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\$3,200,000 1063 Silent Ridge Court \$2,880,000 6924 River Oaks Drive McLean, VA 22102



\$2,699,999 McLean, VA 22101



1050 Brook Valley Lane McLean, VA 22102



Great Falls, VA 22066



\$1,985,000 11324 Fox Creek Farm Way \$3,499,900 10522 Fox Crest Court Great Falls, VA 22066



\$1,769,900



2128 Polo Pointe Drive Vienna, VA 22181



10420 Leesburg Pike Vienna, VA 22182



\$1,279,900 2506 Coulter Lane Oakton, VA 22124



\$2,199,875, 12215 Brecknock Street \$2,150,000, 3802 Millard Way Oakton, VA 22124



Oakton, VA 22033



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by Analiese Kreutzer

As our area transforms, new luxury apartment buildings continue to open along the Silver Line through Tysons and Reston. In the past several months, two new properties have opened at opposite ends of the Metro through Tysons—Haden in East Tysons and Adaire in the west—and construction is underway or nearing completion on several more.

GREENHILL WINERY & VINEYARDS ➤

by Elaine Anne Watt

Just a short drive from the bustle of Northern Virginia exists another world blending the best of tradition with today's modern luxuries. Enter Greenhill Winery & Vineyards.



< SENIOR LIVING OPTIONS

by Analiese Kreutzer

Finding a senior living community for yourself or a loved one can be daunting. It usually represents a big change, which is never easy. Luckily, our area provides many choices. We've highlighted a few of those here to give you an idea of what's available and get you thinking about which features are important to you as you begin your search.



Tysons Readers' Choice Awards >

We asked our readers and the people have spoken! You told us your favorite restaurants in our first-ever Reader's Choice Awards survey, and we are delighted to finally share the final results.





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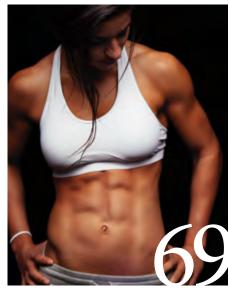


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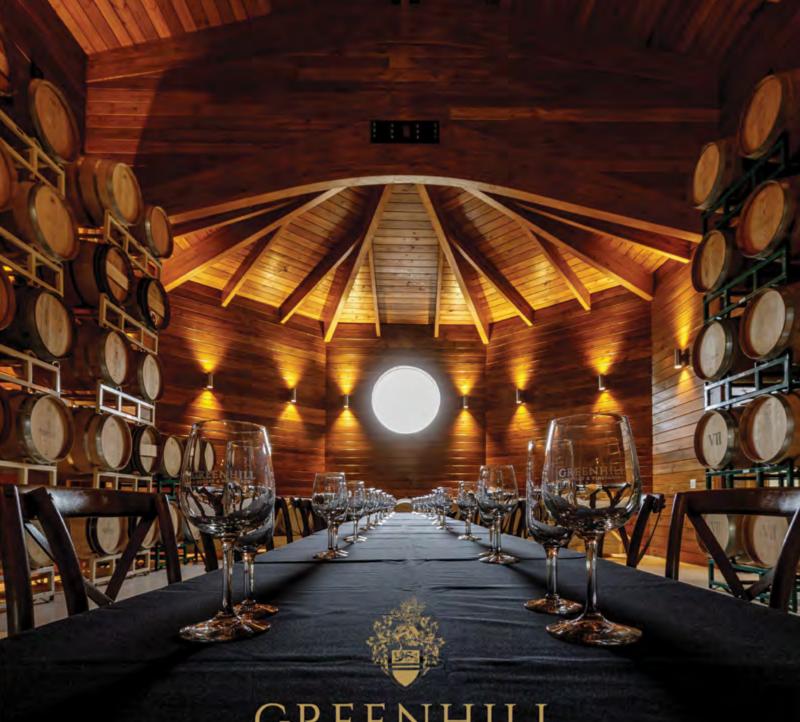
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ON THE COVER:

Earls Kitchen + Bar Santa Fe Salad. Earls was voted a Readers' Favorite for Happy Hour and Burgers.

TYSONS * MAY // JUNE 2017











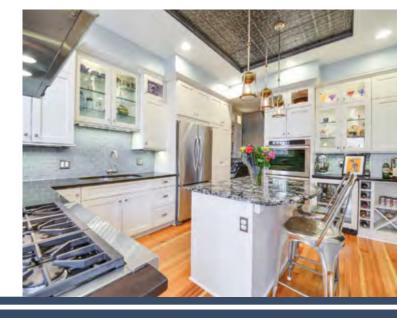




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Here's What's Happening at MCC

Jammin' Juniors Concert
Peter McCory

Wednesday, May 2 12:30 p.m. McLean Central Park Free admission



5th and 6th Grader Party The Glow Party



Friday, May 5 7 – 9 p.m. \$35/\$25 MCC district residents Old Firehouse Teen Center

Jammin' Juniors Concert Two of a Kind

Wednesday, May 10 12:30 p.m. McLean Central Park Free admission



Old Firehouse Friday Night Trips



Dave & Buster's
Friday, May 12
3:30 – 10 p.m.
\$45/\$35 MCC
district residents

Jammin' Juniors Concert
Farmer Jason

Wednesday, May 24 12:30 p.m. McLean Central Park Free admission





It's The Place to Be!
McLean Day 2017
Saturday, May 20

11 a.m. – 5 p.m. Lewinsville Park

The McLean Community Center www.mcleancenter.org Home of the Alden Theatre

www.aldentheatre.org 703-790-0123, TTY: 711













There seems to be a lot of anxiety in the air these days. This is especially true in markets like Reston Town Center since the controversial paid parking issue over the last few months. Still, the promise of the New American City I see in Tysons is promising! Like so many others who have made it through both good times and more challenging periods, I'm "keepin' the faith." I encourage you to do that as well.

In this issue, Analiese Kreutzer tells us about the many luxury living options available in the area—and we mean luxury. Apartment buildings are opening up all around us just a hop, skip, and jump away from our city! Plus, Elaine Watt takes us to The Greenhill Winery and Vineyards for a fabulous tour, great people, and wonderful way to spend the spring days ahead. Thanks, Elaine.

We asked you—our readers—to tell us about your favorite restaurants in the area, and the results were not surprising! We know you have a discerning palate when it comes dining adventures, and our area's restaurants answer the all! Read all about them and visit soon.

Keith Loria takes us to 1st Stage Theatre in Tysons for an interview with Alex Levy—what a gift to have such terrific stage performances so close to us. We also had the chance to visit with Bellina Lambdin of Merle Norman in Vienna who got a taste of those Hollywood lights. Read all about how she is living her Hollywood dream.

Virginia has a new distillery featuring locally sourced ingredients and handcrafted beverages just down the road in Bristow,

VA. Divine Clarity Vodka has vodka lovers singing their praises and asking for products by name at Virginia ABC stores. They're products have won too many awards to list, but you can sample them all on the tour: www.murlarkey.com.

Michael Evans of Helga's Catering has some great ideas for catering your next party. They've been creating memorable events for Washington area revelers for 35 years. Michael knows.

Have you been to MGM at the National Harbor? Don't miss the chance to relax at the Felt and Blossom Lounges while you're there. Looking for a special place to hold a private venue or office celebration? Experience the possibilities of a great night out.

When I saw the work of photographer Marti Belcher, I had to see more. Her exacting details when she clicks the shutter brings us an image that's hard to forget. Thank you Marti. Speaking of artists, don't miss the chance to hear and see a performance by Jennifer Scott of Reston.

At our readers' and advertisers' request, we have included our *Le Nouveau Moi* publication in *VivaTysons* and *VivaReston*. It includes all the same great ideas for looking and feeling your best—and no one does it better than our creative director and publisher, Mary Jeanne Cincotta.

I also want to mention a little something about the work of Jessica Robinson whose book on survival, obstacles, empowerment, and the challenges women face today. A topic that is spot on for today. Be sure to read about our Women in Business and the many ways they are contributing to our community.

Looking for some divine Mediterranean dishes, genuine Middle Eastern ambiance, and culinary delights? Discover the Phoenicia Restaurant and Lounge. A magical evening awaits you, I promise.

Plus, more options for Senior Living, ask the expert with Dr. Dima Ali, real estate tips from Linda Barrett, the next generation of screen porches, and updates on our city from our Tysons maven Marcia McAllister.

I can't thank our team enough for the effort they give us to bring you this. Enjoy the sunshine. See you in July.







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MAY 12

ERIC BRACE-PETER Cooper-Thomm Jutz Trio

Jammin Java, 7:30pm. \$15-22 Eric, Peter, and Thomm weave their stories, songs, harmonies, and guitar playing into something special, which truly no one else is doing out there on the singer-songwriter and acoustic music scene. The lyrics are as thoughtful as those of their heroes, a list that includes John Prine, John Hartford, Kris Kristoffersen, Tom T. Hall, Paul Simon, and Townes Van Zandt. Add to that their three-part harmony work that brings to mind The Seldom Scene, Emmylou Harris, and the Everly Brothers, and their sumptuous

guitar arrangements, and you have an evening of music that can't compare to any other.

MAY 16

XEB - ORIGINAL MEMBERS PERFORM ENTIRE DEBUT ALBUM "THIRD EYE BLIND"

Jammin Java, 7:30pm, \$18-25 XEB brings together ex original members of Third Eye Blind. Kevin Cadogan, Tony Fredianelli and Arion Salazar's contributions span 17 years of the band's history. Cadogan, who was a signatory to Third Eye Blind's Elektra record deal, performed lead guitar and composed the music to 10 of the 14 songs on 3eb's 1997 self titled debut album which sold 6x platinum. Fredianelli composed the music to many songs on the certified gold album "Out Of The Vain." His co-authored radio hits include "Blinded," "Non-Dairy Creamer," and 2009's "Bonfire" from the #1 selling album "Ursa Major." Salazar is credited as a producer on Third Eye Blind's "Blue" and "Out Of The Vein" albums and is known for his signature use of double/effected bass tracking and vintage keyboards.

MAY 18

CHARLIE MARS "BEACH TOWN"

Album Release Show Jammin Java, 7:30pm, \$18

CONTINUED ON PAGE 20

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SELECTED EVENTS

Photo courtesy of Wolf Trap

20





BERNADETTE PETERS WITH THE WOLF TRAP ORCHESTRA

The Filene Center at Wolf Trap, 8pm, \$25-75

The three-time Tony Award winner brings a taste of Broadway to Wolf Trap performing signature songs from throughout her career including selections from Gypsy, Into the Woods, and Sunday in the Park with George.

Peters can also be seen in Amazon's Golden Globe-winning Mozart in the Jungle and on CBS' The Good Fight.

CONTINUED FROM PAGE 18

Going DIY was the best thing that ever happened to Charlie because, out of necessity, 12 years and five albums into his career, he found his true voice, just as he was beginning to experience life more fully. His eyes were opened to culture and possibility while spending much of the last half-decade in New York and Austin, hastening his artistic and personal maturation, reflected in the songs that were coming out of him along the way.

MAY 19

AN EVENING WITH DAVID WILCOX

Jammin Java, 8pm, \$30
From songs like "Guilty By
Degree" and "Bail My Boat,"
where the writer finds himself
navigating the shoals of life,
through "It'll Work On You,"
where he slyly uses a story
about cars to describe the
therapy of songwriting, to
the haunting finale of "Single
Candle," the songs on blaze
create a path that Wilcox
invites you to follow. As Wilcox

describers that last song, "Single Candle" is about Martin Luther King and the words that struck a match and lit a flame that is still bringing light to the world. "This song is my way of making peace with how little each one of us can do. No single match burns for very long, but it is enough."

MAY 20

MCLEAN DAY 2017

Produced by the McLean Community Center

11am-5pm Lewinsville Park, 1659 Chain Bridge Road, McLean, Va. 22101 Governing Board Elections: 10:30 am-5pm

Admission: Free
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amusements, games, balloon
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MAY 20-21

26TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL

Reston Town Center, Saturday 10am-6pm, Sunday 10am-5pm Free parking is available on Friday, Saturday, and Sunday of festival weekend, courtesy of Boston Properties. The festival is the largest annual fundraiser for GRACE and attracts over 30,000 visitors from across the region. Festival attendees will enjoy inspiring and innovative art in a wide variety of media, interacting directly with artists from around the country, and exploring their own creativity in the Family Art Park. Thanks to a dynamic partnership with Reston Town Center Association and Boston Properties, all interior streets

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in Reston Town Center are reserved for pedestrians only during the Festival. The resulting 11-block art walk features more than 200 of the nation's best artists and offers visiting art enthusiasts the opportunity to view and purchase original art directly from the participating artists. The festival is free and open to the public, although \$5 donations per adult in support of GRACE are encouraged and appreciated. In return for the donation, each patron receives a robust festival program containing more than \$50 worth of dining certificates, a map of the festival, and a complete artist listing.

The festival will also include the performing arts, with innovative dance performances sponsored by the Reston Community Center presented throughout the weekend. You can be a direct part of the Northern Virginia Fine Arts Festival by supporting the Adopt-an-Artist campaign, or by joining the five-hundred (500) volunteers who help make this event happen.

MAY 21

TASTE OF ARLINGTON

12pm-6pm, Entry wristband purchase is required.

A Taste of Arlington is a lively street festival featuring the cuisine of more than 40 restaurants, live entertainment, arts and crafts, and more. The festival will take place in between N Randolph St and N Monroe St on Wilson Blvd (convenient to both the Ballston/MU station and the Virginia Square metro stop).

MAY 21

HAAS KOWERT TICE

Jammin Java, 7:30pm, \$15-25 The Trio of Brittany Haas, Jordan Tice, and Paul Kowert is a confluence of three of the most exciting young voices in acoustic music today. While each member carries an impressive resume of professional experience, it is the devotion to collaboration and the pursuit of a unique group sound that sets them apart. Haas, Kowert, and Tice have produced a body of work containing flights of improvisation and interesting compositional turns all grounded by memorable melodies and driving rhythms. The group's adventurous spirit and desire to show the audience something new is never at the expense of the most intrinsically rewarding elements of music such as the beauty of a well crafted melody or the dance-inspiring energy of a great groove.

CONTINUED ON PAGE 22



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MAY 25

MARY I. BLIGE

The Filene Center at Wolf Trap, 8pm, \$45-\$145
"The queen of R&B" (SPIN) known for her Grammywinning, soulful tunes like "Family Affair," "Real Love," and "Thick of It" (from her upcoming album, Strength of a Woman) takes the Wolf Trap stage for a heartfelt and

MAY 27

FIFTH HARMONY

Wolf Trap Debut

forceful performance.

The Filene Center at Wolf Trap, 8pm, \$35-\$65 The former The X Factor contestants now dubbed "America's most popular girl group" (Rolling Stone) continually climb the Billboard charts with undeniably catchy hits like "Work From Home," "Worth It," and "That's My Girl."

JUNE 2

KOOL & THE GANG Morris Day & The Time

Wolf Trap Debut

The Filene Center at Wolf Trap, 8pm, \$35-\$65
"After 50 years and 23 albums, the legacy of Kool & the Gang has become so much a part of our national fabric it's hard to remember a time when

our national fabric it's hard to remember a time when their music wasn't a perpetual party anthem source" (*Variety*). "Get Down On It" and come to the "Celebration" as Kool

& The Gang returns to Wolf Trap with Prince collaborator Morris Day & The Time.

June 7

AN EVENING With Two-Time Grammy Winner Laurence Juber

Jammin Java, 7:30pm, \$20-23 Laurence Juber, lead guitarist from Paul McCartney's Wings, is a world-class guitar virtuoso solo performer, recording artist, composer and arranger. His playing fuses folk, jazz, blues, pop and classical styles, creating a multi-faceted performance that belies the use of only one instrument. He has released over 20 albums, including LJ Plays The Beatles, which was voted one of Acoustic Guitar Magazine's all-time Top Ten.

JUNE 8

GRIFFIN HOUSE

Jammin Java, 7:30pm, \$20-25 House began writing and recording and issued his first independent release, Upland, in 2003. His music attracted attention from Nettwerk, a Vancouver-based management company and record label, and House partnered with the label's American branch to issue Lost & Found in 2004. In August 2004, on CBS Sunday Morning, music journalist Bill Flanagan (MTV/ VH1) raved about Lost and Found, putting the newcomer on his short list of the best emerging songwriters in the U.S. "I bought House's CD after a show in New York City," said Flanagan, "and this never happens: I took it home and must have listened to it 20 times that weekend. I was knocked out." Several selfreleased albums followed, and in 2008 House released Flying Upside Down, produced by Jeff Trott and featuring Mike Campbell and Benmont Tench.

JUNE 10

JOE JACKSON

Fast Forward Tour

The Filene Center at Wolf Trap, 8pm, \$30-85 "Steppin' Out" and "Is She

Really Going Out With Him?" are just a few of this new wave singer-songwriter's songs that are "notable for their energy, shrewdness, and wit, for their enthusiastic eclecticism, for words and melodies that stick in your mind and rattle around there for days" (The New Yorker).

JUNE 9-11

CELEBRATE FAIRFAX

Fairfax Government Center, \$10-15, www.celebratefairfax.

Presented by Celebrate Fairfax, Inc, the annual festival hosts tens of thousands of visitors during the threeday run. The 25-acre site of the Fairfax Government Center is magically filled with fascinating sights and sounds of more than 300 exhibitors, food vendors, and interactive activities. Celebrate Fairfax! showcases live concerts on eight stages, Innovation Health Children's Avenue, a petting zoo, the Fairfax County Karaoke Championship, carnival rides, and great festival foods. Another fun free activity for kids is the Fairfax Express Trackless Train Ride. Nightly fireworks, presented by Leidos, are a highlight of the festival, and one of many great family programs. This year's Bud Light Main Stage will feature top national headline performers: Bush and Everclear. For more information on any

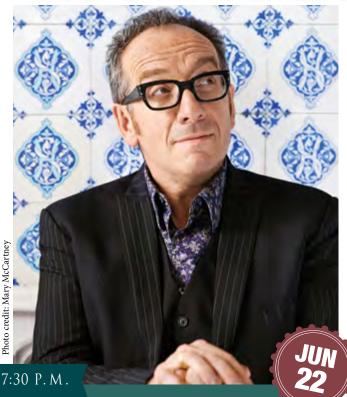
CONTINUED ON PAGE 24

of the festival's programs,



SELECTED EVENTS





ELVIS COSTELLO & THE IMPOSTERS IMPERIAL BEDROOM TOUR

24

The Filene Center at Wolf Trap, 7:30pm, \$35-75
For over 40 years, this Rock and Roll Hall of Famer has flipped genres like rock, punk, and new wave on their heads becoming both a "Liverpool legend" (The Washington Post) and an enduring American favorite.

or to become a part of the festival as a volunteer, sponsor, performing artist, or simply to attend, please browse our website, or contact the Celebrate Fairfax, Inc. office at 703-324-FAIR (3247).

JUNE 16

ST. PAUL & THE BROKEN BONES SHOVELS & ROPE

The Filene Center at Wolf Trap, 8pm, \$30-55
Proving the "modern power of classic sound," St. Paul & The Broken Bones, aka "one of rock's hottest live acts"

(Rolling Stone), makes their soulful Wolf Trap debut.

June 17

SLIGHTLY STOOPID

Sounds of Summer Tour Iration J Boog

The Movement

The Filene Center at Wolf Trap, 7pm, \$35-55

Jam to the signature SoCal sound of Slightly Stoopid as they create feel-good vibes reminiscent of "90s-era Sublime—some hip-hop loops, sing-rapping, laid-back guitar riffs and

a healthy dose of reggae" (Relix).

June 20

CELTIC WOMAN

Voices of Angels

The Filene Center at Wolf Trap, 8pm, \$30-85 Multi-platinum international music sensation and 2017 Grammy nominee Celtic Woman presents their captivating new show, Voices of Angels. Fusing fresh music, dance, and cultural tradition, this inspiring live concert experience features all new stage designs, stunning wardrobes, superb choreography, and magnificent arrangements of timeless Irish traditional and contemporary standards in the group's award-winning signature style.

JUNE 21

SHERYL CROW Lukas Nelson

The Filene Center at Wolf Trap, 8pm, \$39.50-\$74.50
A crossover rocker since the '90s, the singer-songwriter known for hits like "All I Wanna Do" and "If It Makes You Happy," returns to her roots while also performing new songs off her forthcoming album Be Myself (2017) to be released this spring.

JUNE 23 Classic Albums Live Presents:

THE BEATLES

Sgt. Pepper's Lonely Hearts Club Band 50th Anniversary

The Filene Center at Wolf Trap, 8pm, \$25-45
"Sgt. Pepper's Lonely Hearts
Club Band is the most
important rock & roll album
ever made, an unsurpassed
adventure in concept, sound,
songwriting, cover art and
studio technology by the
greatest rock & roll group
of all time" (Rolling Stone).
Experience the prolific album

played in full note for note,

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cut for cut (sitars, orchestra, and kazoos included) by some of the world's best musicians.

June 24

MAHLER'S FOURTH NATIONAL ORCHESTRAL INSTITUTE PHILHARMONIC

Asher Fisch, conductor Madison Leonard, soprano

The Clarice-Dekelboum Concert Hall, 8pm, \$25 A frequent guest of the National Orchestral Institute + Festival, conductor Asher Fisch returns to lead Bartók's tempestuous ballet score to The Miraculous Mandarin and Mahler's Fourth Symphony. Wolf Trap Opera Filene Young Artist Madison Leonard is the featured soprano soloist.

June 24 Diana Krall

The Filene Center at Wolf Trap, 8pm, \$43.75-83.75

Enjoy the rich, honeyed vocals and tender piano melodies of this five-time Grammy Award-winning jazz sensation.

JULY 3

JOHN MELLENCAMP

Wolf Trap Debut Sad Clowns & Hillbillies Tour, Emmylou Harris, Carlene Carter

The Filene Center at Wolf Trap, 7:30pm, \$45-104.50

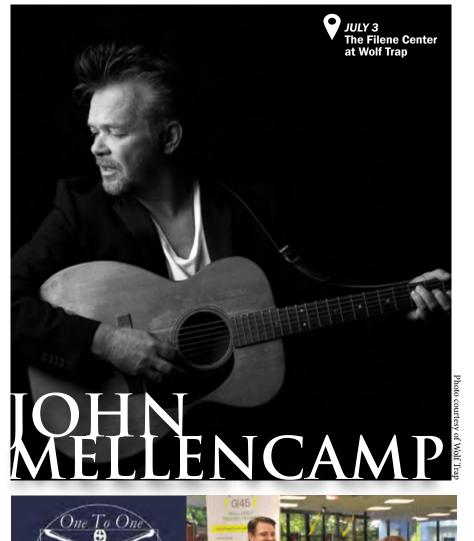
"One of the best band leaders in pop music" (The Washington Post) known for his Americana and folk rock hits" Jack & Diane," "Hurt So Good," and "Small Town," John Mellencamp makes his Wolf Trap debut in promotion of his latest album, Sad Clowns & Hillbillies (2017). A full night of folksy fun as Emmylou Harris and Carlene Carter open the show!

JULY 5

WHEELS OF SOUL

2017 Summer Tour Tedeschi Trucks Band The Wood Brothers Hot Tuna

The Filene Center at Wolf Trap, 7pm, \$30-75 Founded by husband and wife duo Derek Trucks and Susan Tedeschi, this Grammywinning, 12-piece "vanguard of modern roots music" (Austin City Limits), has been hailed as "a deeply skilled groove machine," (Los Angeles Times).





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CONTINUED ON PAGE 28



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

DA DOMENICO Ristorante

11:30am-10:00pm

Enjoy lunch or dinner at Da Domenico on Mondays and receive \$20 off your check of \$100 or more when you mention *VivaTysons Magazine*.

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

50-CENT WINGS

points, you can buy an exclusive

"Trail & Ales" T-shirt for \$10.

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

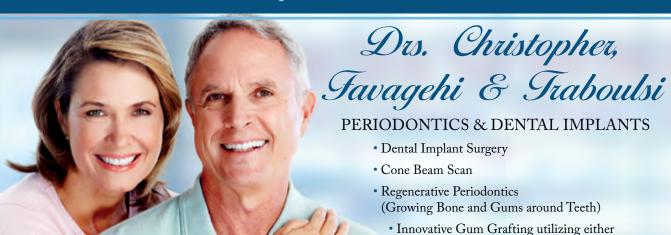
Levant Restaurant & Lounge

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.

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THE VINEYARD

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TUESDAYS

DESSERT TEA Special

Sweet City Desserts

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

A DANCE FOR Everyone

Colvin Run 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.

1/2 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

TYSONS * MAY // JUNE 2017

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

Íris 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. Dinein only. Offer valid from 4pm to 9pm.

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.

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.

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.

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THURSDAYS

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.

DI & 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.

TYSONS * MAY // JUNE 2017

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.

DI & 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.

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.

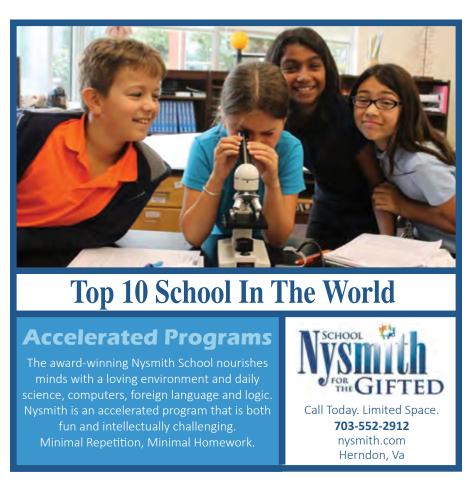
SATURDAY BRUNCH

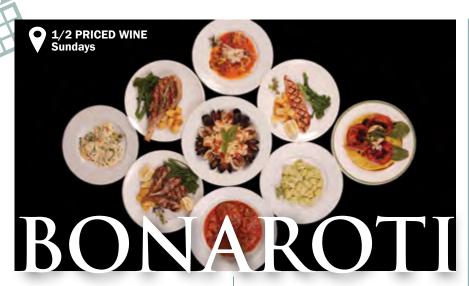
Wildfire, 11am

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.

CONTINUED ON PAGE 32







DI & 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.

1/2 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.

1/2 PRICE WINE

Ristorante Bonaroti



Enjoy ½ price wine by the bottle on Sundays at dinner. Sergio Domestici and the Bonaroti family invite you to explore the joy of classic Italian cuisine and their award-winning wines and service.

SUNDAY BRUNCH

La Sandia

Every Sunday, feast on Mexican brunch favorites - huevos rancheros, Mexican chocolate waffles, iron skillet breakfast, and more. Make it a lazy morning washed down with Bloody Marias and Tropical Fruit Margaritas.

FABULOUS BUFFET BRUNCH

Ireland's Four Provinces

Come to the 4P's for a grand buffet brunch that includes smoked salmon, Eggs Benedict, carved roast beef, homemade omelets, shepherd's pie, corned beef hash, potatoes, sausage, soup, salad, pastries, fruits, and SO much more.

SMALL DOG MEET & GREETS

Wylie Wagg, 3-5pm

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

SUNDAY BRUNCH

Café Deluxe

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

SUNDAY BRUNCH

Cyclone Anaya's

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

SUNDAY BRUNCH

Wildfire, 11am

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

SUNDAY BRUNCH

Assaggi Osteria, 11am

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

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Arts & Theatre Events

1ST STAGE IN TYSONS , CREATIVE CAULDRON GEORGE MASON UNIVERSITY CENTER FOR THE ARTS

MAY 15 MISS NELSON IS MISSING

Presented by TheatreWorks

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

The students in Room 207 were the worst-behaved class in the whole school: spitballs stuck to the ceiling; paper airplanes whizzing through the air—even though they had the sweetest teacher of all, Miss Nelson. But when Miss Nelson unexpectedly does not come to school one day, the class gets the strictest substitute they have ever met: Miss Viola Swamp! The search is on for Miss Nelson, who seems to have vanished. Hopefully the students of Room 207 will find her before it's too late—for them! This lighthearted musical from Two Beans Productions reminds us all to show appreciation to those that we value!

Visit www.theatreworksusa.org for ticket information.

MAY 24 SEUSICAL

Presented by TheatreWorks

George Mason University Center for the Arts

Concert Hall, 10:30am

"Oh, the thinks you can think" when Dr. Seuss' best-loved stories collide and cavort in an unforgettable musical caper! Adapted from the Broadway version, this adaptation especially for young audiences features ten actors and enhanced production values. Seussical is TheatreworksUSA's biggest show ever!

The Cat in the Hat is the host and emcee (and all-around mischief-maker) in this romp through the Seuss classics. When the sweet, good-natured elephant Horton hears a small cry for help coming from a small speck of dust, he promises to rescue and guard it because "a person's a person, no matter how small."

On that small speck of dust lives JoJo, an imaginative young Who. JoJo has astounding "thinks," in which anything's possible, but his parents believe this creativity is inappropriate for the son of the Mayor of Who-Ville.

Meanwhile, the one-feathered bird, Miss Gertrude McFuzz, desperately wants Horton to notice her. Maybe, she thinks, she just needs a more impressive tail. At the same time, the amazingly lazy Maysie La Bird connives, cajoles and convinces Horton to sit on her egg while she goes off on a spree.

Will the planet of Who survive? Will Horton pay attention to Gertrude? Will Maysie ever return for her egg? Dr. Seuss's beloved classic characters find themselves intertwined in an incredible crazy-quilt adventure, in which the power of imagination and the most miraculous "think" ever save the day!

Visit www.theatreworksusa.org for ticket information.

June 1-25 Ma rainey's black Bottom

1st Stage of Tysons, 7:30pm, \$15-30

The time is 1927. The place is a rundown recording studio in Chicago. Ma Rainey, the legendary blues singer, is due to arrive with her entourage to cut new sides of old favorites. Waiting for her are her black musician sidemen, the white owner of the record company, and her white manager. What goes down in the session to come is

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

1ST STAGE IN TYSONS 1524 Spring Hill Road Tysons, VA 22102 703.854.1856 www.1ststagetysons.org GEORGE MASON UNIVERSITY Center for the Arts 4400 University Dr., Fairfax 703.993.1000 cfa.gmu.edu/calendar/

LOCATIONS

TYSONS * MAY // JUNE 2017

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more than music. This first play of August Wilson's Pulitzer Prize winning 20th Century Cycle, is a riveting portrayal of black rage...of racism, of the self-hate that racism breeds, and of racial exploitation.

JUNE 1

SKIPPYJON JONES SNOW WHAT

Presented by TheatreWorks

George Mason University Center for the Arts Concert Hall, 10:30am "Mirror, mirror on the wall, who is the bravest Chihuahua of them all?" Skippyjon Jones the Siamese cat who thinks he's a Mexican Chihuahua of course! While his sisters listen to Snow White and the Seven Dwarves, Skippy heads off for the REAL adventure awaiting him in his closet. There, as his alter ego Skippito Friskito, and with the help of his friends the Seven Chimichangos, Skippyjon must rescue the beautiful princess Nieve Qué (Snow What), battle the evil dragon and defeat the Bruja. A brand new musical based on the book by Judy Schachner, Skippyjon Jones Snow What is a twist on the classic fairytale Snow White and the Seven Dwarfs.

JUNE 8-25

THE WIZARD OF OZ

By L. Frank Baum, Music and Lyrics by Harold Arlen and E.Y. Harburg, Background Music by Herbert Stothart

Visit www.theatreworksusa.org for ticket information.

Creative Cauldron, Thursday, Friday 7:30pm, Saturday 2pm and 7:30pm, Sunday 2pm & 7pm, \$15-30

Creative Cauldron tackles one of the most iconic musicals of all time. Dorothy, the Scarecrow, the Tin Man, and Cowardly Lion will be brought to life by talented local professionals. They will be joined by an ensemble cast drawn from our inaugural Professional Musical Theater Workshop. Enjoy all the memorable songs from the MGM classic that have made this show an American treasure.

KALEIDOSCOPE

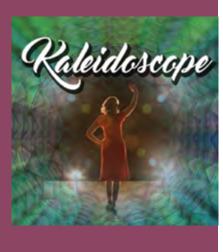
A "Bold New Works" World Premiere Musical



8 P.M.

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

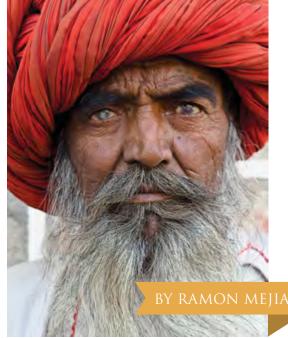


Screw and Monsters of the Villa Diodati! During the run of a legendary Broadway performer's comeback one-woman show, the performances take unexpected turns as she tries to tell the story of her star-studded life in the theater. She frequently forgets anecdotes that she was supposed to tell, or makes 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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(Top left) Holy Chatter, (Above) Aged Man 1, (At left) Woman in Peach

A Journey Towards PHOTOGRAPHY

Life's journey doesn't always turn out the way we expect. In an era where individuals are focused on choosing a career path based on a degree or certificate, others may choose instinct over logic. Choosing a career can often originate from the most unlikely places.

Take the story of Marti Belcher, for example. Now a renowned photographer, the Vienna resident's journey has taken a long, winding road of unexpected turns and numerous ups and downs. Having moved to Georgetown in her early thirties and returning to school, she wasn't sure what she wanted to do with her life. A new city meant an opportunity to take a moment and revaluate, as change often does to most people.

If someone had told her growing up she would have been a photographer, she would have shot down the idea immediately. "I never had a camera, I never liked cameras," she says. It wasn't until she had already chosen a different career path that she

discovered her passion for photography. "In 1999, I went back to school to study interior design and shifted towards graphic design. I got hooked on the camera."

As her infatuation with photography increased, there were certain aspects that Belcher found difficult to comprehend at first. Specifically, the art behind photographing people.

"Taking a photograph of an individual compared to a monument or the sky differs dramatically," she says. "In the case of photographing a person, the photographer is responsible for not only capturing the moment itself, but also the emotion their subject is feeling. Compared to a building,

the sky, or a lake, these objects are not able to communicate the same message a person can."

She learned that a photographer must be able to convey the emotion, intensity, and sentiment the subject is feeling in that exact moment.

Belcher originally thought photographing people was an avenue she would not dare explore. "I always said I wouldn't photograph people," she says. "There's all these things you think you know about yourself and very often we think we know."

This internal struggle led Belcher to face a crossroads. She had the choice of staying within the confines of a career that she had

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outgrown, or take a leap and pursue an opportunity of a lifetime.

"I didn't think I could use a camera, I'm not a very technical human being," she says. "I do Photoshop and all this other stuff, but I never thought I could photograph people, I thought it would be impossible."

Throwing caution to the wind, Belcher eventually overcame her hesitation and dove head first into the realm of photography.

One of the most exciting elements of Belcher's new career has been taking photos in India. It is one of the first countries she visited as she began her endeavor as a photographer.

"The best pieces of my work are in India, a culture which is completely opposite from everything that I would basically be, photographing people who were allowing me to be literally in their face and having them comfortable with me," she says. "It was kind of magic."

The essence of Belcher's photography has always revolved around the intimacy between her and her subjects.

"It's important to get the right people and it's just not doing the portrait work, but also trying to take pictures that show the environment and what it's really like to be in these places," she says. "Therefore, it is important to not lose sight of your passions in life. That passion or hobby could develop into a once-in-a-lifetime career, but you never know until you take the first step."

Over her career, she has received a number of awards and accolades, including being named a finalist at the International Fine Art Photography, Grand Prix de la Decouverte; taking home second prize, "people," at the 2013 National Show, Louisville Arts Center; and winning Folio 2011, Silvershotz Magazine, England and Australia.

Belcher's philosophy is, "every picture has a story."

"My photography is simple and straightforward. I have a passionate interest and curiosity about people, world cultures, and ideas," she says. "These are the forces that dominate my personal life and my photography. Actually, I draw no distinction between my work and my personal life: they are one and the same. I am an adventurer, a lover of color, culture, and the bewitching."



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SEE TOP THEATER in Clysons

hanks to venues like the Kennedy Center, Signature Theatre, Shakespeare Theater Company, Ford's, Arena Stage, and the National Theatre, there are loads of opportunities for theater lovers in the DC area to catch a Broadway-quality production close by.

What many in our area don't realize is that a new player popped up in Tysons in 2008 when a group of educators, artists, and actors came together under the leadership of theater educator Mark Krikstan, to create 1st Stage Tysons.

"At the time, there was no professional theater company in Fairfax County," says Alex Levy, current artistic and managing director of 1st Stage. "These young artists who were making their mark on DC, New York, and around the country had no place in their own community to do their work. Mark started the company with a few passionate people and felt their way along as they want."

Located at 1524 Spring Hill Road in McLean, the theater has been growing since its launch, but many people in the area still don't realize this award-winning professional theater is in their backyard.

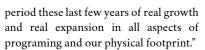
"We're in this country of 1.2 million people that was really starved for the arts, and the company grew very, very quickly," says Levy, who took over from Krikstan about three years ago. "I really fell in love with this place and we've been in a

(Top) FLOYD COLLINS Book by Tina Landau, Music and Lyrics by Adam Guettel, Additional Lyrics by Tina Landau, Directed by Nick Olcott. (L-R) Hasani Allen, Ben Lurye, Russell Silber. Photo by Teresa Castracane

(Above) 1st Stage Artistic Director, Alex Levy accepts the American Theatre Wing National Theatre Company Award in New York.

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With productions ranging from Shakespeare to world premieres and from dramas to musicals, 1st Stage continues to offer compelling stories and intimate experiences to our audiences.

"We are halfway through our ninth season and our budgets have allowed us the ability to reach more people in the community," Levy says. "This is a theater that is producing work that is for this community. There are many wonderful things happening here in Tysons, but there were not a lot of places for the arts. 1st Stage has been a really special place for that. It's a warm environment, and the programing here is really thoughtful and at a really high level."

The space inside the theater is large enough so it can do some exciting, beautiful, and challenging productions, but also intimate enough that audiences aren't dwarfed by what's happening inside.

"You're seeing often the same actors you would see at Arena or Kennedy Center or some of the big theaters in town except you're right on top of them; there's this close intimacy that's always there," Levy says. "I think that's become a really special part of who we are."

The theater is staging Lisa Kron's "Well" until April 23, and then Deidra LaWan Starnes will direct August Wilson's "Ma Rainey's Black Bottom" from June 1-25 to finish out the season.

"We will have our first solo festival this summer (July 6-16), a new endeavor we are starting this year that will bring in solo performers from around the country to Tysons for a 10-day festival," Levy says. "This is some of the best work happening around the country. It's going to be a really exciting period."

The idea for the festival came to Levy after thinking about all the great solo work he's seen in his years working in New York, Los Angeles and other top theater markets. He thought it would be a way to reach people in the community the theater hasn't reached yet.



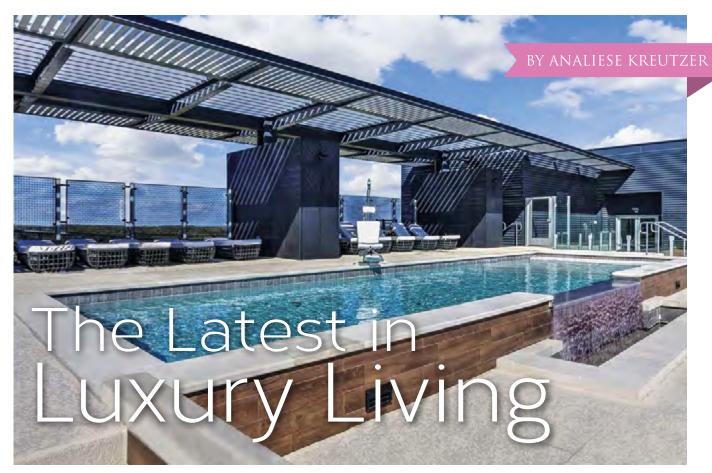
(Top left) THE GOOD COUNSELOR by Kathryn Grant, Directed by Alex Levy. (Featured) Manu Kumasi. Photo by Teresa Castracane (Above) LOBBY HERO by by Alex Levy. (L-R) Matthew Photo by Teresa Castracane

(At Left) PROOF by David Levy. (Featured) Katrina Clark. Photo by Teresa Castracane

"There really wasn't an opportunity like this in the DC area," he says. "One of the things I love about solo work is there's such a diversity of ways that it can be done, very often it's a more direct experience. I believe it brings in a different audience—one that's younger and more diverse."

Looking ahead to next season, Levy previews that there will be some great shows that people will be excited about.

"Over the last few years, 1st Stage has really been gaining in national profile as well. We won the American Theater Wing's National Theater Award last year, and the Wall Street Journal declared us one of the best small theaters in the country," Levy says. "For a long time, those that knew us knew us as this little company with grass-roots potential, but our profile is growing and growing and it's become an exciting regional theater that lives here in Tysons." *







(At top) The pool at Haden (Middle) Haden business center. (Above) The Adaire at night. (Opposite page at bottom) Adaire gym

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As our area transforms, new luxury apartment buildings continue to open along the Silver Line through Tysons and Reston. In the past several months, two new properties have opened at opposite ends of the Metro through Tysons—Haden in East Tysons and Adaire in the west—and construction is underway or nearing completion on several more.

Modern Luxury Prevails at Adaire

Adaire dominates the skyline of West Tysons with its 34-story, curved structure and its distinctive white, gray, and black panels adorning its exterior. Situated within one block of the Springhill Metro Station and close to the Dulles Toll Road with its connections to 495 and 66, Adaire is as convenient as it is sophisticated.

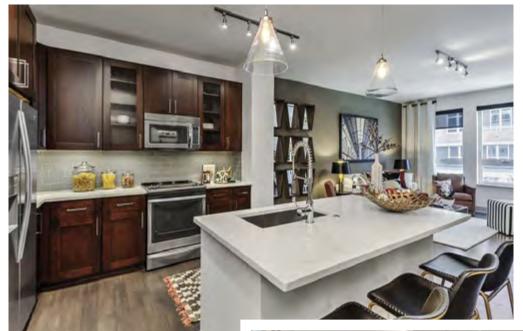
The interior is sleek, modern, and designed for the comfort and convenience of its residents with amenities such as 24-hour concierge services, a rooftop swimming pool and sundeck, outdoor amphitheater, a state-of-the-art fitness studio, and a penthouse resident club with lounge.

Adaire offers a variety of floorplans in studio, one- and two-bedroom models. The apartments feature luxury kitchens with quartz countertops, contemporary cabinetry, and glass backsplashes. Floor-to-ceiling windows flood the interiors with natural light. In addition, each residence includes its own washer and dryer and some have custom closet built-ins and walk-out balconies.

To learn more, visit LiveAdaire.com or call 855-910-5837.

Custom Finishes Make Haden Feel Like Home

On the eastern side of Tysons, Haden is located two blocks from the McLean Metro Station on Anderson Road, with easy access to 495. Consisting of both a





(Above) Haden gym. (At left) Haden kitchen. (Below) Adaire lounge.

high-rise tower building and a low-rise flats building, Haden provides an array of options for luxury living.

One- and two-bedroom apartments in a variety of floorplans feature spainspired bathrooms, gourmet kitchens with stainless steel appliances, hardwood floors, and designer lighting. Customhome finishes such as a built-in bookcase, full-size washer and dryer, large walk-in closet with custom wood shelving, kitchen pantry, soaking tub, and walk-in shower are available in some models.

Haden's sophisticated elegance and amenities extends to its shared areas as well. Both buildings include access to a business lounge, a fully equipped wellness center, a sky lounge with dining and sitting areas featuring extraordinary views, a courtyard with fire pit, water features and grilling areas with premium outdoor cooking equipment. In addition, the tower includes a resort-style pool, and a penthouse lounge.

To learn more, visit LiveAtHaden.com or call 888-619-3832.



More Apartment Options Coming Soon

Several other luxury properties are under construction along the Silver Line Metro and will be opening soon.

Highgate at Metropolitan Mile

Located on Jones Branch Drive in Tysons, this six-story 395-unit apartment community will include 2,500 square feet of street-level retail. A green building targeting LEED Silver Certification, Highgate is located a half-mile from both the Tysons Corner and Greensboro Metro Stations and is due to be completed in 2017.

Apartment options will include studios and one- and two-bedroom units in addition to a two-level loft option with direct street access. The property will include a rooftop pool terrace, expansive workout facility, zen courtyard and reflecting pool, circular fire-hearth lounge overlooking the courtyard, and a public park with a play area and dog park.

Lumen at Tysons

Adjacent to the Greensboro Metro Station, the 32-story Lumen will include 11,000 square feet of retail space on the ground level. Expected to be completed by the end of 2018, Lumen will offer 398 studio, one-, two-, and three-bedroom apartments ranging from 500 to 1,600 square feet.

The Boro

Four buildings will make up The Boro, a mixed-use property consisting of retail, office space and 750 luxury residential units. Located steps from the Greensboro Metro Station and next to Route 7, Greensboro and Westpark Drives, The Boro complex will include a 15-screen ShowPlace ICON



(Above) Adaire Artists rendering exterior (Top right) Bedroom at Adaire. (At right) Adaire apartment.

Theatre, a 70,000 square foot Whole Foods Market, and a public park.

The Kingston at Anderson Park

The Kingston at Anderson Park, located just north of the Haden near the McLean Metro Station, will include 319 residential units in two towers. Apartment

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options will include studio, one-, twoand three-bedroom units as well as twostory duplex units on the ground floor. The two towers will be connected at the first floor and second floor and by a 10th-floor sky bridge lounge. The project will feature several luxury amenities, including a landscaped courtyard with an outdoor swimming pool and fire pits, a fitness center, a dog washing station, golf





simulator, a lounge, fitness center, and rooftop garden.

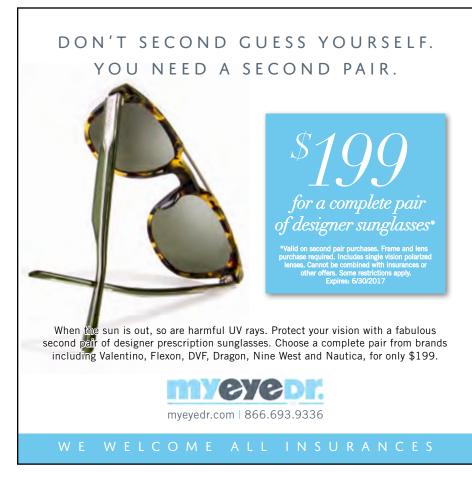
The Aperture

Leasing is scheduled to begin in spring 2017 on this property located on Reston Station Boulevard near the Wiehle-Reston East Metro Station, the Dulles Toll Road and the W&OD Trail. The property features a salt water pool, pet play area and pet spa, an outdoor kitchen, fitness spaces, a bike repair station and storage space, and a clubroom with entertainment kitchen, fireplace and lounge seating. It also includes 10,000 square feet of retail space on the ground level. The Aperture's 421 apartments are available in studio, one- and two-bedroom options.

The Signature

Construction on the last residential property in the heart of Reston Town Center is well underway. The Signature features two towers, the 21-story West Tower and the 19-story East Tower, as well as two six-story buildings located on the north and south sides of the property. The Signature will include a total of 508 units, including two-story apartments in the North Low-Rise building. Located within a half-block of the future Reston Town Center Metro Station, The Signature is due to be completed in 2018. *

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.



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Cosmetic Studio in Vienna, Va. She loves her job and is dedicated to making her clients happy providing skin care and make up tips. On her days off she works as a background actor in movies and television.

Lambdin has always had a fascination with anything to do with behind-the-scenes of Hollywood, be it TV or movies, and always dreamed of being an extra.

"It was always on my mind. No matter what job I had at the time, I always had this desire to be an extra," the native Washingtonian says. "When I turned 50, I came to the conclusion that it's never too late to pursue your interests and things that make you happy, so I started looking into becoming a background actor."

She started researching castng companies online, and hit on Central Casting in Washington, D.C., which provides extras for movies and TV shows shooting in the greater D.C. area.

"I submitted my photo and cover letter, and they put me in the database and within a couple of months, I started getting casting notices of different projects that were coming up," Lambdin says. "I decided to submit my info for a movie called 'Game Change' with Julianne Moore and Ed Harris, and they had me come in."

When Lambdin showed up on the first day, she came camera-ready, had extra clothes and looked like a seasoned professional. People took notice.

"It was a 15-hour shoot and there was a conventional crowd scene, a hallway scene, and at the end of the day, a PA tapped me on the shoulder and had me following him, and I got to be in the last scene with Ed Harris," she says. "It was exhausting but really, really fun. I enjoyed it so much."

A photo taken of that final scene even appeared on a billboard in Los Angeles.

Lambdin's next role came during the first season of "House of Cards" and she was involved in a ballroom scene and others where White House correspondents were gathering.

"I didn't even need to be visible. I just liked the whole experience of being in the background, seeing what was going on behind the scenes, watching the camera crew, the director...really everything about it," she says.

For her latest movie, Lambdin was cast in "Jackie" starring Academy-Award winning actress Natalie Portman, and stood in as the photo double for Pat Kennedy.

"I had been reading articles in Variety about it and Natalie Portman is one of my favorite actresses," she says. "I was available on the days they were going to be shooting, and it worked out perfectly. It was so exciting and I even got my picture in 'People Magazine."

The main scene she is in is the famous one when the Kennedys are walking down the stairs of the White House. Lambdin attended the premiere of the movie and although some of her scenes were on the cutting-room floor, she calls the movie the highlight of her work so far.

She still gets emails daily about casting calls and she's waiting for the next one to pop up that is interesting and on a date she is available, and can't wait for the next opportunity.

"I'm also looking into doing some commercial print modeling; for example the brochures you see in doctors' offices, or product ads in magazines where they use every day people," Lambdin says. "I also recently took a voiceover class with an Emmy-winning voiceover coach."

There have been times over the years when she felt that she may have missed her calling that she should have gotten into acting or working behind the scenes. But she is enjoying the opportunities that have been presented to her.

"I would love to be in a comedic commercial," Lambdin says. She did have a speaking role in one small commercial, playing a tarot card reader for a car company. "Being an extra is a lot of waiting around and a lot of work, but I just enjoy it so much. "It's never too late to do the things you want to do." •



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that is a map of Virginia sits beneath a massive oak table with high-backed leather chairs, and the windows open to a glorious view of the rolling countryside and outdoor vistas available for members and guests to relish. I easily imagined the weddings and celebrations that have graced this part of the property.

Just a short distance away sits the newly-completed building that houses the state-of-the-art European equipment and oak barrels that through the craft and science of wine-making transform the grapes picked within hours of reaching their peak ripeness and sugar

content into their award-winning wines. Having entered through the spacious and lovely gathering room that is their new public tasting area—complete with bar, couches, high and low tables made of wood and industrial metal, comfy throws and accent pillows—modern rusticity takes on heightened meaning. Nothing has been overlooked; gleaming vats and "crushers" are visible through the windows behind the bar, while an extensive slate patio sits just outside the tasting room awaiting your pleasure. With room to accommodate a very large crowd, but designed to promote intimacy, the tasting room is available from noon to sunset for members and guests, except when reserved for private functions.

We next visited the heart of the "business." Beyond the doors of the tasting room is a stunningly clean and streamlined processing plant for the delicate fruit of the vines. The temperature-controlled facility is immaculate and no expense has been spared in obtaining the finest equipment and storage capacity. But, what is unexpected and will take your breath away is the moment you step into the cathedral-like wine aging Barrel Room. With floor-to-ceiling rows of wine-laden barrels and an arched dome of braced wood towering overhead, the lone etched window at the far end casts its rays of light as if heavensent. Each batch is artfully labeled, tended with care, and rotated through to its perfect balance ready for bottling. Sébastien notes that winemaking is a spiritual process where we are simply tools to bring out the potential harvested from the earth and entrusted to our custody to bring to its fullest potential. The owner wants to capture that feeling in his signature room where guests are invited to hold your special event. Having studied theology and philosophy at Yale, David's approach to life is a reflection of his beliefs.

I noticed some beautiful animals on the way down the drive and since learned that a special breed of cattle, Charolais from the

Burgundy region of France, are being raised here. With 30% more meat by volume on the bone, this beef has been prized for generations for its flavor and texture. The focus on all-natural sustainable farming in all its products has resulted in a secondary industry here. A farm store adjacent to the modern Tasting Room building carries a selection of the finest cheeses, fruits, meats, and savories to tempt your appetite. Organic honey from their own hives and fresh herbs are cultivated by Greenhill. Some of these wonderful offerings found their way onto a delightful tray of treats to accompany my wine tasting.

But, I have gotten a bit ahead of the story. First there was another level of gorgeous rooms to discover, sophisticated but genuinely welcoming. Upstairs, above the public tasting room, are additional large yet cozy spaces in which to linger over a glass of wine, celebrate with a group of family or friends, or hold that executive retreat. Sit by the fire or gaze out over the 128-acre property from the upper outdoor veranda. Take a moment to appreciate the map of Paris that adorns one of the walls, or the branch-like light fixtures casting an inviting glow. Several of the art pieces especially caught my eye, and Sébastien proudly informed me that they are the work of his wife, Isabelle Truchon. David owns a dozen or so polo ponies, and their stories and accomplishments are woven into the décor. His partner, Rebekah Pizana has contributed special touches throughout as well, as this business family has lovingly created this place apart in the hills of the Blue Ridge Mountains.

After our leisurely stroll through the main structures, we came to rest back in the main tasting room for a sampling of the wines themselves. A secret to the balance found throughout their wines is the reliance on barrels from France made by Sansaud that contain three times the tannins found in American Oaks, staged over their average ten year lifespan to deliver the optimal hint of woodiness to enhance the vintages. Although they do experiment with some American sourced barrels, they find that they can at times overwhelm the delicate flavor balance that they achieve with their quality wines.

We started off with a sparkling Blanc de Blancs Chardonnay that lingered delightfully after its crisp start. We sampled two more whites, one as light as air but with no cloying sweetness, and the other slightly fuller with a pleasing finish. The Bordeaux-style red Mythology that followed was delicious, a perfect accompaniment



to many main courses. Earthy with medium tannins, it delivered a smooth and appealing richness that was just right. But for those seeking bolder flavor, still a Bordeaux rather than a deeper Cabernet, I particularly savored their Philosophy. With a long finish and tremendous body and structure, this was my favorite. I would be quick to offer this wine as an early start to the evening for those favoring reds while its full flavor would be appreciated! The smorgasbord of cheeses, fruit, fig spread, and bread that were so graciously provided gave all the more reason to linger as the afternoon light began to fade.

Greenhill has made it easy to become attached. Although their wine tastings are open to all and available a la carte, you can become a wine club member with complimentary tastings, discounts and special privileges with the purchase of a 12 bottle case of wine over the course of a year. Be among the first to sample their new wines and limited release vintages. For those seeking a barrel of their own, inquire about the Barrel Club.

For special occasions, Greenhill often partners with the renowned Salamander Resort & Spa just moments away. Greenhill can work with you to arrange your event of a lifetime for weddings, rehearsal dinners, corporate functions, and celebrations inside or nestled by their lake, trees, or vines tailored to your every wish come true. Their dedicated Event Manager, Jennifer Colon, will guide you through the process so that your event can be as effortless as it is unforgettable! �

Greenhill Winery & Vineyards

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23595 Winery Lane, Middleburg, Virginia 20117 540.687.6968 events@greenhillvineyards.com www.greenhillvineyards.com

Special Appreciation to David Greenhill, Rebekah Pizana, Sébastien Marquet, and Ilus, who left his paws on my heart.



The Sylvestery is Committed to Using New Technologies to Enhance Everyday Life.

Skype enables family members to speak with residents face-to-face via videoconference.







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

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In our maintenance-free environment, your loved ones enjoy life at their own pace through engaging activities promoting physical and spiritual well-being based on individual abilities and group interests.

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

Vinson Hall Retirement Community 1728 Kirby Road, McLean, VA 22101

WWW.VINSONHALL.ORG

The Sylvestery Memory Support is open to the community and does not require any military affiliation.



CLIQUE HOSPITALITY INTRODUCES TELEBOOKSOM

Bar, Cocktail Lounge, & Entertainment Venues at MGM National Harbor

EXPERIENCE THE POSSIBILITIES

Clique Hospitality's FELT and Blossom are the result of visionary Las Vegas entrepreneurs Andy Masi and James Reyes, who have dedicated their talents to reinventing a night out into magic. With multiple restaurants, nightclubs, and lounges in California and Nevada, and their two newest locations at MGM National Harbor, this boutique hospitality company is setting an exceptional standard in upscale dining and cocktail experiences. Located within the exciting first-class gaming casino at MGM, FELT and Blossom provide two very different and pleasurable bar and lounge venues to savor extraordinary flavors and entertainment, creating the perfect way to celebrate your special event, gathering, or night on the town.

You can't miss the beautiful cherry blossom pink, centrally located open cocktail lounge in the heart of the casino that is Blossom. With full-service from 1:00 pm to 4:00 am, Blossom has rapidly become the spot to meet up for pre-dinner or theatre drinks, a place to play video poker or blackjack while watching sporting events on their large screen TVs, or for post-show gatherings late into the night. With its vibrant feel and connection to the action surrounding it, the flow in and out is constant, encouraging easy mixing and light-hearted fun. Offering an impressive list of signature cocktails, champagne, highend spirits, and specialty brews, you'll be delighted with the libations to be found here.

Managing Partner James Reyes is proud of the conscious thought that went into every detail of the décor, lighting, menu service, seating arrangements, and layout to optimize the guest experience across the spectrum.

The same is evident in FELT, the more masculine and intimate bar and lounge tucked separately along the side of the casino with a gorgeous view towards the Potomac through its windows and across its expansive patio. Intended as a flexible space that can be equally suited to the needs of a slots tournament at the resort, a meeting, bachelor or bachelorette party, relaxing lounge, or driving nightclub atmosphere, FELT opens at 4:00 pm and stays open until 2:00 am, or by private reservation. Let your imagination run wild with the amazing concoctions served up tableside by their team of mixologists, led by Dontaine Jackson and Nate Truitt, who bring passion and flair to this service. With names like "Doctor's Orders," "Up All Night," "Underneath the Sheets," and "Old Smoke," to name a few, these run the gamut from sweet and lovely to bold and sassy. Delicious! Personal Classic Libation favorites include the Georgia Mint Julep with Hennessy VS Cognac, Peach Brandy and Mint, and the Colonel Rickey, Navy Strength Plymouth Gin, Thai Basil, Seltzer, and Cardamon Honey. Of course, a wide selection of specialty champagnes, wines, and spirits is available should this be your desire.

Table minimums on the weekend start at \$500, where you'll get to take in the DJ's latest offerings and join in the dance floor grooves. Live music on Mondays includes an acoustic guitarist, and on Tuesdays a pianist and singer, with Thursdays from 9:00-10:00 pm currently being Ladies' Night. Dress is fashionable club attire appropriate to the venue.

James and his wife have family roots in the area and jumped at the opportunity to return here to lead the effort to bring Clique's presence to our community and to enhance its and MGM's brands. He is extremely pleased with the depth, quality, and enthusiasm of his team and the service they are committed to provide. As the warm weather finally arrives, FELT and Blossom look forward to expanding their seasonal offerings including their outdoor space, and to welcoming all their guests to experience the possibilities! •

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Ask DR. DIMA

HOW TO IMPROVE YOUR SEX LIFE AND YOUR HEALTH

with Hormone Pellet Implants

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

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

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

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

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

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

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

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

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



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

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

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

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

-Dr. Dima ❖

WellMedica Aesthetic & Anti-Aging Medicine Dr. Dima has been treating patients with BHRT since 1999.

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VIVATYSONS.COM MAY // JUNE 2017 ❖ TYSONS



By Analiese Kreutzer

Finding a senior living community for yourself or a loved one can be daunting. It usually represents a big change, which is never easy. Luckily, our area provides many choices. We've highlighted a few of those here to give you an idea of what's available and get you thinking about which features are important to you as you begin your search.

Tysons Woods www.tysonswoods.com

Tysons Woods takes a unique approach to assisted living by keeping its locations small and maintaining a higher-than-average staff-to-resident ratio of one to four. A maximum of eight residents in each of its two locations in Vienna allows for more of a family setting, where residents develop close relationships with their caregivers and with one another. This supportive, social environment focuses on good food, good health and a family atmosphere in the belief that the elderly deserve our respect and understanding.

Tysons Woods has the advantage of all-inclusive pricing with a flat monthly rate and no hidden fees. Your monthly rate will only increase three percent per year to adjust for cost of living or if a resident requires incontinence care. A free, pre-admission assessment helps create a tailored care program for each resident.

The Kensington www.TheKensingtonFallsChurch.com

Fostering independence and individuality, The Kensington is a state-of-the-art assisted living community in the heart of Falls Church. Opened in February 2017, The Kensington was designed to achieve the comfortable elegance of home. A full-time activity coordinator keeps residents engaged with a variety of events and programs.

Residents receive excellent care that evolves with their changing needs. The Kensington's best-in-class clinical program, developed by top gerontologists and memory care experts, includes an on-site physician's office with regular office hours as well as physical therapy, a fitness center and licensed nurses available 24-hours per day. A Board-certified gerontologist, an internist, a cardiologist and a neuro-psychiatrist partner with The Kensington and make regular visits.

In addition to its assisted living community, The Kensington also includes two memory care neighborhoods.

Tribute at One Londonn

www.TributeatOne Loudoun.com

Now accepting reservations and on pace to open later this summer is the brand new Tribute at One Loudoun, an assisted living and memory care community within walking distance of the new One Loudoun downtown area. The clean, modern design of this property provides a relaxing and elegant atmosphere throughout its common areas as well as in its nine different suite styles ranging from studios to one-bedroom units.

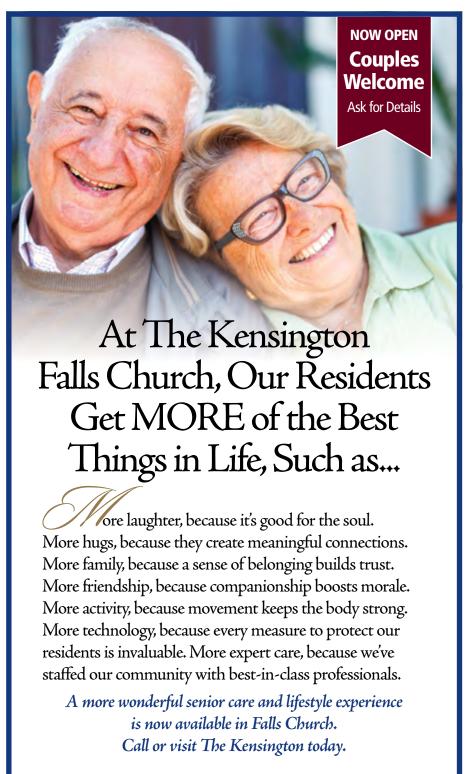
Tribute at One Loudoun provides individualized care based on each resident's needs. Keyless door locks, security cameras, senior-friendly exercise equipment, a movie theater with surround sound, fine dining service, a salon and landscaped courtyards are just some of the features of this state-of-theart property.

The memory care unit aims to serve the person within and includes a calming environment, family style meals and sensory panels in the hallways to provide interest and tactile sensations for the residents.

Vinson Hall
Retirement
Community
ARLEIGH BURKE PAVILION
THE SYLVESTRY
www.vinsonhall.org

This community includes three different levels of senior living, providing residents continuity even if their needs change. Vinson Hall is an active community focusing independence and individuality. The Arleigh Burke Pavilion provides assisted living and skilled nursing care, and The Sylvestry specializes in long-term care for those with Alzheimer's or dementia.

As a non-profit community supported by the Navy Marine Coast Guard Residence Foundation, residency in Vinson Hall is open to commissioned military officers and their immediate family as well as government workers of equal rank from select agencies. Residency in Arleigh Burke or The Sylvestry does not require military or government affiliation.





An Assisted Living Community

FALLS CHURCH



703.992.9868 | 700 W Broad St, Falls Church, VA 22046 www.TheKensingtonFallsChurch.com



Vinson Hall residents choose from a range of floorplans for onetwo- and three-bedroom apartments and enjoy a wide range of activities and on-site amenities including dining, hobbies, a fitness center, a chapel, outings and social events.

Both the Arleigh Burke Pavilion and The Sylvestry received the rare five-star bronze rating from Medicare. Residents of Arleigh Burke enjoy a variety of pastimes and outings while getting the extra care they need. The Sylvestry includes new technologies to enhance everyday life such as a Sensory Oasis room, designed to help soothe and relax residents.

Chesterbrook Residences ChesterbrookRes.org

If cost is a concern, and it usually is, then add Chesterbrook Residences to your list of places to consider. The non-profit Chesterbrook is a mixed-income community that promotes itself as "Northern Virginia's most affordable assisted-living community." However, that doesn't mean you won't find plenty of comfort and amenities in this active, vibrant lifestyle community offering assisted living for adults age 62-plus.

Chesterbrook's 109 residents live in 85 private one- or two-bedroom apartments with full baths and kitchens. The property features

public spaces for chef-prepared dining, exercise, crafts, meditation, a hair salon, laundry and more.

Tucked back from the road on Westmoreland Street in Falls Church and bordered by Haycock Longfellow Park, Chesterbrook offers a safe, quiet and picturesque setting for outdoor walks and recreation. Chesterbrook maintains an active calendar of events for residents to take advantage of both on the property and on outings to nearby attractions such as the National Gallery of Art and Mount Vernon.



Life at Arleigh Burke

EXCELLENT QUALITY CARE WITH THE RESPECT AND DIGNITY YOU DESERVE

Our intimate assisted living floor, Arleigh Burke Pavilion at Vinson Hall Retirement Community, promotes a sense of family amongst the residents and the Pavilion employees and volunteers who help with daily activities. Assisted living residents enjoy the best of both worlds: residents are free to do as they please and create their own schedule.

- Studio, One- or Two-bedroom Apartments Available
- On-site Physical, Occupational and Speech Therapy
- Dedicated Team of Professionals



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





The guiding principle at Chesterbrook is to enhance the dignity, independence and individuality of each resident. Residents needing physical therapy, speech therapy or occupational therapy can receive those services on site as well as assistance with daily living activities such as bathing, dressing, eating and medication supervision. Chesterbrook does not provide the intensive care of a nursing home.

Gunnyside Communities www.sunnyside.cc

If you're looking to retire outside the DC Metro area but still stay nearby, Sunnyside offers three communities in Virginia: Sunnyside in Harrisonburg, King's Grant in Martinsville and Summit Square in Waynesboro.

All three communities offer independent living, assisted living, and nursing and memory care, so even if your needs change, you can remain a part of the community. All three communities also have achieved a five-star rating from the Centers for Medicare and Medicaid Services.

Sunnyside is situated on 100 picturesque acres, and residents choose from cottages, villas and apartments with a host of comfortable amenities. King's Grant's 120-plus acres features a wooded perimeter and two lakes and offers a choice of cottages, garden homes or apartments. Summit Square shares the smalltown charm of Waynesboro and gives residents a choice between patio homes or modern one-or two-bedroom apartments.

All three Sunnyside properties provide a full calendar of activities for residents to engage in their communities from day trips to life-long learning opportunities, wellness activities, crafts, games and much more. •

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.



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SUNNYSIDE

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KING'S GRANT

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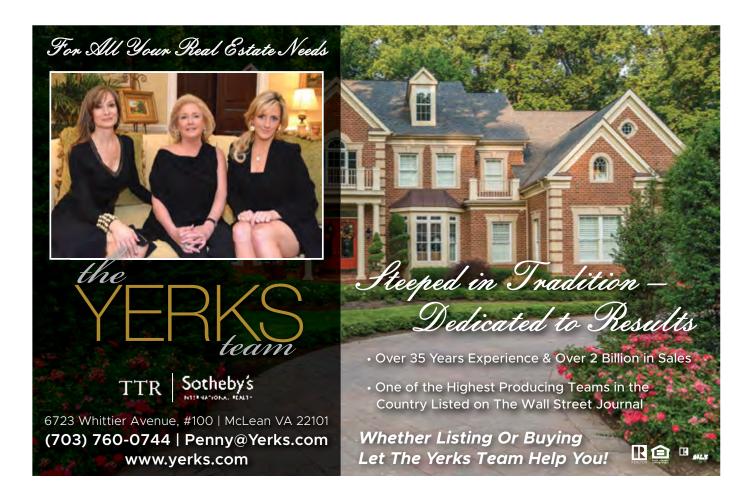
SUMMIT SQUARE

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TYSONS * MARCH // APRIL 2017 VIVATYSONS.COM



Spring. It's a time for new beginnings and fresh perspectives. It's time to be bold and discover what our residents have already found: the Chesterbrook Residences lifestyle. Our assisted living blends quality care with affordability, giving you more time and energy to embrace your favorite pastimes and opportunities to discover new hobbies, cuisine, destinations, entertainment, and friends. Don't miss another wonderful season - call today!





Assisted Living Community

2030 Westmoreland Street • Falls Church 703-531-0781 • www.chesterbrookres.org







IT'S PARTY TIME!

With summer right around the corner, it's time to reconnect with friends and family, relax more, and let loose a little! What better way to do that than host the party of the summer your friends and family will still be talking about years from now? With warm weather abundant and the cold drinks plentiful, we don't really need to give you an excuse to celebrate—but we will anyway!

HOLIDAYS: Since Memorial Day Weekend is the unofficial kickoff for summer and opening weekend for most pools, it's a great time to get outside and barbecue. Gather your friends and family for some dogs poolside hot and burgers, or grill up some steaks for suf and turf in the backyard. each other's company and toast those who

have made the ultimate sacrifice for such freedoms. Similarly, 4th of July and Labor Day weekend are other great opportunities to host a get-together, because of the long weekends for travelers. You could opt for an appropriately themed All-American Barbecue, or mix things up with another fun menu of your choosing (keep reading for some exciting ideas!) Good food, good drinks, and good friends are always a winning recipe!

GRADUATION PARTIES: Celebrate your favorite graduate and their

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accomplishments in style with a bash to remember! Decorating

with their school colors or themed paraphernalia of their profession can add a little extra spirit and excitement for what's to come. Keep in mind that this is a busy time of year for fellow grads and their families, so you'll want to choose your date and

time carefully. Some guests may have

several parties to attend that day, so depending on when you choose, you may be able to get by with mostly heavy hors d'oeuvres, drinks, and desserts. However, if your party spans the lunch or dinner hours, you'll want to make sure you have enough options for those who are planning to celebrate with your grad all day.

THEME PARTIES: Theme parties are a great excuse to celebrate whenever you want, just because! With the warmer weather, we love the idea of a Hawaiian Luau complete with tiki lights, Hawaiian leis, piña coladas, grilled pineapple, and a pig roast. Or, how about a South of the Border Fiesta with margaritas, grilled fajitas, black bean and corn salad, chips, salsa and fresh guacamole made in the mortar as an entertainment display? Need some other ideas? Try a Crab Feast or Low Country Boil with fresh seafood, and other favorites like hush puppies, shrimp and grits, or potato salad. Serve it up with sweet tea, fresh-squeezed lemonade, and ice-cold beer!

COMPANY PARTIES
AND PICNICS:

Summer is a great time to host a company party the whole family can enjoy! From picnics in the park, to renting out activity spaces, formal cocktail receptions, or keeping things local and hosting at

work, this is a great way to boost employee morale and let everyone spend some time together outside of the 9-5. Have fun choosing a theme that best fits your company and its people. Some corporations choose to carry their theme all the way through for the annual party—from decorations, menu, drinks, location, etc.,—while others offer a little bit of everything so that there's sure to be something for everyone! Either way, employees appreciate the effort and a chance to get to meet those significant others or little ones they hear about all the time in the break room (and show off their own, too!)

While these are just a few ideas to get you started, the possibilities for summer entertainment are endless. No matter

what type of party you choose, rest assured knowing everyone always loves a chance to have a good meal with good company!

AUTHOR: Michael
Evans is chef-owner
of Helga's Caterers, a
family-owned, full-service
catering company with
over 35 years of experience
in providing fine food and
excellent service for all of your
catering needs throughout the
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COME VISIT US!



How to Buy a Home in a Geller's Market

Buyers are looking for homes, but inventory is slim. There are simply just not enough sellers putting their homes on the market to meet the growing demand. That puts us in a seller's market.

You've probably heard the terms "seller's market" and "buyer's market," especially if you are either buying or selling a home. Simply defined, a seller's market means that demand is higher than the supply, while a buyer's market means that there are more houses on the market than there are people looking to buy houses.

In a seller's market, there is more competition to purchase the same houses, which means prices can be driven up by demand. In fact, according to a March 2017 RE/MAX National Housing Report, home prices nationwide are reaching a new high, up 6% over last year. The study also reports a supply of 3.6 months, whereas a balanced supply is normally 6 months.

If you are looking to buy a home in a seller's market, you need to step up your game and avoid making mistakes that could cost you the home you love.

Get Prequalified

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When inventory is low, you need to be ready to act quickly, so meet with your lender to get prequalified before going out to look at homes. This will enable you to make an offer as a qualified buyer who is ready and able to buy, and will prove to the seller that you are serious about making the purchase.

Even before meeting with the lender, once you start to get serious about looking, get your ducks in a row by clearing up any credit issues, delaying any major purchases, and preparing your down payment.

Don't Bid Too Low

It's ingrained in us to try to get the best price for our purchase, however, in a seller's market, you need to come in with a strong offer. Competition is high, and offering a bid lower than the list price, although normally a good strategy, may not grab the seller's attention. Make your first offer a true one.

Act Quickly

Pre-determine the neighborhood where you want to live, the type of home you're looking for, and the price range with which you are comfortable, and when a home becomes available, don't hesitate on making an offer. If you over-analyze the price, location, or features, you squander valuable time, and may lose the home. Be prepared to make a decision quickly.

Set Your Purchase Limits

Auctioneers count on the bidding frenzy to raise the final sales price, and when homes are hotly contested, you can also get caught up in the excitement and overbid past what you determined you can comfortably afford. Set your absolute budget ahead of time, and search for homes below your top number in order to allow room to raise your offer if necessary.

Use an Experienced Realtor

Realtors are important allies in your search and negotiations. They not only know the market and its conditions, they are experienced in negotiating, especially when the market is fast paced. Your Realtor can also keep tabs on the inventory and alert you when a new listing becomes available.

You may want to engage the services of a Buyer's Agent who specializes in working with home buyers. Tell the agent what you are seeking, in terms of size, location, age, style, etc., to help them narrow down your search, and use their knowledge to your advantage.

Keep in mind that you do not pay extra for a Realtor's services; in most cases the seller pays the Realtor commissions. You will probably be asked to sign a bilateral Buyer's Agreement; however, that designates your Realtor as your representative. This is similar to a Listing Agreement, outlines the rights and duties of both parties, and serves to protect their commission when the sale goes through. If you are uncomfortable signing this, negotiate the length of that agreement, or ask to "try out" an agent under a 24-hour agreement.

Don't Become Desperate

If you become frustrated when see you home after home going to Pending before you get the opportunity to see it, you may become inclined to jump at the next opportunity without considering whether it truly suits your budget, goals or needs. Your home is a long-term investment and is too important to settle for something with which you will not be happy, just because you wanted to buy.

Try Not to Fall in Love With a Home

When you finally find the home you want and can picture yourself living there, you are excited to make the offer in the expectation that you will soon be moving in. However, in a hot market, sellers may receive several offers at the same time. Mentally prepare yourself for the possibility that yours won't be the offer that is accepted on a home, and let that home go if this happens. Look forward to the next opportunity.

House hunting isn't easy, but the rewards of owning a home certainly outweigh the process of buying it, even if it necessary to buy in a seller's market. Hopefully, these tips will aid in making your search a little easier. ❖

AUTHOR: Linda Barrett holds a current real estate license and has been working with clients in the real estate field for more than 30 years. www.allthebuzz.net.

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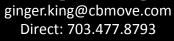
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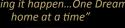




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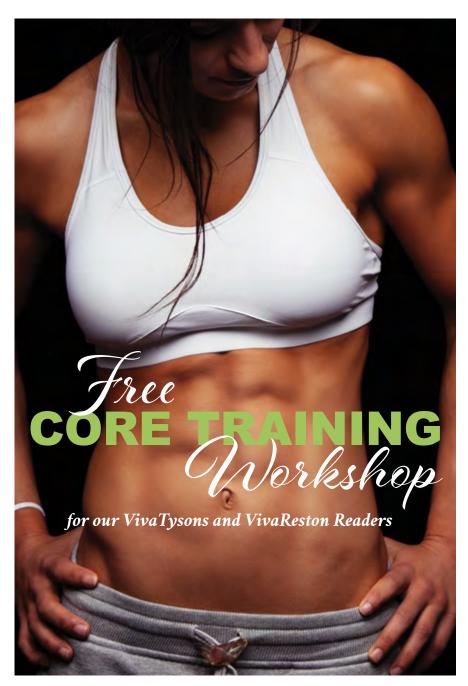


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One of a kind in Vienna, Backs to Parkland, Cardinal hill pool and racquet club membership conveys, 2500 sq. ft. 5 bed, 2.5 baths, great bones, needs TLC. Visit www.JimNelson.LNF.com to hear teh Inteligence Report on Vienna Housing.





"CORE" TRAINING BY PAT MCCLOSKEY AND DOUG VASILIADIS OF ONE TO ONE FITNESS

e have received many questions about training the "core." Doctors want us to keep our core strong to help protect our lower back and alleviate lower back pain. Coaches want our core strong so we can be more resilient to injury and enhance our athletic performance. Gym goers train their core to feel healthy and fit and for some to strive for the elusive "washboard abs." Yet while the "core" is one of the most popular terms in fitness and athletic conditioning, many people do not have a clear understanding of what "core" means and how we train it most effectively.

Most people equate the core to abdominal muscles, especially the rectus abdominis which is close to the surface of our body and that gives those with very little body fat their "six-pack" look. While the abdominals are a component of our core musculature, our "abs" and our "core" are far from one-in-the- same. Our core musculature also includes many other internal muscles closer to our spine and pelvis, in addition to posterior muscles of our lower, mid and upper back, our pelvic floor muscles, and many muscles surrounding our hips. However, while some may define the core as our entire mid-section, trunk or torso (excluding the legs, arms and

head), the human body is meant to functions as a unit and this unit also includes nerves, ligaments, tendons and fascia. Fascia is a like our natural Spiderman suit; a vast web of connective tissue that is interwoven and wrapped around our muscles, joints and internal organs, often with strands or sheaths that are integrated or connected from toe to head.

"Core" classes at your local health club and popular "core" workout videos are dominated by more isolative instead of entire-body integrative exercises, the vast majority of which are performed on the ground in a supine (on our back) or prone (facing down) position instead of standing on our feet. Doing things like sit-ups, crunches, scissors and cycles certainly make us feel the burn in our abs, and the variety of planking variations do enable us to involve the entire body in a more integrated fashion, but these are incomplete. The fundamental movement that we perform in activities of daily living and in athletics (walking, running, bending, squatting, rotating, pushing, pulling, reaching, etc.) are accomplished with not only muscle contractions but with the integrated, coordinated involvement of our nervous system and connective tissue, and do not occur laying down on our backs, or flexing our spine (like with crunches), or even in planking positions. The most beneficial core exercises are done on our feet and include movements that involve and place demand on the entire body from toe to head and treat the body as an entire unit with all of our tissue working together as a coordinated "symphony," not with specific muscles "playing solos."

The One To One Fitness center will hold complimentary workshops for all Viva Tysons and Viva Reston members who would like to learn an entire spectrum of core conditioning exercises. If you would like to attend please contact us through our web site using URL: 1to1fitness.com/try-usout/ and indicate in the message section that you would like to attend the Viva Tysons Core Conditioning workshop. Simple observation is welcome, but participation is encouraged. If you would like to participate bring exercise clothing. It will not be a strenuous workout so you will not need to shower if you will be going back to work after the workshop. .

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Ked, White...and Green

VIRGINIA'S WINERIES COMMIT TO ENVIRONMENTALLY-RESPONSIBLE OPERATIONS

umber five in the nation for wine production, but still number one in our hearts, Virginia wineries and vineyards offer a pleasant respite from busy lives. With such beautiful settings and delicious quaffs, one can only relax and enjoy without thinking of the cares of the world.

Not so for the winery owners and winemakers, for many view the earth as under their care, and an increasing number of Virginia wineries are making a voluntary commitment toward sustainability and protecting and preserving the precious earth from which their bounty flows, putting "green" atop their list of reds and whites.

Their efforts to lessen their environmental impact include:

- ✓ Recycling, composting, and waste reduction
- ✓ Minimizing use of fertilizers and chemicals
- ✓ Harnessing of alternative energy methods to reduce water and energy consumption
- ✓ Geothermal heating and air conditioning systems

- ✓ Stormwater collection for flushing toilets and irrigation
- ✓ Organic farming
- ✓ Promotion of green events

This move toward sustainability is supported by the Virginia Department of Environmental Quality's Virginia Green Wineries initiative, a self-certifying program in which facilities must verify they are practicing green core activities. Currently 23 wineries are listed on its website.

Here are some of the ways Virginia's wineries are "going green."



Sunset Hills Vineyard

Located in Purcellville. SUNSET HILLS Sunset Hills Vineyard made the decision to utilize innovative, green technology whenever possible. They installed 245

solar panels on the south-facing roofs of the winery and case storage buildings that supply 100% of their electrical needs,

making them the largest producer of solar energy in Loudoun County.

The solar panels produce 80,000 Kilowatt hours of clean power each year, thus reducing carbon dioxide (CO2) emissions comparable to planting 240,000 trees annually. They call it "turning sunshine into wine."

Other green initiatives include minimal use of chemical pesticides and herbicides, recycling vineyard waste such as spent grape skins and pomace back into the vineyard as fertilizer and weed controller, employing manual labor instead of motorized vehicles, and creating plant environments to attract bluebirds and beneficial insects.



North Gate Vineyard

Also in Purcellville, North Gate Vineyard features an environmentally-friendly 100% solar-powered tasting room built to LEED Gold Specifications—the first of its kind in Loudoun County and the second in Virginia. Through a 22 Kilowatt solar array, they generate enough energy to power their needs and sell excess electricity back to the grid for energy credits. Energy curious? View their solar panel monitor on display in the tasting room.

The tasting room also features local, reclaimed, recycled, and sustainable building materials and décor that include reclaimed wood tables, bar and mantle, with the bar top created from recycled wine and beer bottles (Enviroglass), a fireplace made from Shenandoah stone, and Cali-bamboo flooring. The building itself is highly insulated, using high-efficiency heat pumps for air conditioning, and plenty of daylight to decrease energy use. Even the landscape is sustainable, using native plants in a design created by the Loudoun Master Gardeners.



Cooper Vineyards

Louisa's Cooper Vineyards was the first Virginia winery, and only the second in the nation, to feature a LEED tasting room when it opened in 2011. Earning a LEED platinum designation, its stunning design, with a geothermal heating and cooling system and two complete walls lined with glass that extends upward for two stories, create an "indoor/outdoor" space that can be enjoyed regardless of the weather. The surrounding landscape seems to flow from the windows, fostering the impression that the tasting room is an outgrowth of the vineyards themselves.

Built with the aid of a USDA grant, the \$1.5 million green building also features low-flow fixtures that reduce water usage by 40%, low-voltage LED lights, solar panels, and a 50%-recycled countertop.



Veramar Vineyard

Wanting to be one of the leaders in sustainable grape growing in Virginia, some of the practices used at Veramar Vineyard include planting of beneficial cover crops, safe and controlled spraying of soft pesticides such as biodegradable oils, soaps and plant extracts, and conducting ongoing research into environmentally-friendly methods of pest control. Their philosophy is to ensure that the land remains healthy and production for future generations.



Gadino Cellars

Pulling from the Italian traditions of their grandfathers, the owners of Gadino Cellars in Washington, VA believe that growing and making wine with their own hands is the way to recreate the tradition of a small farm market where people can buy fresh and local. Similar to sustainable farming, the grapes are grown on their own land, and by using modern equipment with minimal processing, their fresh wines avoid heavy preservation methods often found in large production wineries.



Loving Cup Winery and Vineyard

Going organic is another way Virginia wineries are going green, like with Loving Cup Winery in North Garden. It is one of one a few certified organic wineries on the East Coast, earning its certificate after three years demonstrating strict adherence to organic farming federal guidelines.

Being organic means agricultural practices that do not use synthetic substances, like designer pesticides and fungicides. In addition, the term "organic" can only be used on a label if every step of production has been certified, including the materials used to manage the vineyard.

Loving Cup's method is to grow grapes organically, using hybrid varieties that are fairly resistant to mildew, rots and other diseases, and to maintain a robust population of beneficial insects that keep the bad ones at bay. Their idea is to "farm with nature instead of against it," using the entire ecosystem.

Enjoying Virginia wines has never been difficult, and now they can go down even easier, with the knowledge that each glass helps the environment. •

RESOURCES

- Cooper Vineyards, www. coopervineyards.com, 540-894-5474
- Gadino Cellars, www.gadinocellars.com, 540-987-9292
- Loving Cup Winery and Vineyard, www. lovingcupwine.com, 434-984-0774
- North Gate Vineyard, www. northgatevineyard.com, 540-668-6248
- Sunset Hills Vineyard, www. sunsethillsvineyard.com, 540-882-4560
- Veramar Vineyard, www.veramar.com, 540-955-5510

AUTHOR: When wine editor Linda Barrett isn't lifting a glass, she's running All the Buzz, a professional copywriting firm for websites, blogs, public relations and social media, www.allthebuzz.net.





GREAT SCOTT!

It was back in 2003 when Reston's own Jennifer Scott decided to take a break from practicing law to teach piano. She stumbled upon a waiting list of people looking for instruction in other instruments, which led her to hiring other teachers and getting more students, and eventually opening her very own music school—Studio Papillon, which brings lessons to the home throughout DC, Virginia, and Maryland.

"That grew and grew, and it was always my intent to come back to my music and write songs and perform, and that's exactly what I'm doing now," she says. "I started writing my own music, and it's taken me to a different focus and realm—more expressive and exploratory."

Scott is now a well-regarded international vocalist and pianist who delivers her music in French, Italian, Spanish, Brazilian Portuguese, and English. While she can deliver contemporary tunes or jazz, it's classical piano that remains close to her heart. She loves to perform works by Debussy,

Mozart, Ravel, Satie, Saint-Saëns, and Beethoven.

In 2015, she released her first album, "Le temps de l'amour," a collection of love songs from around the world, sung in French, Spanish, and English.

"It's all covers by my arrangements," she says. "I really enjoy composing and I'm going to embrace that fully in my next album."

Scott's background in piano dates back to when she was just four-years-old in Pennsylvania, pounding away on the keys and refusing to tear herself away from the piano.

"I was figuring things out by ear, playing melodies of songs I knew from TV or the radio," she says. "My parents decided they should probably get me some lessons. It was never a struggle for me to sit down and play, as long as it was something I liked."

As a teenager, she did take a little break from the keys, playing sports in school

during her free time, but it wasn't long before she was back to music.

"I really enjoy it. I like making people happy. I play a lot of private events and I like making their occasion special and giving it that special touch," she says. "In terms of performing in shows, I like expressing myself and doing something different."

Once a month, Scott performs at The Gallery on Madison in Middleburg and also plays other venues around Virginia and DC when opportunities arise. She also is something of a regular in Brooklyn, N.Y.

"I would never consider myself to be edgy or avant-garde, but singing in French I guess is considered that all of a sudden and the venues in Brooklyn started to be really interested in my work," she says. "I thought it was the funniest thing, but it's interesting how others think this is rebellious. I just do what I do, and my Brooklyn dates just came by happenstance."

Scott finds that her law career has helped her in her music career as well, whether it's for contracts or taxes or running her music school, and she's happy to still have a hand in that as well. Still, music is her first love.

In March, Scott premiered some of her original songs with her world fusion ensemble at The Intersections Festival at The Atlas Performing Arts Center. Her project, "Dans le bleu" (In Another Reality), explored the nature of truth, perceptions of reality and emotional charge set to world rhythms and vocals in English and French. An album based on these songs will be released later this year.

"There was a lot of preparation and focus on the event and the message of the show. I had to really decide what I wanted to communicate," Scott says. "I sang mostly in English, so it was a different experience for me to connect and communicate because I do often sing a lot in French. I really liked the engagement with the audience. It was just a great experience." *

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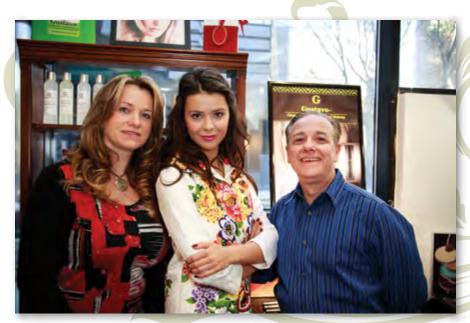
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Makeovers





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Temporary clip-in extensions were colored to match Varvara's own hair and inserted to add volume as well as length. Natalya frequently uses this technique while styling her many clients for weddings and special occasions.

To create a timeless and natural look, Gustavo used his own line of Gustavo Organic Skincare and mineral makeup on Varvara. Along with his expert application techniques, he provides useful makeup tips and secrets for everyday use. Gustavo also offers makeup lessons so you can duplicate your look quickly and easily.



(Above) Natalya Anderson, Varvara Orlova, and Gustavo Mottola

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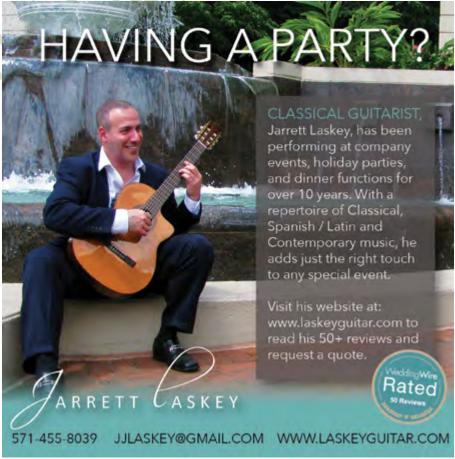
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Dr. Faludi is a member of the American Society for Surgery of the Hand and the American Society of Laser Medicine and Surgery.

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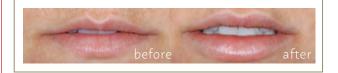
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401 Maple Ave E Vienna, VA 22180 703-938-6644 Www.MerleNorman.com

Merle Norman is so sure that you'll love their products, they provide free Express Makeovers to encourage you to try before you buy so you can touch, feel, and experience the products first hand.

With 15 foundation formulas, 5 finishes, and nearly 200 shades, the product offerings are very extensive

MAKEUP Makeover

Merle Norman has been a fixture in Vienna, Virginia for many years—their repeat customers are a true testament to the business and excellent product offerings. One of their primary tenets is not only selling exceptional products, but showing clients how to apply them while ensuring your skin is properly prepped. The low-key atmosphere puts customers at an ease not found with many busy makeup counters at large malls.

While our model, Cristina Rivera, was beautiful before, she's even more amazing after her makeover. Our makeup artist, Bellina Lambdin, provided a skin assessment and was able to target specific problems with Cristina's skin. She then designed a skin care and makeup regimen around those needs. With 15 foundation formulas, 5 finishes, and nearly 200 shades, the product offerings are very extensive.





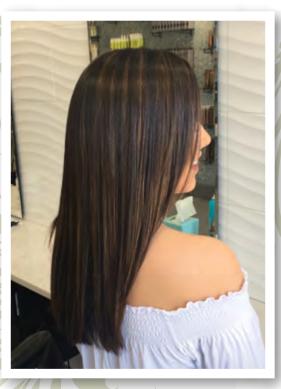
HAIR Makeover

Salon O Tony provides the best option for your hair in dealing with the summer's heat and humidity. The salon specializes in Keratin Treatments (Brazilian Blowouts) which rebuild damaged areas of your hair while increasing shine, lessening frizz, and making the overall styling process easier.

Your hair is made up of keratin, so the treatment puts back the protein in the hair that's often lost due to age and chemical services.

Our model, Cristina, has thick, coarse, wavy hair that is unmanageable and frizzy especially in summer months. After the Keratin Treatment was completed, her hair is now straight, soft, and supple while easy to maintain and manage. Sulfate-free shampoos and conditioners are key ingredients to look for in order to prolong the results. The treatment should last at least two months, possibly more depending on your hair type and how often you wash your hair.

Salon O Tony offers free consultations to determine whether your hair is a candidate for receiving the Keratin Treatment and, if so, the best formula for treatment.





SALON O TONY – KERATIN TREATMENT/ BRAZILIAN BLOWOUT

130 Maple Avenue West Vienna, VA 703-281-3191 Www.SalonOTony.com







BODY Makeover

SCULPSURE

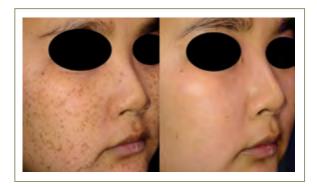
Don't you wish there was a way that you could magically melt your fat without having any surgery, anesthesia or any incisions—well now you can. Sculpsure is the newest laser in the war against fat. four phone-size paddles are attached anywhere you want the fat melted (stomach, flanks, back fat, muffin top, arms, thighs, knees, etc.) and laser light travels through the skin (safe for all skin types and colors) and heats the underlying subcutaneous fat. It does not damage underlying organs. It can melt up to 24% of the fat in 25 minutes. There is no down time. The fat is gradually breakdown and excreted. You should plan two treatments six weeks apart.



SKIN Makeover

PICOSURE LASER FACIAL

Almost all women over the age of 35 will develop areas of irregular pigmentation on their face. As they age further, they will develop irregular pigmentation on their neck, decollete, hands, and arms. Until now, the only treatments have been variations of a CO2 laser, IPL, or Fraxel lasers. These work but cause a great deal of intense redness that lasts for days. In certain ethnic groups these treatments can actually make the hyper-pigmentation worse. The Picosure laser is a new laser that pulses 1,000 times faster than any other laser. This laser is so fast that there is little to no redness or inflammation. You can return to work in a few hours and certainly the next day. It is a very quick treatment that can be done on all of the above areas. This laser is revolutionary and is a true game changer. You should plan three treatments, each a month apart. It will also help with fine lines and is actually beneficial to acne scarring—a very difficult problem to improve.



Sculpsure can melt up to **24% of the fat** in 25 minutes.



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Dr. Berman offers a full array of the most advanced and cutting edge cosmetic surgical techniques ranging from minimally invasive procedures to extreme makeover surgeries. Dr. Berman will take the time to fully explain and go over all your options and tailor an individualized and unique treatment plan for you. Call today for a complimentary consultation

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The **Picosure Laser** is so fast that there is little to no redness or inflammation.
You can return to work in a few hours and certainly the next day.



Photo taken at beautiful Rocklands Farm, on the October Bubbles & Bloggers event—a two part day of bubbly, blogger fun that included a hayride at the Butler's Orchard pumpkin patch and wine tasting at Rocklands Farm winery.



thecarglove.com

The CaroLøve is a style and lifestyle blog that celebrates mixing fun and quirky with classic staples. Caroline's favorite feature on her blog is her #wcw (Woman Crush Wednesday) where she interviews women she admires. She believes in community over competition above all else. She has also been posting a lot of wedding-related content in preparation for her own nuptials next spring.



bonchicstyle.com

Bon & Chic Style is a French lifestyle blog written by Christine Besen. A French native and northern Virginia resident, she writes about her French chic style and jewelry, and shares her homemade French recipes and favorite travel spots.

simplysylvia.com

Simply Sylvia is the eponymous style diary of a former Parisian who brings that effortless "je ne sais quoi" touch to life and style in the nation's capital. Her blog showcases the fashion, lifestyle, and travel subjects that inspire her.



The Vero St.

theverost.com

The Vero St. is a lifestyle blog written by Veronica Ardaya. Based in Virginia and Washington, DC, Veronica writes about her adventures exploring local, must-go food spots (including her cherished matcha and coffee shops), art exhibits, and vacation destinations. When she is not out and about, Veronica shares lifestyle tips on minimalist fashion and DIY projects (she has a thing for succulents).

styledbymegan.com

Styled by Megan is a blog written by Megan Haney which covers all things fashion, beauty and travel related. The focus of the blog is achievable and relatable fashion for today's young woman.





Mary Carolyn Becker

Name and occupation.

Mary Carolyn Becker, Wife, Mother, Statistician

What skincare product do you use that you like the most?

Food-grade coconut oil and olive oil. I use it for my skin and also on my nails.

What did you formerly do (beauty-wise) that you realized wasn't worth the money?

Too many manicures when I can just paint and care for my own nails.

What is your biggest beauty splurge that you deem necessary?

If I really want long hair for a special event, then hair extensions are really fun to get and keep for a couple months, but after that I think they can damage your hair.

Where do you find happiness?

I love spending time with my husband, children, and dog, Gypsy. I find happiness in my kitchen, garden, and yoga room. I love cooking with my kids—trying new recipes. I like "hanging around," doing aerial yoga too—very relaxing!

What was your favorite vacation?

Probably Canyon Ranch in Arizona tops my list.

What is your beauty secret?

I'm not sure I have a beauty "secret," but I try to eat mostly organic fruits and vegetables, keep weight down, exercise, and avoid chemicals. I think it is better that anything that goes on your skin can also safely be ingested so I only use natural products, no parabens, and mostly olive and coconut oil.



Photo by Sean Harris, wonder101.com **Hair** by Lucy at Urban Hair Salon

ARE YOU READY FOR THE BEACH THIS SUMMER?



Astoria Laser Clinic is offering the **Next Generation CoolSculpting** Technology. Uniform Cooling with more Fat treated and more comfortable with new applicators. **Dual Sculpting** better results, two areas in **only 35 min from 60 min before**.

FREEZE YOUR FAT AWAY, NO SURGERY NEEDED!



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Microdermabrasion with Celluma reg. \$220.00 NOW \$110.00

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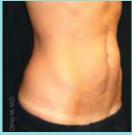
HOW DOES ULTRASHAPE POWER PERMANENTLY DESTROY FAT?

Using ultrasound energy, UltraShape is able to target fat cells, destroying them instantly, so patients can see visible results within two weeks. Because the ultrasound energy is pulsed and focused, UltraShape is able to target the fat cells mechanically, without heating them and without damaging surrounding tissue. The designated area is treated only once, ensuring a complete and uniform treatment. Once the fat cell membranes are disrupted, the content of the cells is transported through the vascular and lymphatic systems to the liver. The fat is then processed via the body's natural mechanisms. The results are noticeable in as little as two weeks and they are permanent.









AFTER 2 TREATMENTS



BFFORE



AFTER 3 TREATMENTS



Come experience world-class care with Dr. Dima at WellMedica, an internationally recognized Aesthetic and Anti-Aging treatment and training center focused on promoting, advancing and standardizing the field of Aesthetic Medicine. Known for treating many of Washington DC's political elite, Dr. Dima's patients praise her for her compassion, professionalism and artistic ability in restoring youthful beauty with natural looking results. She is dedicated to providing the latest effective technologies available and combines artistry with medicine and a deep commitment to your satisfaction. She believes that restoring inner health is as important as physical rejuvenation and customizes each individual's care in order to achieve true harmony and balance.



During my training, many of my friends became mothers—myself included. Many of them forgot about caring for themselves as they became busy with nighttime feedings, nursing their babies during lunch breaks, and always making the rest of the world a priority. I even found it challenging to juggle being a doctor, wife, and mother. When I started attending medical aesthetics courses, many of my closest friends became my first clients. I felt empowered by making them feel happy, rejuvenated, and more relaxed.



Experience the invigorating art of skin rejuvenation like never before! The staff at **Astoria Laser Clinic** is trained to provide skin laser rejuvenation and photo rejuvenation patients with unsurpassed customer service in a friendly and caring environment.

Ask them about FDA-approved procedures like BOTOX®, Laser Hair Removal, Photo Rejuvenation, Fraxel, Clear & Brilliant, Microdermabrasion, Cool Sculpting, Skin Tightening and other Services.

Beauty Starts Within

As an internist specializing in medical cosmetics, I believe that beauty starts from within and every person looks his or her best when they are happy. It's imperative to follow a healthy lifestyle, including getting enough rest and exercise. It is also important to feel good about who you are, how you look and be able to enjoy little things in life. The key is to find a physical and emotional balance. There is more and more clinical evidence that stress and depression can exacerbate illnesses from cardiac to obesity and even cancer. So, I urge my patients to modify their diet and try to reduce as much as possible on carbohydrates and saturated fats and shift towards a proteinrich, whole food diet.

Botox Can Fix More Than Wrinkles

Every individual has a unique concern when coming in for a consultation. Age has nothing to do with it, once that unique concern arises. Botox can clearly prevent fine lines from forming. I have many clients who started getting Botox in their late 20's and early 30's. It's a wrinkle preventive treatment that also helps patients with chronic migraines have less frequent attacks.

Natural Looking Results

Many patients strive for "pillow lips," during enhancement procedures. Typically, this is inspired by celebrities. For lip enhancement, I suggest using an injection that can be used to give very natural looking results for enlarging the lips. Most fillers are a synthetic form

of a naturally-occurring compound in our bodies called hyaluronic acid. It is able to hold a large number of water molecules which allows it to hydrate tissue as well as augment it.

Customized Fillers There are different types

of fillers which will achieve

different results. Some have a much firmer consistency and require that the physician molds it correctly. Others will diffuse into the injection site easily, which negates the need to manually shape it. Choosing between a thicker or thinner injection solution depends on the final appearance the patient wants. More dramatic results require a filler with a firm and more viscous consistency. The lip shape desired by the patient is largely determined by where the injections are placed. Obviously, physicians must strive for balance and symmetry across the length of the lips. But additionally, they can modify the contour of the lips by choosing strategic injection sites.

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SESSION 5: SHRINKING NUMBERS, ROCK HARD BODY

Julia Buckley has created the Ignite series of workouts and her workouts have helped thousands of people across the world get lean, hard, power-packed bodies. If you want lean hard thighs and a firm, lifted booty now's the time to put in the grind!

Join Julia's online gym at:

www.juliabuckley

fitness.com

REPS: 10 - 8 - 6 - 4 - 2

In this session you'll be counting repetitions (reps) of the exercises rather than using a timer.

Start by doing each of the four exercises for 10 reps then repeat the set doing two fewer reps each time until you get down to doing each exercise for two reps.

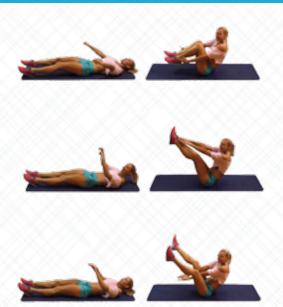
So you'll be doing 10, 8, 6, 4, and finally 2 reps.

What I love about this session is how the last circuit of only two reps feels pretty easy at the end, so you finish feeling energized while knowing you've smashed a hardcore session.

EXERCISES

- 1. WIV Abs
- 2. Spider Press Up
- 3. Surrender Squat
- 4. 180° Squat Jumps

WIV ABS



- **1.** Lie flat on your back with your arms straight by your sides.
- **2.** Lift your body up, pulling with your abs and pushing your arms straight forward.
- **3.** At the same time, bring your knees to your chest. This is your "W."
- **4.** Return to the starting position.
- 5. Lie on your back, with your legs and arms extended up. Keeping your legs and arms straight, raise your upper body while trying to touch your fingers to your toes. This is your "I."
- **6.** Return to the starting position.
- 7. Lie on your back, with your legs and arms extended up. Keeping your knees and elbows locked, simultaneously raise your upper body while driving your arms between your legs. This is your "V."

SPIDER PRESS UP





- **1.** Start in a push up position with your hands planted on each side of your mat and your legs wide.
- 2. As you lower your body down to the floor, lift one knee up to the side and touch the knee to your same side elbow.
- **3.** As you push back up, bring the leg back to starting position.
- **4.** Repeat on the other side.

SURRENDER SQUAT

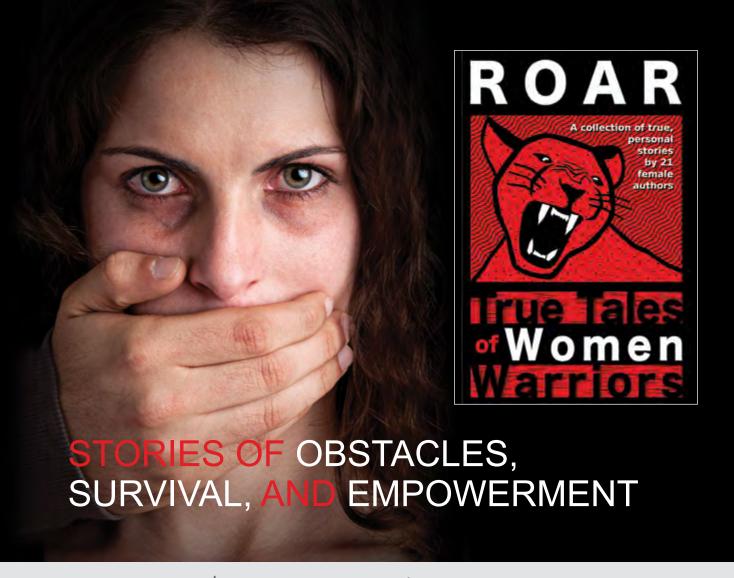


- 1. Start standing up straight with your arms up, elbows bent and your hands behind your head and shoulders to ceiling.
- 2. Drop one leg back to the floor into a kneeling position. Keep as much weight as you can in the working leg. The other leg is just being used for support.
- **3.** Stand back up without using your arms, then alternate, moving the opposite leg back to the floor.
- 4. Continue alternating legs.

180 DEGREE SQUAT JUMPS



- **1.** Get into a squat position with your right hand touching the ground.
- **2.** As you jump up out of the squat turn your body to the right so you land facing the opposite way.
- **3.** Land in a squat position and touch the ground with your left hand.
- **4.** Repeat, this time turning to the left as you jump. Continue alternating sides.



Better Said Than Done Publishes Stories About the Challenges Women Face



Jessica Robinson

Better Said Than Done is publishing an anthology of stories, Roar: True Tales of Women Warriors, to benefit the National Network to End Domestic Violence. The book features true, firsthand stories from 21 female authors about the challenges that women encounter in their lives. Roar: True Tales of Women Warriors will be released on Sunday, April 30, 2017 at the Better Said Than Done storytelling show of the same name, performed at Jammin' Java, 227 Maple Ave East, Vienna, Virginia 22030, at 7:30 PM. The book will be available for purchase in print and e-book on Amazon starting on April 30, 2017. The goal of both the show and published anthology is to empower women to share stories of obstacles they have overcome, to inspire those who may share in similar struggles, and to help others understand the obstacles women still face, even in 2017.

"I launched *Roar*, the show and the book, because I know I'm not the only woman with a story to share," said Jessica Robinson, of Fairfax, Virginia,

founder of Better Said Than Done. "Storytelling is powerful: by hearing a personal story, we learn from that person's experience, empathize with that person, and, often, change our own thoughts after sharing in their experience."

Roar: True Tales of Women Warriors includes 21 stories written by women. The authors reside throughout the US, including the DC area and Canada. Select author credits include The Washington Post, The New York Times, The Seattle Times, Ladies' Home Journal, The Huffington Post, Medium, journals, and other anthologies. Stories were written by bloggers, radio and podcast hosts, storytellers, performers, novelists, memoirists, and first-time authors, as well as doctors, public health professionals, lawyers, a former elected official, and more.

Books will be available for sale on Amazon and at the storytelling show hosted by Better Said Than Done in April: Roar: True Tales of Women Warriors will feature ten female storytellers sharing their true, personal stories on April 30, 2017, at Jammin' Java, 227 Maple Ave East, Vienna, Virginia 22030, at 7:30 PM. Doors open at 6:30 PM. Tickets are \$20 per person and can be purchased in advance at www.jamminjava.com or at the door. All proceeds from tickets sales benefit the National Network to End Domestic Violence. Full bar and dinner menus are available at Jammin' Java and seating is limited to first come, first served. (The stories are intended for an adult audience. Some of the stories in this show include portrayals of sex, abuse, and traumatic events.)

Courtney Crane of Studio City, California, one of the book's authors, explained her experience writing this story, "Dredging up this 40-year-old story and putting it on paper, was definitely healing. I was finally able to stop blaming myself for what happened to 12-year-old me. As a mother of a teenage daughter, I have more understanding and compassion for that little girl me, and just want to wrap some love and gratitude around her. I hope there's a woman out there who might read my story and be inspired to bring her own hidden story to the surface. Hopefully, she could forgive herself, too."

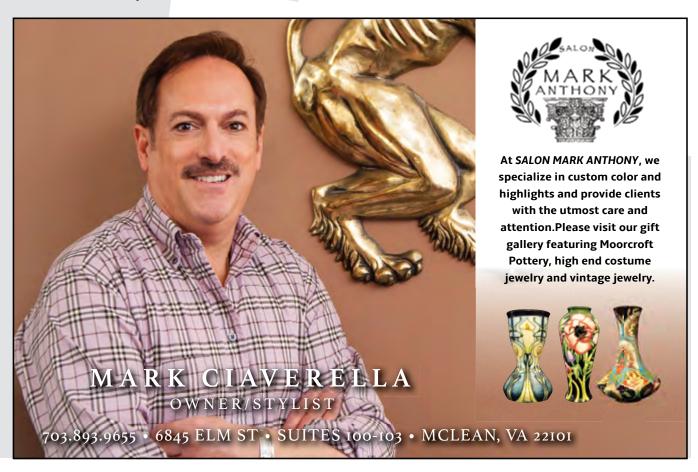
"One of the best ways we can extinguish the stigma and judgment with which so many women facing already-difficult issues around reproductive health, inequality, and gender-based violence are met is to tell our stories honestly, in human, personal terms," added contributor Elizabeth Futrell, of Chicago, Illinois. "In doing so, we not only create community and encourage dialogue, but we also honor ourselves and the experiences that have shaped us. And if we're lucky, we inspire others to do the same."

"We've come a long way, but we have a long way to go," said Robinson. "If women are to be treated as equals, with respect, under the law, and under our professional, domestic, and medical roofs, women need to share their stories. So many of us have experienced inequality, abuse, and varying degrees of mistreatment based around our gender. It is both sad and comforting to know other women have been through the fire and come out the other side, with scars, yes, but as survivors. And for those who have been lucky enough not to share in some of the worst situations in this book, they need to know that these things do happen, often. We have a long way to go, but we will get there, together."

Proceeds from both the show and book will benefit the National Network to End Domestic Violence (NNEDV). "At the center of our work are survivors' experiences and stories," said Kim Gandy, NNEDV President and CEO. "We are thrilled to partner with Better Said Than Done to lift up women's voices and stories of empowerment. We urge every person to speak out for survivors and build stronger communities together."

Sandra Hull, of Arlington, Virginia, shared a similar sentiment. "For far too long, I felt that my experiences were unique, but not in a good way, as if I failed at 'human-ing.' When I started telling my stories on stage, I was amazed when people approached me after shows to say how much they identified with what I'd talked about. That newfound connection empowered me to share a painful story from my childhood that I'd previously felt too ashamed to tell. I'll consider it a win if just one woman identifies with the story and knows she's not alone in her pain."

Purchasing tickets to the storytelling show in advance at www.jamminjava.com is recommended as the show is expected to sell out. More information about the book, the book launch, and the contributing authors can be found at www. bettersaidthandone.com. •







With summer weddings ahead, a bride's thoughts are consumed with plans, and one of her biggest concerns is how she will look on her wedding day—especially with her hairstyle.

"The soft, classy look is still in style for brides," said Irina Russu, hair stylist and wedding specialist at Noufal HairColor Studio near Tysons Corner. "In addition to soft, big curls and waves worn loose, this year we are seeing a trend toward the higher bun. Balayage highlights and ombre coloring are also in style this season for everyone."

Brides should book an appointment months in advance of their actual wedding day to try out various styles. "We often see brides about 2 months before their wedding, but some book a half year in advance to try us out as well as their style," Russu said.

If you have pictures of hairstyles you like, bring them to your appointment. This gives the stylist a visual of how you would like to look. If you don't have a picture, your wedding hair specialist can recommend flattering styles and let you try different looks. Bring along a friend if you like to help you choose.

Also bring your veil and any hair accessories (including extensions) you wish to wear. You want to try out your hair style exactly as you will wear it on your wedding day. Wear a buttoned shirt for ease of changing clothes.

"What you don't want to do is experiment with your hair right before your wedding," Russu advised. "If you want to change your hair color, perm your hair or get a new cut, do it a month or two ahead."

Be sure to reserve your stylist for the day of your wedding, for hairstyling either at the salon or your location, for you and your bridesmaids. For more than 5 people, a second stylist is recommended.

Most of all, be true to who you are. You want to feel beautiful on your wedding day, not overdone. With the perfect style, you will radiate as the lovely bride you are.







Joey Noufal and Noufal HairColor Salon are featuring frina as top stylist and colorist



Irina attends international and national beauty shows to provide clients with the latest styles and trends. She has had her training by Joey Noufal. Irina has been published in Passion hair books. Her expertise services are haircutting and styling, highlighting, hair coloring, perms, wedding up-do's and make-up application.

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Joey Noufal and
Noufal HairColor
Salon are featuring

Matalya
as top hair stylist

Natalya's work has been published in various hair books and magazines internationally and locally. At Noufal HairColor Salon, Natalya specializes in: wedding style, multiple color highlights, precision cutting, perm and Keratin Treatment.



BEAUTY Directory

COSMETICS

Merle Norman 703,938,6644

(Please see ad on page 88)

401 Maple Ave. E., Vienna, VA 22180

www.merlenormanstudio.com

For years, women have relied on Merle Norman to meet their Skin Care and Color needs, because there really is a difference. Their Staff is carefully trained and dedicated to helping you select the products that are right for you. Their long-term commitment to personalized service and a unique philosophy of "Try Before You Buy" is your assurance of satisfaction.

HAIR.

Colour Bar Studio 703.848.2000

(Please see display ad on page 79) 8100 Boone Boulevard, Suite 115, Vienna, VA 22182

www.colourbarstudio.com

Their team of hair artists will create a style that is uniquely yours. It all begins with the consultation: hair type and texture, face shape, stature and even lifestyle are considered as we design a new you.

Noufal Haircolor Salon 703.893.7711

(Please see display ad on page 103) 8605 Westwood Center Dr, Ste 160 Vienna. VA 22182

www.noufalhaircolorstudio.com

At the Noural HairColor Studio in Vienna they like to give back! That's why they've created the Noural Loyalty Point Reward System where you can have a chance to earn free gifts and more. As a member, you will be able to take advantage of all the extra perks Noural HairColor Studios have to offer.

Salon Mark Anthony 703.893.9655

(Please see display ad on page 101)

6845 Elm Street, Suites 100-103

McLean, VA 22101

Specializing in custom color and highlights and providing clients with the utmost care and attention. Also visit their gift gallery featuring Moorcroft pottery, high-end custom jewelry and vintage jewelry.

Toka Salon

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SKIN & BODY

Aesthetica 703.729.5553

(Please see ad on page 88)

Riverside Office Park at Landsdowne 19500 Sandridge Way, Suite 350, Leesburg, VA 20176

www.gotobeauty.com

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 a spa-style pampering and state-of-the-art cosmetic surgery.

Astoria Laser Clinic & Med Spa 703.992.9290

(Please see article on page 96 and display ad on page 93)

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www.astorialaserclinic.com

Ask us about FDA-approved procedures like BOTOX®, laser hair removal, photorejuvenation, fraxel, Clear & Brilliant, microdermabrasion, Cool Sculpting, skin tightening and other services.

Aesthetic Medical Center 703.992.7979

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www.aestheticmedctr.com

The Aesthetic Medical Center is committed to providing our patients with the most advanced techniques, products, and technology in aesthetic medicine and laser surgery. They offer a wide range of injectable and laser treatments for skin and soft tissue renewal.

Berman Cosmetic Surgery 703.406.2444

(Please see ad on page 80)

14 Pidgeon Hill Drive, Suite 100, Sterling VA 20165

www.bermancosmeticsurgery.com

Dr. Berman offers a full array of the most advanced and cutting edge cosmetic surgical techniques, ranging from minimally invasive procedures to extreme makeover surgeries. Dr. Berman will take the time to fully explain and go over all your options and tailor an individualized and unique treatment plan for you.

Plastic Surgery & Associates 703.790.5454

1300 Chain Bridge Road (at Dolly Madison Blvd) McLean, Virginia 22101

www.plasticsurgerymclean.com

Dr. Csaba L. Magassy is one of the Washington area's best-known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, Dr. Magassy has helped thousands reach their cosmetic goals. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients.

WellMedica Aesthetic & Anti-Aging Medicine 703.787.9866

(Please see article on page 94)

1801 Robert Fulton Dr. Suite 540 Reston, VA 20191

www.wellmedica.com

Offering a diversity of treatments and services, WellMedica is dedicated to providing you with the latest technologies available today. Dr. Dima Ali, President and founder of WellMedica, combines artistry with medicine and a deep commitment to your satisfaction. She concentrates exclusively on nonsurgical procedures to enhance, shape and improve the face and body. Dr. Ali believes that looking good should be pleasurable and affordable.

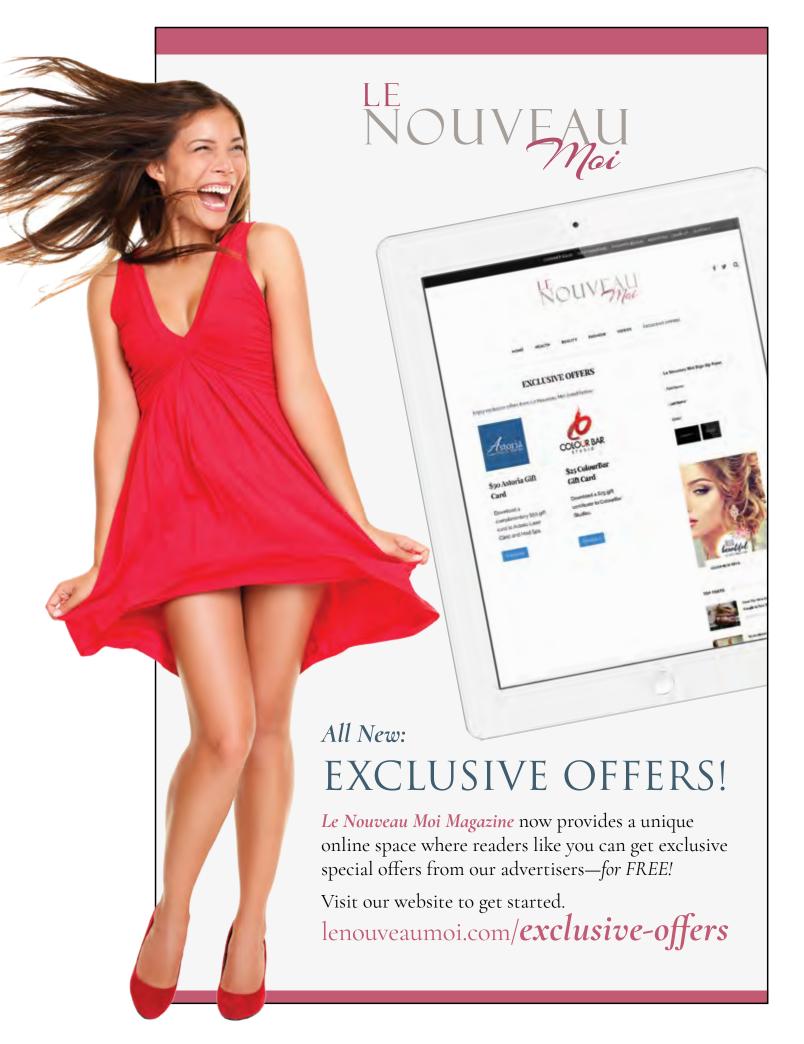
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(Please see display ad on page 76)

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Leesburg.WoodhouseSpas.com.

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.







MurLarkey's® is open to the public on Fridays and Saturdays from 1:00-6:00 pm. Tasting options include up to six ½ oz. samples of spirits for \$15.00 or Signature Cocktails up to two cocktails containing 1.5 oz. of spirit for \$7.50 each. Tours are Fridays and Saturdays at 1:00, 2:00 and 3:00 pm. Groups of 10 and above need to call in advance. Tours and Tastings or Cocktails cost \$17.00 per person.

Private parties, corporate functions, rehearsal dinners, socials, fundraisers and other special occasions can be celebrated in style at MurLarkey's® for up to 60 guests. Their team of dedicated professionals will help you coordinate your special event.

Two years from idea to fruition, the doors of MurLarkey Distilled Spirits, LLC opened just days into the new year of 2016 in Bristow, Virginia. Thomas Murray had completed a successful career as a high-tech executive and was thinking about his next best chapter.

His cousin, Mike Larkin, had been toying with the idea of opening a distillery. Descendants of the Kelly's, an Irish family that immigrated to the United States in the 1930's, spirits were steeply ingrained in their family traditions. In fact, in Ireland whiskey is often called uisce beatha, meaning the "water of life." It's something the Murray, Larkin, and Kelly homes knew and loved. MurLarkey® was born, named for and run as a family business.

A lot has changed in one short year. Licensed as only the 11th distillery in Virginia, there are now almost 50. But it is clear what started out as a small craft distillery is becoming something much bigger. On a whim, they entered their first competition, the 2016 Distilled San Diego Spirit & Cocktail Festival, one of the largest and most respected international competitions held each year in the U.S., with their Divine Clarity® Vodka taking the Bronze and their Justice™ handcrafted white whiskey taking the Silver against brands such as Crown Royal and Bulleit. They followed up with winning Virginia Moonshine Distillery of the Year for 2016 at the New York International Spirits Competition, as well as being the Bronze winner for their ImaGINation Gin™ and the Silver winner for Justice™ at that same competition. They were awarded five medals at the distinguished American Distilling Institutes (ADI) Craft Spirits Awards, taking Gold for Divine Clarity® grain-to-glass vodka, and bronzes for their ImaGINation™ Gin and three of their whiskeys.

Enter their doors and you're instantly aware that they are smart, savvy businessmen. The tasting room is all wood, metal, bar stools, and festive strung lights—modern yet grounded in tradition. Take a tour and you'll see their immigrant story and the history of potato vodka and distilled spirits come to life. You'll learn that when the Irish first came to America they did not have their beloved potatoes, which were not indigenous to Northern America. So they turned to corn and a new American spirits business was born. An old copper still has a place of honor in a corridor, while in the operations center, their modern European distillery equipment is clean and sleek, stainless steel lined with copper with their signature crest poised artfully above. In their retail section, their spirits are available for sale alongside some great merch, that captures the fun of your adventure. I'll be sporting

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a great tank this summer that says, "It's Just Not a Party, Without a Little MurLarkey ... Distilled Spirits."

But, the real heart and soul of the company is reflected in their products. Jesse Puckett, their Head Distiller, has mastered the task of using the finest locally sourced 100% natural, gluten-free corn and barley, Idaho potatoes known for their optimal moisture and high starch content, and local waters to drive the fermentation process to mash tank, on to the 600 gallon still, through distillation to the cooling condenser to produce the 160-to-190 proof vodka, gin, or whiskey base. A typical vodka is distilled four to six times in a run. MurLarkey's® award-winning Divine Clarity® is distilled 16 times resulting in an incredibly smooth and pure spirit. The company is so focused on the quality of their ingredients and process that they have trademarked "Farm to Flask™."

George "Papi" Zwetkow, is the creative genius behind the art of product development. What happens when you put a love of food (we're talking gourmet cook here), fabulous "nose," and a discerning palate together with natural curiosity and a hint of mischief? Great spirits. Papi has mastered the difference between what enhances the flavor of a gin or whiskey and what competes to its detriment.

I received an amazing short course in the use of chardonnay oak wine barrels to bring out the flavor in ClemoncyTM, their finest whiskey infused with the highest quality dried lemon peels and zest, to be

served chilled and neat or to form the base for a delightful array of crafted cocktails. Or the need for merlot oaken wine barrels to produce their cinnamon and brown whiskeys. Smoked or charred oak staves are added as needed to bring out the nuanced textures and flavors of their widening selection of spirits. Think gin is for old men or stuffy upper crust Englishmen? ImaGINation™ will change your mind. Forget any medicinal properties that might have lingered too long on your taste buds, this gin is delicately flavored with 12 botanicals including lavender, lemongrass, rosemary, juniper, ginger, and peppercorns amongst others, that delightfully grace your senses and can be served cold and up or mixed with grapefruit juice to form their "Floridian."

What I found consistent throughout the tastings was whether the spirits were served plain or as one of over 14 signature cocktails available for sampling, the character of the spirit itself was never overwhelmed or lost. A favorite was the Irish Red Head, their Cincerity™ Cinnamon Whiskey combined with orange juice and ginger beer. Another was the Cinnamule™, Cincerity™ with sweet cider and ginger beer. Served warm during the fall will bring cheer and cheers from any crowd. Justice™ is aptly named as it is perfect with just ice, or served with Zing Zang Bloody Mary mix, available at ABC stores and some local supermarkets. George suggests garnishing with crispy bacon for a truly Virginian cocktail experience. Looking for the perfect summer libation? Try Clemonade™...a blend of Clemoncy™

Lemon Whiskey, fresh squeezed lemon juice, a touch of simple syrup, topped with club soda.

Over the last year, MurLarkey's® distilled spirits have become available at over 80 Virginia ABC stores and 70 restaurants from Fairfax to Virginia Beach. Several new whiskeys are in the approval process through the Treasury Tax Bureau and State Certification requirements, and they plan to launch their own line of bitters in the near future. As one of the fastest growing distillers in Virginia, they are not content to rest on their early success. The possibilities of every new batch, the thrill of discovery, and the satisfaction of their loyal and growing customer base drives them to expand on what can only be described as an astonishing year of accomplishment.

I really enjoyed getting to know everyone at MurLarkey's®, and the tasting experience was delightful. You feel like you're getting a wealth of knowledge on how to serve and savor each spirit in a relaxed and lively atmosphere. The familial pride and joy they take in making your visit a day to remember is evident at every moment. Make this part of your future plans. I know I will visit again very soon!

MurLarkey Distilled Spirits

7961 Gainsford Ct. Bristow, VA 20136 info@mularkey.com www.murlarkey.com 571.284.7961









THE WOODHOUSE SPA

Grand Opening

eesburg warmly welcomed one of its newest businesses on Friday, March 31st, when The Woodhouse Spa hosted its Grand Opening celebration at its Leesburg Village location. The occasional bursts of rain that threatened all day did nothing to dampen the enthusiasm of the crowd as Don and Beth Weeks as they cut the gold ribbon and invited their guests into their gorgeous, lush spa. As part of the ceremony, Woodhouse presented a generous donation of \$1,250.00 to Loudoun Child Advocacy, a program of the Loudoun Abused Women's Shelter, as part of its commitment to the health and wellness of their new community.

While attendees enjoyed entertainment provided by Lisa Herndon of popular local radio station WINC FM, and nibbled on an assortment of delicious bites prepared by Travinia Italian Kitchen & Wine Bar, small groups of ten or so were escorted on a guided tour of the premises to familiarize themselves with the people and services available. Each group entered through the gracious lobby filled with attractive retail offerings, and progressed to the Quiet Room, where guests begin their journey with a chance to shed the stresses of the day, rehydrate with citrus infused waters, and relax in comforting chairs with soft throws. After a brief overview, the tour continued to the Vichy Shower room, where clients experience the

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healing detoxification process of this signature treatment. Single and dual massage rooms, facial treatment rooms, seaweed soaking room, and expansive manicure and pedicure facilities were all featured as we wound our way through the elegant and tranquil spa atmosphere.









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New Community-Based Vennes Will Keep Events & Activities Going

ork to renovate the McLean Community Center's (MCC) Ingleside Avenue facility has begun. To ensure the Center's programs and services will continue uninterrupted, MCC Executive Director George Sachs has worked with Fairfax County's Facilities Management Department to find and secure rental properties for a 22-month period.

"We will relocate and occupy these spaces...with hopes of moving back to the newly renovated Community Center by the fall of 2018. We want to continue to meet the needs of the community throughout this period of transition and we feel fortunate to have found locations that will allow us to do just that," said Sachs.

In order to continue to offer a variety of classes, MCC has secured the use of a nearby property. The majority of the Center's classes will be held at 6645 Old Dominion Dr., in the McLean Square Shopping Center. Currently, the Center offers more than 100 classes each session. The new location includes four classrooms, which will be scheduled for maximum use. The space will also house the Center's registration office.

During the construction period of the renovation, MCC's administrative offices will be located in the same shopping center as the new classroom space, at 6631 Old Dominion Dr., on the first floor of the Century 21 New Millennium building. This space will

house the executive director, finance, facilities and public information offices of the Center.

The large, outdoor community events produced by the Center also will continue to be offered. The Spring and Fall Community Garage Sales will be held at the parking garage at 1420 Beverly Rd., McLean Day 2017 will be held at Lewinsville Park, and the 4th of July Fireworks Celebration will be return to Churchill Road School for a second year.

Jammin' Juniors, the free preschool concerts offered by The Alden will be held in local parks, while other performances will be presented in community-based venues. MCC is continuing to identify additional spaces for the dance program, indoor special events, and performing arts programs.

The McLean Projects for the Arts, currently located on the second floor of MCC, will be relocating to their temporary location in the Giant Shopping Center. The storefront is located between CVS and Kazan's Restaurant. Their official address will be 1446 Chain Bridge Rd., McLean, VA 22101. MCC will continue to handle registration for MPA-sponsored art classes, which will be held at their studio.

For more information, call the Center at 703-790-0123, TTY: 711.

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MCLEAN PROJECT FOR THE ARTS RECEIVES DOMINION ARTSTARS GRANT to Support Arts Education

Presented by the Dominion Foundation, this award celebrates arts organizations working to advance the synergy between arts and education for the benefit of students

The McLean Project for the Arts (MPA) recently received a Shining Star ArtStars Award of \$10,000 from the Dominion Foundation. The award recognized MPA's ArtReach program, which offers underserved students a field trip to experience contemporary art exhibitions and hands-on art projects exploring STEAM (Science, Technology, Engineering, Art, and Mathematics) topics.

"ArtStars is about recognizing arts and cultural organizations that are making communities and schools more vibrant through theater, art, music, and other artistic forms," said Hunter A. Applewhite, president of the Dominion Foundation, the charitable arm of Dominion

Resources. "Dominion is proud to support these five winners as they continue their efforts to enrich students' education through the arts."

Led by veteran artist-educator Sharon Fishel, ArtReach is a standards-based, two-part lesson that combines a field trip to MPA's exhibition gallery with a related classroom session featuring hands-on art projects that explore STEAM and other concepts through art. In 2016 alone, the program conducted more than 90 ArtReach tours.

"MPA is honored and excited to receive this recognition of our ArtReach program," said Lori Carbonneau, Executive Director of MPA. "The ArtStars grant encourages and supports MPA in our work creating and delivering our SOL-based arts and cultural literacy partnership with Fairfax County Public Schools, and expanding visual arts education throughout our community."

Presented at the 2017 Art Works for Virginia Conference in Richmond, the Dominion ArtStars Awards celebrate arts organizations in Virginia that best demonstrate the ability to advance the synergy between arts and education for the benefit of students and their communities. Additional winners included Light House Studio, The HARPS Foundation of Richmond, The Pro-Art Association, and The Williamsburg Symphony Orchestra. ❖



SHELTER HOUSE INC. Annual Changing Lives Benefit Breakfast

Shelter House Inc.'s Annual Changing Lives Benefit Breakfast was held on Tuesday, March 28 at the Westwood Country Club in Vienna, Virginia. Businesses, elected officials and individuals, came together to create awareness and visibility around family homelessness and domestic violence in the community.

The sold-out event of over 300 attendees generated much enthusiasm and support. Kathy Albarado, President and CEO of Helios HR, shared her story and spoke to family homelessness

and domestic violence. In addition, two of Shelter House's former clients were kind enough to share their own success stories.

Shelter House was fortunate enough to receive two matching contributions from donors totaling \$30,000 – but help is still needed to fulfill its mission. By spreading the word and donating to Shelter House's cause, a caring and supportive community can continue to make a difference in the lives of those in need.

Shelter House's **mission** is to prevent and end homelessness and domestic violence by engaging the community, building effective relationships and providing crisis intervention, safe housing and supportive services.

Shelter House **envisions** a community free of homelessness and domestic violence.

INTERESTED IN GETTING INVOLVED?

Contact Jennifer Dalessio, Director of Development, Jennifer.Dalessio@ shelterhouse.org ❖





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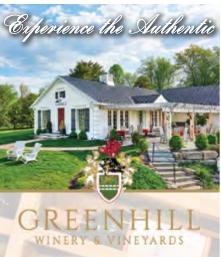
11:00am–5:00pm (Nov–Mar) 11:00am–6:00 pm (Apr–Oct) *Last Friday of the Month: Open until 9:00



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"Inspired By" An Evening of Conversation & Inspiration

With Grace Bonney of Design*Sponge

sponsored by Ann Taylor

ne of the pleasures of being part of the media presence in our community is participating in local events that we believe contribute to the health and vitality of our area. Thursday evening March 9th provided just such an opportunity when we

attended a panel discussion hosted by Grace Bonney of Design*Sponge at Ann Taylor's Connecticut Avenue location downtown. The New York Times best-selling author of In the Company of Women, Grace brought her warmth and intelligence to the stage along with a panel of four wonderful local women entrepreneurs to discuss their experiences in pursuing their dreams.

Carolyn Misterek is the founder of Matine, specializing in USA handmade, fine leather handbags and accessories. While working full-time, Carolyn found herself inextricably drawn to her love of crafting meticulously minimalistic leather designs that would reflect the life experiences of their owners. Having moved to Washington, DC in 2013, her hobby quickly became a business that now boasts both local and international customers.

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Jamyla Bennu and her husband woke up one day to realize their passion for natural, organic hair and body care products sensitive to the needs of individuals with curly, dry,

or challenging hair and skin conditions had taken over their lives. Oyin Handmade Organics has grown from there. Headquartered in neighboring Baltimore, they joyfully develop and market a variety of products for their loyal clientele. Jamyla exudes a glow that reflects the

> quality of her products and the satisfaction she finds in doing what she loves.

> A passion for advocacy and social responsibility led Ximena Hartsock and her co-founders to develop software to connect constituents to their elected officials and civic organizations. Phone2Action utilizes phones, social media, and email platforms to mobilize movements to influence the discourse of important issues of the day. It is a non-partisan tool to convey the messages of constituents to those who will be making decisions on their behalf.

> Amanda McClements is the owner and curator of Salt & Sundry, with two store locations in DC. Feeling that entertaining at home is the way to foster meaningful connections, Amanda scoured stores for the perfect settings, ingredients, and accessories to set an atmosphere that encouraged relaxation and intimacy.

Friends encouraged her to consider opening a business because of her obvious flair for creating inviting living environments. With



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a mantra of "goods for good living," her business has flourished.

With such diverse and talented panelists, the conversation flowed spontaneously and the crowd of largely women, but more than a few very engaged men as well, welcomed the flood of shared experiences and advice. Although their paths may appear different, all the women conveyed the importance of believing in what you choose to spend your time on, embracing fear as not a barrier, but a motivator, and to reclassify what may seem to be a failure as a learning curve towards achieving goals. Having helpful spouses or carefully-selected employees that became part of their teams certainly contributed significantly to their success, and they were gracious with acknowledging how having people that believe in you can be essential to the entrepreneurial process. However, being able to be true to your vision and persist in the face of difficulties are keys to success.

In fact, when asked what factors are most likely to pave the way to a solid business

future, these five cornerstones were given:
1) Make sure you have a customer; a product without a market is worthless; 2) Don't wait for perfect; get started and you'll improve as you go, otherwise you'll never launch (perfect is the enemy of good enough); 3) Use today's tools: social media, networking, and self-marketing make it easier than ever before for good ideas to get traction; 4) Trust your instincts, but never be afraid to ask for good advice; and 5) Persist!

Loving what you do naturally improves the struggle for work/life balance. And, growing pains can result in deeper satisfaction on the other side. Looking at the smiling faces around us, we could feel that this may have been a life-changing moment for more than one person in the room. Sometimes it just takes an extra little push or a few thoughtful words of advice to launch another dream.

Thank you Grace Bonney, Ann Taylor, and these lovely ladies for sharing their journeys! ❖





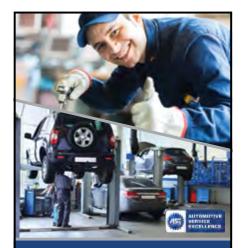
Whether you're planning a corporate luncheon or a grand-scale gala, Helga's Caterers will help you make everything for your event absolutely perfect. Their over three decades of experience enable them to offer many ideas and options for creating exceptional corporate events, holiday celebrations, showers,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

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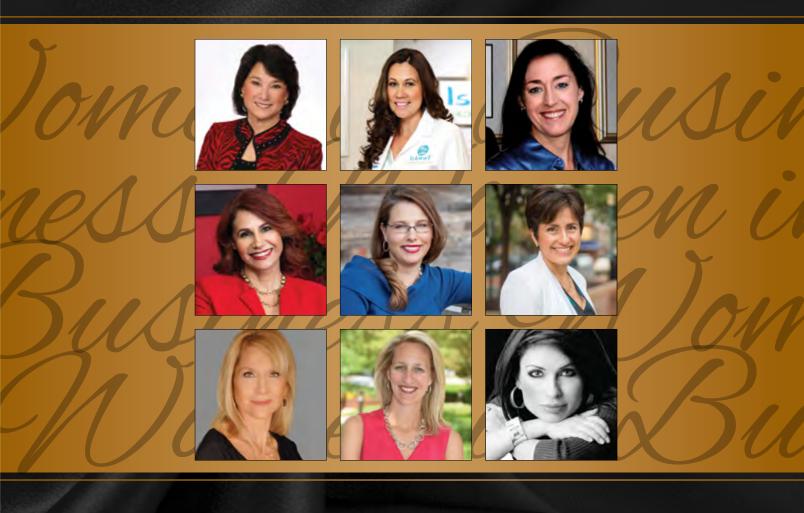
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Momen in Business



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



Tania Ferrel-Saldana

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Ms. Ferrel is a member of a core group of master color specialists in the United states. As a certified MCE (Master Color Expert) and member of the ABCH (American Board Certification - Haircolorist), Ms. Ferrel is an artist that will customize your color and cut to enhance your individual style. She has a passion for making each client look their best, and trains all over the world in order to keep up with the demands of our high-paced region, making Colour Bar Studio a special place in Tysons. Ms. Ferrel is an important sponsor of the Lyme disease organization NatCapLyme, and is a key player in an annual fundraiser held at the salon on June 5th. Please do not hesitate to contact the salon for references.

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Tanice (Adamshick

AESTHETIC MEDICAL CENTER

Janice is the practice manager and cornerstone of the Aesthetic Medical Center in Tysons Corner. Her post-graduate education in exercise physiology and position as an instructor of Human Anatomy & Physiology at George Mason University have given her an excellent understanding of the various procedures performed at the center. Janice Adamshick possesses a cheerful smile and gentle persona that greets every patient as they enter the practice. Additionally, her personal experience as a recipient of aesthetic procedures allows her to supportively connect with all of her patients from a patient's point of view.

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Dr. Dima has a 15 year history of proven excellence in her field and doctors interested in learning how to use the latest technological innovations come to her courses from all around the world. Dr. Dima is a graduate of the George Washington University School of Medicine and is Board Certified by the American Board of Laser Surgery, is a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians.

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Emily Katz

EKTRUTH

Emily Katz, award-winning Make-Up Artist and Image Strategist, is known in the film and television industry for her informative and inspiring approach to natural beauty. An Elle Beauty Genius, the prestigious international award given those who've deeply impacted the global beauty/fashion world, Emily was cited for her innovative work on the iconic TV show "Lost." Emily presents nationally, encouraging business executives, professionals, politicians, and on-camera talent to achieve their best look and reach their full potential as leaders in their field. She educates her clients on how to "present the best version of yourself, remaining true to who you are." Emily is available for private and corporate consultation for Image Presence Personal Styling and Makeup.

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Dr. Sandhya Pal

PAL FAMILY DENTISTRY

Dr. Sandhya Pal is a third generation dentist who has been practicing for over fifteen years. She earned her B.S. in Biology with a double minor in Spanish and Industrial Management from Carnegie Mellon University and her D.D.S. from Howard University School of Dentistry with honors in Oral Diagnosis and Radiology. The Pal Family Dentistry team creates beautiful smiles using the latest technology and cutting-edge techniques in general and cosmetic dentistry. It is their mission to meet and exceed patient expectations and to make your visit relaxing, comfortable fun and efficient.

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Laurie Mensing

Long & Foster Realtor

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Laurie is a relocation specialist both internationally and domestically, and draws on her own experiences to empathize with and understand her clients needs.

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Lucy Robles

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Dr. Gema Island

ISLAND CHILDREN'S DENTISTRY

Dr. Gema Island is a Diplomate of the American Academy of Pediatric Dentistry, a member of the American Dental Society of Anesthesiology and a member of the American Orthodontic Society. She completed her residency in Pediatric Dentistry at Tufts University and two years ago started her practice in Tysons Corner focusing on special needs children, sedation dentistry and laser dentistry. Dr. Gema has lectured internationally and has published articles in peer-reviewed journals. Island Children's Dentistry is highly committed to the oral health of children in the Northern Virginia area.

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Dr. Lourdes Ann Christopher

BOARD CERTIFIED PERIODONTIST

Dr. Christopher is a board certified periodontist and former U.S. Public Health dentist & faculty at 4 U.S. dental schools: University of Illinois- Chicago, The Ohio State University, University of Maryland-Baltimore, and Virginia Commonwealth University. Her philosophy is to meet and exceed her patient's expectations by rendering Prompt, Painless, Caring and Exceptional dental treatment. Her practice's state of art technology comprises some of the most advanced equipments and instruments used to perform dental implants and periodontal treatment.

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Shira Harrington

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Shira is a committed and compassionate career coach who connects deeply with the professional heart of her job-seeking clients. A recruiter by training, Shira fundamentally understands how to compete in today's tight job market. In addition to helping her clients identify their optimal career path, she develops a stand-out brand that showcases their unique value. A talented "word artist," Shira creates recruiter-friendly resumes, and compelling LinkedIn profiles. She also prepares her clients for interviews that land the offer. Her company's tagline speaks to the heart of her service: "For every hire, there is a higher purpose."

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Rose Price, CFP®, AIF®

VLP FINANCIAL ADVISORS

Rose is a Certified Financial Planner", a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose works with individual and corporate clients to create well-designed financial plans and investment strategies and is committed to helping local people reach their financial goals and realize their dreams.

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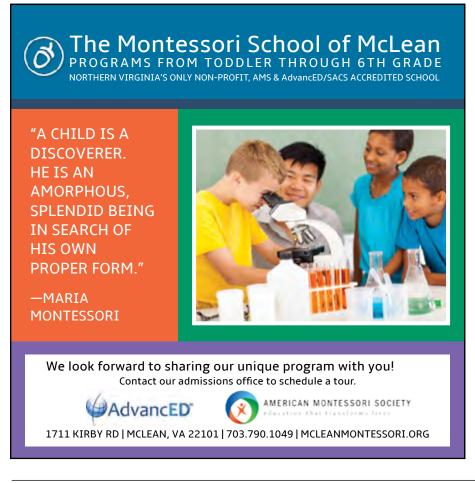




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We asked our readers and the people have spoken! You told us your favorite restaurants in our first-ever Reader's Choice Awards survey, and we are delighted to finally share the final results.

Burger Battles

The battle rages on as more and more restaurants get creative with their burgers. Earls Kitchen + Bar and Five Guys tied as our readers' favorite places to get a burger. Readers also enjoy Social Burger in Vienna, and the now-closed Clyde's of Tysons. Our recommendations: the Classic Bacon Cheddar, California Chicken Burger, and the Forager Burger from Earls. Enjoy yours on the patio with a side of Yukon Fries as you take in the scenery on the plaza.







Brunch in Tysons

We agree with our readers that brunch at Founding Farmer is a must! Owned by more than 40,000 family farmers from North Dakota Farmers union, their brunch selection is incredible. You can easily lose yourself in the numerous choices offered from their Butchers' Table and Sweets Station. Don't miss the Beef Pastrami Hash, and baked delights such as the Apple Brie, Onion Bread, and Peanut Butter Banana Toast. The runners-up include Earl's Kitchen + Bar and Wildfire.



Croissants at Founding Farmers



Readers' Choice for Geafood

It comes as no surprise to us that our readers selected Eddie V's as their favorite place for seafood. Since it opened on the plaza just a few years ago, they have established themselves as the place to go—not just for seafood. Flown in daily from pristine waters around the world, Eddie V's sources their swordfish from Block Island, scallops from George Banks, and (our publisher's favorite) yellowfin tuna from the Caribbean. Reader favorites include the fresh-made Lobster Stuffed Tortillas, Jumbo Lump Crab Cakes, and Chilean Sea Bass. They also have a great Happy Hour and live music seven days a week. Readers also enjoyed seafood selections from Coastal Flats and Legal Seafood.





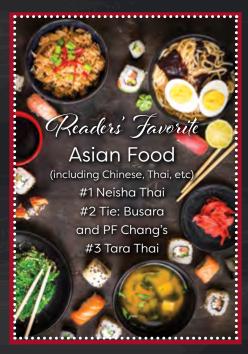
Readers' Favorite Italian #1 Pazzo Pomodoro #2 Tie: Bonaroti and Maggiano's #3 Tie: Da Domenico and Assaggi Osteria

Stalian Cuisine

Pazzo Pomodoro won the hearts of local diners with its warm and rustic family-style service. On any given day, expect to see a full house of regulars and first-time diners enjoying each other's company and mouthwatering appetizers and entrees. Crazy Tomato" is just the place for amazing pizza and delicate dishes. We recommend the Gamberoni al Salmoriglio (herb-crusted grilled shrimp), and the Trota di Fiume (panseared rainbow trout topped with shrimp and lobster sauce). Say hi to Lee for us when you visit. With so many excellent options for Italian food in the area, it's no wonder our readers had a hard time choosing a favorite. In second place, was a tie between Ristorante Bonaroti and Maggiano's-in third: a tie between Da Domenico and Assaggi Osteria.

Gpazios in Herndon Free 14" Margherita Pizza For parties of 6 more during Happy Hour from 3pm-7pm Mondays-Fridays





(Asian and (Asian Fusion

The first time we stepped into Neisha Thai, we fell in love with this dining

oasis. Their inviting, soothing atmosphere paired with their excellent service

and incredible food seems to have had the same effect on our readers. Among

our favorites are the Crispy Shrimp Dangerous and Pineapple Fried Rice.

There are plenty of noodle and curry dishes of note, as well as dessert like

the Thai Taro Custard. Oh, and the Fried Banana with Young Coconut Ice

Cream and Mango with Sticky Rice are to die for. Readers also love the food

at Busara and PF Chang's (tied for second place), and Tara Thai.

Family-Friendly Restaurants

Not only is Pazzo Pomodoro a local favorite, it is also a family favorite. While they offer a wide variety of Italian specialties, kids love some of their simpler options like pizza or the Capellini al Pomodoro-which is just a fancy way of saying "angel hair pasta with tomato sauce." Simple, but delicious! Families also enjoy an evening out at Earls and McLean Family restaurant.

Readers' Favorite

Family-Friendly

#1 Pazzo Pomodoro #2 Coastal Flats #3 Earls Kitchen + Bar Honorable Mention: McLean Family Restaurant



Tuscan Style Flatbread at Pazzo Pomodoro



Happy Hour

A happy hour should be at a happy place, and once again, Earls Kitchen + Bar wins the top spot! High ceilings, two bars, attentive servers, and high spirits at every visit. It is the perfect place to unwind at the end of the day before hopping on the Silver Line to go home, or to take a break during your shopping spree. Their happy hour menu features signature cocktails such as the Bees Knees, Marilyn Monroe, and Tiki Torch. They also offer appetizers from \$3 and up such as the Baja Fish Taco, Guacamole and Chips, Garlic Fries, and Leroy's Crispy Ribs. Other great places for happy hour according to our readers (and we agree) include Pazzo Pomodoro in second place, and Chef Geoff's and Café Deluxe in third. Honorable mentions include Barrel & Bushel, Season 52, Bazin's on Church, and BJ's Brewhouse.

Readers' Favorite **Happy Hour**

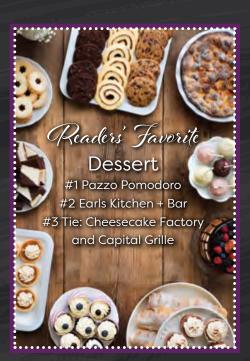
#1 Earls Kitchen + Bar #2 Pazzo Pomodoro #3 Tie: Chef Geoff's and Café Deluxe Honorable mentions to Barrel & Bushel, Seasons 52, Bazin's on Church and BJ's Brewhouse.





Gweet Endings

Once again, our readers love for Pazzo Pomodoro shines. With classic Italian desserts like Tiramisu, Cannoli, and Panna Cotta, it is hard to argue. We particularly recommend their amazing selection of house-made Gelato, but most notable has to be the Baci di Sofia Loren—their house specialty. Other great places for desserts include Earls Kitchen + Bar, Cheesecake Factory, and Capital Grille. •





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TYSONS CORNER

7902 Tysons One Place, Tysons Corner VA

> @EarlsTysons earlsrestaurants.com

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

FALLS CHURCH

2941 RESTAURANT

Nestled in a corner of an office building succulent dishes with fresh, locally-sourced

2941 Fairview Park Dr. | 703.270.1500 | 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 | 703.532.010 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

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

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, halfdone pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy. 7263-A Arlington Blvd. | 703.573.9002

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

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

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

DUANGRAT'S

Falls Church | Indian | \$\$

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

5878 Leesburg Pike | 703.820.5775 www.duangrats.com

EDY'S CHICKEN AND STEAK

Falls Church | American | \$

Edy Durnovsek's secret recipe combines

Falls Church | American | \$\$\$

off the Beltway, 2941 offers an upscale casual dining experience in a cozy, open setting. Chef Bertrand Chemel creates ingredients.





flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. The Peruvian Chickens, Steak a la brasa, and sandwiches are just a few items to try on the menu.

5420 Leesburg Pike 703.820.5508

ELEPHANT JUMPS THAI RESTAURANT

Falls Church | Thai | \$\$

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

HAANDI FINE INDIAN CUISINE

Falls Church | Indian | \$\$

Northern and Southern cooking traditions incorporated into fragrant kabobs, curries, biryani, and vegetarian classic dishes make Haandi one of the region's stars of Indian cuisine. A lunch buffet is offered from 11:30 a.m. to 2:30 p.m. daily.

1222 West Broad St. | 703.533.3501 www.haandi.com

HONG KONG PALACE RESTAURANT

Falls Church | Chinese | \$

Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dan-dan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu.

6387 Leesburg Pike | 703.532.0940

IDYLWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

There is always something special about a good neighborhood restaurant. Idylwood Grill's welcoming atmosphere, attentive staff, and fine cuisine are a welcome addition to our area's casual dining scene. It may be hard to choose from their menu of seafood, pastas, steaks, veal, salads, and more. 2190 Pimmit Dr, Unit B | 703.992.0915

www.idylwoodgrill.com

IRELAND'S FOUR PROVINCES

Falls Church | Irish | \$\$

Award-winning Ireland's Four Provinces offers as genuine an Irish experience as you can get on this side of the pond. Guinness as it's meant to be poured with traditional Irish fare such as fish n' chips, corned beef and cabbage, Irish bangers, plus Gaelic entertainment.

105 West Broad Street | 703.534.8999 www.4psva.com

IV'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.lacaraguena.com

LITTLE SAIGON RESTAURANT

Falls Church | Vietnamese | \$

Little Saigon brings a taste of Vietnam to Falls Church. This restaurant has an extensive menu of Vietnamese classics as well as a solid wine list.

6218-B Wilson Blvd. | 703.536.2633 www.littlesaigoncuisine1.com

THE LOCKER ROOM SPORTS BAR AND GRILL

Falls Church | American | \$

The Locker Room lunch/dinner menu features everything from burgers and

sandwiches, to pizzas, steaks, and fish. They offer a full menu seven days a week plus daily specials, and weekday happy hour from 3-7pm. Brunch is served Sundays, 11am – 3pm 502 West Broad Street | 703.854.1230

www.thelockerroomfc.com

MAD FOX BREWING COMPANY

Falls Church | American | \$\$

Enjoy upscale casual dining in an English-style gastro brewpub with an emphasis on high-quality food and house-brewed beers. Beer lovers and foodies unite to relish in the chef-driven, locally-sourced seasonal menu along with the seven to ten standard, house-brewed beers on tap as well as a rotating selection of seasonal brews.

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

THE ORIGINAL PANCAKE HOUSE

Falls Church | American | \$\$

Pancakes, French toast, crepes, waffles, and breakfast and lunch favorites are served at The Original Pancake House. Pancakes are made with old-fashioned sourdough yeast, which is grown in their own kitchens and delivers light and airy pancakes.

7395-M Lee Highway | 703.698.6292 www.ophrestaurants.com



Sunday Brunch Buffet

EVERY SUNDAY 10:00AM - 3:00PM Brunch dishes, salads, waffle & omelet stations, desserts, fresh sushi, ovsters & much more!

> \$35 per person Children under 10 Half Price

Happy Hour

AVAILABLE TUESDAY – SUNDAY 4:00PM - 8:00PM Special Prices on Drinks, \$1 Oysters, \$4 Sushi & More! *offered in bar and lounge

703.372.5161 • seapearlrestaurant.com • 8191 strawberry lane • falls church, va



PANISHIR RESTAURANT

Falls Church | Afghan | \$\$

Named after an Afghan province, this restaurant offers genuine Afghan cuisine. The Niazy family serves native dishes from Afghanistan including Kadu Chalow, a sautéed pumpkin topped with seasoned yogurt and tomato sauce, and a variety of kabobs.

924 West Broad St. | 703.536.4566 www.panjshirrestaurant.com

PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on nutricious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment. Check out the bar lounge where you are invited to sing with talented pianists and vocalists from the area. 6320 Arlington Boulevard | 571.388.3910 www.pistoneitalianinn.com

PIZZERIA ORSO

Falls Church | Italian | \$\$

This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where pizzas are made

in the traditional Neapolitan style. 400 South Maple Ave. | 703-226-3400

SEVEN CORNERS PUB

Falls Church | English | \$\$

Seven Corners Pub serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your meal or to enjoy during live music on weekends.

6315 Leesburg Pike | 703.942.6383 www.sevencornerspub.com

SAFFRON

Falls Church | Indian | \$

Tucked away in Falls Church by the Washington & Old Dominion Trail is Saffron, widely known for its authentic Indian cuisine. Their signature dishes include rich tandoori lamb chops and freshly-crafted naan, seasoned with handground spices. Check out their menu for dine-in, carry-out, and catering options. 1077 West Broad Street | 703.992.007 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.saigoncafe-va.com

SWEETWATER TAVERN

Falls Church | American | \$\$

Sweetwater, the Merrifield outpost of this microbrewery, serves handcrafted seasonal brews, burgers and ribs, and fresh seafood, chicken and pasta. The restaurant offers seasonal outdoor dining.

3066 Gatehouse Plaza | 703.645.8100 www.greatamericanrestaurants.com

TARA THAI

Falls Church | Thai | \$

The word "Tara", commonly found in Thai folk literature, means water. Thus, the restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. The menu consists of authentic Thai cooking, using family recipes that have been handed down for generations. 7501 Leesburg Pike | 703.506.9788

www.tarathai.com



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163 Glyndon Street SE, Vienna, VA 22180 | T: 703.938.3311 | www.caferenaissance.com LUNCH: Mon. - Fr. 11.30am - 2.30pm BRUNCH: Sunday 11am - 2pm DINNER: Mon. -Sat. 5.30pm - 10.00pm, Sun. 5pm -9.00pm

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FAIRFAX

THE AULD SHEBEEN IRISH PUB & RESTAURANT

Fairfax | Irish | \$

For traditional Irish fare, look no further than Fairfax's Auld Shebeen. This local favorite brings the spirit of Ireland to Virginia by combining great food with a great time. Swing by for some fantastic selections such as fish and chips, braised lamb shank or even shepherd's pie. With a full bar, live music on the weekend, and a special events space for up to 200 people in "The Cellar" downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion.

3971 Chain Bridge Rd | 703.293.9600 theauldshebeenva.com

CHUTZPAH DELI

Fairfax | American | \$

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



AUTHENTIC THAI FOOD THE COMFORTS OF HOME



traditional food @ fun drinks @ delicious desserts



GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike | 703.865.0450 www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

1148 Walker Rd. | 703.759.3131 www.danterestaurant.com

L'AUBERGE

Great Falls | French | \$\$\$

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

332 Springvale Rd | 703.759.3800

www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

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

760 Walker Rd | 703.759.3309 www.oldbrogue.com

MCLEAN

AMOO'S RESTAURANT

McLean | Persian | \$\$

Amoo's offers Persian cuisine in the heart of McLean. Amoo's specialties include Baghali Polo, with lima beans and rice tossed in a dill and lime reduction, and Zereshk Polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders.

6271 Old Dominion Dr | 703.448.8500 www.amoosrestaurant.com

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Hunter Lakefront Communities is now offering a limited number of homesites in two beautiful communities directly on the Virginia shores of Lake Anna. Build your dream home at **Estates at Terry's Run** or **Estates at Corsair Terrace**.

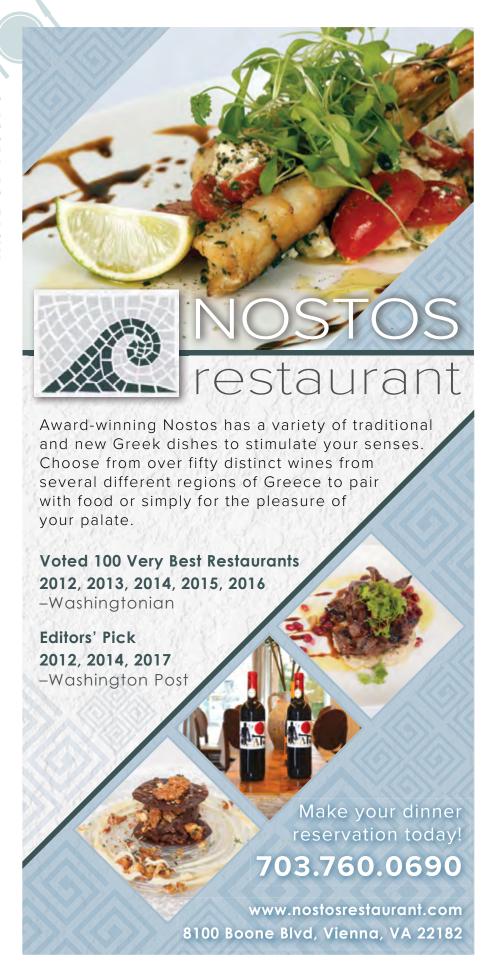
Live the dream of the very best in lakefront living at Lake Anna!

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888.304.WATER (9283) | info@hunterlakefront.com www.HunterLakefront.com





ASSAGGI OSTERIA

McLean | Italian | \$\$

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

6641 Old Dominion Dr | 703.918.0080 www.assaggiosteria.com

BARREL AND BUSHEL

McLean | American | \$\$

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

7901 Tysons One PI | 703.848.6340 www.barrelandbushel.com

BENNIGAN'S

McLean | Irish | \$\$

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

8201 Greensboro Dr. | 703.288.3232 www.bennigans.com

BOULEVARD CAFE & CATERING

McLean | American | \$

Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts.

8180 Greensboro Dr. | 703.883.0557 www.boulevardcafecatering.com

BUSARA THAI CUISINE

McLean | Thai | \$\$

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

8142 Watson St. | 703.356.2288 www.busara.com/ty-main

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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

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

DA DOMENICO RISTORANTE ITALIANO

McLean | Italian | \$\$\$

Enjoy homemade pasta, delicious sauces, and traditional meals that are exquisite. If you are craving some scrumptious seafood or fish, you will be more than happy with any of the choices. Arias are on offer (Friday & Saturday night) at this candlelit Southern Italian staple (since 1980).

1992 Chain Bridge Rd | 703.790.9000 www.dadomenicova.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

GREENBERRY'S COFFEE CO.

McLean | American | \$

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like Sumatra Mandheling and Java Blawan Estate alongside delicious pastries.

6839 Redmond Dr. | 703.821.9500 www.greenberrys.com

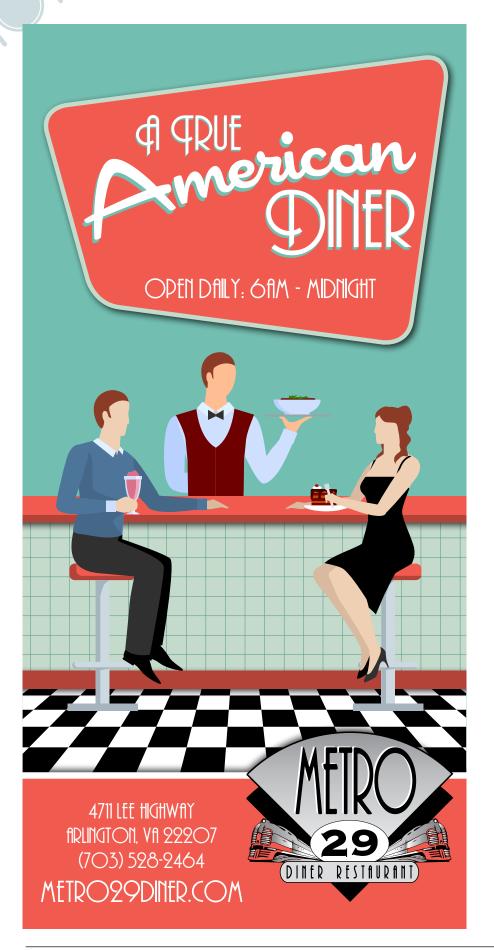
HÄRTH AT HILTON MCLEAN Tysons Corner

McLean | American | \$\$

Executive Chef Luc A. Dendievel has his own rooftop beehive producing 200 pounds of honey each year and an organic garden that supplies Härth with a variety of herbs, fruits, and vegetables. Härth serves comfort foods with a modern, fresh twist. Extensive wine, beer, and cocktail list.

7920 Jones Branch Dr. | 703.761.5131 www.Harthrestaurant.com





J. GILBERT'S

McLean | American | \$\$\$

For nearly 15 years, J. Gilbert's has offered premium wood-fired steaks and seafood. Although this American restaurant has plenty to offer in beer, wine, steaks, and seafood, J. Gilbert's also offers a vegetarian menu and gluten-free menu.

6930 Old Dominion Dr. | 703.893.1034 www.jgilberts.com

IOE'S SIMPLY AMAZING BURGERS

McLean | American | \$\$

Burgers are made with all-natural and locally sourced black Angus beef, lamb, bison, and Spanish chorizo sausage. Their specialty burgers are for the truly adventurous.

6710 Old Dominion Dr. | 703.288.0288 www.joesburgersmclean.com

LA SANDIA

McLean | Mexican | \$\$

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

7852 Tysons One Pl. | 703.893.2222 www.richardsandoval.com/lasandiavirginia/

LEBANESE TAVERNA

McLean | Lebanese | \$\$

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

1840 International Dr. | 703.847.5244 www.lebanesetaverna.com

MOBY DICK HOUSE OF KABOB

McLean | Persian | \$

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

1500 Cornerside Blvd | 703.992.7500 mobysonline.com

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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 | \$

with its partnership with WolfTrap Elementary. Curbside carryout available. 8101 Fletcher St. | 703.821.5666

www.silverdiner.com/restaurants/tysons



Tysons Corner Mall Information Center Safeway

McLean Chamber of Commerce Star-Nut Gourmet

Greenberry's Coffee Giant Food McLean Long & Foster Realtor Keller Williams Realty Weichert Realtors McEnearney Realtors

Plastic Surgery Sotheby's Mclean Dessange Paris

Remax Realty Staybridge Suites Anita's Restaurant

Skorpios-Maggio's Norm's Beer & Wine

(next to Maplewood)

The Virginian Restaurant Vienna Inn

Long & Foster Realtor Foster's Grill

Rexall Drugstore **Peking Express** Caffè Amouri

Plaka Grill Bazin's on Church Artful Gift Shop

The Community Center on Park Avenue The Greek Grill Long & Foster Realtor

Dunn Loring Post Office Metro Dunn Loring State Farm Insurance Avery Hess Realtor

DMV

Coldwell Banker Realtors Lvons & McGuire The Olde Brogue/

Katie's Coffee Garden Deli Italiano

Classic Wines The Tavern

Long & Foster Realtors Serbian Crown

Elite Fitness Concepts Ireland's Four Provinces

Long & Foster Realtor Fairfax Realty

Claire & Don's Beach Shack The Dogwood Tavern Open Kitchen

Saffron Grill PizzaRama Arby's

Weichert Realtors Elan Magazine

Studio Hair, Skin & Nails **GF Plastic Surgery**

Maison Du Vin Wine Shop Le Grand Appétit CVS

Greenberry's Coffee Active Family Chiropractic The Wine Cabinet Lake Anne Coffee Shop

Lake Anne Community Center Wiehle Park & Ride Whole Foods Market

CVS Austin-Weston

Cosmetic Surgery Whole Foods Market Nostos Restaurant Evo Bistro

May Jewelers Lost Dog Café

West Falls Church Metro Stifel & Capra

Community Center, Falls Church

City Hall The Virginian

Chesterbrook Residences Sun Design

McLean Community Center Oakton Vienna Animal Hospital

Meadowlark Gardens

This location gives back to the community



Ristorante Bonaroti

Est. 1982











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

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

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



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



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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 Parmesean 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

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

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





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

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

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

OPEN ROAD GRILL AND ICEHOUSE

Merrifield | American | \$\$

Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, and motorcycles and Americana. A relaxed atmosphere with live music and extensive beer list awaits you.

8100 Lee Highway #300 | 571.395.4400 openroadmerrifield.com

PASSION FIN Asian Bistro & Sushi Bar

Merrifield | Asian | \$\$

In the Halstead District, elegant, yet comfortable Passion Fin possesses a full Asian inspired menu, sushi, sake and full stocked bar for getting together with friends. Open daily for lunch and dinner.

2750G Gallows Rd. | 703.204.2969

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RAOUCHE CAFE

Merrifield | Middle Eastern | \$\$

Don't be fooled by the store front, this is one of the best restaurants if you are a Middle Eastern dining enthusiast.
Grape Leaves, Lebneh, Falafel, just about everything is terrific. One our favorite spots—(a favorite for grape leaves!) Say "hi" to Hussein!

2839 Gallows Road | 703.205.9099 www.raouchecafe.com

SEA PEARL

Merrifield | Asian | \$\$\$

The inspired creativity of Chef Sly Liao and the trend setting design of Studios Architecture create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to a great brunch on the weekend or early evening offerings during the week. 8191 Strawberry Lane | 703.372.5161 www.seapearlrestaurant.com

SISTERS THAI

Merrifield | Thai | \$\$

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

TED'S BULLETIN

Merrifield | American | \$\$

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

TRIO GRILL

Merrifield | American | \$\$

A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine list.

8100 Lee Highway | 703.992.9200 www.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

VIENNA

AMPHORA

Vienna | American | \$\$

For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, you can enjoy breakfast, lunch and dinner any time of day as you comfortably meet with friends, family or coworkers.

377 Maple Avenue West | 703.938.7877 www.amphoragroup.com

ANITA'S

Vienna | Mexican | \$\$

This local chain has offered New 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

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

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

PALADAR LATIN KITCHEN & 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

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



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

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

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

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

SHAMSHIRY

Vienna | Persian | \$\$

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran. 8607 Westwood Center Dr. | 703.448.8883 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

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 shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

8137 Leesburg Pike | 703.448.0080 www.tysonsbagelmarket.com

WOO LAE OAK

Vienna | Korean | \$\$

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

OAKTON

LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

These family-focused restaurateurs specialize in fresh, homemade, southern Italian cooking. Known for authentic NY-style pizza, they also serve a full array of reasonably priced Italian dishes and desserts.

Hunter Mill Plaza, 2946 Chain Bridge Road 703.281.1748 | lucianoitalianrestaurant.com

OLD PEKING

Oakton | Chinese | \$

Specializing in Hunan and Szechuan cuisine, Old Peking opened in 1986, at which time a major restaurant critic wrote that "a beautiful flower has bloomed in Oakton." The dining room conveys an intimate atmosphere, but carry-out and lunch delivery (within 2 miles) are also options. They will tailor their dishes to

your preference, e.g., mild or spicy. Old Peking also offers catering.

Hunter Mill Plaza, 2952 Chain Bridge Road 703.255.9444 | www.oldpeking.com

SANTINI'S NEW YORK STYLE DELI

Oakton | American | \$

If you're looking for a good corned beef or pastrami sandwich, this is your place. Santini's brings a taste of New York to the D.C. suburbs. Santini's has a variety of subs and sandwiches and New York style pizzas. 2975 Chain Bridge Rd. | 703.766.6666 www.mysantinis.com

TIGRIS GRILL

Oakton | Middle Eastern | \$

Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and platters. All recipes are originals by Owner/Chef Mofi, in particular the falafel, which is his own secret recipe.

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.5950 | www.tigrisgrill.com

YOKO SUSHI

Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles & other Japanese staples. Their lunch and dinner menus offer a huge sushi selection, plus appetizers, tempura, teriyaki, katsu and more.

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.6644 | www.yokosushi1.com







There's a grand brick building on Gallows Road in Vienna you can't help but notice. Bright lights shine through expansive windows cluing passersby there's a party going on. A carved wooden ship poised by the entrance hints at the elaborate décor you'll find inside. A glittering red chandelier shoots crystal rainbows on the walls. A vibrant mural, featuring ancient traders on the shores of the Mediterranean, symbolizes the ancient heritage of its owners. Groupings of tables with comfortable leather chairs beckon you to sit down and feast.

But wait, that's not what owners Sadek Toufeily and his wife Ghiva Nassif want you to remember. Sure, you'll stop in to check out the action, but they want you to come back for their food. You probably will. Sadek is a perfectionist who won't settle for anything but the highest quality meats, seafood, and produce.

"This was my family's business back home," Sadek explains. Born into a family of restaurateurs in his homeland of Lebanon, he grew up working in the kitchens every summer. He acquired his recipes and cooking techniques from his mother. In his own kitchen, Sadek refuses to cut corners. Every lemon is fresh squeezed; every piece of filet mignon is indeed filet mignon. "I bring all the spices fresh from villages in Lebanon. I import Lebanese olive oil, olives. There will never be canned food in my kitchen," emphasizes Sadek.

When Sadek arrived in Sterling in the 1998, he studied and worked in various businesses. He founded a shipping company and then an event company. He still has both, but never lost the hunger to return to restaurant life. "I've always had this on my mind. I had a passion for this," he says. His dream became a reality when he saw the building where he would build Phoenicia. Seeing its potential, he bought it. The renovations took him a year. "When I saw it, I knew how it was going to be. I bought all what you see here." He traveled overseas to buy nearly every element of his décor, from custom glassware to the graceful mosaic tiles. He created a lounge

upstairs with exceptional ventilation for hookah smoking. On the ground level, Sadek constructed a stage with a giant flat screen that compliments the live music Phoenicia hosts every Friday and Saturday night. With his connections in the event business, he's able to showcase a variety of performers—Arab, American, Spanish, and Jazz. "Back home people like to go out; they party until 4 am," Sadek tells me. Phoenicia stops the show at 2 am, "and the people don't want to leave."

At Phoenicia, Sadek and Ghiva have captured the Lebanese zest for life. They wanted to make this a family-friendly destination where people could gather to celebrate weddings, graduations and birthdays. "People wanted something for families, a classy place. This is what we needed," he notes. "But I'm focused on the food."

Phoenicia's menu has some unique dishes, but overall it celebrates faithful Lebanese cuisine. "This is what everybody who comes here tells me. This is the place that we always wanted. They tell me, it's as if we went to Lebanon," Sadek says.

Sadek and Ghiva have been working together for 15 years. Every bit her husband's partner, she runs staffing and other aspects of the business, but leaves the cooking to Sadek. "Anything we did, we did it together. It's a lot of work, but the ambition is strong. We want to succeed," Ghiva explains.

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Some of their successes come from the innovations they offer. On Saturdays, Phoenicia receives a fresh shipment of whole fresh fish. The restaurant puts them on display and allows guests to select one, then decide how it's prepared. Some choose roasting over the hot coals; others prefer sautéing it. Phoenicia's signature dish is probably the Neya Boat, a clever display of meat tartar, rolled in Kibbeh spices, including jalapeño and mint, then they slice it like sushi. It's served with garlic sauce and vegetables on a small wooden boat topped with a frozen granite top—an exotic, insta-pretty dish ideal for sharing. "They drink it with Arak," notes Sadek. Arak is a Lebanese anise-flavored aperitif.

Phoenicia's cuisine stands out for its light healthful preparation and tart flavors. The lunch buffet for \$12.95 gives diners a chance to sample several first-course items including salads, fresh baked Lebanese bread, hummus, a divine lentil soup, meat pastries called Sambousek, and stuffed grape leaves. They also select a main course from a choice of three. Sadek offers examples "Salmon with potatoes, Kafta Kabob with tahini sauce, or yogurt with chunks of lamb called Labneh Amo. "Every day this will change," Ghiva says.

Vegetarians will find a wide array of choices, like the lemony Pumpkin Kibbeh stuffed with pine nuts and Swiss chard, and the Kibbet Batata with mashed potatoes and crispy onion. The Aranbet elevates a combination of cauliflower, pine nuts, and chickpeas with a tangy pomegranate molasses sauce. Phoenicia's flatbread comes with a range of smoky, savory toppings like ground beef and pickles, or cheese, tomato, and arugula—all flash-baked in the Italian pizza oven.

Along with a full cocktail bar, Phoenicia prepares a variety of raw fruit and vegetable-based beverages that are so fresh, you won't miss the alcohol. The lemonade with mint is thirst-quenching and cool. The carrot, strawberry, and mango juices are blended when you order. There's an intriguing avocado cocktail with pistachio, strawberry, and honey.

Sadek says Phoenicia's mixed grill is very popular. It's a generous plate of filet mignon, chicken Tawaak, and French-wrapped lamb chops. If you're craving a sandwich, there are multiple versions, from the traditional Shawarma to shareable sliders. Sadek is especially proud of his desserts; they are all homemade in the restaurant. He's particularly fond of Halawet El Jiben, a semolina cheese pastry with rose and orange waters, topped with crumbled pistachio—an aromatic treat at the end of an authentic Lebanese meal.

Phoenicia may look like a flashy restaurant and club, but the food here stays grounded in tradition. So, next time curiosity strikes, stop in for a taste and enjoy a sensibility that is uniquely Lebanese.

Contact Sadek Toufeily at 703.204.9555 and his cell is 571.233.6250.❖













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Fairfax Station railing, charcoal beaded tongue-and-groove ceiling are among the enduring and weatherresistant materials that distinguish the help of overhead fans, shades and portable heaters the family uses the "open room" from early Spring until late fall. (Photo credit: Bryan Burris)

As Homeowners Seek Ways To Extend Their Time Outdoors. A Top Design/Build Team Explores Fine Architecture. And Ideas That Integrate the House To Its Setting

Gereen Porches: THE NEXT GENERATION

THREE RECENT PROJECTS ILLUSTRATE THE TRENDS

If anything in the summer of 2017 points to evolving homeowner expectations, it may be the frequency with which locals are integrating screen porches, patios, and outdoor kitchens into original landscaping that artfully marries the house to its setting.

Gone are the days of the minimal outdoor footprint; today's homeowners want to express themselves—which is why the traditional house is becoming more personalized.

"It's a real renaissance," says Craig Durosko, founder and chairman of Sun Design Remodeling Specialists, and one of the housing industry's more prescient trend spotters.

"When we started this company in the 1980s our core specialty was opening up views and creating visual continuum. Indoor/outdoor solutions are really just a logical extension of what our design culture has always been about."

Asked about current projects, Durosko says that Fairfax County's more affluent homeowners are actively seeking a stronger relationship between house and grounds—an impulse which has gradually become a passion for outdoor spaces that can be used in the hottest days of summer and fall's chilliest nights.

TYSONS * MAY // JUNE 2017 154 VIVATYSONS.COM (At right) FFX station exterior elevation The two-level rear elevation solution features a 17'x16' screen porch with an adjacent grilling deck that segues down a custom-designed split staircase to a lower level patio integrated with custom planters. The project's "built" elements were designed to accommodate extensive landscaping. (Photo credit: Bryan Burris)





"Homeowners want *outdoor rooms*—spaces that are wired for entertainment, useable for seven or eight months of the year, and so easy to maintain that the usual repair and replacement tasks are mostly eliminated," Durosko observes. "Naturally, any modification requiring construction must also enhance the home architecturally."

To satisfy the more demanding criteria, Durosko and colleagues constantly stay on top of a new generation of weather-resistant materials, absorbing and applying fine building techniques that will shape non-traditional materials into designs perfectly suited to the home's style and setting.

And as the standard has risen, so, too, the need to stay ahead of the curve.

Fairfax's Alger family turned to Durosko for a two-level solution on their home's rear elevation that would replace a deck that had decayed from excessive sun exposure. The project entailed three components: a 17-

foot by 16-foot screen porch, a grilling deck, a ground-level patio.

To preserve sight lines from house to backyard, Durosko situated the grilling deck immediately outside the kitchen door. From the grilling deck, a stairway descends to a landing where it splits in two directions before reconnecting at a ground-level patio. The patio segues to a hard-scape platform featuring an eight foot stone hearth and comfortable seating.

Meanwhile, the screen porch construction illustrated how highly-durable materials can be shaped to meet demanding aesthetics. A Trex "transend" railing with black aluminum balusters was selected, for instance, since it won't obscure views by reflecting light. The fiberglass charcoal screen, likewise, makes it hard to see the porch interior from the outside.

Pressure-treated pine flooring undergirded with screen mesh keeps the bugs out.

(At left) Screen porch exterior The architecturally-sympathetic exterior to the new screen porch (far left) integrates perfectly into the home's existing Mediterranean style design which features mature landscaping and a well-developed outdoor activities area. (Photo credit: Bryan Burris)

The fir-beaded tongue-and-groove wood ceiling lends a natural burnish to the open-air ambiance.

As a finishing touch: paneled Hardiboard on the porch's inside wall provides a neutral backdrop for the wide-screen plasma TV mounted next to a window that also serves as a food and beverage pass-through.

Overhead fans and portable heaters keep the outdoor room habitable in all but the coldest days of winter.

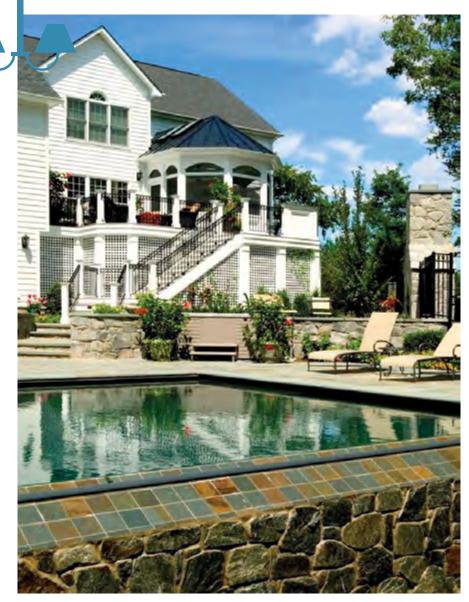
"It's our preferred gathering place now," Alger says. "And so comfortable we can use it from early spring to late fall."

Garden Party Elegance

Not far away, a Vienna couple wanted a decking and outdoor dining solution to complement the pool.

Consisting of three primary components—a 14-foot by 12-foot sextagonal screened porch off the existing kitchen; a sprawling 30-foot by 25-foot upper deck with grilling zone; and an elegantly articulated staircase perfectly integrated to the flagstone terraces below—the whole is balanced yet perfectly-scaled, evoking a garden party setting commingled with French Quarter accents.

The dining porch is as perfectly nuanced as any Bahamian summerhouse. The 36inch knee walls and paneling separated by



wrapped columns; the tongue-in-groove decking, crown molding, and decorative glass ceiling: these design details define an outdoor space that is both thoroughly *finished* and irresistibly comfortable.

The glass-coffered ceiling, meanwhile, can be lit at night, while four massive skylights keep the porch and kitchen sunny during the day. As a maintenance consideration: the custom screen panels are handily removed at summer's end.

"We use the dining porch almost exclusively until winter," the homeowner reveals . "It's a very special, very lovely place."

The plan is also scrupulously functional: the old kitchen window is now re-deployed as a pass-through for food and beverages. The pre-existing family room connects to the deck through the double French doors; the dining room's triple course, double-hung windows invite a panoramic view

from the backyard and pool. The grilling station—equipped with everything needed to store, cook, dice, marinate, stage and serve—is centrifugally convenient to an archipelago of dining spots, the appeal of which follows the sun.

Family Gathering Spot With Pizza Oven

"Architectural appropriateness is always critical in an improvement of this caliber," Durosko explains, speaking of a screened porch addition to a 25 year old stuccostyled residence in Vienna. "We realized quickly that the best way to rationalize the re-made exterior elevation was to match the pyramid-shaped roof over the breakfast room. By contrast, the entrance from porch to patio was designed as a hyphen between two clearly defined enclosed spaces. This approach enabled us to avoid too much

(At right) Vienna exterior Sun Design Remodeling of Burke caught the homeowner's vision for better-rationalized indoor/outdoor relationships, re-designing the rear elevation to incorporate multiple activity areas. The resulting "outdoor living" solution won both local and regional "Contractor of the Year" awards from the National Association of the Remodeling Industry. (Photo credit: Greg Hadley)

massing on the rear of the house, and to keep the scale accessible and comfortable. Overall, the new exterior presents a very appealing rhythm."

To further conjoin house and garden, the porch design calls for a ground level course of local quarry stone that matches those used in the existing patio.

Taken as a whole, the owner's program concentrates on specifics: a bug-free family outdoor play area near the existing patio barbecue; generously unencumbered zones for dining, cooking, and conversation; open sightlines linked to the well-developed koi pond and lovely backyard landscaping beyond.

Given the emphasis on visual continuum, the plan called to positioning the new porch further into the backyard so that the pond would be a focal point from the sitting area.

"The porch," Durosko notes, "is much more a product of specific use-requirements than a traditional L-shaped wraparound porch would have allowed."

Moreover, the designated "use" zones are carefully articulated spatially and architecturally. The 144-square-foot conversation area, for instance, is situated below a tray ceiling accentuated in old wood that outlines the pyramid-shaped roof overhead. A wrought iron chandelier dangles down from the center of a perfect square. The decorative touch reinforces the sense that the seating area is a separate pavilion within a sweeping visual continuum.

By extension, the 9-foot by 12-foot dining area—which now includes a wooden table and two benches under a pair of pendant lights—is both convenient to sundry food preparation options and safely removed from any gratuitous foot traffic.

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(Above) **Vienna** The dining porch designed for this Vienna home is perfectly nuanced. The 36-inch knee walls and paneling are separated by wrapped columns; the tongue-in-groove decking, crown molding, and decorative glass ceiling define an outdoor space that is both thoroughly *finished* and irresistibly comfortable. The glass-coffered ceiling can even be lit at night (Photo credit: Greg Hadley)

(At right) **Pond close-up** The porch addition was positioned to make the Koi pond a primary focal point. (Photo credit: Bryan Burris)

The room's pièce de résistance however is the 825-pound wood-fired pizza oven situated on the western elevation. Made in California, the oven was delivered in large clay sections. To prepare the site, Durosko and team had to first design and build a concrete masonry foundation with a footer that is some two feet below grade. All additional porch floor framing extends out from the oven's necessary undergirding.

The oven also required a chimney which rises 15 feet on the outside wall and, in accordance with local code, is at least 10 feet from the nearest peak.

"It gets pretty technical," Durosko confesses. "But this is a one-of-a-kind feature that really suits the neo-Tuscan interior design and—more importantly—it's a great source of family fun."

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. For more information: www.SunDesignInc.com. ❖



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

(Above) **Tuscan Style** The Tuscan-style interior to a screen porch in a Vienna home presents carefully articulated "use" zones that allowing ample space for circulation. Glass transoms above doors reinforce the dramatic visual continuum. The 144 sq ft "conversation area" defined by wicker furniture and a tray ceiling affords a direct view of the owner's well-stocked Koi pond. (Photo credit: Bryan Burris)

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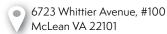
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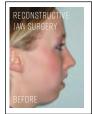
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It was this passion for dentistry that led him to continue his education at the Las Vegas Institute for Advanced Dental Studies (LVI). Dr. Lee is a graduate of this world-renowned post-graduate center for aesthetic and neuromuscular dentistry. His 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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Dr. Chang grew up in the Washington metropolitan area. After graduating from the University of Rochester School of Medicine, he completed his general surgery training at the prestigious Loma Linda University Medical Center in Southern California, where he was fortunate to train with prominent cosmetic surgeons in Newport Beach and Beverly Hills. Dr. Chang then returned to the University of Rochester where he completed an Accredited Fellowship in Plastic and Reconstructive Surgery.

Dr. Chang has given talks nationally on his research and insights on topics ranging from post-trauma facial reconstruction to abdominal wall reconstruction. In addition to developing the HARMONY minimal scar facial rejuvenation procedure, he has taught the technique of Transaxilly Hidden-scar Breast Enlargement as well as the Arcus Marginalis Release technique for cosmetic eyelid surgery to local plastic surgeons.

Dr. Chang has dedicated his efforts at Aesthetica to offering a unique plastic surgery experience to his cosmetic patients. At Aesthetica, minimally invasive cosmetic procedures are emphasized in a facility that blends spa-style pampering and state-of-the-art cosmetic surgery.



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Rose Price, CFP[®], AIF[®] VLP FINANCIAL ADVISORS

Rose is a certified financial planner (CFP) practitioner, a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose works with individual and corporate clients to create well-designed financial plans and investment strategies and is committed to helping local people reach their financial goals and realize their dreams.

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Casey Samson SAMSON PROPERTIES

Casey Samson is a Northern Virginia Realtor, specializing in the Vienna and Oakton and surrounding areas. He excels at listing, selling and building. Casey is a life long resident of Vienna who has raised three kids and coached football with VYI where he is in the VYI Hall of Fame. Casey has 30 years of experience in real estate and the mortgage industry and is one of Vienna Virginia's most experienced realtors. In 2016, he sold over \$100 million in real estate and sold his listings at 99.1% of the recommended list price in an average of 32 days. All of this with a listing commission of 4.5% saving sellers thousands.



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Dr. Christopher Bonacci has been practicing Oral and Maxillofacial surgery in Northern Virginia since 1998. He has been Board Certified by the American Board of Oral and Maxillofacial Surgery. Dr. Bonacci has served as Chairman of the Department of Oral and Maxillofacial Surgery, Division of General Surgery, at the Reston Hospital Center. Dr. Bonacci was inducted as a Fellow Into The American College of Dentists at the 2006 Annual American Dental Association meeting, an honor that only 2-3% Dentists nationwide receive. He received his medical and dental degrees and completed general surgery and oral surgery residencies from Columbia University.

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ASK COACH Amy

DEAR COACH AMY,

I am a professional woman in

her early 40's and I hope to get married and to have a family. I have been dating online and I go to singles events in the area. I find myself socializing with men in their 30's and 40's, and I look younger than my years. Recently I met a cute doctor in his late 30's and we had an engaging conversation. He asked me for my phone number and said he would like to "hang out." Because I took this to mean he was not really serious and should have been asking me on a proper date, I said, "no thank you". Moreover, I did see him say the same thing to another gal later on. Did I do the right thing turning him down? I am now wondering if I perhaps missed an opportunity to meet my future spouse.

Second Guessing in Springfield

Being a Motivated to Marry gal looking for a serious relationship is no easy task these days, and takes much resolve. I applaud your directness and steadfast sense of purpose given that you are dating

DEAR SECOND GUESSER,

with the goal of meeting a marriage partner. So on the one hand, if this man was truly motivated to marry himself, I would expect him to say, "I'd like to take you out sometime soon" or "I'd like to see you again." Today, however, nothing is clear-cut and we have to dig deeper to figure out another's true intent.

On the other hand, if you took a chance and said, "Sure, let's hang out," what could this opportunity open up for you? Perhaps you would get to know him on a more low-key basis and see if there is even anything there. Then you would be able to learn more about what he is looking for in life. And if he does make the (physical) moves on you, then that's the time to talk about goals and that you are looking for a serious relationship and not a fling. And because of chemistry, sometimes as human beings we do jump in too quickly without knowing if someone is truly a good match for us for the long haul.

The fact that he was asking other women for their phone numbers in front of you would indicate that this guy is maximizing his opportunity at this event to meet women and get to know them better at a later time. You can't blame a guy for shopping. You do have to spend time with people to learn more about them in order to see if they

could be the one for keeps. Not everyone operates on the love at first sight principle or is looking for a serious relationship!

I would recommend that you get some clarification. When he said, "Let's hang out," then you could reply, "Perhaps. What do you have in mind?" Then you could see what he was really thinking.

Or perhaps he's a connector and likes to get groups of people together. Then you could be invited to a party with other people in your age group. Also you would get a chance to meet others in his network of friends and even meet some of his male friends. And just maybe one of them is attractive and looking for a serious relationship, too!

I had a male client who was dating for a serious relationship leading to marriage. He had game night parties at his home which made it easy for him to ask for women's phone numbers in a non threatening way. He also saw this as a way to get to know women better and assess their interest in him before going out on a limb and asking them out on a date.

Still, even if you gave him your phone number, he may never followed up. So this whole exercise would be for naught! You really see people's real intention by their follow-up.

Are you cutting your options before they come to fruition? Perhaps.

What should you do the next time a guy asks you, "let's hang out?"

This is an interesting time we live in. There are so many ways this scenario could play out. Today, people's intentions are not so clear cut.

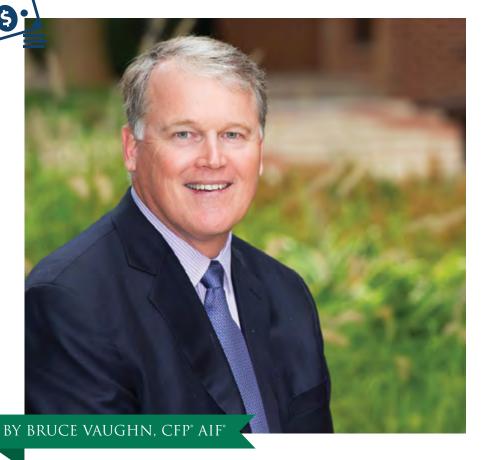
My recommendation for you is to be open, get a clearer picture of the actual situation, and stay true to your goals. Sometimes, we do have to be open to opportunities and take a risk for love.

Intentionally yours,

Coach Amy *

AUTHOR: Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of Get It Right This Time—How to Find and Keep Your Ideal Romantic Relationship. She helps marriage-minded individuals to find and keep committed, loving relationships. www.MotivatedtoMarry.com.

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ASK AN ADVISOR: ABOUT BEING A FIDUCIARY

There has been a lot of talk in the news about the new Department of Labor ruling with respect to Fiduciary duty—what does it all mean?

The ruling requires all Retirement Advisors to operate under a fiduciary standard, which means they must act in their clients' best interests when providing advice, recommending products, and investing their assets. This is different than the standard that many commission-based agents and brokers use, which only requires them to offer "suitable" products to their clients. Just because a product is "suitable" doesn't mean it is in the best interest of the client. For example, a client may benefit from having an annuity, but they may not need the annuity and the extra cost to hold one may be unnecessary.

Advisors who are fiduciaries are required to act in your best interests without prioritizing their own gain. This fiduciary standard is federally regulated and requires Advisors to act in "good faith" as well as provide a full disclosure of fees, commissions, and potential conflicts of interest. Investment advice from a fiduciary isn't based on a desire to earn commissions or to sell particular financial products, it's based on the best choice for your situation.

So if an Advisor is not a fiduciary, they aren't considered a good advisor?

No, there are plenty of Advisors that serve their clients well and act in their best interest, but do not hold themselves out to be fiduciaries because they work on a commission-only basis. Working on commission doesn't necessarily mean they are not a good Advisor, but you will need to do some research to understand how they do business, and recognize that there could be a conflict of interest. Talk to your Advisor, ask them if they shape their business

around building long-term relationships and putting their clients' needs first. Have them explain their business philosophy and mission.

How can I tell if my Advisor is acting in my best interest?

My recommendation in evaluating an advisor is to follow the money. Ask your Advisor how they are compensated and what percentage of their revenue is from the sale of products (insurance, annuities, REIT's, etc.). If their revenue is mostly from the sale of products and not from feebased services, they may not offer the best option for you. Also, ask them if they sell any propriety products and how much of their income is from fees or commissions on those proprietary products. Be wary of financial professionals that don't appear to charge for their services. They may be biased towards the products they sell. A good Advisor should not pressure you into purchasing high commission products.

What should you look for in an Advisor?

The key is to find someone who promotes themselves as a fiduciary and works on a fee basis. Also, go with your instinct. If you feel like your Advisor is not making an effort to be transparent about their compensation and/or is pushing commissioned products on you, get a second opinion. •

AUTHOR: Bruce Vaughn is a Certified Financial Planner® practitioner, an Accredited Investment Fiduciary®, and the founding partner of VLP Financial Advisors located in Vienna/Tysons. He believes that strategic planning is the key to creating, protecting, and growing wealth.

Want to learn more?

Visit: **www.vlpfa.com** or submit your question for an advisor to **info@vlpfa.com**.

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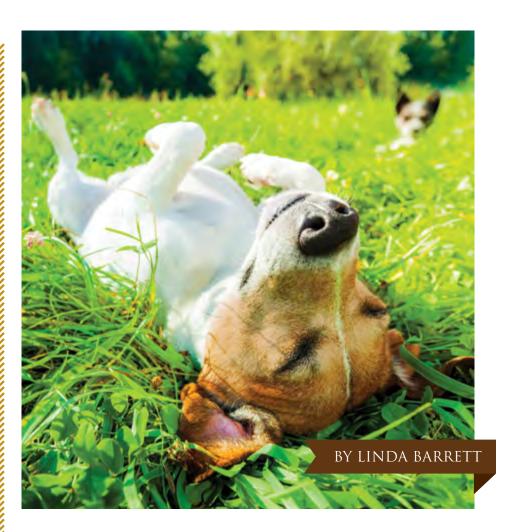


PASHA Owner: Hussain



SOOKIE Owner: Debbie Watkins

IS YOUR PET READY FOR THEIR CLOSE-UP? SEND PHOTOS TO ARTICLES@VIVATYSONS.COM



LEPTOSPIROSIS Should Not Be Ignored

ven if you have never heard of the tongue-twisting word "Leptospirosis," you may start seeing it pop up in the news, as it is the subject of a number of recent outbreaks in the ✓ Northeast and Midwest, and at an increasing rate of infection.

According to the Centers for Disease Control and Prevention (CDC), Leptospirosis is a bacterial disease that affects humans and animals, caused by the corkscrew-shaped bacteria genus Leptospira. It may cause a wide range of symptoms that may be mistaken for other diseases, or it may have no symptoms at all.

In pets, younger animals are more seriously affected, and symptoms can include refusal to eat, diarrhea, abdominal pain, vomiting, fever, severe weakness and depression, stiffness, muscle pain, and the inability to have puppies.

Infected animals, including farm animals, horses, dogs, rodents, and wild animals can spread the disease to humans or their dogs through their urine, which goes into the water or soil and can survive there for weeks or even months. Infected animals can carry the bacteria for up to several years.

Humans can contract Leptospirosis through contact with urine or other body fluids from infected animals, or contact with infected water or soil taken in through ingestion, mucous membranes, or broken skin from a scratch or cut. Children are at most risk of acquiring the bacteria from an infected pet.

Symptoms in humans usually occur in two phases. The first includes fever, headache, chills, muscle aches, vomiting, or diarrhea, after which the patient may recover or relapse. About 90% of cases are mild. It if progresses to the second phase, it becomes more serious, with symptoms ranging from yellowing of the skin, bleeding from the lungs, meningitis, to even death.

How does my pet get Leptospirosis?

Your pet is most likely to get Leptospirosis by drinking, swimming in, or walking through contaminated or stagnant water, most often in areas where infected wildlife such as raccoons, opossums, squirrels, skunks, or deer live. Dogs rarely pass the infection to each other, although the risk is higher if your dog has spent time in a kennel. The most common culprits are rodents.

What is the treatment?

Once your veterinarian has confirmed Leptospirosis through a series of tests, it is treatable with antibiotics, which are especially effective if your pet is treated early. Additional treatment methods such as dialysis and hydration therapy may also be required.

VIP Petcare holds monthly petcare clinics, like the ones held at Pet Valu Falls Church (The Shops at Stonewall) where pet owners can get affordable preventive veterinary care without an appointment. (Use "Find a Clinic" on the VIP Petcare website). "VIP Petcare charges only \$33 for the preventive vaccine, and there is no office fee at any of our clinics," said Medical Director Katryna Fleer, DMV. "We want to make it convenient for anyone seeking preventive care."

Leptospirosis prevention

The most effective way to prevent your dog from contracting Leptospirosis is with a vaccine. Although it is not 100% effective, it does provide immunity from most strains. In addition, rodent control will aid in cutting down the risk of spreading the disease.

To avoid getting the bacteria yourself if your pet is infected, wear protective gloves, and avoid direct contact with your pet's urine, blood, or tissues during the time of infection. Do not assist with the birth of puppies. Take care to wash your hands after handling your pet or their excrement. When cleaning surfaces that may be contaminated, use an antibacterial solution of one part bleach to 10 parts water.

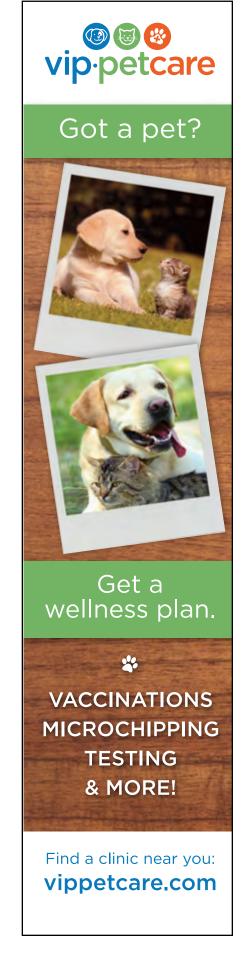
People who work around animals such as farmers, fish workers, slaughterhouse workers, animal caretakers, and veterinarians are at the highest risk to come into contact with the bacteria, as are mine and sewer workers. Humans can also pick up the disease by swimming, wading, kayaking, or rafting in contaminated lakes and rivers, or walking through muddy or marshy areas, with the risk higher in tropical or temperate climates.

The CDC reports that although Leptospirosis occurrence in the U.S. is relatively low, it is the most widespread zoonotic disease in the world.

VIP Petcare is dedicated to improving the lives of pets and those who love them, and through education, good healthcare, and preventive services, we can all keep our pets healthy, happy, and safe. •

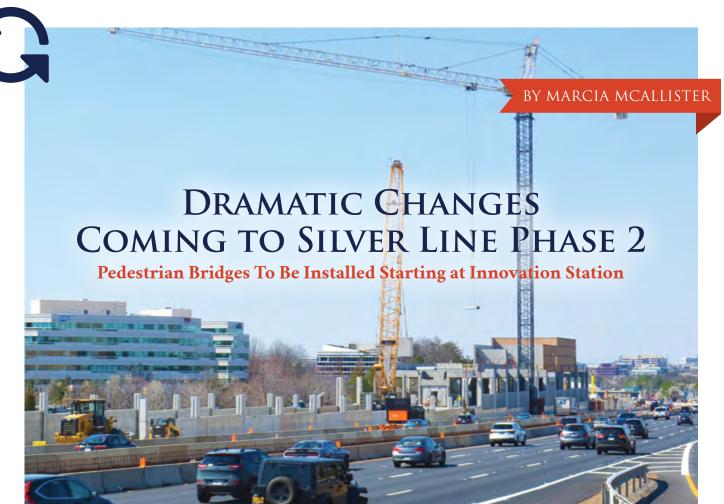
RESOURCES

VIP Petcare Clinic: Pet Valu, 7249 Arlington Blvd., Falls Church, VA 22042, 703-942-8796



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VIVATYSONS.COM MAY // JUNE 2017 ❖ TYSONS



As spring rolls in, work on Phase 2 of the Silver Line continues to spiral ahead.

"Good weather has continued, and work never stopped during the winter months," said Charles Stark, vice president and executive director of the project which is being built by the Metropolitan Washington Airports Authority.

Construction of the rail system, including tracks, stations, and supporting infrastructure is more than 56 percent

(Above) Progress at the Reston Town Center Silver Line Station

Capital Rail Constructors' cranes continue to work on this Silver Line station in the median of the Dulles Airport Access Highway/Toll Road corridor near Reston Town Center. The station is one of six being built in the second phase of the Dulles Corridor Rail Project which is being constructed by the Metropolitan Washington Airports Authority. (Photo by Leslie Pereira, Capital Rail Constructors.)

(At right) Herndon Platform Downstation. (Photo is by Capital Rail Constructors staff.)

complete and construction of a 90-acre rail yard and maintenance facility on Dulles Airport property is almost 50 percent done, according to Stark.

Major progress has been made on the components of the aerial guideway that will carry trains through Dulles Airport as well as the pace of construction along and above the Dulles Greenway in eastern Loudoun County as the tracks head to the terminus station being built in Ashburn.

According to project and construction manager John Kearney, "the project will see several dramatic changes taking place over the coming months at all five stations now being built in the median of the Dulles Airport access highway and the Dulles Greenway. As the precast erection and concrete placement continues, the structural steel will top off the stations giving each the same signature look of the Silver Line at grade stations that are now familiar in the first phase through Tysons Corner and west to the east side of Reston.



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Phase 2 runs from the Wiehle-Reston East Station westward to Ashburn through Dulles Airport.

At the airport station, which is along the front of the parking garage opposite the parking bowl from the station terminal, precast girders are now in place on both sides of the Dulles Station and work speeds along on the aerial guideway decks and tracks near that station.

Along the Greenway and median of the Dulles International Airport Access Highway (DIAAH), installation of concrete ties and track will continue and retaining walls continue to stretch from the east to the west to be followed by installation of fencing, Kearney said.

The hand mining work beneath the highway is drawing to a close. This work has attracted lots of attention as crews struggled to dig out utility tunnels, by hand, through extremely dense rock known as diabase (granite) which had proven to be too much of a challenge for traditional tunneling methods. Hand-mining required a lot of "crawling on their knees" for workers charged with these tasks, according to senior project manager Stephen Barna.

Soon, pedestrian bridges to provided access for rail users to and from stations to parking areas and adjacent plazas will begin. This work will require lane closings and some traffic delays. The first of the installations will take place at the Innovation Center Station and will connect that station to the future pavilion on the south side of the Dulles Toll Road and DIAAH.

Here are some highlights of recent work:

In March, the final aerial guideway girders at Dulles International Airport were set in place near Saarinen Circle. The four 84-inch tall precast concrete girders measure nearly 140 feet long, weigh approximately 95 tons each, and will support the Silver Line Metrorail trains that will run through the airport.

Once complete, the guideway will be more than three miles long and connect the east segment of the Silver Line Phase 2 in the median of the DIAAH with the west segment that will run in the median of the Dulles Greenway. Also, overnight detours along the Greenway allowed project crews to construct a large concrete span for the Silver Line aerial guideway over the eastbound lanes. �

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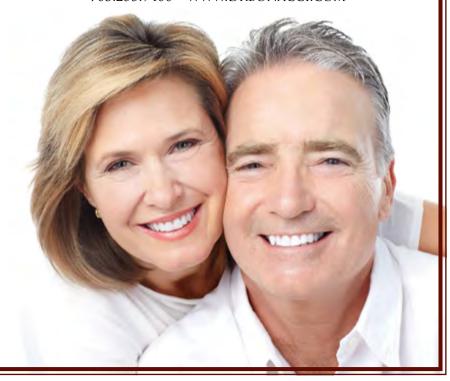
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Dusty Smith delivers a presentation to officials from the World Bank from a residential building at the Wiehle-Reston East Metrorail Station that gave attendees a bird's eye view of Reston and the development spawned by the Silver Line.

METRO'S SILVER LINE PRESENTED TO OFFICIALS OF THE WORLD BANK

Officials from the World Bank recently requested a presentation about Metro's Silver Line and traveled by Metrorail to the Wiehle-Reston East Station to meet with representatives from the project team as well as Maggie Parker of Comstock Partners LP, the developer of BLVD Reston Station.

The World Bank contingency gathered on the top floor of BLVD—which has a rooftop pool, gym, billiard table, ping pong table, poker table, multiple large-screen televisions, fireplace and breathtaking views of the surrounding Reston community—to hear an update about the project. The group expressed great interest in learning about the project's financing as well as how it ties into Dulles International Airport.

With significant practical knowledge garnered from flying to World Bank locations around the globe, the officials focused many of their questions on the passenger experience, particularly.

The World Bank group also asked questions about housing near the rail stations, particularly affordable and workforce housing. ❖





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BRIDGE CLUB

BEHIND THE BACK

A 4 3

X A 4

K 10 8 7 4 3

♣ A 4

🖢 K 5 2

💘 K Q 3 2

A 2

♣ K Q 3 2

West North East South

pass 6NT all pass

West leads the jack of spades. Plan the play. Answer on page 176.

Excerpt taken from: Frank Stewart's Bridge Club.

BIDDING QUIZ

YOU HOLD:

•K52 ♥KQ32 ●A2 •KQ32

You open iNT, and your partner bids 4NT. The opponents pass. What do you say?

ANSWER: If you're past the novice stage, you know that partner's 4NT bid is (in this situation) not the Blackwood ace-asking convention but simply a raise, inviting slam in notrump just as a raise of 1NT to 2NT would invite game. Since you have maximum values for your 1NT opening, you can accept.

Excerpt taken from: Frank Stewart's Bridge Club. Page 62.

THE BEST PREPARATION FOR TOMORROW IS DOING YOUR BEST TODAY.

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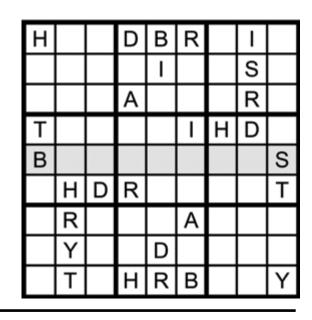
HOW TO SOLVE Wordoku Puzzles

Wordoku is another form of sudoku. It simply uses letters instead of numbers.

You just make sure that each 3x3 square region has the 9 letters in BIRTHDAYS and that the letter only occurs once.

Each column and row of the large grid also must have only one instance of each letter.

The difficulty on this puzzle is medium.



BE RAW, BE YOU AND BE READY TO RISK IT ALL WHEN IT COMES TO PURSUING YOUR DREAMS.

Valeria Hinojosa

ICE CREAM DRINK

CROSSWORD CLUES

ACROSS

- 1. Wharton degree
- 4. Oxford doctorate, briefly
- 9. Be sick
- 10. Slur over
- 11. Web browser entry
- 12. Busy places
- 13. Visit briefly
- 15. @
- 16. "Yum!"
- 18. Commercial
- 20. Plot
- 23. Carpenter's machine
- 25. Put on TV
- 26. Response to a weak joke
- 27. Hit the slopes
- 28. Anxiety
- 29. In Phil's bag

DOWN

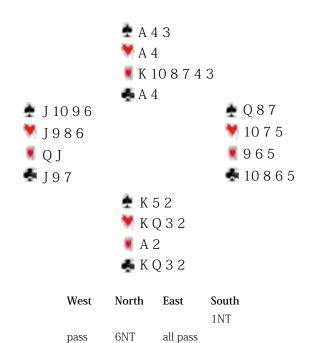
- 1. Handle roughly
- 2. Ballpoint pen inventor
- 3. Apportion

- 10 11 12 13 14 15 16 17 18 19 20 21 22 23 25 24 27 26 28 29
- 4. Bursting, in botany
- 5. Pedestal part
- 6. Target of vaccine research
- 7. Notion
- 8. For fear that
- 14. Buckwheat grains
- 17. Bakery supply
- 18. Pond organism
- 19. Mend socks
- 21. Boxer Tyson
- 22. Buffalo's lake
- 24. Dress (up)



BRIDGE CLUB SOLUTION

BEHIND THE BACK



Opening Lead: 🍨 J

'Look at this silly play my partner perpetrated,' a player told me after a team event. 'He won the first spade in dummy, pondered—and let the ten of diamonds ride! West won and led another spade, and partner won and took the ace of diamonds. Luckily, his play cost only an overtrick. The other South in 6NT took thirteen tricks, of course.'

I always hate to hear someone backstab a partner—especially with misguided comments. To make 6NT, South must play the diamonds for one loser. If they break 3-2, any play works. If East has, say, Q-9-6-5, or if West has Q-J-9-6, South is sunk; he can handle a 4-1 break only if East has a singleton honor or if either defender has the singleton nine.

If West has the bare nine, East can't gain by covering the ten: South loses only one diamond. If East covered the ten with an honor or played the nine, South would take the ace, return a diamond and cover West's card.

What North should have done behind South's back was pat it.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 62.

WORDOKU Answers

Н	S	Т	D	В	R	Υ	-	Α
R	В	Α	Υ	_	Η	Т	S	О
Υ	D	1	Α	Т	S	В	R	Н
Т	Α	Υ	В	S	_	Н	D	R
В	Τ	R	Τ	Η	П	Α	Υ	S
S	Η	D	R	Α	Υ	_	В	Т
D	R	Н	_	Υ	Α	S	Т	В
Α	Υ	В	S	D	Т	R	Ι	Ι
_	Т	S	$_{\mathtt{I}}$	R	В	О	A	Υ

CROSSWORD Answers

М	В	Α		D	Р	Η	-	L
Α	_	\Box		Ш	L	_	Д	Е
U	R	L		Η	_	>	Е	S
L	0	0	K	$\overline{}$	Ν		Α	Т
		Т	Α	S	Т	Υ		
Α	D		S	С	Н	Ш	М	Е
L	Α	Т	Η	Е		Α	_	R
G	R	0	Α	Ν		S	Κ	_
	Ν		S	Т		Т	E	E



"We did date for a long time before we got married, so I guess he is a preexisting condition."

A BEST FRIEND IS LIKE A FOUR LEAF CLOVER: HARD TO FIND AND LUCKY TO HAVE.

Irish toast

WHAT LIES BEHIND YOU AND WHAT LIES IN FRONT OF YOU. PALES IN COM-PARISON TO WHAT LIES INSIDE OF YOU.

Ralph Waldo Emerson

But Who Remembers?

BY JAN KING

T's true that having an elderly parent presents many challenges. However, there's also a lot of laughs because at some point they totally lose their P.C. filters. (And yes—some never had them). Also, an older parent keeps you humble. My dad is 99 years old, still mobile, and resides in the memory care unit of Vinson Hall, called the Sylvestry. And even though his short-term memory is completely shot, he still maintains a remarkably happy life.

During our most recent visit, out of the blue my Dad said to me, "Jan, how old are you?"

"I turned 72 in August, Dad."

"REALLY?" he exclaimed incredulously. You're THAT OLD?"

"Dad, YOU'RE 99 YEARS OLD," I shot back. "What the heck do you think...you have a 25 year old daughter?"

That tickled him and a devilish smile appeared on his face. Then, we both had a good laugh. I lied. Actually he laughed more than I did.

But, you know something that's scary/funny? Many of us past 60 are beginning to drive our Model T's down Short Term Memory Lane, making several wrong turns.

Case in point: Last week I bought a really cool new pair of hot pink exercise tights and coordinating top to wear while working out on the treadmill at the gym. As a serious athlete, it's imperative that I keep myself physically motivated by cute clothes. When I got home, I peeled them off and tossed them in the washer and dryer. The next day, I wore them to yoga class. As I was attempting to do an impossible yoga posture that was also probably illegal, my hand felt a big lump on the back of my thigh. I thought, "what the hell IS THAT?"

The question became how many people had witnessed me prancing around the gym with a wad the size of a grapefruit in my pants? Did anybody think it was a renegade Depend? Lucky for me the yoga studio was kept in semidarkness to enhance a tranquil

atmosphere and hide the dirt on the mats. So I surreptitiously pushed the wad slowly down my leg toward my ankle and OMG, fished out a pair of underpants! They must have gotten stuck inside my tights in the dryer.

At first, I tried hiding them under my yoga mat, but it made a suspicious lump that could be mistaken for a taboo bag of marshmallows. So I rolled them up in my yoga towel. Upon leaving class, I stuffed them in my coat pocket and forgot about them. But, the next night in the gym, when I went to reach for some tissues in my coat pocket, I pulled out—you guessed it—the underpants. Apparently, I have become a victim of my own underwear stalking me.

If that was just an isolated incident I'd chalk it up to some harmless physiological malfunction like an exploding aneurysm. However, I'm experiencing a bunch more of these "brain farts" with greater frequency. Don't lie, I know you've had them too. Here's just a few:

- Going out in my new sweater with the TJ Maxx price tag still hanging down my back.
 - Driving into the Giant supermarket lot, going in to shop, and coming out totally clueless as to where I parked my car. If I didn't have the ability to make my car honk or flash the tail lights, I might, like Moses, spend years wandering through the asphalt terrain.
 - While performing the downward dog in yoga class, I shockingly catch sight of the white cotton crotch of my tights, signaling I'm wearing them inside out.
 - Searching for my sunglasses for a good 30 minutes, only to realize they're perched on top of my head.
 - When somebody asks me for my phone number and I totally draw a blank. The expression on my face is the same as when somebody puts their dog on the phone.

Okay, admit it. You've done at least some of these things. So, here's my diagnosis and recommended course of treatment:

- If you've done ONE—don't worry, you're just distracted at the moment.
- TWO—blame it on last night's three glasses of Chardonnay mixed with Melatonin.
- THREE—run, don't walk to CVS and get some CoQ10 and Prevagen, the brain food made from jellyfish. Yeah, that oughta' help.
- FOUR—Maybe a mild course of electro-shock therapy.
- FIVE—sign up for a room at the Sylvestry next to my Dad and me.

Okay, that's all I can remember to tell you. See you in the Arts & Crafts room! :) ❖

HOROSCOPES

MAY

Taurus 4/20 – 5/2

TAURUS 4/20 - 5/20: The Chinese have an expression: A good start is half of success. This month, Taurus, grab the bull by the horns and

start. The stars are with you.

- GEMINI 5/21 6/20: A choice comes your way this month. The stars see happiness either way but one option has bitter consequences.
- CANCER 6/21 7/22: As the moon reaches its third quarter on May 18, you face a happy problem. Solve wisely.
- LEO 7/23 8/22: Time to admit someone can't be changed, even by your celebrated force of personality.
- VIRGO 8/23 9/22: It may not be your usual style, but you find yourself angry. The stars recommend a strange prescription: Pick apart the issue until you see the other side.
- LIBRA 9/23 10/21: Your month starts strong at the first quarter moon May 2. Stay focused by relaxing deeply on your off time. See a comedy.
- SCORPIO 10/22 11/21: Do the one thing you know your love wants. Your effort makes you a better person.
- SAGITTARIUS 11/22 12/21: Sometimes you have to let go and realize that facts don't always make a difference. Don't invest in that problem.
- CAPRICORN 12/22 1/19: Change is in the air. Put your heart into the matter, not your brain.
- AQUARIUS 1/20 2/18: Family is front and center by mid-month. Sort out your hopes from reality. Focus on the practical.
- PISCES 2/19 3/20: You may be vulnerable during the first half of the month. Beware of entrusting something precious to someone you trust.
- ARIES 3/21 4/19: Practice is on your mind as the moon moves into its first quarter, May 2. Keep at it. A breakthrough occurs by the New Moon, May 25.

JUNE



GEMINI 5/21 - 6/20: An old problem resurfaces. If you address it the same way you have in the past, it will come up again.

Stars say time for a change.

- CANCER 6/21 7/22: Of all the stars in the universe, one is shining on you this month. How you think about it, changes everything.
- LEO 7/23 8/22: Plenty of activity in the first part of the month makes it necessary to wind down with the moon after the 13th. Get some sleep.
- VIRGO 8/23 9/22: Entertain a moment of doubt. A chip in your armor could do some good. Reevaluate.
- LIBRA 9/23 10/21: Life hands you contradictions this month. The full moon on the 10th and 11th are equally bright. Embrace both.
- SCORPIO 10/22 11/21: When there are more choices, it is sometimes harder to choose. This is the month to eliminate possibilities to create a clearer path.
- SAGITTARIUS 11/22 12/21: A reunion with an old friend will be awkward, but don't avoid it. A powerful new insight can be yours.
- CAPRICORN 12/22 1/19: An opportunity comes your way. Before making a decision, use your imagination to see the possibilities, good and bad.
- AQUARIUS 1/20 2/18: An exicting new experience awaits this month if you are ready. Free up your schedule and don't overspend.
- PISCES 2/19 3/20: This month focus on peace of mind as you get your own house in order and take leave from the world's battles.
- ARIES 3/21 4/19: Health is in the stars this month for both your body and checkbook. Relax and enjoy the moment
- TAURUS 4/20 5/20: Family and business associates are skeptical, so if you want to pursue a new idea, you are on your own for a while.

8 TYSONS ❖ MAY // JUNE 2017 VIVATYSONS.COM

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