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MAGAZINE



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2775 Cody Road  
Vienna, VA 22181

\$1,299,900



2351 N. Daniel Street  
Arlington, VA 22207

\$2,195,000



1908 Dalmation Drive  
McLean, VA 22101

\$1,749,000



7004 Green Oak Drive  
McLean, VA 22101

\$1,899,900



7820 Swinks Mill Court  
McLean, VA 22102

\$2,289,900



1503 Woodacre Drive  
McLean, VA 22101

\$2,295,000



6924 River Oaks Drive  
McLean, VA 22101

\$2,799,999



7108 Benjamin Street  
McLean, VA 22101

\$2,975,000



1344 Woodside Drive  
McLean, VA 22102

\$3,200,000



8408 Sparger Street  
McLean, VA 22102

\$3,499,999



1031 Bellview Road  
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\$3,985,000



8611 Georgetown Pike  
McLean, VA 22102

\$6,250,000

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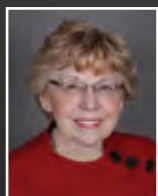


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**7132 FORESTWOOD CT, MCLEAN \$999,000**

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.



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[patderwinski@hotmail.com](mailto:patderwinski@hotmail.com)

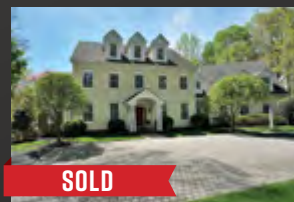
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**\$2,500,000**

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**ARLINGTON**

**\$850,000**

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.



**CHRIS EARMAN**

703.628.4541  
[chrisjearman@gmail.com](mailto:chrisjearman@gmail.com)

**808 VILLA RIDGE RD, FALLS CHURCH CITY \$1,535,000**

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.



**JOYCE BECKER**

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[joyce@beckerj.com](mailto:joyce@beckerj.com)  
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Interests FIRST"

**2342 BARBOUR RD, FALLS CHURCH \$779,900**

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



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703.597.3868  
[helenevollmer@gmail.com](mailto:helenevollmer@gmail.com)  
[www.helenevollmer.com](http://www.helenevollmer.com)

**1504 LINCOLN WAY #400, MCLEAN \$280,000**

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.





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www.jeniferjustice.com

**1114 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.

**ANN ROMER**

703.597.4289  
Ritrann@aol.com  
TheRomerTeam.com

**VIENNA/ORANGE LINE \$849,900**

9 ft main level ceilings! Step-down family room opens to the kitchen which offers 42" kitchen cabs, granite, center island, and pantry. Comfortable gas heat, hot water, & cooking, plus gas logs. High-end composite roof 2013 and a delightful flagstone patio. An intimate Williamsburg-style community only 1.6 mi to Vienna Metro & 3 blks to bus

**KIRTI PATEL**

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**NEW CONSTRUCTION FOR RENT \$1,900/MONTH**

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**DENA CONRAD**

Cell: 703.438.1960  
www.denaconradreal  
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denahconrad@  
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**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.

**CLAIRE DRISCOLL**

703.447.3555  
Claire@clairedriscoll.com  
www.clairedriscoll.com

**7700 BURFORD DR, MCLEAN \$2,100,000**

Gorgeous 5 BR, 4 1/2+ 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

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- 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.

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**DEB MULLAN**

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**6011 19TH RD NORTH, ARLINGTON \$699,900**

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!

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**11594 CEDAR CHASE RD \$1,295,000**

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**1241 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







# FEATURES

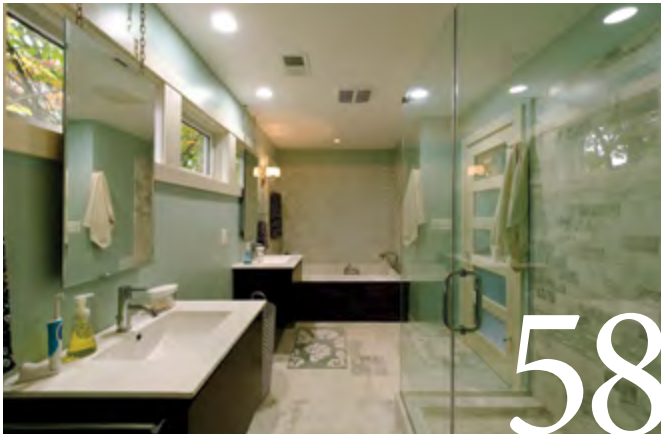


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## 10 POPULAR HOME REMODELING TRENDS >

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.



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## 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.

## < 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.



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## < 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.



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#GNO

# GIRLS NIGHT OUT

THURSDAYS

DRINK SPECIALS  
FOR LADIES 9PM-10PM

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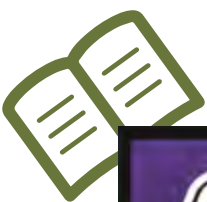
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# DEPARTMENTS

## State

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with

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SATURDAY MARCH 4TH

**Appetite For  
Destruction**

A Tribute To Guns N' Roses!

THURSDAY MARCH 9TH

**Slippery When Wet**

The Ultimate Bon Jovi Tribute

FRIDAY MARCH 10TH

**TG190'S Dance Party  
With Dj Suga Ray!**

FRIDAY MARCH 17TH

**ZOSO**

**The Ultimate Led  
Zeppelin Experience!**

FRIDAY MARCH 31ST

**The Legwarmers**

DC's Biggest Retro Dance Party!

FRI 4/7 & SAT 4/8

**John 5  
Of Rob Zombie!**

SUNDAY APRIL 9TH

**The Machine  
Performs Pink Floyd**

FRIDAY APRIL 14TH

**Saved By The 90's  
A Party With  
The Bayside Tigers!**

SATURDAY APRIL 29TH

**Buddy Guy**

WEDNESDAY

MAY 16TH



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Dining Reservations Available For Most Shows



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## Here's What's Happening at MCC

**Old Firehouse  
Family Movie Night**  
**"The Secret Life of Pets"**  
Friday, March 3, 7-9 p.m.

**An Alden Production**  
**"The Stinky Cheese  
Man and Other Fairly  
Stupid Tales"**  
Sat-Sun, March 11-12  
and 18-19, 3 p.m.

**McLean Traveler**  
**2017 Philadelphia  
Flower Show**  
Wednesday, March 15

**Family Fun Bingo**  
Friday, March 31, 7-9 p.m.  
At the Old Firehouse

**Onstage @ The Alden  
Aquila Theatre "The Trojan  
War: Our Warrior Chorus"**  
Saturday, Apr. 1, 8 p.m.

**Old Firehouse  
School Break Trips**  
**Spring Break Week Trips**  
Monday-Friday, April 10-14  
8 a.m.-6 p.m.

**Spring Fest**  
Saturday, April 15, 10 a.m.-noon  
**New Location! St. Luke's  
School, 7005 Georgetown Pike,  
McLean, VA 22101**

**Spring Community  
Garage Sale**  
Saturday, April 22, 9 a.m.-1 p.m.  
1420 Beverly Road,  
(intersection of Ingleside Ave.  
and Beverly Rd.)

**McLean Traveler**  
**Fredericksburg Garden Day**  
Tuesday, April 25

**The McLean Community Center**  
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*It's Tysons*

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 Sklarew, 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!

*John Han*



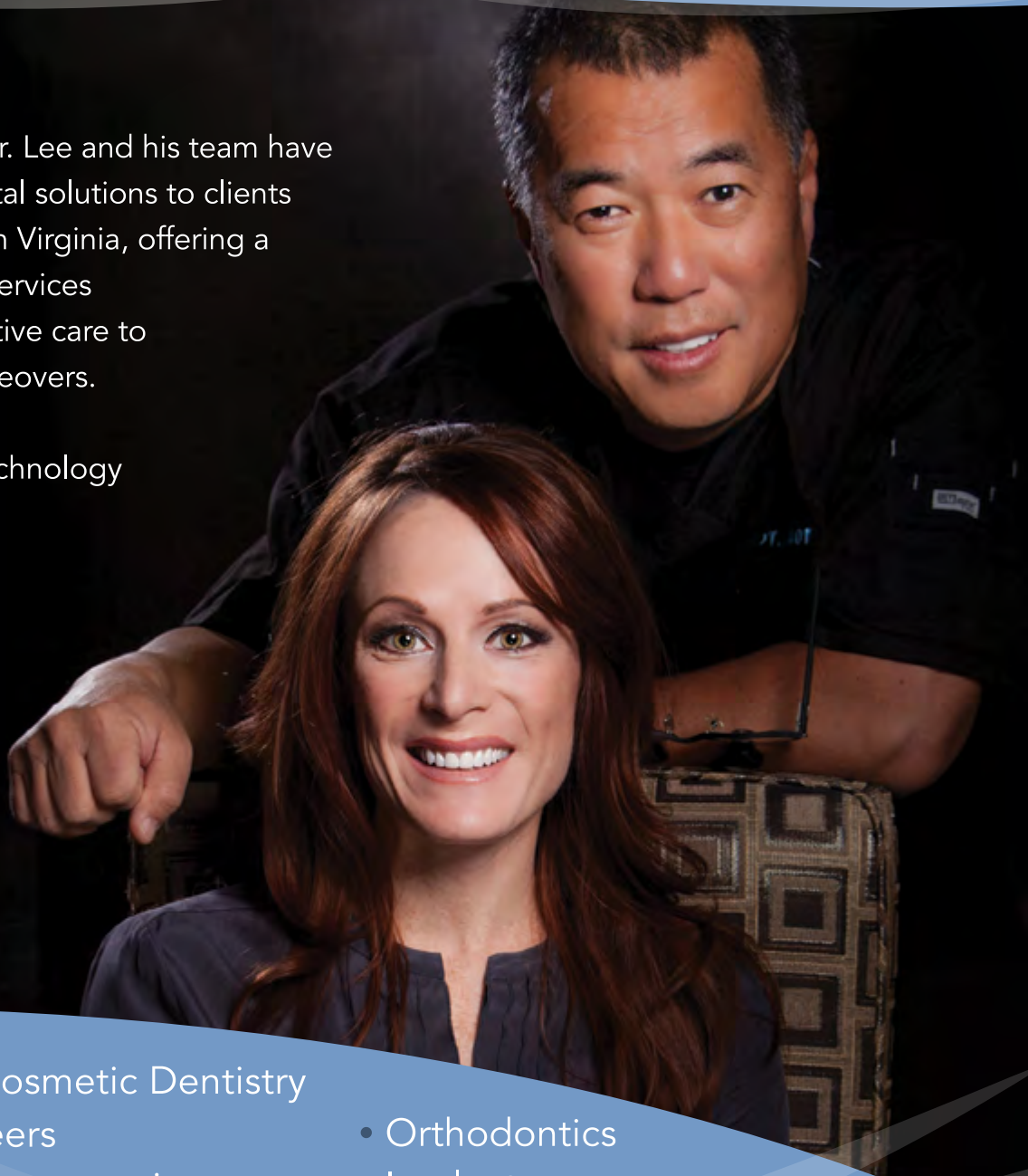


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APRIL 8  
CECILE MCLORIN  
The Barns at Wolf Trap

Photo courtesy of Wolf Trap

# SELECTED EVENTS

## LOCATIONS

### THE BARNs AT WOLF TRAP

1635 Trap Rd., Vienna  
703.255.1900  
www.wolftrap.org

### JAMMIN' JAVA

227 Maple Ave E, Vienna  
703.255.566  
www.jamminjava.com

### THE STATE THEATRE

220 N. Washington St.  
Falls Church  
703.237.0300  
www.thestatetheatre.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".

## MARCH 10

### 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 10-12

### 22ND ANNUAL NATIONAL CAPITAL BOAT SHOW

*Dulles Expo Center, Fri 12pm-8pm, Sat 10am-7pm, Sun 11am-5pm. \$10 adults, free for kids 16 and under*

Boats, boats and more boats! That's what you'll see at one of the largest Boat Shows in the region. Dealers from Virginia and Maryland will fill the building with everything from jon boats to motor yachts. Marinas, electronics, water sports and safety equipment will be on display. Plus you can talk to experts about insurance, financing, repair, maintenance and boating safety.

## 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.

## MARCH 11

### 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





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Photo courtesy of A.E. Landes Photography



**MARCH 18**  
The Barns at  
Wolf Trap

# WINE AT WOLF TRAP



8 P.M.

**MAR**  
**17-19**

## 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

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 & Wine Vol II*. With *WeW 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**

## TGI90S 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,



previewing Filene Center summer performances.

## 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.



Photo courtesy of Wolf Trap

# TENTHING

## 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](http://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 Pikelnny 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

## FALU'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.

MARCH 31-APRIL 2

## CSA SHOWS

*Dulles Expo Center, Fri 2pm-8pm, Sat 9am-5pm, Sun 10am-4pm, \$5-10*  
Sports Collectibles of every variety and numerous celebrity autograph guests.

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*).

CONTINUED ON PAGE 24

Photo credit Darrin Ballman



8 P.M.

APR  
7

## OVER THE RHINE

*The Barns at Wolf Trap, 8pm, \$25-30*  
Fall under the spell of the supremely talented husband and wife duo of Linford Detweiler and Karin Bergquist as they perform their "subtle and elegant" songs complete with "airy musical arrangements and breathtaking vocal harmonies" (*The Wall Street Journal*).





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# ROCK CREEK SINGERS

APRIL 15  
The Barns at Wolf Trap

Photo courtesy of Wolf Trap



7:30 P. M.

APR 1

## REFLECTIONS OF LIGHT

St. Dunstan's Episcopal Church at 1830 Kirby Rd. in McLean, Virginia, 7:30pm, \$15-25

Reflections of Light will be an evening of music and readings celebrating peace, hope, and the wonder of our natural world as illuminated by the rich and diverse faith communities of the world. Texts will come from such diverse sources as the Bible, Sufi mystical writings, the prophet Muhammad, Native American texts, and more. Musical selections will include movements from Terry Schlenker's *Mass for Four Voices*, Jerod Tate's *Found Again*, Leonard Bernstein's *Chichester Psalms*, and Maurice Duruflé's *Requiem*, as well as works by other composers. This program will be presented in the stunningly beautiful nave of St. Dunstan's Episcopal Church. Tickets are available through the website: [www.words-music.org](http://www.words-music.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](http://www.smithsonianassociates.org)



APRIL 14

## HAWAIIAN SLACK KEY GUITAR FESTIVAL

*The Barns at Wolf Trap, 8pm, \$27-32*

This internationally accoladed festival returns to The Barns to perpetuate and preserve the unique Hawaiian acoustic guitar art form known as Ki-ho'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

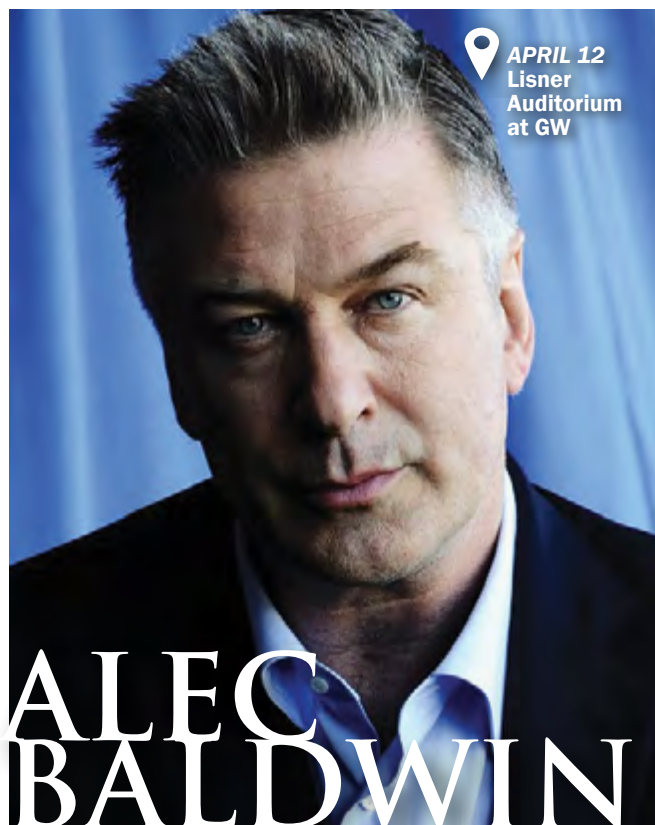


Photo credit: Venn.com.jpg

international following for their infectious, pounding fusion of desert blues and the

styles of the nomadic Tuareg people of the Sahara" (*The Guardian*).



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APRIL 23  
Jammin Java

## 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, \$18-22*  
*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, 7:30pm, \$18-20*

Over the course of her career, Charlotte Martin has recorded both major label and independent releases, performed sold-out shows to audiences around the world and shared stages with the likes of Liz Phair, Pete Dinklage, Damien Rice, Jason Mraz, and many others. Her music has been licensed for a plethora of television shows, including *So You Think You Can Dance*, which regularly features her song "The Dance" during

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/ FOR PEACE BAND + IYA TERRA

*Jammin Java, 7:30pm, \$15-25*  
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." ♦



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703.748.0022  
www.wyliewagg.com

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www.maplewoodgrill.com

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428 Maple Ave E  
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CONTINUED ON  
PAGE 30



TUESDAYS  
Tarab Night

## 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.

### TRAIL AND ALES RUNNING CLUB

Caboose Brewing Company,  
6pm sign in, run begins  
6:30pm

Caboose Brewing Company is proud to partner with Grass Roots Fitness and DC Capital Striders for our "Trail and Ales" fun run each Monday evening! This club is a way to bring the community together safely and promotes active lifestyles and social interactions. Run will be 3-5 miles with options to go shorter or longer on the WO&D, beginning at Mile Marker 12 - Caboose Brewing Company. You can walk or run. Dog and stroller friendly! All paces welcome! Club Members Get: \$1 off all pints after

Monday Runs. Get a point for every run. After 10 points, you can buy an exclusive "Trail & Ales" T-shirt for \$10.

### 50-CENT WINGS

#### Dogwood Tavern

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

### MONDAY WINE SPECIAL

#### J. Gilbert's

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

### PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria, 4-6pm, \$34

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

## TUESDAYS

### TARAB NIGHT

#### Levant Restaurant & Lounge

Join Levant for a night of live arabic music by Asmae Chakib Mohcine. Tarab begins at 9:30pm and the restaurant stays open until 1am. Smoke hookah and make new friends.

### 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.

CONTINUED ON PAGE 30



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Elizabeth Ross, Child Custody Attorney on Feb 11, 2011

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A DANCE FOR EVERYONE  
Tuesdays

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## 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

Brx American Bistro

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

### \$2 TACO TUESDAYS

La Sandia, 4pm-9pm, \$2  
Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken tinga, and carnitas with \$2 Dos Equis to wash it all down.

### KIDS' TUESDAY

Pizzeria Orso

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

### SALSA NIGHT

Iris Lounge | 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.

### OSSO 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

Brx American Bistro

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

### CUPCAKE SPECIAL

Sweet City Desserts

Buy two cupcakes, get the third one free! 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.



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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.

### UNCORKED THURSDAYS

#### Brio Tuscan Grille

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

### EFI TOVIA EXPERIENCE

Iris Lounge, 8 - 11:30pm

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

### THURSDAY MORNINGS WITH THE GREAT ZUCCHINI

#### Jammin' Java

10:30am-11:30am, \$5

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

## FRIDAYS

### REINHARDT LIEBIG

Maplewood Grill, 7:30pm-11pm

Reinhardt Liebig, a consummate pianist, is equally at home playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances.

### DJ & DANCING

Iris Lounge, 9:30pm - 2am

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

### FRIDAY MORNINGS WITH ROCKNOCEROS

#### Jammin' Java

10:30am-11:30am, \$5

As every family with youngsters in the DC area already knows, Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family.

## JAZZ FRIDAYS

### Entyse, Wine Bar & Lounge

8:30pm

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

### FRIDAY NIGHT WINE TASTING

#### The Vineyard, 4-8pm

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

### 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

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Maplewood Grill	Ireland's Four Provinces	West Falls Church Metro
Norm's Beer & Wine	Long & Foster Realtor	Stifel & Capra
(next to Maplewood)	Fairfax Realty	Community Center, Falls
The Virginian Restaurant	Claire & Don's Beach Shack	Church
Vienna Inn	The Dogwood Tavern	City Hall
Long & Foster Realtor	Open Kitchen	The Virginian
Foster's Grill	Saffron Grill	Chesterbrook Residences
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Caffè Amouri	Weichert Realtors	Oakton Vienna
Plaka Grill	Elan Magazine	Animal Hospital
Bazin's on Church	Studio Hair, Skin & Nails	Meadowlark Gardens
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# 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 & GREET

**Wylie Wagg, 3-5pm**

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

## SUNDAY BRUNCH

**Café Deluxe**

Can't miss menu items including the Deluxe Benedict—sourdough toast topped with black forest ham, poached eggs and sundried tomato Hollandaise sauce served with a side



of breakfast potatoes—and the Brioche French Toast, topped with powdered sugar, cinnamon and fresh fruit.

### SUNDAY BRUNCH

#### Cyclone Anaya's

Come out and try the best brunch in the Mosaic. Huevos rancheros, huevos con chorizo, migas, breakfast quesadillas, and even a crabmeat omelet.

### SUNDAY BRUNCH

#### Wildfire, 11 am

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, 11 am

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

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APRIL 8 AND 9  
THE 7 FINGERS OF THE HAND: CUISINES & CONFESSIONS  
George Mason University Center for the Arts

# ARTS & THEATRE EVENTS



Photo courtesy of George Mason University

1ST STAGE IN TYSONS • CREATIVE CAULDRON  
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## 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



**MARCH 18**  
George Mason University  
Center for the Arts

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.



TIMES VARY

**MAR 23-  
APR 23**

## 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.

Photo courtesy of 1st Stage

# LES 7 DOIGTS DE LA MAIN CUISINE & confessions

"One of the most innovative  
and exciting troupes around"

BOSTON GLOBE

TIMES VARY

APR  
8-9

## 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*)

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 Willhour

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



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MARCH 25-26  
George Mason University  
Center for the Arts



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:** *Russlan and Ludmilla Overture*

**Beethoven:** *Violin Concerto*

*In Mo Yang, violin*

Rimsky-Korsakov: *Scheherazade*

Originally founded by the Fairfax Symphony in 1964, the American Youth Philharmonic (AYPO) has become one of the leading orchestral training programs in the nation. Shared music director Christopher Zimmerman leads members of the AYPO in this extraordinary opportunity for these young musicians to perform alongside the Fairfax Symphony.

Hailed as "one of the new generation's most talented young string virtuosi" (The Violin Channel), Korean violinist In Mo Yang is the First Prize Winner of the 2014 Concert Artists Guild Competition. Most recently, he earned First Prize at the 54th International Violin Competition "Premio Paganini" – the only First Prize awarded by the competition's jury in nearly a decade.

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. ❖





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# JV'S TURNS 69

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 top 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.



# HAVING A PARTY?

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## Changing Directions

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



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

## 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



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://www.facebook.com/pages/Fairfax-Advocates-for-Better-Bicycling/237045302214>

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## Where to Ride

Bicyclists must ride with the flow of traffic on the right side of the highway.

Bicyclists operating a bicycle on a roadway at less than the normal speed of traffic at the time and place under conditions then existing shall ride as close as safely practicable to the right curb or edge of roadway. Exceptions to this are when bicyclists are overtaking and passing another vehicle proceeding in the same direction, preparing for a left turn, avoiding unsafe conditions, avoiding riding in a lane that turns or diverges to the right, riding on a one way street where bicyclists may ride as near the left-hand curb or edge of roadway, or when the lane width is too narrow to share with a motor vehicle. Additionally, bicycles are not excluded from riding on the highway shoulder.

Bicyclists must not ride between two lanes of traffic moving in the same direction unless one lane is a separate or mandatory turn lane.

Bicyclists cannot ride more than two abreast on highways. When riding two abreast, bicyclists cannot impede the movement of traffic and need to move into a single file when being overtaken from the rear. On a laned roadway, bicyclists shall ride in a single lane.

Bicyclists are not permitted to ride on interstate and certain controlled access highways, unless the operation is limited to bicycle or pedestrian facilities that are barrier separated from the roadway and automobile traffic. The restricted sections of the highways are marked with conspicuous signs.

Bicycles may be ridden on sidewalks unless prohibited by local ordinance or traffic control devices. While on sidewalks and shared use paths, bicyclists must always yield the right of way to pedestrians and give an audible signal before passing a pedestrian.

Bicyclists pulling onto a sidewalk or highway from a driveway must yield the right of way to pedestrians or vehicles already on the sidewalk or highway.

## Tysons Bikeshare Locations







# MGM

## NATIONAL HARBOR

### *Monumental Indeed*

BY ELAINE ANNE WATT

**W**e'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, caffe 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







## 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, minimalistic 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  
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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



Photo credit: Robb Scharef

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 "beernaïse." 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 pillowed 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. GWBW 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 savory 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

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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*



# Ask DR. DIMA

## COOLSCULPTING V. ULTRASHAPE

BY DIMA ALI, MD

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



this side effect began a few days after treatment with CoolSculpt and took weeks to resolve.



CoolSculpting: the handpieces are placed and you are left alone for an hour per area.



UltraShape: the procedure is performed by the doctor or a highly trained technician and takes 15-45 min.



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

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# 10 Popular Home REMODELING TRENDS

BY ANALIESE KREUTZER

Trends can be a tricky thing. Is something a trend because a manufacturer decides to unveil it as a new product? Is something a trend if you see a photo of it in a magazine? One expert might say a certain style has had its day while another says it's what everyone will be asking for this year. The truth is, trends can take time to catch on, and something that is all the rage in one part of the country might not be so popular in another.

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.

## 1. Kitchen Cabinets.

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.

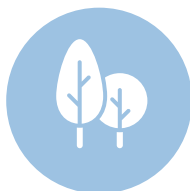
Earth-conscious homeowners want products that are kind to the planet. They're cutting back on artificial light and taking advantage of natural light with windows and skylights. They're also installing tankless water heaters, which use less energy by delivering hot water on demand instead of maintaining 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.



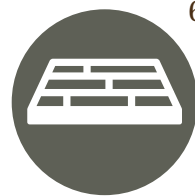
#### 4. Spa-Like Bathroom Features.

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.



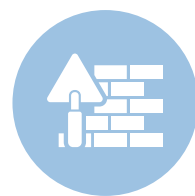
#### 6. Countertops.

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.



## 9. Kitchen Appliances.

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.



## 10. Bathroom Fixtures.

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](mailto:AnalieseKreutzer@gmail.com).





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Kitchens

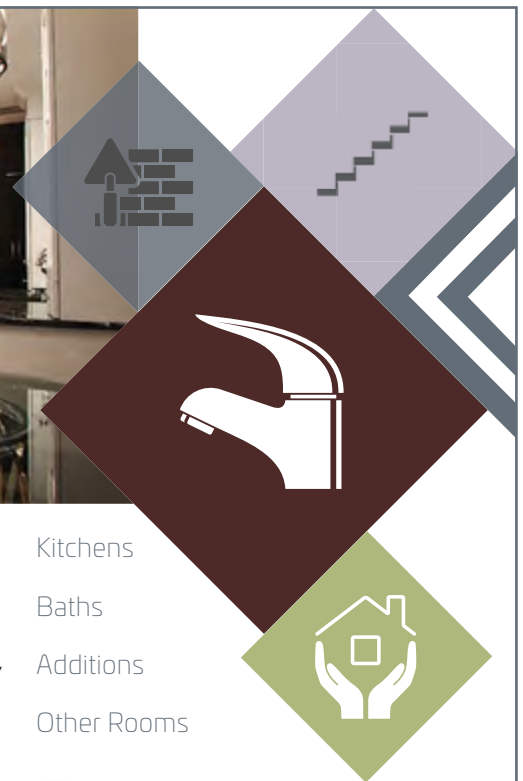
Baths

Additions

Other Rooms

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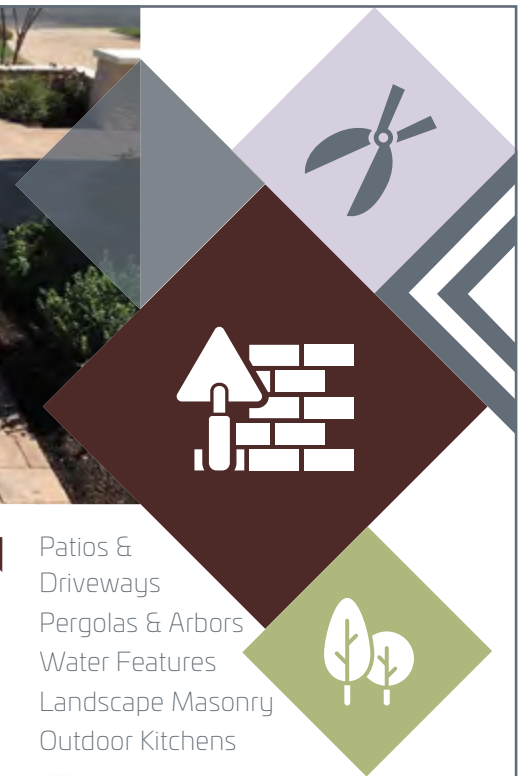
for perfection, NRC's reputation for quality and value is well documented by testimonials throughout Northern Virginia.

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Design / Build

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Kitchens and Baths

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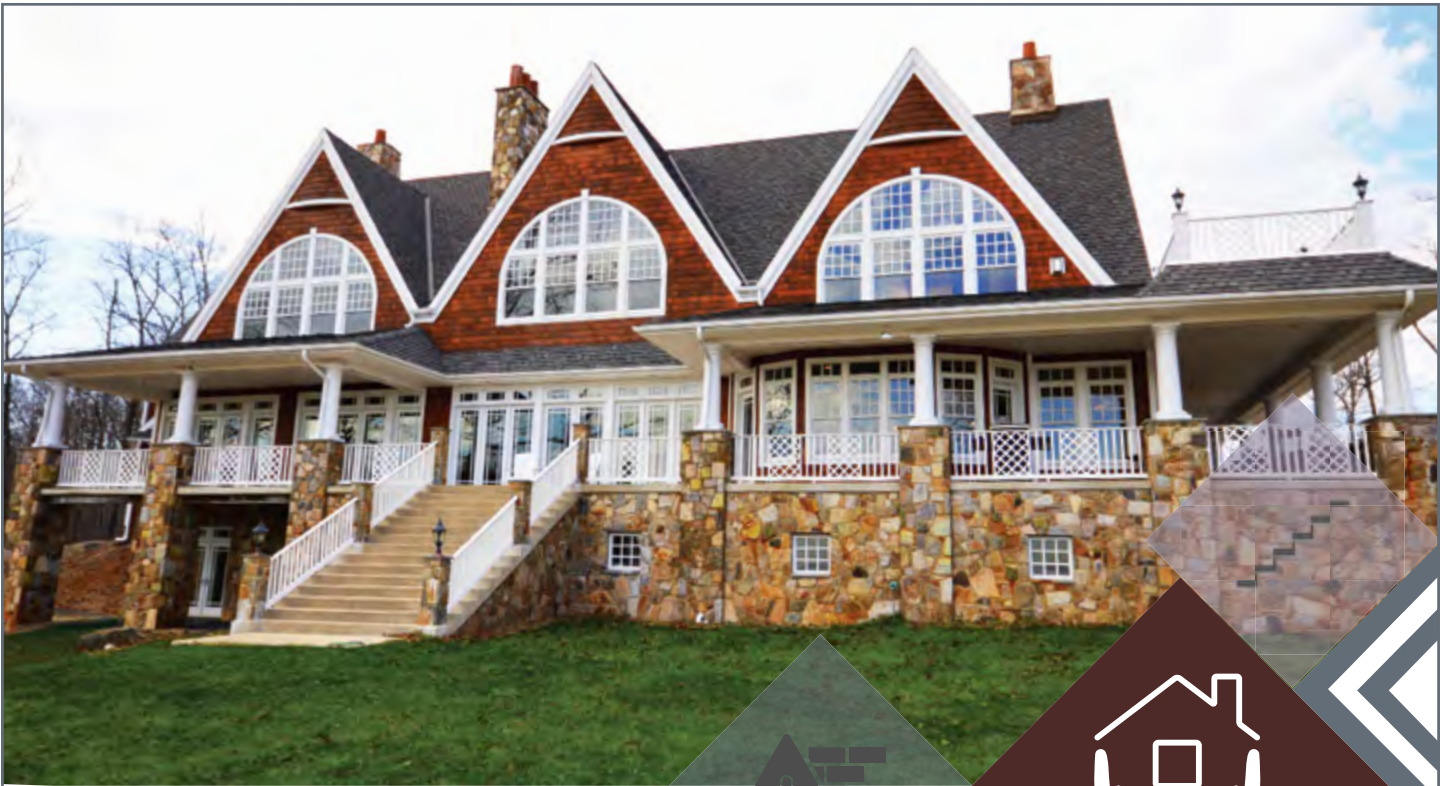


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Design / Build

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Kitchens and Baths

Basements

Outdoor Spaces

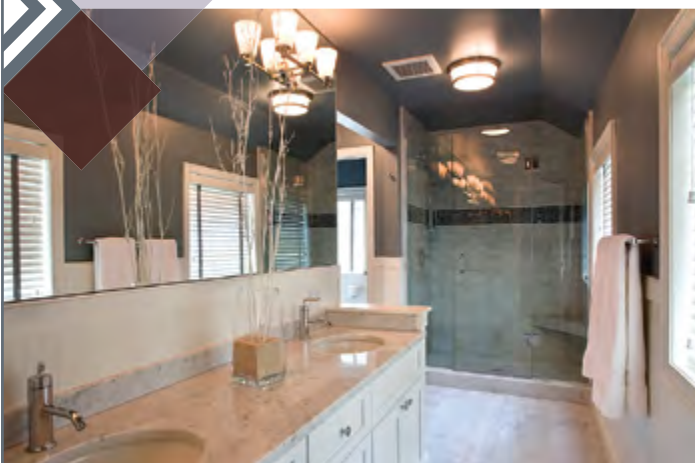


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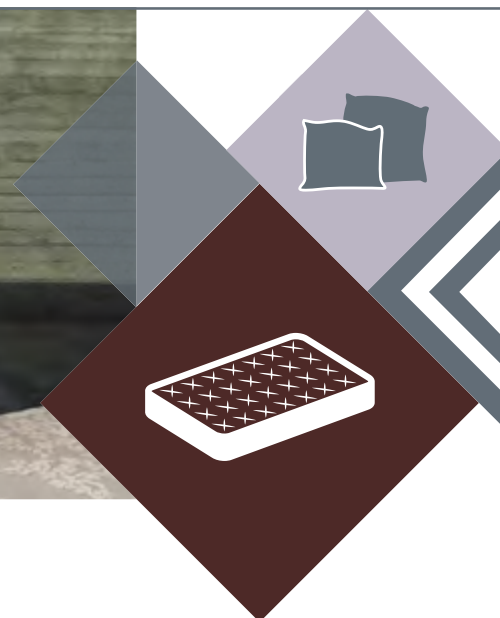
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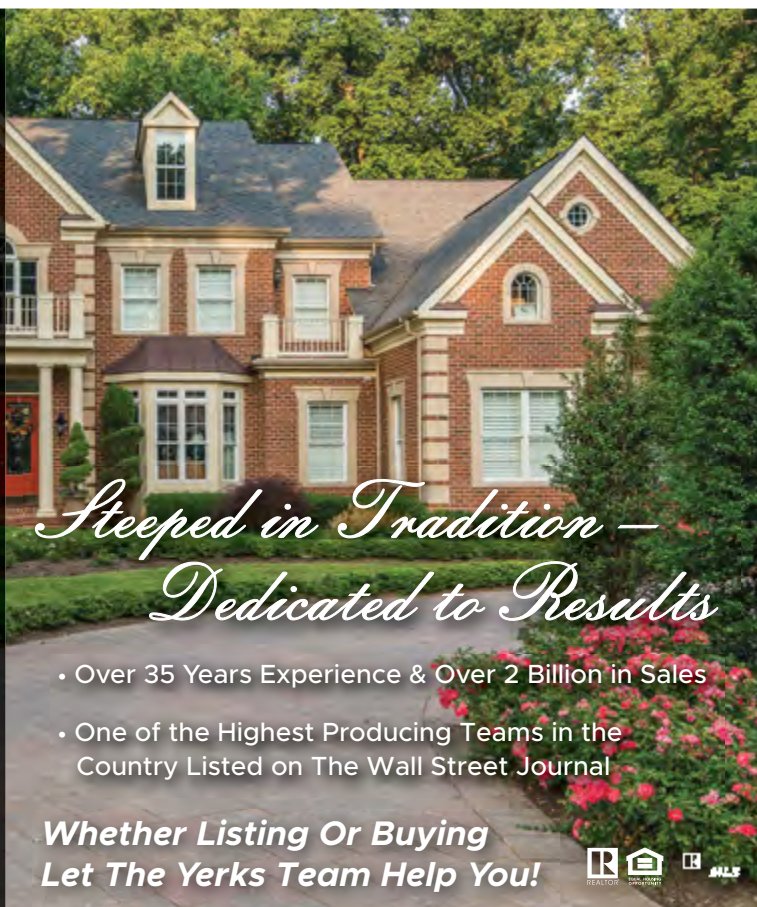
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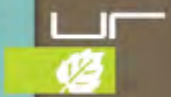
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# Closet MAKEOVER TIPS for Every Budget



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.



Photo by becnyc www.flickr.com/photos/briancarlo/2496396082

THINK ABOUT  
Jewelry trays  
and Hampers

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

THINK ABOUT  
A bench so you  
can sit down to  
put on socks or  
shoes.

THINK ABOUT  
A fold-down  
ironing board.

THINK ABOUT  
An extended valet  
rod for hanging  
dry-cleaning or  
assembling  
outfits.

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THINK ABOUT  
Tie, belt or  
scarf racks.

THINK ABOUT  
Good lighting to  
help you find things  
as well as see the  
difference between  
navy and black.

To Go and  
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which promise  
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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.

The Closet Factory, Eco-Nize  
Closets, Capitol Closet Design  
and California Closets are just a  
few of the companies that create  
custom closets in our area. Visiting  
the showroom of the company you  
plan to use to familiarize yourself with  
the styles offered will help your design  
process go faster. Most companies offer the  
design estimate for free, but be prepared  
to pay from \$700 for a reach-in closet,  
more than \$2,000 for a small walk-in with  
basic features or \$7,000 to \$8,000-plus,  
depending on the size of your closet and  
the finishes and details you choose. Custom  
closets generally use better materials such  
as laminate shelving or even wood, which is  
the most expensive option.

Former area resident Jennifer Ross went  
with a custom closet for her master bedroom.  
“Working with a professional really takes  
the guesswork out of planning a closet.  
They ask all the right questions and  
are so good at helping  
choose what works  
best.”

THINK ABOUT  
An island that  
provides counter  
space as well as  
additional drawers.

No matter  
what type of  
system you  
install, and  
whether you  
have a small  
reach-in or a  
large walk-in,  
a closet makeover  
will help you be more  
organized and increase the resale appeal of  
your house.

**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](mailto:AnalieseKreutzer@gmail.com).

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.

THINK ABOUT  
Slide-out  
racks for  
pants

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A woman with long dark hair, wearing a maroon sweater, is smiling and holding several shopping bags. She is standing in front of a display of handbags and accessories. The background is a warm, golden-yellow color.

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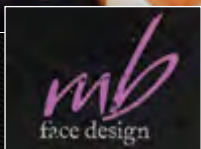
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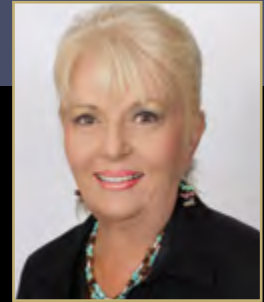


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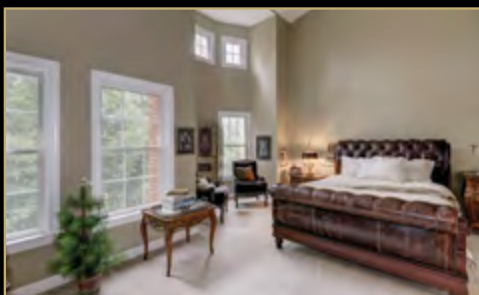
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# TYSONS *Premier*

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### 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.

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### GREAT FALLS, VA

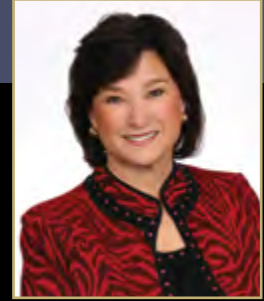
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# TYSONS Premier

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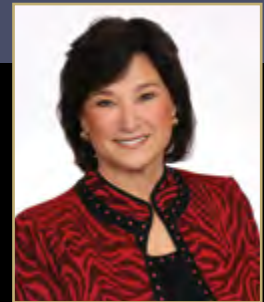


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# TYSONS *Premier*

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# WANT TO LEARN ABOUT WINE?

## Wine Education Enhances Your Enjoyment and Skills

BY LINDA BARRETT

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](http://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](http://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 Gravenstone 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 Henrickson 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](http://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. Many courses are led by wine consultant Michael Franz, who has conducted more than 1,000 site visits and tastings at wineries around the world.

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](http://www.littlewashingtonwinery.com)
- **Total Wine & More**, 1451 Chain Bridge Road, McLean, VA 22101, [www.totalwine.com](http://www.totalwine.com)
- **Capital Wine School**, 5207 Wisconsin Avenue NW, Washington, DC 20015, [www.capitalwineschool.com](http://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](http://www.allthebuzz.net).



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BY STEPHANIE OPPENHEIMER



# helga's caterers

Many of Northern Virginia's most successful small businesses share a similar story: They were founded by immigrants who pursued the American Dream and hit gold.

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](http://www.helgascatering.com/index.html)



# The Woodhouse Day Spa

BY ELAINE WATT

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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

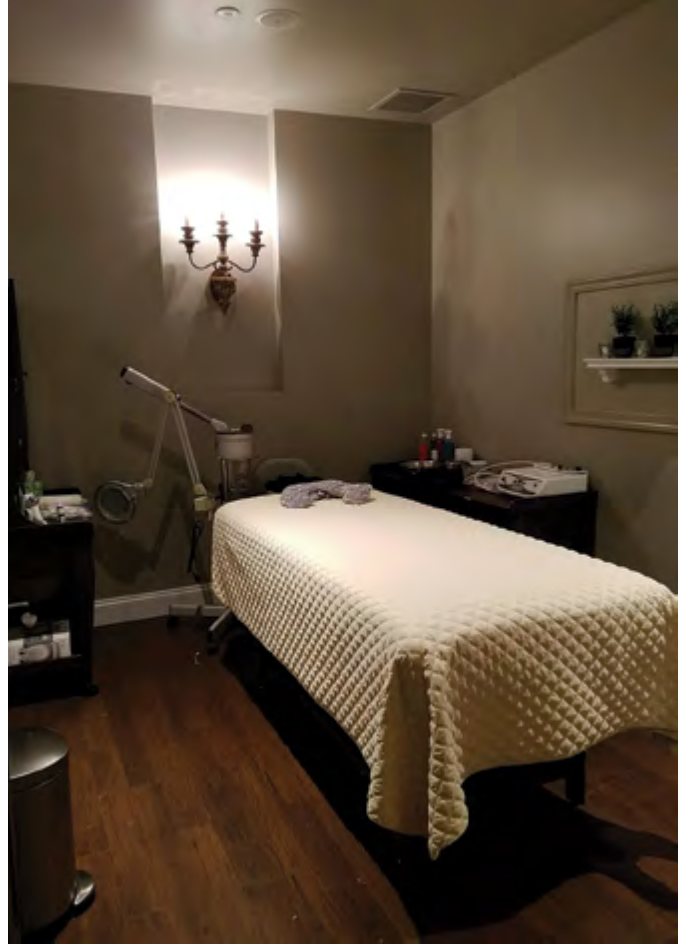




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BY CAROLE HERRICK

# Joseph Leiter AND THE CIA

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 guests, 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



Photo credit: Fairfax County Public Library Virginia Room

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 Camelia, 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 accidentally 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. ♦



## Tysons Partnership Board

### APPOINTS INTERIM PRESIDENT

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](mailto:sglasner@tysonspartnership.org), or via the Partnership's business line at 703.738.0064.

For more information, visit [www.tysonspartnership.org](http://www.tysonspartnership.org) or contact [info@tysonspartnership.org](mailto:info@tysonspartnership.org). ❖

### A Letter to the Editor

## MCLEAN WOMAN'S CLUB THANKS AREA COMMUNITIES FOR SUPPORT

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 ❖



*Partial listing of McLean Woman's Club members who contributed their efforts to the 2016 Holiday Homes Tour and MarketPlace. From left: First row: Club President Joan Morton, Barbara Hartsell, Linda Regan, Daisy Logan, Kay Burnell, Rosalie Donnelly, Peggy Puritano, Helen Bowers, Anne Kanter, Jackie Armstrong. Second row: Carol Danzeisen, Millie Thompson, Carol Scott, Laura Sheridan. Third row: Bea Somovigo, Grace Harkins, Dawn Schulz, Mary Flanagan, Cecilia Glembocki, Emma Lea Moorman, Sally Margolis, Jeanette Calland, Rebecca Horahan. Photo: Contributed.*





## BRITEPATHS NON-PROFIT OFFERING *Free Financial Education classes*

**F**airfax-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

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campos@ucmagency.org or 571.255.8972

### FREE FINANCIAL COUNSELING CLINIC IN CHANTILLY

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## TEDxTYSONS 2017: *What will be your [i]MPACT?*

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 – [i]mpact. [i]mpact will explore how people, ideas, and projects create lasting effects that reverberate and catalyze change. The event, being held June 10 at the Capitol One Auditorium in Tysons, VA, will focus on breaking down the word itself to showcase the [i]ndividuals, [i]deas, [i]nfluence and [i]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 [i]mpact. 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](http://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](http://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](mailto:Volunteers@TEDxTyson.com).

Early bird tickets to the June 10 feature event are now on sale for \$30 at [www.TEDxTysons.com](http://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](http://www.TEDxTysons.com). ♦

**TEDxTysons**  
x = independently organized TED event

### 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](mailto:info@tedxtysons.com)





BY RENÉE SKLAREW

## What's New in Tysons Two: FOGO DE CHÃO BRAZILIAN CHURRASCARIA

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 Chão. 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 Chão 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 Chão 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! ♦



**FOGO DE CHÃO**  
BRAZILIAN STEAKHOUSE



BY ELAINE WATT

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

## Talk of Tysons

### PENFED CREDIT UNION JOINS THE TYSONS COMMUNITY IN A BIG WAY

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 President/CEO James Schenck, former US Air Force Secretary Deborah Lee James, Frank Beatty, Secretary James' spouse; PenFed Credit Union Chairman Ed Cody



Lieutenant General Roger Schultz (former Director of the US Army National Guard), General Eric Shinseki (34th Chief of Staff of the Army), PenFed Foundation Chief Operating Officer Bruce Kasold





BY ELAINE WATT



## Clyde's of Tysons: GONE FOR NOW

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! ♦



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EDUCATION



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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 at Flint 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 to 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 *continued on page 104*

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Photo courtesy of Congressional Camp.



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](mailto:AnalieseKreutzer@gmail.com).

continued from page 103

times and drop-off locations throughout the summer can take advantage of programs like the ones at the private schools. Parents enroll for as many weeks of the program as they want, and kids participate in traditional day camps with a variety of activities each week. These locations offer specialty camps as well.

At Chesterbrook Academy, campers can take swimming lessons or participate in sports camps. Flint Hill's camp offers options for STEM or sports camps. Congressional Camp has some of the most varied options,

## Camp Resources

### Camp Levine

[LevineMusic.org/camp](http://LevineMusic.org/camp)

### Chesterbrook Academy

[ChesterbrookAcademy.com](http://ChesterbrookAcademy.com)

### Congressional Camps

[CongoCamp.org](http://CongoCamp.org)

### Fairfax County Park Authority

[FairfaxCounty.gov/Parks](http://FairfaxCounty.gov/Parks)

### Flint Hill School

[www.FlintHill.org/summer-on-the-hill](http://www.FlintHill.org/summer-on-the-hill)

### George Mason Summer Camps

[SummerCamps.gmu.edu](http://SummerCamps.gmu.edu)

### Greater Reston Arts Center

[RestonArts.org](http://RestonArts.org)

### Harmonia School of Music & Art

[HarmoniaSchool.org](http://HarmoniaSchool.org)

### Jumping Jack Sports

[JumpingJackSports.com](http://JumpingJackSports.com)

### McLean Community Center

[McLeanCenter.org](http://McLeanCenter.org)

### Reston Association

[reston.org/Parks,RecreationEvents](http://reston.org/Parks,RecreationEvents)

### Summer Math Camp at Mathnasium of Vienna

[mathnasium.com/Tysons](http://mathnasium.com/Tysons)

### YMCA Fairfax County Reston

[YMCAdc.org](http://YMCAdc.org)



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BY DOUG VASILADIS

## EXERCISE FOR FAT LOSS

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 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](http://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 Vasiliadis 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



## EARLS 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

## 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



## 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



## 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



## ARLINGTON

### 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](http://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](http://www.2941.com)

### ANTHONY'S RESTAURANT

**Falls Church | Italian | \$\$**

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

### ARGIA'S

**Falls Church | Italian | \$\$**

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

### BENTLEY'S

**Falls Church | American | \$**

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

they offer American, Latin, & Southwest Asian cuisine and accompanying services.

6654 Arlington Boulevard | 703.532.4100

[www.bentleysfallschurch.com](http://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.celebritydeliva.com](http://www.celebritydeliva.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.clareanddons.com](http://www.clareanddons.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](http://www.dogfishalehouse.com)

### DOGWOOD TAVERN

**Falls Church | American | \$\$**

The creators of Ragtime and William Jeffrey's Tavern is described as a "celebration of the Old Dominion," which offers steaks, seafood, pasta, and burgers. The tavern offers live music on weekends.

132 West Broad St. | 703.237.8333

[www.dogwoodtavern.com](http://www.dogwoodtavern.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](http://www.duangrats.com)

### EDY'S CHICKEN AND STEAK

**Falls Church | American | \$**

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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

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**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

### JV'S RESTAURANT

**Falls Church | American | \$\$**

JV's has been around for 60 years. A local institution. JV's is the place to be for live music, homemade chili, and cold beer.

6666 Arlington Blvd. | 703.241.9504  
www.jvsrestaurant.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 Caraquena, 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

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**Falls Church | American | \$\$**

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444 West Broad St. | 703.942.6840  
www.madfoxbrewing.com

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**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



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**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](http://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](http://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](http://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](http://www.saffronfc.com)**SAIGON CAFÉ****Falls Church | Vietnamese | \$**

Saigon Cafe offers a warm and spacious

environment. The restaurant specializes in Vietnamese dishes, including famous appetizers and entrees from the central part of Vietnam. Saigon Café offers a wide variety of pho, noodles, soups, and rolls, as well as a extensive vegetarian menu.

6286-B Arlington Blvd. | 703.237.1899

[www.saiгонcafe-va.com](http://www.saiгонcafe-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](http://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](http://www.tarathai.com)

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



## FAIRFAX

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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 Ubet.

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

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## 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](http://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](http://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.laubergerchezfrancois.com](http://www.laubergerchezfrancois.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](http://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](http://www.amoosrestaurant.com)



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6671 Old Dominion Drive, McLean, VA 22101 | [www.cafeoggi.com](http://www.cafeoggi.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](http://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](http://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](http://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 entrées, hors d'oeuvres, and desserts.

8180 Greensboro Dr. | 703.883.0557

[www.boulevardcafecatering.com](http://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](http://www.busara.com/ty-main)



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**Editors' Pick 2012, 2014**  
-Washington Post

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the pleasure of  
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**703.760.0690**

**8100 Boone Blvd, Vienna, VA 22182**  
**[www.nostosrestaurant.com](http://www.nostosrestaurant.com)**



**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 Parmagiana.

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

**EL TIO****McLean | Mexican | \$**

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

1433 Center Street | 703.790.1910  
www.eltiogrill.com

**FLEMING'S PRIME STEAKHOUSE AND WINE BAR****McLean | American | \$\$\$**

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

1960 Chain Bridge Rd. | 703.442.8384  
www.flemingssteakhouse.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



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### 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](http://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](http://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](http://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](http://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/](http://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 hummus in their hummus 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. 1856G | 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.roccositalian.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.silverdiner.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

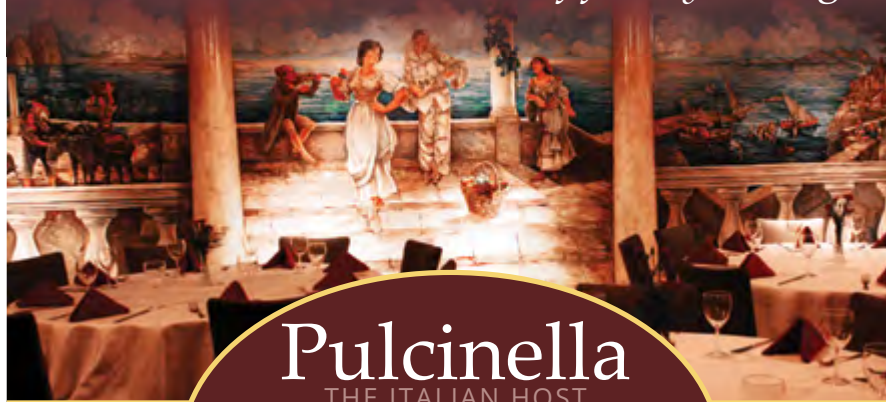
### THE PALM RESTAURANT

**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

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





**PADDY BARRY'S****McLean | Irish | \$**

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

**MERRIFIELD****BLACKFINN AMERIPUB****Merrifield | American | \$\$**

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

**CYCLONE ANAYA'S****Merrifield | Mexican | \$\$**

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

**FOUR SISTERS RESTAURANT****Merrifield | Vietnamese | \$\$**

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

**MATCHBOX VINTAGE PIZZA BISTRO****Merrifield | American | \$\$**

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



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

703.938.7777



#### 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](http://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](http://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.seapearrestaurant.com](http://www.seapearrestaurant.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 ol' days.

2985 District Ave | 703-280-0429  
[www.sistersthai.com](http://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.triomerrifield.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

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## VIENNA

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### 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 Mexico 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.bjsbrewhouse.com

### BRIX & ALE IN THE SHERATON

**Vienna | American | \$**

Diners can choose an old-school favorite or try a modern take on classic comfort food, while wine enthusiasts will marvel at their state of the art wine preservation system that allows guests to sample different wines from numerous vineyards. Brix & Ale also features handcrafted cocktails which are artfully prepared with the freshest ingredients.

8661 Leesburg Pike | 703.448.1234  
www.brixandale.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.caferenaissance.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. Businesspeople can be seen dining or enjoying a drink during lunch hour and dinner. Chef Geoff's also offers a Sunday brunch and kid's brunch.

8045 Leesburg Pike | 571.282.6003  
www.chefgeoff.com

### CHIMA BRAZILIAN STEAKHOUSE

**Vienna | Brazilian | \$\$**

Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and

American staples. Bring the family along for a unique dining experience.

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. | 703.992.7921  
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, high 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

## NEISHA THAI

Vienna | Thai | \$\$

Come discover for yourself a gem of an experience, tucked away from the chaos of Tysons Corner. Neisha Thai's elegant dining room and bar area features treasures from Thailand itself. Embedded in the exquisite gold leaf walls are glittering gemstones, serving as the backdrop for each decadent dish the menu has to offer. Just like each gem has its own unique attributes, so does each dish, with flavors often tantalizing in their unique combinations or comforting in their familiarity.

8027 Leesburg Pike #110 | 703.883.3588

[www.neisha.net](http://www.neisha.net)

## NOSTOS

Vienna | Greek | \$\$

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

## PALADAR LATIN KITCHEN &amp; RUM BAR

Vienna | Spanish | \$\$

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

1934 Old Gallows Rd, Suite 110 | 703.854.1728

[www.paladarlatinkitchen.com/locations/tysons-va](http://www.paladarlatinkitchen.com/locations/tysons-va)

## PAZZO POMODORO

Vienna | Italian | \$\$

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

118 Branch Road SE | 703.281.7777

[pazzopomodoro.com](http://pazzopomodoro.com)

## PEKING EXPRESS OF VIENNA

Vienna | Chinese | \$

Love, love, love! Peking Express offers outstanding selections for lunch and

dinner. Combination platters include egg roll and choice of soups, authentic appetizers, chicken, shrimp, beef, and pork selections, plus the fried rice or lo mein is to die for!

103 Center Street N #107 | 703.281.2445

[www.peking-express.com](http://www.peking-express.com)

## PLAKA GRILL

Vienna | Greek | \$

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

## RISTORANTE BONAROTI

Vienna | Italian | \$\$

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

## SAKURA JAPANESE STEAK HOUSE

Vienna | Japanese | \$\$

Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken, and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here.

8369 Leesburg Pike #10 | 703.356.6444

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

## SHAMSHIRY

Vienna | Persian | \$\$

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereskh Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran.

8607 Westwood Center Dr. | 703.448.8883

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

## SUNFLOWER VEGETARIAN RESTAURANT

Vienna | Vegetarian | \$\$

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. | 703.319.3888

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

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**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](http://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.woolaekoak.com](http://www.woolaekoak.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](http://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](http://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](http://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](http://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](http://www.yokosushi1.com)


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BY STEPHANIE OPPENHEIMER

# Plaka Grill

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





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.

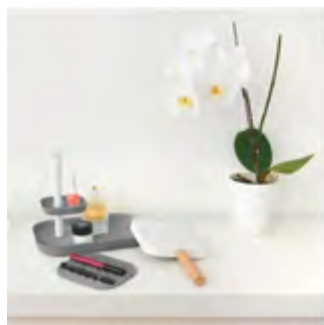
Plaka Grill is routinely noted for excellence by Washingtonian, Yelp, TripAdvisor, Zagat, and Best of Falls Church. ♦





# GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



**Qwerkywriter**  
Wireless Keyboard  
[www.Urbanoutfitters.com](http://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](http://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](http://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**  
[www.Neck-Glasses.com](http://www.Neck-Glasses.com)

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](http://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.





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**WWW.VINSONHALL.ORG**

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BY LINDA BARRETT

## Get Ready FOR THE SPRING MARKET

The real estate market starts to pop once the weather turns warm, so if you've been waiting to put your home on the market, the time is now. Getting your home prepared early lets you hit the prime buying season at its onset, rather than in its full swing later in the season. By preparing your home early, you expose your home to early buyers and have less competition.

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](http://www.allthebuzz.net).

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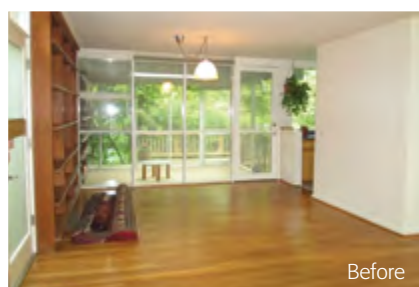


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BY JOHN BYRD



## *Retirees Find* IDEAL ONE-LEVEL LIVING PLAN

In Artfully Upgraded Mid-Century Classic

HOW THE CREATIVE TEAM AT SUN DESIGN REMODELING  
HELPED AN OLDER COUPLE REALIZE THEIR DREAM HOUSE

In the 1950's, Hollin Hills was a mecca for cutting-edge housing design; 60 years later, mid-century modern is a resurgent style ripe for nuanced improvements.

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.

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.

"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 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



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.

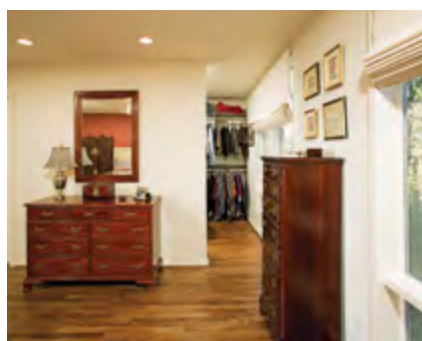
"We loved the wooded setting right away," says Jeff Herre. "The problem was—the

CONTINUED ON PAGE 134

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



(At right) **MASTER BEDROOM** By reconfiguring the existing floorplan, Sun Design created the space needed to a larger master bedroom suite, a master bath with walk-in shower, walk-in closets, and a powder room.

(Above) **WALK-IN CLOSET** spacious walk-in closet (right) provides needed storage space.





Before

(At left) **BEFORE** The original galley kitchen was enclosed in a 10' x 10' space.

(Above) The cook top island and dining counter of the new open kitchen plan are perfectly positioned between the dining room and the seating area around the fireplace. 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.

CONTINUED FROM PAGE 133

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 floorplan 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 tends 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.

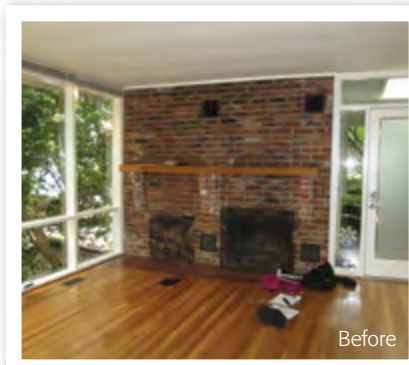
A larger walk-in shower and double-vanity have replaced the existing former bath and there are walk-in closets adjoining the bedroom.

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

**AUTHOR:** John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living* and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. His work has received



(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 expansive. The re-designed hearth features 12" x 12" America Palisades ceramic tile.

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## D. Dennis Faludi, M.D., FABOS

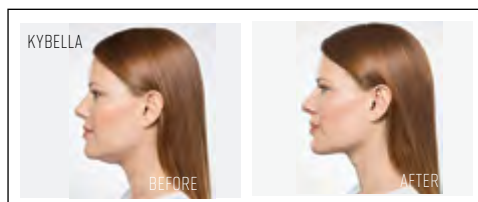
### AESTHETIC MEDICAL CENTER

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.

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## Dr. Chong W. Lee

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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.

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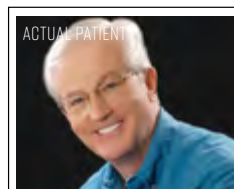
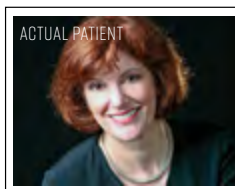
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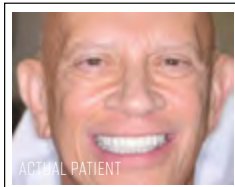
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## Dr. Phillip J. Chang, MD

### 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 Transaxillary 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.



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*"Dr. Chang 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."*

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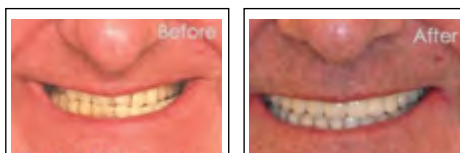
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Dr. Filali's philosophy is to treat every patient with VIP care. In order to do so, his office was designed in collaboration with renowned architects to create an atmosphere of serenity and calmness. The space is comfortable, luxurious, and reminiscent 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.

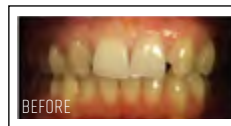


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Dr. Gocke devotes his years of experience to attending to trauma situations in local hospital emergency rooms, as well as providing his elite surgical training to the families of Virginia to renew the joy and function of their smiles and faces. He 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.



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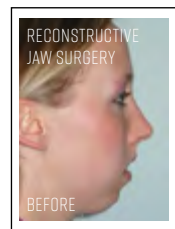
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BY KEITH LORIA

## *Dr. Mayberry Restoring Smiles* WITH ALL-ON-4 IMPLANTS

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. ♦





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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

### 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

### STERLING MEMORY CAFÉ

2nd Saturday, 12-2pm,  
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45425 Winding Road, Sterling  
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## 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](http://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

### LEWINSVILLE SENIOR CENTER

(Activities temporarily relocated to  
Lewinsville 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

### 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: 703-322-4475, 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](http://fallschurchva.gov/DocumentCenter/View/1173)

### GREAT FALLS SENIOR CENTER

Full calendar of events is at [gfseniors.org/the-gfsc-calendar-of-activities.html](http://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](http://www.viennava.gov/DocumentCenter/Home/View/490). Everything from free lectures on retirement and river cruising to exercise and fitness opportunities.

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## The Kensington Falls Church is now open and welcoming residents

**W**e 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.



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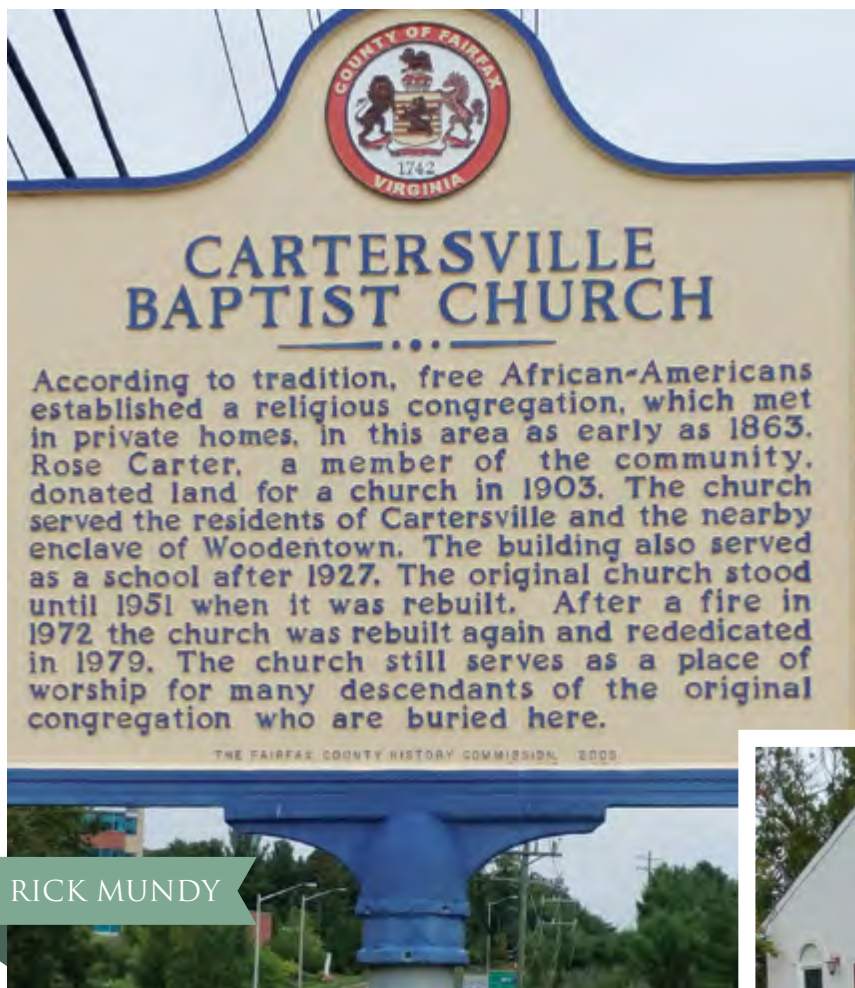
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BY RICK MUNDY



## HIDDEN FACES IN *Hidden Places*

***Cartersville Baptist Church holds honored place in history***

**T**he 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. However it was in 1846, that that Bethia Fairfax, herself a free slave, became the first documented owner of the land where the Cartersville Baptist Church would eventually stand.

Upon Fairfax’s death each child received one-seventh of the land and a daughter, Rosie Carter, lived on her land with her family and other free blacks. Construction of a church began in 1863 and in 1903, the church purchased its land from Rosie Carter for \$5. She remained an active member of the church until her death in 1906 and the church bears her name today.

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 resultin 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](http://gofundme.com) and search for Cartersville Baptist Church to make your donation and watch local calendars for upcoming events. ❖



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BY DANIEL LASH, CFP® AIF®

# 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 on 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. ♦

**AUTHOR:** Daniel Lash, CFP® AIF® is a partner at VLP Financial Advisors. He believes that strategic planning is the key to creating, protecting, and growing wealth.

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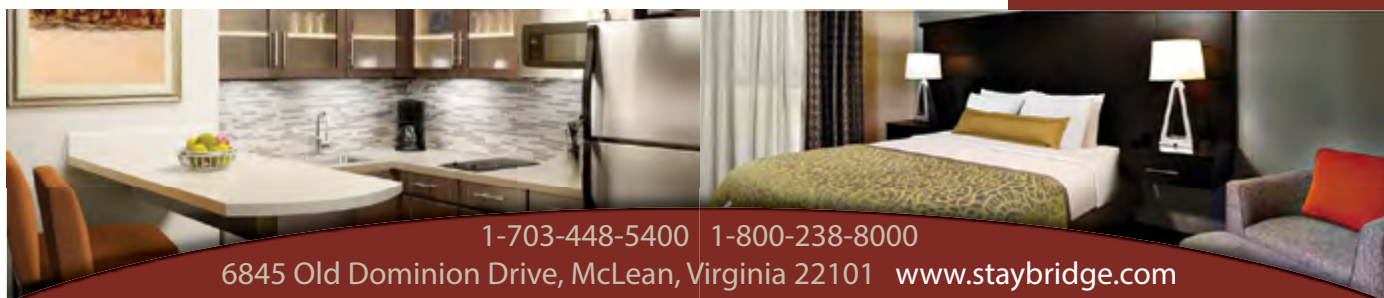




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BY LINDA BARRETT

## Heartworm Prevention IS IMPORTANT YEAR-ROUND

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 mosquitos 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](http://www.vippetcare.com). ❖



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Phase 2 workers install direct fixation track along the aerial guideway on the Dulles Airport north grounds. (Photo courtesy of Nikolas Hunter/Capital Rail Constructors)

BY SYRINA WHITE

## 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

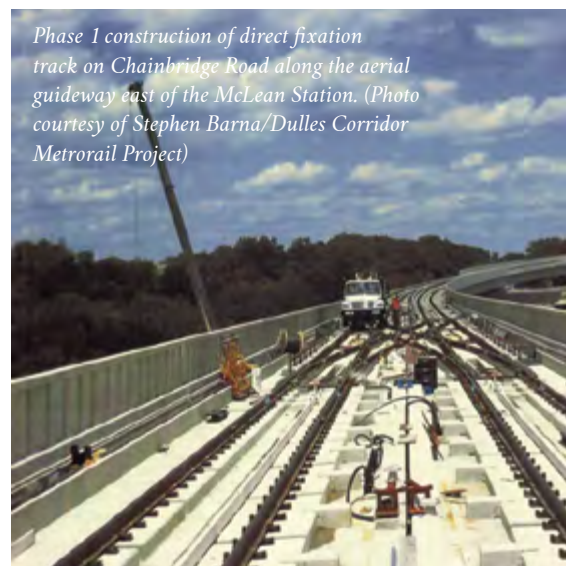


Phase 1 workers assemble direct fixation track and switch construction on Route 7 aerial guideway west of the Springhill Station. (Photo courtesy of Stephen Barna/Dulles Corridor Metrorail Project)

(Below) This photo depicts Phase 1 construction of ballasted track along the Dulles International Airport Access Highway. (Photo courtesy of Stephen Barna/Dulles Corridor Metrorail Project)



Phase 1 construction of direct fixation track on Chainbridge Road along the aerial guideway east of the McLean Station. (Photo courtesy of Stephen Barna/Dulles Corridor Metrorail Project)



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. ♦

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BY PATTY NICOSON

## 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 Nicolson, 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.



Former Virginia Secretary of Transportation, WMATA Chair, and founding DCRA board member John Milliken posed the question—“Why was it so compelling to need a DCRA when there was extremely widespread support for rail?”

If there was a more complicated, convoluted government structure required for approval of a project anywhere in the world, he did not know about it. The Dulles Corridor Metrorail Project involved six governors; each one playing a critically important role as the project moved forward.

The original steering committee created to address transit in the Dulles corridor by then Transportation Secretary Shirley Ybarra included representatives of Fairfax and Loudoun counties, the Commonwealth of Virginia, the Metropolitan Washington Airports Authority, Metro and a variety of other interests.

Over the years, just keeping all those governmental bodies and organizations more or less moving in the same direction at the same time was an undertaking. Advocates turned to DCRA to help make the case to legislators, transportation secretaries, and other elected officials about why The Dulles Corridor Metrorail Project was so important.

The next step is for the Alliance’s Board of Directors to approve the merger and the appropriate legal documents provided to make it happen. ❖

**AUTHOR:** Patty Nicolson is the former president of the DCRA.





# BRIDGE CLUB

## HARLOW WINS AGAIN

♠ 7 6 4  
♥ A 5 4  
♦ Q 4  
♣ A Q 7 6 3

♠ A K 9 2  
♥ K 8 7 6 2  
♦ 6 5  
♣ K 9

West	North	East	South
			1 ♥
pass	2 ♣	pass	2 ♥
4 ♥	all pass		

West leads the ace of diamonds and another diamond to East's king. East shifts to the five of spades. Plan the play. Answer on page 160.

Excerpt taken from: *Frank Stewart's Bridge Club*.  
Page 103.

## BIDDING QUIZ

### YOU HOLD:

♠ A K 9 2 ♥ K 8 7 6 2 ♦ 6 5 ♣ K 9

Dealer, on your right, opens one diamond. What do you say?

**ANSWER:** Experts once doubled on hands such as this, but back then they also over-called with skinny values. A double might cause trouble: if partner responded two clubs, the hand wouldn't be strong enough to bid hearts next; hence you might lose a 5-3 heart fit. Bid one heart. If partner has spades, he may bid the suit over one heart.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 107.

THE BAD NEWS IS  
TIME FLIES. THE  
GOOD NEWS IS  
YOU'RE THE PILOT."

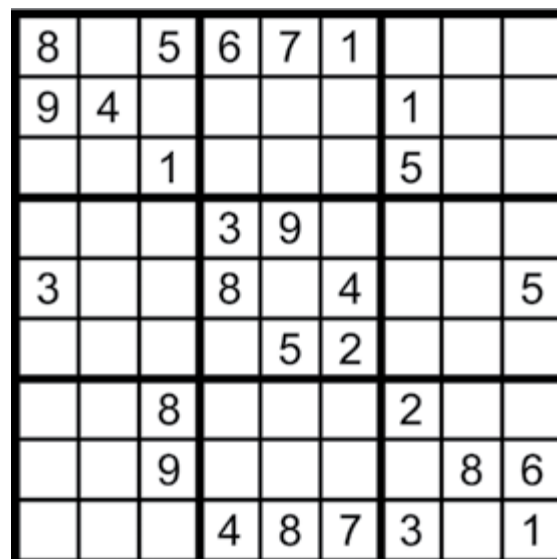
Michael Altshuler

## 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

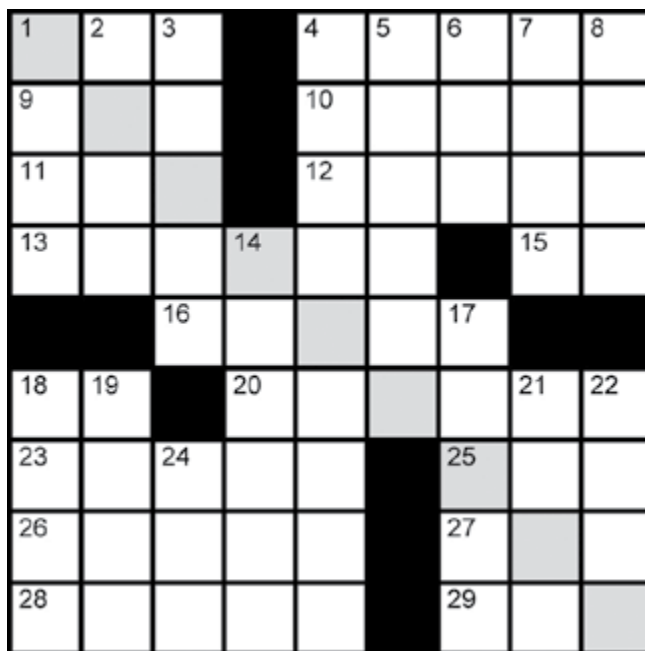
### CROSSWORD CLUES

#### 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

- |                                  |                        |                           |                         |
|----------------------------------|------------------------|---------------------------|-------------------------|
| 1. Neighbor of Cambodia          | 4. Check type          | 14. Kind of acid          | 21. "Of ___ and Men"    |
| 2. Sound on Old MacDonald's farm | 5. Black Sea port      | 17. North African capital | 22. Away from the wind  |
| 3. Like a peacock                | 6. Cattle call         | 18. Crowning point        | 24. "Harper Valley ___" |
|                                  | 7. Creme-filled cookie | 19. Phobos, to Mars       |                         |
|                                  | 8. Ego                 |                           |                         |





# BRIDGE CLUB SOLUTION

## HARLOW WINS AGAIN

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

West	North	East	South
			1 ♥
pass	2 ♣	pass	2 ♥
4 ♥	all pass		

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 duce 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.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 107.

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

## SUDOKU Answers

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

## CROSSWORD Answers

L	O	P		B	O	L	O	S
A	I	R		A	D	O	R	E
O	N	O		N	E	W	E	L
S	K	U	N	K	S		O	F
		D	I	D	S	T		
A	M		T	R	A	U	M	A
C	O	P	R	A		N	I	L
M	O	T	I	F		I	C	E
E	N	A	C	T		S	E	E



"We can't afford a vacation. If you want to feel the sand between your toes, you're going to have to walk around in the litter box."





# Hacked: The Unusual Suspects







BY JAN KING

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 P.J.'s 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. ❖

## MARCH



**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 cliché 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:** Things will be a little tense at mid-month, afterward there will be time to relax a little. Use this time to be more assertive. It isn't often the stars give you that kind of go ahead.



**SCORPIO 10/22 - 11/21:** You are not feeling especially perky. It's wise not to work too hard or push yourself too much. Your body might need extra care. Look at the glass as half full, not half empty.



**SAGITTARIUS 11/22 - 12/21:** What you set your mind to do will be accomplished. You are strong and determined this month, especially the last two weeks. If you are too stubborn, expect to be challenged.



**CAPRICORN 12/22 - 1/19:** Your normal cautious attitude is thrown to the wind. You are ready to try something new and will surprise people with your adventurous idea.



**AQUARIUS 1/20 - 2/18:** Opportunities await you. Don't overlook anything since even small gestures can grow into something much bigger. After the 20th, things change course. Don't pressure yourself.

## APRIL



**ARIES 3/21 - 4/19:** April powers bring May showers but what kind of showers? What you do and don't do this month dramatically changes your life in May. Best move: Stay optimistic.



**TAURUS 4/20 - 5/20:** The stars say quit staring at the numbers; that won't help. Take the bull by the horns and solve the problem. It's time to get a problem behind you. Do it.



**GEMINI 5/21 - 6/20:** Prepare. By the full moon on the 11th, an unexpected family issue arises. It should resolve by the new moon on the 26th if you act wisely. Encourage forgiveness.



**CANCER 6/21 - 7/22:** A text message is misunderstood. Before you react, seek out an in-person meeting.



**LEO 7/23 - 8/22:** Just when you begin to think no one laughs anymore, you find a receptive audience. Enjoy.



**VIRGO 8/23 - 9/22:** You appreciate exacting criticism but not everyone does. Try framing your thoughts so that criticism doesn't seem personal.



**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, starting on the 15th.



**SCORPIO 10/22 - 11/21:** The stars are in your corner early in the month as you confront a 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 Partials?*

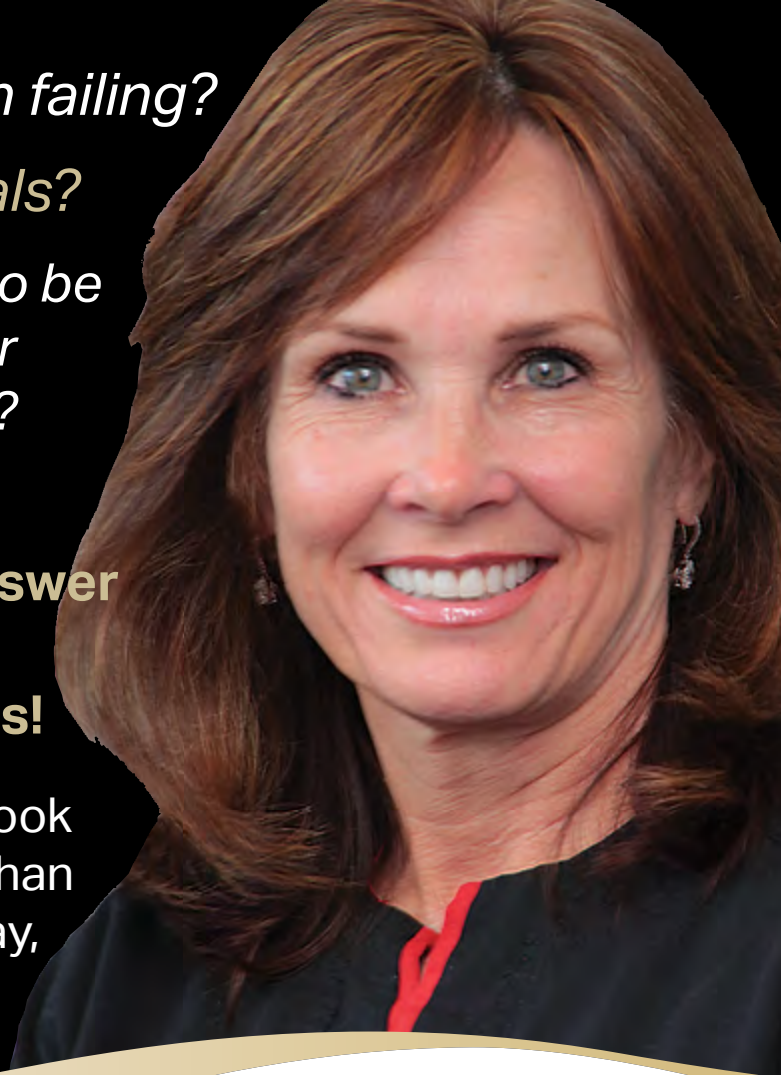
*Do your teeth continue to be  
a problem year after year  
with with no end in sight?*

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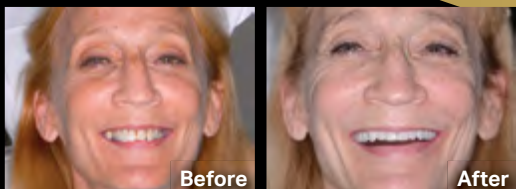
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