GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH | TYSONS GAZINE September/October 2017 | vivatysons.com 10 unique AW SHUCKS! COFFEE **FINDING** SHOPS **OYSTERS** IN TYSONS EDUCATION REVIEW COMPARING RESULTS BETWEEN SURGERY & NONINVASIVE PROCEDURES

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8408 Sparger Street, McLean, VA 22102

Beautiful flat acre with gated entry leading to this sophisticated custom stone and brick home of exceptional construction and design, offering great indoor and outdoor space. The interior of the home features an ELEVATOR, coffered ceilings, extensive moulding, elegant cherry library, spacious media and exercise rooms, a decadent wine cellar and so much more. A rear yard retreat boasts an in-ground pool, slate patio with stone fireplace, built-in grill and covered sitting area with automatic









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FEATURES



10 UNIQUE COFFEE SHOPS IN NORTHERN VIRGINIA ➤

by Lani Furbank

On a brisk fall morning, nothing beats the comfort of stepping inside a coffee shop and warming up with a hot cup of coffee in a big, inviting armchair. Northern Virginia's coffee scene is growing fast, and it's catering to fast-moving professionals and casual conversationalists alike. Whether you're looking for a third wave creation, a comfortable wifi hub, or a buzzy social scene, you can find a coffee house to love in Northern Virginia.

Here are 10 great options in the area.



OYSTERS >

by Renée Sklarew, forewrd by Bart Farrell

As summer draws to a close, the next best season begins: oyster season. There's an old pearl of wisdom that says the only time to eat oysters is in months with the letter "R." For the freshest and best-tasting oysters, this still rings true with September kicking off the occasion. We've fished out the top places to get fresh oysters in the area, both raw and cooked. Whether you're looking to eat them at a restaurant or to prepare them yourself, we have it all for you.

< EDUCATION REVIEW

by Cassandra Parker

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention, or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools. While the following is not an exhaustive list of schools in the area, the schools represented have earned a reputation for quality instruction and nourishing development of inquisitive young minds.



< OKTOBERFEST

by Dani J. Keating

If washing down a cold beer after another record setting summer is at the top of your to do list this fall, then get your calendar ready. Oktoberfest in the Tri-state area, which begins in mid-September and runs through October, is a great way to quench your thirst and please your palette. Enjoy authentic German food, beer, and wine, polka dance to traditional music by bands clad in Bavarian garb or take an Oktoberfest fun run.





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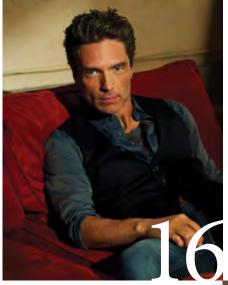
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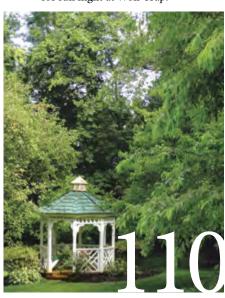
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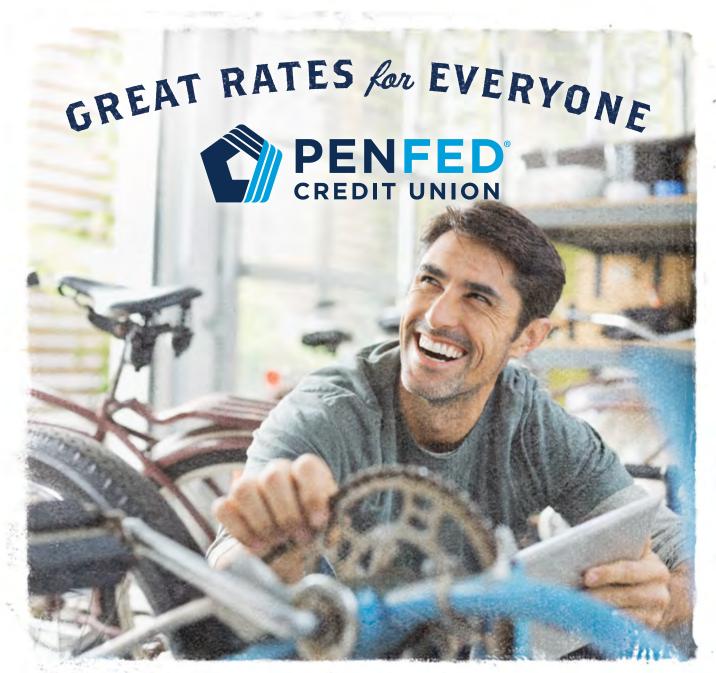


- 14 PUBLISHER'S LETTER
- 16 SELECTED
 EVENTS
 Discover who's playing at local music venues along with other hyper-local events.
- 46 ARTS & THEATRE See what's playing at George Mason University Center for the Arts
- 52 CATERING Holiday Parties
- 58 ASK DR. DIMA Coolsculpting vs UltraShape
- 60 ASK AN ADVISOR About Roth IRAs
- 62 REAL ESTATE
 Be Your Own Best Advocate
- 64 TYSONS PREMIER
 See what's new in the real estate market.
- 74 MUSIC SCENE Marx and Springfield Team for fun night at Wolf Trap.





- 77 LE NOUVEAU MOI Women's Health & Beauty
- 102 AROUND TOWN
 Read coverage of the 2nd Annual
 Golf Scramble, Shelter House and the upcoming MPA Artfest.
- 108 FEATURED ARTIST
 Keith Loria interviews photographer
 Julie Cochran.
- 110 TRAVEL
 Allison Chase Sutherland explores Rappahannock.



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DEPARTMENTS



- 120 WINE

 Ah, Sweet Mystery of Sweet Wines by Linda Barrett.
- 128 TASTE OF TYSONS

 Peruse Renée Sklarew's guide to local Middle Eastern restaurants.
- 145 ADVICE FROM TOP PROFESSIONALS Get more information about a procedure that might interest you from the area's top professionals.

- 156 ONE-TO-ONE FITNESS Functional Training
- 158 TYSONS HOME
 & DESIGN

 Learn how to get it built by Joy
 Custom Design Build and see how
 Sun Design's chateau-style meets
 English Country Garden (page
 162).
- 166 ASK COACH AMY
 When to share your future plans.



- 168 PETS
 Read more about VIP Petcare's
 Community Wellness Clinics.
- 171 TYSONS UPDATE New rail cars, the Metrorail training simulator, and pedestrian bridges.
- 177 JAN KING Thanx Spanx.
- 178 HOROSCOPES



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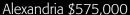
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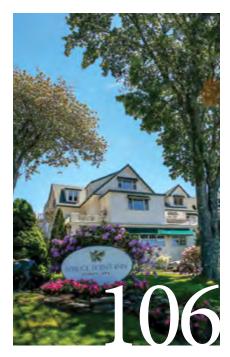
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- 118 SIP 'N' SWIRL
- 119 CHEERS
- 132 TASTE OF TYSONS
- 175 FUN AND GAMES

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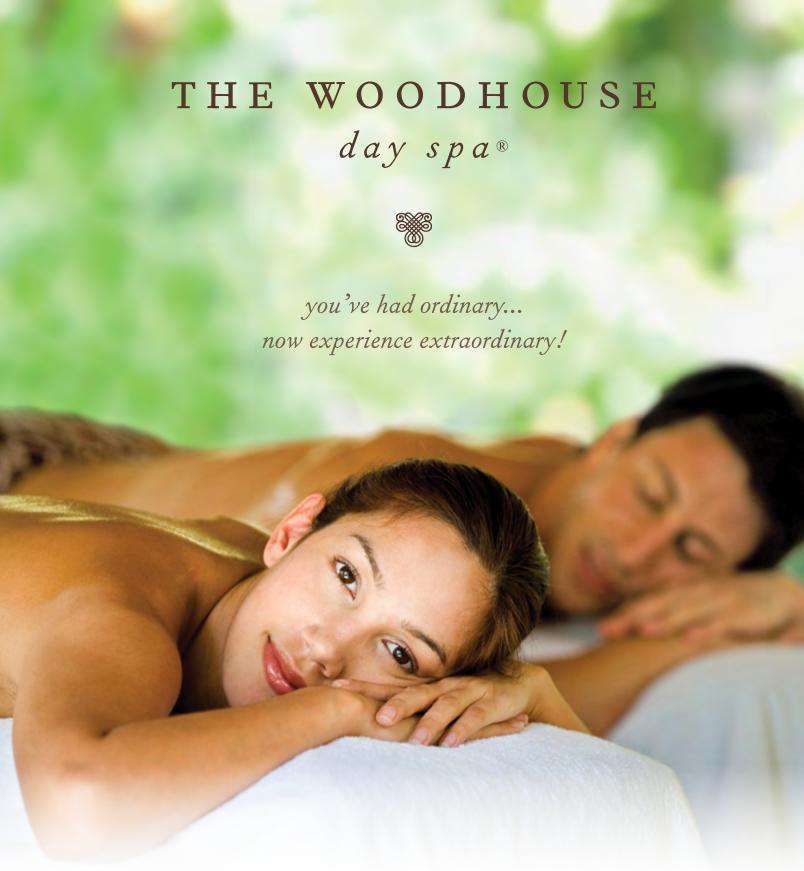
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Here's What's Happening at MCC

McLean Community Fall Garage Sale

Saturday, Sept. 16, 9 a.m.-1 p.m.
Parking Garage at
1420 Beverly Rd.
Free Admission

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John Eaton in Concert

Saturday, Sept. 16, 2 p.m.
Vinson Hall Auditorium
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\$20/\$14 MCC tax district residents

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Quote-Along Movie"The Princess Bride"

Friday, Sept. 22, 7 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
Free admission

The Old Firehouse After 7 Dance Party

Friday, Sept. 29, 7-10 p.m. Admission: \$5

Bring the Kids! Harvest Happenings

Saturday, Sept. 30, 11 a.m.-2 p.m.
St. Luke's School
7005 Georgetown Pike
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Join in McLean's Fun Run!
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any years ago I lost a very dear family member to Breast Cancer. My aunt Sue was the best! A beautiful woman, filled with life and laughter and adored by everyone who had the pleasure of meeting her. She had been told after a routine check-up to have a lump checked out, and never fully understanding the danger in not doing so-cancer took her away from us. The importance of having yourself screened on a regular basis can't be stressed enough. An "ounce of prevention is greater than a pound of cure" ... never more true than with breast cancer. Early detection is paramount. We all need to do all we can to keep the importance of cancer screening top of mind. Let's all do more to get the word out, give what you can for research, and help with early detection. Our Le Nouveau Moi women's health and beauty section shares the story of Breast Cancer survivor, Laura Taylor, and some tips on screening and self-exams.

I remember when getting raw oysters was risky business. Not so any more—(Yeah!) Renee's got the story and some suggestions to enjoy the fruits of the sea. The best time for Oysters is in months that end in "ber." (That's now!) Read the intro by Bart Farrell of Clydes Restaurant Group and Reneé's story.

And more mixed-use projects are winning approval. The most recent is International Place on what used to be Kip Killmon's used car lot. International Place at Tysons LLC and 8133 Leesburg Pike LLC have great plans for the project including rooftop courtyards, pools, lawns and outdoor dining areas. Wow.

Throughout the area, we have several extraordinary private schools and tutoring opportunities dedicated to superior learning

across all grades. Alexis Bugley and the team bring you some outstanding options.

Patrick Bazin of Bazin's on Church and Doctor Christoper Bonacci of Vienna took a little trip to Italy. Read a great story about olive oil, friendship and a passion for oil by Linda Barrett. Thanks, Linda.

There's nothing like a hot cup of coffee and Lani Furbank brings us some wonderful coffee shops to savor your java. The Artisan Trail Network? Linda tells us about it.

Cerebral Palsy wasn't going to stop Julie Cochran from fulfilling her dream of creating beautiful images with her camera and sharing her special "eye" for composition. Keith Loria gives us the story.

Oktoberfest? You bet, and we have some great options for enjoying the season. Dani Keating has them for us. Thanks, Dani! (Remeber the Oktoberfest celebration in Vienna on October 7th.)

Linda celebrates life with Virginia's dessert wines, Michael Evans of Helga's Catering has party ideas, Renee Sklarew brings us Middle Eastern cuisines, Vice-Cream—(you'll love the story), Silver Line updates by Robert O'Shaughnessy and Marcia McAllister, and of course, Jan King (too much fun!)

Kids are back in school, so please drive carefully (especially these days with so much focus on their cell phones). Please give what you can to Cancer Research and area nonprofits, and enjoy the fall. See you in November.

Cheers...









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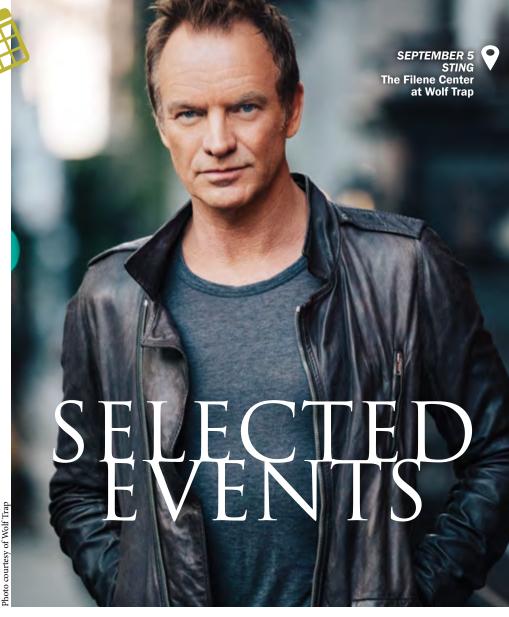
Dr. Chong W. Lee & his patient Rebecca M.





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SEPTEMBER 5-7

STING

Joe Sumner The Last Bandoleers

Filene Center at Wolf Trap, 7:30pm,

The former frontman of The Police who has garnered 16 Grammy Awards and a spot in the Rock and Roll Hall of Fame makes his Wolf Trap debut.

SEPTEMBER 8

LONDON CALLING

A Tribute to Legendary British Bands of the 60's & 70's

Jammin Java, 8pm, \$15-25 Members of THE ROCKITS, DYLZ and FABZ come together in this rockin' tribute to the Best Bands of Britain. From The Beatles to The Stones via The Who, Kinks,

Queen, Animals, Elton, Clapton

and Pink Floyd. Rock on with 50 Friday favorites. Book early.

SEPTEMBER 9

BIRDTALKER

Jammin Java, 9:30pm, \$12-25 Zack and Dani were married in 2012 and soon after their wedding tried writing a couple songs together. They liked it, so they wrote a couple more. Andy, a friend from college and very talented drummer, was into the songs and started beating on stuff while Zack and Dani played them. It sounded good. While these 3 were playing the songs at Shakespeare in the Park one August afternoon, Brian became interested in adding his immense talent to the mix as well and began playing along with mandolin and guitar. It sounded even better.

Birdtalker as these four members wrote and practiced for about a year when yet another talented friend and Birdtalker's biggest fan, Jesse, expressed interest in lending his bass sounds to the band. It is the combination of each member's specific offerings that gives Birdtalker the life and sound that it now possesses. And it doesn't hurt that they all like each other a heck of a lot, too.

SEPTEMBER 9

GUSTAVO Dudamel

And The National Youth Orchestra of Venezuela

Filene Center at Wolf Trap, 7:30pm, \$20-58

Making their Wolf Trap debut, the National Youth Orchestra of Venezuela and Gustavo Dudamel will perform Prokofiev's Symphony No. 5 in B-flat major as well as a series of signature Latin American showpieces. "For sheer exuberance and enthusiasm, nothing compares to the playing of these richly talented young Venezuelans" (The Guardian).

SEPTEMBER 10

RICK SPRINGFIELD RICHARD MARX

Filene Center at Wolf Trap, 8pm, \$30-65

In their joint Wolf Trap debut, '80s heartthrobs Rick Springfield and Richard Marx join forces for a stripped-down storytellers concert featuring hits like "Jessie's Girl" (Springfield) and "Right Here Waiting" (Marx). "We can't recall the last time an 'unplugged' show was this electrifying" (Axs.com)

SEPTEMBER 11

9/11 Remembrance Ceremony

Town Green, 144 Maple Avenue E, Vienna, VA 22180. 9am

A brief ceremony remembering the terrorist attacks of 2001, hosted by American Legion Post 180.

CONTINUED ON PAGE 18



With horses and pigs, grammar gets real—and children love it.

How do words work together to allow us to communicate? Why does "Place the brown horse behind the pink pig" make sense but "Horse the brown pig place the pink behind" does not?

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SATISFACTION THE INTERNATIONAL ROLLING STONES SHOW

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

"Satisfaction/The International Rolling Stones Show" is the international touring tribute show to the World's Greatest Rock & Roll Band. This Billboard & Pollstar listed show is now in its ninth year of production with over 1600 performances. This highly-acclaimed production showcases the most authentic cast and costuming of its kind. The likes of Mick Jagger, Keith Richards, and cast bring a colorful performance to over 45 years of classic hits. Featured in Rolling Stone, Showbiz Magazine, Las Vegas Today, CBS Sunday Morning News and hundreds of national newspapers, magazines, television and radio as the world's greatest show honoring the Rolling Stones and their legacy.

CONTINUED FROM PAGE 16

SEPTEMBER 12

2CELLOS

Filene Center at Wolf Trap, 8pm, \$30-65

Young Croatian cellists Luka Sulic and Stjepan Hauser, together known as 2CELLOS, have achieved sensational success by taking the cello to a new level. The internationally famous YouTube sensations have broken the boundaries between different genres of music, from classical and film music to pop and rock.

SEPTEMBER 14-15

STEVE MARTIN & MARTIN SHORT

"An Evening You Will Forget for the Rest of Your Lives"

Filene Center at Wolf Trap, 8pm, \$45-125

Expect nonstop laughs as the hilarious duo of Steve Martin and Martin Short recall their iconic careers, creative influences, and memorable encounters, uniquely presented through banter, singing, and banjo playing.

SEPTEMBER 15

CHRISTINE LAVIN

Jammin Java, 7:30pm, \$20

Christine Lavin is a singer/songwriter, guitarist, and recording artist who has been based in New York City since 1976. She is currently working on her 23rd solo album, scheduled for release in the fall of 2017.

SEPTEMBER 15

CHILLIN' ON CHURCH

Historic Church Street, Vienna, VA 22180, 6:30pm-9:30pm

Chill with friends and neighbors while enjoying food trucks, music, fun activities for kids, and beverages. No BYOB.

SEPTEMBER 16

GIPSY KINGS

Featuring Nicolas Reyes and Tonino Ballardo

Filene Center at Wolf Trap, 8pm, \$38-55

The Grammy-winning band behind "Bamboleo" celebrate 25+ years of flamenco, salsa, and pop fusion perfection in the party-starting spirit of the south of France.

SEPTEMBER 16

MCLEAN Community fall Garage sale

1420 Beverly Road McLean, Va. 22101 (behind Staybridge Suites Hotel), 9am-1pm, Free admission

Do you love a treasure hunt? Come shop over 50 vendors! Rather sell than shop? Spaces are available on a first-come, first-served basis for \$45. Register online at apm.activecommunities. com/mcleancommunitycenter/ Activity_Search/6184. Application deadline is Wednesday Sept. 13, or until sold out.

SEPTEMBER 16

SHENANDOAH RUN

Jammin Java, 6:30pm, \$20

Formed in 2011, this 9-piece, DC-based ensemble, Shenandoah Run, is a band in pursuit of a vision—keeping folk music alive and fresh! This guiding ambition has been key to their success. Their

performances pay tribute to both vintage Americana and contemporary folk music, while their top-notch musicianship and soaring harmonies lure you in for that irresistible singalong. Their latest album, "SR," released in May 2016, brings their unique, fresh voice to classic and contemporary folk songs, as well as to two original songs. Come spend some time with them and experience "folk music with a kick."

SEPTEMBER 17

DADDY YANKEE

Filene Center at Wolf Trap, 8pm, \$45-115

This Puerto Rican superstar's megahit "Gasolina," "detonated a global reggaeton explosion that irrevocably altered the business, sound and aesthetic of Latin music" (Billboard). His 2017 smash hit, "Despacito" with Luis Fonsi (and Justin Bieber on the remix), is "well en route to becoming the song of the summer." (Rolling Stone).

SEPTEMBER 22

ROCK THE BLOCK

Old Town Square, 3999 University Drive, 6:30-9:30pm

Enjoy live music by DC's top all-90s cover band, White Ford Bronco, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax.

Please bring chairs and or blankets to sit on! No pets allowed except service animals. Visit www.fairfaxva.gov/RockTheBlock for more information.

SEPTEMBER 22-23

FAMILY CAMP OUT

Glyndon Park, 300 Glyndon St. NE, Vienna, VA 22180, 5pm Sept. 22 - 9:30am Sept. 23

Play and sleep under the stars at the Town of Vienna's Family Camp Out. Dinner, fun family activities, and a continental breakfast included. Bring a tent, sleeping bags, chairs, flashlights, snacks, change of clothes, and personal items;. Sorry, no pets allowed.

SEPTEMBER 22-24

CAPITAL HOME SHOW

Dulles Expo Center, Chantilly, VA, 10am-9pm, \$3-10

Curious to know which trends will make a bold new comeback this year? Experience athome comfort in the all-new, custom-built Design Home. Tour our 1,400 sq. ft. show home featuring 2017's latest trends in design and décor. Enjoy the Home Show's wine lounge, make-it take-it Workshops, interact with new products, speak directly with the experts, and take home ideas for your next renovation.

CONTINUED ON PAGE 20

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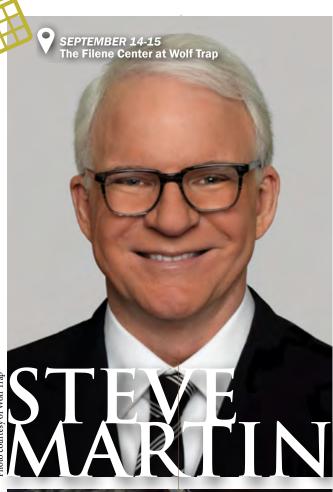
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SELECTED EVENTS





VIENNA OKTOBERFEST

Church Street, Vienna VA, 11am to 7pm

An annual event on the first Saturday in October, Vienna Oktoberfest is celebrating its 10th year in 2017. Oktoberfest features drinks, food, live entertainment on two stages including a main stage for music, and a children's stages. Family friendly games and children's activities will also be available. Hosted by the Vienna Business Association. Free admission and entertainment. Pay as you go.

SEPTEMBER 23

BACKYARD Composting Workshop

Cherry Hill Park, 2pm-4pm Learn how to compost! Topics include: leaf mulching in your yard, yard waste composting, hands-on composting demonstration, making compost tea, proper composting, food waste vermicomposting. and participants will have their names placed in a raffle to win free compost bins.

SEPTEMBER 29

PIGPEN Theatre co.

Jammin Java, 8pm, \$18

PigPen Theatre Co. began creating their unique brand of theatre, music, and film as freshmen at the Carnegie Mellon School of Drama in 2007. Their debut album, "Bremen," was named #10 album of the year in The Huffington Post's 2012 Grammy preview sending PigPen on tour playing to soldout crowds across the country. American Songwriter premiered their follow-up EP, "The Way I'm Running," in 2013 while the band was playing a series of concerts that became one of the most popular residencies of the past decade at the legendary Schuba's Tavern in Chicago. In 2015 PigPen released their sophomore album, "Whole Sun," performed at Mumford & Sons' return to the Gentlemen of the Road Festival, and made their feature film debut in Jonathan Demme's "Ricki and the Flash" starring Meryl Streep. They are currently writing their debut children's novel and performing Shakespeare's Pericles directed by Sir Trevor Nunn at Theatre For A New Audience in Brooklyn, NY.

SEPTEMBER 29-OCTOBER 2

FORT BELVOIR OKTOBERFEST

Fort Belvoir, VA

This 20th annual Oktoberfest is a four day festival of German

food, beer, music and dancing. Includes 10K walk and 5K challenge, carnival, kinder korner kids activity area, 21+ beer tent, Mr. & Mrs. Oktoberfest contest, and more.

OCTOBER 7

FLAVORS OF FALL

Reston Town Center, 12pm-11pm
Savor the flavor of autumn brews and delicious fare from area restaurants. Enjoy food, wine, German and craft beers on tap, and live entertainment. Free admission; purchase tickets for food and beverages. Produced by Greater Reston Chamber of Commerce.

Garage parking is free every weekend and no session activation is required.

OCTOBER 7

THE MCLEAN 5K

The McLean 5K Run is coming back this fall! Hosted by MCC with the support of sponsors Century 21 New Millennium and The Greater McLean Chamber of Commerce. The race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities.

In addition to great exercise, the event will promote Public Safety Appreciation and serve as an opportunity to express appreciation and respect for the first responders from McLean Volunteer Fire Department and McLean District Police Station. The proceeds from McLean 5K Run will benefit the McLean Community Foundation (MCF). So recruit a team of coworkers, teammates, neighbors, friends and mark the calendar for Saturday, Oct. 7, 2017.

For more information and to register go to www.Mclean5K.com.

CONTINUED ON PAGE 22







Featuring Jon Anderson, Trevor Rabin and Rick Wakeman Filene Center at Wolf Trap, 8pm, \$30-75

Featuring 2017 Rock and Roll Hall of Fame inductees Jon Anderson (YES's original singer), keyboardist Rick Wakeman, and guitarist Trevor "Owner of a Lonely Heart" Rabin, the trio

OCTOBER 5

CHARLIE **HUNTER TRIO**

Jammin Java, 7:30pm, \$22

As a young guitarist growing up in the San Francisco Bay Area, Charlie Hunter was looking for a way to stand out in the '80s. His primary influences were jazz great Joe Pass and the fluid Tuck Andress (of the guitar/vocal duo Tuck & Patti), both six-string guitarists who were adept at blending bass notes into their standard guitar melodies to make themselves sound like two musicians at once. But Hunter wanted to take it one step further and set out to find an instrument on which he could simultaneously function as both a guitarist and a bassist. For his self-titled 1993 debut CD, Hunter played a seven-string guitar for the duality effect, locking down the bottom with drummer Jay Lane and mixing melodically with saxophonist David Ellis. On his trio's 1995 release, sophomore Bing, Bing!" Hunter unveiled his custom-made Novax eightstring, the guitar that finally allowed him to realize his capacity. Designed by Ralph

Novak, the instrument featured special frets and separate signals for its guitar and bass portions. Picking bass notes with his right thumb while fretting them with his left index finger while at the same time fingerpicking guitar chords and single notes with his right hand's remaining four digits as he frets with his left hand's other three fingers, Hunter achieves the real sound of two-for-one.

OCTOBER 14

RECYCLING EXTRAVAGANZA and hazardous WASTE COLLECTION EVENT

Falls Church Recycling Center, 9am-2pm

Recycle electronics, computers, eye glasses, medical equipment, sewing machines, clothing, textiles, batteries, and more. Shred up to three boxes of documents and properly dispose of consumer products that are either toxic, ignitable, corrosive, or reactive.

OCTOBER 14

HALLOWEEN ON THE GREEN

Town Green, 144 Maple Avenue E, Vienna, VA 22180, 11am-12:30pm,

For ages 2-10. Spooky crafts, games, entertainment, and other fun activities.

OCTOBER 20

LARA ST. JOHN, violin **MATT** HERSHKOWITZ, piano FOUNDER'S DAY

Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$40 "Lara St. John happens to be a volcanic violinist with a huge, fabulous tone that pours out of her like molten lava. She has technique to burn and plays at a constant high heat." (Los Angeles Times)

OCTOBER 25

HALLOWEEN PARADE

Maple Avenue, Vienna, VA, 7pm

Photo courtesy of Wolf Trap

Join friends and neighbors, ghouls and goblins for one of Vienna's most treasured traditions: the 71st annual Halloween Parade, hosted by the Vienna Business Association. Pre-registration is required for businesses and organizations who wish to march in the parade. No registration is needed for children who want to wear costumes and walk in the parade; children must be accompanied by their mummy or another adult.

OCTOBER 27

ROCK THE BLOCK

Old Town Square, 3999 University Drive, 6:30-9:30pm

Enjoy live music, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax. Vinyl Invention is a DC Metro cover band. Energized from beginning to end, the band's show draws in the audience and ensures that everyone has an unforgettable good time. Please bring chairs and or blankets to sit on! No pets allowed except service animals. Visit www.fairfaxva. gov/RockTheBlock for more information.

OCTOBER 27

AN EVENING WITH SUSAN WERNER

Jammin Java, 7:30pm, \$20-22

As audiences will testify, Werner's been knocking it out of the park – or, concert hall – all around the US for twenty years. Renowned as a charismatic performer, she's known above all for challenging herself to conquer new styles every few years. From her 1995 major label debut on BMG/Private Music, the folk/rock gem "Last of the Good Straight Girls," to her 2004 Koch Records collection of Tin Pan Alley styled originals "I Can't Be New," to her 2007 "agnostic gospel" hymnal "The Gospel Truth," to 2013's tribute to agriculture and her Iowa farm roots "Hayseed," Werner's creative restlessness has become her defining characteristic.

NOVEMBER 3

DOTAN: SOLO TOUR 2017

Jammin Java, 8pm, \$15-25

After having played over a hundred living room shows to conquer his stage fright, Dotan finally released his debut album 7 Layers in 2014. The album instantly connected with audiences and within a year the Dutch singersongwriter took the multi-award winning album from living rooms, to international festivals, to his sold-out headline stadium show, in Amsterdam. His songs "Home" and "Hungry" were instant hits. Unique vocal, heartfelt lyrics and dynamic musicianship resonated with listeners. No matter the scale, his shows provided an experience, mixing



big drums and anthemic numbers with more intimate and acoustic moments.

NOVEMBER 11

BOWMAN HOUSE POTTERY SHOW & SALE

211 Center Street S,Vienna, VA 22180. 10am-3pm, free admission

Unique and inexpensively priced pottery pieces, created by students and teachers in the Town's pottery classes, are available for purchase. Only cash or check payments accepted.

SEND US YOUR PHOTOS

Tysons is changing everyday and we'd like to share new perspectives of our "Next Great American City" from our readers. Email high resolution JPEGs of your photos of Tysons and we just might publish it here next issue!

info@vivatysons.com



LOCATIONS

FALLS Church

ARGIA'S

124 North Washington Street 703.534.1033 www.argias.com

DOGWOOD TAVERN

132 W Broad St 703.237.8333 www.dogwoodtavern.com

IRELAND'S FOUF PROVINCES

105 W Broad St 703.534.8999 www.4psya.com

PIZZERIA ORSC

400 S Maple Ave 703.226.3460 www.pizzeriaorso.com

RED, WHITE, AND BLEU

127 S. Washington St 703.533.9463 www.redwhiteandbleu.com

NYLIE WAGG

7505 Leesburg Pike Suite 120A 703.748.0022 www.wyliewagg.com

VIENNA amphora

377 Maple Avenue West 703.938.7877 www.amphoragroup.com

LEVANT RESTAURANT & LOUNGE

8411 Old Courthouse Rd. 703.570.5555 www.levantva.com

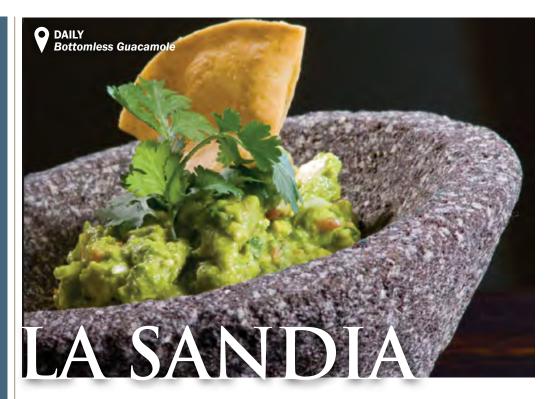
RISTORANTE BONAROTI

428 Maple Ave E 703.281.7550 www.bonarotirestaurant.com

SWEET CITY DESSERTS

131 Maple Ave W 703.938.8188 www.sweetcitydesserts.co

CONTINUED ON PAGE 26



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.

EXHIBIT: ART IN THE GARDEN

Green Springs Garden Park, 4603 Green Spring Road, Alexandria, VA 22312

"Art in the Garden" is sponsored by the Springfield Art Guild. The Art will be displayed from August 22 - October 22 at Green Spring Gardens. The Artist's Reception and Award presentation is Sunday, August 27 from 1pm to 3pm at Green Spring Gardens. The event is free and open to the public. All paintings are for sale.

\$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*.

MR. KNICK KNACK! Performances For Children

10:30 – 11:15am, Reston Town Center Pavilion

Unique, heart-centered music for kids and their grown-ups! Every Monday through October, presented by Reston Town Center. Free. restontowncenter.com

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 between 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:

65-CENT WINGS

\$1 off all pints after Monday

Runs. Get a point for every run.

After 10 points, you can buy an

exclusive "Trail & Ales" T-shirt

Dogwood Tavern

for \$10.

Dine in on Monday night at Dogwood Tavern in Falls Church for 65-cent wings, 5pm-close.

MONDAY WINE SPECIAL

J. Gilbert's

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

CONTINUED ON PAGE 26



Michael T. Gocke, D.D.S.

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BRIO TUSCAN GRILLE

7854L Tysons Corner Center 703.288.8882 www.brioitalian.com

CAFF DELLIXE

1800 International Dr 703.761.0600 www.cafedeluxe.com

DA DOMENICO

1992 Chain Bridge Rd 703.790.9000 www.dadomenicova.com

ENTYSE BAR & LOUNGE

1700 Tysons Blvd 703.506.4300 www.ritzcarlton.com

EVO BIS

1313 Old Chain Bridge Rd 703.288.4422

IRIS I OUNGE

1524 Spring Hill Rd 703.760.9000 www.irisloungeva.com

I. GII BERTS

6930 Old Dominion Dr 703.893.1034 www.jgilberts.com

LA SANDIA

7852 Tysons Corner Center 703.893.2222 www.richardsandoval.com/lasandiavirginia

PALM RESTAURANT

1750 Tysons Blvd 703.917.0200 www.thepalm.com

TYSONS PLAZA

1961 Chain Bridge Rd 703.847.7300 www.shoptysons.com

THE VINEYARD

1445 Laughlin Ave 703.288.2970 www.thevineyardva.com

CONTINUED ON PAGE 28



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TUESDAYS

HERITAGE NIGHT

Levant Restaurant & Lounge

Join Levant for a night of live arabic music by D.C. star Munir Al Asheq and Maestro Muayed Al Iraqi. Heritage night begins at 9:30pm and the restaurant stays open until 1am. Smoke hookah and make new friends.

DESSERT TEA Special

Sweet City Desserts

Buy one Dessert Tea at \$9.99, get the second one 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, countrywestern two-step, foxtrot, tango, waltz, and more. 18 or older.

½ PRICE WINE At Brx

Brx American BistroAll 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.

WEDNESDAYS

TYSONS FIT CLUB

Powered By Crunch Fitness: Powerwave, 5:30pm-6:30pm, Tysons Plaza, Free

Crunch Fitness' No Judgements philosophy helps attendees achieve your fitness goals one class at a time. Wednesday's weekly Powerwave class is taught using battle ropes and body weight exercises that combine strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves! Classes are are free and all equipment is provided, but please do not forget your water!

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 with pre and post natal woman, it is a great workout for ANY level of exerciser.

YOGA WITH ALYSON

Caboose Brewing Company, 520 Mill Street, NE, Vienna, VA 22180, \$10 Join us for yoga with Alyson every Wednesday at 9:30! All levels are welcome, just bring yourself and your yoga mat.

1/2 PRICE WINE NIGHT

Amphora

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

FAMILY PASTA NIGHT

Brx American Bistro

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

CUPCAKE SPECIAL

Sweet City Desserts

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

RISOTTO DINNER

Cafe Oggi, \$19.95

Risotto with fresh strawberries and a fresh garden salad.

PUB OUIZ

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.

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.

WEDNESDAY THROUGH SUNDAY

VIENNA'S HISTORY THROUGH TIME **EXHIBIT**

The 2017 Historical Exhibit at the Freeman Store and Museum runs through December 31, 2017. Exhibit is free of charge and commemorates the rich local history of Vienna and the surrounding area. Artifacts, photographs, etchings, newspapers and maps serve to demonstrate and describe the Vienna area over many years. The museum is located at 131 Church Street NE, Vienna, VA 22180 and open 12pm to 4pm.

CONTINUED ON PAGE 28



invisalian.



MCLEAN

PULCINELLA

6852 Old Dominion Dr.

703.893.7777

www.pulcinellarestaurant.com

FAIRFAX

MOSAIC DISTRICT

2910 District Ave

703.992.7765

www.mosaicdistrict.com

GREAT FALLS

BRX AMERICAN

1025 Seneca Rd

703.433.9050

www.brxgf.com

COLVIN RUN COMMUNITY HALL

10201 Colvin Run Rd

703.435.5620

28

www.colvinrun.org

THURSDAYS

SUSHI THURSDAYS

Entyse, Wine Bar & Lounge, 5:30pm

Watch as their expert guest sushi chef creates savory maki, sashimi, and specialty rolls for their guests delight. Enjoy drink specials and the luxury of creating your own sushi experience that will leave you 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.

MEXICAN NIGHT

Brx American Bistro

Come out to Brx to experience Mexican cuisine and drink specials.

BOGO THURSDAY

Pizzeria Orso

Buy one pizza, get one 50% off of equal or lesser value. Not valid for cash. Dine in only. Not valid with any other special offer or advertised coupon.

AFTERNOON TEA

Entyse, Wine Bar & Lounge 12pm

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

UNCORKED Thursdays

Brio Tuscan Grille

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

EFI TOVIA Experience

Iris Lounge, 8 -11:30pm

From standards and 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 your child when they get to learn a magic trick at the end of show!

FRIDAYS

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 excellent service.

SATURDAYS

FALLS CHURCH FARMERS MARKET

City Hall Parking Lot located at 300 Park Avenue, Falls Church, VA from 8am to 12pm through December.

Located just minutes from Washington, D.C. and Metro accessible from the East and West Falls Church Metro stations, Falls Church City's Farmers Market boasts over 50 vendors during peak season and 40 during the winter months. Unique to the Falls Church Farmers Market is the monthly Chef Series, which brings chefs from area restaurants in to develop recipes and share tastes using local, seasonal food. The market strives to support local farmers while also helping protect the environment by reducing packaging and transportation demands.

GREAT FALLS **COMMUNITY** FARMERS MARKET

In the parking lot next

to Wells Fargo Bank. 778 Walker Road, Great Falls, VA 22066, 9am to 1pm

The market offers a wide variety of freshly picked fruits, vegetables, and cut flowers. There are also fresh eggs, baked goods, honey, and cider to purchase. Milk and cheese products, along with a wide array of meat products, round out the edible delights. If gardening is an interest, many vendors have small plants at the beginning of the season, while other vendors have larger landscape plants for those ambitious projects.

SMART (FARMERS) MARKETS OAKTON Unity of Fairfax Church

located at 2854 Hunter Mill Rd, Oakton, VA 22124, 10am to 2pm Smart Markets is the newest arrival to the farmers' market scene in Northern Virginia, providing guaranteed producer-only markets for the region's discerning shoppers. Visit us for locally grown fruits and vegetables, locally raised meats and poultry, and foods from breads and cheeses to

SATURDAY BRUNCH

salsa and sausage.

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.

BALLROOM SOCIAL DANCE

Colvin Run Dance Hall, \$15-20

On the 1st and 3rd 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. (\$20 for the band) (\$15 for the DJ)

LIVE MUSIC **SATURDAYS**

Entyse, Wine Bar & Lounge, 8:30pm Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live music.

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.

SATURDAYS AND **SUNDAYS**

HISTORICAL TOUR & WINE TASTING

The Winery at Bull Run, 15950 Lee Highway, Centreville, VA 20120, 11:30am, 1pm, 2:30pm, and 4pm, \$35

This group tasting is combined

with a guided historical tour of the property. The tour normally takes about one hour. The souvenir glass and 8 wine tasting are included in this pricing. Walk The Winery at Bull Run's historic estate while tasting Virginia wines, and learning about the rich Civil War history behind these breathtaking, hallowed grounds. Tickets may be purchased online at www. wineryatbullrun.com/Visit.

SUNDAYS

FIRST SUNDAY JAZZ BRUNCH

Bazin's on Church, 111 Church St N.W., Vienna, VA 22180, 11am to 2pm

Bring your friends and family out to Bazin's on the first Sunday of every month. Enjoy a delicious brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Brunch is from 11am-2pm, and a portion of the proceeds will be donated to Virginia Music Adventure's international outreach programs! Reservations recommended.

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.

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



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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.

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 District. 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. ❖





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PRIVATE SCHOOLS AND TUTORING

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether a family is seeking rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools. While the following is not an exhaustive list of schools in the area, it represents schools that have earned a reputation for quality instruction and nourishing development of inquisitive young minds.





BISHOP IRETON HIGH SCHOOL

201 Cambridge Rd, Alexandria, VA 22314 (703) 751-7606

www.bishopireton.org

Ninth through Twelfth Grade

ishop Ireton High School is a private Co-ed Catholic College Preparatory high school in Alexandria serving grades 9-12. Founded in 1964 by Oblates of St. Francis de Sales, Bishop Ireton has a rich history of promoting spiritual, intellectual, creative, social, and physical development. Their mission is to challenge students to "Advance Always" in the love of God and man in order to meet and surpass present and future challenges in the 21st century. They offer a challenging curriculum of over 41 college prep, honors, and Advanced Placement courses, specifically geared for 21st century learning, as well as a four year community service program. Bishop Ireton is also proud to offer more than 50 co-curricular, student-led clubs and activities, 25 athletic programs, and 22 spiritual and service driven retreats over the course of the school year. Bishop Ireton High School's internationally renowned music and award-winning drama programs showcase their commitment to furthering the arts and inspiring creativity among our students. Attend the open house this fall to meet faculty, administrators, coaches, parents, current students, and take a tour of our facilities. Learn more about Bishop Ireton High School and find the next open house by visiting bishopireton.org.



LEPORT MONTESSORI

6 locations in Loudoun & Fairfax Counties (703) 810-7160

www.leport.com

Infants through Sixth Grade

ePort Montessori is a mixed-age school and family-like community that fosters trust, autonomy, and social skills in children of all ages. Their mission is to equip students with essential knowledge, thinking skills, and strength of character so they can flourish as happy children today and successful adults in the future. Their curriculum emphasizes the relationship challenging between academically material presented in the classroom and real-life adventures that children experience outside the classroom. LePort accepts students as young as 12-weeks-old to 12-yearsold. Their programs are structured for infants, toddlers, preschoolers. kindergarteners, and elementary-aged children. Their motivated teachers have a passion for their subjects and have demonstrated a love of working with children and fostering their unique skill sets and interests. LePort also offers Parent & Child classes, enrichment events, and after school care. LePort has campuses throughout the country and six right here in Northern Virginia. Schedule a tour at a campus near you or attend one of their local events to discover what LePort can do for your child. Learn more about LePort Montessori

LITTLE OAKS MONTESSORI ACADEMY

13525 Dulles Technology Dr Suite 103, Herndon, VA 20171 (571) 336-2559

lomamontessori.com

8 months old to 6 years old

ittle Oaks Montessori Academy prides itself on helping children reach their full potential in a safe, encouraging learning environment. We focus on instilling selfassurance and self-reliance in younger children that will last throughout their entire lifetime. Our instructors are merely guides, and children are encouraged to direct their own learning and discovery based on their own unique set of skills and interests. Little Oaks accepts students as young as 8 months old to 6 years of age. Our curriculum is divided into three programs: infant, toddler, and primary. The Montessori classroom is a laboratory where sensation and observation combine to form meaningful experiences which create and reinforce neural connections, the basis of all intelligence. We offer a variety of enrichment programs such as yoga, ballet, tumbling, pottery, and music. Little Oaks also offers before school care and after school programs, as well as weekly summer programs in July and August. Schedule a tour of our Herndon campus to meet our teachers, explore our facilities, and talk with other parents about the benefits of sending your child to Montessori school. Learn more about Little Oaks Montessori Academy by visiting lomamontessori.com.

by visiting leport.com.





1830 Kirby Road, McLean, VA 22101 (703) 356-5437

www.brooksfieldschool.org

Toddler through kindergarten

or over 3 decades, Brooksfield has offered a unique Montessori experience cultivating a love of learning that fosters lifelong friendship between children, families, teachers, and the community. Situated on five quaint acres, the staff at Brooksfield is dedicated to providing a loving, stimulating, and creative environment with a focus on nature and the arts.

Honoring each child for who they are and who they can become, Brooksfield School fosters a thirst for knowledge and self discovery that inspires your child to blossom and flourish. Preparing an environment that encourages self confidence and independence for each child, Brooksfield considers it a joy to help them discover their full potential.

Brooksfield School also organizes multiple community service and outreach activities to exemplify the values of generosity, compassion, and aim to create healthy, eco-friendly learning environments for their children while showing them the importance of environmental stewardship.



MASON GAME & TECHNOLOGY ACADEMY

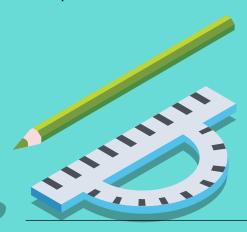
George Mason University
Fairfax – Prince William- Loudoun
(703) 993-7101

vsgi.gmu.edu/mgta

Ages 9 to Adult

GTA is the Community Outreach Youth Program for the University's Virginia Serious Game Institute (VSGI) and the Mason Computer Game Design Program. Courses are developed and taught by Mason faculty, who are assisted by advanced game design and computer science university students – many of whom have start up companies of their own at VSGI, serving as mentors to the next wave of tech entrepreneurs.

MGTA offers age appropriate courses for students, ages 9-18 in 3D Game Design, Virtual Reality Game Design, Augmented Reality Mobile App Development, Art and Animation, Programming, and VR Minecraft modding. MGTA also offers Teacher Training workshops, and an Executive Education Certificate program for professionals/adults, in serious game development.



LANGLEY SCHOOL

1411 Balls Hill Road, McLean, Virginia 22101 (703) 356-1920

www.langleyschool.org

Pre-School through Eighth Grade

he Langley School creates a child-centered environment that is academically challenging and uniquely engaging. The students blossom in a safe, structured, and academically rigorous community that enables intellectual risk-taking while promoting positive social and personal development. The Langley School celebrates the middle school years to ensure they are not simply a sandwiched transition between elementary and high school.

For every child the innovative and differentiated teaching is tailored to the different learning styles of the students. Students learn so much more than how to read, solve a math problem, speak Spanish, or use a microscope. Langley prepares students for a life of intellectual engagement and responsible citizenship.

Dr. Elinor Scully, Head of the School remarks, "What distinguishes Langley is our commitment to preschool through eighth grade children. These are foundational years that can position a child to thrive at work and in the community. We underscore the intellectual, social and emotional development and have a curriculum that is designed to ensure each child's success.



GREEN HEDGES SCHOOL

415 Windover Avenue N.W., Vienna, VA 22180 (703) 938-8323

www.greenhedges.org

Montessori Pre-School, Traditional Grades 1-8

reen Hedges School provides an experience that emphasizes core academic subjects, foreign languages, the arts, and athletics, while supporting the overall growth of the students.

A balance between academics, the arts and a whole child approach permeates the school culture. Headmaster Bob Gregg adds, "Children enter schools with diverse sets of skills, perceptions, and experiences. Yet, an independent school, by virtue of its 'independence' from external governing forces, has the unique ability to celebrate these differences within the context of the school's clearly defined core values. At Green Hedges, these values include achieve distinction, commit to character, explore opportunities and become







WESTMINSTER SCHOOL

3819 Gallows Rd, Annandale, VA 22003

(703) 256-3620

Preschool: (703) 256-2035

www.westminsterschool.com

Pre-K through Eighth Grade

estminster's overall program is based on the belief that children between the ages of three and fourteen are naturally dominated by curiosity and enthusiasm. To satisfy and stimulate this appetite for learning and accomplishment, Westminster presents a well-rounded, challenging curriculum steeped in the classics and enhanced by the arts. The purposeful classroom environment emphasizes thorough mastery of subject, high standards of achievement, good study habits, and personal responsibility.

Art and music classes are part of the weekly schedule for all grades and dance is included as a regular part of the PE program. A unique aspect of Westminster School is its drama



program. All students participate in theater, performing in a class play every year, culminating with a Shakespeare play in the 7th grade and a Broadway musical in the 8th

This rich and varied program is supported by extensive optional extracurricular clubs and activities, including Builders Club (community service), Chess, Chorus, Orchestra, French Club, Math Counts, Odyssey of the Mind, Science Olympiad, as well as team sports in basketball, soccer, softball, and track and field. Athletic competitions, art exhibitions, math contests, science fairs, and talent shows provide many opportunities for students to explore and share their talents and develop leadership skills.

Westminster parents appreciate that the daily school life is supported by an array of programs, including small-group teacherprovided academic support which is built into the school day, extended care, summer and intersession camps, frequent field trips, after-school enrichment classes, door-todoor bus service, and an optional lunch program. The Westminster Parents' Club provides a variety of ways for parents to be involved in school life and support their children's education.

Finally, the Westminster community is strengthened by its diversity, with a student body and faculty representing more than 40 different countries and a variety of religions and ethnic origins. Westminster provides a unique environment where each individual is recognized, respected, and celebrated while all are united by shared values of kindness, respect, responsibility, a strong work ethic, enthusiasm for learning, and joy in the possibilities of life.

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K - 8th Grade

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- January 10

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- · October 13
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- April 20

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FUSION ACADEMY

1934 Old Gallows Road Suite 200, Vienna, VA 22182 (703) 448-0350

www.fusionacademy.com

Sixth through Twelfth Grade

usion Academy is an accredited, non-traditional private middle and high school serving students in grades 6-12. They offer a revolutionary educational experience that can be completely customized for each individual student based on self-paced mastery learning. Their class size is as small as it gets—one teacher and one student per classroom. This allows their students to flourish emotionally, socially, and academically

in a safe, familiar space. The curriculum goes past traditional academic subjects to include music and art as part of their required Wellness Program. Fusion Academy is proud to offer over 250 class options including honor courses and life skills courses. Fusion Academy generally serves students with the following backgrounds: anxiety, ADHD, social challenges, learning differences, dyslexia, gifted or accelerated learners, and students with challenging schedules. However, students of all backgrounds are welcome at Fusion and can be enrolled at any time during the year. They even offer summer school options. Fusion Academy has campuses all over the country, including three in Northern Virginia—Alexandria, Loudon, and Tysons—and one in Washington D.C. Register for one of their informational events or schedule a tour of a Fusion campus near you to learn more.



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8800 Arlington Blvd, Fairfax, VA 22031 | www.veritasacademydc.com





VERITAS COLLEGIATE ACADEMY

8800 Arlington Blvd, Fairfax, VA 220131 1-866-LOGIC-33

www.veritasca.com

Kindergarten through Twelfth Grade

eritas Collegiate Academy is a private classical Christian school with a mission to lead students into excellence through a firm foundation of academia and the inerrant word of God. Serving students in grades PK-12, their curriculum is based on the trivium which incorporates three parts: grammar, logic, and rhetoric. By instilling in children a love of learning, teaching them how to think and how to articulate arguments based in facts and logic, Veritas Collegiate Academy prepares their students for a life of leadership that may impact the world for Christ. Their esteemed faculty offers spiritual mentoring as well as classical teaching to further develop

relationships among the student body and deepen your child's faith. Veritas also offers a variety of athletic programs, art programs, and even summer camps! Their new Fairfax campus is currently accepting applications for the 2017-2018 school year. Sign up for the open house on their website to learn more about the mission and vision of Veritas, meet administrators, faculty, students, and even step into a classroom to see students and teachers in action. They're scheduling tours of the campus on Mondays, Wednesdays, and Thursdays this summer. Learn more about Veritas Collegiate Academy at veritasca.com.



MONTESSORI SCHOOL OF MCLEAN

1711 Kirby Rd., McLean, VA 22101 703 790-1049

www.mcleanmontessori.org

Montessori for children 24 months through 12 years old

eneral objectives of the Montessori program are to: nurture self-confidence, independence, concentration, co-ordination, a sense of order, and an awareness of self, community and the world, to encourage and direct the natural desire to learn, choose and solve; and to provide a carefully prepared environment and personnel to support learning as it moves from the concrete base to greater abstraction. The Montessori School of McLean is one of only a few Montessori schools in Virginia to be accredited by the American Montessori Society (AMS), AdvancED-Southern Association of Colleges and Schools (SACS), and to be certified

by the Commonwealth of Virginia Department of Social Services.

The main focus of the pre-primary (toddler) curriculum is social/emotional development, language skills, gross and fine motor control, extended concentration, independence, potty training, and preparation for the Primary level. We have an Infant/Toddler Montessori trained teacher with two, sometimes three, assistants, creating a 1:4 adult/child ratio.

The Primary (preschool/kindergarten) environment is divided into four main categories: practical life, sensorial exploration, language, and mathematics. The academic program also includes art, music, geography, science, history, foreign language, and physical education.

The rich Elementary curriculum includes mathematics, language, reading, grammar, writing, spelling, geography, history, technology, spanish, and science.

Co-Head of School Meredith LeGrand offers, "Our mission is to nurture the whole child and to inspire an enduring love of learning that prepares children to live joyful lives as responsible, compassionate citizens, therefore contributing to a peaceful and benevolent society."





POTOMAC SCHOOL

1301 Potomac School Road, McLean, VA 22101 703 356-4100

www.potomacschool.org

Kindergarten through Twelfth Grade

he Potomac School prepares students to achieve academically and to live healthy, principled, and successful lives. Potomac faculty truly get to know each child - their interests and passions and what lights their intellectual fire, while challenging students with a rigorous program of inquiry and study. Potomac graduates develop a framework for understanding the world and the skills and traits to succeed in it.

Head of School John Kowalik notes, "A Potomac School education is distinctive in many ways. I think immediately of the excellence of our teaching and the beauty of our wooded, 90-acre campus. One of our great strengths is the fact that Potomac is a K-12 school with all grade levels in one location; this creates exciting opportunities for collaboration and contributes to the strong sense of community for which our school is known.

"In addition to academic achievement, Potomac emphasizes character development and excellence in all dimensions of a student's life. This is the promise of our mission – to prepare students to achieve academically, and to lead healthy, principled, and successful lives."

EDUCATION REVIEW

CONTINUED FROM PAGE 39



OAKCREST SCHOOL

850 Balls Hill Road, McLean, VA 22101 (703) 790-5450

www.oakcrest.org

Girls' School for Sixth through Twelfth Grades

akcrest educates the whole person. Inspired by the teachings of the Catholic Church and the spirituality of Opus Dei, they weave together a rich liberal arts curriculum, character

development, one-on-one advising and service to create a vibrant environment that graduates confident young women who will make a difference in all they choose to do.

Students at all-girls schools report having higher aspirations and greater motivation. They are challenged to achieve more, engage more actively in the learning process, feel more comfortable being themselves and express their ideas, show greater gains on core academic and life skills, and be and feel more supported in their endeavors.

Oakcrest School helps girls to be unafraid of effecting positive change wherever they go to discover and know themselves. Each girl is encouraged to blossom and is given individualized attention that feeds their mind and soul.

Girls develop a strong foundation to grow in wisdom and virtue, ready to face the world.



OUR LADY OF GOOD COUNSEL CATHOLIC SCHOOL

8601 Wolftrap Road Vienna, VA 22182 (703) 938-3600

www.olgcschool.org

Kindergarten through Eighth Grade

he School provides a Catholic education instilled with the spirituality of St. Francis de Sales. It is intended to "make your child's faith a living, conscious, and active one through the light of instruction." The integration of religious truth and values with life is the focal point of the curriculum. OLGC School strives for academic excellence, encourages appreciation of the fine arts, fosters self-respect, respect for all life, and attempts to develop responsibility for the total community.

Our Lady of Good Counsel Catholic School has a long standing reputation for excellence in academics and a caring, family environment which facilitates learning and the child's spiritual, social, emotional, and physical growth. Students who successfully complete the course of studies at Our Lady of Good Counsel School are well prepared for academic success in high school and beyond. Our graduates typically choose to attend Bishop O'Connell and Paul VI High Schools, Gonzaga College High School, Georgetown Visitation, Georgetown Prep, and other private and public schools.



VIRGINIA ACADEMY

19790 Ashburn Rd, Ashburn, VA 20147 (571) 209-5500

www.virginia-academy.com

Pre-K through 12th grade

irginia Academy is a fully accredited Christian private school serving grades PK-12 in Loudon County. Our school dates back to 1997, when it was only a preschool and kindergarten academy with just 25 students. Since then, Virginia Academy has grown to be one of the largest private schools in Northern Virginia. We emphasize a quality foundation of academic excellence with a Christ-centered position. Our highly acclaimed curriculum and programming is designed to help every child discover and use his or her unique gifts for their best life. At Virginia Academy, it is our firm belief that every child is endowed with unique abilities and a God-given purpose which is why we are committed to providing a variety of opportunities to develop each child individually. We offer advanced placement courses, physical education classes, Bible classes, foreign language workshops, and a variety of electives such as drama, computer class, art, band, and chorus to make for a very well rounded student. Virginia Academy also offers extended care and several different camps throughout the year. Schedule a tour of our facilities and meet our teachers, parents, and current students to get an intimate look at life at our school. Learn more about Virginia Academy by visiting virginia-academy.com. �

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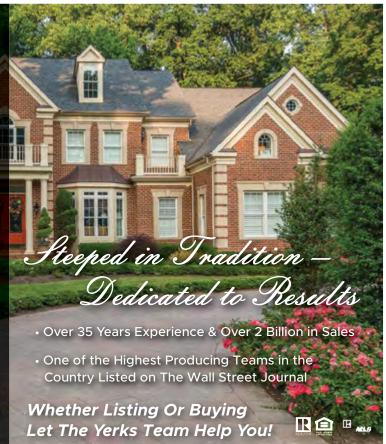














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For the Love of Olive Oil

RESPECTED LOCAL ORAL SURGEON DR. CHRISTOPHER BONACCI MOONLIGHTS AS A PASSIONATE OLIVE OIL IMPORTER

by Linda Barrett

he whole idea was developed over dinner at Bazin's on Church when three friends: Dr. Christopher Bonacci, a noted local oral and maxillofacial surgeon, a radiologist, and a beverage attorney were talking about their bucket lists and following those passions that would create a fulfilling life.

The conversation so inspired Bonacci that he continued it at home with his wife Kristin, and they began to discuss what they would do when retirement time came around. Their common passions, they discovered, were food, wine, and travel. So what could they do that would combine all those? Why not olive oil?

As serendipity would have it, at the same time, friends from Italy were visiting, and talked about how economically difficult things were in internal Italy, especially in the Umbria region. "They told me that people hadn't seen such economically devastated conditions since WWII," Bonacci said.

Bonacci and his wife created a limited liability company in 2015 he called Nonnie Importers, named for his grandmother whose family hailed from Trevi and Spoleto, small Umbrian hill towns. "What I didn't realize at the time was that Trevi is considered to be the olive oil capital of Umbria. The finest olive oil comes from this town."

Bonacci then arranged for himself and his wife to visit five diverse and most respected olive mills in Umbria, a central Italian region bordering Tuscany, during the November 2015 olive harvest. The pair toured the mills, tasted the oils, and learned much about olive oil. Bonacci recalls visiting "everything from mills that were very commercial, with olives sourced from 100 different farmers, to a bottling operation held in the garage of a house."

For generations, the local agrarian society has been cultivating and harvesting olive oil on the prime hillside real estate. Boanacci

and his wife "discovered wonderful modern technology combined with the ancient aspects of these family-run operations that married the two quite nicely. And the oil they produced was extraordinary."

Bonacci contracted with a mill on the spot to produce and private label 500 bottles of Bonacci Extra Virgin Olive Oil on very short notice, providing a label created as a result of an online contest and won by an Australian woman.

Tips for Optimal Olive Oil Enjoyment

- ✓ Good for one year following the pick date
- ✓ Store under cool, low-light conditions
- ✓ Use within two months after opening
- ✓ Use the premium olive oil as a finishing oil, not for cooking

The Difference of Super Premium Olive Oil

"American consumers are not educated to understand the nuances of good oil vs. not-good olive oil," Bonacci explained. "I oversee the harvest in November, and that same day, the fruit is pressed and bottled. Then the bottles are FedX-ed air freight in a temperature-controlled environment to the U.S. That kind of quality control is absent from 90% of the oil sold in the U.S. where consumers have no idea where their oil comes from or how it has been handled or stored."

Like fine wine, good olive oil is a result of the terroir, weather, trees, water content of the olive, soil, and the love of the farmers who prune and tend the trees throughout the growing season. All this is reflected in the product.

The Bonacci EVOO is a blended oil of three olive varieties grown in the region: 80% Morialo, 10% Leccino, and 10% Frantoio. "This is 100% Italian Trevi super premium olive oil."

"In the short time we've been doing this, we have seen some interesting customers, like The Wine Advocate Robert Parker and Aaron Franklin, winner of the James Beard Award for his Austin, TX barbecue. Everyone who has tried it has nothing but wonderful things to say about it. It's wonderful when you get sophisticated palates liking what you're doing, and when people taste it, they comment, 'Wow, I've never tasted oil quite like this.' That is music to our ears."

What Consumers Need to Know About Olive Oil

"The things that give olive oil its health benefits, like its antioxidant properties and polyphenols, begin breaking down as soon as the fruit is picked, and it is only good for about a year after the pick date. You won't find a pick date on the label of olive oil you pick up off the shelf," Bonacci cautioned.

Never expose this oil to heat; use it as a finishing oil for grilled meats like lamb, steak, pork or chicken, salads, cooked vegetables, and good bread. "Any place you use butter, substitute olive oil."

Giving Back to Umbria

For his second harvest, Bonacci brought along good friend Patrick Bazin, owner of Bazin's on Church. Bazin fell in love with Bonacci's olive oil and now serves it in his restaurant—but only for his special dinners. It aligns with Bazin's commitment to serving the highest-quality ingredients and the freshest foods.

"Patrick had this romantic notion that if money wasn't an option, he would buy a vineyard in Napa and live happily ever after," Bonacci said. "Once he visited Umbria, that dream shattered. In Italy, he encountered people who look you in the







eye and greet you with a 'buon giorno,' and fell in love with the lifestyle. There, everyone has grapevines and olive trees and lives daily happy lives without the commercialization of California."

Their visit occurred just following the devastating earthquakes that rocked that region. The two tried to see what they could do to help, but the highways and roads into the mountains were impassible.

"As I got to know Umbria, we decided I didn't want to just sell olive oil. I wanted to bring the most enthusiastic consumers to experience the olive oil-producing regions of Umbria," Bonacci said.

This year, Bonacci returns with five guy friends for a "food immersion" to celebrate his 50th birthday. "One day we'll have an olive oil adventure, another day we'll go out with the dogs to find and eat black truffles, another we'll experience wines, or drive Ferraris in the mountains, or spend the day hunting wild boar."

He is already planning next year's harvest tour, bringing along others to experience and infuse tourism dollars into the region. He also agrees to purchase the Italian oil at full retail price. Plus, by shipping it outside the European Union, the Italians are exempt from a 20% vat tax.

Italians consume 20 liters per person of EVOO per year. Americans consume just 1 liter.

"The business is evolving, and bringing people to experience Umbria is part of giving back. The history of this region is very artistic; people paint or sculpt using techniques that have been handed down from generation to generation. People can buy their art, support the local community, and bring a little bit of Italy home with them."

Last year, Bonacci doubled his order, importing 1000 bottles—more than one ton—of olive oil. This year he is forecasting 1,500 bottles. "So far, it has just been friends of friends who taste our oil and buy a bottle, and

then come back for more the next year."

Everything is pre-sold; there are no retail outlets for Bonacci Olive Oil at this time. Bonacci accepts orders in September and October for an early December delivery. Consumers can place their orders through Facebook or email at nonnieimporterslle@gmail.com. Most people order a year's supply, or about 10-12 bottles. Others order a full case or more.

Follow Nonnie Importers on their Facebook page (www.facebook.com/nonnieimporters) for updates, recipes, and ways to enjoy premium olive oil.

RESOURCES

- Nonnie Importers, nonnieimportersllc@ gmail.com, www.facebook.com/ nonnieimporters
- Christopher E. Bonacci, DDS, MD, PC, 361 Maple Avenue West, Suite 200, Vienna, VA 22180, www.drbonacci.com
- Bazin's On Church, 111 Church Street, NW, Vienna, VA 22180, www.bazinsonchurch. com

Hold a taste test.

Pull a bottle you have now, pour a tablespoon and smell it. Then put it in your mouth, swirl it around to oxygenate it, and swallow it. Do the same with the premium oil. You will notice the peppery spiciness. But as soon as you put the olive oil on food, the spiciness goes away, and you are left with a perfect complement to any dish.







Arts & Theatre Events







SEPTEMBER 17 KEYBOARD CONVERSATIONS' WITH JEFFREY SIEGEL

A Bernstein Birthday Bash Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax, VA, 7pm, \$25-42

Piano virtuoso and exceptional storyteller Jeffrey Siegel celebrates Leonard Bernstein's 100th birthday with piano transcriptions of famous songs from West Side Story, his intimate Anniversaries, and music of two composers who most influenced him-Gershwin "Rhapsody in Blue" and Copland "El Salon Mexico." A perennial favorite at the Center for the Arts, Jeffrey Siegel makes newcomers feel welcomed while enhancing the enjoyment of seasoned classical music lovers. "Jeffrey Siegel has everything: massive technique, musical sensitivity and character, wide tonal resources, immense reserves of power, and the ability to communicate" (Los Angeles Times). An interactive Q & A will conclude this program.

SEPTEMBER 23

ARTS by George! KELLI O'HARA

Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax, VA, 8pm, \$60-100

Tony Award® winner and Broadway star Kelli O'Hara performs a radiant concert of Broadway favorites, pop classics, and great American standards. O'Hara, who was named "Broadway's golden girl and luminous star" by The New York Times, has unequivocally established herself as one of the great leading ladies, starring in The King and I, The Light in the Piazza, South Pacific, and The Pajama Game. A trained opera singer, she has also appeared on the Metropolitan Opera House stage and in a recent performance of Purcell's opera Dido and Aeneas, The New York Times praised her "gleaming voice" and "majestic clarity." Talented student musicians from Mason's School of Music will perform alongside O'Hara for one number. Don't miss this dynamic entertainer who will perform melodies from your favorite Broadway musicals with her signature "angelic vocals" (The Daily Free Press).

This performance is part of the ARTS by George! benefit.

SEPTEMBER 30 FESTIVAL OF SOUTH AFRICAN DANCE

Featuring the Gumboots and Pantsula Dance Companies

Center for the Arts' Concert Hall, 4373 Mason Pond Drive, Fairfax, VA, 8pm, \$30-50

Direct from Johannesburg, South Africa, two dynamic dance companies share the stage for a pulsating, rhythm-filled evening of urban street dance. Featuring 20 dancers with live musicians, the Gumboots, and Pantsula Dance Companies use dance to respond to cultural and political issues in their communities by conveying real-life stories of hard work, human struggles, and longing for a better life. Wearing Wellington boots, Gumboots dancers urgently pound the floor in a popular dance originally conceived by South African miners who used foot tapping to communicate underground when talking wasn't allowed. Pantsula is rooted in urban street culture and uses the sounds of busy city life, house music, and technical dance moves akin to hip-hop and breakdancing to express social problems in hopes of spearheading change.

SEPTEMBER 7-OCTOBER 8

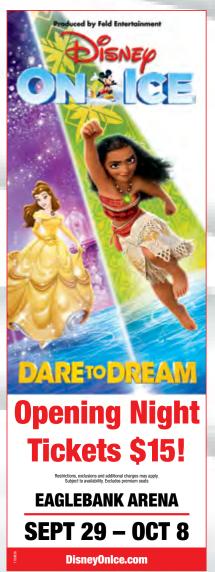
JESUS HOPPED THE "A" TRAIN

By Stephen Adly Guirgis Directed by Alex Levy and Juan Francisco Villa

1st Stage Tysons, Thursday-Sunday, Times vary

Pulitzer Prize-winner Stephen Adly Guirgis darkly comic meditation on redemption and faith, Angel Cruz is a 30-year-old bicycle messenger awaiting trial for the death of the leader of a religious cult. Inside Rikers Island, a terrified Angel is befriended by a charismatic serial killer named Lucius Jenkins. Lucius has found God and been born again, and now, Angel's life and the course of his trial will be changed forever. This Olivier Award-Nominated play is "fire-breathing...[a] probing, intense portrait of lives behind bars." (The New York Times)

Tickets and season 10 subscriptions available at 1stStage.org! �









Bean Bar encourages customers to connect and make conversation over coffee, baked goods, breakfast fare, and lunch items. Their elegant space provides plenty of room to catch up with old friends or meet new people at the long bar. The coffee comes from Madcap Coffee Company in Michigan, and is complemented by a unique array of sweets – from macarons and pop tarts to tiramisu and s'mores.

1601 Village Market Boulevard SE, Suite 122, Leesburg, VA 703-777-7200 | www.beanbarloudoun.com



Blend Coffee Bar This coffee bar balances a cozy coffee shop vibe with a cool evening scene. On Friday nights, there's live music, and on Thursdays, Blend hosts trivia games and open mic nights. Customers can choose from espresso drinks, baked goods, wine, beer, sandwiches, and small plates. The coffee beans are from local roasters Caffé Amouri and Lone Oak.

43170 Southern Walk Plaza, #120, Ashburn, VA 571-442-8718 | www.blendcoffeebar.com



Brew LoCo Why just brew coffee and tea when you can also brew beer? Brew LoCo combines all three as a coffee shop and home brew supply store. They have a full coffee and tea menu, with beans from Lone Oak, but they also offer local beer on tap, as well as everything you could need to start your own home-brewing operation—from grain and hops to bottles and tubing. They even teach classes (Brew-U) and invite home brewers to borrow their equipment. Check out their Nitro coffee, which is poured from a stout tap to give it a frothy, beer-like quality.

19382 Diamond Lake Drive, Lansdowne, VA brewloco@gmail.com | www.brewloco.com



Cafein uses beans from cult-favorite, Stumptown Coffee Roasters, for their innovative drinks. Choose from the usual espresso options, or try a rose latte, an ola (orange latte), or an espressoda. The rose latte is made with rose water, rose syrup, espresso, milk, and topped with an edible flower. Their elaborate latte art often features cartoon characters, and their team participated in World Latte Art Championships in New York City.

13924 Metrotech Drive, Chantilly, VA 703-961-1081 | www.cafeinva.com





Coffé Appouri This artisan, small batch roaster regularly roasts beans in house for their extensive coffee menu and for several other local coffee shops. In addition to espresso drinks and drip coffee, they offer single cup pour overs or French press preparations for a rotating selection of specialty coffees. Amouri also puts an emphasis on sustainability by using corn starch cups and fettuccine coffee stirrers, and offering coffee grounds to local gardeners.

107 Church Street NE, Vienna, VA 703-938-1623 | www.caffeamouri.com



Capperon's Coffee & Chocolates Cameron's Coffee & Chocolates is a branch of the nonprofit, Every1 Can Work, which provides meaningful employment to individuals with intellectual disabilities. These individuals work in the bakery in a community atmosphere to prepare fresh pastries, Belgian chocolates, coffee drinks, and tea. Leftover food products are donated to The Lamb Center homeless shelter at the end of the day.

9639 Fairfax Boulevard, Fairfax, VA 703-278-2627 | www.every1canwork.com

Y**sons ❖** September // October



Green Lizard Cycling & Coffee Shop

Green Lizard is a bike shop and coffee bar hybrid situated on the Washington & Old Dominion Trail. The owners opened the shop in 2013 to fill a gap in the community by providing a local coffee spot and bike shop for the large population of cyclists who frequent the trail. They offer a wide selection of bikes and accessories, as well as a full coffee menu using beans from Kaladi Brothers Coffee from Anchorage, Alaska. They also serve teas, juices, smoothies, soups, sandwiches from Mediterranean Breeze Restaurant, and baked goods from The Boutique Bakeshop.

703-707-2453 | 718 Lynn Street, Herndon, VA www.greenlizardcycling.com/green-lizard-coffee



Katie's Coffee House is named after the pub owner's daughter. The charming spot offers coffee and espresso from the beloved Italian brand, Illy. They also host an afternoon tea at noon from Monday through Saturday. Tea service includes finger sandwiches, fresh scones, and petit fours. On Saturday mornings, the coffee house is home to Katie's Cars and Coffee, which hosts a gathering of over 400 antique, show, exotic, muscle cars and trucks. Nightly, the space converts into a dining room for the pub.



Photo courtesy of Katie's Coffee House



Lake Anne Coffee House The owners are longtime Lake Anne residents who wanted to revive coffee house, which they saw as the anchor of the Village Center. The spot will serve local coffee from Caffé Amouri and Monument Roasters, tea from New York-based SerendipiTea, breakfast, lunch, and evening small plates. Or enjoy a glass of wine upstairs with unique varietals from some off-the-beaten path places.

703-481-9766 | 1612 Washington Plaza N, Reston, VA www.facebook.com/LakeAnneCoffeeHouse



 Mom & Pop Dolcezza Gelato opened this coffee house concept last year with a focus on locally produced food. In addition to coffee from Stumptown Coffee Roasters, Mom & Pop carries pastries from Bluebird Bakery and Paisley Fig, biscuits from Mason Dixie, and various sandwiches and snack boards. The glass walls provide lots of natural light, making it a great place to telework or hang out, provided you can snag a table.

703-992-0050 | 2909 District Avenue, Fairfax, VA www.dolcezzagelato.com/locations/mom-and-pop

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Holiday PARTIES

BY MICHAEL EVANS

Now that summer is coming to an end and school is back in full swing, many people are already looking for their next "break." It's crazy to think, but the holidays will actually be here before you know it! What better way to escape all of the back-to-school hustle and bustle than by planning your next big bash? If you're likely to host family and/or friends for a holiday get together, read on for some tips to DIY, or consider calling in the professionals to help you whip together a stressfree, holiday extravaganza, and give you more time to enjoy the most wonderful time of the year with the ones you love most!



<< OKTOBERFEST >>

As the summer comes to an end, take advantage of the milder weather of the season and celebrate Oktoberfest with grilled brats, soft pretzels, potato pancakes, Weissbier, and apple strudel. Don't forget a good Oompah band to keep everyone going and send the summer out with a bang. Prost!



<< DIA DE LOS MUERTOS >>

Who says Halloween has to be just for the kids? Consider a Dia de los Muertos party for the adults. Many people don't realize that Dia de los Muertos is a time when Mexican families get together to remember and pray for loved ones who've passed away, in order to help with their grieving and healing process. Families typically enjoy their loved one's favorite foods, or you could opt for other traditional favorites such as moles, tamales, pumpkin empanadas, pan de muerto, Champurrado (thick Mexican hot chocolate), arroz con leche, and tres leches cake. Feeling extra festive? Try some colorful, skull-shaped sugar cookies, or opting for a pumpkin spice tres leches cake in place of the traditional.



<< THANKSGIVING <<

Whether you're going for a small gathering with your immediate family, "friendsgiving", or a large to-do with all of the extended family, Thanksgiving is the perfect opportunity to relax and reflect on the many blessings in our lives with the people who mean the most to us. Let's not forget the great football and delicious meal to be thankful for, too! Savory oven roasted turkey with stuffing, buttery mashed potatoes, sweet candied yams, green bean casserole, cranberry sauce, and your favorite pie(s)... Top it all off with hot spiced rum, mulled wine, or some spiced cider, and it doesn't get much better than that!

>> HANUKKAH >>

Hanukkah is another holiday that allows for some much needed family time and celebration among Jewish families. Grab the manischewitz (or sparkling cider for the kids) and gather everyone for a round of dreidel before lighting the menorah. Let the celebration continue with delicious brisket, potato latkes with sour cream and applesauce, Challah bread, noodle kugel and strawberry sufganiyot (jelly doughnuts) for dessert, and you've got the perfect recipe for a Festival of Lights for all to remember!



<< CHRISTMAS <<

Ask Christian families how they celebrate Christmas, and you'll get many similar responses: church, quality family time, stockings and presents, lots of hot cocoa, cookies and eggnog, and much anticipation over the coveted White Christmas! However, what one family considers a "traditional" Christmas dinner often varies quite a bit. Many families feast on a dinner similar to their Thanksgiving meal with turkey, mashed potatoes, etc. while others like to mix it up with a Virginia baked ham or beef tenderloin. Try serving these alternatives with scalloped potatoes, fresh bread, pomegranate, pear and gorgonzola spinach salad, and bread pudding or your favorite pie for dessert, and everyone will be sure to agree it's the most wonderful time of the year!



>> NEW YEAR'S EVE >>

There's nothing more exciting and hopeful than ringing in the New Year with family and friends! Getting dressed up for a night on the town is something many people plan and look forward to for weeks, if not longer, while others prefer to keep things simple and stay home with their favorite people. No one said "simple" has to mean "boring." If you're hosting a New Year's dinner or party, consider offering pear and prosciutto crostinis, grilled beef hibachi skewers, shrimp cocktail martini glasses, assorted sushi, and/or a baked artichoke dip for starters, followed by Cornish game hens or porkloin stuffed with plums, served with roasted winter veggies as your entree, and chocolate fondue and cranberry apple strudel for a festive dessert! Keep the champagne (or sparkling cider) flowing, and enjoy the great food and company as you cheers to a happy and prosperous 2018! ��



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 D.C. Metro Area.



Top row left to right: Painting by Helen Burroughs, Image taken from Farmstead Ferments, Bottom row, left to right: Glenfiddich Farm Pottery run by Richard Busch, Painting by Cindy Richmond and Poto of Third Hill Winery at Demello Vineyard.









Virginia Artisan Trail Network

A new way to experience the artisan culture of Virginia

By Linda Barrett

I was browsing through the regional travel brochures at the Occoquan Visitors Center recently, when I came across a series of trails that I knew nothing about...the Virginia Artisan Trails. I had to learn more.

As members of the Virginia Artisan Trail Network, various communities have combined their artisan resources to provide a number of highly-interesting destinations throughout our Commonwealth. Currently, 17 artisan trails and an oyster trail are listed on the website for the Artisans Center of Virginia, although some are so new that they are still under construction.

Artisan Trail Network

Each trail is composed of craft artisans, agri-artisans, agri-tourism businesses, art-related businesses, venues, and supporting site sponsors such as lodging, restaurants, and cultural points of interest. Each trail features a theme. For example, the theme for the Top of Virginia Artisan Trail that illuminates Clark and Frederick Counties and the City of Winchester, is "Mountains & Valleys, Venues & Alleys, Music & Hue, Always Something to Do."

Visit each individual trail listing and click on any category to uncover a complete list of member sites, along with a convenient map highlighting their specific locations along the trail. For more detail, click on the individual site listings to read an interesting profile of the location, the people, and the art they provide, along with their addresses and hours. No chains are allowed to join; all businesses must be independently and locally owned.

The site also lists a number of juried artisans, each of whom has undergone a rigorous standards review process recognizing the high quality of their work. The jury process is held twice a year with judges who review that the work is handmade, reflects technical excellence and is the artisan's unique vision. It must illustrate the artisan's commitment to originality and/or historical merit.

"The artisan industry in Virginia has become a huge contributor to the Virginia tourism economy, it is a job creator, creates tax revenues that are returned back to our local communities, and attracts tons of visitors to our state," said Caroline Logan, director of communications for the Virginia Tourism Corporation. In fact, the economic impact of the Artisan Trails to Virginia last year was \$572.2 million, providing \$15.6 million in state tax revenue and nearly 12,000 full-time jobs. Visitor spending totaled more than \$250 million, with the average visitor spending \$260 per person, per trip.

"Today's travelers are looking for an authentic experience when they come to Virginia; they want to hear the stories behind the places they are visiting, meet the farmers, and winemakers. It gives them more of a complete sense of place when they feel that connection," Logan explained. "The artisan spirit is coursing through the veins of Virginia, and we can shine the spotlight on these storytellers and producers that make Virginia a more vibrant and wonderful place to live, work and visit."

The Virginia Oyster Trail has been a tremendous success. "Watermen have been oystering along coastal rural Virginia for centuries, but facing economic depression and downturn. This is a creative way to bring travelers to the area to discover Virginia's oyster history and heritage, especially with the rise of oysters as a trendy, hot item for foodies and travelers," she said. "The project goes as far west as the Sunny Slope Farm in Charlottesville, and includes wineries, restaurants, farms, festivals, dinners, and anything that touches oysters. It is a holistic way to connect these regions, waterways and communities for a collaborative partnership."

A Trail in Our Neck of the Woods

Closest to us is Washington's Backyard Artisan Trail that currently features nine artisan studios, three art-related venues, 12 agri-artisans/farms, two restaurants, three lodging options, and eight points of

interest throughout Prince William, Fauquier, Stafford, and the city of Manassas. A cluster of artisans in Manassas include KO Distilling, Little BadWolf Brewing Company, Brewhouse, and Okra's Cajun Creole. Another cluster near Woodbridge includes VanEch Studio, Edgemoor Art Studio, ImageWerks, Water's End Brewery, and Kim S. Joy Stained Glass and Jewelry. Most locations have retail hours; others are by appointment only.

"We have created an experiential tourism initiative that visitors from far and near will want to explore," said Ann Marie Maher, President and CEO of Discover Prince William & Manassas.

"People know our big attractions like Jiffy Lube Live and Potomac Mills, so our main mission with the trails is to promote small businesses that might otherwise be overlooked, and to pull people out of the cities to reconnect with nature," said Director of Marketing and Communications for Discover Prince William & Manassas Dan Cook. "Our must-see spots are our craft breweries, wineries, distilleries, and art studios. And along the trail, visitors can stay in a local B&B and eat at our local restaurants."

"Tourists today are looking for that authenticity piece," he continued. "When you go to Disney World you need a vacation from that vacation. With our trails, people get to slow down, take a deep breath, and carry home art and memories that reflect a piece of Virginia." •

Resources:

- Artisans Center of Virginia, www.artisanscenterofvirginia.org
- Check the Calendar of Events for each trail and FaceBook for special programs and events while planning your tour.

Virginia's Artisan Trail Network

- Bedford Artisan Trail
- Bedford County
- Harrisonburg-Rockingham Artisan Trail
- Rockingham County with the City of Harrisonburg
- HeART and Soil of the Shenandoah Valley Artisan Trail
- Augusta County with the Cities of Staunton and Waynesboro
- Loudoun County Artisan Trail
- Loudoun County
- Lynchburg Region Artisan Trail
- Counties of Amherst, Appomattox and Campbell, with the City of Lynchburg
- Middle Peninsula Artisan Trail
- Mathews, Middlesex, Gloucester and Essex Counties
- Monticello Artisan Trail

- Albemarle and Nelson Counties with the City of Charlottesville
- Northern Neck Artisan Trail
- King George, Lancaster, Westmoreland, Northumberland and Richmond Counties
- Page Valley Artisan Trail
- Page County
- Rappahannock County Artisan Trail
- Rappahannock County
- Shenandoah County Artisan Trail
- Shenandoah County
- Smith River Artisan Trail
- Henry County and the City of Martinsville
- Top of Virginia Artisan Trail
- Frederick & Clarke Counties with the City of Winchester

- Virginia's Eastern Shore Artisan Trail
- Accomac and Northampton Counties
- Virginia's Western Highlands Artisan
 Trail
- Alleghany, Bath, Craig and Highland Counties
- Washington's Backyard Artisan Trail
- Stafford, Prince William & Fauquier Counties
- Artisan Trails of Southwest Virginia
- The Counties of Bland, Buchanan, Carroll, Dickenson, Floyd, Franklin, Giles, Grayson, Lee, Montgomery, Patrick, Pulaski, Russell, Scott, Smyth, Tazewell, Washington, Wise, Wythe, with the Cities of Bristol, Galax, Norton and Radford
- Virginia Oyster Trail



Despite the health craze currently taking millennials by storm, Dan Schorr, the founder of Massachusetts-based ice cream company, Vice Cream, wants to remind us it's important to just "Live life and dig in." His love of ice cream started when he paid his way through college driving a Good Humor ice cream truck and realized how powerful ice cream can be in bringing people joy.

Unfortunately, in 2015 Schorr faced many people's biggest fear when he was diagnosed with an aggressive form of lymphoma and told he only had six months left to live. Instead of letting cancer take over his body, he took matters into his own hands and decided that it was time to stop merely living life, but indulging in it. Luckily, after six rounds of chemotherapy, he overcame that obstacle giving him more of a reason than ever to launch his unapologetically indulgent ice cream company in the summer of 2016. The Vice Cream founder knows life is short and all about balance and believes while leading a healthy lifestyle is important, no one should be scared to dig in to one of his many decadent Vice Cream flavors.

Currently at Harris Teeter stores near you are five out of the eight sinfully delicious Vice Cream flavors with two of the latest additions included. The first being Minted, which features creamy mint ice cream, combined with generous stacks of mint chocolate coins and cookie crumbles. The other is Toffee Wife, a rich peanut butter ice cream, mixed with gobs of soft peanut butter cookie dough, crunchy toffee bits, and silky ribbons of toffee through out. Drooling yet? The other mouth-watering flavors making their debut are Afternoon Delight, Bourbon Mash, and Higher Grounds. Schorr is confident in his ice cream success saying, "Our ice cream is second to none when it comes to our manufacturing process, inclusions, and flavors."







LIVE LIFE. DIGIN.

With Breast Cancer Awareness month creeping up, you can feel good about buying Vice Cream knowing that you are supporting a company that likes to give back. After his bout with cancer, Schorr started the "Nice Vice" program to accompany his business. The program brings his ice cream to cancer patients and supports a plethora of cancer charities such as, the Jimmy Fund Scooper Bowl, an organization that raises money for the Dana-Farber Cancer Institute, and many other charities nationwide. Indulge in the bold flavors of Vice Cream available by the pint at \$5.99 (MSRP). So, what will your vice be?

www.EatViceCream.com @EatViceCream











VICE CREAM

Ask Dr. Dima Coolsculpting V. Ultrashape

BY DIMA ALI, MD

There is a saying in medicine: "If you ask 10 doctors you'll get 10 different answers." I often get asked my opinion about the most effective noninvasive technologies, both by patients and by colleagues. We're all pretty opinionated about our beliefs but sometimes I take the extra time to convince people about one technology over another. Whether to get CoolSculpting or UltraShape Power is one such instance. I have a lot of experience with both, including having had both treatments myself. The following are the main reasons I favor UltraShape Power over CoolSculpting for noninvasive body sculpting.

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

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

Are both technologies safe and painless?

Here is where I have a somewhat unyielding opinion. Whereas UltraShape is completely painless, CoolSculpting is uncomfortable but, more importantly, I think CoolSculpting has residual side effects that warrant closer evaluation. It has been documented in the medical literature that CoolSculpting can have a very painful residual side effect that resembles neuropathic pain. I personally suffered from this after an abdominal treatment. It was debilitating to say the least and ultimately required anesthesia just to get me through the day. On the other hand, Ultrasound technology can distinguish between different kinds of tissue. Freezing cannot. Freezing



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



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



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



fat also freezes blood vessels and nerves which, in my opinion leads to the neuropathic pain that some patients experience after this treatment. With UltraShape, there is no damage to surrounding tissue and hence no discomfort or recovery.

Can CoolSculpting treat my arm fat or bra bulge?

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

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

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

-DR. DIMA

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ASK AN ADVISOR: ABOUT ROTH IRAS

What is a Roth IRA and how is it different from a Traditional Individual Retirement Account?

Both Traditional and Roth IRAs are dedicated retirement accounts, with a few key differences:

- Tax Incentives: While both Roth and Traditional IRAs include tax incentives, the timing of when you receive those benefits differs. With Traditional IRAs, the benefit comes at the front end. Contributions are generally tax-deductible on both your state and federal tax returns in the year contributions are made. Traditional IRAs grow tax deferred and distributions taken in future years are taxed as ordinary income. On the other hand, Roth IRA contributions are not tax deductible, but the withdrawals, including the growth, are tax-free as long as you have held the account for at least five years.
- Income and Age Limits: There are no age restrictions when contributing to a Roth IRA, whereas only those younger than age 70 ½ with earned income are able to contribute to a Traditional IRA. Roth IRAs do have income restrictions. Couples filing jointly must have a modified adjusted gross income (MAGI) of less than \$196,000 and single tax filers must fall below a MAGI of \$133,000 to contribute directly.
- Withdrawal Rules: With both Traditional and Roth IRAs, you may begin taking distributions at age 59 ½ without an early withdrawal penalty. With a Traditional IRA, once you reach age 70 ½, you must begin to take out required minimum distributions (RMDs) which are a percentage of your account value based on your life expectancy.

(Essentially the IRS tries to ensure you pay taxes on the money during your lifetime). Roth IRAs do not have required minimum distributions during your lifetime, and your account continues to grow tax-free after age 70. You may take distributions from your Roth account at any time, with some restrictions.

What if my tax bracket is too high to directly contribute to a Roth Account?

Although you may earn too much to make a direct contribution to a Roth IRA, you may be able to first contribute to a non-deductible Traditional IRA and then move those funds to a Roth IRA account, an option that does not include any income restrictions. This process is commonly referred to as a "Roth conversion" since you are moving assets from a Traditional IRA and converting them to Roth assets.

With a Roth conversion you have the flexibility of moving over as much or as little of your Traditional IRA into your Roth account as you want, allowing you to manage the tax cost of your conversion. Generally, the amount included in the conversion becomes part of your taxable income, so you'll probably look to convert no more than what will push you to the very top of your current federal tax bracket. We highly recommend consulting a tax professional when making a Roth conversion.

How do I know if a Roth conversion will work for me?

Roth conversions do have tax consequences and everyone's situation is unique. However, there are a few times we like to consider Roth conversions for our clients. If a client's current income is temporarily low or if they expect to move into a higher income bracket in the future we consider doing Roth conversions. Those in a period of unemployment, on disability, or in the midst of earning a degree may also be in a great position to consider converting to a Roth account.

Many times the period between retirement and when you begin collecting Social Security income is an ideal time for a Roth conversion. If you are retired, under age 70 and not taking Social Security or receiving money from a pension, you may be in an excellent position to take advantage of a Roth conversion. Many of our clients' income tax rates actually go up once they reach age 70, begin taking Social Security and are forced to take required minimum distributions from their traditional IRAs. Roth conversions between retirement and age 70 actually lower required minimum distributions from traditional IRAs after age 70 leading to long-term tax savings.

Roth IRAs are also a wonderful legacy to leave to your heirs as they will receive tax free income for the remainder of their lives. ❖

Want to learn more?

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

VLP Financial Advisors 8391 Old Courthouse Rd., Suite 203 Vienna, VA 22182

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It's the Decisions You Make that Matter

VLP Financial Advisors was founded on the belief that making informed decisions is the key to wealth accumulation and preservation. Our Advisors offer sound financial solutions for individuals, families, and business owners to properly position, help protect, and transfer wealth. We will work with you to help you navigate your financial future and achieve your goals.

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Be Your Own Best Advocate

Protecting Yourself as a Homeowner During a Construction Project



Congratulations! You've decided to remodel your home, install an addition, or perhaps even engage in new home construction. It's an exciting time, filled with anticipation of the wonderful new surroundings you and your family will enjoy for years to come.

This rosy picture is how the story begins. However, in reality, there are complications and unforeseen issues that can occur in any construction project. Homeowners may have different degrees of knowledge when it comes to construction, however, all homeowners can use these tips to ensure a successful project.

Engage a Contractor

There are things you can do to minimize problems right from the start. "Ask the contractor how many similar jobs he's performed, get three references, and call those references," recommended construction attorney Jim Judkins, a partner in Cowles, Rinaldi, Judkins & Korjus.

"Then check with the Virginia Department of Professional and Occupational Regulation (DPOR) which oversees licenses for all kinds of trades, as to whether the contractor's license is current in Virginia, and whether any complaints have been filed." In addition, verify that the contractor and allied tradesmen carry liability insurance. Do an online search to see if complaints pop up in reviews.

Homeowners should always include a "retention fee" in each contract, Judkins advised. This holds back 10% of the payment, payable only when the contract is fully completed and the punch list is resolved. "It keeps the contractor from saying 'I'm done' and not coming back."

Obtain up to three quotes, comparing apples to apples with detailed estimates, and accept only a complete contract. According to construction expert Matthew Furlong, president of Först Consulting Group, "A contract in Virginia must contain certain stipulations to be valid, including the important details of start dates, completion dates, and specifications of materials to be used." Do your due diligence up front and check your gut feeling as well...do you get along well with this contractor?

Find out in advance what allowance the contractor has given for homeowner selections like finishes or appliances. If you have already chosen items, ensure they are reflected in the contractor's budget before you sign. Once the project is underway, the homeowner must select all allowance items, materials and colors in a timely matter, and make every effort to refrain from hindering the contractor's work.

Red Flags

- The contractor is regularly late or a no-show
- You see safety issues
- Inspection failures happen on a regular basis
- Inspections indicate serious violations

Rely on the Contractor and the County Inspector

Construction projects require permits and inspections by the county. "Be aware it is the responsibility of the permit holder to make sure these permits and inspections are executed. If the homeowner pulls the permit, they are responsible," Furlong said.

Trust the contractor and the county inspector. There are set milestones where a building inspector is required to come out and check the work that includes: building inspection, electrical, gas, mechanical, plumbing, and foundation. If the inspector finds a problem at any milestone, he can shut down the job until the problem is resolved.

Problem Resolution

"Ninety-eight percent of problems can be solved by communication," Furlong said. "There is always some problem discovered along the way, and it's up to the contractor to provide a change order estimate on what it will take to repair or remediate the problem. Be sure the scope of work is in writing, and signed and dated by both parties."

Put everything in writing, and take pictures. If you have a conversation, follow it up with an email hitting the important notes of the conversation to create a trail of documentation. Don't let the contractor intimidate you into backing down if you see an error in construction or materials. It is much more difficult to remedy a problem later on.

If talking to your contractor about a problem doesn't resolve an issue, there are steps you can do to protect yourself as a homeowner. Get the county involved; call your county building department and speak to a supervisor. They will open a report and send out an inspector to investigate. Or hire an approved inspection agency on your own.

Hire a Construction Advocate

If that doesn't settle the problem, it may be time to call in a construction advocate like Först Consulting Group who is up to date on current codes and credentialed with key certifications. They can provide unbiased construction, forensic investigations and inspections, litigation support, and expert opinion and witness services. They can offer independent construction supervision, contract review and consulting, prior to,

during, or following construction. "We are here to act as an independent, unbiased resource looking out for the best interest of our client, for whatever they need," Furlong said.

"But we're not just limited to construction deficiencies; we can consult on the best construction practices, and act as an adviser, helping homeowners to choose a contractor, review the proposals, monitor progress, and offer expert opinions as we consult," he added.

Court: The Last Resort

Going to court is never fun, and every attempt should be made to avoid it. "Generally, if there is a dispute the parties can't resolve, one side is seeking money," attorney Judkins said. "This is when we hire an outside expert like Först to inspect the work, evaluate the workmanship, and determine a fair price to complete the project or correct the deficiencies according to the contract." Keep in mind that if one side hires an expert, the other can too, and then the judge or arbitrator must choose which expert to believe.

A General Rule

"There are usually three primary variables in every construction project: time, cost, and quality. That is generally followed by, 'You get to choose two,' "Furlong said. "High quality takes time, and to compress that time, a contractor would have to add skilled resources, which increases the cost. If you want the cost to remain low, the job will take more time. While it is unusual to get very high quality work at low prices, high prices do not automatically ensure high quality work."

Your construction project should be a high point in your family's life...that is, once you get past the actual construction. Using these tips will help you have a pleasant experience throughout the process. •

RESOURCES

- Matthew Furlong at Först Consulting Group, www.förstconsultingllc.com
- Jim Judkins at Cowles, Rinaldi, Judkins & Korjus, www.cowleslaw.com

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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\$3,499,900









1063 Silent Ridge Court, McLean, VA 22102

\$2,799,900



Southern colonial on 2 plush acres. Estate lot with English garden & stables. Stately library with cherry built-ins & raised panels, grand great room, up-to-date kitchen with top of line appliances. Upper level with 5 bed suites updated master bath. Lower level with hardwood floors, full summer kitchen, media room, exercise room, bed + bath, crafts room. Chandeliers in foyer, dining room, 2nd floor hallway & rec room do not convey.







6924 River Oaks Drive, McLean, VA 22101

\$2,699,999

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









7715 Carlton Place, McLean, VA 22102

\$2,288,000

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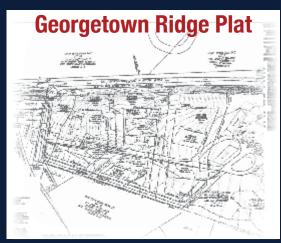
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LOT PRICE: \$975,000



893 GEORGETOWN RIDGE CT, MCLEAN, VA 22102

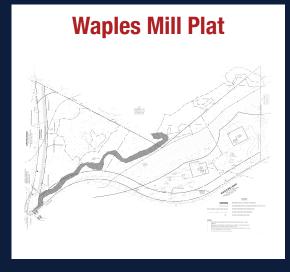
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11284 WAPLES MILL RD, OAKTON, VA 22124

Enjoy scenic vistas from existing home (circa 1936) that sits at the top of a knoll. Conveniently close in to Oakton and Fair Oaks, yet set in a private and serene location where you can experience daily the peace and beauty of this home's natural setting amongst lots of azaleas and overlooking a private lake. Great bones, being sold "AS IS." Septic failed, but new septic approved. Viking appliances. Subject to Subdivision. Backs to Little Difficult Run and private Lake***SÉLLING FOR LAND VALUE*** LOT PRICE: \$899,900

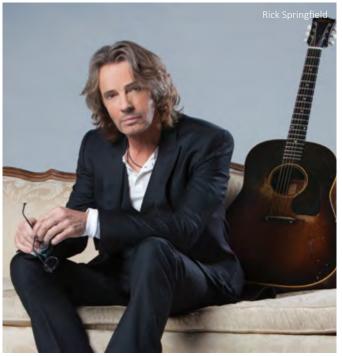
Casey Margenau Fine Homes & Estates, Inc.











Marx and Springfield

TEAM FOR FUN NIGHT AT WOLF TRAP

ick Springfield and Richard Marx have both garnered Grammy awards for their pop tunes, and each has sold albums in the 25-million-plus range. In their joint Wolf Trap debut, the '80s pop heartthrobs will join forces for a stripped-down, unplugged storytellers concert on Sept. 10.

With a collection of memorable ballads, including "Right Here Waiting," "Endless Summer Nights" and "Now and Forever," Marx was a staple on MTV and the radio in the late '80s and early '90s, and his songs continue to be played at proms and weddings around the world. He was the first solo artist to have his first seven singles hit the Top 5 on the Billboard Hot 100 singles chart.

"I write every song for my own selfish purposes, to either celebrate feelings or purge them. Sometimes the songs contain commentary about things I think about, but again, they're designed only as expressions of me," Marx says. "The amazing thing is when people all over the world relate to these songs as if I was speaking to them. I can't contrive that. It's just a humbling gift that's happened throughout my career. It's awesome."

Of course, not every one of his songs is a ballad, as he also was responsible for pop rock favorites like "Don't Mean Nothing" and "Satisfied."

Additionally, Marx has had great success writing for other artists, including hits such as NSYNC's "This I Promise You," Luther Vandross' "Dance With My Father" and Keith

"If I write something personal, I never think of offering it to someone else. And if someone has a huge hit with one of my songs, I'm nothing but thrilled."

Urban's "Long Hot Summer." He said he never has second thoughts about whether he should have kept a big hit for himself.

"It's never been a dilemma. Many of those songs I wrote with the artists and the point was to serve their vision of what they wanted to say, not mine," Marx says. "If I write

something personal, I never think of offering it to someone else. And if someone has a huge hit with one of my songs, I'm nothing but thrilled."

Although his last album of fresh material was released a few years ago, he did find success with the single, "Last Thing I Wanted" last year. He just doesn't feel new albums are particularly viable anymore.

"I truly don't know anyone in years who has sat down and listened to a whole album. People are too ADHD. They might listen to music but usually only when texting friends or checking Instagram," he says. "So I don't know what the 'album' really represents anymore. But I do have a bunch of songs written I'd love people to hear and am figuring out how and when to put them out."

The Australian-born Springfield has done just about everything you can do in the entertainment business. He first took America by storm in the '80s with hits such as "Jessie's Girl," "Don't Talk to Strangers," and "Affair of the Heart," all the while captivating audiences as Dr. Noah Drake on the soap opera *General Hospital*. He expanded

"You can't just write about how everything is all good and bore people out of their minds. When different emotions come up, I just go with that."

into films with a starring role in *Hard to Hold* and even wrote a New York Times best selling autobiography, *Late, Late at Night.*

His most recent album, Rocket Science, address matters of the heart with the irreverence, wit, and dark humor that has always permeated his work

"I wanted the album to be very open and electric — rock and roll with some country elements, and always with great hooks," he says. "You can't just write about how everything is all good and bore people out of their minds. When different emotions come up, I just go with that. I don't set out to write about anything in particular. I just look for something that feels true and that I can hopefully say in an interesting way."

Two years ago, Springfield released his first fiction book, the black comedy, *Magnificent Vibration*, which features a hero who has hit a dead end in his life but who serendipitously receives an 800 connection to God via an inscription in a mysterious self-help book and may have a shot at saving the planet.

"I really started out as a kid wanting to be a writer and it was the only thing I ever got any attention for at school," Springfield says. "Music took over and I directed that writing towards song writing but it always was in the back of my mind. I read a lot and certainly have formed ideas through the years. My publisher liked my voice from my autobiography and said I should be writing fiction."

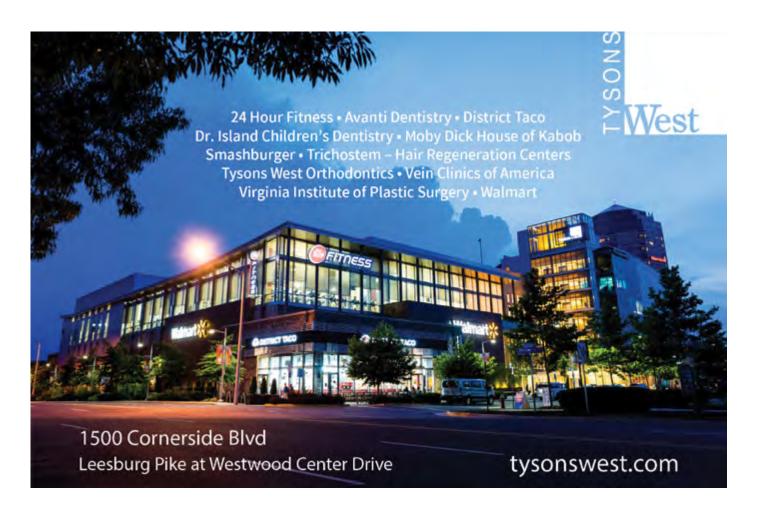
However, Springfield has not slowed down from his music. In addition to his tour with Marx, the singer will be playing on an '80s-inspired cruise and teaming with Pat Benatar & Neil Giraldo on select dates.

"When I walk on stage and see bodies in the seats, it's a real gift for me," Springfield says. "I know I wouldn't be on the road if not for those who show up and support me." *

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









LE OUVEAU September/October 2017

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When it comes to getting rid of stubborn fat and overcoming signs of aging, doctors and patients have lots of options these days. Beyond the obvious cost and recovery differences, how do the results of some of these newer options compare with liposuction, tummy tucks, and traditional facelifts?

Body Contouring Breakthroughs

Even if you exercise and eat right, you may still have stubborn fat deposits that won't go away. Since the 1980s, liposuction has been the gold standard for removing fat deposits. According to the American Society of Plastic Surgeons (ASPS), "liposuction slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion."

Liposuction can be used to treat more and larger areas in one procedure than non-invasive treatments with consistent and predictable results. However, it is not possible to improve lax skin tone with liposuction, according to ASPS.

Most patients return to work in a few days following traditional liposuction and the day after a laser-assisted or SmartLipo procedure. Since patients are put to sleep for traditional liposuction, there is the risk of deep vein thrombosis and pulmonary embolus. SmartLipo does not pose these

risks, since patients are not put to sleep for the procedure.

One of the newest alternatives to liposuction, SculpSure, is a noninvasive procedure that uses light-based technology to reduce stubborn fat. According to the SculpSure website, "Laser energy targets and heats fat cells below the skin's surface, raising their temperature to damage their structural integrity. For three months following the treatment, the body's lymphatic system processes and eliminates the fat cells." The treatment destroys up to 24 percent of the treated fat.

Patients see results in as little as six weeks and optimal results in 12 weeks from one treatment, and more than one area can be treated during a session. Dr. David Berman offers SculpSure and recommends that all patients receive two treatments, spaced four to six weeks apart. The treatment takes just 25 minutes with no downtime and no scars.

Dr. Berman even used SculpSure himself to treat his love handles, chronicling his experience on his website, where he explains the process. "The laser paddles are attached, and for the first five minutes, the paddles just get warmer. I found the first 5 and 10 minutes definitely very warm. However, the analogy I was given was to think of it like a hot bath that you get into. At first, you think, wow, that is hot, but rather quickly you get used to it. Also, the heat actually cycles. You experience 45 seconds of heating followed by 15 seconds of cooling."

Dr. Berman did not experience any adverse effects or downtime, but he says some people have reported some soreness the day after the procedure. He underwent two treatment sessions six weeks apart, saw definite improvement and is happy with his results.

One of the main factors that would determine whether SculpSure or surgery is right for a patient is skin elasticity. "The big reason for a tummy tuck is loose skin," Dr. Berman said. "We can decrease the fat, but if someone has poor skin tone and a moderate amount of loose skin, it will still need to be surgically removed with a tummy tuck.

SculpSure with Dr. Berman





Sculpsure with Dr. Berman Liposuction with Dr. Berman





BodyTite with Dr. Magassy



"However, you don't have to be at your ideal weight at take advantage of SculpSure. If you don't have significantly loose skin, even if you are overweight, SculpSure can help you look better by reducing fat in the treated areas."

Dr. Berman tells his patients, "It's a partnership. I can reduce but not eliminate excess fat in a specific area. However, if you can reduce your overall body fat, through increased exercise and better food choices, then you will get an overall better result, both in how you look and feel."

Another body contouring option is a minimally invasive procedure called BodyTite. It is similar to SmartLipo, but BodyTite uses radio frequency energy to melt fat.

Dr. Csaba Magassy offers BodyTite to his patients. He explains that it is considered a minimally invasive procedure because a small puncture is made in the skin and a probe is inserted to reach and melt the fat cells.

Dr. Magassy usually sedates patients for the procedure, but it can be done with local anesthetic. Although treating each area takes approximately 15 minutes, multiple areas can be treated in one visit. Downtime with BodyTite depends on the extent of the treatment and ranges from one to two days and up to 10 days.

Patients can see results immediately and will continue to see improvement as the body eliminates the dead fat cells for three to four months after the one-time procedure.

Dr. Magassy has abandoned SmartLipo procedures in favor of BodyTite because

he said, "You get about 40 percent skin contraction with BodyTite and about 15 to 20 percent with SmartLipo." Still, he said there are cases where traditional surgery is necessary, such as after a large weight loss which leaves lots of excess skin.

Face Facts

The BodyTite manufacturer also developed FaceTite to apply the technology to areas on the face and neck. According to the manufacturer, FaceTite offers a less traumatic and less costly procedure than a facelift with no scars or post-operative swelling and discomfort. Patients see optimal results in six to 12 weeks, although they will notice an immediate difference.

Dr. Magassy also offers FaceTite, and explains that it works to remove excess fat cells and tighten sagging skin below the chin and in the jowls for a more youthful appearance. Other anti-aging procedures that get a lot of buzz these days include injectibles or fillers and weekend facelifts.

The weekend facelift, so-called because many patients feel they can return to normal activities after only a weekend to recover, uses barbed sutures to lift the skin up. "It only lasts for two or three months," said Dr. Magassy. "Barbed sutures work for just so long before they work through the tissue. People used to come in and ask for that, but they were very unhappy patients, so I quit doing those."

"Injectibles add volume to areas where we lose volume as we age, such as in the cheeks and lips," said Dr. Magassy. But they aren't for everyone, because they won't help with sagging skin.

According to Dr. Berman, "Fillers and techniques such as SmartLipo to the neck

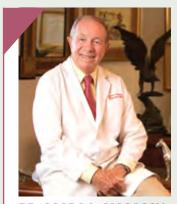
area can hold off a facelift for many years and sometimes forever, depending on the person. However some people will still need a facelift. "I think it will be many years before we can do away with a tummy tuck or facelift for everyone," he said. ❖

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.

Facelift with Dr. Magassy







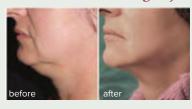
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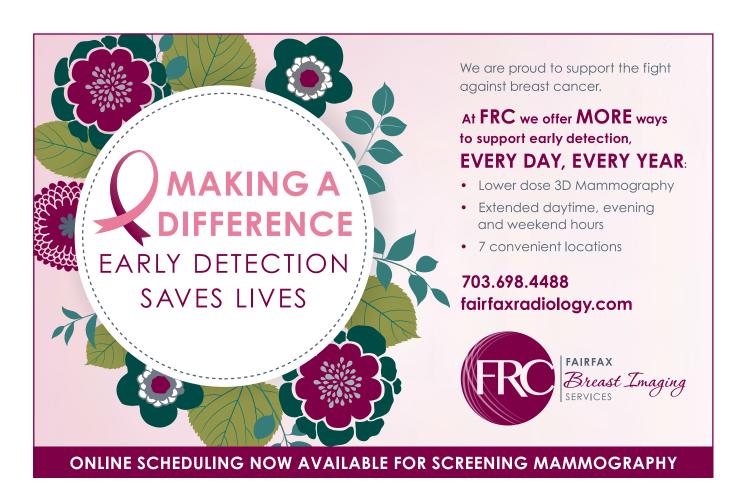
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FaceTite with Dr. Magassy













Life After Breast Cancer Looks Better Than Ever

By Analiese Kreutzer

even years after being diagnosed with breast cancer, Laura Taylor loves her life, and she has a new level of appreciation for her body.

"Going through this made me value and respect everything that my body does for me," she said. "I respect the exhaustion. If I'm tired, I lay down, because I know when I get up, I'm going to be in even better shape. This put in perspective what a gift I've been given, and I need to continue to treat it mindfully. Right

now, I feel the best I've felt since the surgery."

Taylor's journey started when her doctor ordered some followup tests to check for changes five years after she had a large cyst in her left breast. Her mammogram looked fine, and a biopsy turned up nothing, but she got a call that they wanted to redo the MRI.

"Ratings on MRIs go from zero to six," Taylor explains. "Zero is why are you even here, and six is we don't need to do a biopsy, it's cancer. My MRI showed a score of five out of six."

The tumor, a one-centimeter, stage one invasive ductal carcinoma, was deep behind her left nipple. "I was diagnosed on Monday, fell apart on Tuesday, and had all my appointments by Thursday," said Taylor.

A warm, vivacious woman with a nononsense, fun-loving personality, Taylor had a big advantage in dealing with her diagnosis. She is a registered nurse with a PhD who, at the time of her diagnosis, was teaching at Johns Hopkins School of Nursing. She quickly put together her team of doctors and a posse of advocates.

"I never went to any appointment by myself or just me and my husband," Taylor said. She brought friends and colleagues along to listen and take notes, realizing that she and her husband couldn't take everything in. She recommends others do the same.

Although her oncology surgeon repeatedly assured her that he could perform a lumpectomy, Taylor didn't want that. "As care providers, we love to dazzle people with our brilliance," she said. "But in the end, we've got to understand what the patient is processing, and at some point, let it go."

Taylor had a history of fibrocystic disease and small breasts that she says she "was never that attached to." Once she got her diagnosis, she just wanted the cancer gone, so she chose to have a double mastectomy, which meant she wouldn't need radiation, and she didn't need chemo because it was stage one.

As for reconstruction, Taylor said, "I'm going to go big." She measured 32E following her procedures. Dr. Ariel Rad, her plastic surgeon, reviewed her options with her. Ultimately, they decided she would be a good candidate for a bilateral Superior

Gluteal Arterial

Breast Cancer Risks Factors

According to the Centers for Disease Control and Prevention, the biggest risk factors for breast cancer are being a woman and getting older. Most breast cancers are found in women over 50. Other risk factors include, but are not limited to, inherited genetic mutations such as BRCA1 and BRCA2; having a first pregnancy after age 30 or never having a full-term pregnancy; not being physically active; being overweight or obese after menopause; and a family history of breast cancer.

Perforator (SGAP) or love handle flap procedure. This highly specialized surgery uses tissue from the upper rear hip area to reconstruct the breast.

Taylor, who specializes in abdominal transplants in her own work, loved the idea. "Who wouldn't transplant their own fat to make these beautiful breasts?" she said.

Whether he realized it or not, Dr. Rad said something that made a huge impact on Taylor. She recalls, "He said, 'It's going to take five years for you to really see the magnificence of everything that we're doing together here.' And I was like whoa, he thinks I'm going to be around for five years.

"I've always had this sense that this cancer wasn't going to kill me, but when he said that, I reset my clock."

Recovering from everything her body went through Mammograms took a long time. "The surgeries were tough. I had Women should discuss about 30 total hours of their risk factors with surgeries, and then it just their doctor to determine takes time." Diagnosed on when to begin having May 24, 2010, two months mammograms and later, Taylor underwent her double mastectomy. She had reconstruction in December and her final followup plastic surgeries in the spring and summer of 2011.

Although she continued to work full time, she spent her weekends on the sofa, exhausted. Then one weekend in October 2013, she suggested to her husband that they go get some pumpkins. "We hadn't done that for three years. I was just too tired. The next morning, I woke up and said, let's go get some mums."

how often.

Taylor stresses the importance of self-care. She went to all her appointments and was very good about taking her meds. She also credits her great support system, including her husband, two sons, her friends, colleagues, students, and even the staff of her local grocery store.

Since her journey began, Taylor has changed jobs. She now teaches at the Uniformed Services University in Bethesda. In 2012, she launched a side business called Guide to Degree, LLC, which conducts interactive workshops to help nurses make informed decisions about their doctoral options. In 2016, she was inducted in the American Academy of Nursing. She also spends time counseling other women faced with a breast cancer diagnosis.

Cancer may have changed her body and how she thinks about it, but it hasn't dampened her sense of purpose or her sense of humor. �

How to Perform a Monthly Breast Self Exam



1. In the Shower

Using the pads of your fingers in a circular motion, move around each breast and armpit area from the outside to the center, feeling for

any lump, thickening or hardened knot. Notice changes and get lumps evaluated by your health care provider.

2. In Front of a Mirror

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Then rest your palms on your hips and press firmly to flex your chest muscles. In each position, look for any changes in contour, dimpling or swelling of the skin, or puckering.



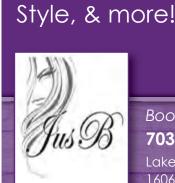
3. Lying Down

Lie down with a pillow under your right shoulder, and place your right arm behind your head. Use your left hand and apply light, medium and then firm pressure. Move the pads of your fingers around your right breast gently in small circular motions covering the entire breast area and armpit. Squeeze the nipple, checking for discharge and lumps. Repeat these steps for your left breast.

AUTHOR: Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.



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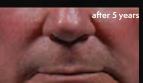


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What Is Microblading?

Think of microblading as the next generation of permanent makeup. All permanent makeup is a form of cosmetic tattooing. Technicians usually employ a tattoo machine, but microblading uses a manual tool with a small blade and many tiny needles to create individual strokes that resemble real hair, resulting in a natural-looking brow.

Microblading uses pigment with a thicker texture than regular tattoo ink, and the pigment is not implanted as deeply as a traditional tattoo. Microblading implants the pigment between the epidermis and the dermis, so the color fades fairly guickly, requiring touchups every nine to 24 months.

According to licensed permanent makeup artist Elisa Om of Synergy Beauty in Vienna, "Microblading is not suitable for people with oily skin or people with large pores. People with oily skin will find that they will need touchups every nine to 12 months. People with large pores will not be able to achieve crisp, clean hair strokes.'

Permanent Solution?

Microblading costs between \$500 and \$800 in our area. Whether you think that's a lot to pay or you think it's worth it to wake up with perfect brows, there are a few other things you need to consider. You might think because microblading is a tattoo, that you only need to do it once and your brows will last a lifetime, but that's not the case. Remember, you'll need touchups every nine to 24 months.

Nor is it correct to refer to microblading as semi-permanent. Although the color will fade to a very light orange or brown over time, it will not completely disappear. Some pigment will always be left in the skin.

Om cautions, "Microblading is not a procedure that you can repeatedly receive throughout your life. Every time you make a microblading stroke, you end up with a little scar tissue. Repeated cuts on the same stroke over years will produce some serious scar tissue build up, and you will get less pigment retention, which will require more frequent touch ups."

Microblading can be used to enhance existing eyebrows, balance asymmetrical brows or reconstruct brows lost to a medical condition. If you're interested in the procedure, your first step is to find a licensed and experienced professional.

Ask to see the business license, health certificate, and the technician's personal state license wherever you go. Don't shy away from asking about training, experience, and references. Om recommends asking to see before-and-after photos and, more importantly, healed results photos, where you can really tell good from poor quality work.

Microblading is a meticulous process and generally takes two or more hours, with a large part of that time devoted to determining the final shape and color of your brows. Your technician will numb the brow area with a topical anesthetic, then use a removable pencil to draw on your brows. If you aren't completely satisfied with the look, don't move ahead until you are.

The final step is using the tool to make the strokes and deposit the pigment into the skin. Everyone's pain tolerance is different, but most people report only minimal discomfort with the procedure.

After the initial session, your eyebrows will appear darker than expected because the pigment hasn't completely settled into your skin. During the healing process, the skin may flake and peel as the cuts heal, and you may think the color is disappearing. Follow any after-care instructions from your technician, and in two-to-four weeks, you will see your final color and stroke results.

Four to six weeks after your initial appointment, you need to return for a touch up. "The first session is to focus mainly on the shape and to see how the skin takes and retains the pigment," said Om. "The second session is about adding volume and filling in any strokes that may not have taken during the first session.'

Nano Brows

Another solution for getting your ideal eyebrows is nano needling or nano brows. This technique uses a vibrating machine with a tiny needle that implants pigment into the dermis, which is slightly deeper than with microblading, and requires touchups every three to five years, depending on a person's skin type.

Om explains that microblading produces very realistic brows, where the base of the stroke is slightly thicker than the top, mimicking a natural hair. Nano brows produces straight lines that look more "hair like."

Nano brows uses such a fine needle that there is barely any scar tissue build up. Here, too, it is important to go to a properly trained and experienced technician for the best results.

Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at AnalieseKreutzer@gmail.com.

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Anti-Aging Beauty Hacks

by Marta Bota

www.mbfacedesign.com

We all are seeking the fountain of youth! Today it's easier than ever before to hold on to your youthful looks with these great hacks!

The most IMPORTANT thing to
do when it comes to preserving your
youth is to protect your skin from the sun!
Use sunscreen year round, daily, on all areas that
get exposure such as the face, neck, decolletage,

and hands. An SPF of 15 or higher is recommended. I love Clinique Broad Spectrum SPF 30 Oil Free Face Cream! It protects against UVA/UVB rays, glides on velvety smooth, doesn't clog pores, and is safe to use around the eye area! It's perfect for under makeup!



Taking
good care of your skin
will keep you looking youthful
for years to come! It's the best beauty
investment that you can make! The basics of
good skin care is a good cleanser, day and night
time moisturizers, and an exfoliator that is used 1-2
times weekly! For extra care you can use a serum,
prior to moisturizer, which helps boost and nourish
the skin! There are so many wonderful products
out there! Right now my favorite is Merle

Norman's Brilliant C skin care line of products! They brighten dull complexions and leave the skin glowing!

When it comes to anti-aging makeup, the most important product is a color corrector. As we age, our skin tone can become uneven. We can show signs of sun damage with broken capillaries, brown spots, and darkness under the eyes. I love Motives' Color Correction Quad! It is available for light or dark complexions. Each quad contains shades to neutralize redness, age spots, dullness, and dark circles! Color correctors are used underneath foundation imperfections, which allows you to use less foundation, resulting in a more youthful appearance!



Let's talk eyebrows! As we age they become sparse, especially the outer corners. Filling them in with brow makeup will take years off your face! There are so many options available from pencils, to powders, to gels. My favorite eyebrow pencil is The Precision Brow Pencil by Kevyn Aucoin! It's retractable, comes in different shades, and has the perfect texture! When applying this pencil use feather like strokes to fill in the brow, creating a very natural effect and illusion of a full brow! There is another amazing technique called microblading that can give you the effect of fuller brows and it looks so natural! This is a great semi permanent makeup option and looks more natural than the tattoo eyebrows of the past! I had mine done at www.

novaderminstitute.com and love it!!!

One sure sign of aging are lines around the lip area. Be sure to take care of this delicate area with serum, moisturizers, and sunscreen. A FAVORITE product of mine to use on myself and my clients is another Merle Norman gem called Wrinkle Smoother Lips! It's a lip cream For all skin types and premature aging concerns. This anti-aging treatment is designed for the delicate area

around the lips to smooth and help stop lip color from bleeding. It is formulated with Argireline, a peptide that helps prevent the appearance of expression lines around the lips upon application and over time.

There are so many great anti aging cosmetic products out there to help give you the look of a glowing complexion! Look for formulas with added moisture and/or SPF. There are many foundations that now have added skin care treatments to the formula to double as coverage, as well as to increase lost moisture and reduce the look of fine lines! Technology today is truly amazing! Hourglass Veil Fluid Makeup is a fine example of a product that has beautiful coverage with the added ingredient of peptide, which helps stimulate collagen production! Music to my ears!

> As a final note, I cannot stress ENOUGH the importance of a good skin care regimen that consists of anti-aging products! It is also a great idea to incorporate seeing a master aesthetician as a regular part of your skin care routine! You may also want to consider taking advantage of today's noninvasive technology with botox and fillers as part of your routine. Do your homework and go to a reputable practice of skilled beauty experts/ plastic surgeons! www.sanctuarycosmeticcenter.com is a fantastic full service cosmetic center that not only offers facial and body plastic surgery, but a whole list of other services including facials, makeup application, as well as permanent makeup!

Holly Rowland

Name and occupation.

Holly Rowland; IT Project Manager with Navy Federal Credit Union

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

Arbonne - RE9 Advanced (Anti-aging Skincare Line)

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

I have naturally dry hair and investing in expensive moisturizing treatments didn't work. Limiting washing my hair to 3 days a week and using coconut oil in the summer under a cap when relaxing in the sun works the best.

What is your biggest beauty splurge that you deem necessary?

Facials—at least once a quarter. Not only are they relaxing, but they also make my skin look and feel refreshed.

Where do you find happiness

First and foremost, when my kids are happy, I am happy. After that, the beach is where I go to regenerate, and if it allows dogs, then I'm really in my happy place.

What is your toughest challenge or the mos difficult sacrifice you make to stay healthy?

Taking time out of my busy schedule to maintain a regular exercise routine. I get up at 5:30am to take my dogs and myself on a morning walk. When I can, I hit yoga at work and another evening walk with the doggies.

What is your beauty secret?

Smile! A smile lights up my eyes and brings a joyful presence to my face that nothing else can match. Try it!

Photo by www.ErnestoMaldonado.com
Hair by Jessica Lim at Calypso Salon
Makeup by Nina Hale at Calypso Salon

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rank Brormann's revolutionary Calligraphy Cut has a simple goal—to give the hairdresser total control of the service allowing him to give fine hair more shape, more volume, create new customized hairstyles that inspire the client, and help the hairdresser achieve ultimate success.

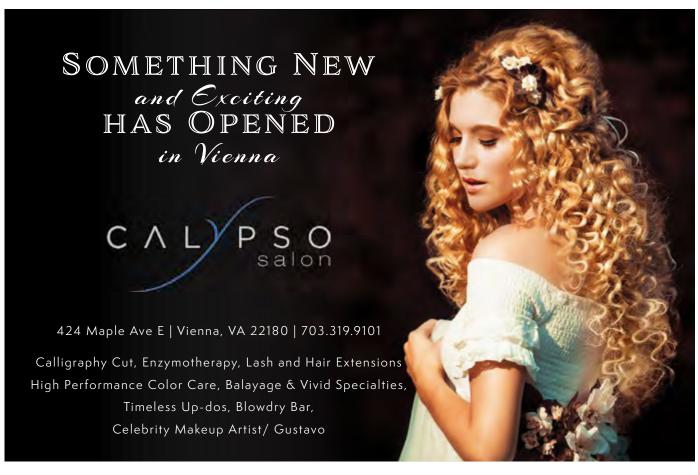
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With its blade angled at 3°, the Calligraph cuts the hair on the diagonal, rather like the careful cut to preserve a flower stem. The hair is not damaged—instead, the gently and carefully guided blade results in visible movement in the finished cut, which makes it appear fuller. This requires the highest degree of precision and care because the perfect result depends on an even more precisely defined, more pronounced cutting angle between 21° and 23°. The finely honed ergnomic design of the Calligraph enables very safe use so that the stylist's full focus is on the client's hair.

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Salon Jean Paul is committed to being the best in a whole new concept of coloring, highlights, cuts and styling. Salon Jean Paul strives to provide outstanding customer experience, where each client gets the undivided attention they deserve and possesses artistic imagination along with the years of experience with hair styling and hair coloring to ensure your satisfaction.

SKIN & BODY

Aesthetica 703.729.5553

(Please see ad on page 85)

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 90 and display ad on page 91)

2106 Gallows Rd, Vienna, VA 22182 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

8150 Leesburg Pike, Suite 820 Tysons Corner, VA 22182

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

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

(Please see ad on page 80)

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.

Radience Salon & Medi-Spa 571.333.3005 (Leesburg)

19305 Winmeade Drive Leesburg, VA 20176

703.723.4600 (Ashburn)

43150 Broadlands Center Ashburn, VA 20148

(Please see ad on page 78) www.GoToRadiance.com

Radiance brings together highly trained Hair Stylists, Master Estheticians, Massage Therapists, Nail Technicians, and Registered Nurses so that our highly discerning clients can receive a complete beauty package and leave feeling revitalized and beautiful.

Red Rose Center 703.646.2321

(Please see ad on page 78)

462 Herndon Parkway, Suite 101, Herndon, VA 20170

www.redrosecenter.com

Red Rose Beauty Center offers nonsurgical procedures that you can get in 30 minutes—over your lunchbreak—that will give you the younger, more radiant look without the risks and costs of surgery or downtime including IPL laser skin rejuvenation, hair reduction, pigmentation correction, and spider vein reduction and Juvéderm® and Latisse.

WellMedica Aesthetic & Anti-Aging Medicine 703.787.9866

(Please see ad on page 89)

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.

Woodhouse Day Spa 571.577.2775

1603 Village Market Blvd., Suite 116 Leesburg, Virginia 20175

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.

VIENNA MERCHANTS

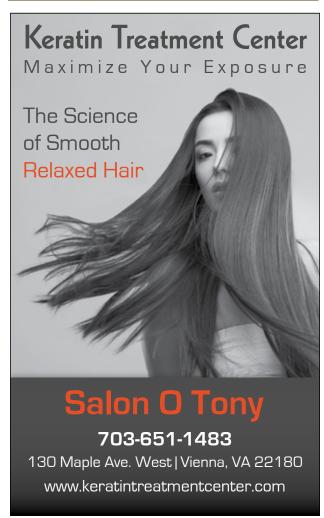












AROUND TOW FUNDRAISERS,





Dulles Regional Chamber of Commerce HOSTED 2ND ANNUAL GOLF SCRAMBLE

to Benefit Hope for the Warriors

The Dulles Regional Chamber of Commerce (DRCC) held their 2nd Annual Golf Scramble on Monday, June 19th at the Chantilly National Golf & Country Club. DRCC was joined by sponsor The National Conference Center to host the event to benefit non-profit organization Hope for the Warriors.

James Lawson, DRCC chairman of the board of directors and Robert Gangi, DRCC vice chairman led the many regional business executives playing golf at the event.

Volunteers from Hope for the Warriors hosted a putting contest during the event. Part of the proceeds of the Golf Scramble also benefited Hope for the Warriors. The mission of the organization is to enhance the quality of life for post-9/11 service members, their families, and families of the fallen who have sustained physical and psychological wounds in the line of duty.

The DRCC President & CEO John Boylan stated: "We were excited to host Hope for the Warriors this year. As a retired US Air Force officer, I'm humbled by their dedication to service members

and their families in restoring a sense of self, the family, and hope for the future."

Golf Scramble sponsors included: The National Conference Center, United Bank, Cox Business, Burke & Herbert Bank, Bank of Clarke County, Arbor Terrace Fairfax, Sandy Spring Bank, Thompson Greenspon, and Women Giving Back.

The Dulles Regional Chamber of Commerce serves a footprint that supports all areas within an eight-mile radius of the tower at Washington Dulles International Airport, including Western Fairfax County, Eastern Loudoun County, and the Town of Herndon, in one of the nation's foremost high-tech corridors. Our members represent a full spectrum of businesses by size and variety. The Chamber's programs, networking opportunities, and workforce initiatives provide unparalleled support for business growth.

For more information, visit DullesChamber.org. �

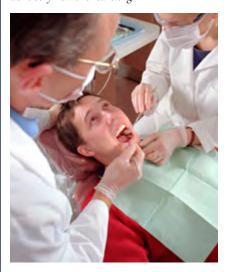


SMILES BY MYLES Pentistry From the Heart Event

n October 14, 2017 Smiles by Myles will be hosting their 2nd annual Dentistry From The Heart event at their office in Reston. This is a day where doors will be open to the community and staff will perform FREE dentistry to patients 18 and older who need it most. It is a first come first serve event—all day from 8am-3:30pm. Last year's event saw 58 patients resulting in 31 cleanings, 15 extractions and 12 fillings—a total of \$14,737 in free dentistry in one day.

This year Smile by Myles is hoping to make their event even bigger! The office is located at 11730 Plaza America, Suite 110 in Reston.

Dentistry From The Heart is a registered non-profit organization more information about the organization can be found at www. dentistryfromtheheart.org. *





MPAARTFEST IN MCLEAN CENTRAL PARK October 1, 2017

The McLean Project for the Arts will host its annual MPAartfest on Sunday, October 1, from 10:00 am until 5:00 pm at McLean Central Park. During MPAartfest, Central Park is transformed into a lively landscape of mini art galleries showcasing and offering the work of acclaimed artists throughout the Mid-Atlantic region for sale.

What: MPAartfest 2017, a one-day juried fine art and craft show/sale featuring the work of local and regional visual artists. This FREE event features contemporary art, a children's art walk, hands-on art studio, STEAM experiences, food vendors, and live music throughout the day.

Who: Families, friends and art enthusiasts of all ages are encouraged to attend this community-wide celebration

When: Sunday, October 1, 2017 from 10:00 am until 5:00 pm

Where: McLean Central Park; 1468 Dolley Madison Blvd; McLean, VA

How: Admission is FREE. Sponsorship opportunities are available.

For more information visit www.mpaart. org/ or call 703-790-1953. ❖





SHELTER HOUSE NAMED NON-PROFIT OF THE YEAR

by the Northern Virginia Chamber



helter House was named Non-Profit of the Year by the Northern Virginia Chamber of Commerce (Northern Virginia Chamber), The Voice of Business in Northern Virginia™. The award was presented at the Northern Virginia Chamber's Outstanding Corporate Citizenship Awards at the organization's Annual Chairman's Luncheon in the Hilton McLean Tysons Corner.

Presented across seven categories, the awards honor extraordinary business leadership and above-and-beyond corporate social responsibility (CSR).

Shelter House has committed themselves to provide leadership in the community to improve and expand the DC region's capacity to prevent and respond to domestic violence and homelessness. Through this commitment, Shelter House continues to focus on its mission: to prevent and end homelessness and domestic violence by engaging the community, building effective relationships, providing crisis intervention, safe housing, and supportive services.

"Thirty-six years after its creation, Shelter House is at an exciting and expansive stage of development," said Shelter House CEO and Executive Director, Joe Meyer. "Our plan as an organization maximizes a strengths-based approach as a nexus for innovation and the leadership within our enterprise. We are dedicated to putting our ideas into action to solve human service challenges of today and tomorrow."

"We're proud to honor Shelter House, a perfect example of the strong commitment to community common throughout Northern Virginia," said Northern Virginia Chamber President & CEO Jim Corcoran. "Through their leadership and efforts, they make meaningful contributions to the well-being of our community."

To learn more about Shelter House, please visit www.shelterhouse. org. More information about the Northern Virginia Chamber can be found online. To view pictures of the event, visit the Northern Virginia Chamber Flickr page.

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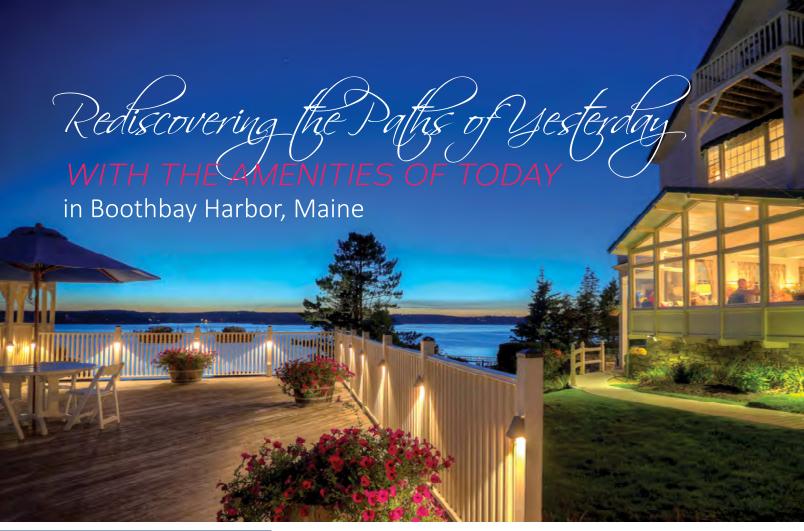


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WELCOME TO THE SPRUCE POINT INN

By: Elaine Anne Watt

If you've ever imagined yourself in a picture-perfect setting along the rocky coast of Maine where the best of the past melds seamlessly with the comforts of a more modern yet rustic hideaway, you need to go no further than the Spruce Point Inn in Boothbay Harbor, Maine. From its humble beginning in the late 1800's, the Inn has recently been recognized by Conde' Nast Traveler as one of the "top 25 resorts in the Northeast." Over the years, the Inn has been the playground of many families looking for a special haven during the heat of summer. Having dreamt of returning to the New England coast that I fell in love with as a little girl, this first trip to the beauty and majesty of Maine, though long-anticipated, could not have been more delightful. Think Dirty Dancing without the adorably hokey shows or smarmy intrigue, and you've found the spot for your family vacation, destination wedding, or idyllic romantic getaway.

Nestled on a high point overlooking the harbor you'll find the charming main Inn surrounded by clusters of themed cottages and lodges all dressed in fresh coats of green and white paint. Situated within the largest sightseeing boating district in Maine, once you enter the pillared gates of the property, it is as if time stands still. As Angelo DiGiulian, co-proprietor of Spruce Point and a man passionate about what is obviously more than a business so aptly says, "The Inn captures its classic heritage redesigned for today's lifestyle." Photographs throughout the property provide the lens back to the historic rooms and famous faces that frolicked here. Unsurprisingly, the eight or nine vintage Inn rooms and ten or so restored original cottages decorated with authentic period furniture are always in demand.

Gracious hospitality is both the purpose and the promise of Spruce Point. Guests come here to relax, reconnect to nature and each other, and to indulge in the array of dining, leisure activities, and excursions that await them. From the beginning of May through to the end of October, a











highly trained and plentiful staff is here to see to all of your needs and to make your stay as effortless as it is enjoyable. On property you'll find tennis courts, a seaside salt-water pool, and a generously sized main

pool, shuffleboard, game rooms, nature trails, a life-size chess and checkerboard set, fire pit with a S'mores Station, Bogie's Lounge for casual dining, and a more formal restaurant for culinary adventures with stunning views of the harbor below.

Reserve a spot on their launch "Bright Line" for private tours to Monhegan Island or Burnt Island Lighthouse, to run into town or to visit Southport across the harbor. The Inn's own Sarah Mead is a fully restored Newbert and Wallace 32' classic wooden friendship sloop, and is the only remaining wooden sailing lobster boat on the Maine coast! Whale-watching trips, lobster boating, or a run on the local Schooner Eastwind are easily arranged. If you crave downtime or a little extra indulgence, why not book a spa package and be pampered with a couple's massage in their Zen garden or ocean-side buffeted by gentle breezes? A full menu of services is available to sooth and refresh, or to get photo-ready for your big day!

The Inn hosts approximately 25 weddings a year, comfortably accommodating up to 250 guests and with a maximum of 300. In order to limit any inconvenience to other

guests, most of these events take place in May, June, September or October. Although one or two may be allowed during July and August. These months are carefully set aside to provide for family reunions, seasonal and return guests who deserve full use of the amenities. The proprietors are sensitive to the expectations of all their clients. Additionally, they never double book for more than one special event, providing the insurance needed in the case of inclement weather. All outside weddings and rehearsal dinners can be relocated to one or more of the inside event spaces on the property as needed. Spruce Point has a dedicated staff of event coordinators and services to meet your specific desires, including a rehearsal dinner cruise around the islands.

Have I mentioned the wharves where you can feast on succulent freshly prepared lobster, mussels, clams, oysters, and such just moments away? A few of the other local activities accessible to Inn guests at discounts include, the fabulous Coastal Maine Botanical Gardens, private privileges to the Boothbay Region Golf and Country Club, Boothbay Whale Watch, Balmy Days Cruises, and Charger Fisher Charters.

Although there is plenty to keep you happily occupied on the Inn's grounds, you may want to carve out some time to explore Boothbay Harbor's many quaint shops, dining options, or arts colony. There is the Boothbay Region Art Foundation and Boothbay Artisans storefront right in

the middle of town, and many other art galleries, craft, and stained glass studios within an easy drive. The Inn provides complimentary boat rides and shuttle vans back and forth to town.

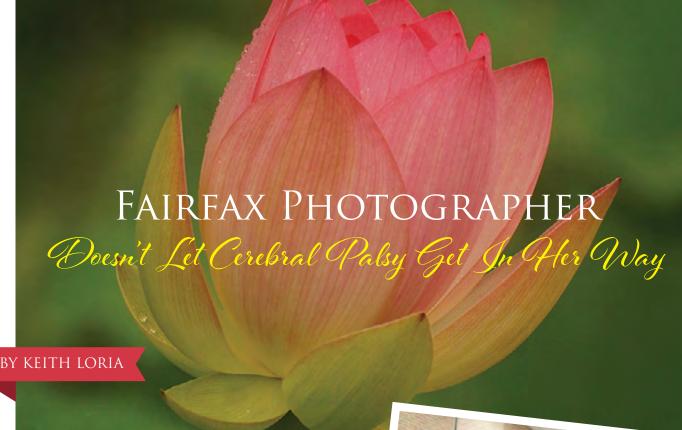
I particularly enjoyed my visit to Head of the Harbor Gallery. The coastal Plein Air painter, Roger Milinowski, engaged me in a lively discussion of his adventures up and down the Eastern Seaboard and throughout the South where he's captured the heart and soul of these beautiful locations in the artwork that adorns the walls. I was even treated to a tour of his studio to see works in progress. Besides inspirational photos and an extensive library of art literature accumulated over the years, his philosophy of life is reflected in the quotes from Shakespeare and others that dot the space. Roger assured me that "the best of Maine is found right here in Boothbay...I could choose to live anywhere, but it doesn't get any better than this, with real people and a sense of community."

When you're done exploring, you can look forward to retreating to the comforts and hospitality found at Spruce Point Inn. As the end of your stay draws near, the only question that remains is how soon you'll be able to return to make more memories. ��

SPRUCE POINT INN RESORT & SPA

88 Grandview Avenue Boothbay Harbor, ME 04538 207.633.4152 or 800.553.0289 **SprucePointInn.com**





When driving down the road with her husband at the wheel, photographer Julie Cochran has been known to yell out, 'Stop the car!" because she sees something that would make a good picture.

Cochran was a transportation attendant at Fairfax County Public Schools for more than 25 years. When she stopped working, she took some photography classes.

"My friend Andrew took me out and turned me on to the camera and I was quite happy to pick it up and learn it, and I kind of got addicted," she says. "I retired in 2014 and had nothing to do, so the hobby really took off. I love being out in the field more than I do being in the house."

Those who know her say Cochran is blessed with a "wonderful spirit," despite her living with cerebral palsy. She's had a rougher time than most to master physical movements and activities that many of us take for granted, but her disability hasn't gotten in the way of taking beautiful photos.

"I use a walker now but I can traverse pretty well," she says. "The challenge of course is holding the camera still without a tripod. I have started to use a tripod more and more, though. I've learned the right way to use one."



When she started in 1992, Cochran was using a Pentax K1000 and eventually upgraded to a Nikon N70, then a Minolta Freedom Point and Shoot, a Minolta DSLR, and finally her current DSLR, a Sony A330. Her primary lens is a 70-300 zoom.

Nature is the primary focus of her work, and she enjoys shooting photos of flowers, landscapes, butterflies, horses, insects and once in a while, she'll add a picture of a person in her collection just to round it out.

At one time, she took some classes at Nova Community College to learn more about the skills of the dark room and other aspects of becoming a professional photographer, and feels these lessons taught her a great deal.

Pretty in Pink



"I learned all about slides and some about photo journalism and learned a lot about creative composition," Cochran says. "I learned about working in the studio, but I prefer using natural light, which is what I do most of today."

In 1998, Cochran moved to Fairfax and joined the Vienna Photographic Society and took some other workshops and classes.

"The clubs and workshops have improved my photography skills by leaps and bounds," she says. "This is something I really love to do."

Also a member of the Vienna Arts Society, Cochran's work, "Lotus-Palooza" was on display this summer at the VAS Gallery in the Village Green Shopping Center.

"It includes all kind of lotus pictures—about 10. A lot of them are 15x20 in frames, but I do have some larger ones available," she says. "I chose this as a subject because I knew I had taken enough pictures to cover the walls. I have shot lots of these."

Over the years, her work has been accepted and juried at shows such as the Nature Visions Photo Expo and the Town of Vienna Photo Show.

"I really like the relaxation and the colors that come out, although sometimes things look good on the camera but don't come out well in print," Cochran says. "I display some of my photos on Facebook so people can see them, so they're not just hanging in my frames at home."

To see more of her collection, visit julie-cochran.pixels.com ❖



Rappahannock ROAMING

by Allison Chase Sutherland

FLINT HILL PUBLIC HOUSE — FOOD. SPIRIT. WINE. LODGING.

Public houses date back to Roman times, but we needn't travel through time to reach one of the finest. Just jump on 66 W. to Marshall on route 17, take the meandering Virginia Scenic Byway of 647, also known as Crest Hill Road, to 522, take a right, and you're there.

Flint Hill Public House Restaurant & Country Inn is situated in a historic schoolhouse on a 5-acre estate in rolling Rappahannock County. A charming miniature gatchouse at the entrance, set among a garden of hydrangeas, Russian sage, roses, and daisies, will graciously welcome you home.

The Texas Longhorn sculpture out front is a nod to the many neighboring fields of Black Angus grazing in fields and cooling off in ponds beneath the Blue Ridge. Guests enjoy a "changing landscape of works of art" through the proprietors' connection to one of Washington DC's top 10 art galleries, Long View Gallery.

Four high-ceilinged luxury suites, newly renovated by innovative Washington, DC architect Ernesto Santalla, display eye-catching museum-illuminated art. Sink deep into the luxury king bed and gaze upon the tall trees which rise to your window. Muted shades of taupe evoke a sense of calm. Reed diffusers and a rainforest showerhead add tranquil touches to the bath.



Sip a cocktail in the contemporary, stylized pub adorned with original classic movie posters. Chef Nate Myers sources from neighboring farms and Flint Hill's own kitchen garden for a gardento-plate dinner in one of the chic dining rooms. In fine weather, opt to dine al fresco under the tent to the music of the Backyard Live Music Series.

Start off the morning to cheerful birdsong in the red-planked, open hexagonal apple-tree nook with Flint Hill's hearty breakfast, including flavorful applewood-smoked bacon, eggs, fried potatoes, and toast. Loll away quiet moments in the shade in the hammock as your eyes turn toward the mountains. Suddenly you're energized to take to the road. Roll down the windows, open the sunroof, and you're off!

Spectacular Shenandoah

The spectacularly scenic Shenandoah National Park with the serpentine Skyline Drive along its crest, (conveniently accessible via the 211 Thornton Gap entrance,) encompasses the Blue Ridge Mountains along the entire western border of Rappahannock County. Many time-tested trails, including the main route to legendary Old Rag Mountain, start in Rappahannock.

Wineries abound in Rappahannock. Picnic at Little Washington Winery with its picture-perfect mountain views, ponder life by the pond at Quièvremont, or play bocce on the regulation courts at Gadino Cellars, which recently celebrated their twelfth anniversary in grand style with a groovy British revival band.

Just beyond the bend, Sperryville Historic District is a quiet village with its artists' galleries, the quirky Wild Roots Apothecary, industrial Pen Druid Brewery and rustically charming Copper Fox Distillery, aptly situated on River Lane which backs to the briskly flowing Thornton River.

But just outside Sperryville, don't miss Roy's Orchard & Fruit Market, a wonderful, eclectic, one-of-a-kind country store. Just go six-tenths of a mile up the hill and head toward nostalgia. Roy and

Janet's remarkably responsible eleven-year-old grandson, Jacob Geer, will give you the full tour of the place – which includes a fridge-full of Grandma's home-made pies and cobblers! For the freshest nectarines, peaches, and berries in the summer and apples, cider, and pumpkins in the fall, this is definitely the place to be. You can even pick your own! Stock up on jams, jellies, and local honey galore. Just remember–bring cash! Roy and Janet must be proud and delighted that their capable young grandson can be trusted to follow in their footsteps–to bring the best of yesterday into tomorrow for us all. www.roysorchard.com, 64 Old Hollow Rd

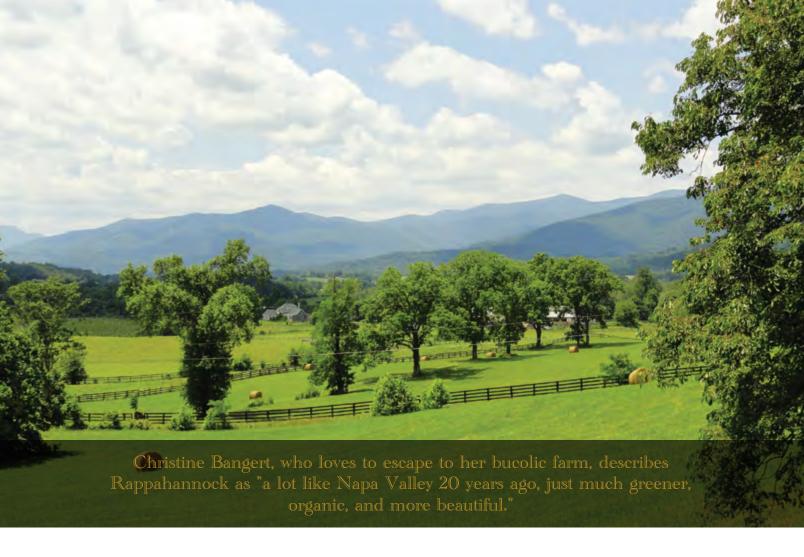
Griffin Tavern & Restaurant

Just two doors down is the butter-yellow painted, green-shuttered Griffin Tavern. Step onto the wraparound porch, where you can dine comfortably, even in the rain. Convivial owner Debbie Donehey has been welcoming and replenishing wandering wayfarers for the last 14 years. She aims to create community with events like the enjoyable and challenging trivia night on Thursdays. Sit back with a crisp Susquehanna Hefeweizen and try to topple the cerebrally commanding Poe Folks or Bricks in the Wall. www.griffintavern.com, 540.675.3227

Keep an eye peeled for when Hypnotic Willie, is playing in the pub with its unique mix of roots, Americana, soul, blues, funk, and classic rock. They play with a "gritty, honest, and intimate style that invites folks to join the party." Indeed, they rocked allipallooza 2016 as well, with Jeremy Shanahan of W.T. Woodson High School rockin' the cajon. They say Willie's hypnotic potion will cure whatever is ailing you. hypnoticwillie.bandpage.com

Head Chef Rachel Rowland was formerly sous-chef at the renowned Four & Twenty Blackbirds. She enthusiastically states, "I love my job, I love my boss, and I love this team that we have built. I'm over the rainbow," As it should be.

The cuisine is described as "pub fare with flair" – and it hits the mark. The menu reminds us, "Good food takes time and love." In keeping with the theme, the wifi password is goodfood. And good food it is.



Consistently "a tavern favorite" according to trusty bartender Eric, the smoked salmon potato skins of love consist of fried russet potato skins with cold-smoked, Ducktrap salmon, bacon, green goddess (tarragon, dill, parsley, garlic, mayo, lemon juice, and anchovies,) shaved red onion, capers, and love! DC visitor Tiffany Delisio noted, "Most people go for the rote, but these people went for the subtle one-off," referring to the light touch of tarragon.

British and American flags adorn the entrance to this rustically elegant 1843 country home. Hence, British offerings include shepherd's pie, bangers & mash, fish 'n' chips, and a Ploughman's platter, featuring a cleverly varied spread of Heritage Hollow Farm garlic bratwurst, Virginia Chutney Company's spicy plum chutney, and Welsh Red Dragon cheese, accompanied by a mixed green salad with balsamic vinaigrette and grilled bread.

One very popular selection is the grilled 16 oz. black angus ribeye. Rachel also brings in fresh fish from her favorite locals, including purveyor Captain Xan, "who is up in Alaska salmon-fishing right now."

A winner for dinner is the savory stuffed and grilled 12 oz. pork chop decadently topped with Rappahannock arboreal honey and mustard butter, served over lusciously flavorful mashed potatoes. It's okay to clean your plate–in fact, perhaps impossible not to.

After dessert of Mary Frances's apple crisp or Kahlua bread pudding, peruse the art gallery of nature photography throughout. The back hall is graced with intricate colored glass mosaics of the very cats currently waiting for their forever family. "You adopt a

cat, you get a plaque." What a cool and replicable concept – artistic synergy at its best.

The embroidered Griffin Tavern's motto inspired by the words of an Irish taxi driver, which graces the wall of the Griffin Tavern Pub, says it all. "We're not here for a long time, so we might as well be here for a good time." And at Griffin Tavern, a good time is sure to be had by all.

www.rappahannock.com



Flint Hill Public House

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BARREL & BUSHEL CROWLERS ARE ON TAP Come taste more than 25 exclusive seasona craft beers and pumpkin ales at Barrel & Bushel and take home some crowlers! At B&B Bushel and take home some crowlers! At B&B we can 'can' your favorite beers on tap! Proudly we can 'can' your favorite beers on tap! Proudly featuring Virginia brewers, including Hardywood, featuring Virginia brewers, For a limited time, Evolution, and AleWerks, For a limited beer! we'll be pouring the B&B signature beer! Barrel & Bushel 7901 Tysons One Place Tysons Corner, VA 22102 BY DANI J. KEAT If washing down the heat with a nice cold beer is at the top of your to-do list this fall, then get your calendar ready. Oktoberfest in the tristate area, which begins in mid-September and runs through October, is a great way to quench your thirst and please your palette. Enjoy authentic German food, beer, wine, and polka dance to traditional music by bands clad in Bavarian garb, or take an Oktoberfest fun run. Activities for kids, parades, and shopportunities make these celebrations a full blown family affair. Many of the local communities and businesses donate some or all of their proceeds to support local charities and other alcohol-free events. Some offer discounted admission for designated drivers. Here are a few of the area's most popular that put community first. Prost! October 8 DERPIN' IN DC VOL 4. CORGTOBERFEST Spend some time at a dog and family beet Spend some time at a dog and family beer garden to mingle with fellow corgi owners garden to mingle with fellow bay weekend and corgi lovers on Columbus Day weekend and corgi lovers on Eun activities include a from 3pm to 6pm. Fun activities, costume from 3pm to accept the contest and portrait booth. Tysons' Biergarten 8346 Leesburg Pike, Tysons, VA 22182 TYSONS * SEPTEMBER // OCTOBE VIVATYSONS.COM

Richmond, Virginia, Admission: Free

Friday - Sunday 15 - 17 September, 300 N. Sheppard Street

St. Benedict Parish has a strong German tradition and many of the charter members were German brewers. Steeped in tradition, parish members bring authentic food, music, beverages, and even their own Christkindlmart to the community. The three-day event has lots of activities for kids and parents alike, all for a good cause. Proceeds provide direct and indirect scholarships and financial aid to Saint Benedict Catholic School, Benedictine College Preparatory, and Saint Gertrude High School. For more information, visit stbenedictoktoberfest. com.

H STREET FESTIVAL

Saturday, 16 September, 12 - 7, H Street between 4th and 14th Streets. North East

losted by H Street Main Street, a nonprofit edicated to an H Street renaissance, the 11 lock H Street Festival is one of the largest eighborhood festivals in the District. Going on 12th year, the Festival celebrates H Street estaurants, shops, local artists and musicians ho come together for a day of entertainment nd fun. Organized by volunteers, this event enefits small businesses on H Street and as successfully reduced the vacancy rate H Street from 75% to 5%. Check out street.org or H Street Festival on Facebook for nore information.

BIERGARTEN HAUS

Washington, D.C.

Saturday 16 September, 12pm. **Kickoff, 1355 H Street North East**

Being at the Biergarten Haus during Oktoberfest is almost like being at Theresienwiese in Munich. For a taste of Bavaria on Capital Hill all year round, this is the place to go. Oktoberfest kicks off with a ceremonial keg tapping Munich style in conjunction with the H Street Festival. Biergarten Haus also hosts stein hoisting competitions, live German music and Oompah bands throughout the season, and its season finale on October 8th includes a pig roast. For more information, visit biergartenhaus.com.

SNALLYGASTERWashington, D.C., Admission: \$35 - \$60; Free for kids under 14

Saturday, 23 September, 1 - 6 pm. The Yards, 1300 First Street South East

Enjoy more than 350 of the globe's best craft beers at DC's largest beer fest including local debuts, autumn seasonals, cask ales, and barrel-aged brews. Local food trucks, live music, and games provide entertainment throughout the day. Proceeds benefit arcadia.org. For more information, visit snallygasterdc.com.

DAS BEST OKTOBERFEST

Baltimore, Maryland, Admission times and prices vary. Designated driver tickets available for a reduced price.

Saturday, 30 September, 12 am-6pm, 300 Waterfront Street, **National Harbor**

Beer, brats, and bands ... but first, run! Das Best kicks off with a 21 and over run-5K or a 1 Mile Beer Run, your choice—and plenty of liquid hops and barley to quench your thirst during and after. Live music, beer games, and competitions will make this a memorable event for years to come. Run registration (\$49) is open until Tuesday, September 12th, or until race capacity is met. A portion of the proceeds go to Sprit of Hope Chlidren's Foundation. For more information, visit dasbestoktoberfest.com.

FREDERICK'S OKTOBERFEST

Maryland, Online admission: \$8 adults (S19 with beer stein), \$5 children, 2 and under: free; Same day admission: \$10 adults, \$5 children, 2 and under: free

Saturday, 30 September, 11 a.m. 10 pm. Sunday, 1 October, 11 am - 6 pm.

Frederick Fairgrounds E-ventplex, 797 East Patrick Street

Partake in bratwurst, festive beers, wines, dancing, music, and events for kids, all in support of Frederick County charities. Spearheaded by the Rotary Club of Carroll Creek and the Rotary Club of Southern Frederick County, this cultural event helps raise thousands of dollars for area non-profits. For more information, visit frederickoktoberfest.org.

Sat., September 16

Join us as we turn the Market Square into an outdoor Biergarten! Enjoy a selection of the region's top IPA and Oktoberfest beers including the tapping of our Hitzig Frau Oktoberfest Lager, grilled fare, and live music at this family-friendly event! 12pm-6pm

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OKTOBERFEST VIENNA

Virginia, Admission: Free

Saturday, 7 October, 11 a.m. - 7 p.m., Historic Church Street between Center and Mill Streets

Vienna's free, family-friendly Oktoberfest features live entertainment on the town green, a beer and wine garden, plenty of food, a shopper's marketplace, and lots of children's activities. Presented by the Vienna Business Association, proceeds support First Night Vienna, an alcoholfree New Year's eve celebration. For more information, visit viennaoktoberfest.org.

BLUE RIDGE HIGHLANDS OKTOBERFEST & 5K TRAIL RACE AT SMITH MOUNTAIN LAKE

Hardy, Virginia, Race registration: \$25; \$15 for children 13 and under; Festival admission: \$10 (day of) \$5 (pre-ordered); Free for children 13 and under

Saturday, 14 October, 10:30 a.m., - 4 p.m., 84 Westlake Road

Kickoff your Oktoberfest with a 5K Trail Race at Westlake Towne Center. Afterward, enjoy some special Oktobertfest brews and brats from Sunken City Brewery. All proceeds benefit the Franklin County YMCA. For more information, visit smloktoberfest.com.

ALL YOU CARE TO TASTE

Baltimore, Maryland, Admission times and prices vary. Designated driver tickets available for a reduced price.

Saturday, 14 October, 12 - 6pm, M&T Bank Stadium Lots, 1101 Russell Street

Baltimore's All You Care to Taste event features more than 150 different international, domestic, and local beers, wines, and schnapps. Live music, games, and contests are ongoing throughout the day. This event does not cater to children, however a portion of the proceeds go to Sprit of Hope Chlidren's Foundation. For more information, visit dasbestoktoberfest.com.

RICHMOND OKTOBERFEST

Virginia; Admission \$15; \$12 65 & older; \$12 Active military, National Guard & Reserves; \$12 Advance purchase; Free admission for children 15 & under

Friday, 20 October, 6 - 11pm, Saturday, 21 October, 2 - 11pm, Old Dominion Hall, Richmond International Raceway, 600 E Laburnum Ave

Come out and celebrate Richmond's 49th annual Oktoberfest, Virginia's oldest, most authentic festival. Eat German food and drink a variety of German and domestic beers. Dance to polkas, waltzes, and American standards. Watch the Grand March and crowning of the Oktoberfest Queen. Plenty of live music, shopping opportunities, and children's activities including crafts, face painting, and games. The Deutscher Sports Club, a German-American social club, helps organize this event to help maintain German customs and traditions in the "new world." For more information, visit richmondoktoberfesting.

OKTOBERFEST AT LEWIS GINTER BOTANICAL GARDENS

Richmond, Virginia, Admission: \$13; \$11 for seniors 55 and up, \$8 for children 3 - 12; Free for members and children 2 and under.

Saturday, 28 October, 11am - 4 pm

What could be better than viewing the glorious fall colors in a botanical garden while eating local food and drinking beer from the Center of the Universe Brewery? Doing it all while supporting a local charity. Bring canned goods donations to help support FeedMore and you'll be doing more than feeding your Oktoberfest buzz. For more information, visit lewisginter.org.





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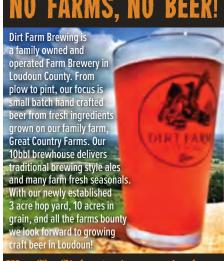




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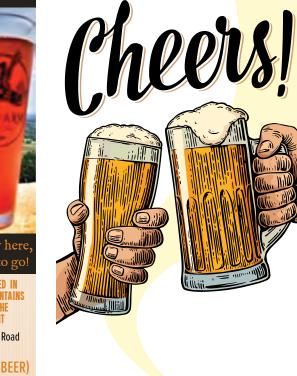


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Celebrate life with a taste of Virginia's dessert wines

hen you think of wine in Virginia, most people envision reds, whites or rosés. However, it's worth discovering the whole world of sweet or dessert wines that are becoming more and more popular in our Commonwealth.

Dessert wines are high-alcohol wines that feature concentrated flavors. In the United States, they are defined as any wine containing more than 14% alcohol by volume. Since they are sweeter than or similar in sweetness to the foods they are served with, they have been traditionally served with dessert. They are best served well chilled.

Made from either red or white grapes, they are so rich that you generally drink far less than a regular wine. You'll typically find dessert wines sold in smaller bottles (.375 ml) as opposed to regular wine bottle sizes.

In general, dessert wines are produced from extra sweet grapes with high levels of both sugar and alcohol through several methods of production. 1) Sugar can be added either before fermentation or afterwards (chaptalization), 2) alcohol such as brandy can be added before all the sugar is fermented (fortification), or 3) water can be removed to concentrate the sugar, as with ice wine.

There are five main types of dessert wines: sparkling, lightly sweet, richly sweet, sweet red and fortified.

Sparkling Dessert Wines

You may not automatically think of a sparkling wine as sweet. This is because the sensation of bubbles and the high acidity makes them taste less sweet. Words on the label that indicate a sweet sparkling wine include: Amabile (Italian; slightly sweet), Doux (French; sweet), Dolce/Dulce (Italian/Spanish; sweet), and Moelleux (French, sweet).

Lightly Sweet Dessert Wines

Refreshing and light, lightly sweet wines are best enjoyed when fresh. They feature fruity flavors and are wonderful complements to spicy Indian or Asian foods. Examples of these include a Gewürztraminer, riesling, or chenin Blanc.

Richly Sweet Dessert Wines

Made with high-quality, unfortified grapes, richly sweet wines can age more than 50 years while still preserving their fresh

flavor. They are generally categorized by how they are made:

■ LATE HARVEST

Late harvest wines are created from grapes that are left on the vine longer than usual. Similar to raisins, the grapes have naturally dehydrated while on the vine, thus allowing their sugars to become more concentrated. They are typically picked one to two months after the regular harvest.

Tarara Winery's Late Harvest Petit Manseng 2010 used the minimalist mentality to winemaking. Allowed to slowly ferment for 10 months in Virginia and Jupilles Oak, it naturally ended the way it stands, juicy and powerful with a great acidity.

■ Noble Rot

Noble rot wines utilize a spore called Botrytis cinerea—the same benevolent mold that rots fruits and vegetables—to add a unique after-flavor of honey and ginger to the wine. Wines made in this method include Sauternes, Barsac, Cadillac and Monbazillac.

STRAW MAT

With the straw mat method, grapes are laid out on a straw mat to dry or raisinate before being pressed into wine. Wines here include Italian Vin Santo and Passito, Greek Straw Wines, and German Strohwein.

King Family Vineyards' Loreley is prepared in the traditional late harvest straw mat style using 100% Petit Manseng. It offers delicate floral notes and flavors of baked apricot.

■ ICE WINE

Ice wine is rather rare, and can be expensive due to the fact that it only occurs in the rare years when the vineyard freezes. Then, the grapes must be harvested and pressed while still frozen (often in the middle of the night). They are more common in northern regions, like Canada, Germany, and Switzerland and offer a honey-like rich sweetness similar to Noble Rot wines.

Rockbridge Vineyard was the first winery in Virginia (1994) to use cryoconcentration to make dessert wine, using refrigeration technology to control fermentation temperatures. Their V D'Or ice wine was rated higher than a similar wine costing \$350 in a blind taste test.

Sweet Red Wines

Sweet red wines have fallen in popularity, but the late-harvest reds that survive in the U.S. are generally created using grapes such as zinfandel, malbec, mourvedre and petite syrah. Wines might include those from the Lambrusco region of Italy or Freisa, from the Piedmont region. Try pairing these with chocolate, plums, cherries, and berries.



Fortified Wines

Fortified wine is created by adding alcohol to still wine during fermentation in order to kill the yeast and halt fermentation. This leaves behind residual and unfermented sugar that creates a sweet wine with a higher alcohol content. Ports, sherries, muscats, and madeiras fall into this category.

Chocolate Wines

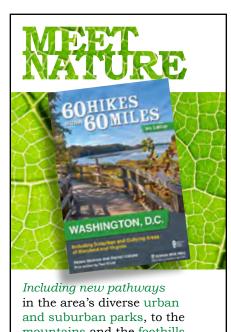
Chocolate wine can be either a red or white wine that is infused with chocolate flavors, using the wine as a base. Some are port-style, using a dark red wine. Others mix cream into the wine. The popular ChocoVine is a red wine made with dark chocolate and Dutch cream to create a flavor not unlike Baileys Irish Cream.

Horton's Rojo Xoco has become a favorite in the tasting room, and reminds one of a raspberry Tootsie Roll pop. It is made from 88% Touriga Nacional, 8% Syrah, and 4% Norton, with a small percentage of dark chocolate essence. Their Blanco Xoco is made using rkatsiteli and vidal blanc along with chocolate essence to invoke a chocolate covered cherry flavor.

There's no reason why you can't combine a chocolate wine with a fruit wine to get a whole new taste sensation. Try combining Horton's Rojo Xoco chocolate wine with Mattaponi Winery's Odeimin (strawberry) wine to invoke the flavors of a chocolate covered cherry. Mattaponi also offers its own chocolate-covered-strawberry wine called Pow Wow.

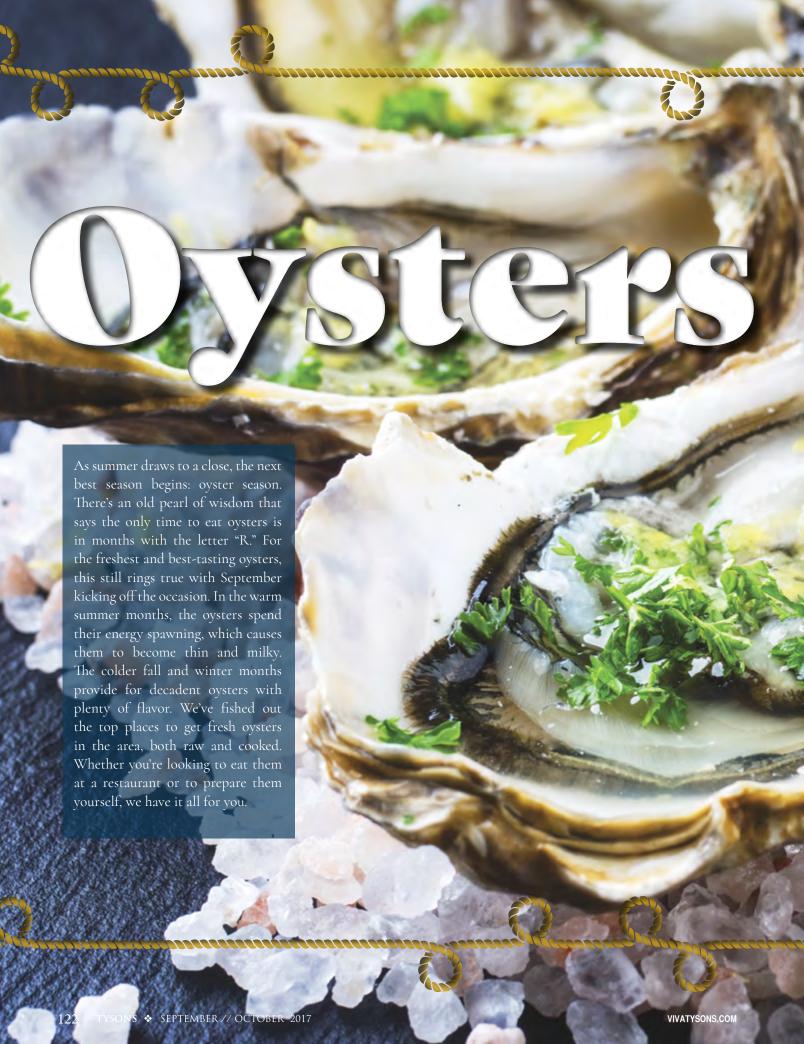
As the name suggests, dessert wines are best served with dessert, or simply as a sweet reward. Pair the wine with a food with similar sweetness, with a fruit dessert, or nuts that complement any fruit-forward flavors. ❖

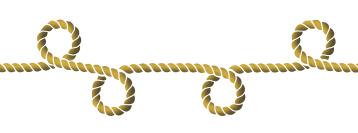
AUTHOR: When wine editor Linda Barrett isn't lifting a glass, she's running All the Buzz, a professional copywriting firm for websites, blogs, public relations and social media, www.allthebuzz.net.



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It may be hard to imagine but in the late 1800's through the turn of the century, oyster beds were so abundant in the Chesapeake Bay that they were known to pose as navigational hazards for ships sailing the bay. During this time, the nation's capital was home to many saloons serving this local delicacy along with a tasty beverage or two. Chesapeake Bay oysters also developed a cult following nationwide.

Through overharvesting, pollution, and disease, the local population of oysters dwindled to 1% of its peak historical population. Food safety became a concern with articles appearing about people getting sick or worse from eating oysters, regardless of where they came from. In 1992, we made the decision to remove them from our menu at the Old Ebbitt Grill much to the dismay of our customers.

In the early 1990's, people were leasing water rights from the various New England states and Canadian Maritimes to use for growing oysters. This form of aquaculture was known as "oyster farming." This was a relatively new, expensive and risky proposition. We were introduced to several of these growers, including one from Virginia named RG Parks. RG grew oysters in Kegotank Bay on the seaside of Virginia's eastern shore. After a visit with RG, we were smitten with his oysters and began the process of reintroducing oysters to our menu.

Thanks to these early pioneers and a resurgence of quality half-shell oysters, we then felt comfortable serving oysters on the half shell to our customers. In 1994 we reopened the oyster bar at the Old Ebbitt Grill with strict standards such as laboratory testing oysters before they were allowed to be served to our customers. This pledge to provide the best oyster program gave birth to our "Oyster Eater's Bill of Rights." It has proved wildly successful and is now the oyster bar that all others are judged against. We have since expanded this program to several of our other locations (Clyde's Tower Oaks Lodge, Clyde's at Mark Center and Clyde's of Gallery Place).

The great news locally is that the Chesapeake Bay has seen a dramatic increase in oyster farming, providing a year round, quality supply of local oysters. This increase along with the wonderful efforts of the Chesapeake Bay Foundation, Oyster Recovery Partnership, Horn Point Research Laboratory, and the Army Corp of Engineers are shaping the bay's future.

Oysters are a cornerstone species in the Chesapeake Bay ecosystem. Oysters feed by filtering the water in which they live. A single oyster can filter anywhere from 50 - 70 gallons of water per day! The more oysters, both wild and farm-raised that are in the bay, the more water they filter, the cleaner the water will become. This allows sunlight to penetrate in up to 10 feet of water and grasses to grow. Sunlight spurs the germination of the bay's aquatic grasses (submerged aquatic vegetation or SAV). SAV provides escape cover for juvenile crabs and fish, puts oxygen in the water through photosynthesis, and calms the wave action, preventing shoreline erosion. So in a nutshell, oysters benefit every living organism in the bay ecosystem and are almost single handedly saving the Chesapeake Bay!

Bart Farrell

Director of Food and Beverage Clyde's Restaurant Group



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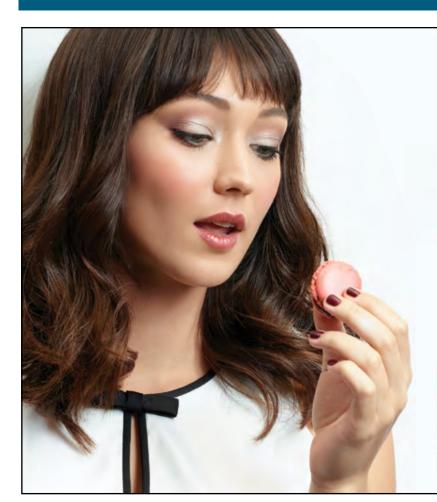


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125

Jewels of the Sea: Oysters on the Menu

By Renee Sklarew

If you think that oysters are only available in months with an "R" in their name, then I've got some news for you. While I was holding onto this lore, the world of oysters changed a lot. Today, oysters are being harvested and enjoyed by local diners nearly every month of the year. That's because of an active farming effort that cultivates these beautiful bivalves year-round right here in the great state of Virginia.

"The demand for oysters has gone up," says Bryan Crosswhite of French Quarter Brasserie. "It used to be we only had them during their season, but now you can get fresh oysters year round." Crosswhite is sourcing his oysters from the Chesapeake Bay. "That's what has changed. Companies out of Reedville, Virginia and Tangier Island are notably increasing production and supplying superb oysters to French Quarter Brasserie. For years these companies were fishing and crabbing, but now they've launched into oyster farming.

126





During the 20th century, oysters suffered from polluted water and waterfront development, but efforts to clean up the Bay has helped to restore Virginia's seafood business. Now, Virginia's tourism bureau says Virginia is "The Oyster Capital of the East Coast," because Chesapeake Bay oysters have near perfect growing conditions—salty Atlantic Ocean water mixed with freshwater rivers like the Rappahanock. Along with low population in some regions, Virginia oysters can grow uninhibited.

Another change: the oyster farmers aren't gathering them from the bottom anymore. "They insert seed oysters in a mesh cage, and then float the cages on the surface of the bay," explains Crosswhite. This changes oysters from a bottom feeder to creatures that are easy to pluck from the sea. They're still providing the same service while floating—removing nitrogen and carbon improving water clarity and quality, but now they're in a protected environment in a process called upwelling.

Bryan and many other restauranteurs are making oysters the star of their menus, and the demand continues to increase for fresh oysters all over the District of Columbia, Maryland, and Virginia (DMV). Thanks to a growing passion for oysters that are fried, fresh, and broiled, the Virginia Oyster Trail was developed by Virginia Tourism. There are eight regions that comprise the Trail. These stretch from the Lower Chesapeake Bay near Virginia Beach and north to Chincoteague Island. In between are hatheries in Cape Charles, Hayes, and Wicimico. A great resource for learning about local oysters is on the Virginia Oyster Trail website. It explains the new technologies used to farm oysters, describes the different types of oysters, and offers tourists the opportunity to visit the watermen in their native habitat.



The traditional waterman culture has existed in our region since the first settlers arrived from England. As independent fishermen, they operate their own boats and sell their catch to wholesale seafood houses. While these watermen have been fishing and crabbing for centuries, today, some are turning to the cultivation and harvesting of oysters too.

Local oysters taste different depending on where they're harvested, but they have one thing in common, they are all the same species. The Crassostrea Virginica are the species of oyster found in the Mid-Atlantic, but there are eight different coastal habitats that impact the taste, texture, and appearance of the oysters on the Virginia Easterm Shore. Some are salty, some are especially creamy, and others are described as sweet. You can taste these differences when you eat oysters raw served with vinegar, lemon juice, or cocktail sauce. They're also steamed, grilled, and many people love them fried like an



oyster Po'Boy sandwich. Founding Farmers is a great place to eat oysters. The Tysons restaurant serves them four ways—raw; as oyster shooters in a glass with alcohol partners like vodka, gin, and tequila; baked with toppings like garlic romano and tomato relish; and fried with corn and avocado.

At Brine in the Mosaic District, oysters live in a showcase full of ice. ❖

VivaTysons' Guide to Local Middle Eastern Restaurants and Their Unique Cuisines

By Renee Sklarew

iddle Eastern cuisine shares a common culinary pool; a heritage influenced by tradition, migration, and natural resources. Some countries are rich in fertile farmland, while others are surrounded by desert, while others harvest ingredients from the sea. It's easy to lump Middle Eastern restaurants into one category, but there are subtle nuances based on the countries of origin. Look a little closer, and you'll see how cooking in Lebanon differs greatly from Saudi Arabia. Whether it's in the preparation, how food is served, or in the spices they use, these six local restaurants serve distinctive dishes inspired by their homeland.

Thanks to a diverse population of expats living in Northern Virginia, there continues to be a strong demand for a taste of home, and our global restaurateurs are meeting that demand, while at the same time, introducing combinations we haven't seen before. These restaurants showcase family recipes and their servers graciously counsel diners unfamiliar with their menus. To find Middle Eastern ingredients to prepare in your own home, visit Al Nakheel Lebanese Café & Market; the market sells freshly prepared salads and baked goods, along with pantry staples.



Zamarod—Fine Afghan fare in Great Falls

Farmers in Afghanistan grow a wide variety of produce, so Afghans frequently feature vegetables as an entrée. Two particularly memorable vegetarian dishes at Zamarod are borani banjan, eggplant and tomato casserole, and aushack, scallion-filled dumplings layered with tomato sauce. Both are brightened with tart yogurt, a swirl of sesame oil, and crowned with sprigs of fresh mint. The lamb chops and salmon are also divine. Diners tend to linger here, enjoying steaming cups of cardamom tea and homemade rose water ice cream. 10123 Colvin Run, Great Falls; zamarodafghancuisine.com



Lebanese Taverna-

Middle Eastern Goes Mainstream

What started as a small sub shop in Arlington has blossomed into a popular chain. Lebanese Taverna continues to be a hometown favorite, where many locals have tried their first Middle Eastern dishes. The restaurants and markets continue to serve established favorites alongside new dishes like roasted beet and watermelon feta salads. The bottomless hummus at happy hour is a great deal, and everyone loves the shawarma flatbread sandwiches. For something special, try the slow cooked lamb stew with artichokes. Lebanese Taverna even offers cooking classes. 1840 International Drive, McLean; lebanesetaverna.com



Phoenicia—Lebanese Made with Love

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 bread, hummus, lentil soup, meat pastries called sambousek, and stuffed grape leaves. Vegetarians will love the lemony pumpkin kibbeh stuffed with pine nuts and Swiss chard, kibbet batata with mashed potatoes and crispy onion, and aranbet, a combination of cauliflower, pine nuts, and chickpeas with a tangy pomegranate molasses sauce. Phoenicia also features a fusion meat tartar bar. 2236 Gallows Road, Vienna; Phoenciaresto.com



Levant—Levant is Arabic for 'the East'

Levant was opened by millennials who wanted an upscale place for dining, elegant coffee bar, and a lounge area where guests can enjoy hookah. Levant features a savory dish called sajiyah. To make sajiyah, thinly rolledout dough is placed on top of an upside down wok. It's baked on one side, then flipped to cook the other side, creating a satin-like flatbread. Next, meat and vegetables are placed on top of the flatbread, and the meat is covered with more flatbread like a blanket to keep it warm. The exotic dish is served in a silver saj. Choose from filet mignon, chicken, shrimp or lamb sausages, all with caramelized onions, pine nuts and a generous portion of saffron rice. Groups should share the aromatic, flavorful mezza platter. 8411 Old Courthouse Road, Vienna; levantva.com



Shamshiry—Authentic Persian cooking

Some claim Iranian food is the "Mother cuisine." It provided a foundation of flavors and cooking techniques that influenced developing cultures along the Silk Road. Beginning with Cyrus the Great in 6th Century B.C., Persian perfumed stews, roasted meat, and fruit-infused rice spread to the Far East and North Africa. Although Persian cuisine has evolved over time, basmati rice continues to hold a place of honor on virtually every plate. Shamshiry's rice dishes are superlative, but their perfectly char-grilled kebabs are not to be missed. 8607 Westwood Center, Vienna; shamshiry.com



Aldeerah—A Saudi Arabian feast in Vienna

The first Saudi Arabian restaurant in the Mid-Atlantic highlights standard Bedouin cuisine; food prized by migrant shepherds living in the hot Saudi desert. Saudi staple jireesh is made from cracked wheat infused with buttermilk and yogurt, then garnished with caramelized onions. In both appearance and texture, jireesh resembles American grits. Qursan, another essential in the Bedouin diet, consists of whole wheat bread simmered in a savory broth topped with carrots, tomatoes and squash. These dishes were designed to transport easily. Aldeerah offers service in their culture's customary ways—on the floor, without utensils, from a communal platter. 262 Cedar Lane SE, Vienna; aldeerah.us



Raouche Lebanese

Since 2007, this family-owned cafe has served authentic Lebanese homestyle cooking in a casual setting. Locals say that it's some of the best Arabic food in the entire region. Whether you eat-in or take-out one of their generous platters, Raouche is an affordable, convenient way to sample a variety of Lebanese favorites like their hearty kousa, stuffed zucchini with ground beef. Every day, Raouche rotates their "Mom's Special," like Malfouf, cabbage leaves stuffed with ground beef and rice, seasoned with mint and garlic; or their fasolia, tender white beans and ground beef in tomato sauce seasoned with cilantro and coriander with fluffy white rice. The restaurant also imports traditional Lebanese treats and pastries for holidays. Raouchecafe.com; 703-205-9099.

Mona's Lebanese Cafe

You'll be surprised when you arrive at Mona's Lebanese Cafe; it's located inside a historic 1860's home in Sterling. This family-operated antique store now contains a small restaurant with patio seating in good weather. Here, Mona prepares her traditional Lebanese dishes including a variety of kabobs and dips for the cafe and her busy catering business. The Cafe operates with limited hours, no service Monday and Tuesday, and mostly functions as a unique lunch destination. If you're looking for something out of the ordinary, and enjoy the combination of shopping for treasures while enjoying home-cooked Middle Eastern, Mona's should be on your list. Monaslebanesecafe.com; 703-915-0475.

Neyla Mediterranean Bistro

Neyla recently moved from its longtime home in Georgetown to Reston Town Center where it stands out among the many chain restaurants for its local ownership and fusion cuisine. The new Neyla's has a sleek, elegant design and takes a contemporary approach to traditional Eastern Mediterranean food. With an emphasis on modernizing Middle Eastern dishes and custom cocktails, Neyla is an ideal place for date night or a gathering of friends. Mezza Hour is a ideal time to taste a variety of dishes; as their mini-flat breads and small plates are only \$4 and cocktails are \$6. Don't miss the Kebab Lettuce Cups or the Lamb Shoulder Sliders with Harissa. Other standouts include the pureed beets, a seasonal treat, and lamb chops. Neyla.com; 703-318-8920.

Me Jana Restaurant

Me Jana strives to live up to its name: "Welcome." The owners of Arlington's fine-dining restaurant recognized some guests were seeking a memorable dining experience, so they created a tasting menu called the Lebanese Journey. It offers groups of four diners or more the opportunity to sample appetizers, entrees and desserts. Me Jana focuses its menu on both traditional Middle Eastern cuisine along with menu items you rarely see; they serve a variety of seafood dishes such as smelt, anchovies, calamari and scallops, all prepared with Middle Eastern spices. They also have several gluten free and sausage dishes, Makanak and Sujoc, some arriving in sizzling cast iron skillets to their preserve warmth and flavor. Diners appreciate the sophisticated decor and outdoor seating. Me-jana. com; 703-465-4440.



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6748 Old McLean Village Drive, McLean, VA 22101

BUSINESS WOMEN'S GIVING CIRCLE

at the Community Foundation for Northern Virginia

The Business Women's Giving Circle brings together successful women who want to have an impact on the women and girls in their community. Launched in 2014 by the Community Foundation for Northern Virginia, the Business Women's Giving Circle supports programs and organizations that promote innovation, entrepreneurship, leadership and inventive opportunities for girls and young women.

Education Event: Success Through Effective Communication

Understanding Your Personal Communications Style

Krista Woods, GloveStix and Personality Motivators

September 6, 2017 | 5:30-7:30 pm

For details and registration visit:

www.cfnova.org/our-programs/business-women-s-giving-circle



Pazzo Pomodoro



Choice Award, "Pazzo
Pomodoro continues to
win the hearts of the
local diners with its warm
family-style service."

• Ior Late Night • Dining • in Vienna

n the menu, expect to find mouthwatering appetizers and entrees-"The Crazy Tomato" is the place for amazing pizza and delicate dishes. Gamberoni al Salmoriglio, Trota di Fiume (Rainbow Trout topped with shrimp and lobster sauce) and desserts to die for. Always great food and great fun.

www.pazzopomodoro.com

118 Branch Road SE, Vienna, VA 22180 703-281-7777 19825 Belmont Chase Drive, Ashburn, VA 20147 703-858-5555



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

Falls Church | American | \$\$\$

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

2941 Fairview Park Dr. | 703.270.1500 | www.2941.com

ANTHONY'S RESTAURANT

Falls Church | Italian | \$\$

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

3000 Annandale Road | 703.532.0100 www.anthonysrestaurantya.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, and Southwest Asian cuisine and accompanying services.

6654 Arlington Boulevard | 703.532.4100 www.bentleysfallschurch.com

CELEBRITY DELLY

Falls Church | American | \$

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

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, 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 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 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. Dandan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu.

6387 Leesburg Pike | 703.532.0940 www.hongkongpalacedelivery.com

IDYLWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

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

2190 Pimmit Dr, Unit B | 703.992.0915 www.idylwoodgrill.com

IRELAND'S FOUR PROVINCES

Falls Church | Irish | \$\$

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

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

JV'S RESTAURANT

Falls Church | American | \$\$

Local institution JV's has been around for 60 years. JV's is the place to be for live music, homemade chili, and cold beer. 6666 Arlington Blvd. | 703.241.9504 www.jvsrestaurant.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. Locker Room also has pool tables and darts! 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 Englishstyle 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, housebrewed 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 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

PANJSHIR RESTAURANT

Falls Church | Afghan | \$\$

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

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

PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on 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 www.pizzeriaorso.com

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 | 703.992.0077 www.saffronfc.com

SAIGON CAFÉ

Falls Church | Vietnamese | \$

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

6286-B Arlington Blvd. | 703.237.1899 www.saiqoncafe-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

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," the 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

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

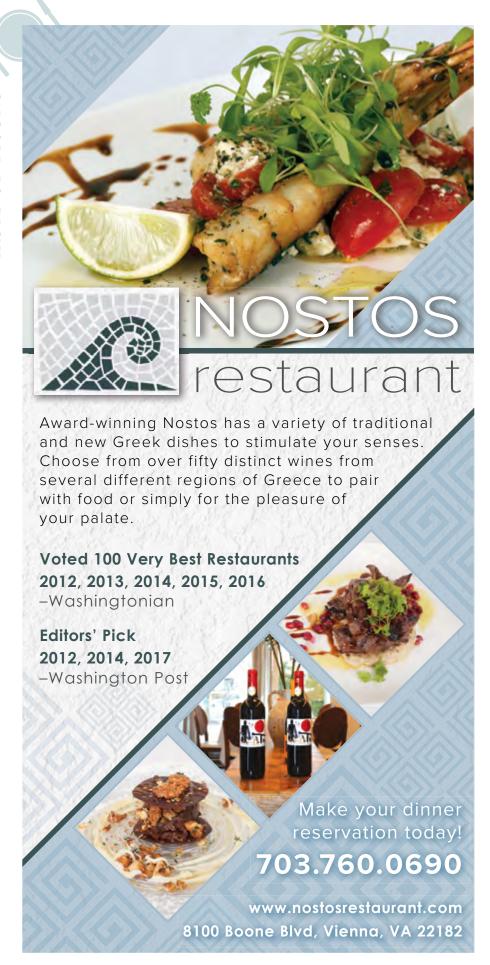
DANTE RISTORANTE

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 CHEZ FRANÇOIS

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

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.

BARREL AND BUSHEL

McLean | American | \$\$

www.assaggiosteria.com

This contemporary American-style restaurant and bar is located on the Plaza level of Hyatt Regency Tysons Corner Center. Barrel and Bushel 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, 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

CAFÉ DELUXE

McLean | American | \$\$

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

1800 International Drive West | 703.761.0600 www.cafedeluxe.com

CAFÉ OGGI

McLean | Italian | \$\$\$

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

6671 Old Dominion Dr | 703.442.7360 www.cafeoggi.com

CAFÉ TATTI FRENCH BISTRO

McLean | French | \$\$

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

CAPRI

McLean | Italian | \$\$

Chef Beatrice Zelaya serves classic Italian dishes just like Nonna used to make. This family-friendly restaurant offers a cozy dining atmosphere. Sip on a glass of red or white wine as you enjoy insalata caprese, gnocchi, or vitello alla parmagiana.

6825-K Redmond Dr. | 703.288.4601

www.caprimcleanva.com

EDDIE V'S PRIME SEAFOOD

McLean | American | \$\$\$

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

7900 Tysons One Place | 703.442.4523 www.eddiev.com

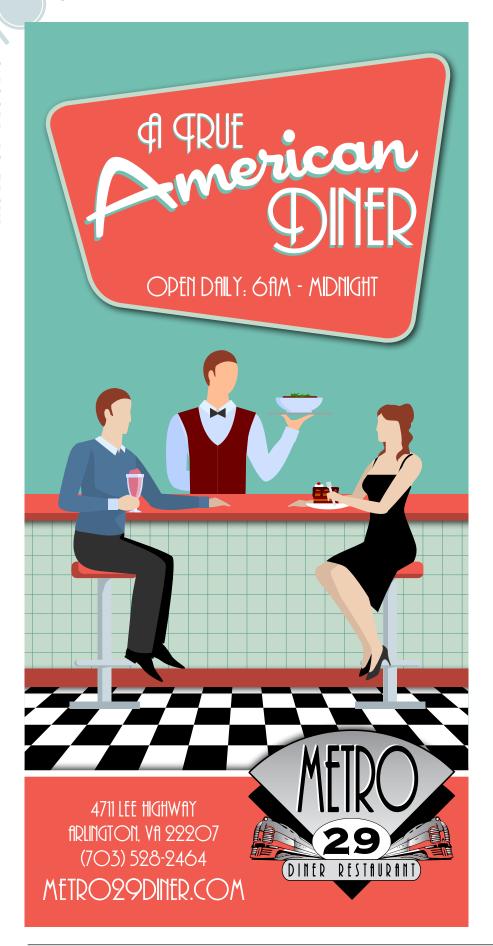
EL TIO

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

JOE'S SIMPLY AMAZING BURGERS

McLean | American | \$\$

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

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

LA SANDIA

McLean | Mexican | \$\$

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

LEBANESE TAVERNA

McLean | Lebanese | \$\$

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

1840 International Dr. | 703.847.5244 www.lebanesetaverna.com

MOBY DICK HOUSE OF KABOB McLean | Persian | \$

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

1500 Cornerside Blvd | 703.992.7500 mobysonline.com

O'MALLEY'S PUB

McLean | Irish | \$\$

O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs and grab a beer with your friends. Diners can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos.

1960 Chain Bridge Rd. | 703.893.2100 www.omalleyspub.com/tysons

PAUL BAKERY TYSONS GALLERIA

McLean | French | \$

PAUL Bakery brings a taste of France to Tysons Galleria. This upscale bakery offers French breads, sandwiches, pastries, and of course, tea and coffee.

2001 International Dr. 1856G | 571.447.5600 www.paul-usa.com

PULCINELLA

McLean | Italian | \$

At "The Italian Host," dining is more than great food. You can feel the true spirit of Pulcinella, the lovable character with a zest for life. In the southern Italian tradition of family dining, we celebrate every meal with music and laughter.

6852 Old Dominion Drive | 703.893.7777 www.pulcinellarestaurant.com

ROCCO'S ITALIAN RESTAURANT

McLean | Italian | \$\$

An institution in McLean, family owned and operated, Rocco's has been serving up Italian delights and the area's best pizza for over 30 years. From fried calamari to genuine "brick-oven pizza", you can find your favorites at Rocco's. Open for lunch and dinner seven days a week. Catering too! 1357 Chain Bridge Road, Suite A | 703.821.3736 www.roccositalian.com

SEASONS 52

McLean | American | \$\$

Seasons 52 gives diners a fresh dining experience using natural cooking techniques to let the flavors shine. With all of their menu items being under 475 calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners.

7863L Tysons Corner, McLean | 703.288.3852 www.seasons52.com

SILVER DINER

McLean | American | \$

This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. 8101 Fletcher St. | 703.821.5666 www.silverdiner.com/restaurants/tysons

STAR NUT GOURMET

McLean | American | \$

The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given them a very special reputation. Their comfortable café exudes old world

charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee.

1445 Laughlin Ave | 703.749.9090 www.starnutgourmet.com

THE CAPITAL GRILLE

McLean | American | \$\$\$

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's signature cheeseburger with 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, motorcycles, and Americana. A relaxed atmosphere with live music and an extensive beer list awaits you.

8100 Lee Highway #300 | 571.395.4400 openroadmerrifield.com

PASSION FIN ASIAN BISTRO & SUSHI BAR

Merrifield | Asian | \$\$

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

RAOUCHE CAFE

Merrifield | Middle Eastern | \$\$

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

2839 Gallows Road | 703.205.9099 www.raouchecafe.com

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. Chef Geoff's also offers a Sunday brunch and kids' 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.

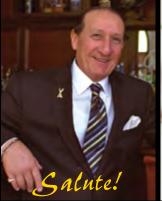
262 D Cedar Lane | 703.698.8010 neighborsrestaurantva.com

Ristorante Bonaroti













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



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

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. 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-fromscratch 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

PEKING EXPRESS OF VIENNA

Vienna | Chinese | \$

144

Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg rolls 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. 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,

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 NYstyle 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, and 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



FIND OUT MORE ABOUT

Proactive Dentistry



by Brian Van Slooten, DMDDENTAL HEALTH CENTER OF NORTHERN VIRGINIA

Dr. Van Slooten received his DMD degree from the University of Medicine and Dentistry of New Jersey, where he obtained honors in Prosthodontics and finished third in the class his final year. He then completed a General Practice Residency at Albert Einstein Medical Center in Philadelphia, receiving advanced training in; periodontal, pediatric, implant, and cosmetic dentistry. Exhibiting the qualities of a lifelong learner, Dr. Van Slooten has earned over 500 hours of continuing education.

Dr. Van Slooten has participated in several mission trips to underprivileged areas in Teec Nos Pos, AZ, John's Island, SC, the Australian Outback, and most recently Kingston, Jamaica. Recently Dr. Van Slooten participated in ABC's '7 On Your Side- Ask The Dentist' event. Additionally, he assists the Northern Virginia Dental Society's Community Outreach Committee, and is partnered with the Medical Care for Children Partnership (MCCP) by providing services to children in his Falls Church office who otherwise would not have access to dental care.



MICROSCOPIC HEALTH SCREENINGS, CAVITY RISK ASSESSMENT DETECTION, OBSTRUCTIVE SLEEP APNEA, 3D IMAGING, GENERAL DENTISTRY, IMPLANT DENTISTRY, COSMETIC DENTISTRY, PEDIATRIC DENTISTRY, MASSAGE CHAIRS, NOISE CANCELLATION HEADPHONES, MUSIC, NETFLIX, PROACTIVE DENTISTRY, BPA- STAIN FREE FILLINGS



444 W. Broad Street, Suite D Falls Church, VA 22046



703.462.8800 www.dhcnova.com

What is Proactive Dentistry?

Proactive Dentistry is taking additional steps beyond simple preventative measures like brushing, flossing, fluoride, and sealants. By combining old school "An ounce of prevention is worth a pound of cure" philosophy with state-of-the-art diagnostic tools Dr. Van Slooten can identify your current risk levels for cavities, gum disease, sleep apnea, and TMJ dysfunction. Proactive measures can then be taken to lower these risk levels so cavities and gum disease are things you will not need to worry about.

What are Proactive Dentistry Services?

The Dental Health Center of Northern Virginia invested in cutting edge technology to provide the highest quality of dental health services available. Bacteriological screenings can detect the volume of cavity causing bacteria that exist in your oral microbiome. This provides invaluable information to help design specific prevention programs customized just for you. Have you ever wondered why you keep getting cavities even after brushing twice a day and flossing? "The problem may not be your habits at all! Patients who have a high volume of cavity causing bacteria have a higher risk factor which requires a different prevention program. It could be diet, bacterial load, PH imbalance, hygiene, salivary flow, or other factors, but in every case there is a reason why you get cavities that goes well beyond simply brushing and flossing and there are easy steps that can be taken to negate those risks."

How Expensive are Proactive Dentistry Services?

"I have made sure that the best technology and services are available at the Dental Health Center of Northern Virginia. Our Caries Risk Detection, Microscopic Health Screenings, and 3D TMJ/Sleep Apnea imaging are all done at no cost to you. The problem is that our services and technology are well ahead of what insurance companies are even aware of and therefore are not covered and typically not offered anywhere else. It is my belief that insurance companies should not prevent you from obtaining the highest quality of care and no patient should ever be charged for being proactive about their health."



SUNRISE ORTHODONTICS LOOKS BEYOND YOUR SMILE!

We focus on your child's AIRWAY!



by Dr. Liliana Calkins SUNRISE ORTHODONTICS

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. As an internationally trained orthodontist, she holds two degrees in dentistry and orthodontics. Dr. Calkins is a continuous student, and has access to the best training centers in her specialty, such as the elite Dawson Academy and The Piper Research and Education Center. Dr. Calkins successfully combines the latest technology in her field with her education to better serve the oral health needs of her patients.



ORTHODONTICS FOR ADULTS, TEENS AND CHILDREN, TMJ DIAGNOSIS AND TREATMENT, SLEEP DENTAL MEDICINE, JAW SURGERY, OROFACIAL MYOFUNCTIONAL THERAPY



11490 Commerce Park Drive, Suite 430, Reston, VA 20191



703.476.3969 www.sunrise-orthodontics.com

Why focus on your child's airway?

Sleep pediatric medicine has a strong association with early intervention in orthodontics through growth and development modification of the craniofacial structures, known as dentofacial orthopedics. The face of your child and the way it grows; is highly correlated to the capacity to breath properly.

The upper airway of your child, needs to be screened. At Sunrise Orthodontics, early airway intervention program, our systems are designed to allow the growth of the upper (maxilla) and lower (mandible) jaw when they present with disproportions.

Why start so early?

The Journal of Otolaryngology, lately reported that children with sleep disordered breathing symptoms and jaw disproportions, when evaluated by an interdisciplinary airway team, that includes the Specialty of Orthodontics and Dentofacial Orthopedics, at early ages such as three years old, can show airway improvement when early modifications in the maxilla and mandible are implemented by treatment.

With the use of modern technology at Sunrise Orthodontics, Dr. Calkins can find anatomical anomalies that could lead to upper airway and craniofacial disproportions. We are able to measure anatomic airway changes with the intervention of dentofacial orthopedics, the pediatric population can benefit significantly from this early intervention approach.

Why choose Sunrise Orthodontics

Sunrise Orthodontics is the only fully-trained team in early intervention with the use of myofunctional therapy and dentofacial orthopedics capable of assisting your child. If your kid has snoring, mouth breathing, bedwetting, night terrors and manifestations of ADD or ADHD that affect their behavior and capacity to learn and integrate, please reach Dr. Calkins. Our health integrated services, go beyond the smile of your child!



THE QUALITIES OF A SURGEON:

What is Important?



*by Dr. Csaba L. Magassy, MD, FACS*PLASTIC SURGERY ASSOCIATES, PC

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. When you want nothing less than excellence, experience matters the most



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How are Scars Treated?

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What Should One Seek in a Doctor?

In choosing your plastic surgeon, it is important to know that all "certification" credentials are not equal. It is theoretically possible for any doctor-including one with virtually no surgical experience—to obtain a "board certification" in cosmetic surgery in a short period of time. By contrast, certification by the American Board of Plastic Surgery requires a physician to complete residencies in both general and plastic surgery, practice plastic surgery for at least two years, pass exhaustive written and oral examinations, and adhere to a strict code of ethics. In fact, ABPS is the only certifying board of plastic surgery recognized by the American Board of Medical Specialties, the organization supported by the American Medical Association to certify specialists. ABPS certification is a credential with meaning. Dr. Magassy is one of 48 plastic surgeons in the United States that is certified by The American Board of Plastic Surgery and The American Board of Surgery.

How do You Reduce Wrinkles?

BOTOX® Cosmetic works by weakening the muscles that surround wrinkles so that the muscles relax and the overlying skin flattens. Unlike injectable fillers such as collagen and fat transfers that fill in wrinkles or depressions, BOTOX® Cosmetic physically weakens the muscles so that the facial skin is smoothed, relaxed, and natural looking.



ADVANTAGES OF AFSTHETIC MEDICINE:

Choose to age beautifully.



*by Dr. Dennis Faludi, M.D., FABOS*AFSTHETIC MEDICAL CENTER

Dr. Dennis Faludi has decades of experience in reconstructive and microsurgery, with additional training in advanced facial aesthetic procedures. Dr. Faludi's expertise in the delicate techniques required for working with small vessels, nerves, soft tissue, and bone flow naturally into aesthetic medicine. He now uses his surgical skills to perform minimally invasive cosmetic treatments, including injectable neuromodulators, dermal fillers, and laser therapy for a variety of skin and vascular conditions over the face, hands, and body. To ensure the highest quality of care, he will work personally with you from your initial consultation through your treatments and follow-up visits.



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What is Aesthetic Medicine?

As social beings, our feelings about our own appearance affect our self-esteem, confidence, energy, and overall health. Cosmetic medical treatments offer a wide range of options for people who want to look and feel better; however, those treatments have traditionally involved invasive surgical procedures.

Over the past 20-30 years, an increasing number of medical techniques and technologies have emerged that focus on minimally invasive and non-surgical cosmetic procedures, which can usually be completed in an office visit. Collectively, these have become known as "Aesthetic Medicine".

What can I expect at the Aesthetic Medical Center?

At the Aesthetic Medical Center, providing you with the highest quality of care is the heart of our practice. Your first appointment is a complimentary consultation with Dr. Faludi, who will also perform your treatments. We want you to look and feel your best, and our first priority is your comfort and satisfaction we treat you like family.

Do Injections Hurt?

Dr. Faludi is concerned about a patient's comfort during any procedure; he takes great care to ensure that the treatment experience is as relaxing and pain-free as possible. The discomfort associated with Botox injections is minimal, particularly because of the tiny needles he uses for the procedure. Patients often describe a sensation that feels like the snapping of a rubber band or a mosquito bite.

There is also minimal discomfort associated with Dr. Faludi's dermal filler injections. His advanced micro-cannula techniques allow for gentle, precise injections, and all of the dermal fillers he uses are prepared with lidocaine (a numbing agent). Dr. Faludi provides additional topical and local anesthesia to meet individual needs.



SMILE MAKEOVERS:

What sets your office apart?



by Dr. Geith James Kallas, DDS DR. KALLAS DENTAL CENTER

Dr. Kallas realized early in his career that the techniques and materials used in cosmetic dentistry could also be applied in general dentistry, for longer lasting, and more attractive results. He has been a leader in modern dentistry for over 25 years. Dr. Kallas is distinguished in the U.S. and internationally for excellence in dentistry ad for his contributions to his community.

At Dr. Kallas Dental Center, Your Smile is Our Passion.

When you visit our offices, you will experience a comprehensive diagnostic approach. It is our priority to improve the health of your teeth and gums. Our three offices are equipped to provide results-driven treatment, meeting the expectations of both the patient and doctor.

Many aspects set apart Dr. Kallas Dental Center.

- · Innovative technology
- Team of experienced doctors
- Friendly and attentive staff
- Insurance welcomed
- Three convenient locations
- Appointments from 7am 7pm!
- Emergency and same day services
- Dentistry for the entire family (pediatric to seniors)
- Specialists for all your dental needs

Why choose Dr. Kallas Dental Center?

We strive to provide our community with the best dental care possible — all with genuine enthusiasm, great compassion, warmth, and a commitment to quality. It is our goal to maintain a caring environment that is respectful and gracious to all. Our entire team is dedicated to delivering outstanding dental care while making each patient as comfortable as possible



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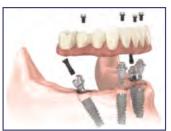


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NEW TEETH THAT LOOK AND FEEL BETTER THAN EVER, NEVER DECAY, AND CAN LAST A LIFETIME!

"All Teeth on 4 Implants"



by Dr. Rodney S. Mayberry MAYBERRY DENTAL

In 1978, Dr. Mayberry graduated from the Dental School of the Medical College of Virginia, VCU. Since his graduation from dental school he has taken over 2700 hours of continuing education including; periodontics, prosthodontics, orthodontics, dental implantology, oral surgery, cosmetic dentistry, and computerized dentistry. Dr. Mayberry is a diplomate of the ABOI, a fellow of the AAID, and a member of the ADA and AGD. With over 37 years of experience, he is ready to help you.



DENTAL IMPLANTS, CEREC, COSMETIC DENTISTRY, GENERAL DENTISTRY,
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Why dental implants?

Dental implants are the most successful and highly studied of all dental procedures done today. Studies show dental implants can be successful and stay in place for 40 to 50 years without failing. What else will match this success other than natural teeth that are well maintained and monitored?

With dental implants, there is a way to improve your oral health and enjoy life with renewed chewing pleasure. When you lose several teeth – whether it's a new situation or something you have lived with for years – chances are you have never become fully accustomed to losing such a vital part of yourself. Dental implants can be your doorway to renewed self-confidence and peace of mind.

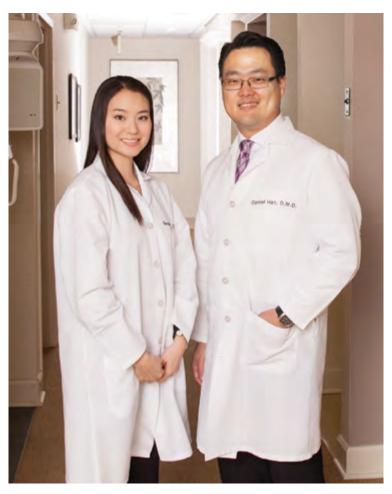
Why select dental implants over more traditional types of restorations?

Why sacrifice the structure of surrounding good teeth by grinding these teeth down to nubs in order to bridge a space? In addition, removing a denture or a "partial" at night may be inconvenient, not to mention that dentures that slip can be uncomfortable and rather embarrassing. It is also well known that the use of removable partial dentures is the first step to more tooth loss and eventually a complete denture.



THE ART OF DENTISTRY:

What is Smile Design?



by Drs. Daniel Han & Sooyeon Ahn HAN & AHN DMD, PC

Drs. Daniel Han and Sooyeon Ahn are experts in the fields of preventative care, restorative and cosmetic dentistry, fixed prosthetics, periodontics, and implantology. Dr. Han & Dr. Ahn have designed their practice to meet all your dental needs in a comfortable environment with a team of specialists. Dr. Han is dual-certified in implantology and periodontal prosthetics, as well as periodontics, by the University of Pennsylvania. Dr. Ahn specializes in the field of orthodontics.



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Is Orthodontics Your Primary Focus?

Keeping your teeth healthy is an integral part of your overall well-being. At Han & Ahn DMD, PC, dental cleanings are anything but "routine": we use the latest preventative methods – VELscope, salivary diagnosis, cavity detection, and specialized technologies for early diagnosis or treatment of oral cancer and infection.

Thus, if there is any area of concern, we can identify the issue and treat it to restore you to good health as soon as possible. These important diagnostic tests are quick, easy, and painless.

What Sets your Practice Apart from Others?

The dentists at Han & Ahn DMD, PC in McLean, VA, pride themselves on their keen aesthetic skill as well as their commitment to customized care for every patient, depending upon his or her look and treatment goals. Drs. Daniel Sok Woong Han, Sooyeon Ahn, and Lara Saleh aim to deliver beautiful, natural-looking smiles, one smile at a time.

The doctors' attention to individualized patient care is unparalleled, as well as their dedication to patient comfort. From the silk floral arrangements in every treatment room to the wall-mounted televisions and black leather chairs, it is clear that the doctors' devotion to detail extends from their dental savvy to their state-of-the-art practice. The office also features modern artwork and a DVD library for patients' enjoyment.

Can Teeth be Unique?

The philosophy of the practice is that each patient has a unique smile authentic to his or her personality. Dr. Han does not believe in a general, "one size fits all" application of dental skill; rather, he emphasizes the importance of providing specialized care to each patient. Because of this unique personalized care, patients travel from Europe (including England, France, and Spain), the Middle East (Saudi Arabia, Qatar, UAE, Iraq, and Jordan), and cities throughout the U.S. (Chicago, New York, Philadelphia, and Miami) to visit our practice.

Dr. Michael T. Gocke

VIRGINIA ORAL. FACIAL & IMPLANT SURGERY

Dr. Gocke excels in treating patients who need improvement to their dental and facial esthetics. Placing dental implants, bone grafting, facial trauma & reconstructive surgery, facial plastic surgery and corrective jaw surgery are his areas of expertise. Dr. Gocke is Board Certified by the American Board of Oral and Maxillofacial Surgeons and practices in McLean, VA.



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Christopher E. Bonacci, DDS, MD ORAL & MAXILLOFACIAL SURGERY

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



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Dr. Allen S. Garai GARAI ORTHODONTIC SPECIALISTS

Dr. Garai has been practicing orthodontics for more than 15 years, and is privileged to have created thousands of individualized beautiful smiles. He has at least 15 years of experience in Invisalign® and been recognized as a "Elite Provider" in 2014 and 2015. Dr. Garai has been teaching orthodontics, covering clinical and didactic studies, at Children's and Washington Hospital Center's orthodontic departments.



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Dr. Chong W. LeeGALLERIA DENTAL AESTHETICS

After receiving his DDS degree in 1983 from the Medical College of Virginia, Dr. Lee pursued his passion for dentistry at the Las Vegas Institute for Advanced Dental Studies (LVI), a world-renowned post-graduate center for aesthetic and neuromuscular dentistry. He won top case for Mac Veneer, and was awarded Mastership at LVI for the exceptional quality of his cosmetic cases. Dr. Lee has been consistently voted Top Dentist by his peers.

It was this passion for dentistry that led him to continue his education at the Las Vegas Institute for Advanced Dental Studies (LVI). Dr. Lee is a graduate of this world-renowned post-graduate center for aesthetic and neuromuscular dentistry. His unique ability to create outstanding smiles not only impressed his patient base but also caught the attention of LVI leaders. As a result, he now holds the prestigious title of Regional Director of LVI.



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"Dr. Lee is great. He took a lot of time explaining the process and showing me before and after photos. It was unlike any exam I've ever had. We decided on a full-mouth reconstruction and I feel and look so much better. I truly love my smile more than ever. And, once Dr. Lee adjusted my bite, it turned out I didn't need the root canal after all!

I feel more confident in business and when I go to social events."

-ACTUAL PATIENT









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Dr. Dima AliWELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

Dr. Dima has a 15 year history of proven excellence in her field and doctors come to WellMedica to learn how to use the latest technological innovations. Dr. Dima, known for treating many of Washington DCs political elite, attended The George Washington School of Medicine, is Board Certified by the American Board of Laser Surgery, a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians. She is also a key opinion leader for several leading technology companies and is a regular contributor to *Life and Style* Magazine.



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Bruce is the founding partner of VLP Financial Advisors. He believes his role as an Advisor is to educate his clients so they have the knowledge needed to make smart financial decisions. With over thirty years of experience, Bruce understands that long-term planning is the key to financial success. Bruce is a Certified Financial Planner® practitioner and Accredited Investment Fiduciary® and is licensed for life, disability, and long term care insurance. He offers prudent financial advice and puts his client's needs first.

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Drs. Christopher and FavagehiDRS. CHRISTOPHER, FAVAGEHI & TRABOULSI

Drs. Christopher, Favagehi, and Traboulsi are board-certified specialists with prominent academic, clinical, and research backgrounds. They have met the challenges of new advances in technology in their field and implemented them successfully in a specialty office. Their ability to prevent tooth loss, replace missing teeth with implants, and restore receding gum or bone around teeth have been enhanced by new scientific advances and innovations. These include: lasers, molecular growth factors, computer-guided implant surgery, and bone and soft tissue grafts. If you are in need of services from a periodontist, ask your dentist about Dr. Christopher. She is a nationally recognized leader in innovative gum graft procedures.



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Celebrated Chef Patrick Bazin and the culinary team at Bazin's on Church delivers an inviting dining experience in the heart of historic Vienna. Offering a contemporary American menu featuring organic and seasonal ingredients, Bazin's continues to win the hearts and palates of our area's top culinary experts. An award-winning wine bar features a collection of wonderful wines from around the world, with an emphasis on California. Private Dining for receptions and catering for events available next door.

Reservations suggested.







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FUNCTIONAL TRAINING

ver the past decade, progressive fitness professionals have embraced the idea of "functional training." However, our understanding and implementation of functional training continues to evolve.

Initially, and still at its most basic level, functional training was seen as training that has carry over benefits to improve activities of daily life (ADLs) or sports. In other words, training that improves function.

Initially "function" was viewed from a broad or big picture perspective, with gross motor movements such as walking, running, sitting, squatting, jumping, pulling, pushing, rotating, etc. in mind. Common characteristics of these fundamental gross movements are that they are multi-joint, multiplaner, ground based, and self-stabilized, which further defined as follows:

Multi-Joint exercises heavily involve more than one joint. A squat, jump, or lunge in contrast to many common machine exercises that may also target some of the same muscles and joints, such as the leg extension, leg curl, seated bbductor or adductor machine.

Multi-Planer exercises either involve movements through different planes of motion, or that resist forces that would otherwise cause movement through different planes of motion.

Ground-Based exercises are generally performed standing, and thus requiring

a degree of balance, proprioception and self-stabilization.

Self-Stabilized exercises require the body to stabilize itself (core stabilization) or to stabilize specific regions or joints, during the execution of the exercise.

With these criteria in mind, the functional training movement has reduced the popularity of many strength training machines that do not incorporate some or all of these characteristics. For example, the leg extension, leg curl, adduction or abduction machines work various muscles of the lower body but do so in a single joint, or isolative way instead of in a multi-joint way. Those muscles are used in ADLs or sports. The seated leg press or seated chest press machines require multi-joint movement, and much less core stabilization because they are done in a supported, seated position and do not depend upon the balance or proprioception that ground based movements require. However while machine based strength training is rightfully viewed by many as nonfunctional, that does not mean that machine training cannot improve function at all or that machines cannot have some value in an exercise program. A six week training program of seated leg press may help an elderly person improve his ability to get up and down from a chair. Therefore, one might argue that the leg press is a functional exercise. However, a six week program of squats (loaded, body weight, or even assisted), may result in even greater improvement in the client's ability to get up and down from a chair. So, exercises can fall somewhere along a spectrum from being less to more functional in nature. The leg press (not ground-based, not significantly self-stabilized, and not multi-planer) is at the lower end of the "functional" spectrum whereas the squat is at the higher end of the spectrum.

Physical Therapists, and many fitness professionals, also implement exercises intended to promote or improve the function of a specific body region, muscle, or joint. For example, trainers may have clients include various isometric planking exercises, which are not performed standing, may not include multi-planer (or even any) movement, but may still fall under the umbrella of functional training. Good Physical Therapists often can identify specific motor units (nerves and muscles they innervate) that are not functioning effectively and prescribe certain isolative exercises to improve or correct the dysfunction.

At One To One Fitness, our trainers always aim to help our clients achieve their health, fitness, aesthetic, and athletic goals, while always trying to improve function. �

For additional information, or to submit questions that you would like answered in future VivaTysons editions, please email: info@1to1fitness.com, or call 703 848-0881.







f you dream of a gorgeous home that fits your every need with the style and personalization that you want, then you can rest easy in the capable hands of John Joy and his team at Joy Custom Design Build. Many people are daunted by the idea of investing their time, money, and hopes with someone they've never worked with before, much less in constructing their home of a lifetime. Give John a few hours of your time "on his dime," and you'll likely be amazed at just how easy and fun the process of bringing your vision to life can be.

John began learning about construction from listening to his father, a commercial real estate developer. Then he spent more than twentyfive years as a real estate agent in this area, sharing a common interest with his wife Lisa who worked as a settlement attorney. There came a point in time when John realized that builders weren't listening to what buyers wanted. He had great difficulty finding homes for his clients that would suit not only where they were at that point in their lives, but where they confidently could know that they would be able to age in place and face future challenges that may arise. By assembling a team of exceptional architects, engineers, construction superintendents, and design specialists, the Joy Custom Design Build process came to fruition.





When you first walk into John's office, you'll be met with a natural smile and enthusiasm that will put you at ease within moments. It is borne of a quiet confidence in his abilities and genuine curiosity about the possibilities that might unfold. There is no mistaking that here is a man that loves what he does. In fact, half of his time is allocated to hunting for unique properties for the moment you walk through his door with your ideas for a home. Lisa Joy joined McEnearney Associates in part so that she could help source properties as either teardowns or raw land, and John says that if they don't already have the right property to accommodate what you have in mind, they can find "two A+ choices" within weeks.

Those first few hours spent with a potential client can be magical. Ideas flow back and forth so that a framework for all the elements that are essential to the finished product can be determined. Size, location, indoor and outdoor living spaces, personal preferences, budget and priorities all are discussed while fostering the trust and communication necessary for a successful endeavor. Don't worry if you're unsure of what you want, because through the give and take of learning a potential client's likes and dislikes, John says he "picks up on their style and objectives very quickly so that when they return they can be presented with drawings and source materials that can bring their vision together [sic]."

On that second visit, you'll be given a chance to look over the conceptual drawings developed from those earlier discussions. Although not every potential client will decide to move forward, "90% will." That's quite a statement from a modest man. Even more important is John saying that "there is no excuse for shoddy building

John says that if they don't already have the right property to accommodate what you have in mind, they can find "two A+ choices" within weeks.





Although not every potential client will decide to move forward, "90% will." That's quite a statement from a modest man. practices or results...and it is unacceptable." He cares as much for what goes on behind the walls and below the floors as he does for creating the beautiful finishes and fine detailing that are a hallmark of his designs. He also "knows how to bring the house in on budget... that's why I have to be at the table when the house is being created. I manage the expectations to get the result desired [sic]."

Once the decision to move forward has been made, the entire "concierge" team works seamlessly over the course of subsequent meetings to provide "a smooth and enjoyable homebuilding process where nothing's left to chance." As little as 24 hours of his clients' time might be required from start to finish, as materials, options, selections and choices are presented and agreed to as the blueprints evolve down to the tiniest detail. Ultimately, the client controls where and how the budget is allocated and spent, so that if high-end appliances and kitchens are the priority over lush landscaping, the end result will be what makes the homeowner happy. Through skilled advice and extensive accessibility to resources, the team can deliver whatever the client wants within the constraints of the agreed to budget. Additionally, John works with "the acknowledged best in the industry," for his suppliers, subcontractors and his own talented team of construction specialists.

John is very involved in the design process. Working closely with his clients, each home "is a customized vision of what can be done physically to bring their lifestyle to the forefront and meet the aesthetic they have envisioned." Personally, John is drawn to an exterior that combines 2 or 3 different colors and materials. He believes "a blend is prettier and more timeless, giving the exterior a rich finish that draws the eye to the detail." Today, outdoor living has become such a main priority that the home design must be carefully crafted to assure that the flow between indoor and outdoor spaces is totally integrated into the functionality of the house.

A further value that John brings to all of his projects is his ability to anticipate the changing life needs of his owners so that they can remain in place until such time as they choose to make a change rather than change being necessitated by lack of foresight. The team at Joy Custom Design Build wants nothing more than the pleasure they take in enabling your dream to come together and to stay with you year after year. That's their guarantee. �

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The Sylvestery Makes Each Interaction More Personal and Meaningful

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







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

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

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

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

The Sylvestery Memory Support

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

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



Chatean-style Meets English Country Garden IN VIRGINIA'S ROLLING HILLS

Sun Design's New Indoor/Outdoor Solution Is Steeped in Classic Architecture

An unfinished rear elevation is common enough in northern Virginia. Homeowners want usable square footage under roof, but haven't necessarily decided how best to optimize certain aspects of the new dwelling. To help buyers focus dollars on the structure itself, many builders leave key components—basements, garages, backyards—incomplete, allowing owners to customize as time, budget, and inspiration permit.

Looking back, this has been a sensible cultural process that has gradually resulted in more mature and interesting residential properties. Perhaps still more exciting, one never knows what idioms a homeowner will explore in the fullness of time as they transform the property into a place uniquely their own.

Case in point, the recently completed rear elevation to the Leesburg home of Chris and Amber Wooten.

In its detailing—and, particularly, its scope—the project perfectly integrates an architecturally-appropriate built solution with a spacious park-like surrounding that unfurls in over 1.5 generous acres.

(Above) Chateau-style marries English landscape. Beginning with a fundamentally "unfinished" rear elevation, Sun Design Remodeling developed a conservatory-style open air rear porch linked to a perogolatopped outdoor kitchen. Rose- and tan- hued limestone gives definition to porch flooring, walkways and other unifying "built" components beautifully integrated with English landscaping. The porch's conical roof borrows from the two-level bay on the right.

(Inset above) BEFORE Like many "unfinished" rear elevations, the lack of differentiating detail made the existing house appear excessively massed. The owners wanted well-defined outdoor spaces where they could comfortably entertain family and friends

(At right) **Dining porch** The dining area is accessed directly from the kitchen. The porch is zoned for a conversation area left and more formal dining around a table that seats eight.

(Below) Porch and kitchen The physical relationship between the porch and the kitchen/bar sets up a series of casual gathering area amid open landscaping. The porch/patio continuum can comfortably handle 35 to 40 people. A pair of rotating fans keep the porch cool on particularly humid days. The porch is also wired with a sound system.





Along the way, the new addition's crisply articulated architecture sets the tone for varied landscaping that explores formal patterns and design motifs, laying the foundation for a garden rife with lavender, wygelia, and other outdoor focal points.

Throughout one notes the inspired use of limestone in hues ranging from rose to tan. In all its variations, the choice unifies garden, porch and patio, and adds the warmth needed to offset the all-white brick-faced monolith that was the previous rear of the home.

"We let Sun Design take the lead on this, and are glad we did," Amber Wooten explains. "We knew we wanted a convenient place to grill, and had always pictured a porch floor covered with a certain tile. But we had no idea what we wanted beyond a few basics. Sun Design provided the architectural direction, and this continued until we all agreed we had arrived at the best plan."

A key to the solution's overall coherence began with designing the porch roof in a conservatory style with a conical pitch hat repeats the roof line on the the home's two-level bay. The symmetry lends balance and authority where needed, permitting the somewhat playful landscape design to build visual rhythm. The kitchen's bay window was, in turn, converted into a double sliding glass door accessed from the existing kitchen. An existing door that exits from the family room was preserved.

"The new rear elevation perfectly establishes the logic of the indoor outdoor continuum," says Roger Lataille, Sun Design's senior design consultant. "The whole point is to create an outdoor living component aligned with primary living areas of the home itself. The goal is to develop a subtle continuity that makes the home pleasant in all seasons."



(Above) **Bar close up** The outdoor kitchen and bar functions as a second (and very spacious) gathering place. The stacked stone cladding lends a textural contrast to the diagonally patterned limestone patio. The pergola is constructed from pressure-treated pine. The kitchen is equipped with a gas grill, sink, and refrigerator.





(Above) **Lower level access** The limestone theme extends around side of the house and into lower stairs that access children's play room. Stairwell walls are clad in stacked stone; treads are limestone; risers are stacked stone.

(Above) Conversation zone, screen up An electric sun shade was installed on the porch's south side to reduce heat at meal time. The all-weather wicker furniture formed as a sectional around a space-heater is well-suited to the open air setting when temperatures drop.

With its 12 foot ceiling, and four support columns around a semicircular periphery, the porch is zoned for both outdoor dining and a separate conversation area furnished with all-weather wicker furniture.

The ceiling is fitted with two rotating fans, skylights, and a hidden sound system. The effect of such a classically-proportioned covered platform supported by vertical posts is a vision of the garden as a series of beautifully framed compositions.

On that point, the Wooten's consciously avoided screening-in the new pavilion.

"We thought screens would separate us from the surrounding beauty," says Amber. "There's a wonderful freedom to just stepping off the porch into the garden without opening a door."

The built component that gives still further expression to this impulse is the pergola-topped outdoor kitchen, which occupies a 19' x 25' extension of the limestone patio—yet is some 20 feet away from the porch.

Equipped with a sink, a refrigerator, and a gas-powered stove, the bar is an independent gathering zone that seats four and provide spot-on views of an expansive lawn and mature trees.

The structure's base is clad in stacked stones; the pergola constructed from pressure-treated pine. Meanwhile, the limestone in the patio is laid



(Above) **The art of the panorama** The new structure explores an indoor-outdoor continuum that provides a perfect aesthetic foundation for inter-related garden focal points. Weigela, lavender and bluebells are clustered at key intervals along the limestone pathways. An oval patch of greensward yields to a second set of stairs that takes strollers a higher elevation.

in a diagonal pattern, offering a compelling textural contrast suitable for a mid-garden venue.

There's a firepit mid-way between the kitchen and the porch. A table in the midst of the wicker sectional functions as a space heater. It's an outdoor space that can satisfy a lot of seasonal requirements.

"We enjoy all the hours of the day...from morning coffee to the s'mores at night," says Amber. "We spend hours by the fire table enjoying a glass of wine with friends. It's especially easy for parents when the kids are playing in view."

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 visit 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.





ASK COACH Amy

I am a single woman who is in my early 40's who really would like to be married and have a family. I truly love children and really wanted to have my own child some day. I feel that I can't wait for Mr. Wonderful to show up and am exploring having a child by donor so I can experience carrying my own child and raising him or her. Yet, I am still trying to date and meet a life partner. I know that I cannot wait any longer, especially if I want to get pregnant and have a child on my own. What should I say to a

A

baby on my own?

Motivated in McLean

potential date about my desires? How do you

think he would react to my plans to have a

DEAR MOTIVATED,

Time passes so quickly and if we don't keep our sites on our goals, our opportunities may diminish for the outcome we truly desire. The reality is, our chance for biological children as women lessen greatly in our late 30's into our early 40's. Now with the technology, women in their early to mid 30's are freezing their eggs so they don't feel the pressure to settle in on a mate just to have children. There are many more options available to women today including adoption.

Unfortunately many women feel that it's an "either/or" situation. They feel that if they go the baby route on their own, they will have to forgo having a loving male partner in their life. Or, if they decide to date to find a life partner route, then they may have to give up their dream of having their own, biological child. In reality, this is not necessarily true.

Men meet and marry single women with kids all the time. It's more about finding a fit for finding a life partner who wants the family life as well. There are many men who feel they may be too old to manage with a new

baby in their 50's and prefer to be in the step parent role.

One of my clients, Brett, was in his early 50's and never married. He first focused on his education with a masters and a law degree and didn't focus on having a relationship leading to marriage and a family. Being more shy and introverted, I recommended online dating for him. We worked together on his online profile for a major site and that is how he met Lynn. Lynn had adopted a girl from South America and she was now about 8 years old. Brett was thrilled to be involved in Lynn's daughter's life as well as taken with Lynn herself. They did get married and came together as a family. Now they live happily ever after.

Now to address your situation. If you are dating a man who is motivated to marry and desires his own biological children, then your current efforts to get pregnant could be a turn off to him. His reaction, which he may keep to himself, may be, "what about me?" The

worst thing for a guy is to feel he isn't needed. It's different when a man meets a woman with the child(ren) already in her life.

So I recommend you not tell him your plans until you see if there is anything real between the two of you. I'm not saying to keep it a dark secret forever. However, if you do start dating regularly and there seems to be mutual interest, then it would be time to share that you are interested in having a child and you are considering using a donor male. Also, share that you feel time is running out for you and you don't want to put that pressure on him as a potential partner.

Then you can see how he reacts to the news. You may be pleasantly surprised that he is supportive of your desire and efforts.

On the other hand, I have had clients meet and marry within 6 months or less. Perhaps he is on the same page as you and the two of you fall madly in love. And, you two decide to soon after the wedding, start trying to have your own child. I have seen this happen too.

I get that you feel you can't wait since there are no guarantees that this will happen for you.

Again, I recommend you think about what you want for your life and how you envision life to be like for you three years from now. Are you married with a child? Are you a single parent? You get to create the life you envision.

Life is about taking a path and seeing what lies down that road. It's an adventure!

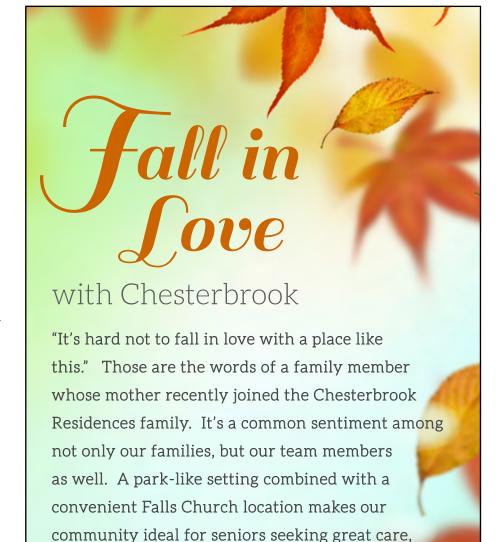
Isn't it wonderful that we have choices in this day and age? Sometime too many choices can paralyze us too. Whatever you decide, I'm sure you will make the most of your life and all the incredible people in your life who love and adore you.

Intentionally yours,

Coach Amy

PS. To learn more about dating for a serious, long lasting relationship, go to www. MotivatedtoMarry.com and get my FREE 7 day e-course: "7 Simple Steps for Finding your True Love Partner."

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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All photos credit: Linda Barrett









A HEALTHY PET = A HAPPY HOME

VIP Petcare's Community Wellness Clinics Offer Convenience, Affordability and Caring

nervous grey, shorthaired, domestic tabby kitten named Nuage shivered on the steel-topped exam table, that is until Dr. Katryna Fleer picked him up and hugged him cozily. Then all seemed right in his little world. Large and small, old and young, all the dogs and cats brought to the VIP Petcare clinic, including Callie, Milo, Daisy, Rex, and Lilly, left that day left feeling a little bit better from the experience.

Making preventive healthcare available and convenient for all pet owners, with a goal to keeping pets happy and healthy is the mission of VIP Petcare's Community Wellness Clinics.

Find a Local Clinic

Every month, a number of VIP Petcare Wellness Clinics are held at client partner stores throughout our community, including Pet Valu and Tractor Supply Company. Visit the store to register your dog or cat and pay any related fees. The wellness visit itself is free, but there will be a small charge for vaccines, chip implants, or other services your pet may need. Enter your zip code into the "Find a Clinic" section of the VIP Petcare website to locate a mobile clinic near you.

Then step outside into the mobile facility van where a dedicated staff and a veterinarian await. For safety, only one pet at a time is allowed into the examination van.

The roomy vans are fully equipped with generators, coolers, running water, air conditioning, and emergency equipment. Just like a tiny exam room on wheels, there is a sanitized table, equipment drawers, and trained staff available to assist the licensed veterinarian.

After a brief introduction to your pet and quick review of its electronic records, the veterinarian performs a "nose to tail" diagnostic check throughout the pet's entire body, looking for things like runny eyes, signs of discomfort, or obvious masses in the abdomen. Then, if vaccines are due, they are administered. Routine blood checkups, microchip implants (only \$19 for a lifetime registration), and even nail trimming (at some locations) can also be performed.

Safety is always top of mind, for both the pet and clinic workers. "Most of the animals we see are so sweet, but if necessary, we can use safety equipment like cat gloves and muzzles for aggressive or overly anxious dogs (that the owners are asked to apply), or a towel wrap, a common technique with cats," explained Dr. Fleer, DVM and medical director for VIP Petcare. "We also have the right to turn away someone if their dog is aggressive, but that happens very rarely. In an office setting, a veterinarian may be able to give a sedative, but we can't do that here in the clinic."

Convenient and Affordable Pet Care

"Our community clinics are here to serve people who perhaps don't have a full-service vet, or those who need convenience in their vet care," Fleer said. "People

VIP Petcare was

proud to be a national

sponsor of the annual

"Clear the Shelters"

campaign held August 19, 2017. can come to a clinic on an evening, or a Saturday or Sunday, and while they're here, get their dog or cat's vaccines and pet food at the same time."

"The fact that we don't charge an office visit is also big advantage

for many people because it lowers the overall cost of the ability to have a pet," she explained while tickling behind a dog's ears.

Dr. Mark Bugin, DVM was also on hand for this day's clinic. Now retired from a full-time



Each VIP Petcare's

Community Wellness

Clinic offers:

Licensed veterinarian

available at every clinic

✓ Highest-quality vaccines

No office exam fee

vip petcare

community

veterinary clinics

Rita Madrid, brand ambassador
for PA, VA, MD for VIP Petcare

clinic,

he works almost every weekend at a VIP Petcare event and up to three clinics during the week. "What I like is being able to find occasional things that even the owners aren't aware of before they become problems. With my experience, I can advise them to see their

primary veterinarian to

have it checked out."

Behind the scenes, a for microchips full staff attends to each VIP

Petcare clinic, including a rig supervisor, cashier, and a clinic assistant who are cross-trained to help with all jobs.

Rita Madrid, the brand ambassador for Virginia, Pennsylvania, and Maryland, oversees the relationships between VIP

Petcare and the sponsoring stores, and provides information about the clinics to the public.

"We provide the resources that make it affordable for everyone to have pets," Madrid

said. "We also help to keep our community safe. For example, some people bring in feral cats and pay for their vaccines out of their own pockets." Look for tent signs and notices for upcoming clinics in your area.

Healthy and Happy Pets

The overall goal of the community clinics is to monitor the health of a healthy pet, provide current vaccines, and prevent diseases from occurring. In addition to receiving core and noncore vaccines, pets can be tested for heartworm, intestinal parasites like roundworm or tapeworm, tickborne diseases, feline immunovirus AIDS

(VIF), and feline leukemia virus (FeLV). Owners can get their pet vaccinated against things like leptospirosis and purchase their preventive medicines and flea and tick control products while

On Currently, VIP
Petcare's wellness clinics
are held in thirty states
throughout the U.S., with plans
to expand into additional regions.
important is wellness for pets? "It

they're there.

How important is wellness for pets? "It is critical, and when we do it now, we can prevent disease in the future, keeping your pets happy and healthy throughout their lifetime," Fleer said.

Each of the pet parents that attended today's clinic was well pleased with the quality of care and expertise provided to their pets. All left with instructions on future care and plans to return.



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mmmmmm

7000-SERIES IS COMING TO THE SILVER LINE

BY ROBERT O'SHAUGHNESSY

New railcars are about to be a staple of the Silver Line. The Washington Metropolitan Area Transit Authority (WMATA) announced that it would be adding two 7000-series trains to regular service on the Silver Line.

That means more reliable service and more eight-car trains for Silver Line customers. Most of the trains currently running on the Silver Line are in a six-car configuration. Eight-car trains take up the whole platform at Metro stations, allowing more passengers to ride.

In the earliest days of the Metrorail system, it was common to have four-car trains pulling into the station. As the system expanded and became more popular, WMATA phased out the four-car configuration to allow more customers to ride at once.

7000-series trains are also the most reliable, according to WMATA. That means fewer offloads and more on-time arrivals. WMATA plans to phase out its least reliable 4000- and 1000-series railcars replacing them with the 7000-series.

"By retiring the last of our oldest and least reliable railcars, we will be in a much better position to deliver more reliable service for our customers," said Metro General Manager Paul J. Wiedefeld. "We have already seen the positive results of this effort in the form of fewer railcar-related delays and fewer offloads."

WMATA currently has 344 new 7000-series railcars in service out of the 748 they ordered. They are receiving new cars at a rate of up to 20 per month. Japan-based Kawasaki is building the 7000-series cars at a plant in Lincoln, Neb.



The interior of a 7000-series car. Photo courtesy of WMATA



The exterior of a 7000-series car Photo courtesy of WMATA



A 7000-series train pulls into Ronald Reagan Washington National Airport Station Photo courtesy of WMATA



NEW METRORAIL TRAINING SIMULATOR

Loudoun County just opened a new Metrorail Training Simulator located at the Oliver Robert Dubé Fire and Rescue Training Academy in Leesburg. The simulator is comprised of two retired 4000-series railcars from the Washington Metropolitan Area Transit Authority (WMATA). The simulator also has two parallel sections of track with a high-voltage third rail to help first responders train to respond to emergencies within the Metrorail system. The Metrorail Training Simulator will make Silver Line riders safer.







Pedestrian Bridge Installation Began in July

Dulles Corridor Metrorail Project Phase 2 crews this summer are installing the Silver Line Phase 2 pedestrian bridges. The pedestrian bridges will provide access for Metrorail passengers to five of the six Phase 2 stations, and will extend over the Dulles Toll Road, Dulles Access Highway, Dulles Greenway, and local roads. The bridges are constructed primarily of steel, and will be set on concrete columns

that have been built on the north and south sides of the stations. Bridge installation will begin on the south side of Innovation Center Station, and will require lane closures and detours on the highways and nearby roads. Additional information will be forthcoming as the work progresses through July and in the upcoming months. ❖





bridge for the Silver Line

Capital Rail Constructors.

Phase 2 is under construction. (Photo by







FEDERAL TRANSIT ADMINISTRATION VISITS THE DULLES CORRIDOR METRORAIL PROJECT

egional planners from the Federal Transit Administration (FTA) got a good look at the Dulles Corridor Metrorail Project (DCMP) last Thursday. Coming from field offices from across the country, these representatives were excited to learn about one of the largest infrastructure projects in the United States.

The FTA is an agency within the Department of Transportation that provides technical and financial assistance to local public transit systems. For phase two of the DCMP, the FTA is providing a loan at a fixed rate lower than those offered by private lenders.

The tour was run by Stephen Barna (MWAA/DCMP), Jennifer Alcott (Capital Rail Constructors), Syrina White (DCMP), Amanda Scarangella (DCMP), and Robert O'Shaughnessy (MWAA/DCMP). William Morrison III (shuttle operations manager, Dulles Int'l Airport) helped facilitate bus transportation for the tour. �



TALK OF TYSONS

WEGMANS. **CONFERENCE CENTER** PLAN APPROVED IN TYSONS

The Fairfax County Board of Supervisors unanimously approved a Wegmans and conference center at the Capital One headquarters in Tysons last July, Washington Business Journal reported.

Under the plan, the campus will add an auditorium for corporate training and performing arts, a black box performance space and two classrooms.

Wegmans has gotten on board and is slated to open in late 2018. In addition, 800 apartment units and a green recreational space on the roof will be located above Wegmans. �



Jonna S Wooten, Agent 8148 Electric Avenue Vienna, VA 22182 Bus: 703-560-7804 jonna.wooten.loy3@statefarm.com Se habla español

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BRIDGE CLUB

BOOK LEARNING

A K 10 5

9 10 3

762

🌉 AKQJ

🖢 Q J 2

💘 A Q J 9 8 2

J83

5

WestNorthEastSouth1pass1pass1pass3pass4all pass

West leads the king of diamonds and continues with the queen and ace, East following. West shifts to a spade, and you win in dummy and let the ten of trumps ride, winning. On a second trump to your jack, West discards. How do you continue? Answer on page 176.

Excerpt taken from: Frank Stewart's Bridge Club. Page 79.

BIDDING QUIZ

YOU HOLD:

A K 10 5 🤎 10 3 🏺 7 6 2 🌨 A K Q J

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

ANSWER: A miserable problem. Since you have no strength in diamonds but may have a game if your partner holds a few points, to "trap pass" isn't attractive. But you can't double without heart support or overcall 1NT without a diamond trick. Bid one spade and hope partner doesn't notice you have only a four-card suit.

Excerpt taken from: Frank Stewart's Bridge Club. Page 82.

YOU NEVER LOSE A DREAM; IT JUST Incubates as a Hobby.

Larry Page

HOW TO SOLVE SUDOKU PUZZLES

To solve a sudoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Similarly, each number can only appear once in a column or row in the larger grid.

The difficulty on this puzzle is medium.

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

PATRIOTISM IS SUPPORTING YOUR COUNTRY ALL THE TIME AND YOUR GOVERNMENT WHEN IT DESERVES IT.

Mark Twain

ENDING WITH DRUMS, CYMBALS

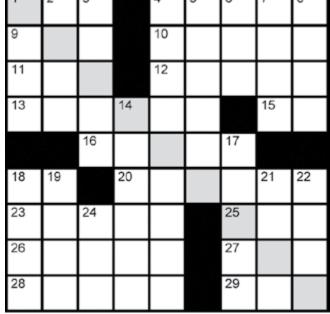
CROSSWORD CLUES

ACROSS

- 1. Letterman's net-
- work 4. Sausage
- 9. Skill
- 10. Kind of tube
- 11. Ed.'s request
- 12. Condoleezza Rice's department
- 13. Movie preview
- 15. That guy
- 16. ___ tenens (substitute)
- 18. Sooner St.
- 20. Come up with
- 23. Home to more than a billion
- 25. Affirmative action
- 26. Physics lab device, for short
- 27. Eccentric
- 28. Shadow
- 29. Aussie hopper, for short

DOWN

- 1. Actors
- 2. Scottish hillside

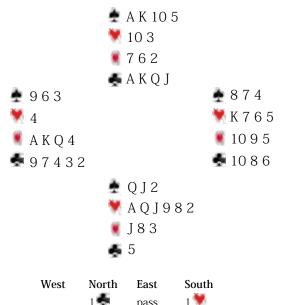


- 3. Baseball datum
- 4. Smart remark
- 5. Not factual
- 6. Genetic info
- 7. Actor Green of "Buffy the Vampire Slayer"
- 8. Arborist's concern
- 14. Friendly
- 17. Country estate
- 18. Alternative to acrylics
- 19. Make a sweater 21. Type of list
- 22. Taro root 24. Modern court-
- room evidence



BRIDGE CLUB SOLUTION

BOOK LEARNING



pass 1 pass 3 pass 4 all pass

Opening Lead: *K

'Read any good books lately?' I asked at the club.

'I just finished one about levitation,' Cy the Cynic replied. 'Couldn't put it down.'

'Somebody gave me a book on milk production,' Unlucky Louie offered, 'but I just skimmed it.'

'I knew I wouldn't get a straight answer from you clowns,' I groaned. 'I mean bridge books. This deal could be straight from a chapter on play techniques.'

West cashes three diamonds and leads a spade. South wins with the ten, lets the ten of trumps ride and leads a trump to the jack. West shows out, and South seems doomed to lose a trump.

South leads a club to dummy, ruffs a club, leads a spade to dummy and ruffs a club. He gets back with a spade and leads a club at the twelfth trick, trapping East's king of trumps.

 $\mbox{\it 'It's}$ a Double Grand Coup,' I said. 'Declarer ruffs two winners to reach the coup position.'

'Very nice,' Louie said, 'but I'm starting a book on trees.'

'You'll probably just leaf through it.' I observed.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 82.

SUDOKU Answers

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

CROSSWORD Answers

С	В	S		W	J	R	S	Т
Α	R	Т		_	Z	Z	Е	R
S	Α	Е		S	Т	Α	Т	Е
Т	Е	Α	S	Е	R		Η	Е
				С				
0	Κ		O	R	Е	Α	Т	Е
1	Ν	D	_	Α		Z	0	D
L	-	N	Ā	С		0	D	D
S	Т	A	L	K		R	0	0



"Do we have any low calorie food? The doctor told me to stick out my tongue and say, 'Oink.""

MY FATHER USED TO PLAY WITH MY BROTHER AND ME IN THE YARD.

MOTHER WOULD COME OUT AND SAY, "YOU'RE TEARING UP THE

GRASS." "WE'RE NOT RAISING GRASS," DAD WOULD REPLY. "WE'RE

RAISING BOYS."

Harmon Killebrew



ot since the 1960 debut of the Playtex 24 Hour Girdle have women been so excited about squeezing their internal organs to the point of rupture. The latest rage is a line called SPANX body shapers which claim to "offer a flawless figure under form fitting dresses." Don't let the cute names of their different styles like Shape My Day and "Trust Your Thinstincts" fool you. These torture devices for women can pose a threat to personal and public safety.

First of all, they're made by the same factories that manufacture Michelin tires. Constructed with the same industrial grade of neoprene rubber, they're capable of compressing fat tissue under the same psi as a monster truck's. They should require the wearer to display a warning label, "Caution: Contents Under Extreme Pressure." You never know when a spontaneous blowout could occur, like at a cocktail party, wiping out a room full of adults and several dozen martinis.

The good news about the onsie style is that it provides coverage from the thighs to just below the bust line, which not only makes you look 10 pounds slimmer, but pushes all the fat tissue into the breast allowing you to miraculously grow an A cup into double D's, On the other hand (or in this case the other leg), the style that goes all the way down to the calf will make your ankles look like Hulk Hogan's. Just look at the teeny-tiny size of Spanx. OMG!

They look like part of Barbie's wardrobe. Those darn things are so tight that after 5 minutes you will become oxygen deprived and miss most of life's celebrations because you've blacked out.

However, the biggest downside is that these bad boys are really hard to peel off. It requires the muscles of The Rock and the determination of a horny high school guy on prom night. This can lead to some pretty sticky situations... literally. Did you see the TV commercial with the little kid who has to go really bad and is having a panic attack as he tries to unbuckle his belt? He yells to his mom, "Oh no. Oh no...I've got a situation here." Unfortunately while wearing Spanx we can often find ourselves in the same "situation." What's a girl to do? We're either forced to wear a Depend under our Spanx or in an extreme case like a cross-country trek, wear one of those Liberator catheters which require a conceal and carry permit.

Can you believe the things we girls do to our poor bodies in an effort to look thinner? We're such masochists! I, for one, am not willing to pay the price...literally. Because for the same \$59.99 I can buy several Mumu tops that go over elastic waist Capri pants. At least my ankles will look thin, my internal organs won't hemorrhage, and the only time I'll pass out is from too many margaritas. ��

HOROSCOPES

SEPTEMBER OCTOBER

- VIRGO 8/23 9/22: You like results but sometimes even great performance isn't greeted with acclaim. Maintain your course. A correction is due shortly.
- LIBRA 9/23 10/21: Your natural sense of balance wobbles a bit when an sudden change knocks you off course. Get your feet firmly on the ground by the First Quarter moon, Sept. 27.
- SCORPIO 10/22 11/21: For those Scorpios who can't live without texting, pick up your phone this month. A call brings news you can use.
- SAGITTARIUS 11/22 12/21: Get in touch with your spiritual side this month as you might be asked to complete a project that is both emotional and laborious. Seek answers.
- CAPRICORN 12/22 1/19: You may well reap the fruits of your labors as the month draws to a close. Stay to your path.
- AQUARIUS 1/20 2/18: At the Full Moon, Sept. 6, turn off the news and tune in to your place of happiness and satisfaction.
- PISCES 2/19 3/20: Serenity is in your heart this month as you find fulfillment in unexpected places. A new friend enters your life.
- ARIES 3/21 4/19: Your natural creativity sometimes needs to be tempered with discipline. When the moon reaches its Last Quarter, Sept. 13, you'll see the opening.
- TAURUS 4/20 5/20: Indulge in some private time this month and enjoy your favorite music. A special tune gives you an idea worth pursuing.
- GEMINI 5/21 6/20: A new friend needs the spotlight this month. It's so easy for you, but maybe not for others. Offer some tips.
- CANCER 6/21 7/22: Labor Day is the hit of the month for you. Enjoy an unexpected meeting of the minds at a family gathering.
- LEO 7/23 8/22: You'll take the lead at the New Moon, Sept. 20 but avoid dramatics. Someone looks to you for advice.



LIBRA 9/23 - 10/21: The first week of October brings a full moon and a full schedule. Most Libras find things are going

their way.

- SCORPIO 10/22 11/21: You hate those little gray areas, if you see them at all. The Stars insist that you resolve an uncertainty.
- SAGITTARIUS 11/22 12/21: Take some time to rest after a recent period of activity and change. Recharge.
- CAPRICORN 12/22 1/19: After months when things seem to fall apart, the first quarter moon at the end of the month ushers in a time of togetherness.
- AQUARIUS 1/20 2/18: A feeling of satisfaction comes your way as what you expected to happen, does happen.
- PISCES 2/19 3/20: You may need to acquire new skills or new knowledge. The time is right; a teacher appears.
- ARIES 3/21 4/19: A long frustration is resolved and with it your anxiety. Accept the resolution and find peace.
- TAURUS 4/20 5/20: Stay relentlessly steady in challenging circumstances. It pays off by the end of the month.
- GEMINI 5/21 6/20: Be more aware this month of the routine contributions of others. A well-timed remark means a lot to someone special.
- CANCER 6/21 7/22: Go ahead and take the plunge.

 After much thought, the time comes for action.
- LEO 7/23 8/22: Consider doing more with less. You'll need a cushion in the final months of the year.
- VIRGO 8/23 9/22: Decision time. If you analyze it too much you'll say no. But if not now, when?



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