The Home & Design Showcase
Additions, New Builds, Remodeling, Kitchen, Bath, Basement & More
Erick & Stone home with 3-stop elevator situated on a large level lot! Pool in backyard with outdoor fireplace, pavilion, outdoor kitchen, slate roof. Family room features stone fireplace, built-in entertainment system, and coffered ceilings. Master suite has tray ceilings, his and her WICs, body sprayers in shower. Lower level has spacious rec room, media room, bar area, and fireplace in the rec room. A must see!
Reinvent Your Home To Enrich Your Life

Sun’s sparkling reputation has been built on reinventing homes through the creative use of light and space, working closely with clients, with minimal impact on busy lives.

design/build | additions | kitchens and baths | basements | outdoor spaces
Serving Northern Virginia & Montgomery County, MD for 27 years
703.425.5588 | SunDesignInc.com
7132 FORESTWOOD CT, MCLEAN
YOU will love this elegant colonial, in a cul-de-sac. A five bedroom BEAUTY on upper level, NEW gourmet kitchen, HUGE family room, gleaming refinished wood floors on two levels and lower level walk out sited on a flat .30 acre with 2-car garage.

CECELIA LOFTON
703.508.3968
ccecelialofton2@outlook.com
homesbycecelialofton.com

7132 FORESTWOOD CT, McLean
$999,000

808 VILLA RIDGE RD, FALLS CHURCH CITY
Beautiful New Home in sought after “Broadmont” section of Falls Church City. Smart House Technology throughout — Elevator provides easy access from garage to both Main and 2nd Floor levels — overall 6 Bedrooms, 6 Full bathrooms. High End Gourmet Kitchen, Hardwood Floors & Whole House Generator.

CHRIS EARMAN
703.828.4541
chrisjeorman@gmail.com

808 Villa Ridge Rd, Falls Church City
$1,535,000

2342 BARBOUR RD, FALLS CHURCH
Beautiful, Well-Maintained, 2-Level Rambler on .33 acre lot.
4 Bedrooms, 3 Full Baths, 1 Car Garage,
2 Fireplaces, Sun Room Addition, Fenced Yard, Large Patio. Near West Falls Church Metro, 66, 495 & Tysons Corner!!

JOYCE BECKER
571.217.3814
joyce@beckerj.com
“Putting YOUR Interests FIRST”

2342 Barbour Rd, Falls Church
$779,900

1504 LINCOLN WAY #400, MCLEAN
A PLACE TO CALL HOME!
Top floor unit with fireplace and balcony overlooking the courtyard with fountains. This very private unit comes with covered garage space and in-unit washer/dryer. Amenities include Olympic size swimming pool, well equipped gym and clubhouse perfect for meetings and entertaining. Convenient to Tysons, shopping, restaurants, 495 and 66.

HELENE VOLLMER
703.597.3868
helenevollmer@gmail.com
www.helenevollmer.com

1504 Lincoln Way #400, McLean
$280,000

Arlington
Beautifully updated & maintained, all brick Colonial! 3/4 bedrooms, 2 full baths on 3 finished levels! Gorgeous kitchen w/white cabinetry, granite & stainless steel appliances, Hardwood floors on main & upper levels & cozy side screened porch. Fantastic/level/fenced rear yard. Walk to EFC metro, Tuckahoe ES, park & bike path.

KIM SHARIFI
703.216.0454
kimsharifi@hotmail.com
homesdatabase.com/kimsharifi

Arlington
$850,000

MCLEAN
THIS COULD BE YOU!
Please call me for a complimentary market analysis so you will know what your home is worth. 2017 MAY REPRESENT THE VERY BEST OPPORTUNITY FOR BUYERS AND SELLERS IN RECENT YEARS!!

PAT DERWINSKI
Chairman of the Board
#2 Producer,
Company-Wide
703.815.0116 (C)
pattderwinski@hotmail.com

MCLEAN
$2,500,000

SOLD

7700 Burford Dr, McLean
$2,100,000

THINKING ABOUT SELLING YOUR HOME?
CALL ME FOR A FREE CONSULTATION
NOW IS A GREAT TIME!!
571.213.7500

1313 Dolley Madison Blvd | McLean, VA
(703) 760-8880 | www.weichert.com
New Construction for Rent $1,900/Month

This beautiful, newly constructed condo conveniently located near Rt 50, 28, and 66, boasts 2 spacious master suites with ample closet space, double bathroom vanities and large windows. Open floor plan with a chef’s kitchen, wide plank engineered wood flooring, large living/dining room with trek deck. Rent includes a garage parking space. Washer/dryer in the unit. Be the first to rent this beautiful condo for $1900/month.

7700 Burford Dr, McLean

Gorgeous 5 BR, 4 ½ + 1/2 BA custom brick Williamsburg Colonial set on beautiful .95 acre lot with lush landscaping, terraced gardens & private pool. High ceilings, custom moldings, updates galore. Close in location

Claire Driscoll
703.447.3555
Claire@clairedriscoll.com
www.clairedriscoll.com

6011 19th Rd North, Arlington

Outstanding location! Must See! Cozy one level living in Overlee Knolls. 3 BR, LR w/wood burning fp, DR, KIT, renovated full BA, large, bright FR addition looking out to brick patio and fully fenced lovely back yard. Walk to East Falls Church Metro! Join Overlee Community Pool! Close to Post Off, Library, Shopping & Restaurants at Harrison & Westover Centers. Don’t miss this opportunity!

Deb Mullan
703.244.9481
deb@debmullanrealtor.com
www.debmunlan.com

Merrifield & The Mosaic District

Let me help you learn more about this developing area! We specialize in the “most happening” area in Northern Virginia – Merrifield VA. Near the Dunn Loring Metro, Tysons Corner and major commuter routes it is THE place to be. With the new Fairfax Hospital complex in development, continued growth is almost a guarantee.

Barb Spollen
703.774.5010
info@spollengroup.com

II4 Raymond Ave, McLean $2,499,000

Stunning NEW home from Coda Construction is almost complete, featuring 6 BR, 6 FB, 2 HB, gourmet kitchen, luxurious master suite, screened porch, wine storage and more. Langley pyramid.

Jennifer Justice
Direct: 703.623.8373
Justicehom@aol.com
www.jenniferjustice.com

Ann Romer
703.597.4289
Rltrim@aol.com
TheRomerTeam.com

9211 Hidden Creek Dr $1,050,000

Extremely spacious brick ranch home located just outside Tysons! Only 2.6 miles to Spring Hill Metro. Eat-in gourmet kitchen w/cherry cabinets, granite counters, SS appliances, wet bar, wine frig. Hardwood floors on main level. Stone fireplace w/gas logs. 4 BRs on main level, 2 BRs & enormous unfinished spaces for storage on lower level.

Dena Conrad
Cell: 703.438.1960
www.denaconradrealestate.com
denahconrad@gmail.com

Ii594 Cedar Chase Rd $1,295,000

Cedar Chase of Great Falls
Luxurious & impeccably detailed with SMART-HOME TECHNOLOGY. 5 BR, 5.5 BA. Sun-filled rooms, hardwoods, towering coved ceilings, custom built-ins with hidden TV panel, plantation shutters, chef’s kitchen, Morning Rm, Music Rm, gorgeous lower level, 3 car gar. Minutes to Metro & Reston Towne Center.

Joan Sellers
703.862.5626
sellerstwo@aol.com

I24 Providence Terrace, Mclean $1,545,000

Nantucket Colonial - Better Than New!
Updated and light-filled Open floor plan w/‘9’ ceilings all 3 levels
Sleek Euro-style kitchen
4-5 BRs, 4.5 BAs
Lush, level lot on quiet street
Prime, central location

Jane Price
703.528.0470
Jane@JanePrice.com
www.JanePrice.com

Jane Price
Jane@JanePrice.com
www.JanePrice.com

Thinking About Selling Your Home?
Now Is A Great Time!!

• Sales prices have continued to improve.
• Affordability for buyers is still good—interest rates remain relatively low and a variety of loan programs are available to meet buyer’s needs.
• The inventory of homes for sale was at a three-year end of year low in Fairfax County.

Call Me For A Free Consultation
571.213.7500
< MGM NATIONAL HARBOR
MONUMENTAL INDEED

by Elaine Watt

We’ve watched the transformation of the landscape along the Maryland side of the Potomac to include a truly unparalleled presence in the history of our great capital region, the long-awaited MGM National Harbor. A world-class resort designed with an attention to detail and admirable sensitivity to its environs, here you will find a mecca of fine dining, first-class gaming and entertainment, high-end retail, and luxurious accommodations to impress even the most seasoned traveler.

10 POPULAR HOME REMODELING TRENDS

by Ana Kreutzer

One thing everyone seems to agree on is that when people make changes to their homes, they want the result to make their lives easier and to make their homes a little more luxurious. Kitchens and bathrooms continue to be the most sought-after renovations nationwide, with basements, mudrooms and additions close behind. Here, we take a look at 10 of the most popular home remodeling trends in our area.

Summer Camps

by Ana Kreutzer

As spring emerges and the weather turns warmer, summer plans begin to take shape. You may picture warm, lazy days with relaxed schedules, but with public schools out for 10 weeks and some private schools even longer, kids get restless and parents need safe, reliable options to keep their kids occupied. Our area’s many summer camp programs provide a range of activities to keep children active and engaged all summer long.

TYSONS HOME & DESIGN SHOWCASE

Spring is usually the time we look to renew our surroundings, so we thought we would share some names of selected area professionals eager and qualified to help. Here are some companies that should be on the top of your list for home remodeling.
#GNO
GIRLS NIGHT OUT
THURSDAYS
DRINK SPECIALS
FOR LADIES 9PM-10PM

FELT
BAR & LOUNGE AT MGM
NATIONAL HARBOR

FOR GUEST LIST OR TABLES VISIT MGMNATIONALHARBOR.COM/FELT OR CALL 301-971-5080
@FELTMGM • FELTMGM.COM/ DRESSCODE STRICTLY ENFORCED
DEPARTMENTS

16  LETTER FROM THE PUBLISHER

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

36  ARTS & THEATRE EVENTS
Check out entertaining area shows and art.

42  MUSIC SCENE
JV’s celebrates 69 years.

Ask Dr. Dima  52
About UltraShape v. Coolsculpting

Tysons Premier  76
See what properties are for sale near you.

Wine  84
Improve your knowledge at these local wine schools.

Around Town  94
Attend a free financial planning class and see who was appointed as Tysons Partnership’s Interim President and more.

Ask a Personal Trainer  106
Exercising for Fat Loss with One-to-One Fitness

Taste of Tysons  126
A second look at Plaka Grill
GREENHILL
WINERY & VINEYARDS

Experience the Authentic

Open Daily, Noon ‘til Sunset
23595 Winery Lane
Middleburg, Virginia 20117
greenhillvineyards.com
Tysons Seniors
Find community resources that care for seniors.

Ask an Advisor
About Wedding Expenses

Pets
VIP Petcare tells us the importance of heartworm prevention.

Tysons Update
Syrina White reports on how the Phase 2 of the Silver Line is gaining traction. Patty Nicoson covers the merger of Dulles Corridor Rail Association with the Transportation Alliance (page 158).

Fun & Games
Jan King rounds up the unusual suspects for the hacking of the DNC and John Podesta emails.

Horoscopes
FOR EXTRAORDINARY SERVICE AND RESULTS...

Laurie Mensing

is one of Long and Foster McLean’s Top Producers, and is Nationally Ranked in the Top 1% of Residential Real Estate Professionals.

Consider Laurie your trusted advisor!

“EVERY TRANSACTION IS TREATED AS IF IT WAS MY OWN.”
AND MORE . . .

44 CAPITAL BIKESHARE
Arrives in Tysons

70 CLOSET MAKEOVER TIPS
For Every Budget

83 VIENNA MERCHANTS

89 HELGA’S CATERING

90 THE WOODHOUSE
DAY SPA

92 JOSEPH LEITER
AND THE CIA
By Carole Herrick

100 SIP ‘N’ SWIRL
Area Wineries

101 CHEERS
Area Breweries

108 CELEBRATING EASTER
IN TYSONS

110 TASTE OF TYSONS

147 DR. MAYBERRY
RESTORING SMILES
With All-On-Four Implants

148 SENIOR LISTINGS
Area Memory Cafes

149 SENIOR LISTINGS
Area Senior Centers

150 CARTERVILLE BAPTIST
CHURCH

Katibeh Art Gallery
Enriching our community through art

Hours:
MONDAY–FRIDAY 10:00am–2pm | 4:00pm–8:00pm
WEEKENDS 10:00am–2:00pm

703.388.2887 | 571.296.0988
2070 Chain Bridge Road | Suite 180 | Vienna, VA 22182
info@katibehart.com | www.katibehart.com
The creator of the modern-day mattress, Vispring has been handcrafting the world’s most luxurious sleep solution for more than 110 years. Vispring uses only certified natural fibers and a patented support system to cradle you to sleep and keep you asleep.

A Vispring bed is guaranteed for life and can be a life-changing experience. Available exclusively at Urban Mattress.
The Home & Design Showcase
Additions, New Builds, Remodeling, Kitchen, Bath, Basement & More

2017_MarApr_Tysons.indd   1
2/3/17   5:02 PM

On the Cover:
8611 Georgetown Pike McLean, VA, one of Casey Margenau’s Fine Homes.
CALAMITY MEDIA PRESENTS

LE NOUVEAU MOI

A story about every woman’s love of fashion and her journey of discovering beauty and wellness

NOW SHOWING ONLINE AT www.LeNouveauMoi.com

PRESENTED BY CALAMITY MEDIA PARTNERED WITH TYSONS MAGAZINE
PUBLISHER & CREATIVE DIRECTOR MJ CINCOTTA
CLIENT ADVOCATES JUANITA BAPTISTE, JOHNNY HANNA
PHOTOGRAPHY SUNGHEE CHON WEB DESIGN JULIE SNEE GRAPHIC DESIGN ROBIN LONG
Spring has always been our favorite time of year in Tysons. The light green foliage along the roads, the café’s and outdoor activities … it’s like waking up to a new day. And we are surely waking up to a new city.

One of my favorite restaurants and an institution in our area, Clyde’s of Tysons closed on the 4th of February after 36 years in operation (I was 31 when I had my first beer there). With its indoor palm terrace, “artistic murals” and hand sculpted art by George Stanley (who designed the statue for the Oscars), we had never seen anything like this. Sitting atop of the highest point in Fairfax County, I remember looking out from the entrance and seeing nothing but stars. Hate to see them go. Thanks for the Memories.

But not to despair, we have some new and delightful dining adventures arriving daily. We had a wonderful evening at the new “Fogo De Chao” Churrascaria on Tysons Blvd. Check out our first look from Renee Sklar, our dining editor who joined us for the feast. Thanks for the “Peek” Renee.

Since 1947, JV’s in Falls Church has been a favorite of so many who enjoy live music and great local talent. And who doesn’t love Lorraine for her hospitality and David Kitchen, entertainer extraordinaire. Plan an evening, enjoy the tunes. You can’t help but dance. Thanks for the story Keith.

Considering some home improvements this year? Our writers and advertisers have some ideas for you. We have put together some of the best and most reputable names in the industry. Read about the new remodeling trends by Analiese Kreutzer. super stuff… thanks Analiese!

When I drove up to the new MGM complex for the first time, I couldn’t believe my eyes. I spent many years crossing that bridge, but never imagined I would see the entertainment options we have just down the road. Aside from MGM’s Casino, great bars and restaurants, there are The Gaylord, The Tangier Outlets, The Ferris Wheel, and those lights that invite. Elaine spent a few days with our new friends. (she won’t stop smiling.) Wow. (Just in time for Spring).

Wine Education? Ask Linda Barrett. Been to the Woodhouse Day Spa? Elaine Watt will change your mind about luxury spas. Spectacular place. Thanks Elaine.

Doug Vasiliadis of one-to-one fitness is keeping us up to date on weight loss options—especially when you want to lose the fat. They have a program that works!

Jeffrey Detwiler of Long and Foster shares some real estate trends to watch in 2017, Celebrated Dentist Rodney Mayberry has some exciting news for those looking for restoring your smile with implants, TEDx Tysons is here, and so much more.

Keep your eyes open for changes in our roads, construction detours and stay tuned via our web portal for what’s new and notable.

Again, we can never stop thinking and thanking our readers and those who support our mission of bringing our community closer and celebrating the wonderful work of our area’s professionals and service providers.

Have a great spring, glorious Easter and we’ll see you in May.

Cheers!

Tysons —
True artistry, truly transforming ...your smile journey begins now

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

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

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

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

GALLERIA DENTAL AESTHETICS
1600 Tysons Blvd., Suite 120
McLean, VA 22102
703.448.1020
www.leeohdds.com
March 10

**SLIPPERY WHEN WET—THE ULTIMATE BON JOVI TRIBUTE**

*The State Theatre, 9pm, $12-15*

Slippery When Wet – The Ultimate Bon Jovi Tribute has taken exact live arrangements from Bon Jovi’s 2000’s Crush tour, 2002’s Bounce tour, 2005’s Have a Nice Day tour, 2008’s Lost Highway tour, and 2010’s The Circle tour to form what Jason Morey, Bon Jovi-look-alike, refers to as an “Arena-Club Show.” Jason thinks that “Slippery When Wet has the power to turn a 600-1500 capacity club into a 20,000 seat arena for 2 1/2 hours”.

**ANVIL WITH SPECIAL GUESTS NIGHT DEMON + GRAVESHADOW + PAIN! + DEAD ATLANTIC**

*Jammin Java, 7:30pm, $15-25*

Anvil are a Canadian heavy metal band from Toronto, Ontario, formed in 1978. The band consists of Steve "Lips" Kudlow (vocals, guitar), Robb Reiner (drums) and Sal Italiano (bass, backing vocals). To date, the band has released fifteen studio albums, and has been cited as having influenced many notable heavy metal groups, including Megadeth, Slayer, Anthrax and Metallica.

March 11

**THE KENNEDYS**

*Jammin Java, 6pm, $22-25*

2015 saw a Maura Kennedy solo CD entitled *Villanelle: The Songs Of Maura Kennedy And B.D. Love*, a Pete Kennedy solo CD called *Heart of Gotham*, a rock song cycle about New York City, and the release of the duo’s West, an instant classic set that seamlessly weaves their influences over the last two decades feature Buddy Holly-style roots, the tuneful cadences of the Everly Brothers, and the ringing 12-string jangle of the early Byrds, interspersed with darker moments that recall British folk rock a la Fairport Convention. Jammin’ Java’s concert is a triple CD-release show, celebrating all three albums of new material.

**UNITY: A 311 DAY TRIBUTE**

*Jammin Java, 9:30pm, $10-20*

In late 2010, after many late night jams between members of Irresponsible and Feed God Cabbage, it was clear they were being called to form a 311 tribute band. On 3/11/2011, Unity

CONTINUED ON PAGE 20
Dr. Gocke excels in treating patients who need improvement of their dental and facial esthetics. Placing dental implants, bone grafting, facial trauma and reconstructive surgery, and corrective jaw surgery are his areas of expertise.

Dr. Gocke is Board Certified by the American Board of Oral and Maxillofacial Surgeons and practices in McLean, VA. For multiple years, Dr. Gocke’s peers voted him as a top oral surgeon in the Washingtonian Magazine, Northern Virginia Magazine, and Virginia Living Magazine.

Call today to schedule your consultation.

VIRGINIA ORAL, FACIAL & IMPLANT SURGERY
7601 LEWINSVILLE ROAD | SUITE 203 | MCLEAN, VA 22102
703.291.0135 | WWW.DRGOCKE.COM
gave a forever memorable performance to a shoulder-to-shoulder crowd, and made an explosive entrance into the DC music community. Unity’s performances continue to wow audiences with their likeness to 311, both in sound and energy. On 03/11/2015, Unity will be bringing the party to Jammin’ Java for a whole night of 311 music in celebration of 311 Day!

March 11
A BANDHOUSE GIGS TRIBUTE TO ELVIS COSTELLO
The Barns at Wolf Trap, 8pm, $25-29
Celebrate the career of one of Rolling Stone’s 100 Greatest Artists whose hits include “Alison,” “Pump It Up,” and “Veronica.” This premier tribute concert features performances by some of the DC area’s finest musicians including Todd Wright, Desson Thomson, Caz Gardiner, Brian Simms, Edward O’Connell, and more!

March 14
ANTIGONE RISING
Jammin Java, 7:30pm, $17-20
Antigone Rising’s latest EP is Whiskey or Wine Vol II. With We&W Vol. II, the songs have gotten much more personal and the production, a little more elaborate. Founding sisters Cathy and Kristen Henderson have always had the same philosophy: play better than the boys and make sure the fans feel like part of the family. That philosophy plus writing undeniably catchy songs has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl bands behind.

March 17
TG190S PARTY WITH DJ SUGA RAY
The State Theatre, 8pm
An incredibly gifted DJ known for his fast record flipping and live remixes, Suga Ray is the ultimate party DJ! From hip-hop to reggae to rock to soul, Ray is comfortable with every genre of music and has an encyclopedic knowledge of mainstream hits and underground classics. He has rocked practically all of NYC’s top clubs over the past few years (not to mention right here at State with the Bayside Tigers) and has spun tracks at parties for celebrities like Jennifer Aniston and Ludacris! With his amazing versatility and raw talent, Ray has emerged as the next big DJ in NYC.

March 18
WINE AT WOLF TRAP
The Barns at Wolf Trap, 6:30pm, $500-10,000
Wine at Wolf Trap is an intimate evening of extraordinary wines and cuisine at The Barns at Wolf Trap. Guests will enjoy a five-course dinner with perfect wine pairings and live entertainment by The Olivera Quintet.

CONTINUED FROM PAGE 18

SUPER PET EXPO
Dulles Expo Center, South Hall, Fri 3pm-8pm, Sat 10am-7pm, Sun 10am-5pm, $13 adults, $8 kids, weekend passes available
Welcome to the pet lovers dream weekend! Have fun with exciting entertainment for pet lovers. Shop 150 Local & national exhibitors and meet adoptable pets. Learn about different pets and pet related products. See dogs, cats, birds, reptiles, small animals and more. Canine Good Citizen Testing with the AKC available. See the Aquarium Experience and Cat-Centric Exhibitor. Leashed pets welcome—retractable leashes NOT permitted.

CONTINUED FROM PAGE 18

8 P.M.

MARCH 18

The Barns at Wolf Trap

CONTINUED FROM PAGE 18

MARCH 14

ANTIGONE RISING
Jammin Java, 7:30pm, $17-20
Antigone Rising’s latest EP is Whiskey or Wine Vol II. With We&W Vol. II, the songs have gotten much more personal and the production, a little more elaborate. Founding sisters Cathy and Kristen Henderson have always had the same philosophy: play better than the boys and make sure the fans feel like part of the family. That philosophy plus writing undeniably catchy songs has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl bands behind.

March 17

TG190S PARTY WITH DJ SUGA RAY
The State Theatre, 8pm
An incredibly gifted DJ known for his fast record flipping and live remixes, Suga Ray is the ultimate party DJ! From hip-hop to reggae to rock to soul, Ray is comfortable with every genre of music and has an encyclopedic knowledge of mainstream hits and underground classics. He has rocked practically all of NYC’s top clubs over the past few years (not to mention right here at State with the Bayside Tigers) and has spun tracks at parties for celebrities like Jennifer Aniston and Ludacris! With his amazing versatility and raw talent, Ray has emerged as the next big DJ in NYC.

March 18

WINE AT WOLF TRAP
The Barns at Wolf Trap, 6:30pm, $500-10,000
Wine at Wolf Trap is an intimate evening of extraordinary wines and cuisine at The Barns at Wolf Trap. Guests will enjoy a five-course dinner with perfect wine pairings and live entertainment by The Olivera Quintet.
MARCH 18-19

FITWELL EXPO
Dulles Expo Center, Sat 10am-6pm, Sun 11am-5pm, $10 adults, kids 12 and under are free
Don’t miss out on being one step closer to a better and healthier you! Network with thousands of the finest and most influential consumers, trainers, instructors, gyms, studios, spas, distributors and store owners from the area. Get inspired, educated and motivated with FitWell, for 'A Better You! It's time to make your health and well-being your first priority! Vendors and exhibitors from the health, fitness and wellness industry will all be conveniently located under one roof for one weekend so you can compare the best of the best!

MARCH 19

ANDY SUZUKI
Jammin Java, 8pm, $15-25
The half-Japanese, half-Jewish Andy Suzuki and hand-percussionist Kozza Olatunji-Babumba (grandson of percussion legend Babtunde Olatunji) first garnered wider attention with their buoyant, organic folk-pop album, Born out of Mischief, and soon found themselves opening for names as large as Ringo Starr, Eric Hutchinson, Joshua Radin, Marc Broussard, Delta Rae, and Tyrone Wells. Fans fell hard for their combination of a "velvet voice" (NPR) and their "deadly way with melody" (TimeOut New York).

MARCH 19

JOHN EATON
The Barns at Wolf Trap, 2pm, $25-27
Local favorite John Eaton returns to The Barns with an evening of piano selections.

MARCH 22

PHYSICIST LAWRENCE KRAUSS: WHY ARE WE HERE?
National Museum of Natural History’s Baird Auditorium, 10th St & Constitution Ave, NW, 6:45pm - 8:15pm, Member $25, General Admission $35
In his bestselling book, A Universe from Nothing, the internationally renowned theoretical physicist Lawrence Krauss revealed how our entire universe could arise from nothing. Now, Krauss draws on his blend of reason, rigorous research, and engaging storytelling to present a dramatic story of the discovery of the hidden world of reality and the scientists who have helped to unravel its unexpected fabric.
For tickets and further information call 202-633-3030 or visit www.smithsonianassociates.org

MARCH 22, 23, 25 AND 26

THE SECOND CITY
We’re all in this room together
The Barns at Wolf Trap, Wed, Thurs and Sun at 8pm, Sat at 7pm and 10pm, $27-32
“The Harvard of Comedy” (The New York Times) returns with improvised comedy, audience interaction, and of-the-moment routines and songs from the legendary sketch comedy archives made famous by alumni like Tina Fey, Stephen Colbert, and Bill Murray.

MARCH 24

TENTHING
Chamber Music at the Barns
The Barns at Wolf Trap, 7:30pm, $38
Norwegian trumpeter Tine Thing Helseth and her 10-piece, all female brass ensemble’s repertoire spans the gamut of orchestral, operatic, and Latin music.

MARCH 24-26

CRAFTSMEN’S CLASSIC ARTS & CRAFTS FESTIVAL
Dulles Expo Center, Fri 10-6pm, Sat 10-6pm, Sun 10-5pm, $8 adults, $1 kids
Features original designs & work from more than 400 talented artists and craftspeople from across the Nation. See the creative process in action as demonstrated throughout the show. There is something for every style, taste & budget with items from the most traditional to the most contemporary. Discount coupons, advance discounts and group (15+) tickets are available.

MARCH 24-26

THE WOODWORKING SHOWS
Dulles Expo Center, Fri 12pm-6pm, Sat 10am-6pm, Sun 10am-3pm, $14 adults, kids 15 and under are free with paying adult
For the past 30 years, The Woodworking Shows have established a devoted following by providing woodworkers with an outlet for their passion through tools, education and a unique sense of community by hosting hands-on trade shows for woodworkers across the United States.

CONTINUED ON PAGE 22
March 25
Jack Broadbent
Jammin Java, 6:30pm, $18-20
This talented singer/songwriter started his career with humble beginnings busking and has since been leaving audiences spellbound with his live shows and unique style of slide guitar. In a modern day context, Jack draws inspiration from blues legends John Lee Hooker, Peter Green, Jimi Hendrix, Robert Johnson and Crosby, Stills, Nash & Young, but also adds a more current songwriting sensibility with a sound that sits comfortably amongst such acts as The Derek Trucks Band and Government Mule. With both feet firmly planted in an authentic blues style, Jack Broadbent is now making waves globally as one of the most exciting modern bluesmen of our time.

March 29
David Lindley
Jammin Java, 7:30pm, $22-30
Multi-instrumentalist David Lindley performs music that redefines the word “eclectic.” The David Lindley electro-acoustic performance effortlessly combines American folk, blues, and bluegrass traditions with elements from African, Arabic, Asian, Celtic, Malagasy, and Turkish musical sources. Lindley incorporates an incredible array of stringed instruments including but not limited to Kona and Weissenborn styles, Hawaiian lap steel guitar, Turkish saz and chumbus, Middle Eastern oud, and Irish bouzouki. The eye-poppingly clad “Mr. Dave’s” uncanny vocal mimicry and demented sense of humor make his onstage banter a highlight of the show.

March 29
Noam Pikelny
The Barns at Wolf Trap, 8pm, $22-25
The preeminent banjoist of his generation, a three-time Grammy nominee, and the inaugural winner of the Steve Martin Prize for Excellence in Banjo and Bluegrass, Noam Pikelny takes a break from Punch Brothers for a string of solo shows.

March 30
Glen Phillips of Toad the Wet Sprocket
The Barns at Wolf Trap, 8pm, $22-25
Exploring themes of transition on his new album Swallowed by the New (2016), the singer/songwriter of Toad the Wet Sprocket pares his folk-tinged music down to its emotional core, concentrating on the simple truths of love and relationships.

March 31
Falù’s Bollywood Orchestra
The Barns at Wolf Trap, 8pm, $25-35
Lauded as “ethereal and transcendent” (Billboard) and “a rare brand of timeless elegance” (Vogue), the internationally acclaimed Indian vocalist who has collaborated with Yo-Yo Ma, Ricky Martin, and A.R. Rahman returns to The Barns.

April 1
The Later Late Show: Main Stage Comedy Showcase
Jammin Java, 10:30pm, $8-10
Jammin’ Java’s BIGGEST comedy event yet! For the last four years, the Later Late Show has been bringing you some of BEST local and nationally touring stand-up comedians, and now they’re backed up with a phenomenal house band, SMOOTH AF! These comics have appeared on national television (Comedy Central, Vice TV, BET, ABC’s Last Comic Standing), performed in bars, clubs, theaters, comedy festivals, and kids’ birthdays all over the country, and now they’re at Jammin’ Java, just to make you laugh!

April 1
The Bad Plus
The Barns at Wolf Trap, 8pm, $28-34
Transcending traditional musical rules, this trio is “better than anyone at mixing the sensibilities of post-60’s jazz and indie rock” (The New York Times).
Staying Active, Engaged, and Getting the Most Out of Life.

In a maintenance-free environment, our residents enjoy life at their own pace and schedule. Residents can build their day around an array of activities including gardening, engaging trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. We promote physical and spiritual well-being by offering fitness programs, health services and an indoor swimming pool. Through partnerships and continual research, we bring in breakthrough technologies and tools that help our residents get the most out of life. Contact Us Today! 703-536-4344

Vinson Hall Retirement Community
supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Dr., McLean, VA 22101
www.vinsonhall.org
April 8
CÉCILE MCLORIN SALVANT AND AARON DIEHL
The Barns at Wolf Trap, 8pm, $35-45
“The finest jazz singer to emerge in the last decade” (The New York Times) and winner of the 2016 Grammy Award for Best Jazz Vocal Album (Salvant) performs with one of the most sought after jazz piano virtuosos dubbed “the Real Diehl” by collaborator Wynton Marsalis (Diehl).

April 12
A CONVERSATION WITH ALEC BALDWIN
By Smithsonian Associates
Lisner Auditorium at GW, 7 – 8pm, Members, $45; Nonmembers, $55; includes book.
Alec Baldwin has spent three decades in the spotlight, creating memorable comic and dramatic roles in films including Beetlejuice, Working Girl, Glengarry Glen Ross, and The Departed; rounding up armloads of awards as Jack Donaghy over seven seasons of 30 Rock; and, most recently, a recurring portrayal in Saturday Night Live’s cold openings. A few days after the release of his memoir Nevertheless (Harper), Baldwin sits down for a conversation about his life and career, including the private facets of his life that the book makes public, from the personal history of the Long Island child who felt burdened by his family’s financial strains and his parents’ unhappy marriage to the young soap actor learning from giants of the theatre; the addict drawn to drugs and alcohol; the husband and father who acknowledges his failings; and the performer for whom work remains the center of everything. A copy of Nevertheless is included in the ticket price; a signing follows the program. For tickets and further information call 202-633-3030 or visit www.smithsonianassociates.org.
April 14

HAWAIIAN SLACK KEY GUITAR FESTIVAL
The Barns at Wolf Trap, 8pm, $27-32
This internationally acclaimed festival returns to The Barns to perpetuate and preserve the unique Hawaiian acoustic guitar art form known as Kiho‘alu.

April 14

THE MACHINE PERFORMS PINK FLOYD
The State Theatre, 9pm
The New York-based band, The Machine, focuses on making every show an authentic Floydian experience for their fans. Known for performing a diverse mix of The Floyd’s extensive 16-album repertoire (complete with faithful renditions of popular hits as well as obscure gems), The Machine’s stellar musicianship, dramatic lighting and video, and their passionate delivery sets them above and beyond the rest.

April 15

THE GAY MEN’S CHORUS OF WASHINGTON, DC
Presents God Save the Queens
The Barns at Wolf Trap, 4pm and 8pm, $45
A cappella vocal ensembles Potomac Fever and Rock Creek Singers present a salute to British pop music featuring new and innovative arrangements of music by The Beatles, Queen, Adele, George Michael, The Police, and more. Plus they’ll throw in music from the King and Queen of Pop just for fun!

April 19

TINARIWEN
The Barns at Wolf Trap, 8pm, $38
The winner of the Grammy Award for Best World Music Album, Tinariwen is “a brilliant live band who have deservedly built up an international following for their infectious, pounding fusion of desert blues and the styles of the nomadic Tuareg people of the Sahara” (The Guardian).

Come Experience a NEW Level of Dental Services!

Celebrated dentists Dr. Han and Dr. Ahn in McLean invite you to discover a new level of services and dental excellence.

Dental Implants
Periodontal treatment
Orthodontic treatment
Invisalign treatment
Full-mouth reconstruction

Dr. Daniel Han
Perio-Prosthodontist
Dr. Sooyeon Ahn
Orthodontist

703.356.7001
Call for your assessment today!
You’ll get the smile you deserve!

HAN & AHN
Dentistry by Specialists

6845 Elm Street, Suite #450, McLean, VA  |  703.356.7001  |  www.McLeanDMD.com  |  info@mcleandmd.com
CHARLOTTE MARTIN

APRIL 20

JOHN MCCUTCHEON
*The Barns at Wolf Trap, 8pm, $25-28*
Folk music’s rustic “Renaissance man” whose carefully crafted songs are like “storytelling with the richness of fine literature” (The Washington Post) returns with his Grammy-nominated musical tales.

APRIL 20

HOT 8 BRASS BAND
*Jammin Java, 7:30pm, $20-30*
Transcending genres and trends, Hot 8 have performed and collaborated with a wide range of artists, from Lauryn Hill to Mos Def to the Blind Boys of Alabama, and were nominated for a Grammy in 2013 for their second album *The Life and Times Of...* In the live arena, Hot 8 Brass Band continues to win over audiences with their old school street brass approach, fusing it with some harder, funkier currents in the process, and juxtaposing magnificent originals with fresh versions of Snoop Dogg, Stevie Wonder, The Specials or Basement Jaxx.

APRIL 21

PAT MCGEE BAND
*The Barns at Wolf Trap, 8pm, $25-30*
For over 20 years, this enduring Virginia-based rock band has sold out venues all over the country while sharing the stage with some of the world’s best musicians like The Who, the Allman Brothers, Fleetwood Mac, James Taylor, and more.

APRIL 22

THE NIELDS
*Jammin Java, 7pm, $18-20*
*XVII* is the Nields’ seventeenth album. With a career that’s more than well established, the Nields turn to meditations on time, turning points, their roots, and community – both musical and personal – but they also express joy in the present, faith in the future, and a whole lot of hope and promise. The Nields’ albums are often an eclectic mix of ideas and music styles, but clear themes emerge. *Love and China* (2002) was about the fragility of love and relationships. *The Full Catastrophe* (2012) explored the messy experience of raising a family. *XVII* has the Nields looking out from midlife. The kids are older, but not fully grown. There’s more space to look back and forward, and more freedom to create.

APRIL 22

BRANFORD MARSALIS QUARTET WITH SPECIAL GUEST KURT ELLING
*The Barns at Wolf Trap, 3pm and 8pm, $66-78*
“Chances are any recording between Branford Marsalis and Kurt Elling is bound to please both jazz fans and everyone else” (AXS.com) and their collaborative live performances are even more electric.

APRIL 23

CHARLOTTE MARTIN
*Jammin Java, 7pm, $18-20*
The show’s open. Details magazine called her “a seductive performer” and “a skilled lyricist who writes with surgical precision” and Performing Songwriter praised Martin as “a born storyteller and affecting vocalist.”

APRIL 24

LOCAL H
*Jammin Java, 8pm, $15-25*
Local H is known for their blistering live shows and for pioneering the two-man band set-up -- frontman Scott Lucas covers both guitar and bass through an extra pick up in his guitar and drummer Ryan Harding pounds out the rest of the sound. While they have earned praise in the past for their catalog of clever concept albums, Local H have forgone a singular theme on their most recent album, *Hey, Killer* (out April 2015 on G&P Records), turning out a non-stop blast of straight-up, hooky, guitar-heavy rock songs -- each one catchier than the last. The band’s discography includes seven other studio albums, a live album, and a bunch of EPs and *Straight Outta Zion*, a Blu-ray concert video.

APRIL 26

FORTUNATE YOUTH SPRING CD RELEASE TOUR + JOSH HEINRICHS W/ IYA TERRA
*The Barns at Wolf Trap, 8pm, $25-30*
Fortunate Youth is a collaboration of South Bay reggae stand-outs. Rising from various bands, they’ve created a phenomenal 6-piece masterpiece bringing more fire to the stage than ever before. Combining rootsy vibes and unique bass lines united with multiple harmonies, boisterous guitar solos, and heavy keys separates Fortunate Youth from every other mainstream reggae band.
With their high energy approach and positive stage presence they provide an unforgettable show to every music fan. Fortunate Youth’s objective is to ensure a performance that leaves you feeling euphoric and curious of what might happen at the next show.

**APRIL 27**

**TOM PAXTON**
The Barns at Wolf Trap, 8pm, $24-28
A Grammy Lifetime Achievement Award winner and widely considered a contemporary of Bob Dylan, Tom Paxton is “an extraordinary writer, singer, and performer of self-penned songs in the acoustic folk tradition” (PopMatters).

**APRIL 28**

**EMERSON STRING QUARTET**
Chamber Music at the Barns
The Barns at Wolf Trap, 7:30pm, $45
Celebrating both the 20th anniversary season of chamber music at The Barns, and the 40th anniversary season of the venerable Emerson String Quartet.

**Program:****
Mozart String Quartet No. 19 in C major, K. 465 “Dissonant”
Turnage “Shroud” (co-commissioned by Wolf Trap Foundation. DC-Area premiere)
Beethoven String Quartet Op. 130, No. 13 (Grosse Fuge, finale)

**MAY 3 AND 4**

**KATHY MATTEA**
The Barns at Wolf Trap, 8pm, $35
Kathy Mattea is a genuine storyteller who has garnered multiple CMA, ACM, and Grammy Awards for her musical artistry. Drawing inspiration from her Appalachian roots, she seamlessly integrates country, bluegrass, gospel, and Celtic sounds into her musical collection of 18 albums and counting.

**MAY 5**

**30TH ANNUAL EVENING OF COMEDY**
The Barns at Wolf Trap, Fri 8pm, Sat 7pm and 9:30pm, $25-28
The Barns transforms into a comedy club for 3 performances of hilarious stand-up entertainment.

**MAY 16**

**FIVE TIME GRAMMY AWARD WINNER BUDDY GUY**
The State Theatre, 7:30pm, $79
Buddy Guy is one of the most celebrated blues guitarists of his generation (and arguably the most celebrated), possessing a sound and style that embodied the traditions of classic Chicago blues while also embracing the fire and flash of rock & roll. He was inducted into the Rock & Roll Hall of Fame in 2005, with both Eric Clapton and B.B. King presenting him with his award, and in 2012 he performed a special concert at the White House, where he persuaded President Barack Obama to join him at the vocal mike for a few choruses of “Sweet Home Chicago.”

**ONE-ON-ONE PERSONAL TRAINING**
**PARTNER PERSONAL TRAINING**
**SMALL GROUP PERSONAL TRAINING**

**TRY US OUT!**
NO COMMITMENT. NO PRESSURE. JUST AN OPPORTUNITY TO IMPROVE YOUR LIFE!

www.1to1fitness.com

7900 Westpark Dr | Suite A030 | McLean/Tysons Corner, VA 22102 | (703) 848-0881
1800 Presidents St (in the Hyatt Regency) | Reston, VA 20190 | (703) 709-6100
MAX YOUTH PERFORMANCE | 1137 Walker Rd | Great Falls, VA 22066 | (703) 759-9110
METRO CENTER | 555 13th Street NW | Washington, DC 20004 | (202) 383-8765
K STREET | 1750 K Street NW | Washington, DC 20006 | (202) 452-1861
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. $25/adult, $13/child, including tax and gratuity. Light Tea ($19) and Cream Tea ($15) are also available.

$5 BOTTOMLESS GUACAMOLE
La Sandia, 4pm-7pm, $5
Experience bottomless guacamole with you and your closest friends for $5.

MONDAYS

STROLLER STRIDES
Tysons Plaza, 9:30-10:30am
StrollerStrides® is a total fitness program that moms can do WITH their babies. It includes power walking/jogging and intervals of strength and body toning exercise using exercise tubing, your stroller, and the environment. Taught by certified fitness instructors with specialty training in the pre and post natal woman, it is a great workout for ANY level of exerciser.

TUESDAYS

LEVANT

TUESDAYS
Tarab Night

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.

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.
The Law Offices of
Nicole Marie FLANNAGAN
Competent Legal Attorney Serving Northern Virginia

Over a decade of service protecting enterprises like yours
Right from the Start

• Real Estate • Business
• Litigation • Contracts
• Commercial Real Estate

"Nicole is a great lawyer and entrepreneurial businesswoman, which affords her clients the benefit of her multi-layered talents. As a bonus, it is also a pleasure to work with her. She is consummate professional in all of her endeavors."
Elizabeth Ross, Child Custody Attorney on Feb 11, 2011

Logic Spark Law, PLLC – Tysons, VA
7921 Jones Branch Drive | McLean, VA 22012
Logic Spark Law, PLLC – Leesburg, VA
19099 Icehouse Terrace | Leesburg, VA 20176
Office (703) 203-4655

Le Nouveau Moi

All New: EXCLUSIVE OFFERS!

Le Nouveau Moi Magazine now provides a unique online space where readers like you can get exclusive special offers from our advertisers—for FREE!
Visit our freshly redesigned website to get started.
lenouveaumoi.com/exclusive-offers

Tysons Premium Hair and Colour Salon

CAPTURE DREAMS | CREATE BEAUTY
MAKE A DIFFERENCE

8100 Boone Boulevard, Suite 115
Vienna, VA 22182
703.848.2000
www.colourbarstudio.com

Voted Best Coloring Salon by Readers Choice in DC
Best of the City | Open Sunday 11-5
Couture Color | Balayage | Extensions | Blowout Bar
Professional Makeup Artist | Jane Iredale Skin Care Makeup

Le Nouveau Moi

All New: EXCLUSIVE OFFERS!

Le Nouveau Moi Magazine now provides a unique online space where readers like you can get exclusive special offers from our advertisers—for FREE!
Visit our freshly redesigned website to get started.
lenouveaumoi.com/exclusive-offers

Tysons Premium Hair and Colour Salon

CAPTURE DREAMS | CREATE BEAUTY
MAKE A DIFFERENCE

8100 Boone Boulevard, Suite 115
Vienna, VA 22182
703.848.2000
www.colourbarstudio.com

Voted Best Coloring Salon by Readers Choice in DC
Best of the City | Open Sunday 11-5
Couture Color | Balayage | Extensions | Blowout Bar
Professional Makeup Artist | Jane Iredale Skin Care Makeup
**CONTINUED FROM PAGE 28**

**TUESDAYS**

**A DANCE FOR EVERYONE**

Colvin Run Dance Hall,
7pm, $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. 18 or older.

**½ PRICE WINE AT BRX**

Brix American Bistro
All wines below $65 are half price with an entrée.

**$2 TACO TUESDAYS**

La Sandia, 4pm-9pm, $2

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

**KIDS’ TUESDAY**

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

**SALSA NIGHT**

Iris Lounge | 8:30-9pm

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

**ROSSO BUCCO NIGHT**

Assaggi Osteria, $19.50

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

**WEDNESDAYS**

**STROLLER STRIDES**

Tysons Plaza, 9:30-10:30am

StrollerStrides® is a total fitness program that moms can do WITH their babies. It includes power walking/jogging and intervals of strength and body toning exercise using exercise tubing, your stroller, and the environment. Taught by certified fitness instructors with specialty training in the pre and post natal woman, it is a great workout for ANY level of exerciser.

**1/2 PRICE WINE NIGHT**

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

**FAMILY PASTA NIGHT**

Brix American Bistro
Come out to Brix and experience their famous filet meatballs, seafood pasta, and more!

**CUPCAKE SPECIAL**

Sweet City Desserts
Buy two cupcakes, get the third one free! Their 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, $19.95

Risotto with fresh strawberries and a fresh garden salad.
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, $9.95
Try their award-winning Solo Mussels Argia or Marinara. These delectable entrees are just $9.95 on Wednesdays.

WINE’D DOWN WEDNESDAYS
Entyse, Wine Bar & Lounge, 5:30pm
Sample Sommelier Vincent Feraud’s hand-selected wines by the glass or step up to the Fresh Market Seafood Station where you can create your own tasting of Jumbo Shrimp, Crab Claws, and Fresh Louisiana Oysters prepared right in front of you by their chefs.

MARTINI WEDNESDAYS
Brio Tuscan Grille
Join Brio Wednesdays for $5 Martinis.

HALF OFF PRIMETIME
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
FLAMENCO THURSDAYS
Levant Restaurant & Lounge
Enjoy Arabic, Gypsy, and Flamenco music by guitarist Wadih Ettabbakh and percussionist Hector “Coco” Barez in Tysons’ hottest destination for fun and relaxation. Smoke hookah and make new friends.

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 their expert guest sushi chef creates savory maki, sashimi and specialty rolls for their 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, 6-8pm
Go and join them in their tasting room for their Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every Thursday.

The Wise Investor Group
571-203-1600
thewiseinvestorgroup.com

Your Financial Life is Complex. You Need a Trusted Partner.

Portfolio Management  Financial Planning  Investment Analysis  Insurance & Annuity
**PULCINELLA**

**MCLEAN**
**THE VINEYARD**
1445 Laughlin Ave
703.288.2970
www.thevineyardva.com

**PULCINELLA**
6852 Old Dominion Dr.
703.893.7777
www.pulcinellarestaurant.com

**FAIRFAX**
**MOSAIC DISTRICT**
2910 District Ave
703.992.7765
www.mosaicdistrict.com

**GREAT FALLS**
**BRX AMERICAN BISTRO**
1025 Seneca Rd
703.433.9050
www.brxgf.com

**COLVIN RUN COMMUNITY HALL**
10201 Colvin Run Rd
703.435.5620
www.colvinrun.org

---

**THURSDAYS**

**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 by The Ritz-Carlton hotel's service excellence.

**JAZZ FRIDAYS**
Entyse, Wine Bar & Lounge
8:30pm

**FREE WINE TASTING**
**RED, WHITE & BLEU**
5-8pm
Come out to Red, White, & Bleu for a free wine tasting every Friday night.

---

**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.

**JAZZ FRIDAYS**
Entyse, Wine Bar & Lounge
8:30pm

---

**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!

**FREE WINE TASTING**
**RED, WHITE & BLEU**
5-8pm
Come out to Red, White, & Bleu for a free wine tasting every Friday night.

---

**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!

---

**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.

**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!

---

**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 by The Ritz-Carlton hotel's service excellence.

**FREE WINE TASTING**
**RED, WHITE & BLEU**
5-8pm
Come out to Red, White, & Bleu for a free wine tasting every Friday night.

---

**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!

**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 by The Ritz-Carlton hotel’s service excellence.

SATURDAYS
SATURDAY BRUNCH
Amphora
Join them for their famous brunch. Don’t miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even 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 Dance Hall, $15-20
On the 1st ($20 for the band) and 3rd ($15 for the DJ) Saturdays of the month enjoy music and a Foxtrot, Merengue, Viennese Waltz or Samba lesson provided. Lesson from 8-9pm. 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.

BREAKFAST FOR KIDS
Pulcinella
You can feel the lovable character and zest for life at Pulcinella’s during Saturday breakfast where kids eat for free. They celebrate every meal with music and laughter in the Southern Italian tradition of family dining.

CONTINUED ON PAGE 34
CAFE OGGI

SATURDAYS

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 by 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

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-12am
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 & GREETS
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.

---

**Making it happen...**
**One dream home at a time!**

Jim Nelson
McLean Sales
1355 Beverly Rd. #109
McLean, VA 22101
703-861-8675 cell

Jim Nelson been a Realtor with Long and Foster for 25+ years. Diversified as both a listing agent and buyers agent in the Northern Virginia area. Specializing in finding properties for specific needs of buyers and pricing properties for sellers obtaining the most money within a reasonable period of time.

---

**SELECTED EVENTS**

**RISOTTO DINNER**
Tuesdays
Additions Renovations Custom Homes
www.greatfallsconstruction.com
703 759-6116
Making it happen…
One dream home at a time!

**Additions Renovations Custom Homes**
Jim Nelson been a Realtor with Long and Foster for 25+ years. Diversified as both a listing agent and buyers agent in the Northern Virginia area. Specializing in finding properties for specific needs of buyers and pricing properties for sellers obtaining the most money within a reasonable period of time.

---

**THE INTELLIGENCE REPORT ON VIENNA HOUSING**

Check out my latest report on the local real estate market!
ARTS & THEATRE EVENTS

MARCH 13
LIGHTNING THIEF
Presented by TheatreWorks
George Mason University Center for the Arts, Concert Hall, 10:30am
Percy Jackson is about to be kicked out of boarding school...again. And that’s the least of his troubles. Lately, mythological monsters and the gods of Mount Olympus seem to be walking straight out of the pages of Percy’s Greek mythology textbook and into his life. And worse, he’s angered a few of them: Zeus's master lightning bolt has been stolen and Percy is the prime suspect.
Now Percy has ten days to find and return Zeus's stolen property and bring peace to a warring Mount Olympus. But to succeed on his quest, Percy will have to do more than catch the true thief: he must come to terms with the father who abandoned him; solve the riddle of the Oracle, which warns him of betrayal by a friend; and unravel a treachery more powerful than the gods themselves. Adapted from the book *The Lightning Thief* by Rick Riordan.

MARCH 17
DANÚ: ST. PATRICK’S DAY CELEBRATION
George Mason University Center for the Arts, Concert Hall, 8pm, $30-50
Celebrate St. Patrick’s Day with this festive concert of Celtic music and dance from the Emerald Isles performed by one of the leading traditional Irish ensembles. A real favorite of Irish audiences, (and ours) Danú always provides a high-energy experience while performing ancient Celtic music and new repertoire. Their virtuosity on authentic Irish instruments – flute, tin whistle, fiddle, button accordion, and bouzouki – is matched by the brilliance of gorgeous vocals in Irish and English. Bagpiper and former Riverdance member Ivan Goff joins the band for this American tour. Hailing from the heart of Ireland’s old country, County Waterford, this acclaimed ensemble tours throughout the U.K. and the United States to standing-room-only concerts, and has recorded seven acclaimed albums. Bring the whole family to this high-energy concert of authentic Celtic music and dance!
March 18
Russian National Ballet Theatre: Chopiniana and Carmen
George Mason University Center for the Arts, Concert Hall, 8pm, $34-56
This ballet double bill represents some of the very best of classical ballet with all of the beauty, grace, and passion that typifies the grand Russian ballet tradition. Growing out of Chopin’s Seventh Waltz, Chopiniana does not follow a traditional plot. Instead, it is a poetic portrayal of romance and grace as represented by ballerinas and a young man or poet. Carmen is based on the iconic opera and includes Georges Bizet’s acclaimed score, which was adapted by Rodion Shchedrin in what he called “a creative meeting of the minds.” The ballet tells of Carmen, the fiery, free-spirited gypsy, and the love triangle between her, the soldier and the toreador. Upholding the national tradition of classical ballet, Russian National Ballet Theatre brings these ballets to life with impressive technique and artful poise, extravagant sets and gorgeous, colorful costumes. The whole family will enjoy the pageantry and elegance of this magnificent performance.

March 17 – April 9
The Emperor’s New Clothes
A Learning Theater Production
Conceived and Directed by Laura Connors Hull, Music by Matt Conner
Creative Cauldron, Friday 7:30pm, Saturday 2pm and 7:30pm, Sunday 2pm, $11-16
The emperor has hired some crafty weavers to create the most fabulous robe of all, but when they tell him the robe is invisible to those who are “hopelessly witless” will the emperor admit he sees nothing at all? The Learning Theater Ensemble tackles Hans Christian Andersen’s classic tale with a fresh, musical spin that hilariously illuminates how pride and vanity can make a leader a glorious buffoon.

March 19
Russian National Ballet Theatre: The Sleeping Beauty
George Mason University Center for the Arts, Concert Hall, 4pm, $34-56
Considered by many to be the finest achievement in classical ballet and the crowning jewel of Petipa’s career, The Sleeping Beauty is a lavish theatrical depiction of this well-known fairy tale. With music composed by the king of classical ballet music, Pyotr Ilyich Tchaikovsky, this grand ballet has it all — a beautiful princess and a charming prince, a king and queen, fairies, both good and evil, and courtly splendor. After a wicked fairy curses the baby princess to prick her finger and die on her 16th birthday, a benevolent fairy bestows her a gift, so the princess will instead fall into a deep sleep until awakened by the kiss of a prince. The unmatched grace of the dancers of the Russian National Ballet Theatre, along with the elaborate sets and beautiful costumes, make this a perfect family event!

March 25–26
Virginia Opera: Turandot
George Mason University Center for the Arts, Concert Hall, Sat 8pm and Sun 2pm
Puccini’s grandiose opera brings the splendor of imperial China to life with this epic tale of revenge, power, and love. The vengeful princess Turandot will marry only if a suitor can meet her challenge. Answer three riddles correctly or face doom. When a young handsome prince succeeds, she still resists and so he offers a challenge of his own: learn his name by dawn and he will forfeit his life. One of opera’s most lavish works, the score includes the well-known tenor aria, “Nessun dorma.” This is Puccini’s last opera; in fact, the final scene was completed by Franco Alfano after the maestro’s death. Laced with exoticism and an innovative use of chorus, it is a powerful work and considered one of his finest. Don’t miss Virginia Opera’s elegant new production of this timeless masterpiece. Sung in Italian with English supertitles.

March 25
Well
By Lisa Kron
Directed by Michael Bloom
1st Stage in Tysons, Thursdays 7:30 pm, Fridays 8 pm, Saturdays 2pm and 8pm, Sundays 2pm, $15–30
"This play is not about my mother and me," begins the character of Lisa. But, of course, it is about her mother, and her mother’s extraordinary ability to heal a changing neighborhood, despite her inability to heal herself. In this "solo show with people in it," Kron asks the provocative question: "Do we create our own illness?" The answers she gets are much more complicated than she bargained for as the play spins dangerously out of control into riotously funny and unexpected territory.
March 30–April 1

GOGOL’S NOSE AND OTHER STRANGE TALES FROM THE CITY

TheatreSpace, 8pm, $15–25

In the Petersburg Tales, Gogol depicts a 19th-century Russian capital that’s surreal but recognizable, ridiculous and grotesque. Whether it’s beauty, wealth, or social position you’re after, you can find it in Petersburg—but you can lose it, too. This original, highly physical piece distills some of Gogol’s best loved stories about a city where a nose can go missing, a clerk can turn king, and a man can find true love in a piece of outerwear.

March 31–April 1

2017 DANCE GALA CONCERT

Presented by Mason School of Dance

George Mason University Center for the Arts, Concert Hall, 8pm, $10–25

The Gala Concert is Mason Dance Company’s crowning season event featuring a program of works by contemporary professional choreographers.

Program:

“Second to Last” by Alejandro Cerrudo
“Mass” by Robert Battle
“Balance/Imbalance” by Soon Ho Park
“A New Work” by Susan Shields

April 9

MCLEAN SYMPHONY

Palm Sunday: Organ, Choir and Orchestra

Vienna Presbyterian Church, 7pm

Come and enjoy a variety of music, with each program guaranteed to have something for everyone. This is Maestro Dingwall Fleary’s 45th consecutive year of music-making with The McLean Symphony. Together they will present composers and local guest artists who will amaze you. The Symphony is calling this season “A Sapphire Celebration,” because the music chosen is as brilliant and precious as the gemstone, which represents (wait for it …) the number forty-five!

Opening remarks by The Rev. Peter James Pastor, Vienna Presbyterian Church

Ralph Vaughan Williams | Rhosymedre (Prelude on a Welsh Hymn Tune)

George Frideric Handel | Messiah (selections from Parts 2 & 3)

George Frideric Handel | Organ Concerto in G Minor and Major, Op. 4, No. 1. Soloist: Brian Wihour

Nikolai Rimsky-Korsakov | Russian Eastern Festival Overture (excerpts)

THE 7 FINGERS OF THE HAND: CUISINE & CONFESSIONS

George Mason University Center for the Arts, Concert Hall, Sat 2pm and 8pm, Sun 4pm, $30-50

Dance, acrobatics, and a pinch of theatrics are the essential ingredients in this remarkable show that explores life in the family kitchen where lessons are learned, bonds are forged, and secrets are exchanged. In their latest delightfully inventive production, Cuisine & Confessions, The 7 Fingers of the Hand interprets relationships and storytelling through the process of food preparation in their own playful way. This Montreal-based group gets right into the heart of the home, using circus acts and acrobatics to depict scenes of family meals and intimate moments. This acclaimed ensemble’s name is a twist on a French idiom, “the five fingers of the hand,” which describes distinct parts moving in coordination toward a common goal. In this case there are seven artistic collaborators who achieve a common goal in creating an amazing production. The highly skilled artists, with their precisely timed stunts, provide the perfect recipe for an unforgettable theatrical event. “A perfect blend with just the right ingredients.” (Huffington Post)
CASEY SAMSON
SAMSON PROPERTIES #1 AGENT

Results Count

WE SOLD OUR LISTINGS AT 99.1% OF LIST PRICE IN AN AVERAGE OF 32 DAYS

$100M IN 2016 SALES

WE DON’T LIST HOMES, WE SELL HOMES

SOLD
Great Falls $1.85M

SOLD
Vienna $1.599M

SOLD
McLean $2.15M

SOLD
Oakton $1.395M

Under Contract in 3 days
Vienna $1.375M

CASEY SAMSON | SAMSON PROPERTIES
casey@caseysamson.com | 703.508.2535
caseysamson.com
April 14

Black Grace

George Mason University Center for the Arts, Concert Hall, 8pm, $29-48

New Zealand’s leading contemporary dance group presents a highly physical and uniquely powerful performance. Founder Neil Ieremia draws from his Samoan and New Zealand roots to create works that reach across social, cultural, and generational barriers. This fusion of Pacific Islander, Maori, and modern dance results in dramatically spiritual performances, which are full of beautiful expression and raw athleticism. The program will include pieces set to works ranging from Bach to original compositions to native, indigenous music. Known for their strength, stamina, and flawless performance, Black Grace will take hold of the audience from the moment they take the stage — and never let go!

April 24

Charlotte’s Web

Presented by TheatreWorks
George Mason University Center for the Arts, Concert Hall, 10:30am

TheatreWorks’ production of Charlotte’s Web is based on E.B. White’s loving story of the friendship between a pig named Wilbur and a little gray spider named Charlotte. Wilbur has a problem: how to avoid winding up as pork chops! Charlotte, a fine writer and true friend, hits on a plan to fool Farmer Zuckerman — she will create a “miracle.” Spinning the words “Some Pig” in her web, Charlotte weaves a solution which not only makes Wilbur a prize pig, but ensures his place on the farm forever. This treasured tale, featuring mad-cap and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

April 29

Fairfax Symphony Orchestra: Inspiring the Next Generation

Christopher Zimmerman, conductor with members of the American Youth Philharmonic Orchestra
George Mason University Center for the Arts, Concert Hall, 8pm, $39-65

Glinka: Russian and Ludmilla Overture

May 4-28

Kaleidoscope

A “Bold New Works” World Premiere Musical

Creative Cauldron, Thursday, Friday, Saturday 8pm, Sunday 2pm and 7pm, $18-30

Music and Lyrics by Matt Conner, Book and Lyrics by Stephen Gregory Smith

From the creative team behind the critically-acclaimed The Turn of the Screw and Monsters of the Villa Diodati! During the run of a legendary Broadway performer’s comeback one-woman show, the performances take unexpected turns as she tries to tell the story of her star-studded life in the theater. She frequently forgets anecdotes that she was supposed to tell, or makes up entirely new ones. Her stage manager and director try to come to her aid, but the insidious signs of Alzheimer’s disease are becoming apparent. Brimming with humor and pathos, this heart-warming Bold New Work twists and turns its way through the shadows of memory.
“Our main concern is what is best for your child.”

Dr. Gema Island
Board Certified Pediatric Dentist

703-790-1320
1500 Cornerside Blvd, Suite 310,
Tysons Corner, VA 22182
www.islandchildrensdentistry.com

Services
Preventive Dentistry
Emergency Services
Patient Comfort
Cutting-Edge Technology

Special Needs Children
Sedation
X-Rays

$99 Special Includes:
- Full exam
- Cleaning and
- X-rays

OPEN SATURDAYS

At Blue Sky Health and Wellness Center we are dedicated to serving children, supporting pregnant women during all the stages of pregnancy as well as women’s health from a holistic perspective.

Chiropractic Care | Massage Therapy | Nutritional Coaching
Nutritional and Muscle Response Testing | Skype/Remote Coaching
Low Level Laser Therapy - (LLLT) | Ion Cleanse | Ultrasound Screening

Call or make an appointment online to get started today!

Dr. Gema Island
Board Certified Pediatric Dentist

703-790-1320
1500 Cornerside Blvd, Suite 310,
Tysons Corner, VA 22182
www.islandchildrensdentistry.com

Services
Preventive Dentistry
Cleaning
Sedation
X-Rays

Special Needs Children
Emergency Services
Patient Comfort
Cutting-Edge Technology

$99 Special Includes:
- Full exam
- Cleaning and
- X-rays

OPEN SATURDAYS

At Blue Sky Health and Wellness Center we are dedicated to serving children, supporting pregnant women during all the stages of pregnancy as well as women’s health from a holistic perspective.

Chiropractic Care | Massage Therapy | Nutritional Coaching
Nutritional and Muscle Response Testing | Skype/Remote Coaching
Low Level Laser Therapy - (LLLT) | Ion Cleanse | Ultrasound Screening

Call or make an appointment online to get started today!

Dr. Gema Island
Board Certified Pediatric Dentist

703-790-1320
1500 Cornerside Blvd, Suite 310,
Tysons Corner, VA 22182
www.islandchildrensdentistry.com

Services
Preventive Dentistry
Cleaning
Sedation
X-Rays

Special Needs Children
Emergency Services
Patient Comfort
Cutting-Edge Technology

$99 Special Includes:
- Full exam
- Cleaning and
- X-rays

OPEN SATURDAYS

At Blue Sky Health and Wellness Center we are dedicated to serving children, supporting pregnant women during all the stages of pregnancy as well as women’s health from a holistic perspective.

Chiropractic Care | Massage Therapy | Nutritional Coaching
Nutritional and Muscle Response Testing | Skype/Remote Coaching
Low Level Laser Therapy - (LLLT) | Ion Cleanse | Ultrasound Screening

Call or make an appointment online to get started today!
In 2017, JV’s in Falls Church is celebrating its 69th year in business. Over that time, the popular restaurant has grown from a place to stop in for a quick bite of food to a friendly hangout where you can experience great music and wonderful food items off the menu.

That means not only where patrons get scrumptious chili and meatloaf, but they can hear some of the best local country, classic rock and blues bands play over a pint of beer.

“We’ve been at the same location, run by the same family since the very beginning,” says Lorraine Campbell, the owner of the family-run business. “It was started by my dad and his brother after they returned from World War II. We were the first strip mall outside of D.C.”

As the area around JV’s, which is located at 6666 Arlington Blvd., just west of Seven Corners, has grown, so has the establishment. Over the years, it has doubled in size, and expanded its offerings.

“It’s grown into a big, live music venue with a dance floor and international acts coming through the doors,” Campbell says. “We started with music in the late ’50s and musicians would come in and just play around with their guitars. It really became the place to be for musicians in the area.”

The venue holds open mic’s throughout the year so they can look at up-and-coming talent and it takes a band with a pretty good quality to be invited to play.

“We are known for any night of the week that you come in, we have good music,” she says. “We do every genre, from bluegrass to country to classic rock. As long as the clientele comes in and supports these acts, we’re happy to have them.”

The Musicians Speak

A frequent performer at JV’s is local faves David Kitchen Music, comprised of vocalist David Kitchen, Ariel Francis on keys, Jack O’Dell on drums, Johnny Combs on bass and Anthony Pirog on guitar.

JV’s is not just a great place for the local scene, but artists from around the country stop by when in the area.

“My favorite thing about JV’s is the amazing hospitality of Lorraine and music fans that support the music,” says Chicago-based blues singer Joe Moss. “I have a month-long tour coming in February that starts in Florida and will end up points as far north as Maine, Rhode Island, and Massachusetts. I look forward to making a stop there.”

He adds that JVs pays and feeds well, and Lorraine has musicians’ best interests in mind.

Grammy-nominated blues artist Tab Benoit appreciates the hospitality he receives from the staff whenever he stops by. “The best clubs are where the owner cares about what goes on, loves the music, and makes you welcome and comfortable,” he says. “We need more clubs like JVs.”
The Music/Restaurant Relationship

Some of those who have played through the years have gone on to have long and storied careers, and everyone involved with JV’s is always happy to see bands succeed.

The musicians get great exposure by playing, but Campbell notes that JV’s gets a lot out of the performances itself.

“We are such a big advocate and big fans of live music,” she says. “We have equipment if needed, but a lot of the bands prefer to bring their own because they are comfortable with what they work with.”

Two years ago, JV’s expanded and they enlarged the stage so it’s situated in the center of the restaurant with a dance floor nestled in front of it. High hop tables and the original booths from 69 years ago are available for parties who want to sit.

Now, every Monday night is Blues night, featuring a jam with musicians from all over the state. The first Tuesday of every night is a country bluegrass open mic, and every Wednesday is a regular open mic for any acoustic or electric player who wants to give it a try. The rest of the week is home to bands and performers.

The kitchen is open every night until 2 a.m., and features a host of comfort American food such as burgers and grilled cheese. That has been a big draw over the years as well and has made regulars out of hundreds of people in the area.

A number of others from Campbell’s family work at the restaurant and her sister even plays in a band once in a while. Having grown up around the industry, JV’s has been in their blood for decades.

“I love the music, the people and it’s just very therapeutic; it’s not just work,” Campbell says. “We are a dying breed. A lot of the family-owned businesses are all closing due to economic situations, but we’ve been here since 1947 and we don’t plan on going anywhere anytime soon.”

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.
**Bikeshare Has Arrived in Tysons**

With the advent of car sharing companies like Zipcar and ride services such as Uber and Lyft, travelers these days have many options for getting around besides driving their own cars. Tysons and Reston residents, employees, and visitors now have another option for navigating the often congested traffic in Tysons; Capital Bikeshare, otherwise known as CaBi.

Working with Tysons Partnership, Fairfax County has installed 14 bike stations in Tysons that will contain a total of 80 bikes (see Tysons bikeshare location map). You’re able to check out a bike, ride to nearby destinations, and return the bike to any of the stations, most of which are north of Route 7 and west of Route 123. Bike stations are also located near the four Tysons Metro stations (see station map).

How does it work? In order to use a bike you must first become a member. Among the many options are: 24-hour ($8), 3-day ($17), 30-day ($28), or Annual ($85). CaBi is also experimenting with a $2 single-use option. Using your member key or number you can check out a bike from any CaBi station. All rides lasting under 30 minutes are free, and it’s

---

**Changing Directions**

Bicyclists must signal their intentions to stop or turn. The proper signals are made with the left arm as follows:

- **Left Turn**: Make a slight outward movement with the left arm, from the 9 to 3 o’clock position. This signal shows other road users that you are going to make a left turn.
- **Right Turn**: Move the left arm outward to the 3 o’clock position, or the right arm to the 9 o’clock position to signal a right turn. The turning arm should point in the direction your bicycle is facing.
- **Stop**: Make a stop signal by pointing either arm out to the side, away from your body. Both left arm outward at the 3 o’clock position and right arm outward at the 9 o’clock position is acceptable. If both hands are needed to control the bicycle, you can make the signal without having your hand touch your bike's handlebars.

A right turn may be signaled with the right arm. The signals do not have to be given continuously if both hands are needed to control the bicycle.

Bicyclists may make left turns as either motorists or pedestrians do. To make a pedestrian left turn, the bicyclist should continue straight across the intersecting road, obey the traffic signals, turn left at the corner, and proceed as usual. Bicyclists have the option of either riding or dismounting and walking in the crosswalks of the two intersecting roads. If traffic control devices specify the method of crossings, these directions must be followed. Please refer to the examples shown here:

---

**BY BRUCE WRIGHT**
possible to ride to most destinations in Tysons in that time.

Bicyclists can either ride on the road, riding on the right with the flow of traffic, or on the sidewalk. When riding on the sidewalk cyclists should always ride slow, yield to pedestrians, and give them an audible signal before passing. See the VDOT Laws & Safety Tips page for more information.

Existing Capital Bikeshare members can use bikes under their current membership. Helmets are not required. The closest CaBi stations to Tysons are in Arlington, about 8 miles away, and Reston, about 7 miles away, so it is possible to connect with the larger CaBi system but it will probably take more than 30 minutes to make the trip.

Biking in Tysons can be a challenge, but conditions are improving. Last summer VDOT, working with Fairfax County, installed new bike lanes and shared lane markings on the following roads (map):

- **Greensboro Drive**: From International Drive to Spring Hill Road
- **Westbranch Drive**: From Jones Branch Drive to Westpark Drive
- **Westpark Drive**: From International Drive to Jones Branch Drive
- **Park Run Drive**: From Jones Branch Drive to Westpark Drive
- **Jones Branch Drive**: From Westpark Drive to 495 HOT lanes bridge

Now you have another option for navigating around Tysons. Instead of getting in your car to travel a few congested blocks at lunchtime, for a small membership fee you’re able to hop on a CaBi bike to get around.

**AUTHOR:** Bruce Wright is a Board Member of the Fairfax Alliance for Better Bicycling. For more information visit [www.fabb-bikes.org](http://www.fabb-bikes.org).


[http://twitter.com/#!/BikeFairfax](http://twitter.com/#!/BikeFairfax)

703-328-9619
We’ve watched the transformation of the landscape along the Maryland side of the Potomac to include a truly unparalleled presence in the history of our great capital region, the long-awaited MGM National Harbor. A world-class resort designed with an attention to detail and admirable sensitivity to its environs, here you will find a mecca of fine dining, first-class gaming and entertainment, high-end retail, and luxurious accommodations to impress even the most seasoned traveler. Situated a short distance from Washington, DC and Old Town Alexandria, we now can find that escape we all have been looking for right in our own backyard.

MGM Resorts International, already acclaimed for their exceptional destinations such as the Bellagio and ARIA resorts in Las Vegas and the MGM Macau, can be proud of the exquisitely appointed jewel that is MGM National Harbor. The feeling is sleek and modern, from the gorgeous exteriors of etched glass to the spacious, well-appointed guest rooms, light-filled and sumptuous. The open spaces flow invitingly, seamlessly integrating multicultural colors, shapes, and art pieces, uniting the local history with its very international flavor, yet retaining a respect for classical elements and timeless beauty.

You may not expect to find the burgeoning display of internationally and locally sourced artworks called the Heritage Collection, reflecting the diversity of our area and often garnering inspiration from nearby waters and history. An amazing abstract map of the region dominating the wall over the reception desk was crafted by local sculptor and ceramicist, Margaret Boozer, out of 10,000 pounds of soil and artifacts from the resort’s construction site. Internationally renowned D.C. artist, John Safer, created “Unity,” the three 60 foot tall stainless steel figures that seem to defy gravity as they rotate 270 degrees from their base, identical yet different from each other. Prominent New York sculptor, Alice Aycock’s, “Whirlpools,” graces the VIP porte cochere, with its magnificent embodiment of the wild and turbulent wind-tossed waters of the Potomac. These and works by Bob Dylan, Sam Gilliam, Ronald Beverly, whose photography of the landmark Cherry Blossoms is woven throughout the tapestry of the resort, Liao Yibai, Charles Dwyer, and many others reflect MGM’s commitment to the rich culture of our Nation’s Capital and its role as a destination resort for those near and far. Wander the resort and revel in the surprises and enchantments that await you.

You can’t help but be impressed by the central conservatory and glass atrium visible from many vistas throughout the property. Lit by sunlight during the day and aglow with moonlight at night, locally sourced flowers and stunning seasonal displays conceived by brilliant event designer Ed Libby from New York keep guests enthralled with both their clever themes and delightful execution.

But, all this would be simply a pleasing backdrop if not for the plethora of culinary delicacies, exciting gaming opportunities, spa amenities, theatre spectacles, and hundreds of gracious staff determined to deliver an experience beyond your expectations. Whether you come for a day or an extended stay, you will find an abundance to please the palate of any discerning foodie, spa...
aficionado, devoted gamer, theater enthusiast, or master of relaxation.

Enter the oasis that is the resort’s Spa & Salon, and be ready to be pampered in the soothing cream, turquoise and natural tones of their guest lounges and inner sanctums, again mirroring the water and nature theme. Couples can spend the entire experience together, with their own serene spaces, dual massages and body treatments. Or, women can retreat to time apart, leaving the men to enjoy their “lion’s den,” lounges with comfy leather couches, bold colors and plenty of sports on view. Natalie, the Spa Director, and her attentive and gifted staff, effortlessly guide you through a mind and body journey designed to both stimulate and relax the senses. Even the rhythmic music captures that unique blend of energy and release, enhancing every moment. An extensive menu of services designed by Clarins will not disappoint.

Depending on the time of day (or night), the variety of restaurants and dining spots deserve your complete attention. Marcus offers up an array of selections appropriate around the clock. For breakfast, don’t miss the chance to savor their version of Baked Virginia Eggs, served piping hot in an iron skillet, and bursting with the flavors of spicy tomato, grits, chorizo and Thai basil. Suggested by none other than the charming Director of Food & Beverage for MGM National Harbor, Stephane Hainaut, this was the beginning of a two-day gastronomic tour de force not to be missed! Located adjacent to the soaring atrium, and decorated with a majestic Ethiopian tapestry and international flare, Marcus Samuelsson’s first restaurant in our area is sure to be a success.

If you are in a hurry to get your day underway or just ready for a break in the action, stroll across the Conservatory to the Bellagio Patisserie with Executive Pastry Chef Sylvain Bortolini at the helm. Sylvain’s passion for creating the most delicious and visually appealing confections is apparent, from the simply mouth-watering classic buttery croissant or hazelnut praline brioche to the delicate miniature layered finger cookies and
sweets. An array of fruits and nuts find their place into Key Lime crisps or Dark Chocolate bark. Pair these anytime with steaming hot chocolate, cafe lattes, or macchiato/cappuccinos. In the afternoon or evening, stop by for a savory Croque-Monsieur or Quiche Lorraine. Though convenient, there's nothing fast-food about this fare.

Are you ready to play? Enter the central 125,000 square foot casino through "Portal," a sculpted iron archway designed by classic folk artist Bob Dylan. Even though you might be anxious to begin your fun, take a moment to find the sea creatures amongst the tools and captain's wheel and appreciate the beauty found in everyday objects. Then let the excitement take hold as you choose your games of chance and skill. You'll find all your favorites and a lot more, too. Blackjack, craps, poker, slots and specialty variations appeal to the adventurer and spectator alike. This is gaming raised to an art. Serious about your play, you'll find the high-end stakes you're looking for and plenty of able competitors. Not so inclined, stroll the vast selection and let your whimsy find its match.

Unlike casinos found almost anywhere else, MGM made the excellent choice to make it self-contained. You do not ever have to pass through the casino to get to your room, restaurant, shopping or other activities. Except for the generously sized Starbucks that services both the retail corridor and the casino, patrons are insulated from the bright lights and sounds of the action. So once inside, you've chosen to be amongst the rhythms and motion around you. And, you'll love it!

The service is impeccable and the staff well trained and eager to engage you. Unfamiliar
with the way to play; you’ll receive helpful guidance. You’ll find Vegas odds, an extra boost to that winning strategy. The bars and selection are impressive, and the circulating servers attentive. The casino as well as the rest of the resort is smoke-free, and the separate gaming areas are nestled between gleaming structures and decor in keeping with the elegance of the resort as a whole. Cultural elements such as the red-hung gaming area reflect the Asian belief in good fortune.

As the day lengthens, two lively cocktail lounges, Blossom and Felt, keep the luck flowing. Las Vegas nightlife legend, Andy Masi, founder of Clique Hospitality, along with his Managing Partner, James Reyes, have created a pair of uniquely community influenced clubs that set the stage for sharing and daring. Watch Lucas or Dontaine raise mixology to new heights at Felt as they expertly prepare concoctions such as “Underneath the Sheets,” a blend of strawberry infused Kappa Pisco, Botran Blanco Reserva Rum, Lime, Cointreau, Orgeat, & Cruzan 151 Rum topped with a strawberry, or “Old Smoke,” Russell’s Reserve 10 yr. Bourbon, Pedro Ximenez Sherry, Benedictine, Chocolate Bitters, and Clove Smoked garnishing. Opt for the intimacy and musical vibes of Felt or the cherry pink vibrancy of Blossom alive with sophisticated 24-hour gaming action. No doubt these will become favorites. As the weather warms, don’t miss the opportunity to enjoy Felt’s terrace and views, and remember this spot when planning special celebrations!

You’ll want to arrange your day and make reservations at one of the fine dining options that showcase master chefs drawn to the shores of the Potomac. A pearl in this oyster is Fish, one of the first two unique seafood-focused concept restaurants opened by famed culinary innovator, José Andrés. Using regionally sourced ingredients and coastal bounty, the menu features recipes inclusive of the techniques and flavors of Spain, Japan, South America and more. Fresh shucked or fried oysters, live shrimp prepared to perfection before your eyes, succulent whole grilled fish, tuna tartar served with doughy Parker House rolls, Louisiana Shrimp ‘n’ Grits, Jambalayas and tempting sides will

A Conversation with Chef José Andrés
by Allison Chase Sutherland

Fish by José Andrés at the MGM National Harbor is a festive, fun place of “luxurious informality.” With floor-to-ceiling windows, hanging fishnets, unique nautical art, and a great underwater mural, this open, inviting space feels like a fascinating seascape in its impressive location overlooking the Potomac toward Alexandria. The modern, minimalist bar is a natural, welcoming gathering place in keeping with the friendly nature of award-winning chef José Andrés.

José Andrés originally hails from Spain, but the concept here is American fish and seafood. “We love shellfish in Spain,” notes José Andrés, as Spain is known for seafood rice dishes such as paella. One of the noteworthy selections on the menu here is the New Orleans-style jambalaya. Here we “apply the same love and technique” as we do in Spain. These time-tested methods continue to hold true.

Here there is an emphasis on local purveyors – farmers, cheese producers, and of course, fishermen. José Andrés has a respect for the true flavors inherent in the cuisine. “We boil crabs in Spain. Here they are steamed.” This reveals the true flavor of the crabs. “In the summer months, guests may enjoy authentic Maryland steamed crabs out on the patio.

Having lived in the DC area for 25 years and currently living in Maryland, José Andrés has a sincere appreciation for the Eastern Shore and Chesapeake Bay, as well as the countryside of Virginia, with its many inns and wineries. We have come to enjoy discovering culinary secrets along with José Andrés over the years, as he has shared much with us with his many local restaurants. He really knows how to explore the culinary diversity of a region and celebrate its distinctive offerings. And fortunately for us, he takes us along for the journey, especially as he once did in his delightful public television series Made in Spain. In this next venture, José Andrés focuses on American fish and seafood, performing his culinary magic this time right over the bridge in Maryland, where the Potomac flows to the Chesapeake Bay and out to the deep blue Atlantic. “We share the same ocean in so many amazing ways.” Thank you, José Andrés, for sharing your magnificent vision with us.

Fish by José Andrés
MGM National Harbor | 301.971.6050
7100 Oxon Hill Rd., Oxon Hill, MD 20745
take you on a journey through the flavors of the sea. The décor is a clever display of netting used as light fixtures along with metal fish with sparkling scales and feathery tails, tile floors reminiscent of the hues of the ocean, seaman’s implements and curved motion-filled waves shaping the raw bar and ceiling designs. The boardwalk patio awaits the arrival of Spring.

In a town known for its affection for Steakhouses, Voltaggio Brothers redefines the standard. Cleverly designed with a faux brick glass frontage with double doors, enter into the childhood home of Bryan and Michael Voltaggio on what must be a larger scale. Born and raised in Maryland and best known for their Emmy-winning season on Bravo’s Top Chef, each room captures the heart of their home and the people that lived there, right down to the books in the library. But, enough said about the surroundings, let’s talk food! Begin with your choice of American Timeframe Cocktails representing eras past and present; I couldn’t resist the Mint Julep. An 8 ounce filet mignon ordered medium rare was cooked to perfection, tender and bursting with flavor. The three sauces that accompanied it were superfluous, but delicious, particularly the “bearnaise.” Accompanied by gratin potatoes with creamy gruyere or their unmatched Macaroni & Cheese, broccolini, and followed by the decadence of the Upside Down Lemon Tart, a light and tangy mixture of aerated lemon curd, lavender, fennel pollen, brown butter, whipped maple and served with homemade lavender ice cream, you’ll be hard pressed to find anything more satisfying. Wine enthusiasts have 25 pages of the perfect pairings to explore.

To round out its fine dining epicurean delights, Ginger is an authentic Pan-Asian restaurant offering the best of Japan, China, Thailand, Korea and Vietnam. Executive Chef Andy Lau has chosen both familiar favorites and new twists to tempt you down new paths. A true test of this cuisine is the classic Peking Duck, served with slivered vegetables, seasoned with hoisin sauce, and pillowled into light as air buns. The duck was crispy on the outside, moist and delicate on the inside just as it should be. Try the Drunken Seafood Noodles with spicy flat noodles, shrimp, scallops, squid, kachai, peppers, chili and basil. Coconut sticky rice with fresh mango or ginger ice cream makes for a nice ending. As with all the culinary destinations, the emphasis is on fresh and locally sourced ingredients transformed into a worldly experience befitting a destination resort of this caliber.

If you’ve dreamed of seeing some of the best in class shows and acts in an intimate state-of-the-art theatre, welcome to the MGM’s hip new entertainment locale. With totally customizable seating for 3,000, or General Admission open floor events for 4,000, the Theatre at National Harbor has lined up impressive talent including Duran Duran, Bruno Mars, Kings of Leon, Cher, Lionel Richie, comedic talents and even boxing events. With ticketing through its exclusive booking partner, Live Nation, keep a close eye on both scheduled and pop-up events. The venue itself is edgy with its purple and silver walls and furniture, rich parquet floors and bar areas, and sleek accessories.

No resort destination would be complete without conference and event facilities. The ballrooms, terraces, and fully supportive catering staff are poised to provide extraordinary spaces for your special occasions. Can you imagine the on-trend possibilities of a destination wedding here? Don’t worry, because they can. From pre-wedding spa packages, to intimate rehearsal dinners, weddings of every size and character, indoor and outdoor spaces, post-wedding after-parties, and the joy of preparing all the food, drinks, and remembrances your heart desires, all you want can be found here.

If you possibly can, plan to stay for a night or two, if not more, and experience one of the 308 blissfully lush and welcoming rooms available for your pleasure. Showers that feel like generous
rainfalls, plump bedding, luxurious towels, robes and slippers, room service at your fingertips from your TV menu, rich lathering botanicals and lotions, and all the pampering you can desire are there for you to discover. You’ll never notice the environmentally responsible energy conservation features that are part of MGM’s commitment to this hospitable paradise. Make your own schedule, and it will be accommodated whenever possible.

With extra time, you’ll be able to take advantage of the other entertainment, retail shopping, and casual dining options. In addition to the fabulous Sports Bar, Tap, there is Sarah Jessica Parker’s first boutique, Accents for Home and Garden, MGM Men’s, Specs for high-end eyewear, and coming soon Stitched and Ella Rue. In between along the long corridor, Jason Johnston, MGM’s Executive Chef in charge of National Market, as well as menu consultant for the resort as a whole, has masterfully assembled 10 distinct taste and visual adventures for us to explore.

Amo Los Tacos serves up scrumptious Mexican fare that is fresh and packed with flavor. Pappas faithfully prepares the famous crabcakes born in Baltimore using the original recipe. Shake Shack is just the quintessential roadside burger stand upgraded to all-natural ingredients and with an assortment of addictive shakes. Banh Mi Vietnamese Kitchen and Bento, a traditional sushi bar, provide the Asian selections in demand. If you love New York Reuben sandwiches, then District Deli is for you. I made mine pastrami, and it was excellent! Cold-pressed organic juices and other healthy choices can be found here as well. GWB&W George Washington Beer & Wine is where craft beer lovers can feel at home. Visit Honey’s Fried Chicken & Donuts anytime between 7 a.m. and 1 a.m. to satisfy those cravings for savories and sweets. Barbecue wings are a favorite. ZiZi’s Pizza is Chef Johnston’s homage to his grandmother’s Italian cooking...you have to try some. And to complete the journey, indulge in S’Cream, your place for homemade ice creams and sorbets that are worth every bite.

When I asked Chef Jason about the challenges he’s faced bringing his vision to fruition, his eyes lit up with joy as he spoke of the satisfaction he’s found in the process. “I think National Harbor is a great representation of what an MGM property resort is, and it has been amazing to be a part of introducing it to the market.” Jason epitomizes the pride and commitment shown by every member of the MGM team. Brandon Singletary, my primary guide and host during my stay, eloquently expressed the sense of hope engendered by MGM’s presence: “That something of this caliber, providing growth opportunities for individuals and the community as a whole through its commitment to our culture, our history, and the less fortunate in our society, has arrived in Prince George’s is a lot to be thankful for.”

The creative process of finding out what is important to our locality and incorporating that into the MGM experience on all levels is evident throughout the resort. Design, entertainment, flavors, personnel and character are perfectly matched to create a local destination worthy of your time...over and over again.”

Sincerest Appreciation To: Ashley Farkas, Executive Director of Public Relations, MGM Resorts International, Nicole Wozniak, Brandon Singletary, Kara Rutkin, Katherine Sherrer, Stephane Hainaut, Jason Johnston, Sylvain Bortolini, Andy Lau, Bryan and Michael Voltaggio, José Andrés, Marcus Samuelsson
There is a saying in medicine: “if you ask 10 doctors you’ll get 10 different answers.” I often get asked my opinion about the most effective non-invasive technologies, both by patients and by colleagues. We’re all pretty opinionated about our beliefs but sometimes I take the extra time to convince people about one technology over another. Whether to get CoolSculpting or UltraShape Power is one such instance. I have a lot of experience with both, including having had both treatments myself. Here are the main reasons I favor UltraShape Power over CoolSculpting for non-invasive body sculpting.

What are the main differences in how these two technologies work?

Both technologies are categorized as non-invasive body contouring treatments but they do have significant differences that are worth considering. As the name implies, CoolSculpting uses freezing to target fat cells that are destroyed and eliminated by the body over several weeks. UltraShape uses ultrasound technology to essentially do the same thing.

Are both technologies safe and painless?

Here is where I have a somewhat unyielding opinion. Whereas UltraShape is completely painless, CoolSculpting is uncomfortable but, more importantly, I think CoolSculpting has residual side effects that warrant closer evaluation. It has been documented in the medical literature that CoolSculpting can have a very painful residual side effect that resembles neuropathic pain. I personally suffered from this after an abdominal treatment. It was debilitating to say the least and ultimately required anesthesia just to get me through the day. On the other hand, Ultrasound technology can distinguish between different kinds of tissue. Freezing cannot. Freezing fat also freezes blood vessels and nerves which, in my opinion leads to the neuropathic pain that some patients experience after this treatment. With UltraShape, there is no damage to surrounding tissue and hence no discomfort or recovery.

Can CoolSculpting treat my arm fat or bra bulge?

Simply put, no. Ultrashape can target hard to reach areas that CoolSculpting cannot. For example, the back of arms and fat around the knees.

How long do these procedures take and how long will it take me to see results?

You need a much longer time commitment when getting CoolSculpting treatment. Expect to spend up to 6 hours or more depending on the body areas being targeted vs. an hour to an hour and a half with UltraShape Power. Another advantage of Ultrashape is that results are visible much faster than with CoolSculpting—just a few weeks vs months and the results I’ve seen are far better with UltraShape Power.

—DR. DIMA
WellMedica Aesthetic & Anti-Aging Medicine
WellMedica is a designated Syneron-Candela training center for physicians.
703.787.9866
1801 Robert Fulton Dr., Suite 540
Reston, VA
WWW.WELLMEDICA.COM
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!

313 Park Avenue, Suite 103, Falls Church, VA 22046
(703) 237-3700 • www.Drperio.com

Drs. Christopher, Favagehi & Traboulsi
PERIODONTICS & DENTAL IMPLANTS

- Dental Implant Surgery
- Cone Beam Scan
- Regenerative Periodontics (Growing Bone and Gums around Teeth)
- Innovative Gum Grafting utilizing either the patient’s tissue or alternative sources
- In House Cone Beam 3D Radiology (Low Radiation Digital CT Scan)

3101 COASTAL HIGHWAY, DEWEY BEACH, DE 19971 | 302-212-0002 | THERESIDENCESDE.COM
One thing everyone seems to agree on is that when people make changes to their homes, they want the result to make their lives easier and to make their homes a little more luxurious. Kitchens and bathrooms continue to be the most sought-after renovations nationwide, with basements, mudrooms and additions close behind. Here, we take a look at 10 of the most popular home remodeling trends in our area.

White persists as the most popular color for kitchen cabinets, but homeowners also are opting for two-toned kitchens featuring white or light-colored upper cabinets and painted or darker wood-grained lower cabinets or islands. Amy Bryan, design consultant for Rendon Remodeling & Design, says several of her recent clients chose navy blue for their lower cabinets. Islands do more than just offer extra counter or cabinet space these days. They have become kitchen workhorses with prep sinks, open shelving, seating, drawer-style dishwashers, wine chilling cabinets or small snack or beverage refrigerators built in.

2. Energy Efficiency and Sustainability.
Earth-conscious homeowners want products that are kind to the planet. They’re cutting back on artificial light and taking advantage of natural light with windows and skylights. They’re also installing tankless water heaters, which use less energy by delivering hot water on demand instead of maintaining a storage tank full of hot water. Several newer models even let you set the temperature over Wi-Fi. Water-saving appliances and fixtures like dual-flush toilets that let you control the amount of water used are seeing a rise in popularity. Reclaimed wood and renewable bamboo and cork also fall into the earth-friendly products trend.

3. Built-In Organization.
Pantries, mudrooms and customized closets are just some of the ways storage and organization are playing a role in home remodeling. Mudrooms don’t have to be dedicated rooms. A nook with some creative storage solutions or cubbies in a hallway create an organized entryway. "Many of the older homes in our area were not designed with any kind of mudrooms or ‘drop zones,’ so we’re often trying to carve some space out somewhere to accommodate this,” said Bryan.

Closet makeovers not only organize your belongings but make your home
more attractive to buyers when it’s time to sell. Pull-out waste and recycling bins, cookie and sheet tray organizers, built-in hampers and garage storage systems all aim to add order to busy lives by giving everything a place.

4. Spa-Like Bathroom Features.

When it comes to tubs and showers, if homeowners have the space, they’re keeping these elements separate, opting for deep, freestanding, architecturally interesting tubs in their master bathrooms. Some people do away with the tub all together and just focus on building a spa-like shower. Walk-in showers with frameless or semi-frameless glass doors or no doors at all add elegance to the room and show off the beautiful tile work in today’s bathrooms. Walk-in showers also make it easier for older homeowners to stay in their homes longer even if they have mobility issues as they age. Today’s showers feature benches, multiple shower heads and recessed nooks. Shower heads that imitate rainfall remain popular. At the Kitchen and Bath Industry Show in January, Kohler introduced its Real Rain shower head, a 19-square-inch ceiling-mounted shower head that uses gravity instead of pressure to send water cascading through 700 nozzles.

5. Home Automation.

In addition to setting the temperature of your hot water heater remotely, smart home features include controlling your home’s temperature, lights, security systems and entertainment systems from your phone or tablet. Smart house technology can also monitor your energy use and turn off the water if you have a leak. Refrigerators that tell you when to buy milk have been around for some time, but more and more manufacturers are developing smart features for their other appliances as well.

6. Countertops.

Homeowners, particularly Millennials who are entering the market, want low maintenance, high design features. As a result, they are turning away from granite and marble and opting for quartz, which maintains its sleek, like-new look years after installation without the maintenance. Engineered quartz, like Silestone and Caesarstone, comes in a wide variety of patterns and colors, and newer designs look more like natural stone. Note, however, that quartz and quartzite are not the same thing. Quartzite is a natural stone that requires maintenance similar to granite and marble and is prone to chipping and denting. According to Bryan, butcher block, soapstone and concrete countertops also are gaining traction in our area.

7. Neutral Colors.

When it comes to indoor paint colors, neutrals reign supreme, with gray tones leading the way in both cool and warm variations. According to the Houzz Kitchen Trends Study for 2017, 26 percent of renovators choose gray for their walls. Expect to see pops of jewel tones cropping up in furniture and home accents.

8. Tile.

Tile remains a major design feature in both kitchens and bathrooms. According to Bryan, “Most people are opting
for porcelains or ceramics in kitchens, with fresh updates on classics like subway tiles and herringbone patterns. Cement tile, which comes in beautiful patterns, is gaining in popularity. Elongated, beveled and larger format subway tiles are extremely popular in our area.

The choice of colorful backsplashes and decorative bands of tile in kitchen and bathrooms is giving way to backsplashes that focus on more monochromatic patterns and decorative, framed tile features used as an accent on a shower wall or in a niche.

Large 12 x 24-inch tiles have become a new standard on both floors and walls in bathrooms, but expect to see even larger formats in newer remodels. Larger tiles also mean less grout, giving bathrooms a smoother, cleaner look. "The technology of tile has come a long way in recent years with inkjet printing," Bryan said. "Very large areas can be printed, and then the tile is cut in various directions, which allows for a very large repeat. You can conceivably tile an entire bathroom without using two identical tiles. This provides a much more natural look when using tiles that are meant to look like stone."

Other homeowners are turning to classic penny round, hexagonal and retro basketweave patterns on floors, walls or even ceilings. Wood-look porcelains are also popular in flooring.


In the Houzz survey, 72 percent of respondents listed classic stainless steel as their top choice for appliances. Black stainless also had a solid showing, and is catching on in our area as well. KitchenAid’s black stainless provides a soft, warm finish that resists fingerprints even better than traditional stainless. Preferences for cabinet-front appliances reflect a growing trend toward a seamless kitchen, where the function disappears and the style blends into the home’s aesthetics.


The most popular finishes for bathroom fixtures these days are chrome and polished nickel. "In traditional spaces, it’s a very retro look and gives a bright pop on sleek contemporary fixtures in more modern rooms. People also like that polished fixtures are easier to keep looking clean than satin ones," said Bryan. In very high-end baths, she sees homeowners choosing more specialty metals like aged and oxidized finishes.

AUTHOR: Analiese Kreutzer is a contributing writer 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 AnalieseKreutzer@gmail.com.
We consider it a privilege to have the opportunity to work on your home. With this mindset, we seek to create an inspired design, based on your dreams and our ideas for your space. Then we develop clarity from concept in every aspect of the project. We sketch and brainstorm, we suggest and select, we draw and render, until the plans and the dreams align. Then, we build. With collaborative inspiration and clarity of purpose, beautiful success is assured.
Choosing the right contractor or design firm to make improvements to your home can be messy. Narrow your scope and start with a list of the best.
GREAT FALLS CONSTRUCTION
Sustainability, Quality. Integrity

While Great Falls Construction is dedicated to the “Art and Craft” of custom home building, they are also committed to being active partners in the overall project process. As your advocate and advisor, they believe it is their job to educate you on the best materials, products and processes to maximize the value of your investment. From their initial involvement in site evaluation and design development to field coordination, installation and final turnover, their knowledge and expertise will guide you through every project milestone. Their relationship extends beyond the actual construction to help you care for, enjoy and even transform your home as your needs and desires change in the years to come.

10132 Colvin Run Rd
Great Falls, VA 22066
703.759.6116
www.greatfallsconstruction.com

POND ROOFING
Consistently Rated One of N. Virginia’s Top Roofers

Family-owned and operated, the mission of Pond Roofing is to provide outstanding craftsmanship and customer service and focus on problem resolution and client satisfaction.

Pond Roofing continually updates the certifications of its installers to ensure that every project is installed according to the manufacturer’s warranty requirements. Pond estimators are experienced in solving problems and are very thorough in their inspections. Pond builds strong relationships with their suppliers to get customers the best pricing on top quality materials. Always working responsibly with regard to the environment, their workmanship is 100% guaranteed.

2987 Prosperity Ave
Fairfax, VA 22031
703.573.8000
www.PondRoofing.com
ULTIMATE REMODEL
Design | Build | Addition

Ultimate Remodel has been serving the DC Metro area for over a decade, providing hundreds of satisfied customers with their dream homes.

Ultimate Remodel takes the stress and guesswork out of the remodeling process, creating custom designs for each project that enable you to see your transformed home before the work even begins!

They know that building and remodeling a house takes dedication, planning, and creativity, and that’s exactly what they bring to the table with each new project. With their qualified personnel, state-of-the-art machinery, and commitment to using only the best materials, they are ready and waiting to convert your house into the home of your dreams.

Remodeling
Custom Homes
Basements
Kitchens and Baths

Showroom by Appointment Only
703 200 7100
info@ultimateremodel.net
ultimateremodel.net

FISHER CUSTOM HOMES
Sustainability. Quality. Integrity

Fisher Custom Homes, a premiere custom home builder, specializes in re-development and sustainable construction in the Northern Virginia area. They build custom homes on their inventory lots, your preferred lot, or their experienced team can assist you in finding a lot.

Over the course of the last several years, principal and builder, Rob Fisher, has worked diligently to establish himself as one of the most prestigious and sought-after custom builders in Vienna, VA and the surrounding area. Rob’s quality, attention to detail and personal touch has earned him a reputation as the ‘builder of choice’ among his peers, his homeowners and prospective buyers.

Remodeling
Custom Homes
Basements
Kitchens and Baths

344 Maple Ave W, #362
Vienna, VA 22180
703.281.0009
www.fishercustomhomesva.com
Bowers Design Build believes a home is more than just square feet. Since 1990, Bowers Design Build has remodeled more than 300 homes in the Northern Virginia area.

Having won the prestigious NARI Contractor of the Year Award for excellence in design & Construction every year for the past 20 years, they are constantly featured in National Publications and featured in Home and Design Magazine’s 10th Anniversary issue as one of Washington’s Top Style-Makers.

Their “Passion for Excellence” has also won them kudos and they were recently awarded The National Customer Satisfaction Award by Professional Builder Magazine.

Bowers Design Build
NARI Contractor of the Year Winner

Design/Build
Additions
Kitchens & Baths
Basements
Whole House Renovations

6715 Whittier Avenue, Suite 200
McLean, VA 22101

703 506 0845
www.BowersDesignBuild.com
NVS REMODELING & DESIGN

Difference by Design

Serving Northern Virginia for 30 years, NVS Remodeling & Design is a full-service design-build remodeling firm—delivering expert designs and craftsmanship to every project. Their design staff will work with you to create the perfect plan, and their in-house production staff will ensure your space is professionally built with attention to detail.

Utilizing quality materials and techniques, NVS provides the customized results that capture your personal taste and desires. They approach each project as their most important work. Whether it is one room or a complete remodel, excellence is their goal and commitment to you.

8982 Hornbaker Road
Manassas, VA 20109
703.378.2600
www.nvsrd.com

Kitchens
Baths
Additions
Other Rooms

NRC LANDSCAPE CONSTRUCTION

Design & Build Firm

NRC Landscape Construction is a family owned and operated, Design Build Landscape Construction Company. Established in 2003 by Nick Hanna, NRC has grown to be Premier installer of outdoor spaces, custom pools & pool renovation and landscape design & installation.

With over 16 years of experience in the landscaping industry and a passion for perfection, NRC’s reputation for quality and value is well documented by testimonials throughout Northern Virginia.

NRC is a Class A, RBC licensed contractor and an ICPI certified installer with Techo Bloc, EP Henry and Owens Corning. NRC offers no cost consultations and detailed 3D designs.

703.242.7698
www.nrclandscaping.com

Patios & Driveways
Pergolas & Arbors
Water Features
Landscape Masonry
Outdoor Kitchens

McLean, VA
Sun Design, an architectural design-build remodeler, transforms fine Northern Virginia homes with award-winning design and a team of the most skilled craftspeople in the industry.

Whether the project is making the most out of existing square footage, adding more space, or a combination of both, Sun’s sparkling reputation has been built on re-imagining homes through the creative use of light and space.

The Sun Design approach is based on close collaboration with the client—from the architectural plans and design decisions to the best materials and outstanding workmanship.

Design / Build
Additions
Kitchens and Baths
Basements
Outdoor Spaces

6862 Elm Street, Suite 330
McLean, VA 22101

703.425.5588
www.sundesigninc.com
MAC DESIGN + BUILD
New Homes, Additions, & Renovations

MAC Design+Build will bring more than 50 years of experience to your project. They are experts in both design and construction.

MAC Design+Build is a full service design-build firm with an in-house design team of architects and interior designers. They specialize in major renovations, custom homes, additions, plus kitchen and bath remodeling.

MAC Design+Build carefully listens to your requirements and desires, then captures those dreams in finely crafted and detailed plans. MAC delivers the results you deserve.

Design / Build
Additions
Kitchens and Baths
Basements
Outdoor Spaces

703.852.8825
info@buildwithmac.com
www.buildwithmac.com
Outdoor Living Perfected.

NRC Landscape Construction
Design • Installation • Service

www.NRCLandscaping.com | 703.242.7698 | info@NRCLandscaping.com
URBAN MATTRESS
High quality mattresses and sleep products

At Urban Mattress Vienna, the goal is to provide the right product for your sleeping needs in a low-pressure, relaxing and informative environment.

Offering free delivery, often the same day, locally owned and operated Urban Mattress of Vienna places a huge value on giving back to the community it serves. Two percent of every purchase goes to our area local non-profits. You can rest easy—The experience and dedication of Nathaniel Hoelk and his staff is your assurance that you’ve made the best choice for your bedding needs.

Vi-Spring | Urban Organics | Evo Sleep
Sherwood Bedding Tempur-Pedic
Lumina | Suite Sleep | Bed Gear

229 Maple Avenue E
Vienna, VA 22180
703.261.4585
www.urbanmattress.com

TERRANOVA
One of the area’s finest one-stop remodeling companies

WHY TERRANOVA?
1. DESIGN AND BUILD: Terranova is a one-stop deal for your remodeling needs.
2. IN-HOUSE ARCHITECT: Why pay extra for a professional design when they have one on the payroll?
3. TRUSTWORTHY CREWS: Terranova has their own crews and know their employees and family. No stealing, no NO-SHOWS.
4. EXPERIENCE: They have been doing all types of remodeling since 1998, have a CLASS A license and are insured.
5. QUALITY: They are a local family owned design & build firm, and they never work on more than three projects at the time. It’s about quality not quantity.
6. COMPETITIVE PRICES: They belong to a National buying group which allows them to get very competitive prices on all the materials. NO home depot quality.

See their Showroom!
8543-Q Tyco Road
Vienna, VA 22180
703.761.0604
www.TerranovaCKB.com
Roofing | Siding | Windows | Doors

**POND ROOFING & EXTERIORS**

**1964 – 2014**

50 YEARS

Comprehensive Services for Every Exterior Need

- Five Star Rated by Home Services Review
- Washingtonian 2011 & 2013 Top Roofing and Siding Companies
- 2011 & 2014 Virginia Roofing Contractor of the Year
- Maintains a ✓ with Washington Consumers’ Checkbook
- Better Business Bureau “A+ Rating”

2987 Prosperity Avenue, Fairfax, VA 22031

703.573.8000
www.pondroofing.com

named one of the Best Contractors in the DC Area by Washingtonian Magazine.

Salona Jewelers

Quality Jewelry and Watches

Custom Engagement Rings
Jewelry & Watch Repairs
Appraisals • Necklace Restringing
Custom Engraving

Authorized CITIZEN Watch Jewelry Dealer

1333 Chain Bridge Road
McLean, VA 22101
703.848.2660
www.salonajewelers.com

CAPITOL CLOSET DESIGN

Get Organized This Spring!
SAVE UP TO 25%

With incoming order at time of purchase only. Offer not valid on previous orders. Other restrictions may apply.

www.capitolclosetdesign.com | 703-827-2700
DIFFERENCE BY DESIGN
Serving Northern Virginia for 30 years, NVS Remodeling & Design is a full-service design build remodeling firm - delivering expert designs and craftsmanship to every project. Our design staff will work with you to create the perfect plan, and our in-house production team will ensure your space is professionally built with attention to detail. Please visit our online portfolio on Houzz or our showroom at 8982 Hornbaker Road, Manassas, VA 20109.

Website: www.nvsrd.com
Email: info@nvsrd.com
Phone: 703-378-2600
Houzz: houzz.com/pro/nvsrd
QL+ engineers develop unique solutions and assistive devices for our nation’s wounded warriors.

DONATE TODAY! QLPLUS.ORG

Your donation will help improve quality of life for those injured in the line of duty. Thank you!

ULTIMATE REMODEL

703 200 7100
ultimateremodel.net
info@ultimateremodel.net

Showroom by appointment only

Services: Kitchens, Bathrooms, Additions, Custom Homes, Whole House Renovations

Check out our profile at

703 200 7100
ultimateremodel.net
info@ultimateremodel.net

Showroom by appointment only

Services: Kitchens, Bathrooms, Additions, Custom Homes, Whole House Renovations

Check out our profile at
Closet MAKEOVER TIPS
for Every Budget

BY ANALIESE KREUTZER

CLOSET FEATURES WORTH GETTING EXCITED ABOUT

Today’s closets are more than just a place to store stuff. Sometimes a spare closet becomes a small home office and a master bedroom closet becomes a dressing room. If you’re designing your dream bedroom closet, a number of features to consider are highlighted throughout this article like this:

THINK ABOUT
Pull-down rods that maximize space and accessibility.

If you vowed to get more organized in the new year, reconfiguring your closets can go a long way toward achieving your goal. Installing a system where everything has a place and things are easy to take out—and put back—makes staying organized effortless. Lots of companies offer solutions to help you create a more functional closet. Here’s what you need to know before you begin.
CLOSETS 101

Closet makeovers can be expensive, but industry insiders report that, in addition to renovated kitchens and bathrooms, home buyers want updated closets. When it comes time to sell, your redesigned closet might make the difference. Master bedroom closets are the top candidates for makeovers, but children’s closets, pantries, linen closets and hall closets also benefit from better organization.

All closets fall into two categories: reach-in or walk-in, and either type can be customized to suit your needs. In both cases, you want to position the things you use most frequently in the most accessible places. For walk-in closets, that means at eye level. For reach-in closets it’s in the center, since the corners of these closets are harder to get to.

Your goal is to maximize the space in your closet, and that means using all the vertical space as well the horizontal space. Store less-frequently used items in drawers, bins, shelves or racks below eye level and items you reach for least often on high shelves.

EVALUATE WHAT YOU HAVE

Before you do any closet makeover, you need to assess what’s in there. Sometimes things migrate in that don’t belong, like sports equipment that would be better stored in the garage or serving pieces that don’t fit in your dining room sideboard. First decide what you need to store and where you want to store it.

Once you know what belongs, evaluate what you have. Most professional organizers suggest taking everything out of your closet and sorting it into three piles: keep, toss and donate. Be tough on yourself. If another resolution was to lose weight, and you’ve been hanging onto a pair of pants for when you fit into them again, ask yourself if you might not want to buy a new up-to-date style when you get in shape instead, and get rid of the old ones. You don’t want to design your new closet around things you never use, so as painful as it may be, force yourself to do this step before you go any further.

As you put things back into your closet, think about how you like to store things. For example, do you prefer to fold your clothes, but you hang them because you don’t have enough shelf or drawer space? These are things that are important to know as you enter the next phase of your closet transformation.

CHOOSE YOUR SYSTEM

Once you know what you’re dealing with, you need to explore the different types of closet systems and vendors available. It’s a good idea to get referrals from friends and neighbors regardless of which of the three types you choose.

Out of the Box. Available from companies such as Rubbermaid, ClosetMaid and Martha Stewart, these do-it-yourself systems are sold through retailers such as Home Depot, Lowe’s, Target and IKEA. They offer the least expensive option, ranging from about $90 to $250, depending on the size, configuration and materials in the kit. Keep in mind that some of your cost savings with these systems will be balanced out by having to do your own measuring and installation, but if you are comfortable with that, these systems get the job done without blowing your budget.

Many of these use wire shelving, which can leave marks on folded clothes and allow small items to slip through. Some out-of-the-box systems use solid shelving, which avoids these problems and provides a more sophisticated look, but you will pay more for these kits, up to $600, and they are not the same quality as semi-custom or custom shelving.

You need to determine which system will work best for what’s in your closet and measure your clothes to make sure you buy an adequate system. Measure your longest items to make sure you have rods high enough to hang them and measure the width of your clothes on hangers so you know how much rod space you need. Don’t plan to stack folded clothes any higher than 6 to 10 inches or you risk them toppling over, and allow 14 inches of shelf space for each stack. Allow 7 inches of shelf space for each pair of women’s shoes and 9 inches for men’s shoes.

Semi-Custom. These systems can cost a little or a lot more than the out-of-the-box options, but the quality is better, the options greater, and you can get help deciding what works for you. Semi-custom options include Elfa, available from the Container Store, and online retailers Closets...
To Go and EasyClosets, which promise custom results for less.

These companies have online tools to help you design your closet and online or in-store design help if you need it. With these systems, you install it yourself, or most of them also have professional installers available to do the work for you if you prefer. Expect to pay approximately $500 to $3,000 or more for a semi-custom closet.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.

Debra Mastronardi of Vienna installed Elfa systems in most of the closets in her home. “The best thing about Elfa is it is configurable,” she said. She has been able to change her kids’ closets as they have grown and their needs have changed. Her advice for people going this route is to “measure twice, do research into the features that Elfa offers, block off enough time to spend at the store configuring the closet and wait for the annual Elfa sale in January.”

Custom. As the name implies, these closets are completely designed for your needs and to your tastes. A representative will meet with you, take measurements of your closet, count your shoes and handbags, measure your hanging and folded clothes and design appropriate storage for your dream closet. You pick the colors, finishes, drawer handle styles and features you want. These companies use computer-aided design programs to configure your closet on the spot and show you a 3-D rendering. After you finalize your design, the company returns to install it for you.
Now Open in Vienna!
Offering everything from scarves to skirts to shoes and accessories—why not stop in and see what’s waiting for you? Inventory arrives daily keeping inventory current, stop by today!

An eclectic boutique of assembled women’s wear.
448 Maple Ave E, Vienna | 703-319-9100 | oxannaboutique.com

Adjacent to Award-Winning Restaurants
We could be the best part of your morning routine. Wake up, enjoy a cup of coffee, and learn about the latest from Tysons. From local news and history to the best dining in town, we have it. Subscribe today!

We welcome the opportunity to show you today’s more comfortable, reliable and affordable procedures.

Call for your assessment examination today!

ORAL, FACIAL AND DENTAL IMPLANT SURGERY
361 Maple Ave W, Ste 200, Vienna DRBONACCI@VERIZON.NET 703.255.9400 • WWW.DRBONACCI.COM

The Dental Surgical Professionals at Oral, Facial and Capitol Dental Implant Surgery invite you to explore the difference our team members bring to your chair side. With unparalleled training in state-of-the-art procedures, you can be sure of an exceptional surgical experience.

CHRISTOPHER E. BONACCI DDS, MD, PC
CAPITOL DENTAL IMPLANT CENTER

WE COULD BE THE BEST PART OF YOUR MORNING ROUTINE.

Wake up, enjoy a cup of coffee, and learn about the latest from Tysons. From local news and history to the best dining in town, we have it.

Subscribe today!
“Over a lifetime, a woman looks at her ring a million times...”

MARTA BOTA
Professional Makeup Artist & Beauty Consultant
Television, Print, Bridal, Makeup lessons, Red Carpet & more!
Contributing Writer to Le Nouveau Moi Magazine
www.mbfacedesign.com

529 Maple Ave. West, Vienna, VA 22180
703.255.5050 | www.princessjeweler.com

Jewelry | Diamonds
Custom Design | Repair | Appraisals

VOTED BY READERS OF WASHINGTONIAN MAGAZINE

LET’S BE SOCIAL!

facebook.com/VivaTysons
@vivatysonsmag
info@vivatysons.com
MCLEAN, VA
$825,000
Beautiful all brick, perfectly located in lovely gated community only minutes to the Metro! Sun-filled open floor plan with 2 balconies and 2-car garage. The entry Foyer leads to the Recreation Room with a fireplace and French doors to a private patio. The main floor features glamorous Dining Room and Living Room, and eat-in kitchen that opens to the gracious Family Room. A spacious Master Bedroom includes luxury bath with dual vanities, soaking tub and walk-in closet. There are 2 additional spacious secondary bedrooms that are en-suite.

VIENNA, VA
– “Live/Work Condos” in TOWN OF VIENNA!!
– 6 Live/Work Condos — Mixed Use in a Quite & Beautiful Residential Neighborhood
– Steel & Concrete Construction; Bldg Elevator
– 2 BR + Study, 2 Baths, 9-1/2 Ft Ceilings, Balconies

LUXURY TOWNHOME

Ginger P. King
ginger.king@cbmove.com
Direct: 703.477.8793
Office: 703.938.5600
“When Experience Counts”

The Yerks Team
Penny@Yerks.com
Direct: 703.760.0744
THE RESERVE

MCLEAN, VA
$2,895,000
This elegantly appointed cul-de-sac home in The Reserve has extensive landscaping, an in-ground pool, waterfall and spa on a private, gated rear yard. Main level has hardwood flooring, gourmet kitchen with granite and high-end appliances, family room with vaulted ceiling. Upper level hosts a spacious owner’s suite and luxurious bathroom, with 4 additional bedrooms. Lower level offers a walk-out with finished rec room, media, fitness, and 5th bedroom with full bathroom.

COMPLETELY UPDATED AND FABULOUSLY APPOINTED

GREAT FALLS, VA
$1,999,999
Completely updated and fabulously appointed 11k finished sq ft estate w/ elevator and separate 2BR/2BA guesthouse, perfect for multi-generational living or staff quarters. Grand foyer with twin swept staircase, 3 kitchens, Versace tile on main level, porcelain baths, exquisite chandeliers and over 300K in new renovation. Guests are greeted by an elegant new stamped concrete & brick lined circular driveway. Plenty of parking and 4 car garage. Property is simply perfect. A must-see!
LANGLEY OAKS

This beautifully designed, traditional colonial greets you with a light-filled two-story foyer. This home features an open floor plan with 5 BR / 4.5 BA, sited on .65 acres that backs to trees. The spacious kitchen includes granite countertops and an eat-in kitchen area that opens to the family room. The eat-in kitchen area also offers access to the expansive deck! Upstairs, you’ll find brand new carpet with 4 of the 5 BRs in the home! The MBR suite is complete with a reading nook and three spacious walk-in closets! The lower level offers new carpeting, plenty of storage, BR/BA, and entertainment room with built-in TV and work area. For more, visit www.6514DeidreTerrace.com.

CARIS GLENNE

Experience gracious living in Caris Glenne neighborhood. Single family home offering 5 BR / 5 BA / 2 HBA, attached 3 car garage sited on .91 acres. Inside, you’ll enjoy the updated & move-in condition of this beautiful home! The special features include custom built-ins throughout, and an indoor lanai with a hydro exercise pool. The walk-out lower level offers a generous recreation room with a BR/BA. The spacious deck is a great place to sit back and enjoy the privacy of the home and the surrounding nature in any season!
CLOSE TO METRO!

VIENNA, VA

$1,489,000


STUNNING CUSTOM HOME

GREAT FALLS, VA

$1,199,000

Welcome to this stunning custom home sited on a gorgeously landscaped lot in the heart of Great Falls! Beautifully updated and ready for its new owners! 3 finished levels with 5 bedrooms, 5.5 baths (including 2 master suites!), shining hardwood floors & decorative moldings throughout, fabulous gourmet kitchen, formal dining room, 3 fireplaces, family room with soaring ceilings. Plus a finished lower level, and incredible outdoor living/entertaining spaces including a large deck and covered front porch! Desirable location offering terrific schools (Langley High School pyramid), easy commuting and easy access to all the amenities of Great Falls, Tysons Corner and Reston Town Center!
NEW HOME FROM JEFFERSON HOMES

Casey Samson
www.casey.samson.com
Direct: 703-508-2535
casey@casey.samson.com

**VIENNA, VA**
$1,450,000

Stunning Craftsman home built by Jefferson Homes in the Vienna Elementary School District. This home boasts 5 bedrooms, 5.5 baths, 4,885 square feet of open living space and a 2 car garage. Gourmet kitchen with custom cabinetry, and large center island with seating. Master suite with oversized closets and luxurious bath. Open concept family room with gas fireplace and coffered ceiling. Finished basement with wet bar, recreation room, exercise room & bedroom with full bath. Walk to Schools, shopping, community center, ball fields, bike trail, Town Hall and more. For more visit www.802Plum.com.

JUST LISTED

Jim Nelson
www.JimNelson.LNF.com
Cell: 703-861-8675
James.Nelson@Longandfoster.com

**VIENNA, VA**
$749,900

One of a kind in Vienna, Backs to Parkland, Cardinal hill pool and racquet club membership conveys, 2500 sq. ft. 5 bed, 2.5 baths, great bones, needs TLC. Visit www.JimNelson.LNF.com to hear teh Intelligence Report on Vienna Housing.
Just like the wrong size shoes will make your feet hurt, choosing a printer with the wrong size equipment for a print job will make your budget hurt. And how do you know it’s the wrong size equipment? You won’t until you call Stephenson Printing where you’ll find the right size presses (digital, sheetfed and full-size web) capable of printing a hundred copies, a thousand, a million or more. And when Stephenson’s extensive inhouse bindery and mailing departments finish your job, the cost savings won’t let you buy just one pair of shoes – you’ll be able to buy the whole closet!

FINDING THE PERFECT FIT IS MORE IMPORTANT THAN YOU THINK

STEPHENSON PRINTING

www.stephensonprinting.com
5731 General Washington Drive, Alexandria, VA
703.642.9000 • 800.336.4637
Belt Team listings sell FASTER than average AND they sell for MORE!

Call NOW to find out our secret!

(703) 242-3975

Featured Homes ~ More Info at BeltTeamRealEstate.com

Cinnamon Ridge - Oakton ~ $725,000

FREE HOME EVALUATION

Find out value instantly!
NorthernVirginiaHouseValues.com

NEW In Vienna Close To Metro ~ $1,489,000

In Popular Eudora - Vienna ~ Call For Price

Langley HS Pyramid - Great Falls ~ $1,199,000

On 3+ Acres in McLean ~ $1,775,000

Visit TheBeltTeam.com for FREE REPORTS

- 42 Questions You MUST Ask Your Realtor When Selling Your Home
- 4 Tips To Make Downsizing Easy
- 6 Secrets To Surviving A Home Renovation
- Budget Like It’s 1999 - Tips For 1stTime Buyers
- Do You Need To Stage Your Home When Selling?
- Is Northern Virginia A Retirement Paradise?

List by April 15 for a FREE consultation from our Professional Stager. 703-242-3975

NEWLYWEDS and ENGAGED COUPLES:

Wishing what’s your BEST move? The Belt Team has dedicated Specialists who help first-time buyers AND couples moving from two households to one.

Call (703) 242-3975!

Named in Top 20 Best Real Estate Agents in State of VA (out of 30,000 agents) by Real Trends
VIENNA
MERCHANTS

PEKING EXPRESS
A TYSONS FAVORITE!
Mon-Sun 11:00am-9:30pm
Lunch 11:00 am-4:00 pm
Dinner 4:00 pm-9:30 pm
703-281-2445
www.peking-express.com

CLOCKs of QUALITY
AT COMPETITIVE PRICES
Chelsea • Howard Miller
Hermle • Seiko • Lindow
Comitti • Rhythm • Coo Coo’s
and more...
ANTIQUE CLOCK RESTORATION
FREE “IN-STORE” ESTIMATES
Since ‘75
THE CLOCK SHOP
of Vienna
109 Church Street, NW
(703) 938-3990
clockshopofvienna.com
TUE-FRI 10-6
THURS 10-8
SAT 10-5

SALES • SERVICE • REPAIRS
BIKES@VIENNA
• Folding Bikes
• Recumbents
• Trikes
• Tandems
• Adaptive
128A Church St, NW Vienna
703-938-8900 | www.BikesAtVienna.com

JUST like NEW
Brand NEW JEWELRY arrivals for Spring!!!
Jewelry, Silverware, Crystal, China, Gifts
and Clothing for the discerning lady.

Spring Cleaning Sale
20% OFF EVERYTHING*
ACHIKIAN
GOLDSMITHS
140 Church Street NW Vienna, VA 22180 (703) 295-2256 www.achikianjewelry.com

(703) 938-8800
145 Church St NW #200 | Vienna, VA 22180
People who enjoy wine usually enjoy learning about wine as well. They find that it enhances their overall social experience and enables them to interact knowledgeably with other wine enthusiasts.

Wine education is not intended to be pretentious; unless you are in classes to become a wine professional, it can offer a depth of knowledge that allows wine drinkers to sharpen their skills and determine the types and styles they personally enjoy. Through tastings, classes and courses led by industry professionals, participants get to sample both favorites and new varieties, learn about wine and food pairings, and take advantage of ideal opportunities to ask questions.

Here are a number of places you can go to learn more about wine:

**Chain Bridge Cellars**

Chain Bridge Cellars in McLean, Virginia offers two types of wine classes: the One Sip at a Time Series and Spotlight classes.

“One Sip at a Time is designed for people seeking general wine education, especially in what they do and do not like about wine,” explained owner Doug House. “Each class focuses on a general wine education topic.”

A recent class featured Old World vs. New World reds where participants tasted samples of each and rated them using a tasting tool House developed that rates wines on eight different criteria. At the end of a class, people generally discover patterns in their preferences: some like low-to-moderate acidity, while others like lots of super-ripe fruitiness.

One Sip at a Time classes are $25 each, run approximately 90 minutes and include wine tastings of up to 8 wines, light food for pairings, and lots of discussion. Those interested should look into the store’s Class Passport that offers six seats at One Sip at a Time for a package price of $100. (It’s like getting one class free!) These seats can be used individually or all at once if you want to bring friends. The 2017 class schedule is posted online at www.chainbridgecellars.com.

Chain Bridge Cellars also offers Spotlight Sessions that shine a focused light on one aspect of wine
Dream, Build, Believe

A new book by Notaviva Winery owner Stephen Mackey

Stephen Mackey, co-owner of Notaviva Vineyards, recently published a book titled Dream, Build, Believe: Love, Wine, Music and the Founding of Notaviva Vineyards. The 406-page book is the personal story of husband and wife Stephen and Shannon Mackey who took a leap of faith that would forever change the course of their lives—the purchase of an abandoned cattle ranch with a dream to start a family and create Notaviva Vineyards, the world’s first winery to pair wine with music.

In his memoir, Mackey details how Shannon and Stephen met and married, and while holding down corporate careers, constructed their custom timber-frame home that would serve double duty as their tasting room, a process filmed for the reality television show Dream House.

The book continues through the creation of their vineyard, music studio and Mesh Omnimedia agency, and their relationships with their children, the community and each other. Throughout the book, readers are taken through a journey of love, wine, music, perseverance and entrepreneurship.

Their Mackeys’ story is a testament to the American Dream, fundamentally rooted in hard work, tough sacrifice, unwavering tenacity, and deep abiding love. Dream, Build, Believe is published by Mascot Books and available in hardcover and digital versions. www.dream-build-believe.com

and the wine world. Upcoming classes include Pomerol, St. Emilion and Satellites: Exploring Bordeaux’s Right Bank on March 16th. The most popular Spotlight Sessions are their annual Champagne classes held each December. Prices for these classes range from about $30 to $60, depending upon the content, and include light snacks. Advance registration is highly encouraged as these classes sell out quickly.

All wine classes at Chain Bridge Cellars are led by Diane McMartin, a graduate of the accelerated wine program at the Culinary Institute at Gravestone in Napa, California.

Foodie-U Wine School at Little Washington Winery

Little Washington Winery in Washington, Virginia offers another way to experience wine, with approximately five classes offered each weekend.

“Our classes are especially designed for food and wine enthusiasts, explained co-owner Donna Henrickson. “Each class is a one- to two-hour exploration of a specific topic. They’re fun, they’re unpretentious, and they offer straight talk in plain English all about pairing, exploring and enjoying food and wine.” Classes are taught by their winemakers and sommelier and participants receive a passport that can track which classes they have taken. Once students have completed four classes, they earn a free class.

Foodie-U classes feature a Wine Bootcamp led by co-owner/winemaker Carl Henriksson that includes a molecular pairing experiment, a chocolate pairing session and the Dirt Road Wine Tour. Other classes can include Cheesology; Triple Threat Chocolate Cheese & Wine; Around the World in 80 minutes; Dessert & Wine Pairings; and The World of Malbecs. Visit the Little Washington Winery website (www.littlewashingtonwinery.com) for a complete listing, an online calendar of class dates, and online reservations; reservations are not taken via phone or email. Classes are $40 per person.

Total Wine and More

Even more ways to learn about wine are found at Total Wine and More, located on Chain Bridge Road in McLean. Learn more about specific producers, regions and varietals at free Weekly Wine Tastings, held each weekend with a different theme that includes up to eight wines. Or attend a wine class and learn about the basics of wine tasting and different wine regions of the world.

Upcoming classes include: Undercover Vines: Class of the Tannins, where you put your wine skills to the test to identify unlabeled wines by color, acidity and aroma to determine Old World from New World styles; Vive la France, featuring the marvelous range of often-overlooked wines of the Loire Valley to the elegant Chardonnays and Pinot Noirs of Burgundy; and Total Wine & Cheese: A Guide to Perfect Pairings that demonstrates the composition of wine and cheese, main types of cheese and easy pairing tips. Classes are $20.00 per person.

Capital Wine School

Washington’s Capital Wine School offers courses and tastings for every level of wine enthusiasts and professionals. Classes here are fun and unpretentious, while offering depth of knowledge and insight for those seeking to learn more about wine.

For enthusiasts, upcoming Wine Tasting Courses and Classes include Introduction to Wine Basics; Essential Blind Tasting Skills; March Madness: Barolo vs. Brunello; Alpine Wines from Italy, Austria, Switzerland & France; and Wines of Mediterranean France.

For the professional, the Capital Wine School offers Sommelier Classes & Courses, Wine & Spirit Education Trust (WSET) certifications and courses, and Wine Business Classes. Region-specific courses like Italian or French Wine Scholar Guild Certification programs are also presented. Fees vary.

Whether it’s a passion or a vocation, there’s always more to learn about wine. Learn, taste, and ask questions, but always keep in mind wine’s true purpose: to be enjoyed and shared. ✨

RESOURCES:

• Chain Bridge Cellars, 1351 Chain Bridge Road, McLean, VA 22101
• Little Washington Winery, 72 Christmas Tree Lane, Washington, VA 22747, www.littlewashingtonwinery.com
• Total Wine & More, 1451 Chain Bridge Road, McLean, VA 22101, www.totalwine.com
• Capital Wine School, 5207 Wisconsin Avenue NW, Washington, DC 20015, www.capitalwineschool.com

AUTHOR: When not tasting or writing about wines, wine editor Linda Barrett runs All the Buzz, a creative agency offering professional copywriting. www.allthebuzz.net.
Looking to grow sustainable wealth through your business endeavors?

Argent Place is the area’s haven for successful entrepreneurs who understand that legal principles can be fundamental in driving their companies forward.

Our firm understands the life of a business from beginning to end and we start each project with the end in mind. Successful businesses know a conversation with Argent Place Law is always a good idea.

Give our founder, Dr. Michael Mort, Esq. a call and let’s have a quiet conversation on moving your business forward.

749 Old Meadow Rd, Suite 630 | McLean, VA 22102 | 703-539-2518 | www.argentplacelaw.com
Spring. It’s a time for new beginnings and fresh perspectives. It’s time to be bold and discover what our residents have already found: the Chesterbrook Residences lifestyle. Our assisted living blends quality care with affordability, giving you more time and energy to embrace your favorite pastimes and opportunities to discover new hobbies, cuisine, destinations, entertainment, and friends. Don’t miss another wonderful season - call today!
When it comes to HEALTH, yours should be BEST.

TYSONS PHARMACY

110 Pleasant St. NW, Vienna, VA 22180
www.mytysonspharmacy.com

All-American Beauties Designed Here
Master stylist, Joey Noufal, and Celebrity Makeup Artist Gustavo Mottola
design Elaine Espinola-Keltz, Miss DC America 2015

703.893.7711 • NoufalHairColorStudio.com
703.908.9620 • www.gustavollc.com

Helga’s Caterers
Whether you’re planning a corporate luncheon or a grand-scale gala, Helga’s Caterers will help you make everything for your event absolutely perfect. Their over three decades of experience enable them to offer many ideas and options for creating exceptional corporate events, holiday celebrations, showers, and wedding receptions.

703-556-0780
6710 Old Dominion Dr
McLean, VA 22101
www.helgascatering.com
At Helga’s Caterers—an award-winning, full-service catering company founded in McLean 30 years ago—a similar story can be told.

In 1958, Peter and Helga Evans emigrated with their two young children from Germany, leaving behind the struggles of World War II and a hard life that sometimes meant existing solely on bread and butter. The couple settled in Falls Church and went on to grow their family of four to nine, while Peter became a Doctor and Professor of Ophthalmology and Chairman of Ophthalmology at Georgetown University. Helga occasionally helped out by catering events at the University and in their home for her husband, and the experience helped crystallize her realization that she was looking for a new challenge. Backed by a love of cooking, some formal culinary training, and the irreplaceable experience of constantly experimenting in the kitchen for her large family, she decided that launching a catering business would be an exciting new option.

Around the same time, one of her sons, Michael, was studying at the Georgetown School of Business, gearing his studies toward marketing a catering business while also serving an apprenticeship in Philadelphia for a leading caterer. Mother and son soon opened “Helga’s” in McLean in 1981, a dual-operation with sit-down restaurant service and a catering service.

“We started the restaurant together,” said Michael, now chef-owner of Helga’s Caterers, “thinking it would be a great way to simultaneously serve customers and market our catering business. McLean was the perfect place to start.”

The venture almost immediately became a family affair, with grandmother Omi joining brothers and sisters to pitch in and help. In 1990, Helga decided to retire, and Michael continues to grow the legacy of three generations to four.

“We decided to sell the restaurant and focus solely on catering,” Michael explained, “committing ourselves to exceptional personal service and outstanding cuisine. We never forget that while we may have catered hundreds of weddings, it may be our client’s first … so our attention to personal service is paramount. Many of our staff have been with us since the start, and we share a strong passion for and love of the catering business. Food is an art, and it needs to be presented beautifully … but service and attention to detail is equally important. We’re proud of the fact that praise for our staff is as common in our reviews as is praise for our food.”

Helga’s caters events of all sizes, ranging from small, private family gatherings to large, corporate events; graduations, weddings and bridal showers; summer picnics; and cocktail parties, galas, and formal dinners.

“Our menus are so diverse that we can offer all-American BBQs to Hawaiian luaus to ethnic menus. Continental cuisines got us started, and German and Hungarian foods are our roots, but we do it all today, including being sensitive to dietary restrictions such as gluten-free, vegan, and Paleo diets.

“In the mid 1980s,” Michael added, “we partnered with the Diet Center and had a contract with the American College of Cardiology. Recipes had to be reviewed by nutritional consultants for cholesterol, fat, sodium, and calories to ensure that they were heart-healthy. We even published a cookbook, Food for Your Health, that includes nutritional counts. Today, that might not seem like much, but back then, we were ahead of our time. Our focus on nutrition since our founding has also helped differentiate our service.”

Peter and Helga, now 91 and 81, are still enjoying the fruits of their family’s labor, joined by seven children, 16 grandchildren, four great-grandchildren, and countless nieces and nephews taking active roles in the business.

Helga’s Caterers has been voted one of Washington’s Top Five Caterers by WUSA Channel 9; was awarded TheKnot.com’s “Best of Weddings” for 2012, 2014, 2015, 2016, and 2017; and has been repeatedly recognized by WeddingWire and Brides & Weddings as a top caterer.

www.helgascatering.com/index.html
Don and Beth Weeks want to welcome you to their luxurious new undertaking, The Woodhouse Day Spa, located in Leesburg’s Village Marketplace. You know you have found something special when you walk in their doors and are surrounded by elegance and comfort everywhere you look. With professionals eager to immerse your mind, body and spirit in all aspects of health and wellness, it takes only moments to shift gears and start your journey. Offering an array of over 70 rejuvenating spa treatments, this ultimate retreat is designed with privacy and relaxation at the forefront.

The Woodhouse Day Spa experience is new to our area and is one of several franchises operating on the east coast. As Don and Beth thought about their next chapter after exceptionally demanding corporate careers, they knew that they wanted to devote their energy and passion to something they really believed in. With true entrepreneurial spirit, they explored many business opportunities, but they couldn’t find anything that rivaled the total wellness expertise offered by Woodhouse. Originating in Texas, Woodhouse has become synonymous with personalized excellence in advanced body and skin care treatments. Having gone through the selective process of receiving ownership rights to three locations, they chose to open their flagship spa in Leesburg to serve the growing needs of Northern Virginia.

Since relocating to the area, the couple are dedicating themselves to their clientele and employees. “We want to be hands on, giving our employees the quality environment and support to do their best work, and to provide our guests with the ultimate in client service and satisfaction. We are committed to be active and accessible partners in the Woodhouse experience, and we hope to become an integral part of our greater community as well.”

Holding a deep belief that health, wellness, and beauty are intricately linked, Woodhouse offers comprehensive spa services in massage, facials, body treatments, expert manicures and pedicures, sleep treatments and relaxation experiences. Couples can enjoy a dual massage, or make it a day out with your girlfriends and treat yourselves to one or more of their offerings. Relax in your
comfy robe and slippers, take in the signature spa fragrance, and transform your day from the ordinary to the extraordinary.

Welcome home to the Woodhouse Day Spa, your destination to relax, unwind, and to let go right here in your own backyard! ♥

WOODHOUSE DAY SPA
1603 Village Market Blvd., Suite 116
Leesburg, Virginia 20175
571.577.2775
Monday through Saturday 10am – 8pm.
Sunday 12pm – 6pm.
Few area residents recognize the name Joseph Leiter, an early twentieth century multi-millionaire significant in the history of Langley/McLean. Joseph hailed from the Chicago area, where his father, Levi Leiter, had formed a partnership with Potter Palmer and Marshall Field in founding a dry goods firm in 1865. Potter left in 1867, leaving the two men to build one of the largest retail enterprises of its kind in the world. Levi sold his interest to Field in 1881 and the name changed to Marshall Field and Company. Levi, who had also accumulated commercial Chicago real estate over the years, continued with such investments and became one of the wealthiest men in America. Levi rented a house on Twentieth Street near Dupont Circle from James G. Blaine and the family traveled between Washington and Chicago. Levi had his own mansion built on New Hampshire Avenue near Dupont Circle in 1891. At that time, there was only one other prestigious house at the circle, the famous Stewart Castle. The Leiter family now spent more time in Washington than Chicago.

Levi and his wife, Mary, had four children. Their only son, Joseph, was a 1891 Harvard graduate and, in 1893, began managing his father’s interests. Levi was pleased and gave Joseph $1 million to pursue business interests of his own. Joseph began to purchase stock in various mining, traction, and utility companies and became a director of many others. He was a man on the move. Unfortunately, he miscalculated and gained world-wide notoriety in 1897-1898 by attempting to corner the wheat market and suffered staggering losses reaching $10 million; Levi went to his son’s rescue and settled the debts. Joseph then took back the management of the father’s holdings. Levi died in 1904 leaving an estate reportedly valued at $100 million. Under the terms of the will Joseph, his mother, and two surviving sisters shared trusteeship of the estate, but the management fell upon Joseph. One of his sisters, Lady Suffolk, later claimed mismanagement of the estate and eight years of litigation followed, beginning in 1923. When it was finally settled in 1931, both Joseph and his sister resigned as trustees, leaving the management to non-family members.

In 1908, Joseph married Juliette Williams of Washington, DC and spent time in both Chicago and Washington. They acquired a considerable amount of land along the Potomac River in the McLean/Langley area amounting to about 505 acres. Construction began in 1911 for a $1 million palatial 72-room country estate, surrounded by forested land with a commanding view of the river. A house, originally known as “The Glass Palace” but later named “The Palisades,” was completed the following year. Many of the outside rooms overlooking the river were enclosed in glass including a large veranda. The house was two stories in height, 135 feet in length, and 68 feet wide with two wings on either side. One wing served as a ballroom and quarters for quests, while the other provided space for a kitchen, laundry room, and servants quarters. It was built of blue stone quarried on the premises, offered 17 bathrooms, numerous fireplaces, and an extraordinary number of bedrooms. There was an elaborate plumbing system using spring water, a generator for electricity, and numerous secondary buildings that included a caretaker’s house, greenhouse, and barn. A 100 foot wide driveway leading from
Georgetown Pike to the front of the house was over a mile in length.

The rural setting was perfect for the Leiters because it was within motoring distance of Washington. This was the period when the nation was discarding the horse and buggy for the new-fangled “horseless carriage.” The Chain Bridge Hill leading from Chain Bridge was difficult to negotiate and the road was not paved. It was hard enough for animals such as horses or mules to traverse the hill, but its terrain was definitely not suitable for a motorcar. Joseph approached the Fairfax County Board of Supervisors in 1911 seeking a solution to the problem. An agreement was reached where Joseph would macadamize the road from the Alexandria County line (today’s Arlington County) to the entrance of his property. This would be done at his own expense, but would be fully reimbursed by the county once the job was completed: Joseph received $1304.08 in June of 1912. Even though there was a toll gate closer to the bridge, he never had to pay a toll. In effect, Joseph had his own private road. This stretch of Chain Bridge Road was the first paved road in Fairfax County.

In the beginning the Leiters were enthusiastic about “outdoor living” and were entertaining constantly. Their vast estate was the scene of elaborate social functions, riding, and hunts for Washington’s society. A special planned village was built in 1914 for their children, which included at least two dwellings, a bath house, gymnasium, school house, and chapel. While this was under construction, the family was aboard the yacht Niagara on a year’s sailing trip around the world (1913-1914) and, upon returning, went through the Panama Canal. The Niagara was the first private yacht to pass through the canal.

Joseph’s interest in Virginia living began to wane as his passion for duck hunting in Louisiana began to unfold. He purchased property at the mouth of the Mississippi River below New Orleans, upon which he built a $30,000 hunting lodge. He also acquired several thousand acres of adjacent marsh land; basically, he had his own private game reserve. A palatial winter home was built in New Orleans and soon the Leiters became immersed in Southern society. Life along the palisades of the Potomac simply slowly faded away.

Beginning in 1922, Joseph was delinquent in payment of his income taxes. Possibly this is the reason slightly over 80 acres of “The Palisades” property were sold to Ruby Lee Minar for $50,000 on June 9, 1928. Minar was a real estate broker who subdivided properties for residential purposes. Two of her projects were Lee Heights and Brandon Village in Arlington. Her Leiter purchase was to be divided into lots ranging from a half acre to four acres.

Joseph ventured into horse racing in the late 1920s and acquired a stable of thoroughbreds that was one of the finest in the country. It was said that he never started a horse unless he thought it had a chance to win and he insisted on being at the track to see it run. In 1932 Joseph had two prize-winning thoroughbreds, Prince Hotspur and Princess Camellia, that he thought could possibly win the Kentucky Derby, one of his greatest desires.

However, such dreams never materialized. Joseph developed complications from a heart ailment while wintering in Louisiana and returned to his Chicago Lake Shore residence where he died from pneumonia on April 9, 1932. At the time of his death, his income was estimated at $1 million a year, yet he was still in arrears on his income tax payments. There were not enough liquid assets to cover what was due. There were three executors for Joseph’s estate: Juliette, son Tom, and daughter Nancy. Another son, Joseph Leiter, Jr., was deceased. He accidentally killed himself in 1921 while loading a shotgun during a duck hunt on his father’s Louisiana game reserve. He was ten years of age.

The trustees auctioned off Joseph’s stable of about 50 thoroughbreds, except for Prince Hotspur and Princess Camellia, plus much of his personal property, within a month of his death. To further help with the tax situation, an agreement was reached in 1936 where 160 acres of “The Palisade” property, including the manor house, would be transferred to the federal government as partial payment for Joseph’s income tax delinquencies from 1922 to 1930. This land acquisition would later become part of an extension of the newly created George Washington Memorial Parkway. In 1940 the executors sold the remaining 300 acres to the federal government for $126,976.40. The government did nothing with either of the two land purchases for several years and they became overgrown. On the evening of March 3, 1945, the house was completely destroyed by fire. It was thought that it was accidently started by vandals living on the premises.

After World War II, discussions began about consolidating and relocating the CIA to Virginia. After considering several locations, the Leiter property was selected for the site. President Dwight Eisenhower laid the cornerstone for the complex on November 3, 1959. Except for the portion sold to Minar, the CIA Headquarters and Bureau of Public Roads were built on Leiter property; the entrance to the CIA off Chain Bridge Road is the former Leiter driveway.
The board of the Tysons Partnership announced today the appointment of Sol Glasner as the Partnership’s acting President and Executive Director. Mr. Glasner will serve in this role while the Partnership completes its executive search for a successor to Michael Caplin, whose retirement was announced in October of last year. The appointment is effective January 15.

Mr. Glasner is a former General Counsel of The MITRE Corporation, a founding member of the Tysons Partnership. He has been associated with the Partnership from its inception and served as Chairman of the Board of Directors from 2012 – 2014.

Mr. Glasner can be reached by email at sglasner@tysonspartnership.org, or via the Partnership’s business line at 703.738.0064.

For more information, visit www.tysonspartnership.org or contact info@tysonspartnership.org.

To the residents and friends of the McLean, Great Falls, Falls Church and Vienna communities: The members of the Woman’s Club of McLean thank those who made their 50th Holiday Homes Tour and MarketPlace a success this year – our advertisers, vendors, donors, family and friends and especially those who supported the Tour by purchasing tickets. Preliminary estimates indicate that these events successfully met our goals of providing essential support to our local charities and nonprofits. The proceeds will be especially meaningful during the coming year.

May this year provide health, happiness, prosperity and peace to you all.

In appreciation,
Joan F. Morton, President

Fairfax-based non-profit Britepaths offers free Financial Education classes and sessions at various locations in the Fairfax County area to low- and middle-income adults who reside throughout Northern Virginia. The offerings are free and open to the public, but reservations are required.

**“THRIFTY THURSDAYS” BASIC BUDGETING CLASSES IN ANNANDALE, CHANTILLY AND ALEXANDRIA**

**Thursday, April 20, 2017, 7-9 pm**
Heritage Building
7611 Little River Turnpike, East Wing
1st Floor Conference Room D
Annandale, VA 22003

**Thursday, May 18, 2017, 7-9 pm**
South County Government Center
8350 Richmond Highway (Room 220)
Alexandria, VA 22309

**Thursdays, March 16, and June 15, 2017 7-9 pm**
Chantilly High School
4201 Stringfellow Road (Room 253)
Chantilly, VA 20151
For All Sessions, RSVP to: Carole Rogers at crogers@britepaths.org or 703.273.8829

**FREE FINANCIAL COUNSELING CLINIC IN ALEXANDRIA**

In partnership with United Community Ministries

Wednesdays, April 12, May 10, and June 21, 2017, 6-9 pm
United Community Ministries
7511 Fordson Road
Alexandria, Virginia 22306
RSVP to: Rogelia Campos at rogelia.campos@ucmagency.org or 571.255.8972

**FREE FINANCIAL COUNSELING CLINIC IN CHANTILLY**

In partnership with Western Fairfax Christian Ministries, Ox Hill Baptist Church and Fairfax County Neighborhood and Community Services

Mondays, March 27, April 24, May 22, and June 26, 2017, 6-9 pm
Sessions Held at Chantilly Computer Learning Center Partnerships
4101 Elmwood St.,
Chantilly, VA 20151 (enter through back of Ox Hill Baptist Church)
RSVP to: Lillian Diaz at: ldiaz@wfcmv.org or 703.988.9656 x108

Britepaths Non-Profit Offering
Free Financial Education classes

Join our email list for updates on local events, news, and special offers.
vivatysons.com/signup
On the heels of its debut event in June 2016, the TEDxTysons team is busy preparing for this year’s encore performance, and it is shaping up to be a day full of impact.

TEDxTysons, a non-profit organization, brings together thought leaders from around Tysons and the nation’s capital to talk about ideas and projects and engage the local community in meaningful conversations.

The TEDxTysons 2017 team is excited to announce this year’s event theme — impact. Impact will explore how people, ideas, and projects create lasting effects that reverberate and catalyze change. The event, being held June 10 at the Capital One Auditorium in Tysons, VA, will focus on breaking down the word itself to showcase the individuals, ideas, influence and deals that power it.

This year, attendees will be inspired and challenged by a diverse list of speakers and performers who will boldly share their unique perspectives about their own impact. During the showcase event, 15 speakers will shine light on projects happening around Tysons and the globe in Philanthropy, Social Justice, Education, Politics, Urban Development, Health, Business, and more.

Created in the spirit of TED, a non-profit devoted to spreading ideas in the form of short, powerful talks, TEDxTysons gives the local community the opportunity to stimulate authentic dialogue. From students and professionals of all ages across a variety of industries, TEDxTysons is working to engage current and future leaders and influencers to think big about the problems affecting the Tysons area and the rest of the world.

TEDxTysons was started in 2015 by three local professionals with the help of a small team of volunteers who worked together to bring the TED experience to Tysons for its inaugural event June 3, 2016.

Last year’s theme, “Future Tense?” featured 11 speakers who discussed what changes and innovations the future may hold and what they are doing to be a part of it. To see videos from the 2016 event, like speaker Cal Newport’s talk which has more than 700,000 views on YouTube, visit www.TEDxTysons.com.

TEDxTysons is driven by support from the local community and depends on the engagement of both businesses and individuals as partners, speakers and volunteers.

TEDxTysons partners provide vital resources for the successful production of the event. Partners are companies or individuals who want to be a part of this exciting endeavor to bring visionaries together to share their insight and experiences with people around the Tysons area. To become a partner or learn more about the different partnership levels, visit the partners page on www.TEDxTysons.com.

Likewise, every TEDxTysons team member is a volunteer who donates their time and talents to help bring these stories, projects and ideas alive on stage and throughout the community. The growing team is always looking to add people who are ready to work hard and want to do more than talk about making Tysons a better place for all. To volunteer email Volunteers@TEDxTyson.com.

Early bird tickets to the June 10 feature event are now on sale for $30 at www.TEDxTysons.com until March 31 when tickets will go up to the full price of $40 until they are sold out.

For more information and to stay on top of the latest news and updates from the TEDxTysons team, subscribe to the newsletter at www.TEDxTysons.com.

Event details:
Date: June 10, 2017
Location: Capitol One Auditorium, 8180 Greensboro Drive, Suite 1150, McLean, VA 22102-3861
Time: 10am – 4pm, with a post event from 4:30pm-6:30pm
Contact: info@tedxtysons.com
In the mighty canyons of Tysons, just a few steps away from Tysons Metro Station and across the road from Tysons Galleria is the new Fogo de Chao. This Brazilian steakhouse chain has a reliable system of delivering choice meats to each diner, in addition to several appetizing side dishes like garlic mashed potatoes and fried polenta, followed by a choice of desserts.

With its sky high ceilings, sparkling tiles and a wall of wines, the Churrascaria, or steakhouse, has a luxurious, yet serene atmosphere that will work well for client meetings, special occasions or a romantic date night. There’s a long window where you can watch the team grilling the meats served table side. Inspired by the Southern Brazil cowboy tradition, the “gauchos” stop by your table with a skewer of meat, which they slice off, and you move to your plate using metal tongs. You can request the meat cooked rare, medium or well done.

Fogo de Chao offers 16 different cuts of beef, pork, lamb and chicken. The choices rotate, so some nights you won’t have lamb, but you might have one of their tender Linquica sausages instead.

Other worthwhile cuts to sample include the filet mignon and Beef Ancho, or rib eye. The restaurant’s signature meat is called Picanha, prime sirloin marinated in sea salt and garlic. You will also find tasty Frango, tender chicken legs in a savory sauce and chicken wrapped with bacon. The Lombo cutlets consist of pork loin encrusted with parmesan cheese.

Vegetarians need not worry. The “salad bar” is huge with dozens of fresh vegetables, salads and cheeses. Table service includes tiny cheese popovers. They also offer a soup of the day—the butternut squash coconut soup deserved more attention than it got. They offer black beans and rice as well as sauces like Chimichurri.

You’ll want to pace yourself as the whole process includes coffee and desserts. While there is a prix fix menu for the experience, there’s also bar service with happy hour prices for sharing small plates and beverages. The Gaucho Lunch for $15 includes all you can eat at the salad bar, and you may add a selection from the grilled meat menu for an additional charge. Brunch is another option, with eggs, corn meal cakes called Bolo de Fuba, and yogurt parfaits added to the menu.

Fogo de Chao servers in their smart red bandanas seemed delighted to be working here. There’s a lot of enthusiasm about the food, and they’re eager for you to try the different cuts of meat. So whatever you do, go there with an appetite. Viva Saude!
Several hundred prominent local business, political, military, and community leaders gathered Tuesday evening, January 24, to celebrate the official opening of PenFed Credit Union’s new headquarters on Jones Branch Drive in Tysons. The $180 million state-of-the-art LEED Gold certified facility will be home to the country’s second-largest federal credit union. With 750 current employees throughout Northern Virginia, their headquarters can accommodate up to 500 employees as they continue their rapid growth in our region.

PenFed manages $21.3 billion in assets and offers superior services in market-leading mortgages, automobile loans, credit cards, checking, wealth management, and a variety of customized financial tools to meet its members’ needs. PenFed serves a diverse population, and no military service is required to join. They are committed to expanding their exceptionally talented team of employees, positively impacting the economic growth and future of our community.

In addition to becoming a major employer and serving the financial needs of more than 180,000 Virginians, PenFed generously gives back to the community, contributing more than $4 million in the past year alone to veteran programs in Northern Virginia, including the Northern Virginia Technology Council’s Veterans Employment Initiative.

President and CEO James Schenck expressed his vision for the company as follows: “Having a world-class headquarters where people are inspired to come to work with other teammates who care about something bigger than themselves is what sets PenFed apart and makes us one of the best places to work.”

PenFed Credit Union Chairman Ed Cody, PenFed Credit Union Board Member Ron Spear, US Rep. Barbara Comstock (VA 10th District), PenFed Credit Union President/CEO James Schenck
On February 4th, Clyde’s of Tysons, the first Virginia location of Clyde’s Restaurant Group’s highly successful chain of eateries, closed after 36 years in business at one of the prime locations in Tysons. Intended to be an upscale but friendly mecca for American-style dining and cocktails, Clyde’s became the scene for many a power luncheon, rite of passage, and celebration. With its mermaid-themed murals, hand-sculpted art by George Stanley (best known for his design of the Oscar statuette), and cozy booths, Clyde’s remained a popular gathering spot throughout its history.

Sitting on almost six acres of high-ground ripe for development, the restaurant group made the decision to partner with others to develop the property into Tysons Central, a series of multifamily, retail, and commercial structures that will house Lennar’s Lumen Tyson, and a building by Foulgar Pratt among others, and hopefully a new rendition of Clyde’s of Tysons in one of the ground floor retail spaces. In the meantime, Clyde’s employees will be offered positions at other locations throughout Maryland, DC, and Virginia.

Many gathered to bid goodbye to this Tysons tradition, but stay tuned for its possible return!
CELEBRATE THE MIRACLES IN YOUR LIFE WITH CANA WINE.

Cana Vineyards is a family-owned winery designed to give visitors a comfortable place any time of year to enjoy Cana wines while taking in the beauty of the surrounding Bull Run and Blue Ridge Mountains.

Tasting Room
Live Music Saturday & Sunday
Available for Weddings & Events

Bluemont Vineyard is a country farm winery located 951 feet above elevation at the top of the Blue Ridge Mountains overlooking the Loudoun Valley. From the vines that cling to the sun-kissed mountainside to the orchards that spread out below, it is our terroir that makes our wines unique among Virginia Wineries. Our wines are graced with subtle overtones of cherries, apples, peaches, and black raspberries. We offer all kinds of wine for everyone’s palate. Try everything from our dry to sweet whites, to our light to full bodied reds.

Open Daily!
11:00am - 5:00pm (Nov–Mar),
11:00am - 6:00 pm (Apr–Oct)
*Last Friday of the Month: Open until 9:00

540-554-8439
18755 Foggy Bottom Rd
Bluemont, VA 20115
www.bluemontvineyard.com

Winter is for warmth, whispers, and wine.

Set amidst the foothills of the Blue Ridge Mountains, the Greenhill consists of 128 acres, including 20 acres under vine. The elegant, handcrafted wines produced here highlight the terroir of the estate.

The Tasting Room is open daily, Noon ‘til Sunset
540-687-6968
23595 Winery Ln | Middleburg, VA 20117
greenhillvineyards.com

Oakton Wine Shop
Purveyor of Fine Wines, Beer & Cheeses

703.255.5425
www.oaktonwineshop.com
2952 - A • Chain Bridge Road • Oakton, VA • 22124
Dirt Farm Brewing is a family owned and operated Farm Brewery in Loudoun County. From plow to pint, our focus is small batch hand crafted beer from fresh ingredients grown on our family farm, Great Country Farms. Our 10bbl brewhouse delivers traditional brewing style ales and many farm fresh seasonals. With our newly established 3 acre hop yard, 10 acres in grain, and all the farms bounty we look forward to growing craft beer in Loudoun!

NO FARMS, NO BEER!

We offer flights & pints to enjoy here, also 32oz cans and growler fills to go!

Serving up hearty, farm-to-table American fare (think rabbit pot pie and grass-fed beef burgers with candied bacon) and house-brewed craft beers.

703-865-8580
520 Mill St NE, Vienna, VA 22180
www.caboosebrewing.com

Céad mile fáilte!
Great folks. Great times.

Enjoy our huge selection of beers, fine whiskeys, specialty cocktails, wines and happy hour daily specials along with Mouthwatering Authentic Irish Cuisine at a great price and our Weekly Live Music!

(703) 883-2000 | www.paddybarrysva.com
8150 Leesburg Pike | Vienna, VA 22182

Sehkraft (pronounced "say-craft") means "vision," or "eyesight" in German. Sehkraft Brewing seeks to bring about the vision of what the craft beer movement is all about. The 9,000 square foot brewpub houses a 10-barrel brewhouse, a 200+ seat indoor restaurant offering hearty family fare, a 100+ seat beer garden, a retail butcher and cheese shop and a music stage featuring a variety of performing artists.

YOUR DESTINATION FOR BEER, FOOD AND MUSIC

925 N Garfield St. | Suite A
Arlington, VA 22201
(703) 841-5888
www.sehkraftbrewing.com

Cheers!
Plan a Summer to Remember

Camps Give Kids Lots of Options for Summer Fun

Photo courtesy of Congressional Camp.
By Analiese Kreutzer

As spring emerges and the weather turns warmer, summer plans begin to take shape. You may picture warm, lazy days with relaxed schedules, but with public schools out for 10 weeks and some private schools even longer, kids get restless and parents need safe, reliable options to keep their kids occupied. Our area’s many summer camp programs provide a range of activities to keep children active and engaged all summer long.

If your child likes sports, area organizations offer fun sports variety camps or weeks dedicated to specific sports. Camps for soccer, lacrosse, baseball, softball, basketball, tennis, golf, archery, football, gymnastics and more let kids try a new sport without a big commitment or hone the skills they’ve already learned.

Not into sports? No problem. Other camps focus on the performing arts, nature, gaming, cooking, technology, math and many more, including traditional day camps with a variety of activities each day.

The Fairfax County Park Authority is the largest camp provider in Northern Virginia, offering more than 1,800 weeks of camps for preschoolers to teens. Other providers include the Reston Association, the YMCA in Reston, the McLean Community Center and George Mason University. In addition, many private schools offer summer camps such as Congressional Camp, located at the Congressional School in Falls Church, Chesterbrook Academy in Vienna, and Summer on the Hill in Oakton.

If your child has a particular interest such as music or art, places such as Harmonia School of Music and Art, Levine Music and the Greater Reston Arts Center offer specialty camps throughout the summer. For math enthusiasts, Mathnasium in McLean holds summer math camps. For adventurous kids, there are camps that provide daily field trips to amusement parks, local attractions such as zoos or go river tubing.

Camps may be half or full-day and typically last one week or two. Many camps provide before and after care for an extra fee so parents can maintain their work schedules without having to arrange for an additional caregiver. Some camps offer discounts for registering early or sibling discounts. If you don’t live in Reston or Fairfax County, you can still take advantage of their camp offerings, but nonresidents pay more than residents.

Working parents who don’t want to juggle different start times can register their kids for a week and return to work with the confidence that their children are happy, learning and making lifelong memories.

We believe that positive relationships are the key to unlocking the potential in every student. Our teachers are able to personalize curriculum and teaching styles to each student’s individual strengths, interests, and learning style, while also playing the role of mentor. These connections give students the confidence to pursue their goals, whatever they may be.

Here’s where student potential becomes actual.

One-to-one classrooms give students the space to flourish emotionally, socially, and academically.

— Maria Montessori
Top 10 School In The World

Accelerated Programs

The award-winning Nysmith School nourishes minds with a loving environment and daily science, computers, foreign language and logic. Nysmith is an accelerated program that is both fun and intellectually challenging. Minimal Repetition, Minimal Homework.

Call Today. Limited Space.
703-552-2912
nysmith.com
Herndon, Va

Camp Resources

Camp Levine
LevineMusic.org/camp

Chesterbrook Academy
ChesterbrookAcademy.com

Congressional Camps
CongoCamp.org

Fairfax County Park Authority
FairfaxCounty.gov/Parks

Flint Hill School
www.FlintHill.org/summer-on-the-hill

George Mason Summer Camps
SummerCamps.gmu.edu

Greater Reston Arts Center
RestonArts.org

Harmonia School of Music & Art
HarmoniaSchool.org

Jumping Jack Sports
JumpingJackSports.com

McLean Community Center
McLeanCenter.org

Reston Association
reston.org/Parks,RecreationEvents

Summer Math Camp at Mathnasium of Vienna
mathnasium.com/Tysons

YMCA Fairfax County Reston
YMCAdc.org

Photo courtesy of Congressional Camp.

continued from page 103

with specialty camps in farm-to-table cooking, drone racing, hula dancing and learning about the care, feeding and grooming of horses.

Older kids don’t always have as many camp choices as younger kids, but they can take advantage of programs that train them to be lifeguards, babysitters or camp counselors. The Fairfax County Park Authority, Reston Association and the YMCA, among others, offer these types of camps.

It’s not too early to start exploring summer camp options for your children. With all the choices available, you may need some extra time to decide how to fit in all the camps your kids want to attend.

AUTHOR: Analiese Kreutzer is a contributing writer 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 AnalieseKreutzer@gmail.com.
“A CHILD IS A DISCOVERER. 
HE IS AN AMORPHOUS, 
SPLENDID BEING 
IN SEARCH OF 
HIS OWN 
PROPER FORM.”

—MARIA MONTESSORI

We look forward to sharing our unique program with you! Contact our admissions office to schedule a tour.

The Montessori School of McLean
PROGRAMS FROM TODDLER THROUGH 6TH GRADE
NORTHERN VIRGINIA’S ONLY NON-PROFIT, AMS & AdvancED/SACS ACCREDITED SCHOOL

Students soar here.

College-Prep School for Grades 6-12
with Air Force JROTC for Grades 9-12
Co-ed | Located in Front Royal, VA
Day & Boarding Programs for All Grade Levels
5-Day Boarding Available for Grades 6-8
Honors, AP & College Courses | Flight Program
100% College Acceptance Rate | Chorus
Drama | Speech & Debate | Band | Art
Sports Teams for All Grade Levels

Randolph-Macon Academy
You’re invited! Open Houses May 30th and June 12th.
Or call to schedule a personal tour!

www.rma.edu

540-636-5484
Weight loss, especially fat loss, is probably the most common reason people exercise. As a result, one of the most frequent questions personal trainers get is “what is the best type of exercise to promote fat loss?” There are common misconceptions about exercise for fat loss, and there has been new thinking about this over the past decade, which we will discuss.

But before we do, imagine that I was going to begin an exercise program with the objective of losing fat, and that studies proved that disco dancing was the best exercise for fat loss. However, I do not enjoy disco dancing, but I do enjoy jogging. Would I be more likely to achieve my fat loss goal if I began a disco dancing program or if I began a jogging program? For most of us, who train for overall health, fitness, performance and weight control, doing the absolute “best” type of exercise is less important than simply doing any form of exercise, on a daily basis. Furthermore, most of us enjoy variety, and have many practical considerations such as time availability, weather conditions, orthopedic or medical issues, social factors, class availability, etc., all of which effect what exercise is available and practical for us each and every day.

With that said, generally speaking, exercise can contribute to fat loss in a number of ways, including:

**Exercise expends energy** (i.e. burns calories) and burning more calories than one consumes can contribute to fat loss.

**Exercise increases the body’s metabolic rate** (the amount of energy it expends) not only during the exercise bout, but for a period of time after the exercise bout is completed. This increased oxygen consumption and energy expenditure that follows an exercise bout is called EPOC (excess post-exercise oxygen consumption) and is considered valuable for weight control.

**Exercise can increase the body’s production of fat burning hormones** such as testosterone and growth hormone.

**Exercise can help preserve or build muscle.** Maintaining muscle mass is not only important to improve or maintain performance as we age, but it also helps maintain our body’s “basal metabolic rate,” – the amount of oxygen we consume and energy we expend throughout the day. Promoting a healthy metabolism is also considered valuable for weight control.

So let’s look at different types of exercise, or characteristics of exercise, as they relate to the above generalizations and fat loss.

For many years we have categorized exercise as “aerobic” (meaning with oxygen) or “anaerobic” (without oxygen). Aerobic exercises (also referred to as cardiovascular exercise or “cardio”) are exercises that can be sustained continuously without the immediate need for recovery, such as walking, jogging, dancing, distance cycling, etc. Historically, aerobic exercises have been included in athletic conditioning...
programs, and in general fitness training, to help promote endurance, cardiovascular fitness, and fat loss. Anaerobic exercises are movements performed at such a high intensity that they can only be sustained for very short durations, including things like heavy weight lifting and sprinting. Anaerobic exercises have been included in both athletic conditioning programs, and general fitness training, to help promote increases in strength, power and muscle mass. Still to this day, many fitness exercisers believe that "cardio" is better for weight control and that "weights" are good for muscle toning or building. However, there are many studies that have shown weight lifting regimens to have more of a positive impact on body composition (lowering body fat percentage) than exercise programs that are more "cardio" oriented. A possible reflection of this can be seen comparing the physiques of many anaerobic athletes (sprinters for example), and the physiques of aerobic athletes (distance runners for example), the anaerobic athletes being much leaner. In fact, if many of the millions of gym goers who spend countless hours on cardio machines would spend more of their time lifting weights, they would probably be more likely to achieve the fat loss they seek.

Exercise can be performed at different intensity levels, for example casual walking, brisk walking, slow jogging, running and sprinting. Many previously sedentary, deconditioned people have experienced significant weight loss simply by beginning a moderate pace walking program. Moderate pace walking is a relatively low intensity, steady pace aerobic exercise. For some people, low intensity, steady pace aerobic exercise can help promote weight and fat loss. This notwithstanding, if those same people were capable of exercising safely at a higher intensity, such as fast walking, jogging, or running, for the same length of time that they walked, their exercise bouts would burn even more calories and would result in an even greater EPOC. Along these lines, high intensity exercise could be considered “better” for fat loss purposes. Unless, of course, the exercise participants disliked the high intensity training so much that they would not have stuck with their exercise program if high intensity exercise was required. High intensity training, especially resistance training with heavy workloads, also increases the body’s production of growth hormone and testosterone. Growth hormone and testosterone help build muscle and reduce body fat, additional reasons strength (anaerobic) training can be “better” for fat loss.

While we often label exercise as either “cardio” or “strength,” most activities and sports utilize both our aerobic and anaerobic energy systems. Many people these days participate in exercise regimens designed specifically to tax both their aerobic and anaerobic energy systems that are excellent ways to promote fat loss. While it is a misconception that "cardio" is better for fat loss than strength training, or high intensity metabolic conditioning, we certainly should not ignore cardiovascular exercise because it has many proven benefits (improves heart and lung health, increases cardiovascular fitness, helps regulate blood sugar, can help prevent and even treat cancer, reduces risk of heart disease, diabetes and stroke, improves circulation, etc.) and because it can also be an excellent contributor to fat loss. High intensity training would be very difficult for most people to do every day, both psychologically and physically. There are many days that we simply may not feel up for a high intensity workout, but we would happily go for a long walk, slow jog, or do a moderate 30 minutes of "cardio" on a machine while watching TV. Plus, muscles, connective tissue and joints often need recovery between high intensity workout days. Therefore, while high intensity training may in some ways be “better” for fat loss, because doing something almost every day is even more valuable, lower intensity training can be considered “just as good” as high intensity training from an overall programmatic, activity plan, standpoint.

Of course, while not the subject of this article, healthy eating, and avoiding excess caloric intake (especially from refined carbohydrates), is a necessity for fat loss. Also, and again while not the subject of this article, additional ways any form of exercise can promote weight control are that exercise helps manage stress and combat depression; both which often lead to overeating. Take certain forms of yoga as an example. There are types of yoga that are relatively passive in nature (i.e. very meditative, not highly metabolically demanding – heart and respiration rates do not increase significantly, muscles are not put under great stress). Nevertheless, including this form of exercise in one’s overall activity plan can definitely contribute to weight control and weight loss.

Clients hire personal trainers to help them get the most out of their exercise time. Clients want and expect trainers to help them not only select exercises that address their particular needs, but also to help them train at an intensity level that they would be less likely to achieve without the encouragement of their trainer. Furthermore, while exercising on a daily basis is one of the most effective ways of reducing body fat and maintaining a healthy weight, many people unfortunately do not make time every day for exercise. This is all the more reason why clients want to choose the best form of exercise to achieve their goals, and this is all the more reason trainers most often advocate high intensity training. At One To One we want to give our clients the greatest “bang for their buck” that we can. We want our clients to feel as if they not only worked smarter but also worked harder than they would without us. So our quick answer to the “what’s the best type of exercise to promote fat loss” question is high intensity training that includes things like heavy (relative to the client’s ability) resistance training, high intensity anaerobic intervals, “Metabolics,” and the like. But an even better answer, not to the exclusion of these most valuable and proven training styles, is that an activity plan that includes many different types and intensities of exercise, so that we can exercise on most days, is the best.

Please call us at 703 848 0881, or contact us on line at www.1to1fitness.com so that we can help you achieve your health and fitness goals.

Viva Tysons Magazine is proud to bring our readers our new Ask a Personal Trainer column so send us your exercise and fitness questions and Doug Vasiadis and Pat McCloskey of One To One Fitness will answer them in our upcoming issues.
Celebrating Easter in Tysons

Sunday, April 16, 2017
ASSAGGI OSTERIA

The jubilation of Easter—celebrating one of the most joyous occasions—is nowhere more apparent than at a Pasqua (Easter) in Italy. It is a primal celebration of the end of winter and nature’s rebirth. Their feast on Easter Sunday pays homage to spring with the season’s freshest vegetables, including green peas, asparagus, artichoke and of course, lamb. Celebrate Easter Sunday at Assaggi! In addition to their Easter Menu, the regular menus will also be available.

Sunday, April 16, 2016 — 11:30 am–10pm
6641 Old Dominion Dr. McLean, VA, (703) 918-0080

CAFE RENAISSANCE

Cafe Renaissance will offer a special Easter menu for lunch and dinner service with appetizers ranging from $8-13 and Entrees from $16-42 (Maine Lobster). Appetizer highlights include Avocado stuffed with Lump Crabmeat Salad, and Lobster Ravioli in Vodka Cream Sauce while main courses feature Lamb Shank, braised & served with Risotto or Veal Scaloppini, Artichoke heart, Crabmeat & White Wine Lemon.

Sunday, April 16, 2016 — 5:30 pm – 9:00 pm
163 Glyndon St. SE, Vienna, VA, (703) 938-3311

EARSLS KITCHEN + BAR

Earls will be celebrating Easter by offering their Brunch menu on Sunday 10am-3pm and 11:30am to 2pm on Monday. Earls Tysons’ chefs prepare fresh, made-from-scratch dishes inspired by international cuisines and locally sourced ingredients with a nod to regional tastes. Earls offers premium seafood, Marine Stewardship Council Certified Sustainable, and Creekstone Farms Certified Humane Raised and Handled® Angus beef.

Sunday, April 16, 2016 — 3:00 pm – 7:00 pm
7902 Tysons One Place, McLean, VA, (703) 847-1870

PAZZO POMODORO

Celebrate Pasqua—the Italian word for Easter—at Vienna’s Pazzo Pomodoro. They’ll be celebrating the return of nature’s bounty. Highlights include pan seared lamb chops with baby artichokes, lemon juice and Pinot Grigio sauce or the Risotto Radicchio e Gamberi with grilled radicchio and jumbo shrimp.

Sunday, April 16, 2016 — 11:30 am-9:30 pm
118 Branch Rd SE, Vienna, VA, (703) 281-7777

EVO BISTRO

Evo Bistro’s Chef Driss will be offering Easter Specials combined with Brunch and Dinner menus.

Sunday, April 16, 2016 — 3:00 pm – 7:00 pm
7902 Tysons One Place, McLean, VA, (703) 847-1870

TRUE FOOD KITCHEN

True Food Kitchen will be celebrating Easter with special menu items offered Sunday—Spring Bruchetta with Grilled Asparagus, Artichoke, Green Pea, Watermelon Radish, Sesame, Truffle Goat Cheese; Sustainable SeaBass with Asparagus, Sugar Snap Pea, Roasted Mushroom, Whole Grains, Lemon-Nooch Emulsion and a tangy Lemon Tart with Coconut Whipped Cream, Organic Strawberries.

Sunday, April 16, 2016 — 10:00 am-9:00 pm
2910 District Ave #170 Mosaic District Fairfax, VA, (571) 326-1616

PULCINELLA

Pulcinella will offer their annual Easter Sunday Brunch Buffet with service beginning at 9:00 a.m. and continues until 3:00 p.m. Pulcinella’s Easter Sunday Brunch Buffet is world class and one that the whole family will enjoy. Delicious breakfast, with scrambled eggs, smoked applewood bacon, Italian sausage with green peppers, Smithfield Ham, frittata with vegetables, buttermilk pancakes, and more.

Enjoy Italian lunch entrees, such as grilled salmon, Meatballs al Pomodoro, pastas, chicken, and Chef carved Roasted Leg of Lamb. Desserts include Chocolate Mousse Cake, Rum Cake, and our homemade Cannoli. Enjoy brunch while you and your family relax this Easter Sunday, let us take care of the cooking. Eat, Enjoy, and Relax.

Sunday, April 16, 2016 — 9:00 am-3:00 pm
6852 Old Dominion Dr, McLean, VA 22101, (703) 893-7777
TASTE OF TYSONS

METRO 29 DINER

Arlington | American | $
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.
4711 Lee Highway | 703.528.2464 | metro29diner.com

FALLS CHURCH

2941 RESTAURANT

Falls Church | American | $$$
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.
2941 Fairview Park Dr. | 703.270.1500 | www.2941.com

ANTHONY’S RESTAURANT

Falls Church | Italian | $5
For 40 years, Anthony’s has offered real, homestyle cuisine. They offer Greek, Italian and American specialties as well as pizza, club sandwiches, burgers, over-stuffed subs, salads and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event.
3000 Annandale Road | 703.532.0100
www.anthonysrestaurantva.com

ARGIA’S

Falls Church | Italian | $5
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.
124 N. Washington St | 703.534.1033 | www.argias.com

BENTLEY’S

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

CELEBRITY DELLY

Falls Church | American | $
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.
7263-A Arlington Blvd. | 703.573.9002
www.celebritydelly.com

CLARE AND DON’S BEACH SHACK

Falls Church | American | $
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.
130 North Washington St. | 703.532.9283
www.claresanddons.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | $$
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.
6220 Leesburg Pike | 703.534.3342
www.dogfishalehouse.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | $$
The creators of Ragtime and William Jefrey’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.
132 West Broad St. | 703.237.8333
www.dogfishheadalehouse.com

DUANGRAT’S

Falls Church | Indian | $$
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.
5878 Leesburg Pike | 703.820.5775
www.duangrats.com

EDY’S CHICKEN AND STEAK

Falls Church | American | $
Edy Durnovsek’s secret recipe combines

Idylwood Grill and Wine Bar

Award-Winning restaurant & Top Rated by Trip Advisor members— A Falls Church favorite!
2190-B Pimmit Drive • Falls Church, VA 22043 • 703.992.0915
www.idylwoodgrill.com

TASTE OF TYSONS

ANTHONY’S RESTAURANT

Falls Church | Italian | $5
For 40 years, Anthony’s has offered real, homestyle cuisine. They offer Greek, Italian and American specialties as well as pizza, club sandwiches, burgers, over-stuffed subs, salads and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event.
3000 Annandale Road | 703.532.0100
www.anthonysrestaurantva.com

ARGIA’S

Falls Church | Italian | $5
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.
124 N. Washington St | 703.534.1033 | www.argias.com

BENTLEY’S

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

CELEBRITY DELLY

Falls Church | American | $
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.
7263-A Arlington Blvd. | 703.573.9002
www.celebritydelly.com

CLARE AND DON’S BEACH SHACK

Falls Church | American | $
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.
130 North Washington St. | 703.532.9283
www.claresanddons.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | $$
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.
6220 Leesburg Pike | 703.534.3342
www.dogfishalehouse.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | $$
The creators of Ragtime and William Jefrey’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.
132 West Broad St. | 703.237.8333
www.dogfishheadalehouse.com

DUANGRAT’S

Falls Church | Indian | $$
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.
5878 Leesburg Pike | 703.820.5775
www.duangrats.com

EDY’S CHICKEN AND STEAK

Falls Church | American | $
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.

5420 Leesburg Pike  703.820.5508

ELEPHANT JUMPS THAI RESTAURANT
Falls Church | Thai | $$
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.
8110-A Arlington Blvd. | 703.942.6600
www.elephantjumps.com

HAANDI FINE INDIAN CUISINE
Falls Church | Indian | $$
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.
1222 West Broad St. | 703.533.3501
www.haandi.com

HONG KONG PALACE RESTAURANT
Falls Church | Chinese | $
Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dan-dan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu.
6387 Leesburg Pike | 703.532.0940

IDYLWOOD GRILL & WINE BAR
Falls Church | American | $$$
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.
2190 Pimmit Dr, Unit B | 703.992.0915
www.idylwoodgrill.com

IRELAND’S FOUR PROVINCES
Falls Church | Irish | $$
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.
105 West Broad Street | 703.534.8999
www.4psva.com

J’S RESTAURANT
Falls Church | American | $$
J’S has been around for 60 years. A local institution, J’S is the place to be for live music, homemade chili, and cold beer.
6668 Arlington Blvd. | 703.241.9504
www.jsvrestaurant.com

LA CARAQUENA
Falls Church | Latin American | $$
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 Caragua, a Latin-style baked chicken with black beans and white rice.
300 West Broad St. | 703.533.0076
www.lacaraquena.com

LITTLE SAIGON RESTAURANT
Falls Church | Vietnamese | $
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.
6218-B Wilson Blvd. | 703.536.2633
www.littlesaigoncuisine1.com

THE LOCKER ROOM SPORTS BAR AND GRILL
Falls Church | American | $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
502 West Broad Street | 703.854.1230
www.thelockerroomfc.com

MAD FOX BREWING COMPANY
Falls Church | American | $$
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.
444 West Broad St. | 703.942.6840
www.madfoxbrewing.com

THE ORIGINAL PANCAKE HOUSE
Falls Church | American | $$
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.
7395-M Lee Highway | 703.698.6292
www.OPHrestaurants.com

Sunday Brunch Buffet
EVERY SUNDAY 10:00AM – 3:00PM
Brunch dishes, salads, waffle & omelet stations, desserts, fresh sushi, oysters & much more!
$35 per person
Children under 10 Half Price
Happy Hour
AVAILABLE TUESDAY – SUNDAY
4:00PM – 8:00PM
Special Prices on Drinks, $1 Oysters, $4 Sushi & More!
*offered in bar and lounge
703.372.5161 • seapearlrestaurant.com • 8191 strawberry lane • falls church, va

DISCOVER OVVIO
Ovvio Osteria — your neighborhood spot for everyday Italian! Brick oven Neapolitan pizza, house pulled mozzarella and fresh pastas made daily. Happy hour everyday, all day Thursday and famous weekend brunch! Download our app and join our loyalty program.
2727 MERRILEE DRIVE | MERRIFILED | 703.573.5161 | OVVIOOSTERIA.COM
PANJSHIR RESTAURANT  
Falls Church  |  Afghan  |  $$
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.  
924 West Broad St.  |  703.536.4566  
www.panjshirrestaurant.com

PISTONE’S ITALIAN INN  
Falls Church  |  Italian  |  $$
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.  
6320 Arlington Boulevard  |  571.388.3910  
www.pistoneitalianinn.com

PIZZERIA ORSO  
Falls Church  |  Italian  |  $$
This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where pizzas are made in the traditional Neapolitan style.  
400 South Maple Ave.  |  703.226-3400

SEVEN CORNERS PUB  
Falls Church  |  English  |  $$
Seven Corners Pub 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.  
6315 Leesburg Pike  |  703.942.6383  
www.sevencornerspub.com

SAFFRON  
Falls Church  |  Indian  |  $  
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.  
1077 West Broad Street  |  703.992.0077  
www.saffronfc.com

SAIGON CAFÉ  
Falls Church  |  Vietnamese  |  $  
Saigon Café 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.  
6286-B Arlington Blvd.  |  703.237.1899  
www.saigoncafe-va.com

SWEETWATER TAVERN  
Falls Church  |  American  |  $$
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.  
3066 Gatehouse Plaza  |  703.645.8100  
www.greatamericanrestaurants.com

TARA THAI  
Falls Church  |  Thai  |  $  
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.  
7501 Leesburg Pike  |  703.506.9788  
www.tarathai.com

Café Renaissance
Opentable’s Best 100 romantic restaurants in the USA for many years.

COME TO US FOR YOUR EVENT
Private Dinners  |  Weddings  |  Rehearsal Dinners  
Group Dining  |  Engagement Dinners  |  Bridal Showers

163 Glyndon Street SE, Vienna, VA 22180  |  T: 703.938.3311  |  www.caferenaissance.com
LUNCH: Mon. - Fr. 11:30AM - 2:30PM  |  BRUNCH: Sunday 11AM - 2PM
DINNER: Mon. - Sat. 5:30PM - 10:00PM, Sun. 5PM - 9:00PM
FAIRFAX

THE AULD SHEBEEN IRISH PUB & RESTAURANT
Fairfax | Irish | $ 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.
3971 Chain Bridge Rd | 703.293.9600
theauldshebeenva.com

CHUTZPAH DELI
Fairfax | American | $ 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 Uebet.
12214 Fairfax Town Center | 703.385.8883
www.chutzpahdeli.com

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

SISTERS THAI
Fairfax | Thai | $$$$ Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. Check out the new location of this local favorite at Mosaic. You’ll leave with feelings of nostalgia of the good ol’ days.
2985 District Ave, Fairfax, VA  | 703.280.0429
www.sistersthai.com

PLANNING A REHEARSAL DINNER OR RECEPTION?

Make it an affair to remember!

All the excitement of Bazin’s on Church is now available for private dining, parties, and intimate gatherings!

Evoking the feeling of an old bistro, yet with a contemporary twist, Bazin’s on Church brings to your event an inviting dining experience. Bazin’s offers a contemporary American menu featuring organic and seasonal ingredients. The wine bar features a collection of wonderful wines from around the world, with an emphasis on California.

Whether hosting a rehearsal dinner or wedding reception, talk to the banquet and catering experts at Bazin’s Next Door.

Book Your Private Event Today.

Please call us at (703) 255-7212 or email info@bazinsnextdoor.com

We’d love to host a great event for you!

111 Church St NW, Vienna, VA 22180 | 703.255.7212 | bazinsonchurch.com
GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | $

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.

9853 Georgetown Pike | 703.865.0450
www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | $$$

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.

1148 Walker Rd | 703.759.3131
www.danterestaurant.com

L’AUBERGE

Great Falls | French | $$$

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.

332 Springvale Rd | 703.759.3800
www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | $$

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.

760 Walker Rd | 703.759.3309
www.oldbrogue.com

MCLEAN

AMOO’S RESTAURANT

McLean | Persian | $$

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 Zereshk Polo, which is also called “the dish of kings.” Amoo’s also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders.

6271 Old Dominion Dr | 703.448.8500
www.amoosrestaurant.com
Traditional Mediterranean Cuisine Served Daily
Hookah and Beverages  
Coffee and Desserts

Come experience traditional cuisine at its best, with all the comforts and service you expect today!

Tuesdays
TARAB NIGHT

New Hours!
Sunday, Monday, Wednesday, & Thursday 4:00pm-12:00am
Tuesday 4:00pm-1:00am
Friday & Saturday 4:00pm-2:00am

Thursdays
FLAMENCO NIGHT

8411 Old Courthouse Rd
Vienna, VA 22182
(703) 570-5555
www.levantva.com
ASSAGGI OSTERIA
McLean | Italian | $$
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.
6641 Old Dominion Dr | 703.918.0080
www.assaggiosteria.com

BARREL AND BUSHEL
McLean | American | $$
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.
7901 Tysons One Pl | 703.848.6340
www.barrelandbushel.com

BENNIGAN'S
McLean | Irish | $$
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.
8201 Greensboro Dr. | 703.288.3232
www.bennigans.com

BOULEVARD CAFE & CATERING
McLean | American | $
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 entrees, hors d’oeuvres, and desserts.
8180 Greensboro Dr. | 703.883.0557
www.boulevardcafecatering.com

BUSARA THAI CUISINE
McLean | Thai | $$
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.
8142 Watson St. | 703.356.2288
www.busara.com/ty-main

NOSTOS
restaurant
Award-winning Nostos has a variety of traditional and new Greek dishes to stimulate your senses. Choose from over fifty distinct wines from several different regions of Greece to pair with food or simply for the pleasure of your palate.
Make your dinner reservation today!
703.760.0690
8100 Boone Blvd, Vienna, VA 22182
www.nostosrestaurant.com

For Reservations, Please Call (703) 442-7360
6671 Old Dominion Drive, McLean, VA 22101 | www.cafeoggi.com

The Italian Restaurant in McLean
"...many tempting creations to please the palate..."
-Providence Journal, Rosslyn H. Marily

TASTE OF TYSONS
CAFÉ DELUXE
McLean | American | $$
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.
1800 International Drive West | 703.761.0600
www.cafedeluxe.com

CAFÉ OGGI
McLean | Italian | $$$
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.
6671 Old Dominion Dr | 703.442.7360
www.cafeoggi.com

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

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

EDDIE V’S PRIME SEAFOOD
McLean | American | $$$
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.
7900 Tysons One Place | 703.442.4523
www.eddiev.com

FOGO DE CHAO
Tysons | Brazilian | $$$
Fogo de Chao offers 16 different cuts of beef, pork, lamb and chicken. The choices rotate, so some nights you won’t have lamb, but you might have one of their tender Linquica sausages instead. Other worthwhile cuts to sample include the filet mignon and Beef Ancho, or rib eye. The restaurant’s signature meat is called Picanha, prime sirloin marinated in sea salt and garlic. You will also find tasty Frango, tender chicken legs in a savory sauce and chicken wrapped with bacon. The Lombo cutlets consist of pork loin encrusted with Parmesan cheese.
1775 Tysons Blvd Suite 50 | 703.556.0200
fogodechao.com/location/tysons

NEW MEXICO STYLE BAR & GRILL
2525 Chain Bridge Rd
Tysons, VA 22181
(703) 812-2500
www.newmexicostylebar.com

CALL 703.761.0600 FOR FREE COMPLIMENTARY COCKTAILS AND GAMES INCLUDING DOMINOES, SOFTBALL, BOWLING, AND MORE.

Kilroy’s® Sports Bar
Back Deck Available
5250 Port Royal Rd
Springfield, VA 22151
(703) 321-7733
www.kilroys.com

Back Deck Available
5250 Port Royal Rd
Springfield, VA 22151
(703) 321-7733
www.kilroys.com

Newly Renovated
Family Owned & Operated
Open @ 5 am

www.anitascorp.com

Bringing the unique flavors of New Mexico to Northern Virginia.

Ashburn - Burke - Chantilly - Fairfax - Herndon - Leesburg - Springfield - Vienna

HAPPY HOUR
4-8PM MONDAY THROUGH FRIDAY
LIVE MUSIC & DJ TUESDAY & THURSDAY NIGHTS
SEAFOOD BAR
GREENBERRY’S COFFEE CO.
McLean | American | $
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.
6839 Redmond Dr. | 703.821.9500
www.greenberrys.com

HÄRTH AT HILTON MCLEAN TYSONS CORNER
McLean | American | $$
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.
7920 Jones Branch Dr. | 703.761.5131
www.Harthrestaurant.com

J. GILBERT’S
McLean | American | $$$
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.
6930 Old Dominion Dr. | 703.893.1034
www.jgilberts.com

JOE’S SIMPLY AMAZING BURGERS
McLean | American | $$
Burgers are made with all-natural and locally sourced black Angus beef, lamb, bison, and Spanish chorizo sausage. Their specialty burgers are for the truly adventurous.
6710 Old Dominion Dr. | 703.288.0288
www.joesburgersmclean.com

LA SANDIA
McLean | Mexican | $$
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.
7852 Tysons One Pl. | 703.893.2222
www.richardsandoval.com/lasandiavirginia/

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

MOBY DICK HOUSE OF KABOB
McLean | Persian | $ 
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.
1500 Cornerside Blvd | 703.992.7500
mobysonline.com

O’MALLEY’S PUB
McLean | Irish | $$$ 
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.
1960 Chain Bridge Rd. | 703.893.2100
www.omalleyspub.com/tysons

PAUL BAKERY TYSONS GALLERIA
McLean | French | $ 
PAUL Bakery brings a taste of France to Tysons Galleria. This upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee.
2001 International Dr. 18956 | 571.447.5600
www.paul-usa.com

PULCINELLA
McLean | Italian | $$$ 
At The Italian Host, dining is more than great food. You can feel the true spirit of Pulcinella, the lovable character with a zest for life. In the southern Italian tradition of family dining, we celebrate every meal with music and laughter.
6852 Old Dominion Drive | 703.893.7777
www.pulcinellarestaurant.com

ROCCO’S ITALIAN RESTAURANT
McLean | Italian | $$$ 
An institution in McLean, family owned and operated Rocco’s has been serving up Italian delights and the area’s best pizza for over 30 years. From fried calamari to genuine “Brick-Oven Pizza”, you can find your favorites at Rocco’s. Open for lunch and dinner seven days a week. Catering too!
1357 Chain Bridge Road, Suite A | 703.821.3736
www.rockostalian.com

SEASONS 52
McLean | American | $$$ 
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.
7863L Tysons Corner, McLean | 703.288.3852
www.seasons52.com

SILVER DINER
McLean | American | $ 
This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available.
8101 Fletcher St. | 703.821.5666
www.silvrdiner.com/restaurants/tysons

STAR NUT GOURMET
McLean | American | $ 
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.
1445 Laughlin Ave | 703.749.9090
www.starnutgourmet.com

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

THE PALM RESTAURANT
McLean | American | $$$ 
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.
1750 Tysons Blvd. | 703.917.0200
www.thepalm.com/Tysons-Corner

Celebrate with music and laughter in the Southern Italian tradition of family dining!

Pulcinella
THE ITALIAN HOST

Pulcinella serves a unique blend of authentic dishes from regions of south and northern Italy. Our banquet room in the lower level can cater any event you may wish to have accommodating up to 100 guests.

To plan your special event, please contact one of the corporate directors of catering at 703.893.4777

6852 Old Dominion Drive | McLean, VA 22101
703.893.7777 | www.pulcinellarestaurant.com
GOOD FOOD ENJOYED IN GOOD COMPANY  
Since 1979

LEBANESE TAVERNA  
MIDDLE EASTERN CUISINE  
- SINCE 1979 -

Host Your Party With Us  
lebanesetaverna.com

Ristorante Bonaroti  
Est. 1982

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

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

Private Dinners  |  Corporate Functions  |  Holiday Celebrations  |  Retirement Parties  |  Engagement & Rehearsal Dinners

428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.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.

8150 Leesburg Pike | 703.883.2000
www.paddybarrysva.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.

2750 Gallows Road | 703.207.0100
www.blackfinnameripub.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.

2911 District Ave. Ste. 170 | 703.992.9227
www.cycloneanaya.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.

8190 Strawberry Ln. | 703.539.8566
www.foursistersrestaurant.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.

2911 District Ave. | 571.395.4869
www.matchboxmerrifield.com

110 Lawyers Road NW, Vienna, VA | 703-319-3131
Plaka Grill | www.plakagrill.com

Open seven days a week for lunch and dinner.

WE OFFER CATERING SERVICES TAILORED TO YOUR SPECIAL EVENTS.
CALL US AT 703–319–3131

513 W Broad Street, Falls Church, VA | 703-639-0161
110 Lawyers Road NW, Vienna, VA | 703-319-3131
OPEN ROAD GRILL AND ICEHOUSE
Merrifield | American | $$
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.
8100 Lee Highway #300 | 571.395.4400
openroadmerrifield.com

PASSION FIN
ASIAN BISTRO & SUSHI BAR
Merrifield | Asian | $$
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.
2750G Gallows Rd. | 703.204.2969

RAOUCHE CAFE
Merrifield | Middle Eastern | $$
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!
2839 Gallows Road | 703.205.9099
www.raouchecafe.com

SEA PEARL
Merrifield | Asian | $$$
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.
8191 Strawberry Lane | 703.372.5161
www.seapearlrestaurant.com

SISTERS THAI
Merrifield | Thai | $$
Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. You’ll leave with feelings of nostalgia of the good ole’ days.
2985 District Ave | 703-280-0429
www.sistersthai.com

TED’S BULLETIN
Merrifield | American | $$
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.

2911 District Ave | 571.830.6680
tedsbulletinmerrifield.com

TRIO GRILL
Merrifield | American | $$
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.
8100 Lee Highway | 703.992.9200
www.triofeltonmerrifield.com

TRUE FOOD KITCHEN
Merrifield | American | $
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.”
Mosaic District 2910 District Avenue, #170
571.326.1616 | www.truefoodkitchen.com

VIENNA

AMPHORA
Vienna | American | $$
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.
377 Maple Avenue West | 703.938.7877
www.amphoragroup.com

ANITA’S
Vienna | Mexican | $$
This local chain has offered New Mexican style Mexican food in the D.C. area for nearly 40 years. Anita’s offers breakfast, lunch, and dinner.
521 E. Maple Ave | 703.255.1001
www.anitascorp.com

BAZIN’S ON CHURCH
Vienna | American | $$$
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.
111 Church St. | 703.255.7212
www.bazinsonchurch.com

BJ’S BREWHOUSE
Vienna | American | $$
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.
8027 Leesburg Pike | 703.356.7305
www.bjstrepublic.com

Café Renaissance
Vienna | French | $$
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 beurre blanc sauce. Visit Café Renaissance for the most romantic dinner in Northern Virginia.
163 Glyndon St SE | 571.938.3311
www.caferenaisance.com

Chef Geoff’s
Vienna | American | $$
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. Business people 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.
8045 Leesburg Pike | 571.282.6003
www.chefgeoff.com

CHIMA BRAZILIAN STEAKHOUSE
Vienna | Brazilian | $$
Chima offers traditional Brazilian churrascos 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.
8101 Towers Crescent Dr. | 703.639.3080
www.chima.cc

I-THAI
Vienna | Thai | $
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.
8607 Westwood Center Dr. | 703.972.7921
www.i-thairestaurant.com

MAGGIO’S
Vienna | Greek-Italian | $
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, highest quality ingredients and cooking methods.
21 Maple Ave E | 703.938.7777
www.maggiosvienna.com

MAPLE AVE
Vienna | American | $$
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.
47 Maple Ave W | 703.319.2177
www.mapleaverestaurant.com

NEIGHBOR’S RESTAURANT
Vienna | American | $$
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.
262 D Cedar Lane | 703.698.8010
neighborsrestaurantva.com
**NOSTOS**

Vienna | Greek | $5

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.

8100 Boone Blvd. | 703.760.0690

www.nostosrestaurant.com

---

**PLAKA GRILL**

Vienna | Greek | $5

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.

110 Lawyers Rd NW | 703.319.3131

www.plakagri.com

---

**RISTORANTE BONAROTI**

Vienna | Italian | $5

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.

428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com

---

**SUNFLOWER VEGETARIAN RESTAURANT**

Vienna | Vegetarian | $5

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.

2531 Chain Bridge Rd. | 703.519.3888

www.crystalsunflower.com
TYSONS BAGEL MARKET
Vienna  |  American  |  $
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.
8137 Leesburg Pike  |  703.448.0080
www.tysonsbagelmarket.com

WOO LAE OAK
Vienna  |  Korean  |  $$
Since 1946, Woo Lae Oak offers a Korean dining experience 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.
8240 Leesburg Pike  |  703.827.7300
www.woolaeoak.com

OAKTON

LUCIANO ITALIAN RESTAURANT
Oakton  |  Italian  |  $$
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.
Hunter Mill Plaza, 2946 Chain Bridge Road  
703.281.1748  |  lucianoitalianrestaurant.com

OLD PEKING
Oakton  |  Chinese  |  $
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.
Hunter Mill Plaza, 2952 Chain Bridge Road  
703.255.9444  |  www.oldpeking.com

SANTINI’S NEW YORK STYLE DELI
Oakton  |  American  |  $
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.
2975 Chain Bridge Rd.  |  703.766.6666
www.mysantinis.com

TIGRIS GRILL
Oakton  |  Middle Eastern  |  $
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.
Hunter Mill Plaza, 2946 Chain Bridge Road  
703.255.5950  |  www.tigrisgrill.com

YOKO SUSHI
Oakton  |  Japanese  |  $$
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.
Hunter Mill Plaza, 2946 Chain Bridge Road  
703.255.6644  |  www.yokosushi1.com

Divorce can be a very difficult life transition.
We’ll help you preserve what matters most.

DiPietro FAMILY LAW GROUP
703.370.5555
FamilyAndDivorceLawyers.com
It’s a dine-in for dollars fundraiser for the Falls Church City Elementary PTA at Plaka Grill, and I know just what I’ll find when I arrive for lunch: outside, a parking lot full of minivans sporting magnets from the City’s four schools. Inside, I’ll find tables full of the school community’s parents, volunteers, and PTA board members enjoying friendship and fun over plates of some of the most authentic Greek food in Northern Virginia. By showing the cashier a flyer when we pay for our meals, Plaka Grill donates a portion of our tab to the PTA, supporting teacher grants in the process.

A few weeks later, the scene is replicated at the restaurant that is known as much for its food as for its corporate citizenship; but this time, it’s to help raise funds for the Falls Church Homeless Shelter. Peter Drosos, the owner and chef behind it all, says it’s just part of wanting to help others out. “I’m a firm believer in giving back to the communities and to the people who support us, and these fundraisers are a great way to show our appreciation,” he said. “I’m a native Northern Virginian, and it’s something I started doing when I opened the Plaka Grill in Vienna. I’m glad to be able to continue doing it here in Falls Church.”

The Falls Church location, opened in 2015, serves a delicious range of Greek food, the majority of which is made in-house and from scratch every day. Key ingredients, including peppers, olives, yogurt, and feta, are also imported, helping Plaka set itself apart from some other restaurants’ ‘Americanized Greek’ fare. Mainstays include souvlaki, pita wraps, lamb kapama, Greek pizza, and my own personal favorite, the Plaka Gyro—made with slow-roasted pork, fries, tomatoes, tzatziki, and onions in a pita. There are plenty of options for vegetarians, and those with dietary restrictions will find Plaka’s menu an easy read: gluten-free, dairy-free, and egg-free are all clearly marked.

This spring, Drosos also plans to introduce new menu items in Falls Church, something he typically does about every two years.

“Our Falls Church location is in the former home of a Cozi’s, and I want to put their open-flame stone oven to good use with some Greek pizza!”, he said. “Many of the new menu items result from

Plaka Grill

Photo credit: Sunghee Chon
things I make for friends and for parties first—they’re my guinea pigs.”

It was at his friends’ urging, in fact, that inspired him to open the restaurant in the first place. His family had been in the restaurant business for many years, with Peter often helping out in the kitchen. In 2003, he started a three-year stint in Athens, Greece, where he attended culinary school and ate out at as many restaurants as he could to sample the food and hone his own craft. After obtaining his degree in culinary arts, he continued to travel back to Greece and worked in several establishments to learn the art of handmade gyro and souvlaki before opening Plaka’s Vienna location in 2007.

Plaka Grill is routinely noted for excellence by Washingtonian, Yelp, TripAdvisor, Zagat, and Best of Falls Church.
GADGETS, GOODIES AND GIZMOS

Qwerkywriter
Wireless Keyboard
www.Urbanoutfitters.com
Get the classic feeling of using a vintage typewriter while still enjoying all the joys of modern technology. The Qwerkywriter is a wireless keyboard that connects via Bluetooth to your computer, tablet, phone, or any other compatible device, complete with real typewriter keys and a place to prop up your phone or tablet.

Vana Organizer with Mirror
www.Umbra.com
This multipurpose organizer has a nice aesthetic as well as a combo mirror stand/hand mirror. A one-stop prep station with smooth corners gives it a nice contemporary feel.

Kitchen Art Scrap Trap
www.Amazon.com
Make prep work a lot easier with this handy scrap bowl. It fits under the counter—either over a drawer or cabinet door—to save countertop space while you're working. It makes clean-up a breeze.

Neckglasses
Never be without your reading glasses again. Neckglasses are a unique and stylish way of always having your glasses with you. The locket’s ingenious design may best embody Neckglasses’ vision to combine high-fashion with functional eyewear.

Wondercube
www.TheWondercube.com
The world’s smallest all-in-one mobile solution for the on-the-go generation, small enough to sit on your fingertip. It can unfold and transform in many ways to meet your needs for both iPhones and Androids alike. WonderCube is only one cubic inch and comes with a key chain so you’ll never be without.
In our maintenance-free environment, your loved ones enjoy life at their own pace through engaging activities promoting physical and spiritual well-being based on individual abilities and group interests.

Our award-winning layout provides the safety, comfort, and freedom which allows residents to move freely through continuous walkways and numerous courtyards to enjoy safe outdoor experiences.

With a highly-trained, personable staff and a calendar of events, you can be sure our residents get the most out of life. Residents of the Renaissance Program can enjoy home-cooked lunches and dinners in our Compass Rose Café.

Our robust life enrichment calendar includes visits from professional entertainers, parties and cookouts, and off-campus outings to restaurants and local attractions.

We designed the Renaissance Program at The Sylvestery specifically for those in the early phases of memory impairment.

The Sylvestery Memory Support
Vinson Hall Retirement Community
1728 Kirby Road, McLean, VA 22101
WWW.VINSONHALL.ORG

The Sylvestery Memory Support is open to the community and does not require any military affiliation.
Here are a few tips that can help you shine in the spring marketplace:

**Price It Right**

Pricing your home correctly for the market is the best way to sell your home quickly and for the most money. This is where your Realtor comes into play. They will prepare comparables of your home to others in the marketplace, and look at statistics of what has recently sold. This will determine the best pricing strategy for your home.

What you don’t want to do is price your home too high and have it sit on the market. Days on Market is a common statistic used by multiple listing systems and shows how many days your home has been on the market. A home that has not sold becomes stale and less desirable, and a home that shows multiple price decreases can be interpreted as “something wrong” with the house or desperation. Buyers also look at Days on Market to determine what to offer; homes that have been sitting receive lower offers, often lower than the homeowner would have received had they priced the home correctly in the first place.

Ideally, the best time to get an offer is within the first 30 to 60 days of being listed on the market. If a home sits longer than that, it is time to revisit why no offer has been received; it could be a number of reasons.

The good news for sellers is that the price of homes rose by 1.2% in 2016, with the median sold price coming in at $423,000 in Northern Virginia, according to year-end statistics reported by SmartCharts.

**Make Improvements**

Coming out of the winter season, your home could probably use some touch up. Refresh the interior walls and trim with a coat of neutral paint, update the light fixtures and hardware, and make sure that all systems and appliances are clean and working.

Although buyers are normally the ones who hire a Home Inspector to review a potential purchase, home sellers are also using Home Inspector services to give their house a once-over before putting it on the market. This way, sellers catch anything that is wrong or potentially wrong with the home to fix it ahead of time. Home Inspector reports are often used by buyers to negotiate discounted pricing, and major problems can turn away or lose potential buyers.

Since a less-than-stellar exterior may just cause your potential buyer to drive by without entering, you will want to spruce up the exterior of your home as well. Clean the windows and walls, or paint if needed, clean and repair the roof, and tidy up the lawn and shrubbery. The presence of flowers is always appealing, so place potted blooms around your entryway.

**Declutter and Stage**

Potential buyers want to picture themselves living in your home, so Realtors
recommend that you remove personal items like photographs, diplomas, and treasures in order to create a neutral space. Pack them up and put them in storage; you'll be moving soon anyway. Decluttering also opens up the space, making your home appear visually larger. Declutter not only open areas; work on closets, drawers, and cabinets as well.

Utilize the services of a Professional Stager; it is well worth the price if the Realtor does not include this service in their package. Use their expert eye and experience to show you how to stage your home for appeal and quick sale. They understand what the current buyer is expecting and will provide you with suggestions on how to position or remove furniture, and stage tableaus like a fully-set dining table or buffet. Similar to an interior decorator, they have expertise in looking at the whole picture, and will arrange belongings in a way that makes your home look its best.

Professional Stagers will recommend what furniture and possessions to remove, and may bring in furniture, artwork, curtains, pillows, plants, and other objects to warm up your house. Many of them maintain warehouses filled with the perfect accents. Keep in mind that your home must compare with others homes on the market. If they are staged and yours is not, yours will not show as well.

Does staging pay off? A reported 85% of potential buyers will view your home via the Internet prior to visiting, and may base their decision to visit on your photographs. In addition, the National Association of Exclusive Buyer Agents (NAEBA) reported that 82% of home buyers are likely to be distracted from important issues when touring a staged home; they fall in love with the house and may potentially overpay—up to six to 10% more.

A study by the Real Estate Staging Association also reports that homes staged sell in an average of 42 days, as compared with an average 198 days for those staged after listing—a whopping 79% faster.

People tend to shop for homes when the weather is nice, once they emerge from their winter cocoons, so the spring timeframe is important. Zillow reports that homes listed between May 1 and May 15 sold, on average, 18.5 days faster, and for about one percent more than the average listing, so if you’re considering selling your home in 2017, get ready now. The market is about to take off.

AUTHOR: Linda Barrett holds a current real estate license and has been working in the real estate field for more than 30 years. www.allthebuzz.net.
Two years ago, Jeff and Jenny Herre, both retired, were living in a five level town house in Old Town Alexandria with a view of the river. Long term residents, they were satisfied with all the house had to offer; they collected art and fine furniture and periodic renovations over several years had extended all the way to the attic.

“We were wondering aloud whether we’d still want to be climbing five flights of stairs in ten years,” Jeff Herre explains. “That’s when we began thinking about downsizing, and ways we might concentrate our primary living needs on one level.”

As they approached their seventies, however, the question of how much effort they wanted to expend getting from room to room began to seem visceral.

“As the research got under way, Herre saw that cost would inevitably play a role in their choices. One-level structures in and around old town were appreciably beyond the family budget. Looking further out of town, the options boiled down to: a) purchase a ready-to-occupy home (which would come at a higher price); or b) find an older home with renovation...
(At left) The island is positioned to support service to both the dining room and the sectional seating area around the fireplace.
(At right and below) **MASTER BATHROOM** By reconfiguring walls, the designers formed the square footage needed for both a master bath and a powder room. (Below at right) **BEFORE**
The only bathroom on the home’s top level primary living area hadn’t been updated in over forty years.

potential that could be shaped into a place brimming with personal style.

The latter course would entail finding a creative design/build team with whom one could collaborate closely.

After assessing available Northern Virginia properties for several months, a realtor introduced the Herres to a home in Hollin Hills, a community of some 450 houses in Hybla Valley. Hollin Hills is renowned in architectural circles—even listed in the historic record as one of the first communities in the US to feature modern architecture exclusively.

“In the 1950s, most progressive modern homes were owner-commissioned,” says Roger Lataille, a design consultant at Sun Design Remodeling. “But Hollin Hills was an entire development focused on the advanced architectural concepts that emerged after World War II.”

Part of the enduring appeal was that architect Charles Goodman and landscape architect Dan Kiley had sited each Hollin Hills residence to maximize privacy. Even though plats are seldom more than one acre, it’s difficult for your neighbor to see you from their house, and vice versa.

“We loved the wooded setting right away,” says Jeff Herre. “The problem was—the
house itself didn’t look like anything we’d want to live in.”

For starters, there were the obstructed sight lines starting from the front entrance. Walking in, one looked left at interior drywall that defined the parameters of a 10’ x 10’ galley kitchen. To the immediate right: a floor-to-ceiling exposed brick hearth with a masonry niche designed for fire wood. To the left, a floor-to-ceiling bookcase and an odd chandelier. Straight ahead: an open stairwell descending to ground level.

Further back, a door leading to the master suite, which included the home’s original 70 square foot tile-clad bathroom. Two closets less than two feet deep provided the only wardrobe accommodation.

While floor-to-ceiling windows dominating the eastern and western wall elevations boasted a dramatic view of surrounding woodland, the Herres also soon learned that much of the glazing was single pane.

Herre’s question for Roger Lataille from the start was, thus, right to the point: “Can you make the changes we want within our budget.

Topping Herre’s wish-list: an open plan with places for art display that will work well for entertaining; considerations that allow the couple to mainly live on one level; a master bath with a walk-in shower and a new powder room; additional storage; a visually compelling interior design; replacement of single pane windows with insulated double-ply thermal glass.

“There have been significant developments in open floor plan design in recent years,” Lataille says. “Part of this is driven by demand: more people want spaces that allow for both privacy and easy interaction. Part are options made possible by improving technologies. For instance, a reverse downdraft vent incorporated into a cook top works well for homeowners who want to keep the kitchen open, unobstructed by a hood hanging from the ceiling.”

This is one factor that has made a kitchen-centric floor plan a popular option for a home’s primary living space, and-- as was decided-- a offered practical solution for amateur chef Jenny Herre, who enjoys regaling guests with her original dishes while otherwise fully engaging in the party all around her.

“We thought an open kitchen would really work in this house,” Jeff Herre says, “but we needed to see well-developed ideas before moving forward with the purchase.

Enter Jon Benson, Sun Design’s lead designer, and a master craftsman with several published books on woodworking to his credit:

“When you’re removing kitchen walls the goal is to develop a space plan that meets all functional requirements, yet really supports the room aesthetically,” Benson says. “That’s why it’s important to design elevations that present an appropriate combination of color, texture and tone. Every elevation is, after all, a composition...
within a visual continuum. The composition
needs to hold its space within the whole,
yet interact favorably with all other visual
elements. When this is done correctly, walls
should tend to be less necessary-- and an open plan
can work well."

On this score, Benson designed a cook
top island and dining counter perfectly
positioned between the dining room and the
seating area around the fireplace. Custom-
designed roll-out trays in both the island
and near the oven stack provide an effective
space-saving solution.

Light maple Shaker-style cabinet facings
combined with quartz caesarstone counter
surfaces present clean lines and reinforce
the light, accessible ambiance of a room
surrounded by windows.

Nearby, Benson’s re-designed hearth
features 12” x 12” America Palisades ceramic
tile. Dark gray, the floor-to-ceiling vertical
cladding presents an offsetting visual anchor
in a composition otherwise comprised of
light pastels.

The dining room table, in easy reach of
the new island, is in a stylized mid-century
design.

To complement the play of light
throughout the house, frosted glass doors
are employed throughout the first level,
including to the entrance to the lower level
which is now enclosed.

A larger walk-in shower and double-
vanity have replaced the existing former
bath and there are walk-in closets adjoining
the bedroom.

Collectibles from India, Lebanon and
Brazil are now on view in Benson-designed
display spaces.

“This really feels like our home now,” says
Jeff Herre. “We’ve made the transition we
wanted, and are pleased with it.”

Sun Design Remodeling frequently
sponsors design and remodeling seminars as
well as tours of recently remodeled homes.
Headquartered in Burke, the Sun Design
also maintains an office in McLean. The firm
will be offering free seminars at the McLean
location Thursday Jan 19 from 5-8pm. For
more information: 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@

(At left) BEFORE The exposed brick hearth
was one of the features homeowner Jeff Herre
wanted to delete.

(Above) Herre remodeled interior front entrance.

At slightly over 900 square feet, the
primary living area the Herre’s remodeled
home in Hollin Hills is comparatively small.
But designer Jon Benson’s well-composed wall
elevations employ texture and color to build
visual rhythms that make the space feel ex-
pansive. The re-designed hearth features 12”
x12” America Palisades ceramic tile.

Improve your drinking water quality today!

ECOsmarte® Planet Friendly delivers state-of-the-art water treatment technology for your entire home or business, inside and out. Our systems use the same water filtration media that is used to make bottled water, before it is poured into a plastic bottle, transported on a truck, then stored in a warehouse waiting to be shipped to a retail shelf.

Our systems deliver better than bottled water quality to every faucet and
showerhead in your home 24 hours a day, seven days a week.

For more information visit www.ecosmarteeast.com
or call Mark Murphy direct at 323.251.3561
EYE CARE AND EYE WEAR ... IT’S OUR EXPERTISE THAT SERVES YOU WELL!

Fall in love with your floors

The Original Since 1952

Whether you need carpet care, rug cleaning, repairs or entirely new flooring, Ayoub carpet Service has the knowledge and experience to handle all your flooring needs!

Carpet Cleaning | Oriental Rug Care | Carpet & Rug Repairs
Sales & Installation of Carpet, Rugs and Flooring

3856 Dulles South Court
Chantilly, VA 20151
(703) 255-6000

312-A South Washington Street
Falls Church, VA 22046

www.rugcare.com

Le Nouveau Moi Magazine now provides a unique online space where readers like you can get exclusive special offers from our advertisers—for FREE!

Visit our freshly redesigned website to get started.

lenouveaumoi.com/exclusive-offers
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.

**Dentistry**

**DRS. CHRISTOPHER AND FAVAGEHI**
313 Park Ave, Suite 103
Falls Church, VA 22046
703.237.3700

**DR. GEMA ISLAND**
1500 Cornerside Blvd, Suite 310
Tysons Corner, VA 22182
703.790.1320

**DR. ADAM FILALI**
8605 Westwood Center Dr, Suite 200
Vienna, VA 22182
703.942.8442

**DR. GEITH KALLAS**
8310-A Old Courthouse Rd,
Tysons Corner, VA 22182
703.356.0250

**DR. ALLEN S. GARAI**
427 Maple Ave W
Vienna, VA 22180
703.281.4868

**DR. RODNEY S. MAYBERRY**
112 Pleasant St. NW, Suite H
Vienna, VA 22180
703.281.2111

**DR. CHRISTOPHER E. BONACCI**
361 Maple Ave. W, Suite 200
Vienna, VA 22180
703.255.9400

**Finance**

**ROSE PRICE, CFP, AIF**
8391 Old Courthouse Rd, Suite 203
Vienna, VA 22182
703.356.4360

**Cosmetic**

**DR. DIMA ALI**
1801 Robert Fulton Dr, Suite 540
Reston, VA 20191
703.787.9866

**DR. DAVID E. BERMAN**
14 Pidgeon Hill Dr, Suite 100
Sterling, VA 20165
703.406.2444

**D. DENNIS FALUDI, M.D. FABOS**
8150 Leesburg Pike, Suite 820
Tysons Corner, 22182
703.992.7979

**DR. PHILLIP J. CHANG**
19500 Sandbridge Way, Suite 350
Leesburg, VA 20176
703.729.5553

**Real Estate**

**LAURIE MENSING**
703.873.5193
www.lauriemensing.com

**CASEY SAMSON**
703.508.2535
www.caseysamson.com

**CASEY MARGENAU**
703.827.5777
www.margenau.com

**THE YERKS TEAM**
703.760.0744
www.yerks.com

**COSMETIC SURGERY**
The first plastic surgery on the Nose was performed in ancient India in 600 B.C. Skin from other parts of the body, mainly the cheek or forehead, was removed and used for reshaping of the nose. Wooden tubes were inserted in the nostrils for air passage during the healing process.
COSMETIC MEDICINE

D. Dennis Faludi, M.D., FABOS
AESTHETIC MEDICAL CENTER

Dr. Dennis Faludi has decades of experience in reconstructive and microsurgery, with additional training in advanced facial aesthetic procedures. Dr. Faludi’s expertise in the delicate techniques required for working with small vessels, nerves, soft tissue, and bone flow naturally into Aesthetic Medicine. He now uses his surgical skills to perform minimally invasive cosmetic treatments, including Botox and other injectable neuromodulators, dermal fillers, and laser therapy for a variety of skin and vascular conditions over the face, hands, and body. To ensure the highest quality of care, Dr. Faludi will work personally with you from your initial consultation through your treatments and follow-up visits.

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.

Dr. Faludi is a member of the American Society for Surgery of the Hand and the American Society of Laser Medicine and Surgery.

★★★★★
“I am super impressed with the team of Janice and Dr. Faludi and even happier with the results I have received here. I appreciate the time Dr. Faludi took to consult with me and I like his approach of less is more. I received botox and laser treatment for dark spots on my face and broken capillaries. 10 Days after my treatment, my dark spots have literally faded away. I have done several other laser treatments and peels and this is the only laser that has truly worked. My broken capillaries have literally disappeared. I will continue to come back to Dr. Faludi when I am ready for fillers!” —SK

8150 Leesburg Pike, Suite 820, Tysons Corner, VA 22182

703.992.7979

www.aestheticmedctr.com

The Yerks Team
TTR SOTHEBY’S INTERNATIONAL REALTY

The Yerks Team is one of the preeminent residential real estate teams in the Northern Virginia/Washington home market. The team sells more real estate than any other agent, team, or company in the McLean - Great Falls market. The Yerks Team is consistently ranked as a top agent for the Northern Virginia Association of REALTORS® as well as one of the top 200 realtors nation wide.

6723 Whittier Avenue, #100
McLean VA 22101

703.760.0744

www.yerks.com | Penny@Yerks.com

6723 Whittier Avenue, #100
McLean VA 22101
Dr. Chong W. Lee  
GALLERIA DENTAL AESTHETICS

After receiving his DDS degree in 1983 from the Medical College of Virginia, Dr. Lee pursued his passion for dentistry at the Las Vegas Institute for Advanced Dental Studies (LVI), a world-renowned post-graduate center for aesthetic and neuromuscular dentistry. He won top case for Mac Veneer, and was awarded Mastership at LVI for the exceptional quality of his cosmetic cases. Dr. Lee has been consistently voted Top Dentist by his peers.

It was this passion for dentistry that led him to continue his education at the Las Vegas Institute for Advanced Dental Studies (LVI). Dr. Lee is a graduate of this world-renowned post-graduate center for aesthetic and neuromuscular dentistry. His unique ability to create outstanding smiles not only impressed his patient base but also caught the attention of LVI leaders. As a result, he now holds the prestigious title of Regional Director of LVI.

★★★★★
“Dr. Lee is great. He took a lot of time explaining the process and showing me before and after photos. It was unlike any exam I’ve ever had. We decided on a full-mouth reconstruction and I feel and look so much better. I truly love my smile more than ever. And, once Dr. Lee adjusted my bite, it turned out I didn’t need the root canal after all! I feel more confident in business and when I go to social events.”

–ACTUAL PATIENT

GALLERIA DENTAL AESTHETICS

1600 Tysons Blvd., Suite 120
McLean, VA 22101
703.448.1020
www.LeeOhDDS.com

Dr. Allen S. Garai  
GARAI ORTHODONTIC SPECIALISTS

Dr. Garai has been practicing orthodontics for more than 15 years, and is privileged to have created thousands of individualized beautiful smiles. He has at least 15 years of experience in Invisalign® and been recognized as a “Elite Provider” in 2014 and 2015. Dr. Garai has been teaching orthodontics, covering clinical and didactic studies, at Children’s and Washington Hospital Center’s orthodontic departments.

INVISALIGN, INVISALIGN TEEN, ORTHODONTIC TREATMENT FOR CHILDREN AND ADULTS, LINGUAL BRACES, ACCELEDENT® AURA, CORRECTIVE JAW SURGERY

427 Maple Ave, West
Vienna, VA 22180
571.483.8954
www.BracesVIP.com
**Dr. Rodney S. Mayberry, DDS**

**MAYBERRY DENTAL**

Recently Elected Honored Fellow of the American Academy of Implant dentistry, Dr. Rodney Mayberry graduated from the Dental School of the Medical College of Virginia and has taken over 2700 hours of continuing education. Areas of Practice include prosthetics, orthodontics, dental implantology, oral surgery, cosmetic dentistry and computerized dentistry. A diplomat of the Prestigious ABOI and Fellow of the AAID and member of the ADA and AGD, Dr. Mayberry has over 37 years of experience bringing life changing smiles to thousands in our area and award “Top Dentist” by numerous area publications. The Honored Fellow designation is awarded to those members of the AAID, through their professional, clinical and research/academic endeavors, have distinguished themselves within implant dentistry.

**DENTAL IMPLANT TREATMENTS**

**AREAS OF CONCENTRATION**
- Cerac CAD-CAM
- Sedation
- Implant Dentistry
- All-on-4 Dental Implants
- Denture Implants
- Preventative Therapy Bone Grafting

**EXCEPTIONAL DENTISTRY**
- Orthodontic Treatment
- Periodontal Treatment
- Fixed and Removable Replacement Teeth
- Cosmetics
- Digital Smile Makeover
- 10 Step Process
- Whitening
- Veneers

**I don’t even know where to begin to thank you for my new smile. The physical change is amazing, but the mental change within me has truly changed my life. I am constantly talking to people and I no longer have a fear of opening my mouth because of my not-so-pretty teeth. Your staff is so professional but personal as well. Thank you, Dr. Mayberry, for my new smile!”

--ARTHUR DUHAIME

**Casey Margenau**

**VIRGINIA’S LEADER IN LUXURY AND INTERNATIONAL REAL ESTATE MARKETING FOR OVER 25 YEARS**

With more than 30 years in sales and over $2 billion in real estate sold, Casey Margenau uses his seasoned expertise to ensure the financial success of his clients. Casey’s marketing strategy has always been about doing more and embracing new technologies. For example, Casey uses YouTube to post home walk-throughs, which allows buyers to get a feel for the home from the comfort of their couch. Casey also promotes properties using other social media sites such as Facebook, Twitter, and LinkedIn, which allows for targeting like never before. Casey is the only agent in Northern Virginia to advertise directly to international buyers via print and digital advertisement.
**Dr. Phillip J. Chang, MD**

**AESTHETICA**

Dr. Phillip Chang is a Board Certified plastic surgeon practicing plastic surgery, cosmetic surgery and laser surgery in the Loudoun County area. Dr. Chang grew up in the Washington metropolitan area. After graduating from the University of Rochester School of Medicine, he completed his general surgery training at the prestigious Loma Linda University Medical Center in Southern California, where he was fortunate to train with prominent cosmetic surgeons in Newport Beach and Beverly Hills. Dr. Chang then returned to the University of Rochester where he completed an Accredited Fellowship in Plastic and Reconstructive Surgery.

Dr. Chang has given talks nationally on his research and insights on topics ranging from post-trauma facial reconstruction to abdominal wall reconstruction. In addition to developing the HARMONY minimal scar facial rejuvenation procedure, he has taught the technique of Transaxilly Hidden-scar Breast Enlargement as well as the Arcus Marginalis Release technique for cosmetic eyelid surgery to local plastic surgeons.

Dr. Chang has dedicated his efforts at Aesthetica to offering a unique plastic surgery experience to his cosmetic patients. At Aesthetica, minimally invasive cosmetic procedures are emphasized in a facility that blends spa-style pampering and state-of-the-art cosmetic surgery.

★★★★★

“The bags are gone, and I love my face. Dr. Chang, Angie, Karen and his entire staff are a pleasure to work with. They are kind, very efficient and professional. Everything went seamlessly. Dr. Change is a true artist. Never for a moment do I doubt him. I love the way I look, my husband and all my friends tell me how good I look. I highly recommend Dr. Chang. He is skillful, talented, trustworthy and fantastic cosmetic surgeon.”

**Dr. Dima Ali**

**WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE**

Dr. Dima has a 15 year history of proven excellence in her field and doctors come to WellMedica to learn how to use the latest technological innovations. Dr. Dima, known for treating many of Washington DC’s political elite, attended The George Washington School of Medicine, is Board Certified by the American Board of Laser Surgery, a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians. She is also a key opinion leader for several leading technology companies and is a regular contributor to Life and Style Magazine.

**AESTHETIC LASER SURGERY, SKIN TIGHTENING/BODY SHAPING, VAGINAL REJUVENATION, BIODENTICAL HORMONE IMPLANTS, FAT GRAFTING, NEUROTOXINS, SOFT TISSUE FILLERS**

19500 Sandbridge Way, Suite 350, Leesburg, VA 20176
703.729.5553
www.GoToBeauty.com

1801 Robert Fulton Drive, Suite 540, Reston, VA 20191
703.787.9866
www.WellMedica.com
Rose Price, CFP®, AIF®
VLP FINANCIAL ADVISORS

Rose is a certified financial planner (CFP) practitioner, a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose works with individual and corporate clients to create well-designed financial plans and investment strategies and is committed to helping local people reach their financial goals and realize their dreams.

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, member FINRA/SPIC. Cetera is under separate ownership from any other named entity.

8391 Old Courthouse Road, Suite 203, Vienna, VA 22182
703.356.4360
www.VLPFA.com

Dr. Daniel Han & Dr. Sooyeon Ahn
HAN & AHN DMD, PC

Drs. Daniel Han and Sooyeon Ahn are experts in the fields of preventative care, restorative and cosmetic dentistry, fixed prosthetics, periodontics, and implantology. Dr. Han & Dr. Ahn have designed their practice to meet all your dental needs in a comfortable environment with a team of specialists. Dr. Han is dual-certified in implantology and periodontal prosthetics, as well as periodontics, by the University of Pennsylvania. Dr. Ahn specializes in the field of orthodontics. Smile design, by Han and Ahn is a distinctly personal process, intended to showcase your inner beauty. Drs. Han and Ahn tailor your cosmetic dental care to your unique needs. Their outstanding dental training and an uncompromising dedication to artistry allow them to deliver gorgeous results. Smile makeovers will highlight your natural beauty by bringing your smile into harmony with your unique facial characteristics: skin tone, facial proportions, and eye color and shape. No detail goes overlooked, and their team invests the time and planning required for the best, most eye-catching outcome possible.

★ ★ ★ ★ ★

“Throughout my treatment, Dr. Han was very conscientious. His techniques are gentle and he fully explained each procedure. His attention to detail and need for perfection gave me a smile I absolutely love. I cannot recommend him highly enough.”

- KARUNA S.
Dr. Adam Filali
DENTAL BRIGHT

Dr. Adam Filali is a world-renowned prosthodontist with over 20 years of private clinical practice, focused on Cosmetic Dentistry, Family Dentistry and Full Mouth Rehabilitation. He provides complete and exceptional dental care using innovative technology to ensure ultimate comfort and safety, plus quality dental materials for long lasting results. Dr. Filali has been spreading his knowledge and passion for dentistry and Prosthodontics by teaching as a Clinical Assistant Professor at Boston University since 2009.

Dr. Filali’s philosophy is to treat every patient with VIP care. In order to do so, his office was designed in collaboration with renowned architects to create an atmosphere of serenity and calmness. The space is comfortable, luxurious, and reminiscent of a rooftop atelier. Dr. Filali aims to “take the pain out of dentistry” and thinks of his practice as an oral health and dental wellness center.

Dr. Filali is the recipient of multiple accolades, including awards in dental research and clinical expertise. He is a member of the American Academy of Cosmetic Dentistry, American College of Prosthodontics, American Dental Association, and Northern Virginia Dental Association. Dr Filali is fluent in English, Arabic, and French.

★★★★★
– JENNA J.

8605 Westwood Center Drive, Suite 200, Vienna, VA 22182
703.942.8442
www.tysons dentalbright.com

Dr. Jennifer Sims
BLUE SKY HEALTH AND WELLNESS

Dr. Jennifer Sims has been practicing in the Northern Virginia area for over 14 years. She graduated as a Doctor of Chiropractic from the National University of Health Sciences in Lombard, Illinois. Dr. Sims is a certified Applied Kinesiologist by the International College of Applied Kinesiology and also holds her C.A.C.C.P by the International Chiropractic Pediatric Association. In addition she is a certified Webster Technique Practitioner and an Integrative Nutrition Health Coach. Her passion is caring for children. Her clinic provides a true wellness center that focuses on the health of children.

CHIROPRACTIC CARE, MASSAGE THERAPY, NUTRITIONAL COACHING, NUTRITIONAL AND MUSCLE RESPONSE TESTING, SKYPE/REMOTE COACHING, LOW LEVEL LASER THERAPY – (LLLT), ION CLEANSE, ULTRASOUND SCREENING

2944 Hunter Mill Road, Suite 104, Oakton, VA 22124
(703) 975-9144
www.blueskyhealthandwellness.com
**Drs. Christopher and Favagehi**

**DRS. CHRISTOPHER, FAVAGEHI & TRABOULSI**

Drs. Christopher, Favagehi, and Traboulsi are board-certified specialists with prominent academic, clinical, and research backgrounds. They have met the challenges of new advances in technology in their field and implemented them successfully in a specialty office. Their ability to prevent tooth loss, replace missing teeth with implants, and restore receding gum or bone around teeth have been enhanced by new scientific advances and innovations. These include: lasers, molecular growth factors, computer-guided implant surgery, and bone and soft tissue grafts. If you are in need of services from a periodontist, ask your dentist about Dr. Christopher. She is a nationally recognized leader in innovative gum graft procedures.

**Sunrise Orthodontics**

Dr. Liliana Calkins

**SUNRISE ORTHODONTICS**

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. As an internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student, and has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.

**Dr. David E. Berman**

**BERMAN COSMETIC SURGERY AND SKIN CARE CENTER**

Dr. David E. Berman is a University of Virginia, fellowship trained, board certified plastic surgeon in the United States and Canada. With over 25 years of experience, Dr. Berman has received recognition for his integrity, safe practices, and natural looking results. In 1993, he also received international fame when he reattached John Wayne Bobbitt’s famous missing genital. Dr. Berman was voted 2016 Top Real Self Doctor.

**Berman Cosmetic Surgery and Skin Care Center**

Dr. Berman was voted 2016 Top Real Self Doctor.
Dr. Michael T. Gocke
VIRGINIA ORAL, FACIAL & IMPLANT SURGERY

Dr. Gocke excels in treating patients who need improvement to their dental and facial esthetics. Placing dental implants, bone grafting, facial trauma & reconstructive surgery, facial plastic surgery and corrective jaw surgery are his areas of expertise. Dr. Gocke is Board Certified by the American Board of Oral and Maxillofacial Surgeons and practices in McLean, VA.

Dr. Gocke devotes his years of experience to attending to trauma situations in local hospital emergency rooms, as well as providing his elite surgical training to the families of Virginia to renew the joy and function of their smiles and faces. He stands out among his peers as the current President of the Virginia Society of Oral and Maxillofacial Surgeons and actively serves on the medical staff at local Virginia hospitals, saving smiles and faces for individuals who suffer car accidents and severe facial and oral trauma. With certification from the American Board of Oral and Maxillofacial Surgeons, he performs surgical procedures beyond the capabilities of a regular dentist. He also volunteers his skills for athletes and youths at local high schools and community leagues.

★★★★★
– Gisela

Dr. Christopher Bonacci, DDS, MD
ORAL & MAXILLOFACIAL SURGERY

Dr. Christopher Bonacci has been practicing Oral and Maxillofacial surgery in Northern Virginia since 1998. He has been Board Certified by the American Board of Oral and Maxillofacial Surgery. Dr. Bonacci has served as Chairman of the Department of Oral and Maxillofacial Surgery, Division of General Surgery, at the Reston Hospital Center. Dr. Bonacci was inducted as a Fellow Into The American College of Dentists at the 2006 Annual American Dental Association meeting, an honor that only 2-3% Dentists nationwide receive. He received his medical and dental degrees and completed general surgery and oral surgery residencies from Columbia University.

DENTAL IMPLANTS, BONE GRAFTING, WISDOM TEETH, IV SEDATION, ORAL PATHOLOGY, FACIAL TRAUMA, TMJ, DORHOGNATHIC SURGERY, COSMETIC SURGERY, PLATELET-RICH PLASMA, UNDER ARMOUR MOUTH GUARD

361 Maple Ave West, Suite 200
Vienna, VA 22180
703.255.9400
www.drbonacci.com

7601 Lewinsville Road, Suite 203,
McLean, VA 22102
703.388.2805
www.DrGocke.com
**Casey Samson**  
**SAMSON PROPERTIES**

Casey Samson is a Northern Virginia Realtor, specializing in the Vienna and Oakton and surrounding areas. He excels at listing, selling and building. Casey is a life long resident of Vienna who has raised three kids and coached football with VYI where he is in the VYI Hall of Fame. Casey has 30 years of experience in real estate and the mortgage industry and is one of Vienna Virginia’s most experienced realtors. In 2016, he sold over $100 million in real estate and sold his listings at 99.1% of the recommended list price in an average of 32 days. All of this with a listing commission of 4.5% saving sellers thousands.

703.508.2535  
www.caseysamson.com

---

**Dr. Gema Island**  
**ISLAND CHILDREN’S DENTISTRY**

When you enter, you’ll be greeted by a colorful salt-water aquarium, iPad stations with video games, and kids-only areas and music. 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. She’s therefore dedicated to providing the highest quality of dental care in the most gentle, positive and enthusiastic manner possible.

PREVENTATIVE DENTISTRY, CLEANING AND X-RAYS, SEDATION, ORTHODONTICS, SPECIAL NEEDS CHILDREN, EMERGENCY SERVICES, PATIENT COMFORT AND CUTTING-EDGE TECHNOLOGY

1500 Cornerside Blvd., Suite 310,  
Tysons Corner, VA 22182  
703.790.1320  
www.islandchildrensdentistry.com

---

**Laurie Mensing**  
**EXTRAORDINARY SERVICE AND RESULTS**

Laurie is nationally ranked in the top 1% of residential real estate professionals and a multi-million dollar top producer. She brings a refreshing perspective to the listing and purchasing of real estate, specializing in Fairfax and Arlington Counties. Laurie represents her clients with sincerity and honesty, has great attention to detail, and delivers that extra effort at every step. She treats each transaction as if it were her very own.

Laurie is a relocation specialist, both internationally and domestically, and her own experiences give her empathy and an understanding of her clients’ needs.

703.873.5193  
www.lauriemensing.com
Last October, Rodney Mayberry, DDS of Vienna’s Mayberry Dental at 112 Pleasant St., was named an Honored Fellow at the American Academy of Implant Dentistry’s 65th Annual Conference for his distinguished career within implant dentistry.

With more than 35 years of dental implant experience, Mayberry has been exposed to all the different procedures and seen all the techniques that have come and gone through the years, but today he champions the All-on-4 dental implant treatment.

“It’s a dental implant technique that’s been around for a while but has become more popularized in the last number of years,” Mayberry says. “You see a lot of commercials for it on late-night TV, but we also offer all kinds of treatments not offered in those places to follow our patients more closely after the treatment is done to develop a long-term relationship that’s absent in the corporate setting.”

With a 95 percent success rate, many dentists and patients now prefer this procedure to removable dentures or bridges.

“This new technique is all inclusive, comprehensive and costs less and is done quicker than the other methods,” he says. “We’ve been able to consolidate the cost down.”

For patients needing to replace missing teeth or ill-fitting dentures, the All-on-4 dental implant treatment is a great option. All-on-4 gives you a permanent set of new teeth that perform like the natural teeth from your childhood. The best part? The process is at one location and can be completed in mere hours.

“We do everything in the office, every service a patient will need,” Mayberry says. “You can have teeth that are failing, the remaining teeth are removed, implants are placed, temporary teeth are attached to the implants that same day, and the patient goes home with new teeth. The permanent teeth are constructed over the next few months.”

Candidates for the treatment include those with abscessed teeth, those who have worn false teeth for years but find they don’t work as well anymore, and everyone in between these two extremes.

“It’s more about what the patient wants than what I think. I make recommendations based on what I see as their history,” he says. “For example, I told one patient he was going to lose some teeth and he could keep those that were remaining, but he had to become a true believer in dentistry and come in every 3-4 months and have maintenance work with the hygienist and he hadn’t done that for last 60 years; he only came in for emergency treatment.”

Since the cost to replace the bad ones with implants would be equivalent to the cost of all his teeth, this patient knew he wasn’t going to change his ways and decided to have the full treatment.

In that treatment, four titanium dental implants serve as the base/support for the system and lock down the permanent teeth for a secure, lasting fit. Mayberry says to think of them as screws that permanently attach to your jaw and replaces the function of your natural tooth roots. All-on-4 gets its name from the fact all your new teeth rest on these four implants.

Abutments then connect the implants to the permanent teeth (known as a prosthesis) and offer additional support. Next, the prosthesis is what acts as your new set of permanent teeth. Usually made from zirconium or porcelain, it’s extremely durable and beautifully replicates the look and function of your natural teeth.

What’s great is the implants act and look like your natural teeth and don’t limit your diet like traditional dentures. From sticky candy and hard peanuts to hot soup, you can keep enjoying all your favorite foods.

“A lot of the philosophy for saving teeth happened before the advent of tech that improved implants so there are still some in the industry who are not involved in all of this,” Mayberry says. “This is the most successful restoration in all of dentistry. They don’t break down like natural teeth and they can last a lifetime.”

And Dr. Mayberry should know- over the year’s he helped thousands of patients regain their smile and lifestyle with a permanent set of teeth.
Area Memory Cafes

A monthly gathering of individuals with memory loss along with their caregivers in a safe, supportive, and engaging environment.

**Fairfax Area Memory Café**
4th Tuesday, 1-3pm,
Providence Community Center
3001 Vaden Drive, Fairfax
Contact: Carol Blackwell
571-236-6933
lovriver@aol.com

**Herndon Memory Café**
4th Monday, 2:15-4pm
Herndon Senior Center
873 Grace Street, Herndon
Contact: Pat Williams
703-904-3994 x103

**Sterling Memory Café**
2nd Saturday, 12-2pm,
Galilee UMC, Youth Center
45425 Winding Road, Sterling
Contact: Tim Frank
703-299-5622
tim@acesemb.com

**Insight Memory Café**
1st Wednesday, 2-4pm,
Insight Memory Care Center
3995 Pender Drive, Suite 100, Fairfax
Contact: Christi Clark
703-204-4664
Christi.clark@insightmcc.org

**MemoryCafe4U**
1st and 3rd Thursday, 2-4pm,
Andrew Chapel UMC
1301 Trap Road, Vienna
Contact: Carol Blackwell
571-236-6933
lovriver@aol.com

**Reston Memory Café**
2nd Tuesday, 1-3pm,
Reston Community Center
2310 Colts Neck Road, Reston
Contact: Karen Brutsche
703-476-4500
karen.brutsche@fairfaxcounty.gov

**Life at Arleigh Burke**

EXCELLENT QUALITY CARE WITH THE RESPECT AND DIGNITY YOU DESERVE

Our intimate assisted living floor, Arleigh Burke Pavilion at Vinson Hall Retirement Community, promotes a sense of family amongst the residents and the Pavilion employees and volunteers who help with daily activities. Assisted living residents enjoy the best of both worlds: residents are free to do as they please and create their own schedule.

- Studio, One- or Two-bedroom Apartments Available
- On-site Physical, Occupational and Speech Therapy
- Dedicated Team of Professionals

**Vinson Hall Retirement Community**
supported by Navy Marine Coast Guard Residence Foundation

**Contact Us Today!**
703-536-4344
6251 Old Dominion Dr., McLean, VA 22101 • www.arleighburke.org

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

These Fairfax County centers are all open Monday through Friday, 9am to 4pm, except Herndon (see below). For a complete calendar of events for each center, go to fairfaxcounty.gov/ncs/calendar.htm

Bailey’s Senior Center
5920 Summers Lane, Falls Church, VA 22041, Phone: 703-820-2131, TTY 711

Herndon Senior Center
873 Grace Street, Herndon, VA 20170
Operating Hours: Mon–Thurs, 9am–8pm, Fri–Sat, 9am–4pm
Phone: 703-464-6200, TTY 711

James Lee Senior Center
2855-A Annandale Road, Falls Church, VA 22041, Phone: 703-534-3387, TTY 711

Leawinsville Senior Center
(Activities temporarily relocated to Leawinsville Retirement Residences)
1515 Great Falls Street, McLean, VA 22101
Phone: 703-442-9075, TTY 711

Little River Glen Senior Center
4001 Barker Court, Fairfax, VA 22032
Phone: 703-503-8703, TTY 711

Lewinsville Senior Center
1515 Great Falls Street, McLean, VA 22101
Phone: 703-442-9075, TTY 711

Pimmit Hills Senior Center
7510 Lisle Avenue, Falls Church, VA 22043
Phone: 703-734-3338, TTY 711

Sully Senior Center
5690 Sully Road, Centreville, VA 20120
Phone: 703-734-3338, TTY 711

Other Senior Centers

City of Falls Church Senior Center
23 Little Falls Street, Falls Church
703-248-5020
Open Mon-Thurs 8am–10pm, Fri 8am–11pm, Sat 8:30am–11pm, Sun 2–6pm
Full calendar of events is at fallschurchva.gov/DocumentCenter/View/1173

Great Falls Senior Center
Full calendar of events is at gfseniors.org/the-gfsc-calendar-of-activities.html

The Town of Vienna
The Town of Vienna has a full program for mature adults which you can peruse at www.viennava.gov/DocumentCenter/Home/View/490. Everything from free lectures on retirement and river cruising to exercise and fitness opportunities.

NOW OPEN! Select suites are still available. Reserve yours today!

The Kensington Falls Church is now open and welcoming residents

We are proud to announce that our doors are officially open! Our community—which is beautiful inside and out—is now filled with the happy sounds of family, friends, our team and pets as residents settle in to their new home.

We spent the last year getting ready to deliver to Falls Church an assisted living and memory care community designed and built to meet the unique needs of seniors. Then, we staffed it with the most talented and kindhearted professionals we could find. We trained them to deliver care and service that reflect our continual commitment to excellence and a deep understanding of older adults who need daily support. We are excited to share our comprehensive spectrum of care and our passion for making a difference.

Stop in for a visit and a personally guided tour. Let us know how we can help you with a senior you love. We are eager to deliver on our promise to love and care for your family as we do our own.

THE KENSINGTON
An Assisted Living Community
FALLS CHURCH
703.992.9868
www.TheKensingtonFallsChurch.com
700 West Broad Street, Falls Church, VA 22046
The little church stands unobtrusively on Hunter Mill Road just off the Dulles Toll Road. It maintains a small congregation of older parishioners, many of whom are descendants of the original members of the church.

The historical marker outside the church reads that “according to tradition free African-Americans established a religious congregation which met in private homes in this area as early as 1863. Rose Carter, a member of the community, donated land for a church in 1903. The church served the residents of Cartersville and the nearby enclave of Woodentown. The building also served as a school after 1927. The original church stood until 1951 when it was rebuilt. After a fire in 1972 the church was rebuilt again and rededicated in 1979. The church still serves as a place of worship for many descendants of the original congregation who are buried here.

Hidden Faces in
Hidden Places

Cartersville Baptist Church holds honored place in history

The church served the residents of Cartersville and nearby Woodentown as a gathering place for African-Americans of the area. They used part of the land for a cemetery, for both members and non-members. After 1927, the church became a segregated school for local African-American children until 1939, with the teacher paid by Fairfax County.

In 1939 the Colored School of Vienna opened and still exists today as Louise Archer School. At the time the community of Cartersville had to arrange transportation for their children to attend the new school. Some of the students took the train to the Hunter Mill Post Office and then walked. Some members of the current congregation attended that new school in its early years.

Over time portions of the land where the church stands were sold for new housing development resulting in the two cemeteries that now exist: one lies under the parking lot next to the church, the other, which includes the gravesite of Rosie Carter, is in the midst
of a housing development. The church members were not allowed to cross the new owner's land to visit the graves of Carter and other parishioners.

The church maintained records of those buried in each area but those records were lost in the church's first fire in 1951. The church was rebuilt but sustained a second fire in 1972 which completely burned it to the ground. The fire occurred under suspicious circumstances which were not investigated. The church was built a third time.

Because of the historical significance of the church property there is great interest in preserving and renewing the integrity of the burial areas. Because of many years of use, largely by non-church members, the parking lot over one cemetery is in great need of repair and resurfacing. It has been used as a commuter lot because of its proximity to the toll road, and recently has been used by public works departments to park their heavy equipment while working in the area. Potholes are getting dangerously close to graves. Through the efforts of Virginia Delegate Ken Plum, some money is being given through the Virginia Department of Transportation as partial restitution, but much more is needed.

The other burial site is unmarked and overgrown and is in need of rejuvenation as well. These areas are hallowed ground and in their current condition, are not proper burial places. With some guidance from local businesses, the church is seeking support from area residents who wish to preserve the history and integrity of the area. The hope is that there can also be a renewed effort to identify the remains of the residents who were buried there.

The current congregation is just ten members so they do not have the resources themselves to undertake the renovations necessary. They hope that increased exposure will yield new interest in the church's history. A Go Fund Me campaign has been established to provide support for these efforts. The church will also continue to run fundraising events throughout the year to continue to draw attention to their plight and encourage area residents to get involved. Go to gofundme.com and search for Cartersville Baptist Church to make your donation and watch local calendars for upcoming events.

More than a century of caring.

Live life to the fullest in the heart of the Shenandoah Valley, the foothills of the Blue Ridge Mountains, or the warmth of small town living.

Enjoy a few days at one of our Life Plan communities and see for yourself if Sunnyside Communities is right for you. Plan your complimentary Staycation* today.

*Certain restrictions may apply.

www.sunnysidecommunities.com
ASK AN ADVISOR
ABOUT WEDDING EXPENSES

We just got engaged, how much should we spend on a wedding?

This is a question I get asked a lot and there is no single correct answer, what is appropriate for one couple may not be appropriate for another. While the answer is completely dependent on your financial situation (income, savings rates, debts, etc.) and personal preferences, I always like to remind people to be reasonable and that this is just one day that begins a lifetime of events and adventures.

Here are some recommendations that apply to everyone:

Have a budget and stick to it—sit down with your spouse-to-be and talk about what you really value in a wedding ceremony and celebration and what you realistically can afford. If your parents are going to help with the costs you will want to include them in the conversation as well.

Do some research—use the internet and talk to recently married friends to find out what kinds of costs they faced, if they had any unexpected expenses, and if they have any recommendations.

Be realistic—anyone who has ever planned a big event like a wedding knows that expenses can get out of hand very quickly. If your budget is limited, I recommend you identify one particular item that you want to splurge on (photographs, flowers, etc.) and then limit your spending on the other items.

Avoid debt—weddings are stressful enough without adding the burden of debt. If you absolutely must go into debt, identify exactly how much you are willing to spend and have a plan to pay it back. Recognize that starting out a marriage with debt may add extra strain to your relationship.

My child is getting married—how much should I help with wedding costs?

As parents we want the best for our children and to set them up for a great future. It’s easy to think that a big wedding will show them how much we care, but you need to limit your spending to what you can realistically afford.

A wedding should not significantly affect your lifestyle or your retirement plan; remember your children are much younger than you and have more time to earn, while you are closer to retirement (if not already retired) so your earning years are fewer. If your budget is limited or you are unable to help with costs, volunteering to help with the planning or logistics can be a good way to show your support as well. Also consider your other children - are there siblings that will be expecting the same level of financial help for their wedding? If so, you will need to consider them in this cost decision as well.

It’s important to be clear about what you will pay for and how much you are willing to spend. Avoid generalizing (“I will cover the cost of the venue”) and instead talk about concrete figures (“I have a budget of $X and I am willing to help cover the cost of the venue.”) Miscommunication can cause major issues, so I recommend that you sit down with your child and their fiancée before any visits to venues or other decisions occur to discuss what you are willing to spend. When expectations are clearly set, both you and your child will be free to enjoy the process together.

Want to learn more?

Visit: www.vlpfa.com or submit your question for an advisor to info@vlpfa.com.

VLP Financial Advisors
8391 Old Courthouse Rd., Suite 203
Vienna, VA 22182

Daniel Lash is a Registered Representative of and offers securities and Advisory Services through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any other named entity.
Tired of the BIG BOX HOTELS with a la carte hotel charges like breakfast, dinner, parking and high speed internet service?

The Staybridge Suites McLean Tysons Corner includes amenities and services that offer a “suite” stay for government, corporate, or business travelers and extended stay guests! Stay with us for that “home away from home” atmosphere and personal touch hospitality you won’t get at other larger Tysons hotels.

Proud Recipient of the Coveted RENOVATION OF THE YEAR AWARD

1-703-448-5400  1-800-238-8000
6845 Old Dominion Drive, McLean, Virginia 22101  www.staybridge.com

It’s the Decisions You Make that Matter

VLP Financial Advisors was founded on the belief that making informed decisions is the key to wealth accumulation and preservation. Our Advisors offer sound financial solutions for individuals, families, and business owners to properly position, help protect, and transfer wealth. We will work with you to help you navigate your financial future and achieve your goals.

8391 Old Courthouse Road • Suite 203 • Vienna, VA 22182
(703)356-4360 • VLPFA.com

Bruce Vaughan, CFP®, AIF® • Rose Price, CFP®, AIF® • Daniel Lash, CFP®, AIF®

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, member FINRA/SPIC. Cetera is under separate ownership from any other named entity.
A pet is an important member of your family, and loving them includes looking out for their health. Of particular concern to dogs and cats is heartworm, which can become a problem at any time of the year.

The American Heartworm Society describes heartworms as foot-long worms (up to 14”) that live in the heart, lungs and associated pulmonary arteries of affected pets. Potentially fatal, they can cause severe lung disease, heart failure and damage to other organs that can affect an animal’s quality of life even after the heartworms are gone.

Heartworm varies among species. Dogs are considered “natural hosts” for heartworm, which means that heartworms living inside the dog mature into adults, mate and produce offspring. If untreated, they can grow to hundreds. Cats typically host one to three adult worms, and since many cats do not have adult heartworms, the condition can often go undiagnosed. However, even immature worms can cause a condition called Heartworm Associated Respiratory Disease (HARD).

Treatment for heartworm also varies between cats and dogs. Medications for dogs cannot be used on cats, therefore it is important to prevent heartworms in cats in the first place.
How do pets get heartworm?

Mosquitos play the most significant role in spreading heartworm. Adult female heartworms live in an infected host, like a dog, coyote or wolf, and when a mosquito bites an infected animal, it picks up the baby worms, which then mature over a period of 10 to 14 days. When the mosquito bites another animal, the infective larvae enter the new host through the bite wound. They mature in approximately six months and can live for five to seven years in dogs, and two to three years in cats.

Heartworm is found in all 50 states, and most states have “hot spots” where the heartworm infection is significantly higher. A warmer-than-normal climate has increased the presence of mosquito breeding. Factors affecting the risk level for heartworm include temperature, humidity, the species and presence of mosquitoes and mosquito breeding areas, and the proximity of infected foxes, dogs or coyotes.

Mosquito species constantly change and adapt to various climates. Some overwinter indoors, creating a potential year-round risk to pets. Others thrive in moist microclimates (ponds, golf courses, irrigated fields). Wildlife traveling to these areas can add to the spread of the parasite, or strong winds can blow mosquitos into new areas. Infection rates vary from year to year, even within the same community.

Heartworm symptoms

In dogs, heartworm can produce a soft, dry cough as the parasites enter the lungs and surrounding veins. Other symptoms can include inactivity or lethargy, reluctance to exercise, fatigue after moderate activity, weight loss or anorexia, rapid or difficulty breathing, or bulging chest. A large number of heartworms can leave to caval syndrome, a sudden collapse due to blood flow blockage. Without prompt surgical intervention, few dogs survive.

In cats, symptoms can be subtle or dramatic. They can include coughing or asthma-like attacks, periodic vomiting, lack of appetite or weight loss. Occasionally, a cat may have difficulty walking, experience fainting or seizures, or suffer from fluid accumulation in the abdomen. In some cases, the first sign is collapse or sudden death.

Heartworm prevention

“At VIP Petcare we recommend administering a heartworm preventative product to your pet every month for the duration of its life and conducting an annual test to ensure your dog is free from heartworm disease,” said Medical Director Katryna Fleer, DMV. She adds that in order to start a pet on heartworm prevention, proof of a negative heartworm test from the previous 12 months must be provided.

The earlier heartworm is detected, the better the chances of recovery. Since few early signs indicate heartworm infection, a heartworm blood test administered by a veterinarian is important.

Heartworm care

When dogs are diagnosed with heartworm, restriction of normal physical activities is recommended, since physical exertion can increase the rate at which heartworms cause damage to the heart and lungs, followed by stabilization of your dog’s condition with appropriate therapy that may take several months. Once stabilized, heartworm treatment can begin. Six months after treatment is completed, your veterinarian will test again for heartworms, and put your pet on a regimen of monthly heartworm prevention.

There is no drug therapy program for cats, however, cats can be aided with good veterinary care and a long-term management plan. They may spontaneously clear heartworms on their own, or need additional care if symptoms are severe. Prevention is the key to a healthy cat.

VIP Petcare cares as much for your pets as you do, and wants to ensure that your pet stays happy and healthy. For more information about heartworm and pet health, refer to our website at www.vippetcare.com.
Gaining Traction: Silver Line Phase 2 Moves Forward with Anticipated Track Work

Dulles Corridor Metrorail Project crews recently marked a big day for Phase 2 of Metro’s Silver Line when they began installing track along sections of the Phase 2 alignment.

“Beginning the at-grade track work is a very important milestone,” said Director of Project Engineering Stephen Barna. “It signifies the completion of all below-grade utility work and trackway walls required to place ballast stone, ties and rails. It is an exciting time for the project.”

Two kinds of track are needed for the project: one type for the at-grade sections and another for the aerial guideway through Dulles International Airport.

Approximately 8 miles of ballasted track will be used to complete the at-grade (ground level) sections, while direct fixation track will be used for the remaining 3.5 miles of aerial track, said Nikolas Hunter, the track project manager with Capital Rail Constructors, the contractor MWAA tasked with building the rail line. Dulles Airport Station is the only Phase 2 station along the aerial guideway; Reston Town Center, Herndon, Innovation Center, Loudoun Gateway and Ashburn are all ground level stations accessed by pedestrian walkways.
to be constructed over the Dulles Toll Road, Dulles International Airport Access Highway and Dulles Greenway.

Nearly 1,400 workers support the project which extends the Silver Line from the Wiehle-Reston East Station westward through Dulles International Airport and on to Ashburn.

All electrical power, train control and communication duct banks, as well as track storm drain pipes and structures, must be installed prior to track construction.

According to Hunter, fifty workers will be constructing the ballasted tracks, a quicker process than direct fixation track installation.

To construct ballasted track, workers first must bring the track road bed to the correct elevation before placing and compacting finely crushed stone along the at-grade sections of the alignment to create the sub-ballast, Barna explained. Then, a 12-inch layer of larger crushed stone is placed to create the ballast to support the precast concrete ties that are set in place next. Sections of rail are then fastened to the concrete ties with steel plates and rail clips. Then, a specialized machine places additional crushed rock between the ties and corrects the final alignment and grade.

Thirty workers are installing the direct fixation track along Auto Pilot Drive at the Airport, Hunter said. That process requires the use of concrete plinths, which are cast-in-place concrete structures that support the rail. Ninety-foot sections of rail are delivered by truck and then welded together into ‘sticks’ of nearly 1,000-foot lengths and fastened to the concrete plinths with steel plates and bolts, Barna said. The final line and grade work for direct fixation track is done by hand.

“Our whole purpose is to build a transit railroad for the public’s use,” Barna said. “After nearly four years of very difficult design and construction work we are beginning the challenging phase of installing the track and all of the systems that will allow us to begin testing with rail cars in 2018.”

The Metropolitan Washington Airports Authority, the entity tasked with managing the project, will turn it over to the Washington Metropolitan Area Transit Authority upon completion, which will operate it as part of Washington’s regional rail system.
Dulles Corridor Rail Association: Mission Accomplished

Merger with Transportation Alliance Coming; Founders Honored

Mission Accomplished! That was the theme of the 20th Annual Meeting and Reception of the Dulles Corridor Rail Association (DCRA) held at the Sheraton Reston on January 4, 2017. More than 100 members and guests, including a number of elected officials, helped the Association celebrate achievement of its single-focused mission to advocate rail in the Dulles corridor.

DCRA honored its Founding Board Members and Officers, recognized its current Board Members and Officers and announced its merger with the Northern Virginia Transportation Alliance. DCRA Chairman Virginia Delegate Kenneth R. Plum said “Today, DCRA dutifully declares that its mission is accomplished! Phase 1 of the Silver Line is up and running and Phase 2 is under construction and by 2020 will be all the way to Washington Dulles International Airport and Loudoun County.” Plum noted that the Alliance would continue its work of advancing a visionary, regional, multi-modal transportation network with the broader purpose of supporting Metrorail in the Dulles corridor.

DCRA Chairman Plum was honored for his leadership of DCRA for the past 18 years, as was Patty Nicoson, DCRA President. Several community leaders provided reflections on the importance of the Association.

Former Virginia Governor George Allen praised Plum’s leadership. When he was governor, there was agreement that the rail line needed to go to Loudoun County—that it shouldn’t just have a rail yard for maintenance, it needed a station for its economic development. He noted that the Silver line has already been beneficial, and that it would be even more beneficial when completed to economic development, job growth and competitiveness in Virginia.

Virginia Director of Rail and Public Transportation Jennifer Mitchell said “we can definitely declare success with this project.” She noted that a number of rail projects never reach construction because they do not have an advocacy group like DCRA—a tight knit, well organized network of business leaders and elected officials working together. This was the secret to success for this project. Metro’s performance has to be improved to ensure a return on the massive investment. It’s not just about Metro, it’s about having a multi-modal system that accesses the region. The merger with the Alliance is a perfect fit, she said.

Fairfax County Supervisor Catherine Hudgins said that DCRA was important in that it was a consistent voice for the landowners, citizens and everyone else in support of the Metrorail extension. The local government’s role was to make sure the land-use patterns supported rail and provided the economic engine for Reston to have a great community.
**HOW TO SOLVE SUDOKU PUZZLES**

To solve a sudoku, you only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Each number can only occur once in a 3x3 region. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

---

**IF YOU LIVE TO BE 100, I HOPE I LIVE TO BE 100 MINUS 1 DAY, SO I NEVER HAVE TO LIVE WITHOUT YOU.**

Winnie the Pooh

---

**CHINESE NEW YEAR ANIMAL JIG**

**CROSSWORD CLUES**

**ACROSS**

1. Chop (off)
4. String ties
9. Make public
10. Be crazy about
11. “Walking on Thin Ice” singer
12. Staircase post
13. Soundly defeats
15. “___ thee I sing”
16. Performed, per Shakespeare
18. FM alternative
20. Emotional shock
23. Dried coconut meat
25. Zero
26. Recurring theme
27. Rink surface
28. Legislate
29. Observe

**DOWN**

2. Sound on Old MacDonald’s farm
3. Like a peacock
4. Check type
5. Black Sea port
6. Cattle call
7. Creme-filled cookie
8. Ego
14. Kind of acid
17. North African capital
18. Crowning point
19. Phobos, to Mars
21. “Of ___ and Men”
22. Away from the wind
24. “Harper Valley ___”

---

**THE BAD NEWS IS TIME FLIES. THE GOOD NEWS IS YOU’RE THE PILOT.”**

Michael Altshuler
BRIDGE CLUB SOLUTION

HARLOW WINS AGAIN

Opening Lead:       A

Harlow the Halo flourishes in my club like a week in a hothouse. While Unlucky Louie’s key suits break 5-0, Harlow attracts good luck like flies to honey.

Moreover, his errors go unpunished. Louie, East, won the second diamond and led a spade. Harlow won, took the K-A of clubs and ruffed a club with his duece of trumps. West overruffed and led another spade, but Harlow won, drew trumps with the king and ace, and threw his low spades on the good clubs.

‘He’s got more luck than the phone company’s got wrong numbers,’ sighed Louie.

West has a chance if he doesn’t overruff on the third club. Harlow can still succeed by cashing a second spade before taking the king and ace of trumps; then if West ruffs the queen of clubs next, he’s endplayed. But Harlow does best to ruff the third club with the six of trumps. If West discards, Harlow takes the king, leads the seven to the ace and discards a spade on the queen of clubs.

West ruffs, but Harlow can reach dummy with the five of trumps to pitch his last spade on the last club.


TO THE OLD, LONG LIFE AND TREASURE; TO THE YOUNG, ALL HEALTH AND PLEASURE.

Ben Jonson

IF YOU THINK IN TERMS OF A YEAR, PLANT A SEED; IF IN TERMS OF TEN YEARS, PLANT TREES; IF IN TERMS OF 100 YEARS, TEACH THE PEOPLE.

Confucius
Yeah, I know that everybody is convinced it was Russia who hacked the DNC and John Podesta’s emails. However, I have a few carefully thought out ideas of my own. I don’t think Putin has the time or inclination to go after such small potatoes unless he’s making vodka. He’s too busy starting wars, taking over new territories, and killing enemies in his own country. Plus, he spends a helluva’ lot of his time getting Botoxed. You don’t think so? Well, take a good look at that unlined, waxy face. It looks like a mask. One more Botox shot and he’ll look like Cher’s sister. A woman knows these things.

So, here’s a list of my unusual suspects. Any one of these perps have the time, opportunity, and motive.

1. **Kim Jong Un**

   No doubt about it, this guy has all of the above… plus a really bad haircut. Anybody can hack into his computer using the password: “looneytunes.” It’s no secret that this tyrant has scrambled Kimchi for brains. You will find the following listed on his agenda for any given day:

   - Continuing Education: read 15 X-Man, Batman, and Spiderman comic books
   - Foreign Policy: watch 15 porno videos from different countries
   - Statesman Advice: spend sixty minutes on Facetime with Dennis Rodman
   - Recreation: fire off missiles in confusing directions just for laughs
   - Royal Revenge: execute 4 generals in front of a firing squad—no plea bargains or blindfolds allowed
   - International Affairs: hack the DNC, John Podesta, and Hillary Clinton

2. **Anybody’s kid or grandkid-aged 5 years and up:**

   Since it was revealed that John Podesta worked from a gmail account with the password being “password” (duh) and sent guarded secrets to the rest of the committee all working on unsecured servers, this created an open season for hacking.

   - It could be anybody's son or daughter, 15-50, who wears PJs all day and spends an inordinate amount of time in his basement or yours playing video games, smoking weed, masterminding internet scams, and hacking everything from high school attendance records to Wells Fargo savings accounts.
   - But more likely it was somebody’s 5-year-old who inadvertently hit the DNC jackpot trying to access ABC Mouse.

3. **Pat Sajak:**

   Wake up and smells the vowels, people. Hacking the DNC would be child’s play for a guy who has spent 30 years staring at word puzzles and unscrambling complex phrases like “Strawberry Shortcake.” Then over the years, he learned to solve cryptographic messages using only the letters RSTLE. But, he did not act alone. His crime was aided and abetted with the help of the brain-intensive Vanna White whose head accounts for 75% of her body weight.

4. **Caitlyn Jenner:**

   Once known as an All-American hero and staunch Republican, Caitlyn has made some big changes in her later years. While asserting she still supports the Republican Party, it’s not a stretch to come to the conclusion that she’s now a double agent who plays both sides.

   So, who done it? Perhaps it was one or all of the above. Perhaps we will never know for sure. However, the one thing we do know for sure is that after the long-term use of Botox, you will look like Cher.
### Pisces 2/19 - 3/20
You are feeling better about things this month. Money is a concern, but takes the back seat to other issues. Reading is your best escape.

### Aries 3/21 - 4/19
This is your month to celebrate. Permission is granted by the stars since you have been so hard-working lately. You will be a bit fussy over details for a time yet.

### Taurus 4/20 - 5/20
Bulls of the Zodiac find themselves on the move the first half of the month, calming down by the end of the month. There is room for romance. Mind and heart unite at the full moon.

### Gemini 5/21 - 6/20
Your mental energy is focused now. Avoid quarrels. If there have been any, now is the time to apologize. Making up can be great fun.

### Cancer 6/21 - 7/22
The second week of March opens with an idea. Follow it through. It should work out quite well, but don’t expect help from others.

### Leo 7/23 - 8/22
Wow, do you have energy this month! Lions, you might need to roar at the beginning of the month, as the old cliche says about March. Complete any unfinished project early in the month.

### Virgo 8/23 - 9/22
A good month for you. If you need extra help or advice, it will be there for you. Be sure to ask because you will be busy. Take time to play.

### Libra 9/23 - 10/21
You require a response this month but you might not get one. Let it go. This issue dissolves with the waning moon, staring on the 15th.

### Scorpio 10/22 - 11/21
The stars are in your corner early in the month as you confront an nagging issue. No matter what the result, you enjoy a feeling of relief.

### Sagittarius 11/22 - 12/21
You love truth, but this month you might not see it. A person you disrespect speaks the truth, if you are open to hear it. Listen and learn.

### Capricorn 12/22 - 1/19
Take off your mask this month. Be sure you enter situations in transparency and honesty. You may even be asked to pretend to be something you are not. Reject this.

### Aquarius 1/20 - 2/18
The rhythm of your life matches the moon this month. You may have lots of energy as the moon goes to full on the 11th, then relax as the moon wanes.

### Pisces 2/19 - 3/20
The new moon on the 26th may bring uncertainty, but don’t give in to distress. If you practice acceptance, you can see the world through new eyes.
Embarrassed to smile, teeth failing?

Loose Dentures or Partial?

Do your teeth continue to be a problem year after year with no end in sight?

“All teeth on 4” could be the permanent dental implant answer you have been looking for!

Unbreakable strength options!

New teeth that look and feel better than ever, never decay, and can last a lifetime!

There are no “ADA” recognized dental implant specialists, but if there was we would be on the list. Dr. Mayberry provides all services!

If you have been told you’re not able to have dental implants make sure you call, we have new procedures that work.

Call for your FREE evaluation including CT Scan, $450 Regular Fee, 703-281-2111

Dr. Mayberry is a general dentist, and is Certified by the American Board of Oral Implantology/Implant Dentistry. He is an Honored Fellow of the American Academy of Implant Dentistry and is a Director of the AAID Foundation. He has 33 years of dental implant specific experience. He is a Vietnam combat veteran and gives back to other military combat veterans with special discounts.
HOUSES SHOULD BE MORE THAN SQUARE FEET.

Our on-staff architects, designers & craftsmen with decades of experience are eager to create your new kitchen, bath, home addition, whole house renovation or new custom home. Contact us today and discover why over 30% of our business is with repeat customers.

BOWERS DESIGN BUILD

26 Yrs. Serving Northern VA
703.506.0845
bowersdesignbuild.com