprises and keeping your project on track.

Michael and Frankie Hardesty, owners of this beautiful Vienna home, understand the advantages of hiring Kane Landscapes to oversee their award-winning landscape. Their expansive outdoor living area was designed and installed in two phases. For the first phase, the Hardesty's wanted to expand their living area to enjoy the beautiful wooded surroundings and creek below. Our solution was to construct a three-level addition that could be used

year-round. A screened porch extends off the main level, with the roof serving as a large walk-out deck from the master bedroom, and with the underside finished with a weatherproof ceiling complete with a ceiling fan, sound system and recessed lights. A bluestone patio was built beneath the deck that extends to another patio area with a stone fire pit surrounded by a circular retaining/sitting wall that appears to hang onto the hill above the creek.

For phase two, the owners decided to expand the outdoor entertaining area to create the ultimate backyard. An outdoor kitchen and dining area includes a large grill island, refrigerator, trash and recycling bins, and plenty of storage and food preparation space. Designed into the side of the steep slope, just steps down from the original patio, is the pool and sunning area. The pool's large stone fountain and a diving board provide entertainment for the kids, and a spa is built into the shallow end for the adults to enjoy. Situating the pool at a 30° angle close to the house left the retaining wall intact, while the septic lines and sections prone to flooding were avoided. Grading the area, however, was a challenge. Several stone masonry walls were built, and hundreds of 2,000 to 3,000 pound boulders were placed to level the area. For functionality, a stone stairway and path was constructed to provide easy access to the front of the home.

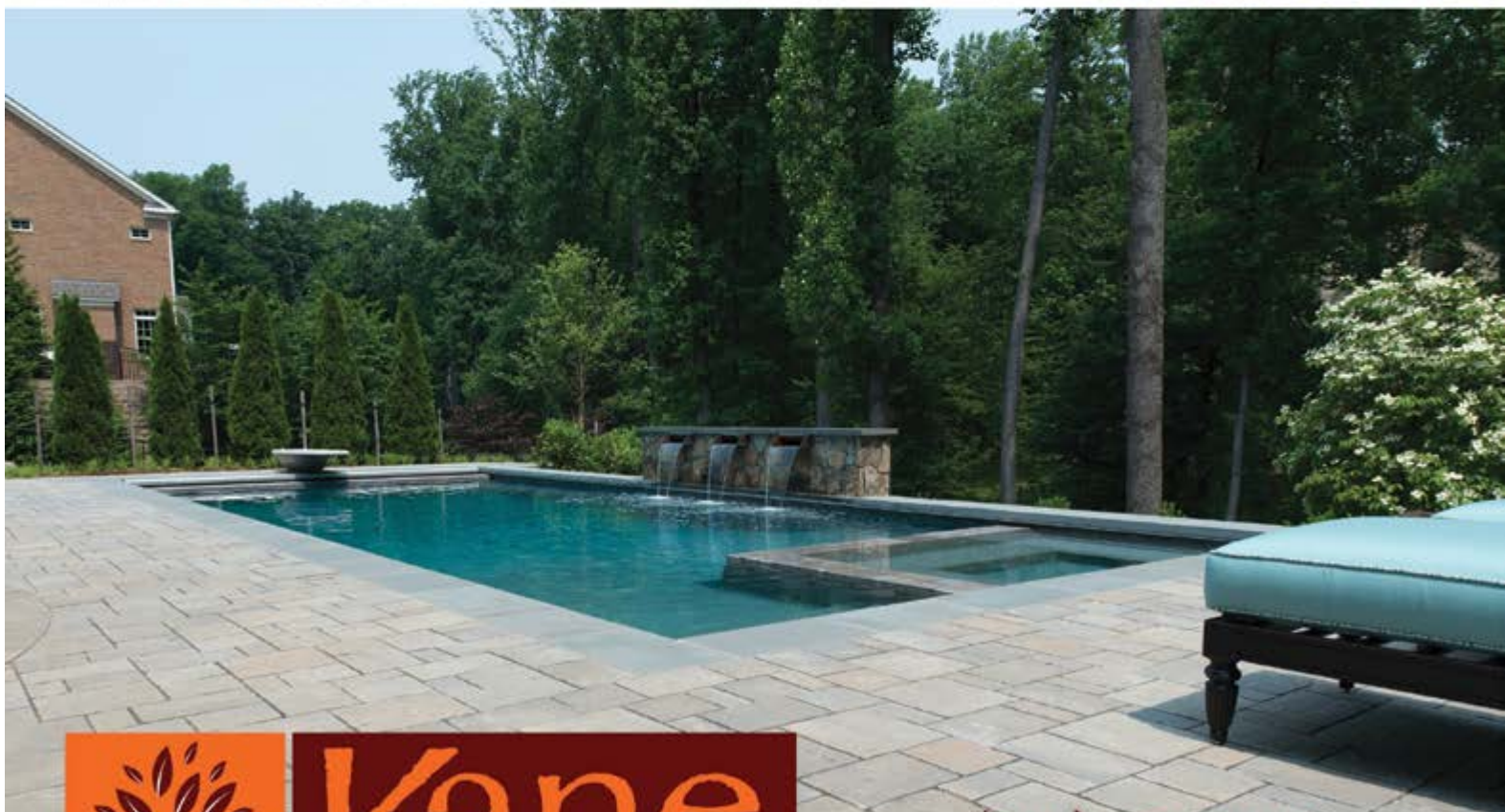
A planting design focused on native plants was created to make the landscape feel like an extension of the woods. The lower area was leveled using dirt excavated from the pool, creating a perfect area for kids to play soccer. A drainage system was installed to handle overflow from the nearby pond, and the creek was enhanced with boulders and ground-cover to finish this natural-feeling backyard and help prevent erosion.

With the landscape complete, the Hardesty's now have an amazing retreat right in their backyard that fits their natural setting. They can also rest assured that their landscape will be protected as Kane Landscapes will continue its maintenance as it matures. ❖





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# MY DAY AT THE AMERICAN GIRL CAFÉ



BY VANESSA VILLAVICENCIO

Vanessa at American Girl Café

On the day my Auntie Allie and I went to the American Girl Café, we painted our nails. There were shades of pink and silver. They looked beautiful. Then we drove to the café. This café is located in Tysons Corner Center.

The building was magenta with a hint of red. It was lovely. It had gorgeous trees with pink flowers on them outside. When I first walked into the café, I saw beautiful masterpieces of dolls. We saw American Girl books. We told the lady in the front we were there for the afternoon tea and gave her our reservation name. Afternoon Tea and Craft is served on weekdays from 2 to 4:30 p.m. It costs \$13.50 per person, excluding tax and tip.

Then the nice waitress Maksuda asked us to come to our table. She asked us what we wanted to drink. I ordered lemonade, and

Auntie Allie ordered fruity herbal tea. The drinks were delightful. It was cool like you're serving yourself because they had tea pots at your table!

When we got our Savory Beginnings, we first tried the Rebecca's Cucumber Tea Sandwich. It was delicious! It had herbed cream cheese on bread, and it was zesty and scrumptious. Josefina's Rancho Turkey Burger with cheddar cheese, tomato, and lemon aioli was one of the best burgers I've ever had. My doll Rebecca ate it too. I fed it to her. She loved it!

All the Sweet Treats were delectable, including Julie's Groovy Pink Cupcake, Samantha's Tea Cookie with green frosting, and the Addy's All-American Chocolate Mousse Flowerpot with chocolate cookie crumbs. When you ate the Sweet Treats, it felt like you were at home.

When Auntie Allie and I got our receipt, it said help save our wildlife friends with Lea, the new Girl of the Year. They are raising money for the World Wildlife Fund in 2016. They're helping save the animals, the trees, and the nature in Brazil.

When we were done, we went to stores like Hanna Andersson, L.L.Bean, and the Under the Olive Tree olive oil shop. At Hanna Andersson, I tried on a blue and grey dress, and Auntie Allie got it for me for my birthday. In the olive oil shop, we tried Italian olive oil and bread. I had a fun day at the mall.

I recommend this place to girls and their moms, aunts, and grandmas because it had tasty food and desserts. It wasn't too spicy and it wasn't too plain. It was perfect. My doll Rebecca loved it too. In the book "Meet Rebecca," it says my doll Rebecca is brave. When I grow up, I want to be just like my American Girl doll! ❖

**AUTHOR:** Vanessa Villavicencio is the 8-year-old niece of travel and culinary writer Allison Chase Sutherland. She is in third grade and requested to write this restaurant review for *VivaTysons Magazine* about the American Girl Café in Tysons Corner Center.



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BY JOHN BYRD

Photo Credit: Greg Hadley



# Contemporary Kitchen

## COMPLEMENTS COUNTRY SETTING

### Gourmet Kitchen Satisfies Passionate Amateur Chef...and his Friends and Family

(At Top) The 600 square foot great room formed by combining the original kitchen with a seldom-used dining room accommodates the gourmet kitchen's showpiece: a 16' x 6' food preparation island and dining counter. Owner Bryan Ware, who is passionate about cooking, was looking for a plan similar to those used in some restaurants which allow the chef to interact with guests.

(Above) Original built-ins include serving stations on either side of the kitchen. This one is situated between the clean-up sink (right) and a wine column (left).

A kitchen enlargement and makeover to a 12 year old Loudoun County residence explores several interior design trends now shaping how owners think about the function and presentation of a classic family home.

Situated high on a hill, the three-level house in Paeonian Springs, VA offers views in all directions. Still the new owners found the kitchen dated and cramped, the adjacent formal dining room unnecessary, and overall, the space completely lacking the resources needed to prepare fine gourmet food, and celebrate while its being created.

Pursuing big goals, the comprehensive remodeling entailed converting the kitchen, dining room and breakfast room into a nearly 600 square foot gourmet cooking and dining suite that boasts three tray ceilings, a refined textured interior, integrated art display spaces, and professional caliber cooking amenities.



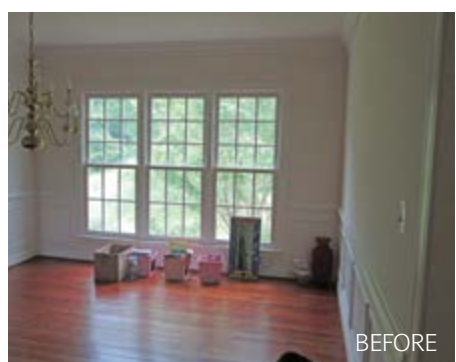


(Above) The old breakfast zone has been converted into a “keeping room” used to facilitate traffic between the front foyer and the kitchen.

For owner Bryan Ware, however, it’s also the fulfillment of a vision that began when he realized that the home he had purchased in 2014 didn’t adequately support one of his favorite activities.

“I’m passionate about cooking,” Ware says. “When I took a good look at our kitchen, I saw that the restricted space would be a problem for the kind of cooking I want to do. Also, I didn’t really want a traditional dining room—so we were researching ideas for possible changes, looking for an inspiration.”

A meeting with design consultant Roger Lataille of Sun Design Remodeling proved to be just such an inspiration, quickly giving voice to Ware’s still formulating remodeling plans.



(At Right) The former dining room window was converted to a pair of glass-facing French doors with transoms. Sun Design’s Ericka Williams designed the multipurpose buffet which provides illuminated display space for paintings from the Ware’s private collection.  
(Above) Dining room before

As Ware tells it, Lataille established his *bona fides* as a space planner shortly after seeing the house for the first time.

“Roger understood what we were looking for—which was certainly a departure of a conventional kitchen,” Ware says. “I liked what I’d seen in some chef-owned restaurants where the room is dominated by one long counter. I basically wanted a plan in which I could cook and interact with guests—but *within* an open space with well-articulated activity zones.”

Adds Roger Lataille: “Once we saw that the stove and hood would have to be a spotlight component in a large food preparation island and dining counter with seats, we began sketching out ideas for a completely revised floorplan.”

To create the necessary square footage, the designer proposed expanding the existing footprint in two directions. First, he would absorb the dining room into a vastly enlarged kitchen great room. The former dining room window would be converted to a pair of glass-facing French doors with transoms, providing easy access to a future back deck.

Secondly, the breakfast room at the opposite end would be assigned a new

role—“keeping room”—and used to facilitate traffic between the adjacent front foyer and the kitchen. Again, a small rear door and window have been replaced with a symmetrical and architecturally-sympathetic French door.

To accommodate a significant increase in refrigeration appliances, the remodeling team redesigned the interior wall elevation on the west-facing rear of the house. The window above the sink remains unchanged, but the new elevation is now augmented by a pair of glass-facing display cabinets on either side. The built-ins are, in turn, flanked—respectively—by a freezer/wine column to the left and a double refrigerator to the right.

Meanwhile, the floor space formed by deleting a coat closet, several base cabinets and the existing pantry would be reconfigured to support two large pantries and a coffee station fitted with a pot-filler.

The kitchen’s showpiece is the 16’ x 6’ food preparation island and dining counter which is surfaced with three slabs of cararra marble. Weighing 2,500 pounds, the built-in is supported by a wall truss system.

CONTINUED ON PAGE 138







(Above) The dining counter seats five. At 42", the bow cabinets at either end of the counter are both a gathering spot for guests and convenient storage such unexpected conveniences as a "charging station" for cellphones and laptops.

(At right) The existing 12 year old kitchen was partitioned from the dining room. The subsequently adapted "open" plan required rerouting plumbing, electrical and HVAC.



#### CONTINUED FROM PAGE 137

With bow cabinets at either end and seating for five, the island is center stage ("the command center") for Bryan Ware's gastronomical inventions. At 42" high, the cabinets are both a gathering spot for guests and convenient storage for such unexpected conveniences as a "charging station" for cellphones and laptops.

Now in plain view, the formal dining area is substantially more elegant than its predecessor, yet more accessible. Graced by a buffet created by lead designer Ericka Williams, the piece provides illuminated display space for paintings from the Ware's private collection.

"The family can change the featured painting as the mood strikes," Williams notes.

The built-in includes puck lights above and below a surface allocated for art display—its an effect that is elaborated throughout the kitchen. In other parts of the room, backlit glass-facing cabinets present collectibles from wide-ranging travels. Peruvian wine bottles. Ceramic tea pots. An old silver cocktail shaker.

"I like blending the old and the new," Ware says. "There are darker, almost industrial textures in the wall elevations, which are offset by delicate soffits and crown molding."

The three tray ceilings overhead quietly instill a sense of how the great room is zoned, yet they are also a reference to a more tradition-bound architecture made contemporary by the inclusion of warm LED cove lights emitting a distinctive tawny glow.

Textured metallic wallpaper inside each tray—something you might more typically find in a New York hotel—is another playful motif in an interior that consistently presents contrasting colors and textures.

Overall, the new space unfolds "generously" in every direction, Ware says.

"It's a place where we can easily entertain fifteen friends or more," he adds, "and it works beautifully for that purpose. But it's also an every day gathering spot where the kids do homework while meals are being prepared."

Ware is also pleased with the kitchen's well-defined work triangles.

"I have a slide-out cutting board right next to the stove, A spice drawer, a knife block, pull-out trash cans. Everything is where it needs to be—at my fingertips. I call that good planning."

Sun Design Remodeling will be sponsoring tour of this remodeled home on August 13, 2016. Headquartered in Burke, the firm has a second office in McLean. For information call 703.425.5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com). ♦

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





Hard time making an interior design decision?  
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One of the largest and most emotional investments you can make is to furnish and decorate your home. If you need to see it, touch it, visualize it, then either visit Persiano Gallery or let owner, John Hashempour make a complimentary visit. John is the go-to interior designer for 'traditional meets contemporary eclectic design'. John's effortless aesthetic has made him the best kept secret of the interior design world and cherished by every client he has worked with in the DC area.

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# Cool Summer Days

BY LINDA BARRETT





Hillary Summerbell, owner of Sanctuary Interior Design is always on trend when it comes to what's hot and what's not for each season. She recently returned from High Point, North Carolina with her latest observations.

"The 2016 summer trend is all about bright colors, with plenty of white and cream accented by cool tones in light blue, turquoise, light green, gray, silver and gold, with circles and geometrics dominating the patterns—think the colors of Greece," Summerbell explained. Gone are the muddy colors and browns and in their place are lots of pastel colors, with Mother Nature providing the background. "No reds, oranges or browns."

The warmer months are the time to take your living space outside. "Creating a comfortable outdoor space can easily be done in a weekend," she said. "I recommend that you perform an analysis of your outdoor living space and think about how you would like to entertain guests. Then make a list of everything you need and make it a weekend project to create a sanctuary on the outside of your home for the season."

Items that make the most impact and are easiest on the budget include: new furniture cushions, pillows, tablecloths, fresh candles, new glassware, fresh flowers in a container garden, and outdoor music. "I'd consider these your basics, but if you were going to do one thing that made the biggest impact, it would be to purchase new cushions and pillows."

Consider soft lighting. In the trees, hang lanterns with candles or even a chandelier on an extension cord. Line the inside of an umbrella with twinkle lights on battery packs. Since you are not using your firepit in the warm months, fill it with water and float candles or flowers here as well

as in the pool. Even sparklers can add a certain charm—they don't have to be used just for the Fourth of July.

"Don't be afraid to use your outdoor space," Summerbell advised. "Have a luncheon and invite friends over or ask the neighbors for a champagne and fruit party. Hold a spontaneous happy hour or plan a pot luck dinner party."

"Always plan for your party to be outside. You can always pull it inside if it rains, and then after the storm passes, the party will flow again outside naturally. If you start inside, it's harder to move it outside later."

Some of the hottest looks for outdoor spaces have a clean, contemporary focus. "We're seeing porch bed swings, outdoor ping pong tables and chairs made of lucite, clear glass coffee and end tables, electric or gas-infused fire pits, sectional couches, fish tanks, and patio container gardens with white flowers—white is everywhere this year."

## Sweet Summer in the Front Yard

Use the transitional areas outside your home to create spaces where people can come together. There are many ways to enjoy a long summer's evening together in a relaxing way.



If you have a front porch, use it. Sit in the rocking chairs or on the swing. Set up a decorative sitting area on the lawn. Drag the picnic table to the front yard, cover it with a red and white checked tablecloth and have a simple afternoon luncheon. "People get too isolated in their backyards, whereas front yards are more inviting. Wouldn't it be nice to ask the neighbor walking by, 'Would you like to come over for a glass of sweet tea?'"



Entertaining isn't just for adults, either. Remember the lemonade stand of your youth? Take it up a notch by setting up an artist's stand and have your kids draw portraits of their friends and neighbors with a sketch pad and crayons, as well as sell lemonade. Set up a tent and camp outside with your children.

## Current Outdoor Projects

Sanctuary Interior Design recently helped several families freshen their outdoor spaces for this summer. The first client wanted to prepare their screened-in porch for summer entertaining with fresh paint and fresh furnishings. The second client desired a backyard patio retreat. For a fresh, uncluttered look, Summerbell recommended removing an old swingset and playhouse, adding new furniture and reworking the garden area.

Sanctuary's third project is a local favorite: the Old Angler's Inn in Potomac, Maryland. "We are redecorating their outdoor space by repainting the patio and veranda and outdoor bar in cool grays and light blues to freshen it up, and adding lots of pastel flowers in containers." Summerbell also placed a marble-topped gallery table in the middle for entertaining and accessorized it as a working sideboard that can serve as a buffet with candles and platters.

Summer is the season for outdoor living, whether you are entertaining, playing with the children, or simply relaxing in your personal sanctuary. All too soon, we will be back indoors. ♦

### SANCTUARY INTERIOR DESIGN

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

**AUTHOR:** Linda Barrett's favorite season is summer. There is nothing like a good book, a hammock and an icy glass of lemonade. In addition to writing for Viva Tysons, she is owner of All the Buzz, a corporate copywriting firm, celebrating 20 years. [www.allthebuzz.net](http://www.allthebuzz.net).





Mason Row West St and Broad St



Mason Row, view from W. Broad Street



Mason Row, view from W&OD

## Falls Church Offers Resource FOR LOCAL SMALL BUSINESS OWNERS

Northern Virginia residents have become quite familiar with commercial revitalization over the past few years. Recent examples include not only new construction along Leesburg Pike and International Drive but also Mosaic in Fairfax. Because of the economic opportunities offered by commercial reinvestment and development, other localities have followed in those footsteps.

One example is the City of Falls Church. In recent years, the city has experienced increased development activity. But while these renewal efforts can bring in new and exciting storefronts, they can also fuel tensions within the community. Many small businesses form a crucial part of the local economy and contribute to the city's character. Unfortunately, the upgrades required by commercial reinvestment often leave them unable to compete. For example, a popular pizza diner may have to relocate outside the city because the commercial space it occupies has become the future home of an upscale grocery store.

For this reason, the City of Falls Church Chamber of Commerce has taken a proactive role to ease the transition caused by commercial revitalization. They developed the **Resource Guide for Displaced Businesses**. The guide takes a unique approach, striking a balance between the needs of local businesses finding themselves unable to

compete with outside companies seeking to develop commercial property and the understanding that bringing new businesses into the local economy is healthy and important.

"The Chamber thought it would be useful to craft a resource for local companies to find the tools they need to understand the issue and appreciate the inevitably changing dynamics of the city's business landscape," says Andrew Painter, a zoning attorney with Walsh, Colucci, Lubeley & Walsh, P.C. Because the guide is the first of its kind in the United States, Painter compiled a wide range of information over the course of authoring it. Among the resources included in the guide are an overview of the redevelopment process, lease negotiation tips, and advice on identifying potential new commercial space should relocation be necessary.

"Small and local businesses are an absolutely essential component of our City's economy, and the issues they face are not peculiar to Falls Church," Painter said. "Established jurisdictions of all sizes are grappling with the same predicament, and we hope this can be a resource for positive action for businesses and communities across the country."

The **Resource Guide for Displaced Businesses** can be obtained from the City of Falls Church Chamber of Commerce website. ♦



# TYSONS *Premier*

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## NEW VERSAILLES CUSTOM ON A 2 ACRE LOT IN THE HEART OF MCLEAN



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### MCLEAN, VA

\$3,985,000

New Versailles Custom on a 2 acre lot in the heart of McLean. Gated "Smart Home" with fencing all around it. Brick precast stone with phenomenal details, motor court with 3 car garage attached and 2 detached car garage with loft apartment above. Top of the line amenities, grand foyer, plaster mouldings, elevator ready, two-story paneled library with coffered ceilings, and built-ins, extraordinary gourmet kitchen with top-of-the-line appliances, 2nd Master on main level, opulent owners suite, media room, pool, gated entrance. Lower level with media room, rec room, bar.

## M&A CUSTOM HOME



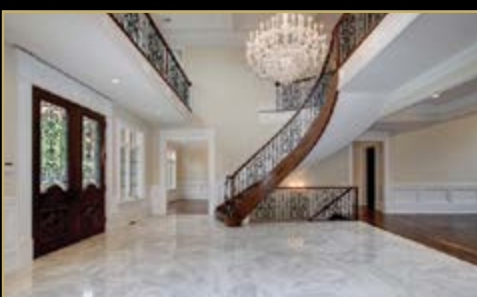
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### MCLEAN, VA

\$5,999,900

All brick and limestone new home by award-winning builder, M&A Custom Homes. Gated with circular drive, motor court and 5-car garage on 2+spectacular acres. Stunning entry with curved staircase and cast iron rail, elevator, multi-piece mouldings, furniture grade cabinets and top of the line appliances. Walkout lower level with wine room, exercise and media. Outdoor entertaining with in-ground pool, pool house, 2 outdoor kitchens and covered patio.



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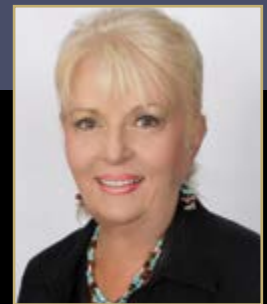


## VIENNA, VA

\$725,000

Move-in, restore, or tear down and build new! This expanded/renovated 1950's Bungalow home is on a prime 1/2 acre private lot and features 2bds, 2baths, updated kitchen, beautiful hardwoods, LR w/ built-ins, spacious family room, large front porch, koi pond w/waterfall & more. Neighborhood path to Silver Line. Surrounding homes are 1.5-1.6 mil. Well-positioned for rehab/redevelopment.

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## VIENNA, VA

\$1,400,000

Gorgeous "Smart Home" with 3-car garage. Hardwood floors on all 3 levels. Florida-style outdoor kitchen and 2 inside kitchens. Patio with big stone fireplace plus 4 fireplaces inside. 5 Bedrooms, 4 Full Baths, 4 Half Baths. Library, Media Room with Wet Bar, Nanny's, Maid's or Guard's Retreat with Half Bath. Exquisite detailing and museum-like lighting throughout. And so much more for only \$1,400,000. 22180 ZIP code. This is a Must See! Landscaped, Stonescaped. Wow!



# TYSONS Premier

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Direct: 703-873-5193

*"Remember, every transaction is treated as if it was my own."*



### MCLEAN, VA

\$2,998,000

Dreaming of building your own, custom home, inside the Beltway? This property, designed by GTM Architects, and built by Bethesda Builders, offers high end, construction quality throughout! Features of the house include: 6 BR, 5 BA, 2 HBA, on 3 finished levels, with walk-out basement and covered patio. Pella windows and exterior doors, covered front porch, flagstone front walk-way, 3 car garage with Wi-Fi capability, and a designer landscaping package. Pool option available! This property is sited on over 3/4 flat lot, in the highly sought after River Oaks neighborhood. YOU still have time to "modify" this home to your specifications! Churchill Road, Cooper and Langley schools! For more information, and for a complete list of details, please visit [www.732LawtonSt.com](http://www.732LawtonSt.com), or call (703) 965-8133!

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### FALLS CHURCH, VA

\$1,425,000

Gorgeous new home in fabulous location convenient to two Metro stations & Tysons Corner! Exceptional quality & detail. Enjoy 5 bedrooms, 4 full baths, 2 powder rooms, 9' ceilings on main & upper levels, custom wide board hardwood floors, top grade Pennsylvania crafted cabinetry, gourmet kitchen with stainless steel appliances & large island, deluxe master suite with boxed ceiling, coffered ceiling family room, lower level in-law suite, two fireplaces & more! Ideal location for commuters. Great schools including McLean HS!





# TYSONS *Premier*

SELECTED AREA LISTINGS

## COLONIAL IN SOUGHT-AFTER SALONA VILLAGE



### MCLEAN, VA

\$1,670,000

Located on a quiet street in the highly desirable neighborhood of Salona Village, this Classic Colonial, built by Chadsworth Homes, features 6BR/5BA on three levels and more than 6,000 square feet. This home has been meticulously maintained with hardwood floors, crown molding and chair railing details throughout the main level. The grassy, flat backyard is fenced-in and hosts a large deck with a screened-in gazebo. This home is located just minutes from downtown McLean, walking distance to shops, restaurants, grocery stores and schools and offers easy access to the GW Parkway and the Beltway.



### Michelle Arcari

Michelle@WydlerBrothers.com

www.WydlerBrothers.com

703.403.9232



Wydler Brothers  
REAL ESTATE



## CONTEMPORARY-STYLE HOME WITH MULTIPLE TERRACES ON 3 PRIVATE ACRES



### MCLEAN, VA

\$2,300,000

Situated on over 3 gated acres in McLean, this Contemporary-style home was designed by Ted Bower, long-term apprentice of Frank Lloyd Wright and features private terraces off almost every room in the house. The views from the home are breathtaking and offer a tranquil setting while still being just minutes from downtown DC. Architectural details can be found throughout this distinctive property with natural light filling the home from top to bottom. Not only does this home feature some of the most intricate design details inside, the exterior has some of the best views imaginable of the night sky. Outdoor living space, a Koi pond, a three-car garage and gorgeous landscaping complete to this one-of-a-kind home. Have the best of both worlds with this tucked away home in McLean, just minutes from Washington, DC, the Capital Beltway and the Metro.



### Mindy Venuto

Mindy@WydlerBrothers.com

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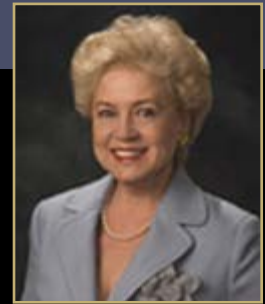




# TYSONS *Premier*

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## MCLEAN ESTATE'S ORIGINAL PLANTATION



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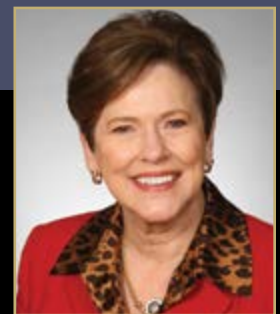
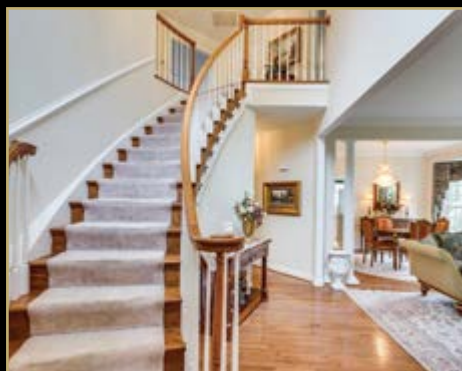


### MCLEAN, VA

\$2,650,000

Right around the corner from Tysons, 495, and the Silver Line Metro, McLean Estates is a luxury community that boasts one of McLean's most strategic locations making it a commuter's "dream come true." It was once a vast farm surrounding a true Virginia Country House known as "Rocky Run Farm". Boxwood promenades and tall trees flourish across the property creating vignettes and quiet sanctuaries around the pool and porches. Everything has been updated with authentic architectural details mixed with state-of-the-art lighting, six working fireplaces, sumptuous bathrooms, main and upper master suites, fantastic gourmet's kitchen, huge walk-in-bow alcoves, authentic underground wine cellar, two staircases, a pool house/apartment, towering attic, and more...much more. This magnificent part of McLean's history is now offered for sale. It is your chance to write the next chapter in Rocky Run Farm's history.

## VILLAS OF OAKDEN



**Shirley Buford & Associates**

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

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### VIENNA, VA

\$859,000

Fabulous All Brick Home with three finished levels located in exceptional close in neighborhood near Vienna Metro, and walk to shopping. 4/5 Bedrooms (one of which is Au Pair Suite in lower level) and 3.5 Baths. Two Story Entry Foyer with Sweeping Curved Hardwood Staircase and Carpet Runner. Hardwoods in Foyer, Living Room and Kitchen. Columned Entry from Living Room to Walk-in Bay in Dining Room. Two Fireplaces. Gourmet Kitchen with Granite Counters, Walk-in Bay Breakfast area, and Light Filled Family Room with Fireplace off Kitchen with Double French Doors. Upper Level Boast 4 Spacious Bedrooms with Luxury Bath off Master with Separate Shower and Jetted Tub. Finished Daylight Lower Level with Recreation Room/Game Room area, Den/BR with full Bath. Two Car Garage with Automatic Garage Door Openers and fenced Rear Yard.



# ASK AN ADVISOR *about*



BY ROSE M. PRICE, CFP® AIF®

## I haven't received my Social Security statement in the mail—where is it?

The Social Security Administration only mails your statement every 5 years; when your age ends in a 5 or a 0. You can access your latest statement any time online at [www.ssa.gov](http://www.ssa.gov).

## How are my Social Security benefits calculated?

Your Social Security retirement benefit is based on your highest 35 years of earnings. Married individuals may be eligible for benefits based on their spouse's record if they did not work or earned less than their spouse.

## When should I apply for Social Security benefits?

You should apply for retirement benefits at least three months before you want your payments to begin. The earliest you may apply for benefits is when you are 61 years and 9 months old (for benefits to begin at age 62). You have several options when it comes to the timing of taking your benefits, and it is not always the best decision to file as soon as you are eligible. It is important to know your options and the long term effects of filing before "Full Retirement Age" (age at which a person may first become entitled to full or unreduced retirement benefits).

To apply use the [www.ssa.gov](http://www.ssa.gov) online application process, apply by phone, or visit your local social security office (call first to make an appointment).

## If I delay filing will my future benefit increase?

Yes, there is a financial bonus for delaying retirement benefits. If you reach Full Retirement Age this year (currently 66 years old) you will receive an additional 8% benefit for each year you delay collecting benefits (up to age 70). If you delay taking benefits until age 70, your benefit will be 32% higher.

To suspend your benefits you only need to delay filing for your benefit. Remember, by delaying your benefit you will also ensure that your spouse's survivor benefit is increased

as well. This is especially important if your benefit is significantly more than your spouse's benefit.

## I heard that there have been changes in Social Security—how will that affect me?

This year two Social Security claiming strategies are being phased out. Married couples are no longer able to file for and then suspend receiving benefits for the purpose of making their spouse eligible to collect spousal benefits. Also, if you are single you will no longer be able to file and suspend to have the flexibility of retroactively claiming benefits.

Also being phased out is the ability to make a restricted application for spousal benefits. For those people who were at least age 62 in 2015, they may still claim a spousal benefit at age 66 if their spouse has already filed for benefits. This allows for those born between 1945 and 1953 to potentially claim a spousal benefit while allowing their own benefit to continue to grow at 8% per year.

These changes simplify the decision process for claiming retirement benefits by removing two options. At the same time, the changes highlight the importance of calculating your various expected lifetime income streams so that you can make an informed decision. Often, the later in life that benefits are taken, the higher the lifetime income stream will be. ♦

**AUTHOR:** Rose M. Price, CFP®, AIF® is a partner and Financial Advisor at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

**Want to learn more about Social Security?**

Attend a free Strategies for Social Security Seminar this fall. Find out more at [www.vlpfa.com/events](http://www.vlpfa.com/events)

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BY DIMA ALI, MD

## Ask DR. DIMA

### HOW TO IMPROVE YOUR SEX LIFE AND YOUR HEALTH with Hormone Pellet Implants

#### How do I know if I need bioidentical hormone therapy (BHRT)?

In my opinion, most men and women over the age of 35 (about 97 million of us right now) need some form of hormone replacement, as that is when symptoms of hormone decline begin to manifest. First, blood work needs to be done using specialized lab tests that are not part of a normal lab panel. This gives me objective information about each individual's hormone levels, though we don't treat numbers, we treat each individual based on their specific symptoms – the lab values are just a guide. Some symptoms of hormone decline are: hot flashes, night sweats, depression/anxiety, decreased energy, weight gain (especially around the mid-section), hair loss, memory loss and chronic fatigue, to name a few. Any man or woman that wants to improve their health, wellness, strength, longevity, confidence, aesthetics and overall quality of life should be on BHRT.

#### My doctor has me on Prempro. Why should I switch?

The answer to this question boils down to Capitalistic Pharmaceutical Company vs. Small Compounding Pharmacy; synthetic mare-derived hormones vs. natural plant-derived hormones that mimic Mother Nature and the human physiologic state. Oral hormones are metabolized by the liver, causing hypertension, elevated cholesterol and even an increase in clotting factors and strokes. By definition, bioidentical hormones mimic the chemical structure of hormones that the human body makes naturally. It is therefore metabolically processed in much the same way, resulting in greater bio-availability and more effective utilization. BHRT is plant derived (soy/yams), safer and far more effective. It enhances quality of life and diminishes age-related morbidity. You should switch.

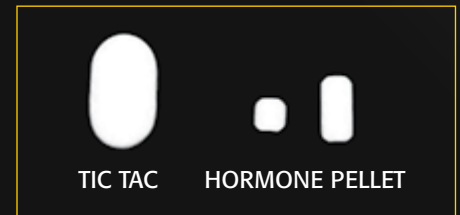
#### My sex drive is gone and I'm worried my husband/wife will leave me! Will bioidentical hormone therapy help bring it back?

Yes! This is one of the main symptoms of hormone decline and it occurs during both menopause and andropause due to decreased levels of estrogen, testosterone or both. It is important to note that there can be great variation between individuals. A 22 year old female may have lower testosterone than a 42 year old female and a 62 year old male might have 4 times the testosterone as a 30 year old man. That is why each treatment is customized for each

individual patient. Both libido and erectile dysfunction improve with hormone therapy.

#### I have been on bioidentical hormone creams since my hysterectomy 5 years ago and my doctor wants to switch me to pellet therapy. What is pellet therapy?

Pellet therapy is a slow release delivery method for bioidentical hormone therapy. It bypasses the skin barrier and goes directly into your bloodstream, allowing for a more even and sustained level of hormones that mimics your body's delivery system. The hormone pellets are smaller than a tic tac and are inserted underneath the skin (usually in the upper buttock) with a very small incision under local anesthesia. The pellets last about 3 months in women and 5 months in men.



#### How soon will I start to feel better after my pellet implant?

Some people begin to feel the effects within 48 hours. You will slowly begin to notice things such as increased energy and stamina; increased sex drive and performance; better concentration and focus; less vaginal dryness and incontinence; improvement in sleep; less headaches; and better skin tone. In addition, it's been shown to decrease the chance of developing chronic diseases such as osteoporosis, Alzheimer's Disease, coronary disease and diabetes. BHRT with pellets is THE BEST way to maintain optimal health and well-being as we age.

#### What if my primary care physician or my gynecologist says that there is 'no data' to support the use of testosterone implants and that they cause cancer?

That's an ignorant statement and frankly, they are wrong. There is data to support both the short and long term use of hormones delivered by pellet implants. In fact, BHRT testosterone implants have been used to treat advanced breast cancer and it is breast protective. Not to mention the fact that it saves marriages!

—DR. DIMA ❖

WellMedica Aesthetic & Anti-Aging Medicine

Dr. Dima has been treating patients with BHRT since 1999.

703.787.9866

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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.





## Dr. Gema Island ISLAND CHILDREN'S DENTISTRY

Enter and you're greeted by a colorful salt-water aquarium, iPad stations with video games, kids-only areas and music, all just for kids. Dr. Gema Island is a pediatric dentist, but most importantly, Dr. Gema is a mother first. She knows that as scary as it may be for your child to go to the dentist, it's no less scary for the parents and, therefore, she's dedicated to providing the highest quality of dental care in the most gentle, positive and enthusiastic manner possible.

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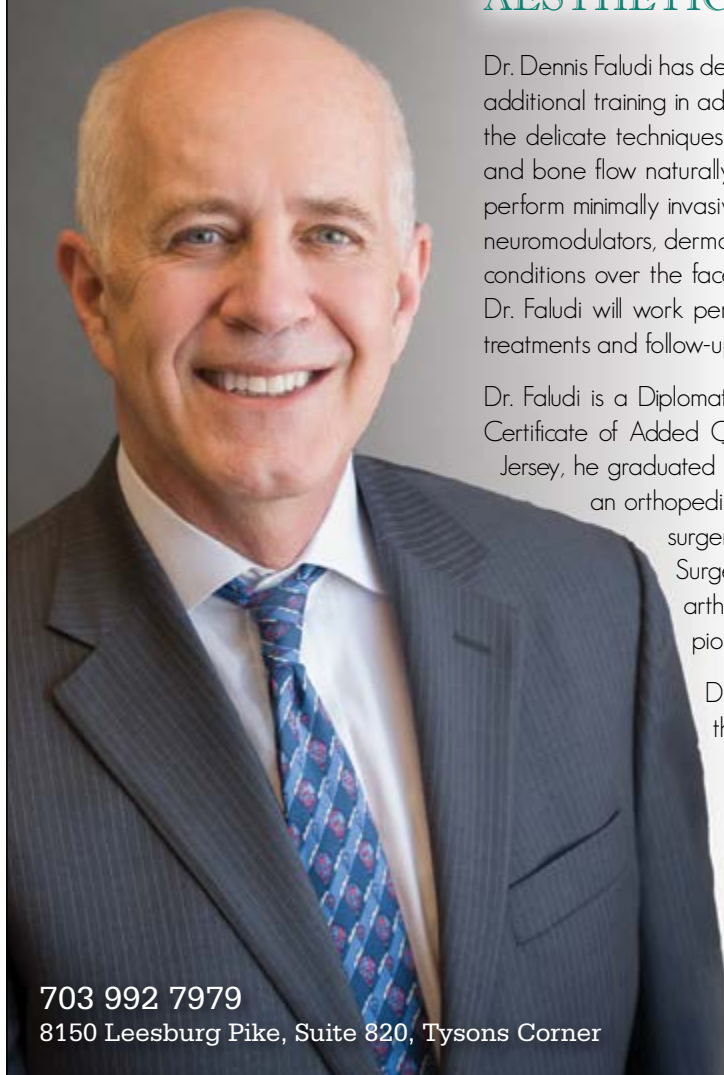
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Dr. Faludi is a Diplomate of the American Board of Orthopedic Surgery with the Certificate of Added Qualifications in Hand Surgery. A native of northern New Jersey, he graduated Albany Medical College with an M.D. degree, followed by an orthopedic surgery residency. He completed fellowships in orthopedic surgery at Johns Hopkins University and the San Francisco Hand Surgery Fellowship, where he trained further in reconstructive arthritic, hand, plastic, and microscopic surgery. Additionally, he pioneered the intraoperative use of lasers in orthopedic surgery.

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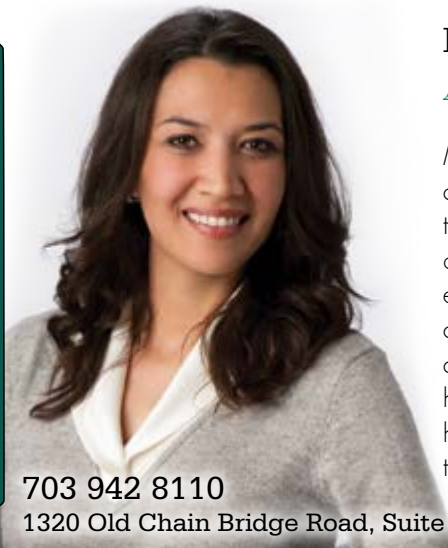
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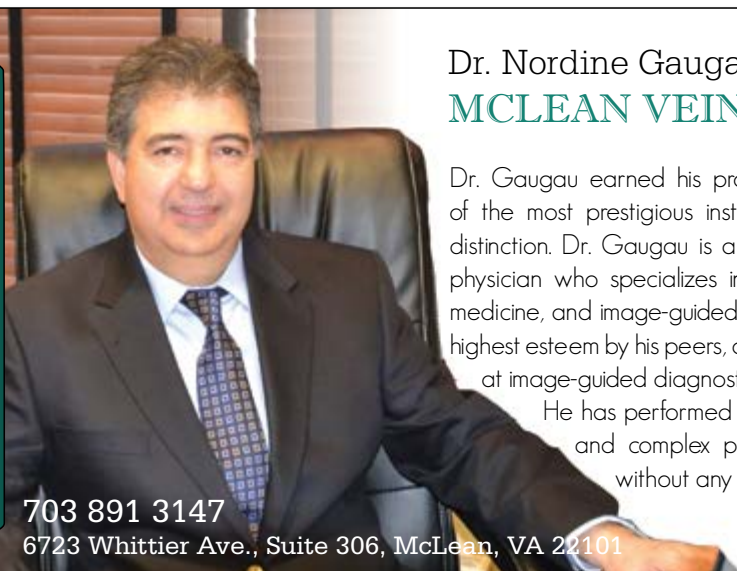
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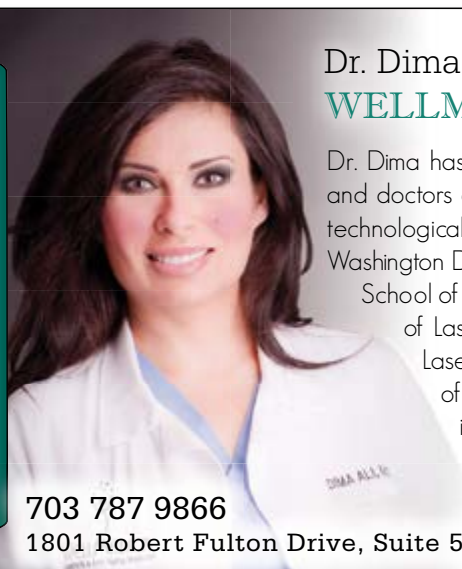
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BY RICK MUNDY



All photos credit: Ron Engle

## PAT WOLVERTON *Strikes up the Band!*

Pat Wolverton loves to put on a show and for the past 22 years she has done so, right on Constitution Avenue in Washington at the National Independence Day parade. At 81, she remains a very active senior and would rather talk about the parade than herself.

"July 4th is a wonderfully exciting day in Washington," Wolverton exclaims. "It is the only place to be on this important day. All along the parade route you see kids waving their American flags and having a grand time. The parade participants come from all over the country and include military units, helium balloons, floats, specialty units, and marching bands."

The parade sponsor is the National Park Service and each year Wolverton must obtain a permit from NPS to stage the parade. She is given a specific time limit of two hours to conduct the parade, noon to 2pm. At 11:45am the first units are lined up at 7th Avenue and Constitution ready to pull out.

Wolverton is intimately familiar with the D.C. visitor experience. In 1983 she had her own tour company, bringing groups to Washington from all over the country, and arranging all of their meals, guides, itineraries, and more to provide the ultimate tourist experience. Today

she mostly focuses on putting the parade together which is no small feat.

Her own company, Diversified Events, acts as the executive producer of the parade and she works in conjunction with JM Best Entertainment which produces this and several other parades around the country. Together they cover all aspects of the parade from marketing to operations. Best has been working with Wolverton for more than fifteen years and calls her "the most patriotic person I know."

Putting on this particular parade can be a complicated process. Wolverton explains, "Every year we send letters to the governors and senators in all fifty states, inviting their recommendations for participants, especially high school bands. One of our big challenges is that the parade occurs in July when schools are not in session, seniors have graduated, etc. Still we have been very fortunate over the years to have enthusiastic responses to our invitations."

This year sixteen bands perform and come from as far as New Mexico, Oklahoma and Idaho. After the parade, having had a wonderful time already, the bands usually enjoy the concert on the west lawn of the Capitol, another July 4th tradition.

Because of the expertise of Wolverton's staff the parade usually occurs without incident and marchers and viewers alike have a marvelous day. Occasionally, however, things can happen beyond the control of the parade operators. "One year," Wolverton recalls, "twenty-two units started down Constitution Avenue but did not get far before a giant rainstorm hit. This wasn't a light summer shower - there were rivers flowing down the sides of the street."

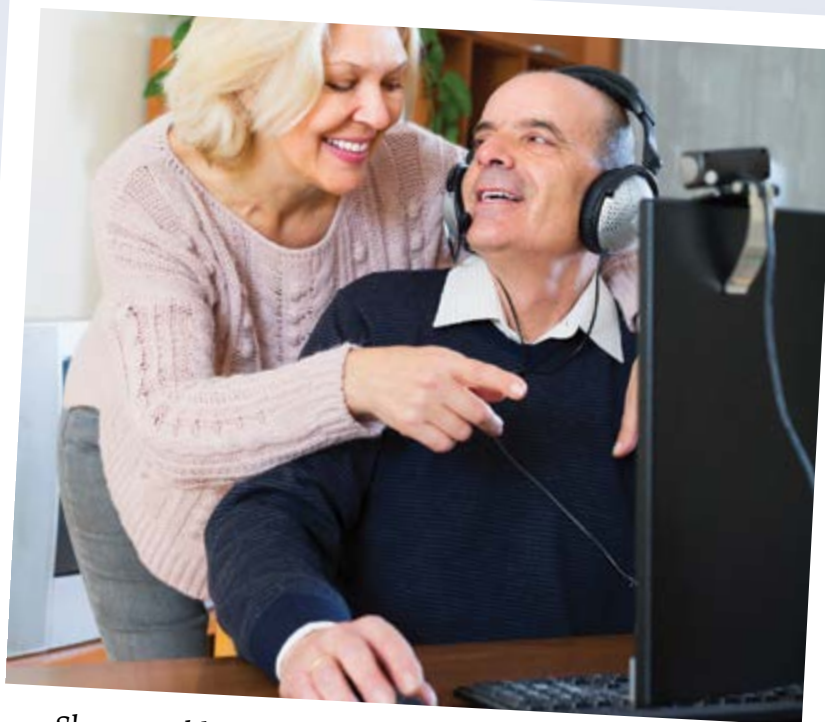
On another occasion, a huge 70-foot helium balloon had just been filled and as the participants stood, the tether broke and everyone watched as the balloon floated away. No matter what happens, Pat Wolverton always delivers an exciting day at America's Independence Day Parade. ♦



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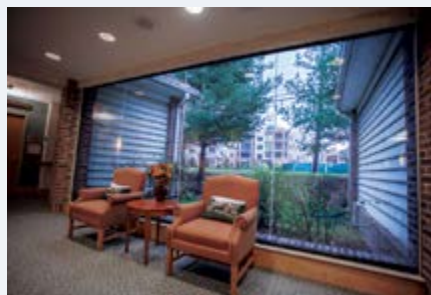
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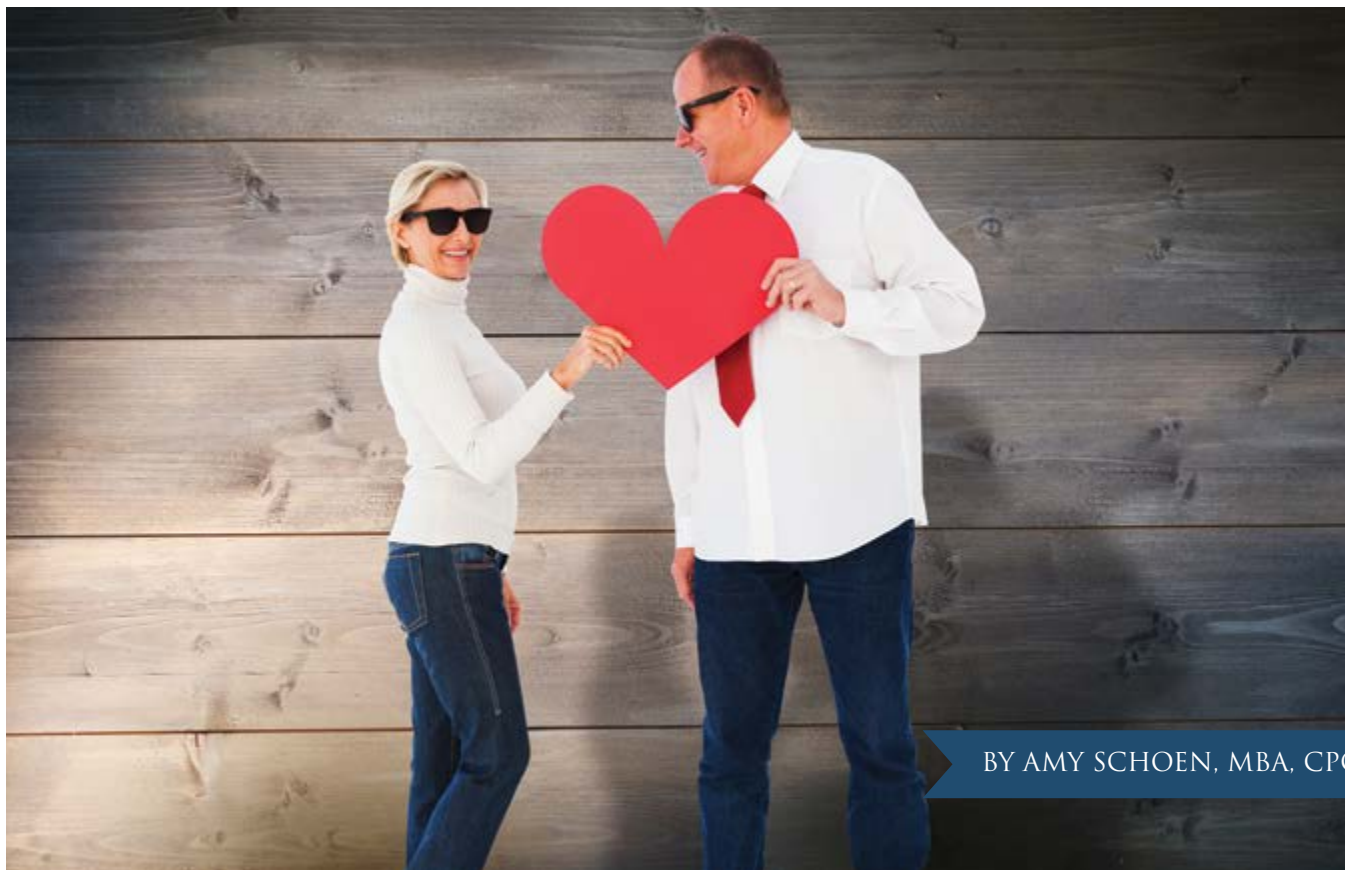
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BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*



## DEAR COACH AMY,

I am an active 60-year-old widow who is financially settled and ready to meet a life partner. I met a man online that has been separated for the past 9 months. He has moved out of the house and his divorce will be final in 3 months. His soon to be ex-wife has turned the kids against him and he is trying desperately to be able to communicate with them. This is the first man that I have actually felt a bit of chemistry with since I started dating again 3 years ago. The main reason is because he verbalizes how much he would like to get to know me and has planned a lovely date for us. Most guys I meet don't have a clue about how to communicate their feelings. He is not the type of man I would usually go for. He also rides a motorcycle, wears jeans, and curses. He does have a

steady career that he loves, though. This is all new to me. I am used to a more sophisticated man but am intrigued and excited by this new experience. Should I take a chance or am I setting myself up for heartbreak?

*Adventurous in Annandale*



## DEAR ADVENTUROUS,

Dating after being married for a long time takes openness and curiosity, and I sense that you have that. You will meet all kinds of people in all stages of their relationship lives, especially when you are dating after 50 years old.

As a rule, dating a separated man is fraught with risk, however, I have seen times when it has worked out. Sometimes

the marriage has been dead for a long time and the person leaving is ready for a loving partner and is commitment oriented. The expression, "Nothing ventured, nothing gained" is a good motto here. It's important to take your time and find out more about his situation. This is what I want you to think about:

- He is separated. Does he really know what he wants? Most people are figuring things out and you could be his transitional relationship.
- His family turned against him. Why? There are two sides to every story. (Red flag here) Did he leave the marriage and why? Did he have good reasons? See how open he is to sharing this with you. If he gets defensive, that is not a good sign.
- He curses. What values does that go against for you? Would you feel comfortable introducing him to your kids? If you ask him not to curse in public, would he try to accommodate you or is he a "take it or leave it" guy?
- What does he see his life being like in the future? How does he spend his weekends? Where does he want



to live? (Good things to talk about).  
And how does that mesh with your  
goals for the future?

Whether going through a divorce or losing a partner to death, there needs to be time for healing and it's a transitional time. During this time you need to take the time to self-reflect and evaluate what worked and what didn't with your last relationship. It's also a good time to think about what you want in the next chapter of your life. This has been true for my widowed clients as well, since many actually admit that their marriages were less than perfect.

Next, chemistry can be deceiving. You want to make sure that your life goals and values line up first, and he does not exhibit any deal breakers. This will keep you from getting hurt. He seems to know the right things to say to sweep you up! Also, this man seems to know how to connect with you through similar expressions of love by communicating his feelings for you. Given he is hitting you on your hot button, you will have to assess whether he is sincere or a smooth operator!

Dating is a process of getting to know someone, so take one step at a time. Fortunately, you have the time to date and get to know him better. I wouldn't cut out any other prospects for dating just yet either. That way you can learn more about him and see if his intentions are real.

It's wonderful to see that love is possible in your 60s and beyond! It's all about an open attitude and a willingness to try to get out there and meet someone. You appear to have both.

Anyway, enjoy your time with him and see what he has to offer. You may be pleasantly surprised!

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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BY DR. KATRYNA FLEER, DVM

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### WHAT YOU CAN DO TO PREVENT DISEASE AT HOME

#### NUTRITION/FEEDING

Obesity is a major problem in pets and can lead to many disease processes including heart disease, joint disease, etc. Keeping your pet at an appropriate weight is an important step in fostering health and longevity. If you have questions about food options, how much to feed your pet, or if your pet is at a healthy weight don't hesitate



to consult a veterinarian and your local pet food retailer. That's what we're here for!

### DENTAL CARE

Dental disease is one of the most commonly diagnosed diseases in adult pets, and can potentially lead to heart or kidney problems. But it's easily preventable! Regular dental cleanings with your veterinarian are important, but your pet should also have their teeth brushed every day. Your local pet store has specially made toothbrushes and specially flavored toothpastes for your pet. Make this a daily routine after you brush your own teeth, and your pet will have better health, better breath, and will likely have a longer life.

### PAY ATTENTION TO YOUR PET'S BEHAVIOR

You know your pet better than anyone else. If you see behavior changes that concern you, consult your local veterinarian. While behavior changes are not always a sign of disease, if a disease process is affecting your pet, the earlier we find out, the better.

### HOW YOUR VETERINARIAN CAN HELP YOU

#### ANNUAL EXAMINATION

Every pet should have a yearly physical examination by a veterinarian. Some pets (eg. older pets) should be seen even more frequently. Just like people, pets can have a range of what is 'normal' for them. Bringing your pet to a veterinarian at least once a year helps us keep track of any changes in your pet's individual values, and may help detect some disease processes before they become a problem. Ask your veterinarian how often your pet needs a physical examination.

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### MICROCHIPPING

Microchipping, available at VIP Petcare clinics, is an important step in keeping your pet safe. Every pet should be microchipped as a form of permanent identification. Even indoor-only pets can sometimes escape. For example, during holidays, many people may come in and out of our houses leaving an open door, and although we don't like to think about it, natural disasters and fires often displace pets from their loving owners. All shelters and veterinarians can easily scan for a microchip and quickly reunite you with your pet.

Come see us at VIP Petcare for more information on how we can help keep your pets healthy, happy, and safe! ♦

**AUTHOR:** Dr. Katryna Fleer, DVM is the Medical Director of VIP Petcare.



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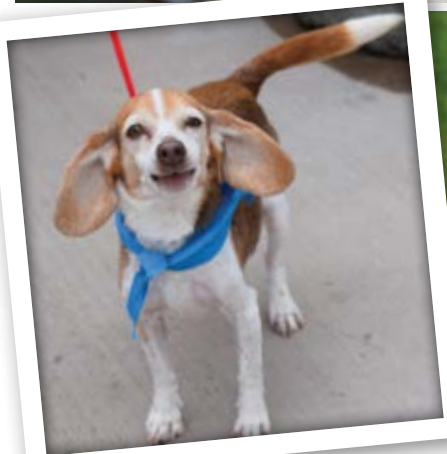
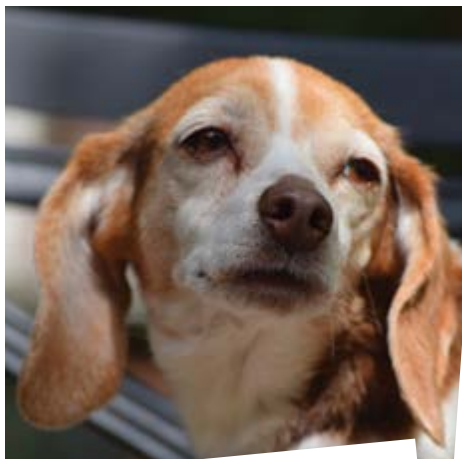
## Rani Hart's ADVICE for ADOPTING a DOG

When you adopt a dog you adopt an individual with unique needs. Some need training. Some need medical care. We learn as much as we can about the dogs, and we strive to find out what potential adopters are looking for in a dog so we can set up both the families and the dogs for success.

When you're adopting from any organization, ask questions about the rescue and the dog.

- Does the rescue place its dogs in foster care?
- Can you visit with the dog in its current environment?
- What veterinary care has the dog received?
- Does the dog have any particular behavioral or medical needs?
- What is the rescue's policy if you cannot care for your adopted pet?

Evaluate whether you can provide for the needs of that particular dog. Any reputable rescue will help you through those decisions. Remember, adopting a dog is a commitment, and as much as rescues learn about the dogs in foster care, some things may not be apparent until after a dog joins its new family.



BY ANALIESE KREUTZER

## Poppy's New Love

Poppy, a 10-year-old beagle, loves to play and go for walks and car rides, but that hasn't always been the case. Found as a stray in rural Virginia and adopted, Poppy looked like a rescue success story. However, the shelter she was adopted from learned that Poppy's new family wasn't giving her the probiotic enzyme that she needed to help her maintain a healthy weight, and Poppy ran away.

Dedicated shelter volunteers found her and brought her back to the shelter. Poppy had lost a lot of weight, and they were determined to get her a better life.

### Finding New Love

That's when New Love Animal Rescue in Reston took her in. Established in 2015, New Love is an all-volunteer organization dedicated to saving homeless animals and educating the community about pet ownership. New Love accepts dogs of all breeds, sizes and ages. Founder Rani Hart personally welcomes each dog and gives them a full grooming through her New Love

Starts Here program before they are picked up by a foster caregiver.

Rani got involved in animal rescue seven years ago following the devastating loss of her 14-year-old German Shepherd, Sammy Girl. Over time, she became more involved in animal behavior and responsible rescuing. "If we're dealing with medical or behavioral issues, we want to appropriately evaluate the dog for placement. We're here to serve dogs as well as the community," she said.

New Love doesn't have a physical shelter but relies on foster homes to house the dogs it rescues. "We take time to learn about our dogs while they are fostered," Rani said. "We have a minimum two-week foster period, which allows us to determine the best possible matches with families. Our philosophy is we saved them once, we don't want to save them again."

### Poppy's Journey Continues

Rani placed Poppy with a reliable foster who could keep her on a consistent schedule and document her routine. It turned out that



her body was rejecting the enzymes as well as healthy food, but it was apparent that she was starving to death as she ate everything and continued to lose weight.

Determined to get to the bottom of Poppy's medical problems, Rani worked with Dr. Lauren Thigpen at VCA Herndon-Reston Animal Hospital to get a diagnosis and treatment plan. Dr. Thigpen sent samples of Poppy's blood to the GI Lab at Texas A&M University, and also brought in an ultrasound specialist.

"This was a very difficult time," Rani said. "Her weight was down to 9.9 pounds, for a dog that should weigh about 18 pounds. I so badly wanted immediate answers, but a case like this takes time to properly diagnose and treat successfully."

Poppy was finally diagnosed with a vitamin B12 deficiency and Exocrine Pancreatic Insufficiency (EPI), meaning she basically has a non-functioning pancreas. Because Poppy is one of the more severe cases of EPI they have seen, Texas A&M offered to put her into a free medical trial. Ultimately, Rani and Dr. Thigpen opted to skip the trial, deciding that Poppy was too frail and needed to start treatment immediately, regardless of the cost.

"A case like Poppy's lets you know how critical your mission is and that you have to face these situations head on," said Rani. "You have to be prepared to deal with anything." As of May 2016, New Love has rescued 135 dogs and adopted out 116.

## A Happy Outcome

As for Poppy, her current regime of prescription PancreaPowder in every meal, a B12 shot once a week and periodic steroids and antibiotics — along with the healing power of a loving permanent foster home — have given her the new love she deserves. "She's a different dog now," said Rani. "She is eating properly, gaining weight, she's even playing."

New Love feels so strongly about protecting Poppy that the organization has vowed to support her medical care for the rest of her life, and she will remain in permanent foster care. "We can't let her be let down again," Rani said.

To learn more about New Love Animal Rescue and how you can donate to Poppy's medical fund, go to [www.NewLoveAnimalRescue.org/donate](http://www.NewLoveAnimalRescue.org/donate). ❖

**AUTHOR:** Analiese Kreutzer is a contributing writer and client advocate for VivaTysons, VivaReston and Le Nouveau Moi. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at [Ana@VivaTysons.com](mailto:Ana@VivaTysons.com).



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# SPECIAL OFFERS FOR NEW BUSINESSES NOW OPEN AT VIENNA SHOPPING CENTER

Vienna Shopping Center, located at 180 Maple Avenue, West Vienna, VA 22180, welcomed new tenants to the center with its Grand Re-opening celebration on Saturday, April 30. The shopping center houses several new restaurants – Chopt and Mod Pizza have officially opened their doors to the public. Cava Grille, which has several other DC Area locations, is set to open a location in the shopping center as well in the coming

months. Taco Bamba is expecting to launch its new restaurant location between the new Chopt and Mod Pizza in late summer/early fall. Inova will also be opening its latest urgent care center for your medical needs.

Merchant promotions running until 7/31 include (see [www.myviennashoppingcenter.com/sales](http://www.myviennashoppingcenter.com/sales) for details and coupons):



**10% off All Services**



**10% off with purchase of \$30 or more**



**\$49 Special Intro Offer for first massage**



**One month of unlimited classes for just \$100**



**Buy one entrée receive 50% off second entrée**



**Drawing for a Salon O'Tony gift basket, gift certificates, updo demos**



**Free MVP haircuts for new clients**



**Premium Smoothies: 20% off entire order**



**Free carpet samples while supplies last**



**Cava Mezze Grill— Coming Soon**

8048 Tysons Corner Center, K7AU  
McLean, VA 22102

Cava Mezze Grill will be opening locations in McLean in late summer and in Sterling later this year, according to a Cava Mezze Grill spokesperson.

Started by three childhood friends in 2006: Ike Grigoropoulos, Chef Dimitri Moshovitis, and Ted Xenohristos, Cava Grill celebrates the flavors of traditional Greek and Mediterranean cooking in a casual modern setting.

Xenohristos and Grigoropoulos grew up working in restaurants and Moshovitis worked at some of DC's finest restaurants, including Bistro Bis and Kinkeads, according to Cava Grill.

Cava Mezze Grill serves healthful food made from simple ingredients. The restaurant partners with local nonprofits, food producers and sustainable farms "to bring you good food that does good, too," according to cavagrill.com.

Cava Grill also creates specialty dips made fresh daily in a production kitchen in Rockville, MD. Cava dips are delivered directly to markets across the East Coast and the Midwest, including at Whole Foods Markets.

To find out more and to view the menu, visit: cavagrill.com

**Joie Boutique— Now Open**

1758 Tysons Galleria in Tysons II

According to JOIE Boutique: "Since its inception in 2001, JOIE has been one of the most sought after contemporary brands catering to the savvy, fashion minded, modern woman. Understatedly chic, JOIE's designs are constantly inspired by the Southern California lifestyle and its casual, yet sophisticated, way of life. Originally known for its signature cargos, JOIE has emerged as a lifestyle brand, a complete collection of ready to wear and accessories." To find out more, visit: joie.com and facebook.com/Joie.

**Tysons Beer Garden— Now Open**

8346 Leesburg Pike in Tysons

The beer garden, which also serves a limited menu, celebrated their grand opening last month. The 5,000-square foot space features an outdoor, open-air setting as well as a three-story indoor space. Hours are 11 a.m. to 2 a.m. daily.

**Alta Strada— Coming Soon**

2911 District Ave. in  
Merrifield's Mosaic District

Local foodies (and Top Chef geeks) are rejoicing over some buzz about a new restaurant coming to the bustling Mosaic District. Boston Chef Michael Schlow, who has already made his mark in the DC area with two new restaurants, Tico and The Riggsby, has plans to expand into our own backyard with Alta Strada, an Italian-focused eatery coming in 2016 to the Mosaic District. Alta Strada's menu will feature Italian dishes, individual pizzas, as well as house-made pastas and a full antipasti menu.

According to the Washington Business Journal, the restaurant has filed for an alcoholic beverage license for a restaurant seating 101-150 people at 2911 District Ave. in Merrifield's Mosaic District. The restaurant will be located in the same building at Matchbox and Ted's Bulletin, across the street from Target, Cava Grill and Sweetgreen, among other retailers.

**LongHorn Steakhouse—Now Open**

3562 S. Jefferson St, Bailey's Crossroads

The restaurant, located just behind Olive Garden, serves up appetizers, steaks, seafood, salads, sandwiches, desserts, and offers beverages from a full bar. The decor is a rustic Western theme, with comfortable booths and tables. Here's some of what the summer menus have in store:

**Summer Peak Season** – LongHorn's Peak Season menu changes four times a year and features fresh seasonal flavors. This summer, guests can enjoy items like Fried Green Tomatoes as an appetizer, the Fire Grilled Corn on the Cob as a side, the Beefsteak Tomato & Bacon Salad, the Roasted Tomato Basil Soup, and the Mixed Berry Lava Cake as a dessert.

**Chef's Showcase** – The Chef's Showcase menu celebrates LongHorn's Executive Chefs' culinary creativity. This summer, the menu features Pepper Crusted Filet and Shrimp, and a Grilled Hawaiian Salmon.

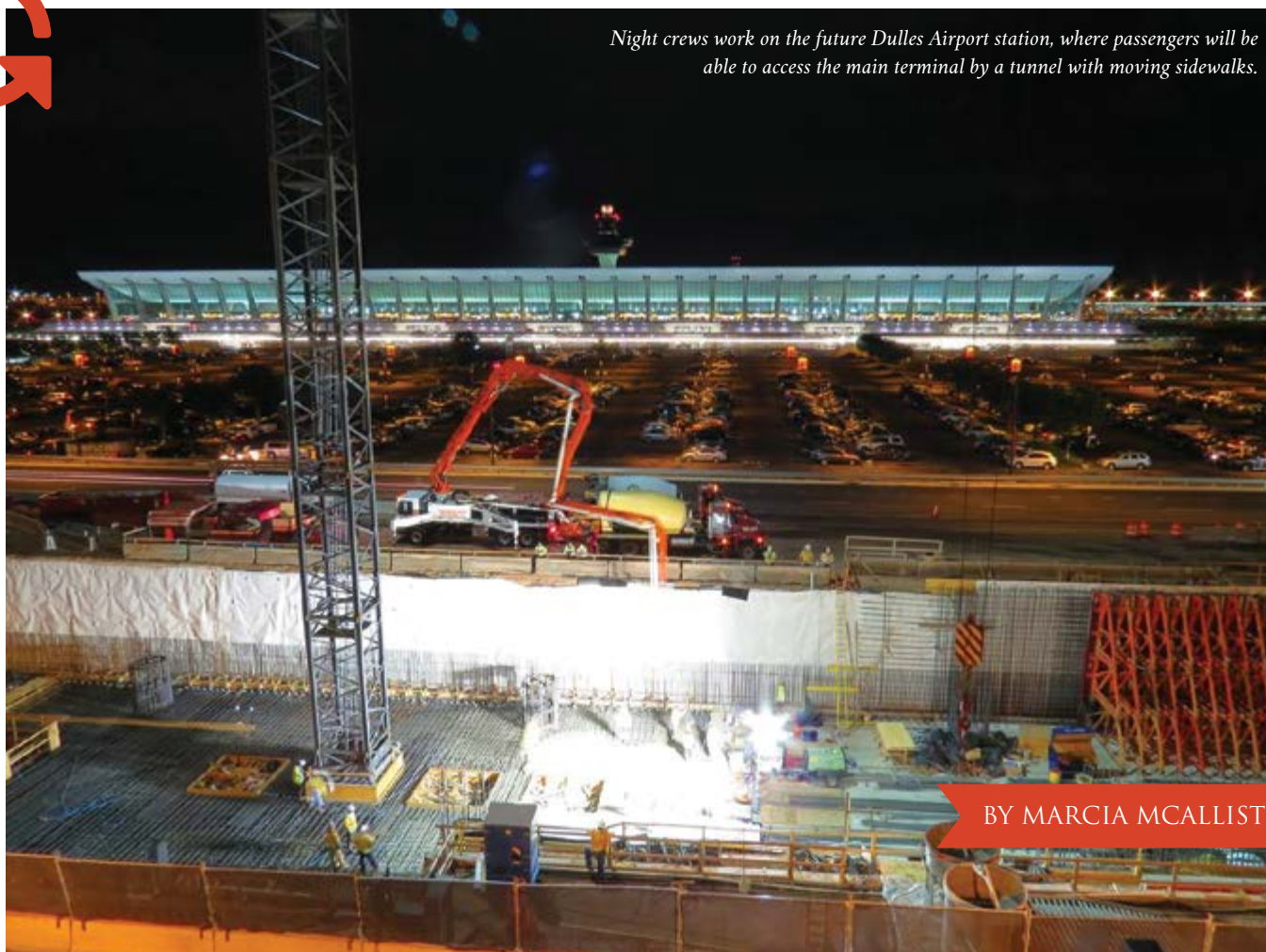
**Prime Time** – LongHorn's Prime Time menu features late afternoon specials, including a variety of \$3, \$4 and \$5 drinks and appetizers. Prime Time is offered Monday through Friday from 4 to 7 p.m. ♦



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Night crews work on the future Dulles Airport station, where passengers will be able to access the main terminal by a tunnel with moving sidewalks.

Photo by Chuck Samuelson, Dulles Corridor Metrorail Project

BY MARCIA MCALLISTER

## FULL STEAM AHEAD: SILVER PHASE 2 CONSTRUCTION RAMPS UP IN 2016

Steady progress continues on Phase 2 of the Dulles Corridor Metrorail Project with the design nearly complete and ample elements to capture curious eyes.

As construction continues to ramp up through 2016, commuters will see work along the entire 11.4-mile stretch of Phase 2, which extends from the existing Wiehle-Reston East station westward to Dulles International Airport and beyond to Ashburn in Loudoun County.

"This is the biggest year so far for construction all along the Phase 2 alignment from Reston west to Ashburn," said Charles Stark, the executive director for the project. "There is a lot of work to be done."

While the project's design is 99.3 percent complete, construction is currently around 17 percent complete.

Considerable work has been done at Dulles Airport and at the Innovation Center station site, which is the first station to the east

of the airport. Traversing the Dulles Airport property requires the use of an aerial guideway consisting of drilled shafts, columns, caps, girders, decks and other engineering elements. The shafts, columns and caps are mostly complete, and about 200 girders have been set along the guideway.

In addition to the aerial guideway, considerable work has been done at the Dulles Airport station site adjacent to Garage 1. The pedestrian tunnel running from Garage 1 to the main terminal has been closed to permit construction of the station. Once work has finished, the tunnel will reopen to provide access for those parking in the garage as well as those arriving or departing via Metro.

The future Innovation Center station site has experienced the most progress, taking on the look of the Phase 1 stations, while excavation work continues at most of the other five station comprising Phase 2. Ashburn remains the exception, but excavation work is expected to begin there later this year.

Crews continue to supplement their restricted daytime schedules with night work along the alignment.



# RESTON TOWN CENTER STATION WORK



## RESTON PILE DRIVING

Capital Rail Construction has finished its pile driving operation at the Reston Town Center station site and will begin construction of the station (*Dulles Corridor Metrorail Project*).



## RESTON CRANES

A tower crane was erected at the Reston Town Center station site now that pile driving activities are complete. (*Dulles Corridor Metrorail Project*).

# ARTWORK AT AREA METRO STATIONS

Installation of the Silver Line Phase 1 artwork was finished this spring. Below are the works at the Greensboro and Spring Hill stations.

*Works at the Greensboro Metro Station*



*Works at the Spring Hill Metro Station*





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(703) 281-1333  
7925 Jones Branch Drive,  
Suite LL210, Tysons, VA 22102  
[www.TysonChamber.org](http://www.TysonChamber.org)

### **July 15** BUSINESS GROWTH WORKSHOP- TWITTER FOR BUSINESS

11:45 AM - 1:00 PM  
Tysons Chamber of Commerce  
7925 Jones Branch Drive  
Suite LL210  
Tysons, VA 22102

Registration is required for this  
no-charge event. Email [admin@tysonschamber.org](mailto:admin@tysonschamber.org) for more info.

### **August 2** TIPS I - LEADSHARING & REFERRAL NETWORKING GROUP

12:15 PM - 1:30 PM EDT  
Fleming's Prime Steakhouse & Wine Bar  
1960A Chain Bridge Road  
McLean, VA 22102  
Lunch \$16.

Email Errol Unikel at [errol@rainmaker-video.com](mailto:errol@rainmaker-video.com)

### **August 9** GOVCON COUNCIL MEETING

8:30 AM - 9:30 AM  
Tysons Chamber of Commerce  
7925 Jones Branch Drive, Conference  
Room, Tysons, VA 22102

Registration is required for this  
no-charge event. Email [admin@tysonschamber.org](mailto:admin@tysonschamber.org) for more info.

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McLean VA 22101  
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### **July 21** REAL ESTATE EDUCATION SERIES

Sponsored by Kathy Neal,  
SunTrust Mortgage  
11:00 AM - 1:00 PM EDT  
McEneaney Associates  
1320 Old Chain Bridge Road  
McLean, VA 22101

Includes lunch provided by Seasons  
52 Fresh Grill and Wine Bar. Chamber  
members & Future members Free.

### **July 27** 2016 BUSINESS ALLIANCE GOLF CLASSIC

7:30 AM - 2:00 PM EDT  
Westfields Golf Club  
13940 Balmoral Greens Ave.  
Clifton, VA 20124

For more information,  
contact Paul Kohlenberger at  
[pkohlenberger@mcleanchamber.org](mailto:pkohlenberger@mcleanchamber.org)

### **August 24** "IT'S 5:30 SOMEWHERE" PROMOTING YOUR BUSINESS AFTER HOURS

5:30 PM - 7:00 PM EDT  
Location TBD

Chamber members FREE  
Future members \$20

## FALLS CHURCH CHAMBER OF COMMERCE

(703) 532-1050  
417 W. Broad St. #205  
Falls Church, VA 22046  
[www.fallschurchchamber.org](http://www.fallschurchchamber.org)

### **July 21** DISCOVER HOMESTRETCH MINI SESSION

6:00 PM - 7:00 PM EDT  
303 South Maple Ave. Suite 400  
Falls Church, VA 22046

For more information,  
contact Jessica Henderson at  
[jhenderson@homestretchva.org](mailto:jhenderson@homestretchva.org)

### **August 9** LIVE MUSIC BY CAOLAI DHE & MEGHAN OF THE 19TH STREET BAND

7:00 PM - 10:00 PM EDT  
Ireland's Four Provinces  
105 W. Broad Street  
Falls Church, VA 22046

FREE. For information email  
[info@4psva.com](mailto:info@4psva.com)

### **August 11** INFORMAL NETWORKING BREAKFAST

8:00 AM - 9:00 AM  
The Original Pancake House  
7395 Lee Highway  
Falls Church

No agenda and no cost other than the  
cost of your breakfast.



# BRIDGE CLUB

## LOUIE'S HEFTY PROFIT

♠ 5 4 3  
♥ 6 5 2  
♦ 8 5 4 2  
♣ J 7 3

♠ A K J 3  
♥ A K Q J 10  
♦ A K  
♣ A K

West	North	East	South
			2 ♣
pass	2 ♦	pass	2 ♥
pass	2NT	pass	3 ♠
pass	4 ♥	pass	6 ♥
all pass			

West leads the jack of diamonds. Plan the play. Answer on page 174.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 41.

## BIDDING QUIZ

### YOU HOLD:

♠ Q 9 8 7 ♥ 9 8 4 ♦ Q 7 3 ♣ Q 9 5

Your partner opens two clubs (strong and forcing), you bid a negative two diamonds, and partner rebids two spades. What do you say?

**ANSWER:** This is a textbook situation. Raise to four spades, promising good trump support but denying any side ace, king, void or singleton. Your partner will often stop at game, but if all he needs from you to make a slam is a stray queen or two, he'll bid again.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 45.

GROWTH IS PAINFUL.  
CHANGE IS PAINFUL.  
BUT NOTHING IS AS  
PAINFUL AS STAYING  
STUCK SOMEWHERE  
YOU DON'T BELONG.

Unknown

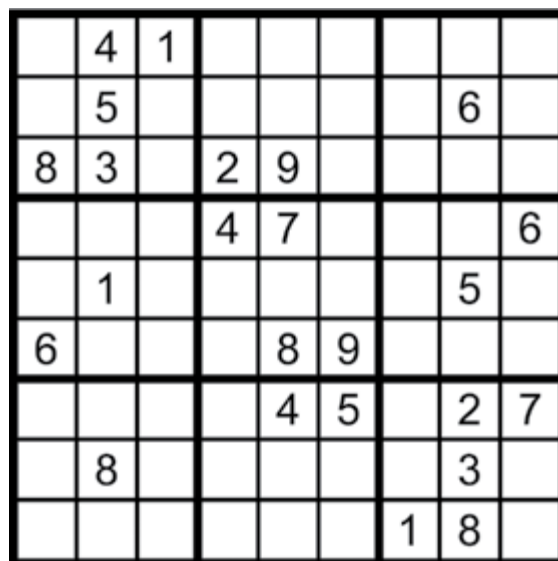
## HOW TO SOLVE SUDOKU PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty on this puzzle is easy.



AT THE END OF THE DAY IT'S NOT ABOUT WHAT  
YOU HAVE OR WHAT YOU'VE ACCOMPLISHED. IT'S  
ABOUT WHO YOU'VE LIFTED UP, WHO YOU'VE MADE  
BETTER. IT'S ABOUT WHAT YOU'VE GIVEN BACK.

Denzel Washington, American movie star

## SPACE STATION DWELLER

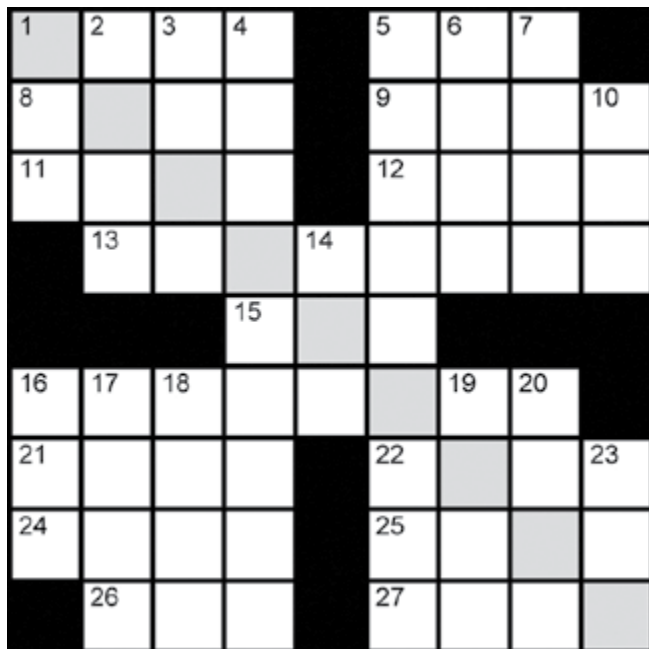
### CROSSWORD CLUES

#### ACROSS

1. Hack
5. Bleat
8. Come down hard
9. Pond dweller
11. \_\_\_-ran
12. Highway
13. Sirens, e.g.
15. "The Bells" poet
16. Pursued, as a career
21. Arch type
22. Dungeonlike
24. Unit of pressure
25. Needle case
26. "Help!"
27. Medical advice, often

#### DOWN

- |                               |                       |                          |                                 |
|-------------------------------|-----------------------|--------------------------|---------------------------------|
| 1. Number cruncher, for short | 7. Biology lab supply | 17. Freudian topics role | 20. Burden                      |
| 2. Author Victoria            | 10. Commercial        | 18. "I, Claudius"        | 23. Do-it-yourselfer's purchase |
| 3. Yorkshire river            | 14. Hawaiian dish     | 19. London art gallery   |                                 |
| 4. Cuers                      | 16. Knows, in poesy   |                          |                                 |
| 5. Mixologist                 |                       |                          |                                 |
| 6. ___ vera                   |                       |                          |                                 |





# BRIDGE CLUB SOLUTION

## LOUIE'S GOOD FORTUNE

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

West	North	East	South
			2 ♣
pass	2 ♦	pass	2 ♥
pass	2NT	pass	3 ♠
pass	4 ♥	pass	6 ♥
all pass			

Opening Lead: ♦ J

'I picked up one of my usual,' Unlucky Louie told me in the lounge, 'with one jack. I was sure the rubber had gone west; but then partner bid a slam with no particular encouragement.'

'He must have had a whale,' I surmised.

'He'd have needed Moby Dick's big brother to make six hearts opposite my hand,' Louie said.

Louie's partner won the first diamond and drew trumps. He cashed a fourth trump for exercise and next led the ace, king and a low spade. East took the nine and queen, defeating the slam.

'He had 32 high-card points,' Louie said, 'and we made a big 50-point profit thanks to his 150 honors.'

'If you'd been South, you'd have made the slam,' I said. 'You'd lead a low spade at Trick 2. When you got back in, you'd cash two trumps and then the A-K of spades. You're safe if the queen falls or, as in the actual deal, if a defender with four spades also has the last missing trump. Too bad you were sitting in the wrong seat.'

'I always am,' Louie sighed.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 45.

## SUDOKU Answers

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

## CROSSWORD Answers

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



ONE OF THE MOST TRAGIC THINGS ABOUT HUMAN NATURE IS THAT ALL OF US TEND TO PUT OFF LIVING. WE ARE ALL DREAMING OF SOME MAGICAL ROSE GARDEN OVER THE HORIZON INSTEAD OF ENJOYING THE ROSES THAT ARE BLOOMING OUTSIDE OUR WINDOWS TODAY.

Dale Carnegie: American writer



# ECSTATIC ELECTIONS

JAN KING

The Bicentennial Comedic Opportunity of our lifetime is making its appearance this year—and it's called *The 2016 Presidential Elections*. What makes all those months of “blah, blah, blah,” absolutely bearable are the comedians who poke fun at every aspect of it. They don't give a damn about being politically correct. They could care less about any of the candidates, because comics are trained to be equal opportunity exploiters and hypocrite busters. Their only goal is to slay them all by creating great jokes!

Let's begin with the overload of hilarious political antics that have been televised for months on multiple networks. They started with 2,995 hours of torturous “fair and impartial” presidential candidate debates that have not only tested our stamina but our sanity, too. Waterboarding would be a more humane choice than having to watch one more of these fiascos. In the beginning, there was some ridiculous number of candidates like 226, all spouting the same droning, dopey rhetoric. However, we soon learned that the candidates were experts at skillfully bypassing all substantive political issues and getting right to the heart of their main objective—assassinating the characters of everyone else on the stage. That was juicy! But, the real entertainment was provided by the self-proclaimed “fair and unbiased” debate moderators.

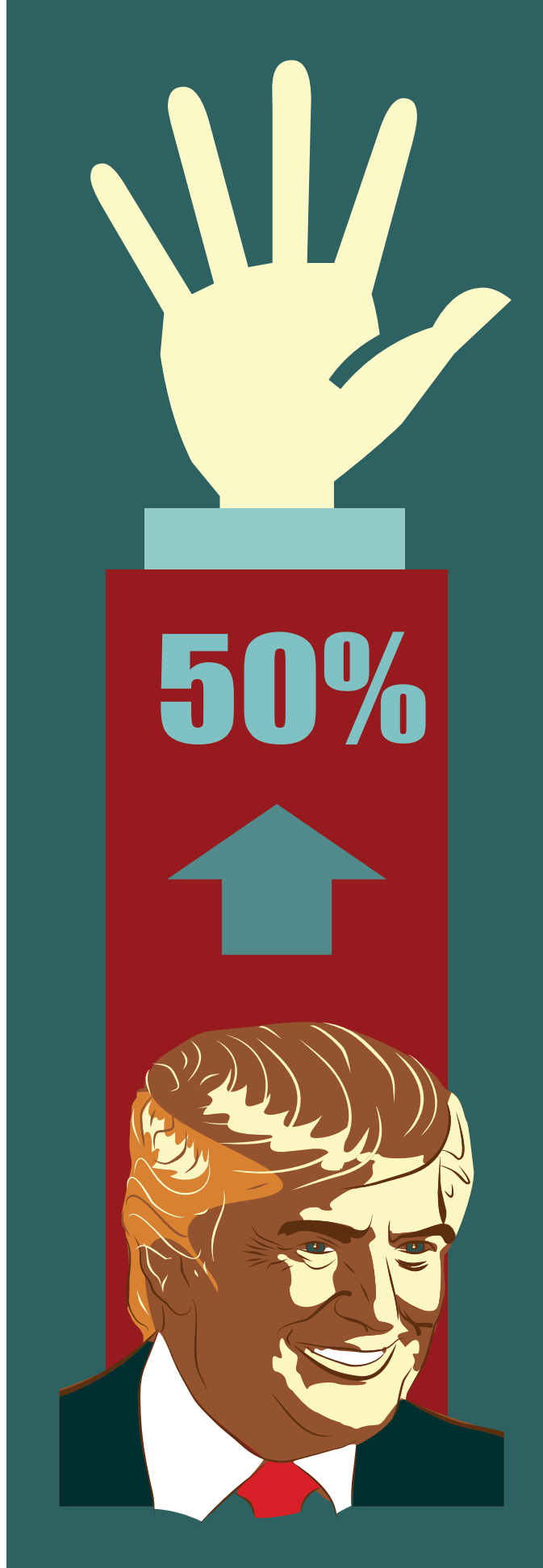
The typical format was televised in a lofty venue where the seasoned politicians were informed they'd have two minutes to debate issues from global security, and the national debt, to trade regulations and our Constitutional rights. Instead, this is what we got:

**THE OPENING SALVO AT TRUMP:** was delivered by a lithe, super-sexy moderator armed with 12 law degrees, 12 inch hair extensions, 12 inch nails, 12 inch false eyelashes, and 12 inch Christian Louboutin shoes... worth 12 hundred dollars. I'm talking shoes only. She calmly informed Trump that her first “impartial” question for him would be to explain his comprehensive plan for fixing our multi-trillion dollar debt.

**THE QUESTION SHE FIRES OFF:** “Is it true that your wife posed naked on a bearskin rug in 1990 for *Slovakian Vogue* featuring you, Mr. Trump, in the background wearing a clown suit and wielding an S&M whip?”

Not to be outdone, the Democratic debate featured a bunch of smart looking moderators dressed in expensive Hugo Boss suits and spit-shined Allan Edmonds wing tip shoes...we're talking the

CONTINUED ON PAGE 176



women as well as the men. After promising the audience they'd be asking "hardball questions," one of the moderators informed Mrs. Clinton she was going to ask "in-depth" questions relating to the "sensitive issues" of the alleged threat to our national security by her using an unsecured server.

**THE JUGULAR RIPPING QUESTION SHE UNLEASHED:** Mrs. Clinton, do you prefer the Apple iPad or the Microsoft Surface for sending classified emails?

Stop groaning... you know it's true. Here's the problem. When we grew up, all our TV programs were over by 10 pm, and we became hypnotized by that stupid test pattern until the shows went back on at dawn. Now, there are 1237 channels that broadcast 24 hours a day, 7 days a week. And after all the news has been covered in the first two hours of the day, it leaves hundreds of befuddled hair sprayed anchormen and anchorwomen with 22 more hours to fill. Panicked, they're forced to think up their own scintillating questions and propose their theories about critical issues like:

**APPEARANCE:** Donald Trump's elaborate multi-level hairdo was engineered by the same men who built the Eiffel Tower.

Hillary Clinton's wardrobe of pantsuits were made from Simplicity Patterns 1307 and 1545—the most popular styles in the 1950's. In fact, many of our moms still keep them filed in their sewing drawers. Also, Mrs. Clinton's blazers were allegedly designed by the team who created the original prototype for the Century 21 real estate agents.

**SLANDER:** Trump's rivals have accused him of everything from income tax evasion to bad spray tans, to philandering with many of the Miss Universe Pageant contestants. Luckily for The Donald, nobody has turned up any actual proof supporting these allegations. However, there was a close call when one of the sleazy tabloids published a photo of him leaving a hotel from a reported pageant meeting at 4 a.m. with the tip of the Miss Universe crown sticking out through the top of his Eiffel Tower coiffure.

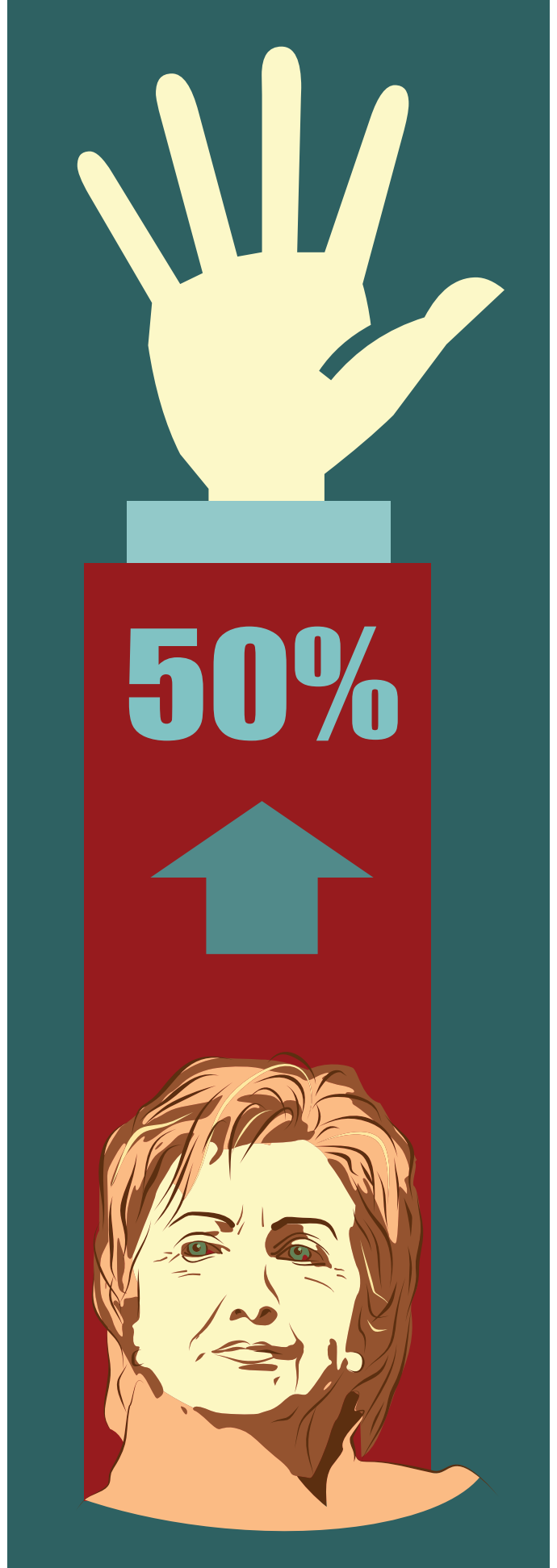
Mrs. Clinton has been a lot tougher for the tabloids to catch in any potential tryst. Her husband, however, is apparently still fair game as they attempt to resurrect his former paramours. The problem is that the sexiest current photos of these woman show gray-haired grandmas, posing in orthopedic hose, granny panties, and 38DD Long "Cross Your Heart" bras. The paparazzi are ready to kill themselves. At this point, Bernie Sanders life would prove a lot more titillating.

Who's going to win? The comics don't care. What they care about is the real possibility of going broke after the election is over. They've got to find new material to write jam-packed hours of comedy skits, jokes, and spin-offs for TV... like during the 90s when Jay Leno hit the jackpot featuring six months of the "Dancing Itos" during the O.J. trial.

So, what's a comedian to do? I guess there's always the remote possibility that Bernie Sanders could win the election, giving them the gift of creating a mega-hit, four year spin-off series called "Weekend with Bernie." ♦



**AUTHOR:** Jan King is a national bestselling author and currently has three books on Kindle Amazon. You can read her blog at [www.jankingauthor.com](http://www.jankingauthor.com)







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## JULY

## AUGUST



**CANCER:** It feels like a while since you had a profound realization, so get ready for a series of breakthrough thoughts. They may come to you in threes so get ready.



**LEO:** A truly new idea should be savored and optimized. Start building the energy that you'll need to promote it and overcome setbacks and obstacles.



**VIRGO:** With your improved communication skills, you are starting to make inroads in areas formerly closed to you. Think about the benefits of good will and cooperation.



**LIBRA:** If you are searching for your soul mate, or a renewed relationship, this month you won't lack the personal magnetism to capture and retain that person's attention.



**SCORPIO:** A new project is coming to you. It could test your patience and talents, but co-workers stand ready to give the assistance you'll need. Don't try to do it alone.



**SAGITTARIUS:** You will be caught up in differences of viewpoint, which could compromise your information sharing. Take care not to provoke clashes with co-workers.



**CAPRICORN:** You know how to downplay your advantages in order to get things done. You won't need to apply any special pressure or persuasion to get what you need.



**AQUARIUS:** July and August bring a sense of a sense of acceptance and recognition. You look set to be the recipient of appreciation for your contributions.



**PISCES:** First there is an idea; then there is a plan and at some stage other people will have to come on board, or at least act as sounding boards. It is time to share.



**ARIES:** You've been shooting off fireworks away from work because it's July. Don't get used to it. It's also an excellent month to avoid verbal explosions.



**TAURUS:** At conventions and company meetings, be ready with interesting conversational topics. You'll be remembered for your wide general knowledge.



**GEMINI:** Today might seem like a mundane, routine time. But step back and observe it. Today could just be a beautiful, normal day.



**LEO:** The new moon on the 2nd sets the stage for major activity later in the month. You know what you are dreaming about. This is the day to see the steps to take to make your dreams come true. By the full moon on the 18th, you'll be in a position to act on your thoughts. Someone wants to hear your plans.



**VIRGO:** Some people can do the job halfway, but you aren't one of them. You will find yourself handling more than your share by mid-month, and this effort will not go unnoticed. When questioned, remain humble and be ready to pleasantly point out efforts of your teammates.



**LIBRA:** A moment of tranquility in a decidedly chaotic time comes your way this month. Indulge the moment with your spouse or significant other. Build up a little strength because the chaos will probably resume. A special report settles your mind somewhat.



**SCORPIO:** You make a wrong turn early in the month that ends up with unexpected surprises. Remember while you are on the wrong path, that you get to see the backroads before you get to the destination. Look around. Something new is waiting for you to notice it.



**SAGITTARIUS:** Keep your eyes and ears open at a meeting this month. Something good is awaiting you, but you have to accept it. Put on your turning light, there is a detour coming.



**CAPRICORN:** A home project requires your management skills this month. Develop a reasonable budget before you start and see that everyone sticks to it. Without your intervention here, things can go awry.



**AQUARIUS:** Integrity is on your mind this month as your own is tested. Pay attention to the small stuff and the big picture will take care of itself. You will be glad you did.



**PISCES:** People always joke that good things and bad happen in threes. This month you wonder about a string of seemingly lucky occurrences. Before you buy another lottery ticket, look at how your own work and interactions contributed to these good things. And thank your lucky stars!



**ARIES:** A minor health issue follows on the heels of one from which you just recovered. Accept that this is annoying, but not forever. You will not be out there in front of the pack pushing your latest ideas. Enjoy a glass of ice tea and get well. This will resolve by the end of the month.



**TAURUS:** How long has it been since you really reaped the rewards of your work? A vacation might be the ticket this month, even if it is a short one. Of course, you will want the best hotel room and a sumptuous dinner. Indulge, but keep an eye on tomorrow, too.



**GEMINI:** Some days you feel like putting the top down and waving at everyone stopped at the intersection. Why not? A splendid day is in the offing and even at a stop sign you could pick up some networking contacts. Your gift of gab will be an asset here but use the appropriate restraint.



**CANCER:** Projects stack up this month just when you have a bit of the summer daydreams. Try to focus on one project at a time and then leave it until tomorrow. Enjoy your family at a pleasant Wednesday dinner and put everything else out of your mind.



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