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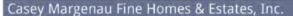


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< LIVING ON THE SUNNYSIDE

by Linda Barrett

When the Carter family sang "Keep on the sunny side of life," they could easily have been talking about the retirement living options at Sunnyside Communities. With three distinguished retirement communities located in Harrisonburg (Sunnyside), Martinsville (Kings Grant) and Waynesboro (Summit Square), Virginia, Sunnyside offers a range of senior living choices to create a dynamic and engaging retirement lifestyle.

HOLIDAY EVENT CALENDAR >

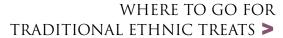
Has the Thanksgiving Art and Craft Show been your family's go-to place for holiday gifts? Or has visiting Meadowlark's Winter Walk of Lights been the most recently added family tradition? Find out when your your favorite holiday event is to take place this year or try something different and make 2017 a year for making new memories.



What's Your Favorite Holiday Memory?

HOLIDAY EVENT SPACES

Would you love to host a holiday party? Would you love it even more if it weren't at your house? Have all the fun—without all the mess—and feast your eyes on a few of the areas party spaces just waiting to be filled with your friends and family!



by Analiese Kreutzer

One advantage of living in such an ethnically diverse area is the variety of foods available at specialty markets catering to the different segments of our population. Whether you're pining for the flavors of home, recreating the traditions of your ancestors or just want to incorporate some international treats into your holiday meals, here are just a few of the markets in our area worth exploring.





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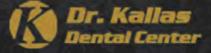
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ON THE COVER:

VivaTysons has got the holidays covered! From where to volunteer to what to get Aunt Rose or to find the best venue for your holiday party—we've got what you need to celebrate!





McLean Community Center The Center of It All

Here's What's Happening at MCC

Presented by The Alden Austin Powers (PG-13) Quote-Along Movie

Friday, Nov. 3, 7 p.m. The Old Firehouse Free admission; prop bags \$5

Alden Fall Production
"Peggy the Pint-Sized Pirate"

by D. M. Larson (Freedrama.net)
Sat. & Sun., Nov. 18 & 19, at 2 p.m.
The Old Firehouse
Free admission

Sponsored by The Alden
"Everyday Magic
with the Amazing Max"

Sunday Nov. 5 Ages 5–7, at 11 a.m. Ages 8–11, at 1:30 & 4 p.m. The Old Firehouse \$45/\$35 MCC district residents

McLean Traveler Day Trip
Celebrating the Holidays
in Lewes, Delaware

Saturday, Dec. 2, 6:45 a.m.-8 p.m. \$153/\$148 MCC district residents

Family Movie Night "Captain Underpants: The First Epic Movie"

Friday, Dec. 8, 7–9 p.m.
The Old Firehouse
\$3 per person. Pre-registration is recommended.

Old Firehouse Winter Break Trips

Monday, Dec. 18-Friday, Dec. 29 8 a.m.-6 p.m. The Old Firehouse Destination/Prices vary

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

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











Happy Holidays! I've always thought Tysons was made for the holidays. Nowhere else, except perhaps New York City does a "city" have so many holiday decorations, shopping and holiday dining adventures and the "magic" we have. And I imagine this year will be better than ever.

With the addition of so many new venues, restaurants and shops offering new products and services, the excitement is building already. Our editors and friends have put together an event calendar, a guide for: where to find those traditional ethnic treats, catering and event spaces for your holiday celebrations, gifts guides and more. We hope you enjoy and hope you take note of some of the holiday celebrations our team has found for your holiday enjoyment this season.

Are you a hockey fan? Our friend and neighbor Joe Beninati, the "Voice of the Washington Capitals," shares some stories with Keith Loria.

We always get excited when we hear of new and interesting approaches to learning. Read about the new Reggio Emilia approach and browse our education section for some awesome educational opportunities, too.

This is the year—I say it every year!—if you're looking for help with Financial Resolutions for 2018, to ask Daniel Lash of VLP Financial Advisors in Vienna.

Sleeping well? Analiese shares some ideas on more restful sleeping and some "overnight beauty tips."

Why not make this season more about giving than receiving. With so many humanitarian

disasters across the nation and the globe, your generosity is needed more than ever. Analiese offers some suggestions.

The "Inn" place for the holidays? Linda Barrett has some great ideas for taking a winter retreat to one of Virginia's fine wineries and inns. Thanks, Linda!

Never enough Italian. Never. Renee Sklarew reviews the new Alta Strada in Mosaic. The Mosaic should defiantly be on your list for holiday outings.

Are you planning a party for the holidays? Michael Evans of Helga's Catering has some thoughts and catering options for you, from DIY to drop off to full service—we hope it helps this holiday season—thank you, Michael!

Looking to purchase some jewelry this year? According to our friend Lee Nguonly, the trend in fine jewelry is toward simplicity. The Nguonly family has been in the jewelry business for generations and has won top awards for quality and value in our area. In the heart of Vienna—say 'hi' to Lee.

Once again this year, we urge you to support our area's independent merchants and service providers. Competition has never been tougher than it is today, and they are counting on the season to bring them into the black. Please remember them.

On behalf of all of us at *VivaTysons*, please accept our warmest wishes for safe, wonderful holiday—we'll see you next year.













SELECTED EVENTS



NOVEMBER 8

Photo credit: Shervin Lainez

ID SOUTHER

The Barns at Wolf Trap, 8pm, \$40-45 Whether performing hits like

LOCATIONS

THE BARNS AT WOLF TRAP 1635 Trap Rd., Vienna 703.255.1900 www.wolftrap.org

JAMMIN' JAVA 227 Maple Ave E, Vienna 703.255.566 www.jamminjava.com

THE STATE THEATRE
220 N. Washington St.
Falls Church
703.237.0300
www.thestatetheatre.com

"You're Only Lonely" solo or collaborating on songs with artists like the Eagles, Linda Ronstadt, Bonnie Raitt, and James Taylor, this singer-songwriter helped shape the country rock sound of the '70s and '80s.

NOVEMBER 8

HUMMING HOUSE "COMPANION" RECORD RELEASE TOUR

Jammin' Java, 8pm, \$15-25 Humming House is Justin Wade Tam, Bobby Chase, Joshua Wolak, and Benjamin Jones. Their newest album begins with Tam's unmistakable voice intoning, "I want to be your companion." It's an appropriate beginning for a band who has built itself on complex musicianship and collaboration. careful They know the value of hard work and compromise. Their music is evidence of the thrill of creativity. "Sign Me Up" and "Companion" nod to Paul Simon, while "Silver

Lining," "Find What Waits," and "London" gesture to Humming House's long engagement with classical composition songwriter-driven melodies so strong in the realm of Americana. The album isn't all hip-swinging bravado; halfway through, "Silver Lining" will stop and compel you to attend to the broken things that shape us. "Make it Through" and "Hope in My Head" are prisms to transform difficult days into livable ones. "I Want It All" does justice to the nostalgia and influence of a favorite album, while "Sign Me Up" conveys the increasing distance between our digital, urban lives and the ecosystems that sustain us.

NOVEMBER 10

RED BARAAT

The Barns at Wolf Trap, 8pm, \$30-35 Led by dhol (Indian double-headed drum) player Sunny Jain, "the best party band in years" (NPR) delivers its high energy, exuberant fusion of jazz, hip-hop beats, rock, funky go-go, and scalding hot bhangra to The Barns.

NOVEMBER 10

THE ACCIDENTALS

Jammin' Java, 7pm, \$15-25 Billboard's Breakout Band at SXSW 2015, Huffington Post's Sweet Sixteen of 2016, and Yahoo Music's Top Ten Bands to Watch 2017. Described by John Sinkevics of Local Spins as "genre-melding indie-folk," The Accidentals (Sav Buist, Katie Larson, and Michael Dause) exhibit "a musical and lyrical sophistication that outstrips most mainstream bands." "In performance, they can rock. Their live act is frequently electric. The stage patter and presence is polished but real. They switch instruments before the song they have finished sinks in. A 45 minute set passes like a train. They already have more good originals than most hit acts, and their tastefully eccentric list of covers,

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CONTINUED FROM PAGE 16

well... covers the gamut. They pack performing space with a multigenerational mix any act would beg for." (Jim Linderman, Grammy Award Winning Blogger and Author)

NOVEMBER 11

GEORGE WINSTON

The Barns at Wolf Trap, 3pm and 8pm, \$40-45

One of the best-selling pianists

8 P.M.

CALIFORNIA GUITAR TRIO

The Barns at Wolf Trap, 8pm, \$25-30

Richard, Bert Lams, and Hideyo Moriya) is still crisscrossing genres from rock and jazz to classical and even world music while mixing their dazzling musicianship with captivating stories and humor.

of all time, George Winston is still "setting a high bar for every pianist in genres as diverse as rural folk piano, stride piano, and New Orleans R&B piano." (Paste)

NOVEMBER 11

WILLIE NILE PRESENTS A NIGHT OF ROCK N ROLL

Jammin' Java, 7:30pm, \$25-35 The New York Times called Willie Nile "one of the most gifted singer-songwriters to emerge from the New York scene in years." His album Streets Of New York was hailed as "a platter for the ages" by UNCUT magazine. Rolling Stone listed The Innocent Ones as one of the "Top Ten Best Under-The-Radar Albums of 2011" and BBC Radio called it "THE rock 'n' roll album of the year."

NOVEMBER 11

TUSK— THE ULTIMATE FLEETWOOD MAC TRIBUTE

The State Theatre, 9pm, \$20 The five seasoned, well-respected musicians comprising TUSK have been making music together in various combinations and styles, from complete originals to covers, for over 30 years themselves. It is only fitting that they should come together to form the Ultimate Fleetwood Mac Tribute, and pay homage to a group that dominated the charts during the band members' formative years. Fronted by solo artist Kathy Phillips (vocals) and supported by veteran players Scott McDonald (guitar, vocals), Kim Williams (keys, vocals), Randy Artiglere (bass) and Tom Nelson (drums), TUSK takes its audience members on a sweet ride down memory lane.

Authentic-sounding and always respectful, TUSK leaves no stone unturned in replicating the sounds of one of the world's bestloved, top-selling bands.

NOVEMBER 12

HAMLET BY WILLIAM SHAKESPEARE

Aquila Theatre

Concert Hall at George Mason University Center for the Arts, 7pm,

Aquila Theatre sheds new light on this tragic story by William Shakespeare. Recognized by many as his greatest and most popular play, Hamlet is a compelling tale of familial conflict, personal ambition, love, and revenge. Set in the Kingdom of Denmark, the play centers on Prince Hamlet and his pursuit for vengeance against his uncle, Claudius, who murdered his own brother—Hamlet's father, King Hamlet. Claudius seized the throne and married King Hamlet's widow. Guided by his father's ghost, Prince Hamlet is driven to avenge this treason and from there ensues an epic drama replete with deceit, mistrust, and schemes. Four centuries after its premiere, Hamlet remains one of the classics of the world stage and Aquila Theatre's signature physical style honors this masterpiece with a stellar production that is "beautifully spoken, dramatically revealing and crystalline in effect." (The New Yorker)

NOVEMBER 13

HERB ALPERT & LANI HALL

The Barns at Wolf Trap, 8pm, \$55-65 Herb Alpert, the Grammy-

Photo courtesy of Wolf Trap

winning leader of the Tijuana Brass, and Lani Hall, the Grammy-winning former lead singer of Sergio Mendes & Brasil '66, team up for two evenings of "happy music made by happy people...[an] exuberant brand of Brazilian- and Mexican-flavored pop." (The New York Times)

NOVEMBER 13

THE CONTENDERS (JAY NASH & JOSH DAY): LAUGHING WITH THE RECKLESS TOUR

Jammin' Java, 7:30pm, \$15-20

Americana/folk rock band The Contenders follow up their 2014 released "Meet The Contenders" with their first full length studio album Laughing with the Reckless. Singer songwriter Jay Nash and singer and drummer Josh Day as The Contenders make the sort of music found in the intricate and varied tapestry that is real Americana—full of grit, with a steady heartbeat and a hint of honkytonk—writing songs that speak of wanderers and highways, lovers and losers, good times and missed chances, all of it with a ferocity born of hard work and honed skill.

NOVEMBER 14

ANTIGONE RISING

Jammin' Java, 7:30pm, \$17-20

Antigone Rising's latest EP is "Whiskey & Wine Vol II." With W&W Vol. 2, the songs have gotten much more personal and the productions a little more elaborate. Founding sisters Cathy and Kristen Henderson have always had the same philosophy. Play better than the boys and make sure the fans feel like part of the family. That philosophy plus writing undeniably catchy songs has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl (bands) behind. Antigone Rising continues to play a major part in LGBT advocacy. Their latest release from "Whiskey & Wine Vol 2," includes an "equality" inspired video for the single "Game Changer." Another EP, "Whiskey & Wine, Vol 1" released in 2014, kept the band on the road for most of the year to support the massive success of the release of "That Was The Whiskey." Antigone Rising puts on a great show, and their excellent musicianship, songwriting and soaring threepart harmonies have kept them a favorite in clubs and festivals for the past few years.

NOVEMBER 15

AN EVENING WITH ADRIAN LEGG

Jammin' Java, 7:30pm, \$20-25 Since the 1990 release of his first U.S.

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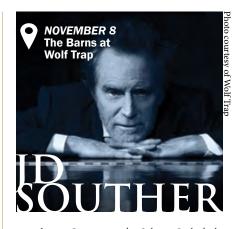
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Maison Du Vin Wine Shop



recording Guitars and Other Cathedrals, Adrian Legg has more than lived up to the expectations stirred by an ongoing avalanche of praise from critics, fans, top guitar mags and peers alike. Joe Satriani once said, "He's simply the best acoustic guitar player I've ever heard...he plays like he has hammers for fingers." The genius that the Boston Globe has called, "technical brilliance paired with a troubadour's tale-weaving skill," led him from 1993-96 to be voted Best Fingerstyle Guitarist four years straight by the readers of Guitar Player magazine. On Inheritance, his second release for Favored Nations and ninth overall, Legg blends his extraordinary virtuosity on the acoustic with a lush sonic arena that harkens back to the musical textures of his childhood life before the guitar.

NOVEMBER 16

MATT WERTZ

Jammin' Java, 7:30pm, \$18-22

Something changed after 2014's Heatwave, a record that shone a neon light on Wertz's appreciation for '80s pop music. Wertz realized he'd grown perhaps a bit too comfortable in Nashville, where he'd been making music for more than a decade. Looking to write an album that tackled contemporary pop music from a different angle-literally-he headed to Los Angeles, where he spent several months writing songs for his ninth album, Gun Shy. Fueled by infectious, 90's-inspired beats, lush textures, and soaring air-tight pop melodies, Gun Shy fires twin barrels of modern pop and synthesized R&B, finding new life in oldschool influences.

NOVEMBER 16-19

THE PILLOWMAN

By Martin McDonagh; Directed by Hollyann Bucci A Studio Series Production

George Mason University Center for the Arts, 16th-18th at 8pm, 18 and 19th at 2pm, \$10-20 With echoes of Stoppard, Kafka,

CONTINUED ON PAGE 22











CONTINUED FROM PAGE 20

and even the Brothers Grimm, an unnamed totalitarian state interrogates a writer about the gruesome content of his short stories and their similarities to a series of murders. The result is an unflinching examination of the very nature and purpose of art in a time of political urgency.

NOVEMBER 16-December 17

MY NAME IS ASHER LEV

By Aaron Posner, Directed by Nick Olcott

1st Stage Tysons, \$15-33, Times vary Adapted from the celebrated novel by Chaim Potok, a humorous and compelling journey of a young Jewish painter torn between his Hassidic upbringing and his desperate need to fulfill his artistic promise unfolds. As art and faith collide, Asher must choose between his cultural roots and his vast artistic promise. This stirring adaptation of a modern classic presents a heartbreaking and triumphant vision of what it means to be an artist. "Thought-provoking,

humorous and deeply insightful." (Talkin' Broadway)

NOVEMBER 17

THE QUEBE SISTERS

The Barns at Wolf Trap, 8pm, \$25-30
Truly transporting the Americana sounds of Texas everywhere they go, the triple-threat fiddle champions of The Quebe Sisters create, "a unique, effervescent amalgam of Western swing, hot jazz and tight sibling harmonies," (NPR) across the country.

NOVEMBER 18

EVENING OF INDIAN DANCE

The Barns at Wolf Trap, 8pm, \$25-27 Performing multiple Indian classical dance styles, IDEA presents Meghadoot The Cloud Messenger—an epic lyric poem written by Kalidasa (5th Century Classical Era) in Sanskrit. Told from the perspective of a lover to his absent beloved, Meghadoot contains an extraordinary series of unparalleled and knowledgeable vignettes describing the mountains, rivers, and forests of northern India.

NOVEMBER 18-19

PEGGY THE PINT-SIZED PIRATE

At the Old Firehouse, 1440 Chain Bridge Rd., 2pm, Free

Peggy is a small pirate with big dreams but has bigger pirates standing in her way. When a sea monster captures her friends, can Peggy find a way to save them?

Due to an outpouring of community support for our youth productions, The Alden is launching its first-ever fall production for youth. These "studio-style" productions are sure to entertain the community and provide a professional-level theatre experience for our community's young actors.

NOVEMBER 18

MIDDLEWAY MUSIC STUDIO CONCERT XV

Jammin' Java, 12pm, \$10

Recently written up in the Washington Post Magazine, Middleway Music is a fast-

growing private teaching studio in Silver Spring that specializes in adult learners. Twice a year the most talented members take the stage alongside an all-pro backing band, including their multi-instrumentalist teacher, and live their performance dreams in an especially inspiring performance which has come to be called the 'Studio Concert.' Forget everything you remember about recitals, Middleway Music has put the concert first! The arrangements are airtight and well-rehearsed, the material—chosen by the students-spans the decades from classic rock to reggae, soul, blues, folk, indie rock and more. More than a show, the Studio Concert is an inspiring testament to creativity, self-development, and pursuing your musical dreams at any age.

NOVEMBER 18

BACK TO THE 80S

Presented by Music Club and Cafe

Jammin' Java, 7pm, \$20 Another hilarious, unexpected, interactive, live, comedic whodunnit! Laughing Productions presents the world's greatest 1980's themed murder mystery comedy show, "Back to the 8o's." This Ferris Bueller, Marty McFly and all things 80's murder mystery mashup stars 98 Rock's Justin Schlegel and Danny Rouhier from 106.7 The Fan. You are attending an event at Glenbrook North High School in Chicago, IL. Students, faculty and alumni are gathering to open a time capsule that was planted exactly 30 years ago. But a still-unsolved murder case will transport you back to that time when gas was under a dollar a gallon and cell phones were the size of a brick. Eat. Drink. Laugh. Solve a Murder.

NOVEMBER 18

BETTER OFF DEAD

Jammin' Java, 9:30pm, \$12-25 Better Off Dead is inspired by and pays tribute to the music of the Grateful Dead and The Jerry Garcia Band. Better Off Dead create music for those fans who are touched by this music as much as they are.

NOVEMBER 19

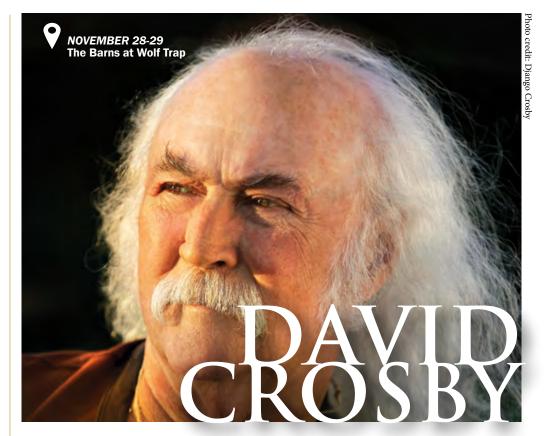
JOHN EATON FOUNDING FATHERS: IRVING BERLIN & JEROME KERN

The Barns at Wolf Trap, 2pm, \$25-27 Wolf Trap favorite and, "Washington legend," (The Washington Post) John Eaton returns to The Barns with an evening of piano selections.

NOVEMBER 19

MOUTHS OF BABES

Jammin' Java, 3pm, \$15 With more than a dozen albums and over a thousand shows between them, Ty Greenstein and Ingrid Elizabeth of Mouths of Babes are no strangers to the alternative folk music scene. For years, their respective bands Girlyman and Coyote



Grace captivated thousands of loyal fans as they criss-crossed the country, rocked festival

main stages, and toured with the likes of the Indigo Girls and Dar Williams. Now, as Mouths of Babes, Ty and Ingrid have distilled the very best of the songwriting, humor, and



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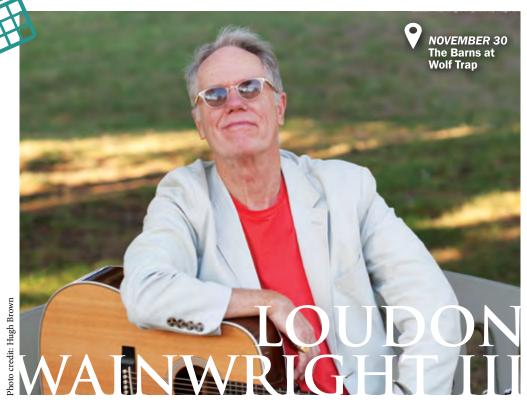
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musicianship of their previous groups into a new power duo that brings more style and depth than ever before. "If I was forced to categorize it, I'd call it modern folk. It's powerful, romantic, and giddy. And the two are insanely infectious together onstage, like a musical and a personal love fest all at once." (Huffington Post)

NOVEMBER 19

P.O.S

Jammin' Java, 8pm, \$15-25 Doomtree co-founder, punk philosopher and lyrical bombthrower Stefon Alexander, P.O.S. aka makes tight, declamatory music that builds on the Minneapolisbred rapper and producer's penchant for grinding beats and radical lyrics. Known for welding hip-hop with guitar squalls, screamed vocals, and futuristic beats fit for a Berlin nightclub, P.O.S steps even further into genre-blurring territory with Chill, Dummy, his first official release with Doomtree Records since his 2004 debut Ipecac Neat. The album reflects on the past three years since a near-fatal kidney transplant sidelined him from making music and deals with the the difficulties of trying to maintain peace of mind and navigate through a confusing world which is becoming increasingly more alienating.

NOVEMBER 20

MASON JAZZ Vocal Night

Concert Hall at George Mason University Center for the Arts, 8pm, \$5-12

Join us for an evening of music dedicated to Jazz Vocals! Performances by Mason Jazz Studio soloists and the Mason Jazz Vocal Ensemble, directed by Dr. Darden Purcell.

NOVEMBER 25

NEWMYER FLYER

The Songs of Burt Bacharach & Hal David

The Barns at Wolf Trap, 8pm, \$25-29 Over their nearly 20 year partnership, Burt Bacharach and Hal David created some of the most memorable songs of all time including "Walk On By," "What the World Needs Now is Love," "I Say a Little Prayer," and "Raindrops Keep Fallin' on My Head." Commemorate this songwriting duo's long-lasting radio, Broadway, and

film success with Newmyer Flyer's tribute to one of the most successful songwriting partnerships ever, featuring Julia Nixon with the Dave Ylvisaker Dozen.

NOVEMBER 20

THE STRAWBS: CHAPTER & VERSE FEATURING "HERO & HEROINE"

Jammin' Java, 7:30pm, \$20-35 Strawbs have sold more records in the USA and Canada than anywhere. In the USA, the band had seven consecutive albums in the Billboard Top 200. Strawbs album, Hero & Heroine, has been listed by Rolling Stone magazine as, "one of the 50 greatest progressive rock albums of all time."

NOVEMBER 25

KOO KOO KANGA Roo

Special Guest MC Lars

Jammin' Java, 6pm, \$15

Koo Koo Kanga Roo is the dance-a-long comedy show from Bryan and Neil, two friends who set out to experiment with live music and make it more fun. Armed with nothing more

than an iPod, two mics, one giant rainbow and some gold sneakers, Koo Koo Kanga Roo puts on an all-ages dance party that invites everyone to join in. Whether you know them from "brain break" videos in your classroom, the Warped Tour or a late night bar show, you've probably gotten sweaty dancing to their jams at some point.

NOVEMBER 28-29

AN EVENING WITH DAVID CROSBY & FRIENDS

The Barns at Wolf Trap, 8pm, \$95-110

Two-time Rock and Roll Hall of Famer and co-founder of The Byrds and Crosby, Stills & Nash, David Crosby returns to The Barns. Joining him will be five musical friends, James Raymond on keys, Mai Agan on bass, Steve DiStanislao on drums, Jeff Pevar on guitar, and Michelle Willis on keys and vocals. Crosby is in the midst of an incredibly creative and powerful period, showcasing his skills as the brilliant songwriter that he is. On this tour, he will be performing music from his soon to be released new album Sky Trails alongside some of his best loved songs and greatest hits.

NOVEMBER 30

LOUDON WAINWRIGHT III

Lucy Wainwright Roche

The Barns at Wolf Trap, 8pm, \$25-30 The, "folk singer/storyteller/funnyman with an autobiographical sense of humor," (NPR) returns to The Barns with his self-deprecation and songs that earned him a Grammy for Best Traditional Folk Album.

DECEMBER 1

EILEEN IVERS

The Barns at Wolf Trap, 8pm, \$28-32 The Grammy-winning, Emmynominated, "Jimi Hendrix of the violin," (The New York Times) returns to The Barns as the pre-eminent exponent of the Irish fiddle.

DECEMBER 2

STEVE FORBERT

Jammin' Java, 6:30pm, \$20-25

At a time when rootsy rock was fading in favor of punk edged bands such as the Ramones, Talking Heads, and Blondie, Forbert's folk pop "Romeo's Tune" hit #11 on the charts and brought him into the international spotlight. Critics and the public embraced his melodic and lyrical styles, a more traditional sound among the post disco punk and rock of the late '70s and early '80s. Always following his own instincts, Forbert says, "I've never been interested in changing what I do to fit popular style and needs." And that's the motto he has lived by since the release of his debut album, Alive on Arrival, in 1978. Rolling Stone contributing editor David Wild recently wrote that, "now or then, you would have been hard pressed to find a debut effort that was simultaneously as fresh and accomplished as Alive on Arrival. It was like a great novel by a young author who somehow managed to split the difference between Mark Twain and J. D. Salinger."

DECEMBER 2

HOME ALONE (PG)

Quote-Along Movie Series

At the Old Firehouse, 1440 Chain Bridge Rd., 2pm, Admission and popcorn are free. Prop bags are \$5 each. Supplies are limited and advance purchase is recommended. You and your family should come to this special holiday quote-along screening "Home Alone" because a) Your kids have probably never seen it; b) You need a break from holiday madness; and c) The Alden's quote-along movies are AWESOME. "B.Y.O.N.A.B" (Bring Your Own Non-Alcoholic Beverage).

DECEMBER 2-3

VIRGINIA OPERA: The GIRL of the Golden West

George Mason University Center for the Arts, 2nd at 8pm, 3rd at 2pm, \$54-110 Virginia Opera continues its season with Giacomo Puccini's magnum opus, The Girl of the Golden West (La fanciulla del West), considered the first 'spaghetti western.' Set during the California Gold Rush of 1849, this Italian opera is Puccini's take on the rough and tough Wild West and features familiar themes of unrequited love, jealousy, betrayal, redemption, changing fate. The story follows Minnie, the gun toting saloon owner of the Polka Saloon. Minnie is the object of desire for all of the whiskey-guzzling and card-playing patrons of her establishment, but Minnie rebuffs the cowboys and golddiggers and instead falls headover-heels for a mysterious stranger who might just be a wanted highway bandit in disguise. This thrilling Western melodrama is vividly brought to life under the direction of Virginia Opera's beloved Lillian Groag. Sung in Italian with

JANUARY 6

THE BRITISH INVASION YEARS

The State Theatre, 9pm, \$30-35

The Beatles arrived in the U.S. on February 9, 1964. But that was only the beginning...

The British Invasion Years goes through the classic songs of iconic sixties groups including The Beatles, The Rolling Stones, The Who, The Kinks, Herman's Hermits, The Zombies & more. Then, the American response with songs from The Beach Boys, The Monkees, The Doors, Steppenwolf & more.

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CONTINUED ON PAGE 28



DAILY

FULL-SERVICE TEA

Sweet City Desserts 12pm - 5pm

Three tiers of amazing sweets, scones, and savory sandwiches, served with your favorite pot of tea, right in the heart of Vienna! Call to reserve at least 48 hours in advance. Available daily. \$25/adult, \$13/child, including tax and gratuity. Light Tea (\$19) and Cream Tea (\$15) are also available.

\$5 BOTTOMLESS GUACAMOLE

La Sandia, Tysons Corner, 4pm-7pm, \$5

Experience bottomless guacamole with you and your closest friends for \$5.

MONDAYS

DA DOMENICO Ristorante

Da Domenico, 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

65-CENT WINGS

Dogwood Tavern

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.

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 Bistro

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

CONTINUED ON PAGE 28



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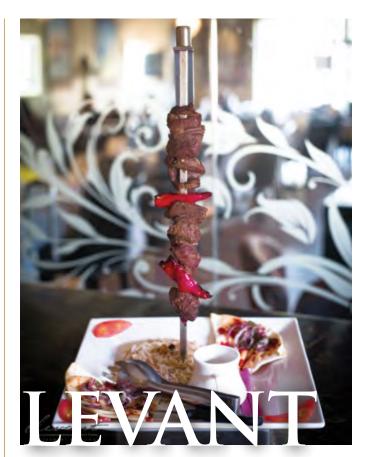
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CONTINUED FROM PAGE 26

\$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. Dine-in only.

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 QUIZ

Ireland's Four Provinces, 8pm

Test your trivia knowledge at one of the hottest spots in Falls Church. Make sure you bring a group of friends for the maximum trivia experience.

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. Dine-in 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.

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.

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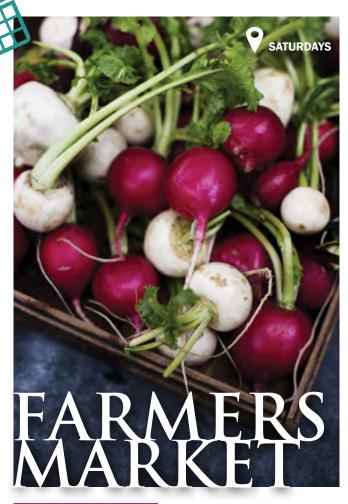


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Iris Lounge, 8 -11:30pm

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

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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

GREAT FALLS COMMUNITY FARMERS MARKET

by reducing packaging and

transportation demands.

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 produceronly 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 salsa and sausage.

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SATURDAY Brunch

Amphora

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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.

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 awardwinning 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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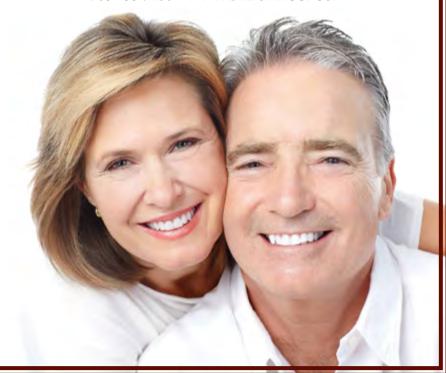
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SISTER HAZEL DUO

TO PLAY JAMMIN' JAVA

It was 25 years ago when two friends from Gainesville, Fla.—Drew Copeland and Ken Block—decided to start a rock band called

Sister Hazel, named after a local nun who ran a homeless shelter. They soon added lead guitarist Ryan Newell, bassist Jett Beres and drummer Mark Trojanowski and set off on the road to live their dream.

Sister Hazel has gone on to sell more than 2 million albums and has produced six top 30 singles, including "Change Your Mind," "Happy" and "Champagne High."

"We didn't think we were going to become big stars and make a lot of money; we were

in it for the love of the music and have been fortunate to have a career as long as we have had," says Copeland. "In the early days, I was voted the accountant, and we would hit the road for a couple of weeks and I remember



very vividly writing checks for \$5 for each band member once the expenses were paid."

Those checks became a lot bigger as the years went on. Sister Hazel earned a platinum disc with 1997's "Somewhere More Familiar"

and a gold with the followup "Fortress." The band really hit it big and became radio mainstays with their No. 1 song, "All For You," 20 years ago.

Although the band is still together, Block and Copeland are taking a little break from their bandmates and are touring as a duo in a series of intimate, 'miss it and miss out' acoustic shows, called 'The Ken and Drew Show.' These are reminiscent of their earlier performance days when they canvassed the club and coffee shop

circuit as a duo just starting out.

The pair will be headed to Jammin' Java on Oct. 26, playing acoustically all the Sister Hazel songs fans have come to love as well as a few "B sides" and deep cuts. There was also new music thrown in.

"Our recordings are kind of snapshots of where we are in life at that time. I think that's something that people gravitate towards," Copeland says. "When you go out and try to fill a void and not stay true to yourself, I think people see through that and that can be a turn off. For this band, it's all about being honest and writing from the heart and that's how we connect with people and stay relevant."

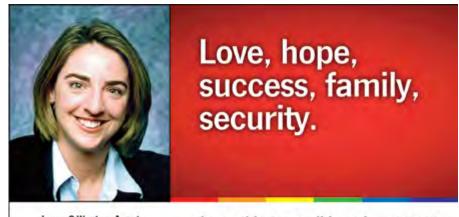
Sister Hazel still performs nearly 100 shows each year, although things in the band haven't always been rosy. Copeland admits that it's seen its share of conflicts and turmoil.

"I'm not sure how we managed to get through it but we did. Ken and I are the most dominant personalities of the band, and we went through a couple of years that were really rough, but we managed to keep it together and make it through that, and now we are closer than we've ever been," he says. "Four of the five of us are married and have kids and we love what we are doing for a living. If you can make it through that tumultuous time period, it's very sweet on the other side."

Copeland credits a big reason for the band's success is that their songwriting continues to grow and that they stay away from trying to write 'the flavor of the month song,' and stay true to themselves. Plus, they make sure to give their fans something special every night they are on stage.

"We love playing live. Those two hours every night on the road is our favorite part of what we do," he says. "You can always expect an energetic show with a lot of songs that you know and maybe some obscure songs off the different records."

Sister Hazel is known for their personal approachability and fan-friendly events including being Co-Founders of The Rock Boat, founders of the annual Hazelnut Hang, and for starting their own 'Lyrics for Life' charity and raising nearly \$1 million for childhood cancer research and family support programs. ��



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Visiting private schools is one of the most important steps in finding the right private school for your child. Once you've weighed the pros and cons of private school and started looking for the right private school for your child, you will need to schedule school visits to check out each potential private school, in person. Each school visit will reveal more information and help you decide which private school is best for your child. It's best to plan ahead and schedule your private school visits well in advance of any application deadlines, so you have plenty of time to prepare for each visit.

Before you start visiting private schools, take a look at the five of the most common mistakes parents make and how to avoid them:

Being Unprepared for Your Private School Visit

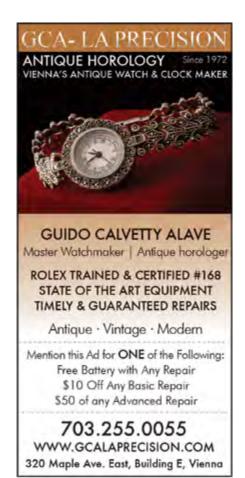
There is nothing more important than being well-prepared when you're visiting private schools. One of the most common mistakes parents make when visiting private schools is not taking the visit seriously enough and showing up unprepared. Block out your schedule, so you won't have to rush through your visit. Prepare yourself for questions the admissions staff will surely ask, like why your child skipped the third grade or why his or her grades dipped last semester in history class. The admissions staff will likely meet with dozens of other parents, so you need to be prepared to make the best first impression to secure your child's chances of acceptance. Be honest and open with the admissions staff, and take the time to prepare yourself appropriately before you conduct your private school visits.

Z Being Over-Prepared for Your Private School Visit

The second most common mistake parents make when visiting private schools is being over-prepared for their visit. There is such thing as being too prepared! You don't want to sound rehearsed or drill the admissions staff with question after question. It's smart to prepare some questions for the school's staff, but you want your visit to flow naturally. Be sure to listen carefully to everything the admissions staff tells you and take care to make your questions sound more like thoughtful queries and less like an inquisition. Private schools are looking for families that truly fit with their school's mission and philosophies, so don't force anything.

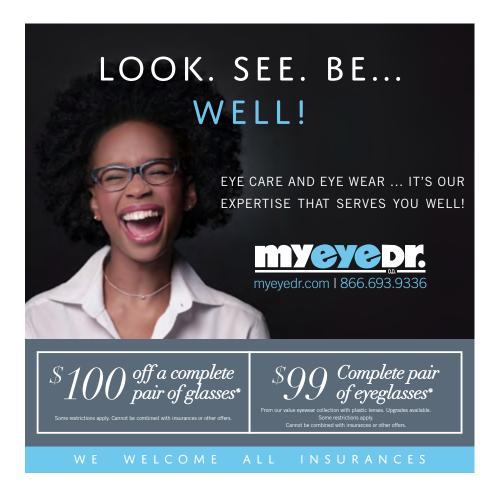
3 Arriving Late for Your Private School Appointment

It's never a good idea to show up late for an appointment, and a private school visit is no different. You only have one chance to make a good first impression. Arriving late for your school visit will only hinder your









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child's chances of being accepted. Try to arrive at least ten minutes early for your visit to ensure you're on time. The admissions staff will likely be very busy and have many other appointments scheduled, so don't disrespect the staff by arriving late and wasting their time. If you have an emergency, call the school to let them know you'll be late or try to reschedule the meeting for another day. Avoid this common mistake to make your private school visit as successful as possible.

H Dressing Inappropriately for Your Private School Visit

It may seem like a no-brainer, but you'd be surprised at how many parents and kids show up to their private school visits in inappropriate clothing! It is one of the most common mistakes parents make when visiting private schools, but very easily avoided. When in doubt, go for business casual. If you dress too casually in jeans and a t-shirt, it will imply to the admissions staff that you could care less about the visit. Study each private school's dress code and make sure your child dresses appropriately too. It will go a long way on making a good first impression.

5 Giving Away too Much Information Too Fast

When you're visiting private schools, do your best to keep your opinions to yourself until the end of the visit. A common mistake parents make is giving away too much information too soon when they're speaking with the admissions staff. Private school visits are a good time to practice your poker face because you don't want to seem overeager or disinterested. It's best to be as neutral as possible until you have successfully toured the school's facilities and had all your questions answered. Don't tell the admissions staff that their school is only your second choice or that it's your child's "safe bet." Be open-minded and tight-lipped at your private school visits to give your child the best chance at being accepted.

Private Schools At-A-Glance



Brooksfield School

Brooksfield School's focus on the arts, nature, and mindfulness is a part of what sets them apart from traditional schools. According to their philosophy, every child's creative spirit and voice needs to be expressed and developed and when a child is free to investigate, study, and observe, the world opens up with new possibilities.

Their organic gardening program provides opportunities for children to develop skills in understanding their relationship with the earth. The experience in planting seeds, watering gardens, harvesting bounty, and preparing meals fosters this stewardship.

www.brooksfieldschool.org

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

Little Oaks Montessori

Little Oaks Montessori Academy is founded by two Doctors of Clinical Psychology specializing in early childhood development. Dr. Abbott and Dr. Areej have collaborated with a life long Montessori Educator in order to open a unique and prestigious AMS Montessori preschool. Little Oaks Montessori Academy is nature-based, child-centered, and focused on the full development of the child; both socially and academically. We will become a place where children become confident, well rounded, and independent thinkers.

Our Montessori instruction is based on the latest understanding of brain development. Our academic calendar focuses on celebrating all cultures with first hand, real life experiences.

We are currently offering Toddler and Primary based Montessori programs with half day and full day's available. Starting in January 2018, we will start to offer an infant program as well.

www.lomamontessori.com

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

Reston Montessori

Reston Montessori's classrooms, beginning with infants and moving on to the sixth grade, are exciting learning environments where independence, self-esteem, integrity, and personal responsibility are fostered. Faculty and staff are enthusiastic and engaged as they lay the foundation for motivating a child to love learning. Families are supportive and involved as they partner with us in their child's education.

www.restonmontessori.com

1928 Isaac Newton Square W Reston, VA 20190 (703) 481-2922

Montessori School of McLean

General 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.

www.mcleanmontessori.org

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



"It's like children are researchers

and their environment is their

laboratory," Cohen says.

t the beginning of September, Beth Emeth Early Childhood Center (BEECC) welcomed Robin Cohen to the role of Center Director for the 2017-18 school year, with her goals being to enhance the fundamentals of the Reggio Emilia inspired curriculum and foster an environment that respects children's ideas and thoughts while encouraging exploration of the world around them.

The school, located at 12523 Lawyers Road in Herndon, is an Early Childhood Development Center for ages 2 to 5, and offers small classes with low student-to-teacher ratios in a stimulating and loving environment. As of her second week on the job, Cohen was liking what she was seeing.

"It's been going really well. It's very busy, but I have felt an outpouring of support from the teachers and the community and that keeps me spinning in

a positive way," Cohen says. "One of my biggest goals was to make the community feel palpable."

BEECC recently had its 'Back to School' kickoff and social, and Cohen could already see the excitement and feel the energy from the teachers and parents. It was strong enough to let her go home and fall asleep with a smile on her face.

The school revolves around the Reggio Emilia approach to educating the whole child, with Cohen describing its philosophy as being, "Reggio inspired." "It's not a designed curriculum but basically a set of guiding principles—core beliefs and values and attitudes, that relate to every aspect of creating a culture of learning and teaching," she says. "We're inspired by the principles of the approach."

One of the biggest things of the Reggio Emilia method is how they view children, as being, 'capable and confident' and the school believes children should be treated like citizens and should be included in every aspect of their learning.

"What we love most about the Reggio philosophy is how deeply they

respect children and their process of learning and we want learning to come to life for them," Cohen says. "There is a lot we do to support this view of children."

For example, BEECC classrooms are set up as rich and stimulating environments so when the children come, they can be engaged in thinking and problem-solving, and teachers can then help guide them along to the next step of their thinking.

"It's like children are researchers and their environment is their laboratory," Cohen says. "When they walk into their classrooms, they are treated with respect and the teachers partner along. There's so much in the planning and the thought of what the teachers intentionally and purposely set out for the children to capture what they are interested in."

Whether it's doing pictures or taking video, the staff studies it and dialogues about it so when it's relaunched the next day, the activity can be connected to what they learned the day before in a way that challenges them to the next level.

"I'm a very visual person and when you walk into this place, you can sense the energy that it has, and it's very positive and happy," she says. "So, when people come and see the classrooms, I'm able to explain to them in a more visual way of what their child is going to be doing."

To Cohen, the most important thing the school offers are the skills to allow them to be both passionate for and harness learning for themselves, as those are what will help them throughout their lives.

"I feel like in this society right now, where we are so product-driven, and so focused on tests, being able to step back, slow down and have someone say to you, 'let's focus on the process and those internal life skills' is actually refreshing," she says. "Those intangible skills are what's going to take them far."

Cohen has more than 25 years of experience in education, most recently serving as curriculum developer for BEECC. She also was the founding Pre-K teacher of the awardwinning Washington D.C. Capital City Public Charter School in 2000.

She has a bachelor's degree in psychology from Brandeis University and a master of education from Harvard University, and studied Reggio Emilia in Italy, the birthplace of the unique educational approach.

BEECC serves Northern Virginia, including the areas of Reston, Herndon, Vienna, and Fairfax, and is open to all children regardless of ethnic, cultural or religious background. The center focuses on meeting the developmental needs of children in physical, emotional, social, cognitive and spiritual growth.

The school is also known for its Jewish program, introducing Jewish customs, traditions, and the Hebrew language to the curriculum. For instance, the school celebrates Shabbat in each classroom with a rotating "Shabbat child of the week" and there's a monthly Shabbat morning program, which is designed to enhance the children's introduction to Shabbat and other holidays through songs, dances, stories, discussions, and food.

For more information on BEECC, visit beecc.org or call 703-860-4515. ❖

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Brussels Thermae Boetfort Hotel &

Spaaaaaaaaaa...

pa is the actual name of a town in the Ardennes region of eastern Belgium, sought out for centuries for its curative, mineral-rich, thermal waters by the wealthy French-speaking aristocrats of the region. The quaint medieval town of Bruges, the Venice of Belgium, with its romantic canals, beautifully preserved architecture, and horse carriages klippety-klopping over the cobbles, boasts its fair share of spa hotels, as does nearby Ghent. But, we opted for the ever-charming historic Martin's Relais, with its French doors opening up to the canal. A little fresh air does wonders for the spirit.

Even the stately Brussels Hilton Grand Place had a bit of a spa-like feel. They served Spa Intense mineral water (a little too minerally for me) and the elegant marble baths were equipped with Grohe Metropol faucets - which somehow struck me as cosmopolitan - and a most luxurious showerhead. They even had a little soap with a built-in massage tool. Nice touch.

Here, spa secrets abound. Beautiful, half-Belgian / half-Greek, Brussels Airlines flight attendant Alexandra (her dad was on the Greek national soccer team) suggested Belgian waffles and gave me her favorite DIY recipe for healthy, hydrated skin and hair.

For the hair: Mix one egg, honey, and a banana and apply to hair. Leave in 30 minutes. Follow by wash and conditioner.



For the face: Apply a mixture of avocado and honey for 20 minutes and rinse thoroughly.

Upon arrival at Zaventen Airport, the Formula One Ferrari driving team was at our baggage carousel, all outfitted up with their fluorescent yellow sneakers, matching insignia jackets, and big red suitcases. They might like to go fast, but let's slow things down a bit, shall we?

To the spaaaaa. Thermae Boetfort Hotel & Spa, Thermae.com, just on the outskirts of Brussels, is a spa in the very truest sense of the word—a veritable oasis of serenity. This is a haven for those seeking peace and tranquility that allows for the utmost decompression. Within the realm of a turreted castle, Thermae Boetfort enjoys nine distinct saunas (some private), two outdoor swimming pools, four jacuzzis, steam baths, a laconicum, warm and cold showers, and relaxation rooms. The laconicum was the dry sweating room of the Roman thermae, contiguous to the hot room, or caldarium, which we learned about in Latin class long ago but had never experienced. Until now.

At this wellness center, you can enjoy the soothing waters either in a bathing suit or nude. The two sections are completely separate, so there's really something for everyone. They describe it as totally Zen. I would agree. And at the spa, silence is golden.

Meander about as if in a fairy tale. Castle turrets towering above transport the imagination to another place, another time. As you stroll along paths among the trees, you will now and again come upon a charming little Hobbit hovel tucked deep



in a hillside—each with its own unique sauna or hydrotherapy pool. Explore the Ice Cave Sauna, Wine Cellar Jacuzzi, and the Mine Sauna. For a moment, you might be tempted to leave a trail of crumbs along the forest path à la Hansel and Gretel—but then again, on second thought, you might not want to find your way back.

According to Thermae.com magazine, a visit to the thermal baths can contribute to a fit and healthy body in various ways. They reveal that, "your heart rate increases by 50 to 70% during a session in the sauna. Your body expels a lot more waste because of this sweating. This strengthens healthy body processes such as detoxification and proper blood flow. That is why a visit to the sauna is also called passive exercising."

Indeed, medical expert Dr. Ronald Repice of Blog Talk Radio in Bonita Springs, Florida reminds us that the ubiquitous mineral aluminum, for instance, is detrimental to our health—even citing research indicating potential links to Alzheimer'sand recommends avoiding aluminum foil in the kitchen and to even stop using antiperspirants. Not only do they contain aluminum, but they actually stop you from perspiring. His daughter Maria Repice singled out Arm & Hammer Essentials deodorant for being aluminum- and paraben-free with baking soda as its neutralizing ingredient, (like with toothpaste.) It gets its light, fresh scent from natural plant extracts such as coriander, rosemary, and lavender. Another option is the lightly fragranced hypoallergenic

deodorant for sensitive skin Klorane, which is also aluminum- and paraben-free. Sweating it out in a sauna helps remove harmful minerals from your system. Just remember to replenish certain beneficial minerals such as magnesium and sodium. Plus, it's oh-so-relaxing. Highly recommended.

One of the most innovative and evocative spaces for me was the Eucalyptus Sauna with its softly glowing lighting. It gets the olfactory bulbs going full-tilt. Inhaling deeply, you could really feel the enhanced respiration. Note to self: eucalyptus essence in the home diffuser. And another recently renovated experience to behold is the private Blue Lagoon Sauna, reminiscent of the Blue Grotto on the Isle of Capri.

One of the featured experiences at the Thermae, Aromatherapy Aufguss, "a traditional Finnish custom in which water with essential oils is poured over the sauna stones, is aimed at the skin and the improvement of the immune system. It cleanses and purifies the body both mentally and physically."

Relaxation and health are the focus here. The philosophy behind the spa is to help visitors unwind, release tension and, by extension, increase well-being and productivity. It is beneficial, "to learn to distance yourself and let go, helping you to see new solutions more easily." Meditate on that for a moment.

Visitors are drawn from afar, such as Ines Scopazzo Tuttobene and her lovely daughter Rosina from Saarbrucken, Germany. "It was an enjoyable and relaxing way to spend a beautiful day together. You felt immediately at ease and welcome."

Open 'til midnight, you have full access to the spa, saunas and wellness facilities for 30 Euros (\$35) after 5pm—perfect if you're staying overnight. Splurge on a superior or deluxe room if you wish to dwell within the walls of the castle domain. Trust me. You do. They provide you with fluffy white terry cloth bathrobes, towels, and shower slippers. And if you have an early flight out, they'll even bring you a bountiful breakfast basket the night before!

Indulge in a therapeutic massage or specialized facial treatment with the likes of lotus extract. Or participate in aromatherapy, yoga, Tai Chi, mindfulness, or even dancing.

Then dine al fresco in your bathrobe in the shadow of the castle, followed by a moonlit dip in the bubbling jacuzzi to fully recalibrate your state to total relaxation. Total relaxation.

Can't leave? I know the feeling. What time is it? It's time to stay at a spa castle. The sleep you will experience after all this hydrotherapeutic immersion will be most opulent. The wonderfully rustic rooms have stone walls and wooden ceilings. Even a clawfoot tub! It's like you're in another world. Because you are. So gaze out the curtained window upon the castle, and well, just dream... ❖

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Detox Groothie

For an energy-boosting green drink, try this invigorating detox smoothie from Thermae.com. Blend one peeled kiwi, ½ peeled lime, ½ unpeeled apple, one banana, ½" piece of fresh ginger, a handful of spinach, and a handful of lettuce with a little water until smooth.



SUNNYSIDE COMMUNITIES GIVE RETIREMENT LIVING A WHOLE NEW OUTLOOK

Then the Carter family sang "Keep on the sunny side of life," they could easily have been talking about the retirement living options at Sunnyside Communities. With three distinguished retirement communities located in Harrisonburg (Sunnyside), Martinsville (Kings Grant) and Waynesboro (Summit Square), Virginia, Sunnyside offers a range of senior living choices to create a dynamic and engaging retirement lifestyle.

Sunnyside Communities is a nonprofit 501(c)(3) organization funded through contributions, an endowment fund, and yearly fundraising activities. Those who choose Sunnyside Communities do so for the carefree lifestyle and community of friends they build, as well as peace of mind for their futures. "As our vision statement states, we want to create life experiences to enhance the quality of life by respecting human diversity and providing outstanding value," explained John "Jack" Broaddus, president and CEO.

"Sunnyside Communities are considered destination localities and attract a lot of interest from Northern Virginia residents," Broaddus said. The Sunnyside campus is located on more than 150 acres surrounded by breathtaking mountain views and award-winning amenities. King's Grant features two lakes and lush green fields on its 120-acre campus, and Summit Square, nestled in the heart of the Shenandoah Valley, offers small-town charm in a city that ranks among the country's top micropolitan areas.

The beauty of the Shenandoah Valley and Southern Virginia and their surrounding mountains, paired with the cultural amenities in

the flourishing towns, offer a sweet respite from busy city life while still providing much of the resources of and proximity to larger metropolitan areas.

ARE YOU READY FOR RETIREMENT?

"I'm not sure people who are 55 are ready to think about retirement," Broaddus said. However, he urges people to start thinking about retirement options early, especially when many communities have waiting lists. "Since 10,000 people are turning 65 every day, there is a tremendous demand for retirement living. I ask people, 'are you preparing yourself now or waiting until the last minute?' The worst thing is to make a decision in a crisis situation."

"You have to evaluate your financial situation and physical condition and decide whether you want to go somewhere where people can take care of you as you age. It's never too early to at least investigate the different options," Broaddus said.

Sunnyside Communities offers a full spectrum of retirement living options ranging from independent living villas, cottages and apartments, to assisted living, to healthcare, to memory care and home health services. "The beauty of Sunnyside is that we are licensed to provide all levels of care. Other communities may not be licensed to do health care."

All three campuses hold a five-star rating from the Centers for Medicare and Medicaid Services (CMS), a designation received by fewer than 20% of healthcare centers nationwide.





AN ABUNDANCE OF ACTIVITIES

A vibrant array of activities keeps residents as active as they want to be. Activities including movie nights, dance classes, seminars, crafts, hikes, yoga, themed dinners, club meetings, continuing education and lifelong learning programs, and off-campus trips fill the monthly calendars. Residents can also enjoy the wellness centers with their exercise classes and equipment, pools, restaurants and other onsite amenities. At the Sunnyside campus alone there are more than 30 resident-led clubs like a computer club, travel club, and the Buzzards, composed of former military pilots, in addition to staff-planned activities. "Depending on one's physical and mental needs, we have an array of programs that attract various age groups," Broaddus said. "We are also investing heavily in technology, seeing that our residents are technology-driven."

A major renovation at Kings Grant includes a new clubhouse with bocce courts, a theater, billiards, putting green, fireplace and outdoor dining. Sunnyside just added a new bistro offering mixed spirits and wine. Summit Square now has three dining options including a full-service restaurant, a traditional pub and a grab-and-go café. "It is a nice lifestyle, with a variety of dining experiences," Broaddus added.

VISIT FOR THE WEEKEND

You can "check in" to check out what it is like to live at a Sunnyside community through their Staycation Program. Spend a few days at any of the three communities to experience living there without actually moving in, including meals and activities. This is a marvelous way to meet the residents, ask questions, and feel out the option of living here.

Visitors should also tour the campuses to explore the range of living options and services, including healthcare and assisted living. "People think they will enter a community in the independent living space and don't always consider what may happen down the line with physical or mental challenges as they age," Broaddus explained. "We can offer the entire range of care at all of our campuses, whereas other communities may not, requiring residents to move as their conditions change."

Another way to experience life at Sunnyside Communities is to join the Horizons Club (Sunnyside), Trailblazers Club (King's Grant), or Skyline Club (Summit Square), even if you are not yet a resident. This allows people to enjoy the amenities and meals, receive the newsletters and get invited to special events, for example, and make friends long before moving in.

At least twice a year, Sunnyside Communities presents a "lunch and learn" program in Northern Virginia. For notifications of upcoming programs, call 540-568-8518 or visit the website at www.sunnysidecommunities.com. You can also follow Sunnyside Communities on Facebook.

Sunnyside Communities has distinguished itself as one of the premier senior living options in Virginia. Consider how you'd like to spend the next phase of your life, and check them out.











ASK AN ADVISOR FINANCIAL RESOLUTIONS FOR THE NEW YEAR

I get a lot of questions about financial resolutions this time of year and while "saving more" is the most popular, resolving to save more may not be very effective if "more" still falls short of being "enough" or if you aren't investing your retirement savings properly. I recommend you consider adding these five resolutions to your list.

Resolution #1: Create or Review Your Spending Plan

I utilize the phrase 'spending plan' rather than 'budget.' Your plan should include how much income—after taxes—you bring home, your regular monthly expenses, savings for emergencies, college and other goals. Your plan should be to have zero income left at the end of the month and not negative. Review the plan to get a better understanding of where you are spending money and pinpoint ONE place that you could decrease spending to allow you to save more towards one of your goals. It does not have to be much, even \$10 a month more put towards savings will help to achieve a goal.

Resolution #2: Review Your Tax Return

Do you owe or get a refund for taxes each year? If you receive a refund, consider adjusting the taxes from your paycheck so you keep more during the year to help you with your savings goals. The key here is to save this money or pay down debt with it.

If you owe money each year and don't want to, you should consider increasing your tax withholdings from your paycheck or possibly increasing your pretax retirement savings. Review your spending plan to determine if you can decrease spending somewhere in your plan so your decreased income does not decrease your savings goals.

Resolution #3: Get a Financial Physical in the New Year

As we get older it is recommended that you get a check-up or physical from your doctor every year or two to help catch any potential health problems early. Consider doing this with your

finances and your financial goals as well. A professional financial advisor can help make sure you are on the right track.

If you maintain your own finances and feel you don't need a professional's help, a financial review may just confirm that you are doing a good job, but it may also show you some areas you can improve. To find a financial advisor, ask friends, family, or coworkers for recommendations or search for a Certified Financial Planner professional® at www.letsmakeaplan.org. Working with a CFP ensures that the advisor will act in your best interest when evaluating your financial plan, as they are held to the highest ethical and educational standards in the financial services industry.

Resolution #4: Increase Your Retirement Plan Savings by Just 1%

If you contribute to a company retirement plan or 401(k), increase your contribution by just 1%. It's unlikely you will notice the change in your paycheck but if you do this each year over the next 5-10 years, you will increase the likelihood of being able to retire comfortably. Some plans have an automatic increase option so once initiated, the increase happens automatically (so you can set it and forget it). Studies have shown that plan participants with auto-increase options are significantly more likely to keep the increase in place than those who have to manually increase the contribution each year.

Resolution #5: Take Control of Your Finances by Learning More About Finances

It is unfortunate that many of us do not learn more about personal finances in school. Money (in many cases) can be a difficult conversation to have with children. You may feel that, as an adult, you have had to learn through trial and error. Resolve in the New Year to read at least one book about personal finances to educate yourself about money, and if you have children, resolve to start the conversation with them about basic saving principles. It's never too early to start their financial education. •

Daniel P. Lash, CFP®, AIF® is a partner at VLP Financial Advisors and the 2016 President of the National Capital Area Chapter of the Financial Planning Association (FPA). He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: www.vlpfa.com.

Have a question for an Advisor? Email info@vlpfa.com

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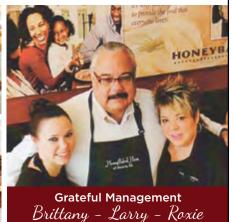
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or more than 20 years, Joe Beninati has served as the play-by-play announcer for CSN's live-game coverage of the Washington Capitals, and he also regularly provides play-by-play for the network's airings of college sports, including football and basketball, and has worked as announcer for the Washington Kastles of WorldTeam Tennis.

But, unlike most sports broadcasters who dreamed of such a successful sports-centric career since they were young, Beninati had other plans for his life.

"I have a degree in biology and I wanted to be an orthopedic surgeon," he says. "I wanted to help people and possibly do sports medicine. It was going to Bowdoin College and then hopefully Harvard Medical School, but it didn't turn out that way."

Beninati was a goalie for both lacrosse and hockey in high school and hoped to play at college. He couldn't play hockey in the fall, and some friends asked him to help out at the college radio station announcing the hockey games.

"I tried it and I turned out to be really good at it," he says. "There was a three-camera, cable access TV station in Brunswick, Maine, which is where Bowdoin was and they asked me if I wanted to do the games on TV."

He was just 18 at the time! The station also had Beninati do play-by-play for football and basketball games and his career was underway.

"Sophomore year rolls around and I'm taking all these super-duper, upper-level biology courses and I tell my parents I don't know about medical school anymore," he says. "I told them I wanted to be a sports announcer."

Not that there wasn't a part of him that seemed destined for such a career. As a kid, he would play street hockey or touch football with his friends and he was the guy who had all the names in his head and would call the games while they were playing.

In 1994, he came to Washington and has been announcing sports professionally ever since.

"I love sports. I've called eight different sports, although hockey is what I'm best known for," he says. "I've also done football, basketball, baseball, volleyball, soccer, lacrosse and tennis. I don't have favorite teams anymore like I did when I was a kid.



I root for great theater. You want it to be a competitive game and a compelling game."

Not that he doesn't want the Capitals to win and take a sip from Lord Stanley, as he'd love to finally see them finally win the Stanley Cup.

Some of his favorite highlights from his career include calling play-by-play as Sergei Fedorov scored five goals in a 5-4 Detroit OT win over Washington in 1996; working the longest game in Division 1 Men's Lacrosse history, as Virginia defeated Maryland 10-9 in a game that went into the 7th overtime in 2009; Alex Ovechkin scoring "The Goal" in Glendale, Ariz., back in his rookie year, January 2006; and the emotional season-

opening 2016 college football season for Nebraska when the Cornhuskers honored Sam Foltz, their outstanding punter who died in an auto crash during the off-season, with a missing-man formation.

"I've done a lot of really, really great games," he says. "But it's the individual performances that stand out a lot more to me."

Now a nine-time Emmy Award winner, Beninati has called hockey games during the NHL regular season, Stanley Cup Playoffs, and World Cup of Hockey for other national outlets, including ESPN and NHL Radio, and served as the radio announcer for Westwood One's coverage of the 2002 and 2006 Olympic Winter Games.

"The chance to do the two Olympic hockey tournaments that I did, both in Salt Lake City and Torino, those were incredible experiences," he says. "That was for radio, and most of what I'm doing now is for TV. But to get a chance and go back to being one-on-one with the listener, that's where it all started for me and where I live."

One sport that Beninati would love to try announcing someday is golf. He plays and watches a great deal on TV and has enormous admiration for the professional men and women who play the game. He'd also like to do a major tennis tournament.

Regardless of the sport he is broadcasting, Beninati notes it's important that he sticks to his philosophy of not taking the attention away from the athletes or games themselves.

"We're accent pieces," he says. "It should never be about the announcer, it should be about connecting to what you see and what you're describing and what matters most is what the athlete's doing, not what you're saying."

For those who want to follow in his vocal footsteps, Beninati shares that success is not just about having a good voice and being a fan. Plenty of research and work is involved.

"You have to be prepared for anything, and you never know how much of that preparation you're going to use, but when a college football team runs out 120 kids on to the sideline on a Saturday, you better be ready for at least 70 of them, so there's memorization that goes in," he says. "With the Internet today, you can do a ton of research. And I feel I have to and I need to. So, when someone makes a play, if there's something of human interest that can connect him to the listener or viewer, that's what I'm there for." •





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Unats Your Favorite Holiday Memory?

2017 HOLIDAY EVENTS CALENDAR

Has the Thanksgiving Art and Craft Show been your family's go-to place for holiday gifts? Or has visiting Meadowlark's Winter Walk of Lights been the most recently added family tradition? Find out when your your favorite holiday event is to take place this year or try something different and make 2017 a year for making new memories.

November 11Santa HQ Opens at Tysons Corner Center

Tysons Corner Center

Starting on November 11th, Tysons Corner Center and HGTV's Santa HQ are open for the season: Guests are invited to make a reservation to explore the immersive, engaging Santa HQ, the digitally enhanced visit with Santa presented by HGTV. Reservations to visit the experience can be made in advance starting mid-October at www.santa-hq.com.

November 11–13 Northern Virginia Christmas Market

Dulles Expo Center, South Hall, 4368
Chantilly Shopping Center, Chantilly, VA
20153 Friday & Saturday 10am - 6pm,
Sunday 10am-5pm, \$8 for adults (children
under 12 free) Receive \$1 off admission by
bringing a canned food donation for the
Capital Area Food Bank

More than 300 juried artisans from across the country offer fine art, functional & decorative pottery, handcrafted jewelry, glass, photography, woven baskets, furniture, decorative arts, collectible dolls, wearable art, and much more. Specialty food vendors offer gift-packaged gourmet fare such as steamed puddings, almond pound cakes, party dips, sparkling cider, and fruit cakes. Events Management Group, Inc. works with the Capital Area Food Bank helping needy families during the holiday season by collecting donations of canned goods. Receive \$1.00 off admission by bringing a canned food donation for the Capital Area Food Bank. Call (757) 417-7771 for details.

November 15-18OAKTON CHURCH OF THE BRETHREN CHRISTMAS CRAFT SHOW

Oakton Church, 10025 Courthouse Rd, Vienna, Thurs-Fri 10am-7pm, Sat 10am-4pm, FREE

Come browse and find unique presents and stocking stuffers; cards and gift bags; seasonal decor; kitchen accessories; baby and children's items; scarves, hats, and other attire; jewelry; pillows and linens, ceramics; fresh baked pies and cakes; and much more. This three-day event features a wide variety of handmade items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren.

org, or call 703-281-4411. The event is a fundraiser for church projects.

November 17— January 7

MEADOWLARK'S WINTER WALK OF LIGHTS

Meadowlark Botanical Gardens 9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required (online purchase) \$14 adults, \$8 children ages 3-12, Children under 2 are free Visit Meadowlark's Winter Walk of Lights from November 17 - January 7th to experience over 500,000 LED lights and displays that bring Meadowlark Botanical Gardens to life! Imagine the beauty of Meadowlark's renowned gardens transformed into a winter wonderland, including a flowing stream of softly glowing lights. Marvel at the two-story animated fountain, stroll past the Gingerbread Village, and explore the beauty of nature like you've never seen it. This event is sure to be the highlight of your holiday season! Make s'mores over the firepit and other snacks for sale. Call (703) 255-3631 for

November 17-

TYSONS TREE LIGHTING CEREMONY

Tysons Plaza, 6:15pm

Join Tysons Corner Center on Friday, November 17th at 6:15 for the annual Tree Lighting Ceremony to be followed by a free holiday concert by American Idol David Cook, located on The Plaza at Tysons Corner Center.

November 18-19FAIRFAX HOLIDAY CRAFT SHOW

Fairfax High School, 3501 Rebel Run Fairfax, VA 22030, Saturday 10am-5pm and Sunday 10am-3pm, \$5, \$8 for 2-day pass, children under 18 are free

Enjoy handmade crafts and holiday gift items including baskets, dolls, floral items, jewelry, paintings, photographs, pottery, clay, wood items and more from artisans from all over the United States, including many local artists.

November 19VIENNA TURKEY TROT

Vienna Volunteer Fire Department 400 Center Street South, Vienna, VA 7am Registration, 8am Kids Fun Run, 8:30am 5K/10K, \$20-45 The James Madison High School Band will be hosting the 14th Annual Vienna Turkey Trot 5K/10K and Fun Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race, and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

November 22- January 7The Bull Run Festival OF LIGHTS

7700 Bull Run Drive, Centreville, VA 20121, 5:30pm-10pm, Fees vary

For more than 12 years, the Bull Run Festival of Lights at Bull Run Regional Park has drawn thousands of visitors from hundreds of miles away to Centreville, Virginia, just outside Washington, DC. This year's festival opens November 22 and runs through January 7, 2017! The Bull Run Festival of Lights is held each year to celebrate the winter holiday season. The event sees more than 30,000 cars each season, and over 130,000 people! Bull Run Festival of Lights is located just off of Interstate 66 in Centreville, on Rt. 29 (Lee Highway), just 3 miles from historic Manassas Battlefield Park. Visit www. novaparks.com/events/bull-run-festival-oflights for more information.

November 23ARLINGTON TURKEY TROT

Christ Church of Arlington, 3020 N. Pershing Drive, Arlington, VA 22201, 8am Adult \$40, child (6-17) \$25, child (under 6) FREE, All Runners Registered by November 1st, will be guaranteed an Arlington Turkey Trot cotton tee.

The 12th annual Arlington Turkey Trot takes place on Thanksgiving Day 2017 and was founded by the Christ Church of Arlington. In 2016, with over 4,000 registrants, \$100,000 was generated for the five beneficiaries. Over the past 11 years, the race registrants and business sponsors have raised over \$460,000 to help Arlington residents who need a "hand up."

November 24HOLIDAY PARADE, TREE LIGHTING AND SING ALONG

Reston Town Center, 11900 Market Street, Reston, VA 20190, 11am-10pm Reston Town Center launches the festive season at the 27th annual Reston Holiday Parade at 11:00 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. Voted as #4 in the nation's top 10 holiday parades by USA Today readers, the oneof-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1991, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. Before the parade begins, thousands of jingle bells are handed out to spectators along the route. After the parade, enjoy visits and photos with Santa and Mrs. Claus, plus Mini-Train rides until 4:30 pm and street entertainment. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 pm. Afterwards, on Market Street, horse-drawn carriage rides continue from 6:30 until 10 pm. Proceeds for the photos and rides benefit local charities. The acclaimed Ice Skating Pavilion is open all day and every day from November until March.

November 24-December 9

MOUNT VERNON BY CANDLELIGHT

3200 Mount Vernon Memorial Hwy Mount Vernon, VA 22121, Fridays and Saturdays, 5pm-8pm, \$16-24
Come join the estate for the brand new, candlelit, character-guided tour and learn more about holiday traditions in 18th-century Virginia. Guests will see the Washingtons as they prepare for a festive celebration with friends and family, a favorite holiday activity at Mount Vernon.

In the Mansion, Washy Custis has just arrived home from school, and Martha Washington is admiring an impressive array of desserts in the New Room, including a reproduction of her Great Cake. Some of the hired and enslaved servants are busy inspecting bills in the study, discussing the family's culinary preferences in the kitchen, and moving furniture in the New Room and hanging greens over doorways.

Guests will also stop at the Slave Quarters, the Blacksmith Shop, and the Greenhouse where they will be able to participate in 18th-century dancing. Aladdin the Christmas camel will also be on site.

November 24–26 Thanksgiving Art and Craft Show

Spring Hill RECenter 1239 Spring Hill Road, McLean, Virginia 22012
Fri 10am-5pm, Sat 10am-5pm, Sun 11am-4pm \$5, Return Free, Parking Free
This terrific show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting; fused, etched, painted and stained glass; ceramics and pottery; hand-painted silk; woodworking; handweaving; photography; paintings and drawings; clothing and functional textiles; jewelry; and much more. All of the artists and artisans will be on hand to answer questions

November 25A CHANTICLEER CHRISTMAS

and talk about their work.

George Mason University Center for the Arts, 8pm, \$33-55

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(The New Yorker) kicks off the holiday season at the Center for the Arts with a beautiful concert of acappella music that includes gorgeous seasonal classical pieces as well as holiday favorites. Chanticleer is renowned for the seamless blend of 12 male voices, ranging from countertenor to bass, with superior technique, sublime tone, and unparalleled musicality. Their original interpretations span period and genre—from Gregorian chant to jazz, popular, and contemporary music. The group, which has been praised by the San Francisco Chronicle for its, "tonal luxuriance and crisply etched clarity," has a long list of impressive achievements: sales of more than a million albums, two Grammy® Awards, being named Ensemble of the Year by Musical America in 2008, and induction in the American Classical Music Hall of Fame. Begin the Christmas season with this beautiful holiday concert.

November 27 CHURCH STREET HOLIDAY STROLL

Historic Freeman Store and Museum 131 Church Street Northeast, Vienna 6pm-9pm Free

Santa will arrive and greet children at the historic Freeman Store and Museum and then help the mayor light the holiday tree at 6:20 pm. All merchants along Church Street will remain open for holiday shoppers. Enjoy fun, family friendly activities including a petting zoo, free hot chocolate, and roasting marshmallows at supervised bonfires. Holiday entertainment will be provided throughout the evening.

December 1-3 **MERRY OLD TOWN**

Historic Manassas, Inc.

9431 West Street, Manassas, VA 20110 Starts at 5pm on Friday, Parade starts at 10am on Saturday

Make time to enjoy old-fashioned family fun at the "Merry Old Town" celebration in Historic Downtown Manassas! The holiday fun begins on Friday at 5:00pm with holiday cheer as everyone awaits Santa's arrival at the Manassas Depot via VRE train. The Annual Christmas Tree Lighting will be at 6:30pm on the Manassas Museum Lawn.

On Saturday at 10:00 am, celebrate the holidays as we honor the 72-year long tradition of the Greater Manassas



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Christmas Parade! Historic Downtown Merchant Open House is held on Sunday from noon until 5:00 pm!

December 1–2 City of Falls Church Holiday Gift and Craft Show

Falls Church Community Center, 223 Little Falls St. Sat 9am-4pm, Sun 11am-4pm \$1 All-Weekend Shopping Pass. Children under 12 receive free admission.

Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. More than 50 crafters and merchants show their wares, selling unique handmade items, baked goods, and more. Various holiday-themed children's activities are offered, attracting many young shoppers and their parents.

December 1-3FREDERICKSBURG HOLIDAY CRAFT SHOW

2371 Carl D. Silver Parkway

Fredericksburg, VA 22401 Friday and Saturday 10am-6pm, Sunday 11am-4pm Tired of the same old. . . same old holiday shopping? Then get on over to the Fredericksburg Holiday Craft Show at the Fredericksburg Expo Center. The annual Holiday Craft Show is your onestop Shopping destination where you can find memorable and unique gifts for your family, friends and of course for your pet too. Come join the fun festive mood at one of the area's best Holiday Craft Shows at the Fredericksburg Expo Center that will host almost 300 vendors. There will be lots of handcrafted items including holiday ornaments and wreaths, jewelry, soaps and lotions, gourmet foods, glassware, artwork, organic dog treats, clothing, candles and much much more. Not only that, but on Saturday, you can walk out with your items gift wrapped For FREE. The Fredericksburg Expo Center is off I-95, exit 130b.

December 1-3, 8-10, 15-17HOLIDAY MARKET

3999 University Drive, Fairfax, Fridays 6-9pm, Saturdays 10am-6pm, and Sundays 1pm-5pm

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Attend the 1st Annual City of Fairfax Holiday Market in Old Town Square. Come and shop at the market of craft vendors as you enjoy Old Town Square, in the heart of Historic Downtown Fairfax, covered in holiday lights. The festival will include live holiday music, hot drinks, gourmet treats, and more! The Holiday Market will be open the first 3 weekends of December on Friday, Saturday and Sunday. Craft vendors will vary each weekend.

December 2Annual Tree Lighting and SingAlong

Herndon Town Hall Square, 730 Elden Street, Herndon, VA 20170, 5-6pm Get into the holiday spirit with the Towne Square Singers as they usher in the season with holiday music, both old and new! The Herndon Towne Square Singers, sponsored by the Town of Herndon Parks and Recreation Department, numbers 25 strong for the upcoming concert. Many members hail from the Town of Herndon and others come from surrounding communities in Fairfax and Loudoun counties. Call 571-323-5304.

December 2FESTIVAL OF LIGHTS AND CAROLS

Old Town Square, 3999 University Drive, Fairfax, 2-7pm

Come listen to live holiday music and caroling and enjoy s'mores and hot cider at Old Town Square. The tree lighting ceremony begins at 5:30pm.

December 3Washington Symphonic Brass

Home for the Holidays and Chamber Music at the Barns

The Barns at Wolf Trap, 3pm, \$45 "Impeccable musicianship...roundness and warmth of sound" –J. Reilly Lewis The Washington Symphonic Brass is comprised of the finest professional musicians in the greater Washington area who have played with some of the nation's finest orchestras, including the National Symphony Orchestra, the Baltimore Symphony, and The Philadelphia Orchestra. As a group, the WSB promises a resounding celebration of the holiday season.

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December 3Breakfast with Santa

Tysons Corner Center, 8am
Come enjoy breakfast with Santa at
Tysons Corner Center on Sunday. Stay for
the holiday performance by Those Funny
Little People as well as holiday festivities
and crafts.

Guests are encouraged to participate in Help Through Holiday Giving by bringing an unwrapped toy to Santa Breakfast or at the Santa HQ Set from Thursday November 9th until Christmas Eve, Sunday December 24th to be donated to Second Story (formerly Alternative House) (501-c3)

December 3CELEBRATION OF LIGHTS

Great Falls Village Centre Hill, 4pm to 6:30 pm

Celebrate the beginning of the season with our 27th annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire

truck. Event held rain or shine. Visit www. celebrategreatfalls.org/celebration-of-lights for more information.

December 3HERNDON HOLIDAY ARTS AND CRAFTS SHOW

Herndon Community Center 814 Ferndale Avenue, Herndon, VA 10am-4pm, Free

Over 70 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show, sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, quilts, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more. Free admission and parking. Additional parking at the Herndon Centennial Golf Course.

December 8

Natalie MacMaster and Donnell Leahy
A CELTIC FAMILY

CHRISTMAS
Concert Hall at George Mason University
Center for the Arts, 8pm, \$33-55

Two of Canada's brightest stars, Natalie

MacMaster and Donnell Leahy, marry their exceptional talents in this festive evening of lightning-fast fiddling and lively step-dancing. This husband-andwife duo captivates the audience with their unmistakable chemistry as they perform foot-tapping rave-ups, heartfelt ballads, and remarkable step dancing. In their newest program, A Celtic Family Christmas, they are joined onstage by talented musicians and their whole family to recreate all of the warmth and joys of a typical Christmas in their home on Cape Breton Island. "Dual fiddle wizardry...amazing synergy," raves the Intelligencer Journal. Celebrate the holidays as they share their traditions in song, dance, and stories by the fire.

December 9American Festival

POPS ORCHESTRA
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orchestra in its annual family concert of cheerful carols and cherished holiday tunes. This jovial evening includes a program of sentimental favorites including Leroy Anderson's festive "Sleigh Ride," and culminates in a rousing sing-a-long in which the audience gets a chance to share in the experience. Under the baton of founder and artistic director Anthony Maiello, these talented musicians from the greater D.C. area perform favorites that are guaranteed to fill you and your family with holiday warmth and merriment.

December 9LUNCH WITH SANTA

Sherwood Community Center, 3740 Old Lee Hwy, Fairfax, Seatings at 11:30am and 12:30pm, \$6 per child, parents free. Children ages 10 and under can enjoy lunch with Santa at Sherwood Center. Two lunch seating's will be offered: 11:30am and 12:30pm. Tickets (\$6 per child) will go on sale November 1 at the Parks & Recreation office at City Hall, Sherwood Center, and Green Acres Center. Limit of 10 tickets per person.

Pre-Registration is required for this event—children 1 years of age and younger may attend at no cost but still must be registered. Parents do not need to purchase tickets. All are welcome- both Fairfax City residents and non Fairfax City residents.

December 15-16CHRISTMAS ILLUMINATIONS AT MOUNT VERNON

3200 Mount Vernon Memorial Hwy Mount Vernon, VA 22121, 5:30pm-9pm, \$34 adult/\$24 youth with Mansion tour. \$30 adult/\$20 youth without Mansion tour Kick off your holiday season with sparking fireworks overlooking the Potomac River!

Join Mount Vernon for an evening of family-friendly fun and fireworks choreographed to holiday music, with fireworks beginning around 9pm. Take a stroll through the estate while being serenaded by local choirs, visit with reenactors from the First Virginia Regiment in winter encampment, and learn 18thcentury dance moves from costumed guides in the Greenhouse. George and Martha Washington will also be on site to greet Mount Vernon's holiday guests. Watch as colonial artisans demonstrate the 18th-century process of creating chocolate. Keep toasty by warming up by a bonfire, visiting the blacksmith shop, or enjoying some hot chocolate or cider. Additional tasty food will be available for purchase. Still haven't found the perfect holiday gift? Take some time to complete any last minute gift needs at the Shops

at Mount Vernon, open late during Christmas Illuminations.

December 16Breakfast with Santa

Maggiano's Little Italy, Tysons Corner, 8am-10am, \$36

Bring the kids for a Full Breakfast
Buffet of Scrambled Eggs, Bacon,
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Fruit Salad, Cinnamon French Toast
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Santa and Ms. Claus!

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December 16FAIRFAX SYMPHONY ORCHESTRA: THE NUTCRACKER

Christopher Zimmerman, conductor Tchaikovsky: The Nutcracker, Featuring the Fairfax Ballet Margaret Virkus, Artistic Director George Mason University Center for the Arts Concert Hall, 4pm, \$39-65 Experience this timeless holiday classic with the FSO and the Fairfax Ballet — a holiday tradition your family will always cherish. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies, and epic battles between heroic toy soldiers and mischievous mice. It's the perfect holiday treat for the entire family!

December 16CHRISTMAS IN FAIRFAX

The City of Fairfax Band The Fairfax Choral Society

Fairfax High School, 3501 Rebel Run, 7:00pm, Tickets are free, but reserve yours early for this annual capacity-crowd event

The City of Fairfax Band's annual tradition of this gift to the community continues. The Fairfax Choral Society Adult Chorus joins the band on stage, and John Lyon entertains with his singular wit and

a reading of 'Twas the Night Before Christmas. Santa is on hand to get those last-minute Christmas lists. This program is free to the public, but tickets are required. Don't miss out on what has become THE Christmas program in Fairfax!

December 17VIENNA BOYS CHOIR CHRISTMAS IN VIENNA

George Mason University Center for the

Arts Concert Hall, 2pm, \$33-55 One of the finest choral ensembles in the world makes its traditional visit to the Center for its glorious vocal celebration of Christmas. Always a highlight of the Center's holiday season, this concert features cherished carols, pop favorites, and sacred hymns sung with the purity and excellence of these talented young boys—all between the ages of 10 and 14. This internationally renowned choir "has stood the test of time since its founding in 1498 and continues to share its bright, light voices through the centuries" (The New York Times) with the world. Don't miss this heartwarming concert, perfect for the holiday season!

December 20-21MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER

George Mason University Center for the Arts Concert Hall, 7pm, \$28-175 Celebrate this Christmas with the experience taking North America by storm! Marking the 25th Anniversary Tour, Moscow Ballet's Great Russian Nutcracker features this over-the-top production and world class Russian artists. Larger than life Puppets, Nesting Dolls, and gloriously hand-crafted costumes bring the Christmas spirit to life. Gather the family and see why the press is raving "Knock Out!" – New York Times "Christmas Cheer!" - LA Times. Get the best seats today and memories for a lifetime at Moscow Ballet's Great Russian Nutcracker Groups get the best seats at the best

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Westers Thai

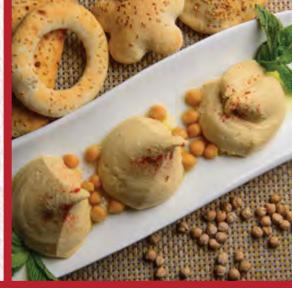
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TYSONS GIFT GUIDE (continued)



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Sleep and Be Well

By Analiese Kreutzer

In our plugged in, always on society, getting a good night's sleep has become, well, a dream for many people. According to a study by the Centers for Disease Control and Prevention, more than one-third of American adults get less than seven hours of sleep per night on a regular basis, when most of us need seven to nine hours.

There's more at risk than just losing beauty sleep—although that's a real thing—as a dull complexion, dark circles and puffy eyes after just one or two late nights can attest. Lack of sleep results in higher levels of the stress hormone cortisol, which breaks down collagen, and eventually leads to more fine lines and sagging, drier skin.

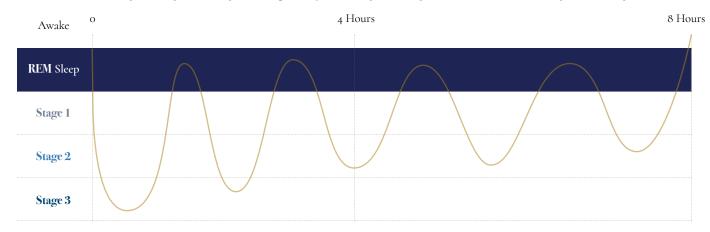
People who suffer from chronic sleep shortages also run higher risks of stroke, infections, cardiovascular disease, certain types of cancer, obesity, diabetes, high blood pressure and arthritis. Not getting enough sleep impacts your mental health as well. According to sleep.org, "People with insomnia are 10 times as likely to be depressed as people who sleep soundly."

While you sleep, your body works hard, secreting hormones that grow and repair tissue, restoring energy and cementing your memories from the day.

The best thing you can do to get the most from your sleep is to get on a regular sleep schedule. To figure out the amount of sleep your body needs, sleep without an alarm clock for a week or so until a pattern emerges. Then adjust when you go to bed and when you set your alarm to align with what your body needs.

The Stages of Sleep

Our bodies go through four stages of sleep and cycle through the stages four or five times throughout the night.



Stage

1

Your brain activity slows, muscles relax, heartbeat becomes regular and blood pressure decreases as you transition to sleep. This stage typically lasts several minutes. People can be woken easily from this stage. In this stage, sudden muscle contractions are common, and you may suddenly jerk awake from feeling like you're falling.

Stage

2

In this light, dreamless sleep stage, your body temperature lowers, heart rate slows and eye movement stops. You can still be woken easily and become quickly alert. You spend more time in stage two sleep than in other sleep stages.

Stag

3

Previously known as stages three and four, stage three is a period of deep sleep in which your heartbeat and breathing dip to their slowest levels. It may be difficult to wake you from this stage, and you would likely feel disoriented if you are woken up during this stage. You need this stage of sleep to feel refreshed. This is when your body repairs itself, stimulates growth and development, boosts immune function and builds up energy for the next day. This stage usually starts 35-45 minutes after falling asleep. During the first half of the night, you tend to be in longer periods of stage three sleep than later in the night.

REM Sleep

About 90 minutes after falling asleep, you experience your first cycle of REM sleep. Your eyes move rapidly from side to side behind your closed eyelids. Your brain wave activity becomes closer to what it's like when you're awake. Your breathing and heart rate increase. Most dreaming occurs during REM sleep, although some can also occur in non-REM sleep. As you age, you spend less time in REM sleep.

Overnight Beauty

Give your body's natural healing and rebuilding ability a boost with these products that work while you sleep.



Hands and Feet

To soften hands and feet, rub Vaseline or a thick, rich cream on your hands and feet and slip on some cotton socks and gloves. The cotton holds moisture in and keeps the Vaseline from rubbing off on your sheets.



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Swipe RevitaLash Advanced along your lash line nightly for longer, thicker lashes.



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stressed, overworked
hair shiny and smooth.
This weightless leave-in
treatment soaks in quickly
and strengthens hair while
you sleep.



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High-Potency Night-A-Mins by Origins rejuvenates your skin by sloughing off dead skin cells, replenishing moisture and enriching your skin with minerals and Vitamins C, E, and H



Sense by Hello

Sense by Hello takes sleep hi-tech by tracking your sleep patterns, emitting ambient sound and waking you up during a light sleep cycle when you're more ready to wake up. Its sensors help you understand how the environment around you-light, humidity, air quality, sound and temperature—is impacting the quality and quantity of your sleep. The ball-shaped base unit sits on your bedside table and the Sleep Pill, a small disc, attaches to your pillowcase. You operate Sense through a smartphone app and a WiFi connection.



Drift Light by Saffron

This energy-efficient LED bulb works just like your other lights during the day, but after two flips of your switch, it emits a warmer light to promote natural melatonin production. Plus, it gradually dims over about half an hour to prepare your body for sleep.



Aromatherapy

Bath & Body Works Sleep line includes scrubs, lotions, nourishing oil, body wash and a bath soak. The products feature essential oils in lavender—to promote tranquility—and cedarwood-to calm the mind.



Night Mode Smartphone **Settings**

Blue light emitted from computer screens, smartphones and e-readers inhibits the natural production of our sleep-inducing hormone melatonin. iPhones and now some android phones include a setting that lets you change the color spectrum of the display from cooler to warmer light at night.

Photo credit: http://www.buynothingnew.org/2017/06/soletreadmill-reviews.html



Hypoallergenic bamboo pillow

A shredded memory foam filling prevents this bamboo pillow by Xtreme Comforts from falling flat. It lets allergy sufferers breathe easy and micro-venting keeps it cool.

Analiese Kreutzer is a contributing writer for VivaTysons and VivaReston. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@ gmail.com.



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MAKEUP LES



By Lauren Simmons

If you're not familiar with makeup dupes, they're less expensive beauty products that are comparable to higher-end brands. As many of us know, the cosmetics industry spends millions in marketing dollars to make items more exclusive and distinctive. Dupes allow the products to speak for themselves regardless of the packaging. The quality of lower priced items can be just as good – or even preferred to higher ones in some cases.

We've selected popular dupes that have quite the following on social media...



Blush

Clay Blush in

Exposed

Milani
blush in
romantic rose

Too Faced
Better than Sex
Mascara (cult
classic)

smashbax

Waste France

Waste

Smashbox Photo Finish Primer ELF Face Primer

DUPE

Face Primer



oo Faced L'Oreal er than Sex Voluminous scara (cult Lash Paradise classic) Mascara

Mascara





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*ThermiVa treatments are performed by Dr. Dima

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She believes that restoring inner health is as important as physical rejuvenation and customizes each individual's care in order to achieve true harmony and balance.

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"After having a baby things just weren't the same so I decided to give Thermiva a whirl. Holy goodness I'm so glad I did! I feel like me again and "she" has never looked or felt better! No downtime after the procedure either! For anyone looking to reconnect with their partner or feel more...Thermiva is a MUST!" -Raguel S.

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Tips for Packing Light

by Julie Holland

I've just returned from a two and a half week Euro trip to three countries, where the only suitcase that made sense for such an on-the-go adventure was a roller backpack. Who knew these existed? My little red pack rode/wheeled on planes, trains, buses, metros, boats...all with ease. Here are my top suggestions for pulling off a fast paced summer/early-autumn trip (not for the lay-on-the-beach-all-day types) without all of the extra baggage:

✓ Pack in one roller backpack (this one is from Macys) and take one regular sized or mini pack (love my yellow Fjallraven Kanken—available in regular size and mini, and so many colors)

Choose a comfortable but stylish sneaker that you can wear over and over and feel cute enough in them to pair with a skirt. I went with a New Balance retro style. I only packed two other pairs of shoes, flip flops (for the beach part of the trip) and an embellished pair of flats (can't be climbing cathedral steps or walkin' across cobblestone in heels). I accidentally bought a red pair of heels at the very end of the trip, but I didn't NEED them (ha!), and I had to then carry them in a plastic bag or jam them into my daypack.

✓ Embrace athleisure. This trend in wearing workout type clothes for everyday/night activities is a wonderful thing! I packed two pairs of leggings to dress up or down—wear with flats or sneaks.



✓ Tank dresses and tennis skirts are so packable and easy to wear. If you aren't comfortable with tight dresses, tie a long sleeved shirt or your sweater around your waist for more coverage. I like to wear spandex shorts under my tennis skirts

✓ Take a **lightweight rain jacket** that you find attractive enough to wear on cool evenings.

✓ Don't forget an external battery and cable to keep your phone charged all day (and the proper converters for the countries you are visiting)—I'm a huge fan of Anker PowerCore 10000 external battery (found on Amazon)

Other tips for the journey:

- ✓ Take a water bottle that fits in your daypack (it can be hard to find water abroad, and if you're hiking up to castles, biking in wine country, or exploring towns all day, it's essential.)
- ✓ Go by your bank prior to the trip to exchange dollars for Euros or whichever currency you will be using (and don't forget to let them know the dates you will be using a credit card abroad). You can always go by banks along the way, but it's nice to start off prepared.
- ✓ Only take a handful of underwear and socks, and be prepared to handwash these along the journey.
- ✓ Pack large ziplock bags or zip packing cubes to organize clothing within your pack...undies, tank tops, leggings..

If you want to read up on my trip,
I will be posting segments on
BlazersandBubbly.com. The three
parts of the trip will be covered: Wine
biking the Mosel Valley, Germany;
Exploring Lake Como and Milan, Italy;
Tanning & bread-and-cheesing in the
French Riviera. Hope these tips
are helpful!

✓ Decide on one or two **sweaters that go with everything** (try using one as a scarf)

✓ Limit yourself to ONE of the items that you really only need one of... swimsuit, sunglasses, pjs..

✓ Pick up tiny containers to transfer your favorite products into (face creams, face wash, shampoo, conditioner), and go with a travel brush, toothbrush and paste.

✓ Pack tops that you love so much you don't mind repeating.

✓ If you need to pack a hair curler, go with the travel size—they look too small to be effective, but actually work well! (Conair was my choice)

√ Take a small purse that doesn't take up much room, to use in the evenings

ASK AN



By Olga Solovienko Licensed LME Clinician Astoria Laser Clinic & Med Spa

Taking Steps to Prevent Aging

With age comes wisdom—but also wrinkles. And even though those laugh lines and crow's feet signal a life full of emotion and expression, many find them a little less endearing the deeper they become. Noninvasive procedures to "correct" them have become more mainstream, but the skin care regime at home is just as important.

A visit to a Med Spa once every month or every other month to receive a Laser treatment, Needling or RF treatment is recommended. Then taking care of the skin at home is just as important. Give these solutions a try to reduce deep lines, discoloration, or prevent sagging of the skin.

Exfoliate Weekly

As you get older, cell turnover slows down dramatically and dead cells build up on skin's surface, which can not only make skin look dull and tired, but lines appear deeper than they really are. Peels with ingredients such as glycolic acid and fruit enzymes can help eliminate those

cells, as can scrubs, which can physically slough the cells off. Aim to exfoliate once a week, and be careful not to overdo it. Some products may irritate and dry out skin if used incorrectly or too frequently, so always follow the directions of your Clinician. If you have sensitive skin, you may not want to do any exfoliation.

Apply Retinol at Night

Collagen is a protein found in tissue, including the kind that sits below skin's surface to keep it plump and firm. Wrinkles form, in part, when collagen becomes weak or damaged. Prescription retinol triggers new collagen production and gradually helps to iron out lines. Retinol also helps speed up cell turnover, which can improve the skin's texture and soften the look of fine lines on the surface.

Moisturize Day and Night

Skin becomes drier with every decade, which contributes to noticeable

deep lines and wrinkles. Instead of a lightweight lotion, consider switching to a heavier cream moisturizer and apply it every morning and evening to damp skin. Thicker creams usually contain more emollients such as natural oils or petrolatum, which seal in your skin's natural moisture and help keep it smooth, soft and plump. Every morning follow with a sunscreen, it can help your efforts by preventing skin damage that can not only deepen wrinkles, but also cause skin spots. Some anti-aging treatments may leave skin more sensitive to the sun, it is essential to shield it from the sun's rays. Most people don't apply enough of any one sunscreen to reap its full benefits, repeated applications during the day can help increase your protection.

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Charcoal Cleansers Use Activated Charcoal for a Deep Clean

By Emma Blancovich





ave you heard of using activated charcoal to wash your face? Now that sounds mighty funny, but in the latest facial cleansing products that are currently out on the shelves, this is the case. Facial cleansers are now incorporating activated charcoal as their main ingredient to thoroughly cleanse your face and the products actually do work.

The activated charcoal used in beauty products such as facial cleansers is meant to dig deep into your pores and absorb, almost like a magnet, all of the dirt and oils that would keep your pores clogged. Much how hospitals use activated charcoal to treat their patients with alcohol poisoning or drug overdoses due to its absorbency, your facial cleaners now work in the same way with this ingredient. We all know clogged dirt and oil forms into pimples, blackheads, and blemishes, so using a charcoal face wash or facemask in your weekly face washing routine would do wonders for your skin if you struggle with these skin problems.

The following products are some of the best ones that use activated charcoal and actually work to clean deep down into your pores and leave you with blemish free skin. Your pores will be so thoroughly cleansed that you will wonder what you have been doing your entire life using all the other facial cleaners, since they just will not compare to the ones with activated charcoal as a main ingredient:

Glamglow Supermud Clearing Treatment

Glamglow Supermud Clearing Treatment retails for about \$69.00 and is a very light facial mask. Do not think since you hear the word mud it will be thick and heavy. The great thing about this mask being on the light side versus heavy is that you are able to better apply it in areas close to your eyes or around your chin and ears. The mask is messy though, but with using this product just once a week, you will notice how the charcoal removes all of your impurities

not only leaving you with clear skin, but also incredibly soft, baby skin.

Boscia Charcoal Makeup Melter
Cleansing Oil-Balm

Boscia Charcoal Makeup Melter Cleansing Oil-Balm retails for about \$32.00 and actually uses two types of charcoal to work its magic on your face. One of the ingredients is an activated charcoal that comes from the bamboo and the other one from Japanese Binchotan powder. Double the dose. means double the removing of facial impurities. This makeup removing cleanser is great to use for those pesky under eye mascara stains that get left on your face after using your liquid eye makeup remover; which then stay stuck on your face and turn into oily skin. This product is the texture of a balm that is greasy and smooth. It will melt off the makeup from your face within about a minute's time. The balm turns into a milky cleanser as you rub it into your skin and you can see all the dirt being removed

and sticking to the cleanser. Your skin will thank you for this.

Blaq Mask

Blaq Mask retails for about \$19.00 and is facial cleanser that works great on the t-zone area of your face (from the top of your forehead, to your left cheek over your nose to your right cheek, and then the bottom of your chin). This product is a gooey-like texture that you apply on your face and then it dries as a black, tight mask. The dirt and oil on your face will be lifted off with it when you peel off the mask with a bit of force, since it does stick very well to your skin. It is almost as if the first layer of your skin is being lifted from your face to reveal fresh, new baby skin. This product leaves your skin bright, soft, and refreshed.

Using any of the above mentioned products in your daily or weekly facial cleansing routine will give you immediate results and improve your skin's problem areas such as: clogged pores, blemishes, tired skin, etc. Your skin will be thoroughly cleansed and you will notice fewer problem areas. •





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- Gucci Viscose Jersey Gown with Ruffles www.NeimanMarcus.com
- 3) Inglot–O2M Breathable Nail Enamel www.InglotUSA.com
- Christian Louboutin–Canditate Pearly Suede Point-Toe Pumps www.SaksFifthAvenue.com
- 5) Farah Drop Earrings www.Anthropologie.com
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The Gift of Beauty

By Marta Bota www.mbfacedesign.com

Skin care, fragrance, cosmetics

Skin care, fragrance, cosmetics are all great gift ideas! What about gifting her a special service, like a facial, massage, makeup lesson, or spray tan to give her a beautiful youthful glow? Busy women today don't usually think about doing these things for themselves, which is why the gift of beauty is always such a welcome gift! I offer makeup lessons, applications for special events, AND mobile spray tanning! I'm offering holiday package deals through the New Year! For more info contact me at www.mbfacedesign.com

s the holiday season quickly approaches we all scratch our heads, wondering what to get our loved ones. Life today is so hectic and we all have busy schedules, especially once the holidays kick in! To make life a little easier I've come up with some great holiday gift ideas for the special females in your lives!

Every woman loves to feel special, even the ones that don't like to admit it! Whether it's your bestie, mom, sister, or significant other, you can do that for her by giving the gift of beauty this year! What better gift than to pamper the special ladies in your life?

Ornaments with Products Inside

Some cosmetic and fragrance product lines make limited edition holiday ornaments with their products in them, ready to be hung on the tree! Merle Norman Tarte, and IT Cosmetics all have fun ornaments with cosmetics inside and will add extra glam to any girl's tree!

Skin care lines

Amore Pacific is one of my favorite skin care lines. Their product line is high end and can be expensive. But, during the holiday season, they have amazing gift sets that give you the opportunity to try an array of products at a fraction of the cost! Treat your loved ones! Treat yourself!

Glam Stocking Stuffers

Glam stocking stuffers are also fun! Why not get her the hottest metallic nail colors by OPI or some trendy lip colors by MAC Cosmetics? Another great stocking stuffer is Motives Fiber Lash Mascara, the one-step fiber mascara that lengthens, volumizes but doesn't flake! The GORGEOUS gold tube makes it a fabulous gift!



Mie McLean

What is your biggest beauty splurge that you deem necessary?

My hair. No doubt about it. Your hair is your most prominent feature and it truly radiates who you are as a person. A must for me are highlights and lowlights creating a multi-dimensional look, a cut and style that compliments my facial features, lifestyle, personality and resonates who I am as a woman, as well as keratin treatments. Tony at Salon O Tony, keeps my locks in check!

What beauty product will you not leave the house without?

Gosh...too many have-to-haves such as my IMAGE AGELESS total repair creme, LIVING CLAY Detox Clay Powder (external and internal use), Pure Coconut Oil (external and internal use), Magnesium Bath Flakes, Laura Mercier Body and Bath Golden Honey Musk Soufflé Body Creme, Solar Recover by Zausner, Oribe Impermeable Anti-Humidity Spray, Bobbi Brown Nude Lip Gloss, and Bobbi Brown Antigua Illuminating Bronzing Powder. But I cannot live without my Exuviance Eye Serum!

What is your workout pick?

GXC Cycling, Candlelight Vinyasa Flow Yoga, and Body Pump.

What did you formerly do that you realized wasn't worth the money?

A facial that was counter productive to my rosacea condition causing a severe rosacea breakout that lasted for weeks.

What is your view on diet?

Organic, natural, and healthy, nutrient-rich foods that are rich in antioxidants. Eat a variety of foods to get different vitamins and minerals. Daily probiotic supplements. Dark chocolate is a MUST. There are so so many health benefits to high cacao content dark chocolate. And last but not least, water and LOTS of it!

What's your spa fix?

An intensive facial specific to my rosacea condition. One that will reduce inflammation and rosacea breakouts, and desensitize and strengthen my skin. It helps improve my complexion's tone and texture as well. For body, I live for a deep tissue massage, hot rocks, reflexology, ancient sea salt scrub, seaweed wrap, and water spa treatments. My bucket list includes Cryotherapy, Hydrotherapy, and a Sound Bath!

Hair by Salon O Tony

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www.emp180weightloss.com

BEAUTY Directory

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(Please see ad on page 81)

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www.hellobeautifulstudio.com

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(Please see ad on page 52)

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SKIN & BODY

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(Please see ad on page 91)

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(Please see article on page 86 and display ad on page 87)

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(Please see ad on page 74)

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By Analiese Kreutzer

Jewelry trends come and go with each season, but while large earrings, mythical symbols, hand bracelets and oversized pendants made a statement on fashion runways for the fall, the trends in fine jewelry aren't nearly so dramatic.

At Princess Jewelers, located in the Village Green Centre in Vienna, Owner Lee Nguonly says the dominant trend in fine jewelry is toward simple designs for everyday wear. "A very simple, clean look is what we've seen lately," he says.

Within that larger trend, Princess Jewelers has observed trends in how people are wearing their jewelry. "Right now, a lot of people are stacking their rings, stacking bracelets or wearing multiple necklaces," says Designer Alina Yuk. She also has noticed that with a lot more people sporting multiple ear piercings, they are keeping their individual earring choices plain and simple and letting the grouping make the statement.

Nguonly also points to the popularity of rose gold as a current trend. Rose gold is a gold alloy made from a blend of gold and copper. First developed in Russia in the 19th century and popularized by Cartier in the 1920s, rose gold's warm, pink hue flatters all skin tones. It also looks good along with other metals, so go ahead and include it in a stack of rings or as one of multiple necklaces. It shows off particularly well against light-colored, neutral outfits.

Some couples are opting for rose gold for engagement rings and wedding bands to give their wedding jewelry a different—and to some, more romantic—flair, but Nguonly says platinum is still the number one choice.

Another, even more popular trend in engagement rings right now are halos, a setting of pave or micro-pave diamonds encircling the center stone. "Halos are very popular, especially with oval or round diamonds," says Nguonly.

Family owned and operated since 1988, Princess Jewelers is a fixture in Vienna, and much of what the store does is custom designs for its customers. Princess has a GIA-certified gemologist on staff as well as skilled goldsmiths, so whether you want to stick with the fine jewelry trend and simplify a more ornate piece or you want to buck the trend and make a bold statement, the professionals at Princess Jewelers can help. ��

Analiese Kreutzer is a contributing writer for VivaTysons and VivaReston. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.



AROUND TOWN

LOCAL EVENTS, FUNDRAISERS, CHARITIES, AND MORE ACROSS THE AREA





MPA UNVEILED BULLOCK | HITT GALLERY AT MPA@CHAINBRIDGE

McLean Project for the Arts (MPA) bestows naming rights for newest gallery to long-time arts supporters Matthew Bullock and Todd Hitt for their generous gifts

The gallery in MPA@ChainBridge, McLean Project for the Arts' second location, was formally dedicated as the Bullock | Hitt Gallery during its exhibition opening last September. Mr. Bullock and Mr. Hitt each donated \$25,000 towards the build-out of MPA@ChainBridge.

"We are so grateful to Matthew Bullock and Todd Hitt for this generous donation, which will allow MPA to continue with our mission to exhibit contemporary art by critically-acclaimed mid-Atlantic artists, and offer high-quality educational programs and art classes," said MPA Executive Director Lori Carbonneau. "In recognition and appreciation of Mr. Bullock and Mr. Hitt's deep support, our gallery at MPA@ChainBridge is named the Bullock | Hitt Gallery for these two years while our permanent space in the McLean Community Center is under renovation."

"Now more than ever, we need to step up and support our creative organizations," said Todd Hitt, President of global alternative asset management firm Kiddar Capital. "The arts are an essential cornerstone of our culture and enrich all of our lives. Our lives would be much emptier without them."

Matthew Bullock, CMO of Walnut Industries Inc. and a major supporter of the arts, maintains that it is a creative approach to business that has been the most important factor in building his companies. Mr. Bullock sees his support of MPA@ChainBridge, "as a vehicle to encourage youth to channel the power of innovative and

creative solutions in facing complex challenges. As such, it was an honor to help bring the Bullock | Hitt Gallery to fruition."

MPA relocated in December 2016 from the McLean Community Center, its home of 25 years, to accommodate major renovations in the building. Through the generous support of McLean Properties, MPA conceived MPA@ChainBridge as a second, temporary location in the Chain Bridge Corner Shopping Center. MPA@ChainBridge will serve as MPA's primary gallery, classroom, and office space for about two years.

To cover the costs of converting and staffing their new space (formerly a retail store), MPA launched the MPA@ChainBridge Build-Out Fund, which was met with tremendous support.

"The funding and opening of this new space was a true community collaboration, and we could not have done it without the support of our committed and generous partners," said Carbonneau. "Many individuals and organizations contributed to our capital campaign, including 100% of the MPA Board of Directors. Additionally, the McLean Community Foundation bestowed a generous \$10,000 grant towards the build-out of the McLean Community Foundation Education Studio within MPA@ChainBridge. Examples like these showcase the munificent and unwavering support MPA has in the heart of the amazing McLean community, of which we are so thankful to be members."

For more information, visit mpaart.org. �

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THE 12TH ANNUAL ARTS BY GEORGE!

Presented by George Mason University's College of Visual and Performing Arts

eorge Mason University's College of Visual and Performing Arts (CVPA) presented its 12th annual ARTS by George! 📕 featuring a Gala Performance by Broadway Star Kelli O'Hara plus student showcases, buffets and wine bars, and silent and live auctions last September on the Fairfax campus. The benefit event was one of the premier arts gatherings in Northern Virginia each year. Its philanthropic efforts provide support for student scholarships in the disciplines of visual arts, dance, music, theater, computer game design, film and video studies, and arts management, as well as for the Great Performances at Mason series at the Center for the Arts. "I almost never call something unique because the word is overused and hardly ever accurate but this collection of brilliant student work in all genres of the arts, lively social interactions fueled by the energy of shared experiences, superb food and wine, topped off by a performance by one of the brightest stars on Broadway, is just that—unique, " said Rick Davis, Dean of Mason's College of Visual and Performing Arts. "ARTS by George! was for many the highlight of the artistic and social calendar, and the proceeds from the evening are absolutely essential to our work with our students and the community."

ARTS by George! began at 5 p.m. with a showcase of exhibitions and performances by CVPA students and faculty, which were presented in the deLaski Performing Arts Building and Harris Theatre, and in a tented plaza between the two venues. Guests were invited to tour 10 open studios and rehearsal halls, where they could enjoy behind-the-scenes insights and presentations of the student work that was being fostered at Mason. This year's student showcases spanned selections from the musical The Gondoliers to an interactive virtual reality demonstration. Guests were treated to delicious cuisine and beverages provided by local purveyors, including Bonefish Grill, Bruster's Real IceCream, Lebanese Taverna, and La Isla Corporation.

Raising support for student scholarships and the Great Performances at Mason series, the event also featured Silent and Live Auctions where unique arts-related items and experiences were open for bidding. The evening's festivities culminated with a radiant concert of Broadway favorites, pop classics, and great American standards by Tony Award® winner and Broadway star Kelli O'Hara best known to audiences for her leading roles in The King and I, The Light in the Piazza, South Pacific, and The Pajama Game. ❖









2ND ANNUAL FAIRFAX COUNTY BREWFEST at Mustang Gally Brewing Company

More than 800 people came out to the 2nd annual Fairfax County Brewfest on Saturday, Sept. 16 at Mustang Sally Brewing Company in Chantilly, Va. Co-hosted by the Dulles Regional Chamber of Commerce and Mustang Sally's. A portion of the proceeds benefitted K9 for Warriors and VAVETS.

Volunteers at the event included Pipe Hitters Union MC- Archangels members, a motorcycle club comprised of active and former military and law enforcement.

Volunteers from Friday Night Live/ Herndon Rocks also assisted at the event. Hosted by the Dulles Chamber, Friday Night Live is the free concert series held every Friday night in the Town of Herndon from May through late-August. "This year's Fairfax County Brewfest was such a great event thanks to all the people that came out to celebrate the great breweries of Fairfax County, the incredible volunteers that helped us again this year, the Dulles Chamber of Commerce and, of course, our great staff," said Sean Hunt, owner, Mustang Sally Brewing Company. "We're looking forward to another great party next year!"

All of Fairfax County's breweries participated in the event, including: Aslin Beer Company, Caboose Brewing Co., Fair Winds Brewing, Forge Brew Works, Lake Anne Brewhouse, Mustang Sally Brewing Co. and Ono Brewing Co. The Brewfest also included live music from Scott Kurt & Memphis 59 and The Blues Buckets, DC101

radio station, Wild Mustang Club cars on display, adoptable dogs from the Fairfax County Animal Shelter, brewery tours and food and table vendors.

DC101's Maria Palmer @palmer_radio was among the radio station's staff members who attended the event. Multiple Wild Mustang Club cars lined up on display outside Mustang Sally Brewery.

Sponsors for the Fairfax County Brewfest included:
On Tap magazine, Fairway Independent Mortgage
Corporation, Visit Fairfax, Griffin-Owens Insurance
Specialists, LLC, Signarama, Integrus Holdings, Inc./
FKA Fortessa, Inc., 110 rpm, Casey's Automotive,
Friends of the Fairfax County Animal Shelter,
Thompson Greenspon, and Signs by Signarama.











MOSAIC DISTRICT HOSTS THE Merrifield Fall Festival

resented by the Greater Merrifield Business Association (GMBA), the Mosaic District hosted the annual festival which had fun for the whole family and showcased a number of local businesses. Music performers during the festival included: Split String Soup (Bluegrass), the Greater Merrifield Baptist Church gospel choir, Power Child (90s Alternative Rock, and Jeff from Accounting (Rock & Pop).

The festival also hosted live entertainment including the Vienna Singing Princesses, the US Hwa Rang Kwan Kumdo martial arts school, a pet costume contest and more, as well as free fitness activities sponsored by Orange Theory, Elevate Interval Fitness, Spark Yoga and Title Boxing.

The kids also enjoyed a number of activities including pony rides, a petting zoo, pumpkin painting, fire truck tours—and new to the festival—a rock climbing wall. ❖











25TH ANNUAL Dulles Day Plane Pull

The Dulles Day Plane Pull at Washington Dulles International Airport attracted thousands of visitors for the airport's annual free open house with a daylong schedule of activities, events and family fun on Sept. 23.

Nearly 100 teams from many segments of the community pulled two jet aircraft with ropes in a friendly competition that originated at Dulles 25 years ago and has raised more than \$2 million for Special Olympics Virginia since the event's inception.

Like always, the Metropolitan Washington Airports Authority worked to make this community event better and more engaging for all visitors each year.

Views of nearby runways and taxiways provided a unique backdrop for families, aviation enthusiasts and future flyers to discover Dulles and all it has to offer while enjoying food, entertainment and activities that benefit Special Olympics Virginia.







Do I Really Need to Use a Realtor?

How technology is changing the way people find and sell homes.

echnology is causing some confusion today about whether people really need to use a Realtor to buy or sell a house. People think that with all the online portals and real estate websites, they have all they need online.

Yet all you have to do is look at the numbers to know that this opinion is false.

Between 2003 and 2007, on average, buyers were in the home search for about eight weeks. This increased to 10 weeks in 2008, and increased again between 2009 and 2013 to 12 weeks, as presented in the Vision Speech by Gary Keller, founder of Keller Williams Realty.

Why the increase? "My interpretation is that there is too much information out there and people are overanalyzing and not making a decision," explained Kyle Holloran, managing broker and team leader at Keller Williams Fairfax Gateway. "Instead of writing an offer, they are opting to 'wait for something better' and may be missing out on the opportunity they're looking for, especially since we are 100% in a seller's market right now. Listings of homes have dropped significantly over 2017, so fewer and fewer homes are coming onto the market, and selling quicker."

Another Keller Williams study found that 43% of buyers bring a list of homes to their Realtor after finding them online, yet only 22% of those buyers ultimately purchased a home from that list. This means that fewer than 10% find their home online themselves without the aid of a Realtor.

The National Association of Realtors reports that the number of buyers and sellers using an agent is at a 14-year high—more than 90% now use a Realtor, as opposed to only 75% in 2003. And although 95% of buyers use an online website to research homes, 92% of them use a real estate agent. Both buyers and sellers are looking for service, quality and professionalism.

Common Misconceptions When Selling a Home



I can do it myself. Real estate transactions are tricky, and require detailed knowledge of the terminology, yearly changes in law, and paperwork requirements. Those who don't use a Realtor may not know how to use these documents, find them, or fill them out legally. Selling a home is a long and arduous process, and the majority of a Realtor's job happens after the offer is secured through closing-getting through home inspections, dealing with the mortgage company, the title attorney, the buyer and seller. Most people have neither the time nor the expertise to handle it.



L'll make more money selling on my own. People think they may make more money by not using a Realtor, but in the majority of cases, this is not true. Much value comes in the negotiation skills Realtors bring to the table. For example, a seller may think they have to make a \$10,000 roof repair as a result of a home inspection, while a Realtor may negotiate the home price down instead. A Realtor's commission may be \$6000, as opposed to the \$10,000 repair, saving the client \$4000 overall.



I'm not emotional. Selling a home where your lifelong memories have been made is emotional, and when emotions run high, bad decisions are made. You need a logical and neutral third party to help you negotiate the



I know what my home is worth.

Your home is only worth what the market will bear, no matter what online resources or tax assessments tell you. Realtors do their due diligence in pricing a home correctly for the market based on current market conditions, condition of the home, and comparables. Priced incorrectly, the home will sit on the market and become stale, and a contract can potentially fail when an appraiser determines it is not worth the amount and the loan falls through.

Other Important Reasons to Use a Realtor



Security level protection. Due to area jobs with high security levels, some people don't want to advertise their property for sale, and you may miss your dream property searching only online. These listings will not show up on the MRIS or other online portals, and are publicized only to other Realtors.



Safety. "You don't know who is coming into your home if you are selling it yourself; it could be a potential burglar casing the house for medications, money or firearms," Holloran warned. A Realtor uses a lockbox that tracks in real time who has access to your home. They also

prequalify potential buyers and will not show homes to anyone who has not gone through that process.



Governing board. A Realtor is a member of the National Association of Realtors and held to a higher Code of Ethics. If there is a problem, you can file a complaint with the governing board, and they will be held accountable.

Why Do Online Home Searches Fail?

Online real estate sites are often out of date," Holloran explained. "A home listed on Zillow, for example, may have sold 90-120 days previously, but still appear. This gives false hope to buyers and they get discouraged."

Revolutionary New Advancements in Technology You'll Want to Know About

In 2011, \$223 million was invested in real estate technology. In 2016, that number rose to \$2.93 billion, with technologies like online portals, apps, lockbox access, forms, contracts, real-time services with instant text, and 3D imagery appearing.

One of the newest tools is the Matterport Camera, an all-in-one property capture. A Realtor can provide a 3D virtual showcase tour of any property using accurate visual and spatial data to map entire areas in minutes, a big advancement over virtual tours or slide shows. Buyers can see a dollhouse view, an inside view and a floorplan view. In addition, more homes are getting their own "feature films" that help a potential buyer "see" a property before actually visiting it.

In September 2017, Keller Williams unveiled its Keller Cloud intelligent technology that helps real estate agents connect in real time with real estate-specific artificial intelligence. This technology partners with OJO, a chat bot similar to Apple's Siri and Amazon's Alexa. As with these popular technologies, anyone can ask a real estate-related question and be directed immediately to an answer, free of charge. If no answer is available, a Realtor will be immediately notified to respond. Keller Cloud also collects information based on your queries to help form a search based on your preferences, which is forwarded to your agent to pinpoint properties to present. It is available only through a Keller Williams

Still think you don't need to use a Realtor? �



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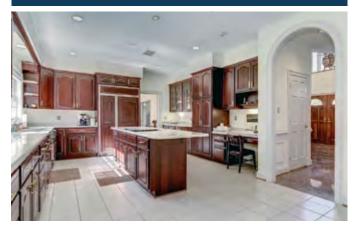






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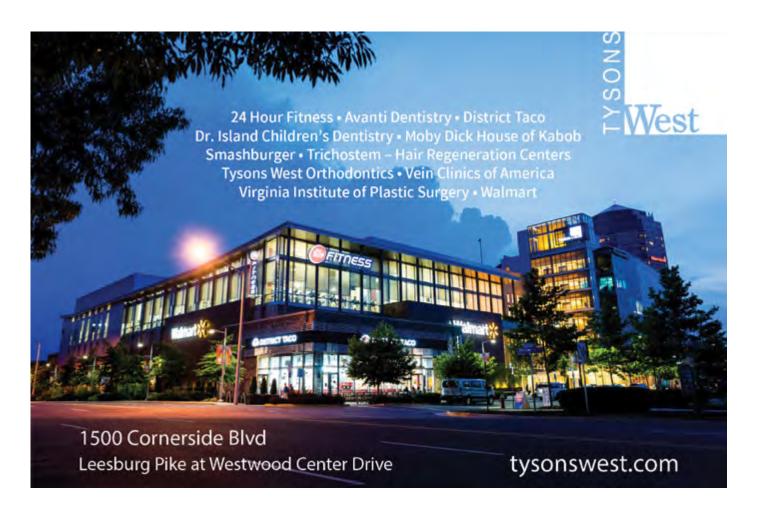




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HERE'S HOW TO VOLUNTEER AND

MAKE A DIFFERENCE IN YOUR COMMUNITY

By Analiese Kreutzer

The holiday season often motivates people to reach out to others, to be thankful and to give to those in need. Not only does volunteering help the less fortunate, but studies have shown that it benefits the volunteers as well. Volunteering strengthens your ties to your community, makes you feel useful, provides a chance to meet new people and gives you a sense of perspective.

Share those good feelings by getting others involved along with you. Bring family members or assemble a group of neighbors, friends or colleagues and start a new holiday tradition. We've gathered some resources to guide you to your volunteering niche. All you have to do is figure out what you're passionate about and choose where to donate your time.

Clearinghouses Make It Easy

Volunteer Fairfax is a great place to start searching for ways to step up over the holidays. Each year, the organization puts together a Holiday Heroes Handbook. This online database serves as a meeting place for nonprofits and volunteers to find each other. Go to VolunteerFairfax.org and click on the 2017 Holiday Heroes Handbook to find opportunities taking place between November 1, 2017 and January 15, 2018.

Other databases not only guide you to places to volunteer but help you meet people as well. DoSomething.org matches young people with organizations and Meetup.org coordinates volunteer events for singles.



Feed the Hungry

At a time when many of us overindulge in big meals and special treats, it's easy to forget that a shocking one-sixth of Americans don't have enough to eat. According to the Feeding America website, more than "half of all soup kitchens, food pantries and other meal programs rely entirely on volunteers," making this a great way to support your community.

Because many people choose to volunteer this way during the holidays, it's important to call ahead to find out which ones have the greatest need. To locate soup kitchens, shelters, food pantries and food banks in and around Fairfax County, visit HomelessShelterDirectory.org or FeedingAmerica.org.



Spread Cheer

Check with nursing homes and hospitals near you about spending time there, especially with people who don't get many visitors. You can decorate, entertain them if you have a talent to share, or just spend time with them talking, playing card or board games or reading aloud. If you have a particularly loving and gentle pet, inquiry about bringing him or her along to provide some pet therapy.

Many houses of worship and other organizations sponsor programs to bring holiday gifts and meals to needy families. The Salvation Army's Angel Tree Program provides toys and clothes to 14,000 children in Virginia, DC and Maryland during the holidays. To learn more about the Angel Tree Program or other ways to volunteer through the Salvation Army, go to SalvationArmyNCA.org/volunteer.



Support Our Troops

Aid active service members and their families by volunteering with the USO in the Washington-Baltimore area. The USO provides airport assistance to military travelers, runs five USO centers in the area,

holds events and welcomes volunteers for all of its efforts. Learn more at Metro.USO.org/support/volunteer.

Disabled American Veterans (DAV.org) offers a wide range of tasks for volunteers. You can help out at a VA hospital, drive veterans to appointments or provide other assistance based on individual needs.

Participate in a special volunteer opportunity unique to our area through Honor Flight, an organization created to transport America's veterans to DC to visit and reflect at their memorials. The organization gives priority to World War II and terminally ill veterans. Volunteers greet veterans at the airport and travel with them to the memorials. Volunteer opportunities are dependent on when flights are scheduled. See HonorFlight.org for more information.



Help Animals

If you're an animal lover, rescue groups and shelters always need assistance. Since many families open their hearts to homeless pets at the holidays, it's a great time to volunteer at an adoption event such as those sponsored by the Lost Dog and Cat Rescue Foundation. Sign up at LostDogRescue.org.

The Humane Society of Fairfax County welcomes volunteers to walk dogs, play with cats, sit with new rescues, sort through donations to its Ani-Meals Pet Pantry, photograph the animals, provide administrative support and more. In addition to dogs and cats, the Human Society cares for birds, horses and small mammals waiting for homes. To volunteer, go to HSFC.org/support/volunteer.

Analiese Kreutzer is a contributing writer for VivaTysons and VivaReston. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.



If you like to get away for the holidays, look no farther than the beautiful inns located on some of Virginia's most beautiful winery properties. Decked out for the holidays, they provide the perfect getaway from the big city along with some excellent opportunities for sampling Virginia's award-winning wines.



Wedmore Place/Williamsburg Winery, Williamsburg, VA

The 28 rooms of the Wedmore Place in capture the spirit and décor of Old World destinations on the historic 300-acre Wessex Hundred property. One can just imagine being in Vienna or the Cotswolds, with world-class food and wine in two restaurants and elegant accommodations. Your room reservation includes a wine tasting and a tour of the wine cellar, production areas and museum located on site, along with an etched wine glass as a memento of your trip. www. wedmoreplace.com



The Farmhouse at Veritas Vineyards, Afton, VA

The original farmhouse was built in 1836, and features eight elegant and modern guest rooms (6 in the cottage and 2 in the Barn Cottage) with views of the vineyards and the Blue Ridge foothills and a complimentary bottle of wine upon arrival. Enjoy wine and cheese in the afternoon, and a three-course breakfast served with sparkling wine on the verandah or in the garden (weather permitting). A four-course dinner paired with Veritas wines is also available Tuesday through Saturday. www. veritasfarmhouse.com

Albermarle Estate at Trump Winery, Charlottesville, VA

Enjoy pampering at the elegant 26,000-square-foot mansion in the Blue Ridge foothills that has been called "one of America's true treasures." The customized Trump Attache® service transcends the traditional concierge or butler, and children and pets are also pampered with special amenities created

just for them. www.trumphotels.com/albermarle-estate



The 1804 Inn and Cottages/Barboursville Winery,

Barboursville, VA

The 18th-century estate features six cottages and three luxurious and expansive suites in historic lodgings throughout the grounds, including the Georgian villa (built 1804 as Thomas Jefferson's mansion for Governor Barbour), Vineyard Cottage (former domestic servants home), Sangiovese Cottage (gardener's home), and the Blue Run Cottage (former winemaker's residence). Stroll the historic landmark ruins and visit the Tuscan-style winery and tasting room, and savor lunch, dinner or culinary classes at their renowned Palladio Restaurant. www. bbvwine.com

Arcady Vineyard B&B,

Charlottesville, VA

Serious wine enthusiasts will enjoy the four-room inn situated on 14 peaceful acres that

includes a wine-and-cheese greeting at checkin, a refrigerator stocked with a bottle of sparkling wine, and an evening turndown service with a dessert wine from the vineyard paired with artisan chocolates. Wake to a bountiful wine country breakfast then tour the area's plethora of fine wineries. Discounts on Monticello Appellation Wine Tours. www.innarcadyvineyard.com



Stone Manor Boutique Inn B&B,

Lovettsville, VA

Stay in one of the seven suites in the manor house surrounded by vineyards, and enjoy a wine tasting with selections from Loudoun County wineries and delightful spa treatments. Hike up the mountain to search for Mosby's cave, take a bicycle ride, hunt Morrel mushrooms, or pick raspberries. They'll help you create your first bath of raspberry liquor or jam in their kitchen. www.mycountryretreat.com

The Suites at Prince Michel,

Leon, VA

French style comes to Virginia with four spacious and elegant one-bedroom suites featuring designs from Parisian chic to Provencal country charm. Your suite includes a luxurious bath, romantic fireplace, galley kitchen and majestic mountain and vineyard views from a secluded garden patio, along with a bottle of wine. www.princemichel.com

Skyline Vineyard Inn B&B/ Little Washington Winery,

Washington, VA

One of the newest winery accommodations are suites in the hilltop cottage offering stunning views of the mountains and vineyards. Pair an overnight stay with Old World-style wine tastings and a class or two at their Wine School. www.littlewashingtonwinery.com

Glass House Winery B&B,

Free Union, VA

Choose a themed room (Wine, Tropical, Chocolate or Suite to the Stars) and a spectacular view of either the 12 acres of vineyards or the Blue Ridge Mountains. Three bedrooms downstairs and a two-bedroom

suite upstairs all feature en suite baths. Sip wines from the tasting room or the tropical conservatory. www.glasshousewinery.com.



Sharp Rock Vineyards,

Sperryville, VA

The 25-acre property offers two private cottages with very old (150 years) pine floors and very new (remote-controlled fireplace) features, along with a complimentary wine tasting and a bottle of wine. Enjoy fresh fruit and baked goods in the privacy of your cottage each morning as you view the working vineyard and winery nearby restaurants, antiquing, hiking and fishing. www.sharprockvineyards.com

Fincastle Vineyard B&B,

Fincastle, VA

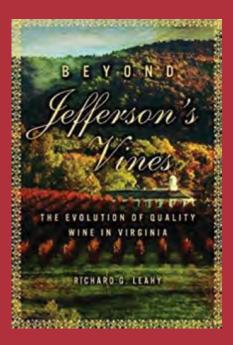
Stay in one of two guestrooms on this former 80-acre farm nestled in a glen amidst beautiful vistas and tranquility in the Blue Ridge Mountains. Sleep in an antiqueappointed guestroom in the charming 1926 renovated farmhouse and awake to a full country breakfast. Enjoy the vineyards, tour the mountainside winery, and sample Old World-style wines in the tasting room. www. fincastlebb.com



The Inn at Beliveau Estate/ Beliveau Estate Winery,

Blacksburg, VA

This 165-acre property is honored to be a Select Registry Inn of North America and features five cozy guestrooms with fireplaces and a three-course gourmet breakfast. Sample handcrafted wines at the tasting room and browse the gift shop, then head out to enjoy the hiking and barn quilt trails, alpaca farm, horseback riding, golf and lavender farm. www.beliveauestate.com *



Beyond Jefferson's Vines: The Evolution of Quality Wine in Virginia

by Richard G. Leahy

Virginia wine has a reputation as some book tells the complete story of wine in Virginia, from the Jamestown Settlement to the thriving world-class wine industry of today, with a focus on the last decade and how vintners today have achieved the success Thomas Jefferson only dreamed of.

with travelogue and basic viticulture, and members to help readers gain a new realize the dream of a fine wine industry in Virginia. It is available on Amazon.









The Magic of Pasta:

ALTA STRADA IN MOSAIC DISTRICT FEATURES MANY ITALIAN FAVORITES

Frederico Fellini, one of Italy's most famous filmmakers once said, "Life is a combination of Magic and Pasta." For those who share his passion, there's Chef Michael Schlow's Italian restaurant Alta Strada in the Mosaic District. Alta Strada brings the element of chic and urban to the neighborhood, and the locals heartily approve.

Northern Virginia's enthusiasm for pasta was clearly on display one weekend night, when I found Alta Strada packed with assorted clientele sampling the restaurant's signature Camparibased cocktails and slurping up homemade noodles. Even on weekdays, this restaurant stays busy with the after-work crowd and families too.

They're coming for the food, because it's really good. But the décor is the perfect palate for those imaginative dishes and drinks. The design is a mix of modern and vintage, with salvaged timber beams, wooden and metal chandeliers, as well as white lights strung across the ceiling. White subway-style tiles around the bars conjure images of New York's Little Italy, while

hanging plants add a homey feeling. Schlow's wife Adrienne created the colorful artwork on the walls. The restaurant's concrete floors make it a pretty loud when there's a crowd.

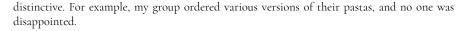
Supervising the kitchen is Nicole Belvard, the executive chef who formerly worked at Jose Andres' Zaytinya. A graduate of Johnson and Wales culinary school, she also trained in France but now lives in Northern Virginia. She clearly understands her community's enthusiasm for dining out, and she has taught her team to handle a crowd with grace. Both the wait and bar staff are sharp and knowledgeable. Our server exhibited endless patience with my group who was compelled to ask about every dish on the menu. It made me wonder, why is it so important to order the perfect thing? I guess because Schlow's reputation as a James Beard awarded chef adds pressure to the decision. Diners come to experience what makes Alta Strada so popular.

And while it's tempting to ask dozens of questions about the menu, I encourage you to put your fears to rest. Rather than worry about finding the best dish, worry about trying multiple ones, because so many are









If you're starting with appetizers, Alta Strada has crusty bread perfect for scooping up their housemade ricotta with herbs or the eggplant caponata. The restaurant offers a notable bowl of crunchy meatballs with spicy tomato sauce, perfect for sharing. Don't miss the roasted cauliflower tossed with bread crumbs and Parmigiano. Everyone in our group enjoyed this dish, so we ordered two.

At lunch, the restaurant features a few towering sandwiches and hand cut fries. At brunch, you can order traditional breakfast dishes and Italian favorites like homemade spaghetti.

The entrees on the dinner menu steer away from exclusively Italian to seafood, chicken and steak dishes. If you're worrying about carbs, you'll find the salmon on a bed of cous cous, with yogurt and spinach satisfying. The Old Fashioned Lemon Chicken consists of a butterflied breast under tangy roasted skins, served with slices of prosciutto and slivers of roasted asparagus.

Alta Strada's oven produces crisp thin crust pizzas with puffy air pockets and a variety of toppings. Little Stevie's is a standout for its savory fennel sausage, garlicy broccoli rabe and hot pickled peppers. You can also design your own if you want to create a new combination.

But what brings me back to Alta Strada is the pasta. I relish the blends of ingredients Alta Strada uses to freshen up old school Italian noodles. Fat strings of housemade noodles called Casarecce are coated with crunchy walnut pesto, then brightened with the sweetness of cherry tomatoes and the saltiness of sautéed shrimp. Wide flat noodles called Tagliatelle are tangled around rich, peppery Bolognese sauce with a heavy dose of Parmigiano cheese. Curly Mafalde pasta is smoky and sultry, thanks to the truffle butter and mushrooms, sprinkled with pecorino.

If you have any room, consider the trio of housemade gelato with shortbread cookies or the vanilla ricotta cheesecake on a Guanaja Valrhona chocolate brownie topped with crispy caramel





nuggets. I mentioned earlier that some of Alta Strada's cocktails are made with Italian Campari plus multiple accompaniments like Negroni and prosecco. These are quite tasty. You might also like the Sage Against the Machine that combines limoncello with sprigs of sage, bitters and a sparkling rose wine. At Alta Strada, guests may feel like throwing their cares away and adopting La Dolce Vita!

This enchanting menu and its upscale vibe give Alta Strada the feeling of downtown dining in the Mosaic District.

Renee Sklarew is the author of 60 Hikes Within 60 Miles of Washington DC a new guidebook that arrived in bookstores this fall. Her family enjoys sampling the many memorable restaurants in the region together. Follow her dining adventures on Twitter @DCWriterMom

Holiday Party Planning

What's Your Service Style?

BY MICHAEL EVANS

T's the most wonderful time of the year. But, we know that, sometimes, entertaining for the holidays can be stressful! If you're hosting family and/or friends for a get together this year, continue reading for some tips and tricks for how to pull off a memorable holiday celebration with minimal stress, regardless of if you're a DIY fan or if you've called in the professionals for some back-up!



DIY

If you're going the do-it-yourself route and have a group coming over to celebrate the holidays, there are several different ways to approach the food, depending on the nature of your event. If you're hosting a traditional Thanksgiving, Christmas or Hanukkah meal, a family style dinner might be the way to go for you! Family style dinners are a cozy, intimate way to serve your guests. With platters served on each table, your family and friends have the ability to select their portions through self-service. In order to successfully carry out a family style meal, a key factor is ensuring there is enough space at the tables to comfortably fit your guests, as well as the food and drinks.

Alternatively, maybe you're hosting a New Year's Eve pre-party before heading out into the city to ring in the New Year... This could be a great time to try *heavy hors doeuvres*. With heavy hors doeuvres, you can tailor your selections to provide a mix of stationary portions for all to share (think: baked brie & crackers or fruit, or spinach artichoke dip with fresh crudité), as well as bite-sized individual servings of your favorite appetizers, such as pear and prosciutto crostinis, grilled beef hibachi skewers, or shrimp cocktail martini glasses.



Drop Off Service

Another alternative for hosting the holidays is to hire a caterer for drop-off service. This is a great option for those who want help with preparing the food, but want to tackle the set-up and hosting themselves (and it's also a great cost savings alternative!). You can still serve up heavy hors d'oeuvres or a lovely family style meal this way, or you might choose to serve your meal buffet style. Buffets are always an excellent option, particularly for those who want to serve a wide variety of food choices to their guests. Buffets provide greater flexibility, allowing guests to pick the items that most satisfy their palates, as well as controlling how much or little of each item is served. They also serve as a great way to provide a dramatic focal point for your event due to the endless display possibilities.



Full-Service

If you've called in for some back up and have a full-service caterer helping to make your holidays memorable (and alleviating some of the pressure on you!), you have a few additional options for service styles. First, you could plan to do *food stations*. Food stations are a fun, interactive alternative to buffets that allow for increased flexibility and menu options, but provide your guests with even more opportunity to customize their meals and to promote mingling. Multiple stations are set up, usually with a common theme at

each station. For example, you may find a DIY potato bar with all the fixings at one station, whereas at the next station you would find a variety of sushi and sashimi, and other asian favorites. Food stations are also a great way to provide an additional dimension to your reception. Depending on how elaborate you want to get, food stations can give chefs a great opportunity to have more facetime with guests while providing interactive food displays as they prepare some of their signature dishes made-to-order!

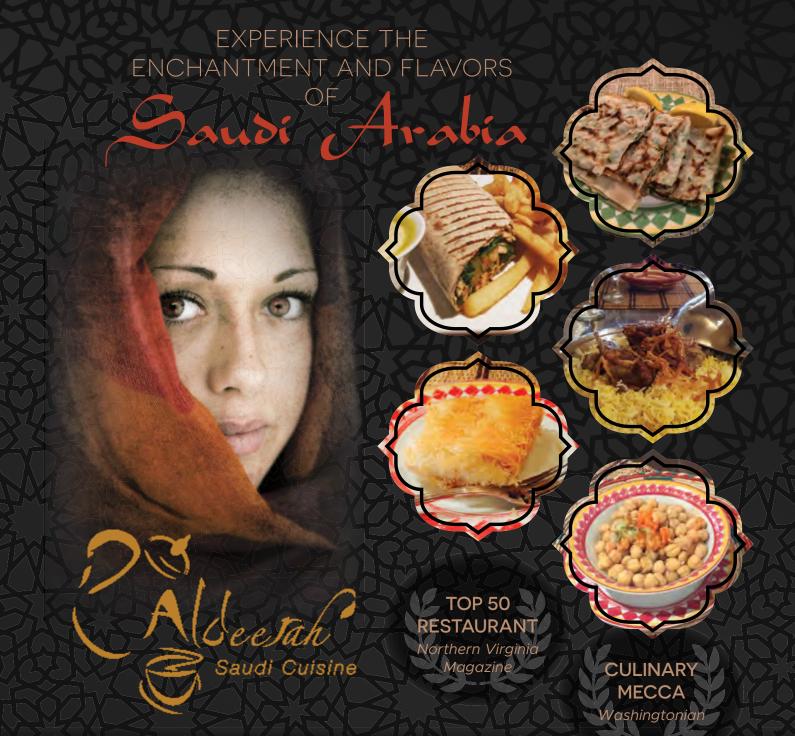


Finally, a tried and true option for an elegant holiday celebration is the *sit down dinner*. Sit down dinners typically consists of a multi-course meal in which each course is often plated and served individually to guests. This option allows your guests to feel pampered, and is traditionally used for more formal affairs. Drawbacks to the sit down dinner include a more focused menu, as well as greater expense due to the increased staffing requirements to adequately serve your guests. However, formal sit down dinners can be quite regal and beautiful!

Remember that there is no one 'right way' to host a gathering, and what works for one family may not be the best for the next. When choosing a service style, keep in mind the size of your party, family traditions, and the formality of the event and go with the route that works best for you. No matter which service style you choose, your loved ones will be thankful for your hard work and planning. And you all can celebrate together with good food and good company. Happy Holidays! *



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.



Food Network's very own Chef Marc Cummings is coming to Aldeerah Restaurant! January 5th, 6th, and 7th, 2018

Master Chef Marc Cummings will be kicking off the 2018 New Year at Aldeerah Restaurant to share his culinary expertise and life experiences with our guests. Chef Marc is a graduate of the prestigious Cordon Bleu in Paris, where he was certified as Master Chef.

To ensure a seat at this extraordinary culinary event, call and make a reservation today!



Pazzo Pomodoro



win the hearts of the local diners with its warm family-style service."

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.anthonysrestaurantva.com

ARGIA'S

Falls Church | Italian | \$\$

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

124 N. Washington St | 703.534.1033 | www.argias.com

BENTLEY'S

Falls Church | American | \$

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

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

IV'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, house-brewed beers on tap as well as a rotating selection of seasonal brews.

444 West Broad St. | 703.942.6840

www.madfoxbrewing.com

THE ORIGINAL PANCAKE HOUSE

Falls Church | American | \$\$

Pancakes, French toast, crepes, waffles, and 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

PANISHIR RESTAURANT

Falls Church | Afghan | \$\$

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

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

PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

Pistone's is an area landmark and full

service Italian restaurant. They have been in business since 1974. Chef/
Owner Telemaco Bonaduce focuses on nutricious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment. Check out the bar lounge where you are invited to sing with talented pianists and vocalists from the area.

6320 Arlington Boulevard | 571.388.3910 www.pistoneitalianinn.com

PIZZERIA ORSO

Falls Church | Italian | \$\$

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

www.saffronfc.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.qreatamericanrestaurants.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 | \$

theauldshebeenva.com

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

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.

6641 Old Dominion Dr | 703.918.0080 www.assaggiosteria.com

BARREL AND BUSHEL

McLean | American | \$\$

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

BOULEVARD CAFE & CATERING

McLean | American | \$

Think of Boulevard when planning office celebrations, sales, breakfast meetings, office holiday parties, home celebrations, and lastminute 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

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 (hain 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





Contemporary American Menu with an Award-winning Wine Bar

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.



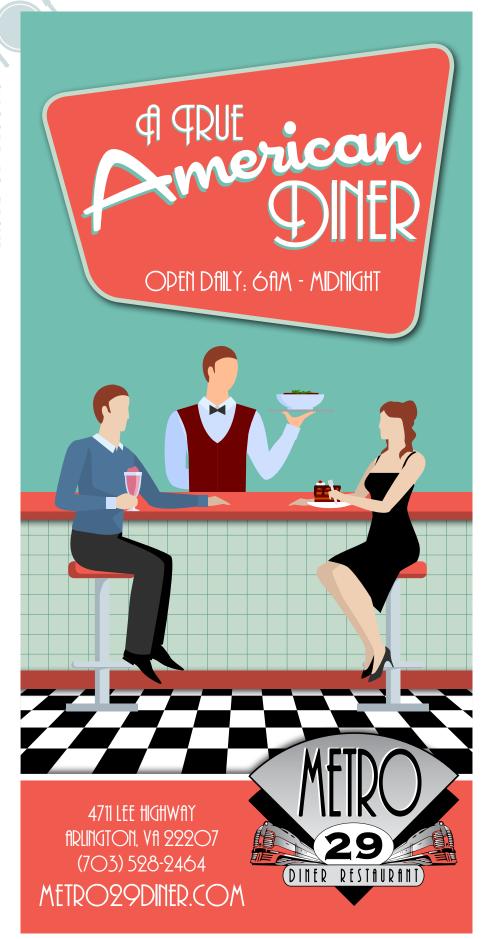




111 Church St NW, Vienna, VA 22180

703.255.7212

bazinsonchurch.com



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

I. 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

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

NEISHA THAI

Vienna | Thai | \$\$

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

8027 Leesburg Pike #110 | 703.883.3588 www.neisha.net

NOSTOS

Vienna | Greek | \$\$

Presenting a fresh take on Greek cuisine, Nostos offers fresh food in sharing-sized portions. Try one of their 50 different wines from different regions of Greece to complement your lunch or dinner. The menu showcases new and traditional Greek dishes, as well as fresh fish from the Mediterranean Sea.

8100 Boone Blvd. | 703.760.0690 www.nostosrestaurant.com

PALADAR LATIN KITCHEN & RUM BAR

Vienna | Spanish | \$\$

Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos such as slow braised duck, roasted pork, or blackened fish. Larger plates include grilled skirt steak churrasco and "ocho hora" braised short rib. 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 | \$

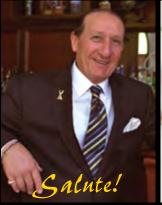
Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg rolls and choice of soups, authentic appetizers, chicken, shrimp, beef,

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







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, go here.

8369 Leesburg Pike #10 | 703.356.6444

www.sakurasteakhouse.com

SHAMSHIRY

Vienna | Persian | \$\$

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The zereshk polo offers rice studded with tart red currants, and the chelo kabob shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran.

8607 Westwood Center Dr. | 703.448.8883 www.shamshiry.com

SUNFLOWER VEGETARIAN RESTAURANT

Vienna | Vegetarian | \$\$

Sunflower Vegetarian Restaurant has two locations: Vienna and Falls Church. This award-winning restaurant offers vegetarian and vegan entrees, sandwiches, soups and salads as well as Asian-style dishes.

2531 Chain Bridge Rd. | 703.319.3888

www.crystalsunflower.com

TYSONS BAGEL MARKET

Vienna | American | \$

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many freshbaked 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 halfpriced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two.

8240 Leesburg Pike | 703.827.7300 www.woolaeoak.com

OAKTON

LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

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

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

OLD PEKING

Oakton | Chinese | \$

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

SANTINI'S NEW YORK STYLE DELI

Oakton | American | \$

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

2975 Chain Bridge Rd. | 703.766.6666 www.mysantinis.com

TIGRIS GRILL

Oakton | Middle Eastern | \$

Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and

All recipes are originals by Owner/Chef Mofi, in particular the falafel, which is his own secret

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



Shopping for Special Holiday Foods WHERE TO GO FOR TRADITIONAL ETHNIC TREATS

By Analiese Kreutzer

One advantage of living in such an ethnically diverse area is the variety of foods available at specialty markets catering to the different segments of our population. Whether you're pining for the flavors of home, recreating the traditions of your ancestors or just want to incorporate some international treats into your holiday meals, here are just a few of the markets in our area worth exploring.

ASIAN

Korean supermarket chain H
Mart features aisle after aisle of
specialty products as well as a
small cafe area where you can
grab a bite to eat. The fresh
produce, meat selections and
seafood varieties will inspire even
timid cooks to try something new.
There are several H Marts in the
DC area. Check the website for a
list of locations.

nj.hmart.com/stores

8103 Lee Highway, Falls Church 703-573-6300 or 10780 Fairfax Blvd., Fairfax 703-273-0570

GERMAN

Founded in 1962 by Wilhelm Wenzel and now owned by brothers Michael and Clifford Haene, German Gourmet offers fresh bratwurst and sausages along with other deli items and cheeses, enticing bakery items and imported groceries, beer and wine.

www.germangourmet.com 5838 Columbia Pike, Falls Church 703-379-8080

GERMAN

The Heidelberg Pasty Shoppe's selection of cakes, pastries and authentic hearty breads are sure to make your mouth water. Wolfgang Büchler opened the bakery in 1975, and he and his wife Carla provide custom desserts for all occasions. The shop also includes a deli with meats and cheeses for your holiday feasts.

heidelbergbakery.com

2150 N. Culpeper St., Arlington 703-527-8394

MIDDLE EASTERN

Shiraz Market is an international supermarket where you will find Middle Eastern, Persian, Turkish, Indian, Egyptian, Asian, Mediterranean, Russian, Eastern European and American brands. Shiraz Market carries vegetarian and organic foods and bakes bread fresh daily in the store. Browse the bakery section for treats such as Persian rollet, baklava or French cookies. The fresh meat department offers halal beef, lamb, goat and chicken. Do your shopping at lunch or dinner time and have a sandwich, kabob, salad or daily special at the in-store restaurant.

ShirazSupermarket.com

8486-G Tyco Rd., Vienna 703-992-9566

INTERNATIONAL

If your heritage is a mix of cultures, you're having trouble finding certain items or you just want to put some excitement in your food shopping, head to Fresh World International Supermarket. Founded in September 2006 in Springfield by Charles Kim and Kenneth Kim, Fresh World boasts high-quality fresh foods.

Check out the seafood department, where you'll find variety unmatched anywhere else. The produce and meat sections are impressive as well. Browse the grocery aisles to find Chinese, Korean, African, Peruvian and Indian products as well as items from many other cultures. Stop by this holiday season, and you may just make it your year-round supermarket.

www.freshworld.us

1070 Elden St., Herndon | 703-435-8200 or 6901 Hechinger Dr., Springfield | 703-256-5201

TTALIAN

For gourmet Italian specialties, visit the Italian Store at one of its two locations in Arlington. Run by the Tramonte family for more than 30 years, the store carries fresh cheese, meat, Italian wines, homemade style pastas and hard-to-find products from Italy.

italianstore.com

3123 Lee Highway, Arlington 703-528-6266

or

5837 Washington Blvd., Arlington 571-341-1080

LATINO

Americana Grocery specializes in foods from Mexico, Central America, South America and the Caribbean but also carries a selection of West African and Portuguese foods. With three locations in Northern Virginia, it's easy to pick up specialty items for the holidays. Be sure to check out the butcher shop, where they are ready to cut your selection to your instructions, and don't miss the awe-inspiring array of fresh produce.

americanagrocery.com

6128 Columbia Pike, Falls Church (703) 671-9625

or

10897 Main St., Fairfax (703) 934-0100

or

14428 Jefferson Davis Hwy., Woodbridge (571) 572-3961

RUSSIAN

Pick up some pagach and bobal'ki from Russian Gourmet as part of a traditional Christmas Eve meal. This small shop sells deli items as well as Russian groceries, candy, beer and wine. You can even find small gift items such as Russian books for children. Russian Gourmet operates five locations in the DC area, including one in McLean and one in Herndon. Visit the website for a list of all their locations.

russiangourmet.com

1396 Chain Bridge Rd., McLean 703-760-0680 and 468 Elden St., Herndon 703-707-8181

221112

Stop into The Swiss Bakery, owned by Laurie and Reto Weber, at either of their two locations to shop for artisan breads, pastries, cakes, fresh ice cream and sorbets. They prepare the bakery items daily in their Springfield store. The stores carry imported gourmet Swiss and German products, including world class chocolates, coffees, teas and condiments.

www.theswissbakery.com

5224 Port Royal Road, Springfield | 703-321-3670 or 9536 Old Keene Mill, Burke | 703-569-3670

Analiese Kreutzer is a contributing writer for *VivaTysons* and *VivaReston*. As a long-time resident of the area, she is passionate about the communities, people and businesses our publications cover. She can be reached at AnalieseKreutzer@gmail.com.

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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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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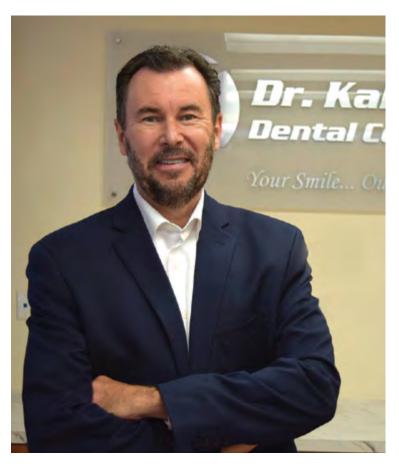
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Eric Capps, DDSDR. KALLAS DENTAL CENTER

A practicing dentist for 30 years, Dr. Eric Capps is a Northern Virginia native. He completed his undergraduate degree at Emory University in Atlanta before going to dental school at Virginia Commonwealth University/Medical College of Virginia.

Dr. Capps has continued to advance his knowledge of dentistry throughout his career. He earned his fellowship in the Academy of General Dentistry and completed an extensive implant dentistry course at Howard University. Dr. Capps performs all phases of general dentistry, but he particularly enjoys implant restoration cases.

When he's not working, Dr. Capps likes traveling with his wife Swan and rooting for Washington's professional sports teams. He also enjoys flying and has his private pilot's license.

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Daniel Lash, CFP[®], AIF[®] VI P FINANCIAL ADVISORS

Daniel Lash is a partner at VLP Financial Advisors and has been active in the financial planning profession for over 20 years. His experience gives him the ability to talk honestly and directly to his clients, helping guide them past their short term worries and encouraging them to focus on their bigger financial picture. Dan's focused approach has resulted in long-term client relationships that are built on a foundation of trust and understanding. Dan is a Certified Financial Planner® practitioner and Accredited Investment Fiduciary® and is licensed for life, disability, and long term care insurance.

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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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MOVEMENT PREP

MORE THAN JUST A WARM UP

exercise"- a standard practice almost everyone has followed for decades, and still good advice today. At One To One, and other advanced training facilities, we aim to make the "warm up" much more productive through effective "Movement Preparation." What does Movement Prep mean and what led us to this term?

The age old reasons we have always warmed up are certainly still valid today - gradually increase heart and respiration rate, increase body temperature, increase tissue (muscles, tendons, ligaments, fascia) elasticity, enhance joint motion, etc., all of which can contribute to better performance and reduced injury risk. Fitness enthusiasts and athletes have always exercised to improve various aspects of physical fitness - lose body fat, gain strength, power, endurance, flexibility, etc. At One To One, a critically important additional objective of all of our client's training is to improve their "Movement Quality." By improving movement quality, training can be more safe, efficient and effective, and performance in the gym, on the field, or throughout the day can be enhanced. Effective Movement Prep is one way we can help prepare our bodies to move well (more safely, efficiently and effectively), before we begin training or competing.

The human body is amazing. It can find ways to accomplish tasks or movements despite various injuries, deficiencies, nervous (nerve) inhibitions, etc. through compensations and substitutions. For example, the quadriceps muscles are some of the primary muscles involved in gait (walking, running). However, if someone has completely torn her quadriceps she could still find a way to walk or run, possibly through greater use

of her hip flexors or hamstrings or calves, or more likely through a complex compensatory effort involving her entire body, momentum, gravity, etc. While this is a very impressive and valuable ability our bodies have, often we can rely on this ability to accomplish our task at hand instead of recognizing that we have a movement restriction or limitation that we may be able to improve or correct. Over time, accomplishing movements through compensation or substitution patterns can cause undue and damaging wear and tear, and also will limit how well we can execute the particular movement.

A completely torn quadriceps is an extreme example and, unless in a true emergency, no one would attempt to walk or run with such an injury. However, almost everyone has more subtle restrictions that they may be unaware of and train through. Watch any road race (5K, 10K, Marathon) and you will see runners, even ones who lead the pack, who seem to have very poor form (maybe bad posture, maybe uneven symmetry, loud landings, feet pointing in odd directions, knees buckling in or bowing, etc.). Observe weightlifters in a big box gym, even ones who are very big and strong, and you will see people executing lifts with poor form, unsafe back positions, poor ranges of motion, misaligned joints, etc. Often these runners or weightlifters will continue to put in more miles, or load on more weight, in their efforts to progress, but sooner or later they will get hurt. However, if these exercisers regularly implemented effective movement preparation techniques, they may be able to improve their posture, grace, alignment, range of motion, form, technique, etc. (all elements of movement quality), and actually make more gains in speed or strength while avoiding injury.

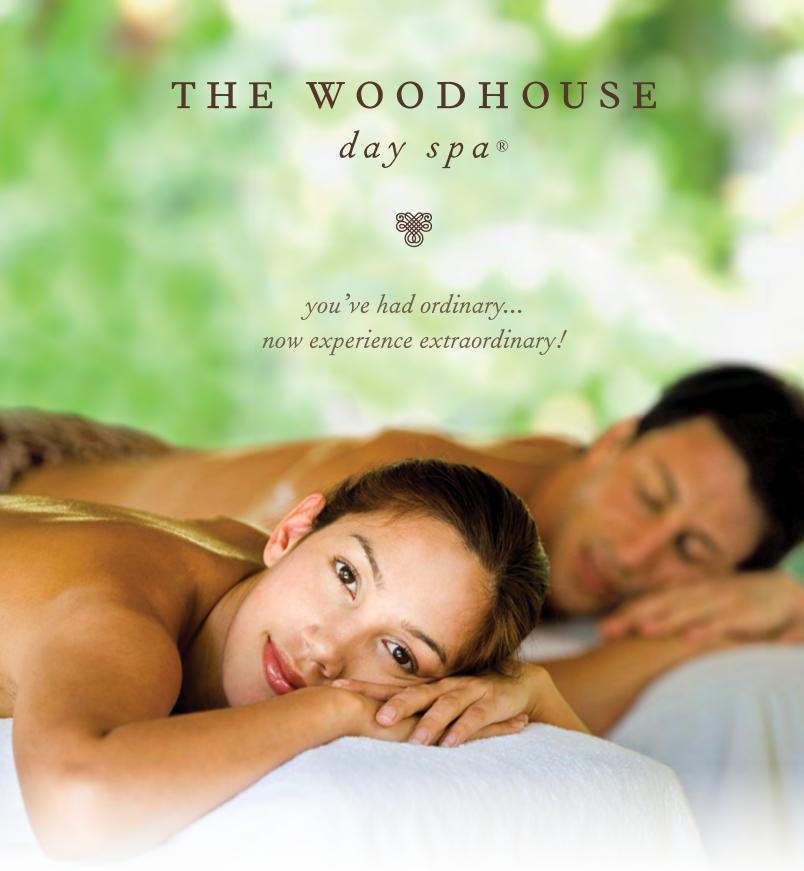
Movement Prep can be implemented generically or specifically. For example, when we train our high school sports teams we will have ten to twenty student athletes show up for conditioning after having been sitting in class all day with spines flexed, hamstrings and hip flexors shortened, shoulders rounded, forward head posture, etc. Our general movement prep for the group might include foam rolling and stretching these shortened and including neuromuscular activation exercises for all the areas that have been relatively dormant throughout the day. With our one-on-one personal training clients we can individually assess their posture, gate, flexibility and movement mechanics, and can implement techniques specifically selected to address any restrictions or movement deficiencies we observe.

Some common techniques that we use at One To One during the movement preparation phase or our workouts include foam rolling, massage stick, static and dynamic stretching, Egoscue "e-cises" (from the Egoscue Method), among others.

Effective Movement Prep goes well beyond simply warming up, it is designed to address potential impediments to effective or quality movement.

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

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.



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Retrofitting an Older Home

TO MEET EMERGING LIVING SPACE REQUIREMENTS

To optimize useful square footage for a growing family, Sun Design Remodeling's 3-level addition is integrated with a skillful floorplan re-configuration

Jamie and Heather Hill had been occupying their 2,276 square foot four bedroom center hall colonial for close to a decade. With four growing girls ranging in age from four to twelve, however, it had it become clear that everyone could use more living space.

An architect consulted to offer ideas for enlarging the house had not generated a plan the owners wanted to pursue. Eventually, the couple decided the most viable option might be to look around the neighborhood for a house with a larger master bedroom suite, spacious family gathering areas and a first floor laundry room.

These perspectives on the table, Heather engaged Roger Lataille of Sun Design Remodeling to help her assess houses for sale in the neighborhood and identify properties with feasible enlargement potential. Lataille, a design consultant, had a reputation for retrofitting older homes to suit new needs. The goal: a course of action that would meet the family's emerging agenda-functionally and economically.

About a week into the search, when it was apparent that there was nothing on the market that would satisfy the family's criteria, Lataille asked Heather for a guided tour of their existing 55 year

(Above) In the Hill family's new 26' x 18' family room, sightlines and visual continuum are emphasized. A course of windows on three sides invites views of the wooded setting. The double French doors access an existing brick patio where family barbecues are held. The breakfast table and patio are mere steps from a serving station in the kitchen.

(Inset above) BEFORE A small breakfast nook that had been added to the existing home in decades past did not provide enough square footage for the family's current needs. The foundation was failing on one

BEFORE

(At right) Sun Design removed a brick bearing wall on the rear elevation introducing a steel I-beam on vertical supports to hold up the second floor. Vertical supports are clad in Craftsmanstyle piers mounted on open bookcases. The space is also configured for conversation and television viewing. The formal dining room remains in tact. The former family room (through the door) is now used as the home's formal living room. The room includes a working fireplace.

(Below) Designers converted an unused home office into a first level laundry room situated immediately above the former lower level facility so that existing vents could re-deployed. The counter surface is "moon white" granite.





old home in the Mantua section of Fairfax.

"I was surprised to see that the house could quite handily be adapted to the family's requirements," Lataille remembers. "Heather's two top goals were adding a master suite while keeping all the bedrooms on the same level, and significantly increasing contiguous living space. After looking at the site, I recognized that a three-level addition on the rear reconciled with a well-planned reconfiguration of existing square footage could meet all their needs. There would be a windfall increase in family gathering areas, yet everyone would gain in personal-use spaces. Given all the costs, this made much more sense than moving to another house."

Constructed within a $26' \times 18'$ foot print at the rear of the house, the three level addition envisioned by Lataille is both a practical response to family needs and an innovative structural solution.

"Our objective was developing more living space within a budget," Lataille says. "We wanted a plan that would meet all needs and give the Hills a better use for the investment than they could have achieved by moving."

In this design scenario, every decision effects price. On the other hand, innovative ideas create opportunities. For instance:

Since the family wanted a nine foot ceiling in the new family room (the existing house had eight foot ceilings), the new addition would be a foot taller than the existing structure at each floor-- which that meant the master suite would gain a degree of privacy since it would

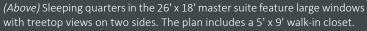


(Above) With the new master suite accommodating parent requirements, Sun Design enlarged and upgraded an existing second floor bathroom.

be situated three steps above the existing second floor.

■ At the structure's opposite end, excavating one foot below the existing foundation created the footprint for a new lower-level home theater finished-out with reclining chairs and a tray ceiling.





(At right) The 9' \times 12' master bath includes a custom-designed double vanity and 36 square foot walk-in shower. The floors are 6" \times 48" planks of Estonia white natural wood.



First-level "Open" Plan

The makeover's centerpiece, however, is the 26' x 18' family room which features large windows on all exterior elevations. "Openness"— reinforced by a visual continuum that invites views of the wooded surroundings— is the primary space plan theme in an execution that makes adroit use of "transitional"-style interior design ideas.

The approach evolved naturally enough when Sun Design removed both a small and dated breakfast room, and fourteen feet of brick bearing wall from the rear elevation.

A steel I-beam resting on concealed vertical supports was introduced into the rear elevation to hold up the second floor. Clad in Craftsman-style piers mounted on open bookcases, the vertical supports differentiate the dining room from the rest of the

L-shaped "great room" configuration.

More importantly, the structural change greatly improved circulation throughout a new first-level comprised of multiple activity zones-- and opened-up sight lines from the front foyer and the former family room in the front of the house. Endowed with a working fireplace, the former family room would now be "re-purposed" as the home's formal living room.

The space added to the first level is configured for conversation and television viewing, but the breakfast zone remains, steps from the kitchen and double French doors that access an existing brick patio.

The kitchen—which had been previously remodeled—provides a food prep sink and serving station near the breakfast table and patio.

Meanwhile, new oak flooring seamlessly "toothed-in" with already extant kitchen flooring visually unifies the entire first floor.

In the front of the house, removing drywall that encased the stairway leading to the second floor further opened up sight lines from the foyer. Here again, new oak flooring was "toothed-in" to gain visual unity.

As a practical matter, an unused home office to the right of the front door has been converted into the family's first-level laundry room. Since the site is immediately above the former basement laundry room, existing vents were re-deployed.

Situated between the foyer and the garage, the room doubles as a mudroom. "Built-ins" accommodate coats and outdoor gear. Maple wood custom cabinetry provides accessible storage for linens and supplies.

With its "moon white" granite counter surfaces and Rhame Silver Modern tile flooring, the facility presents a bright, dry place to tend to basics that is conveniently located on the home's main level.

Upstairs, several opportunities for an improved living plan became apparent. With

Jamie and Heather's suite now in the new addition, the two remaining bathrooms have been enlarged and upgraded.

Meanwhile, to reach the new master suite, one ascends two stairs, opens a pair of Shaker-style double doors, and enters a bright, airy bedroom which boasts treetop views on two sides.

The nearly 500 square foot master suite features a 5' x 9' walk-in closet. The 110 square foot master bath includes a double vanity and a 36 square foot walk-in shower.

A quartz slab bench and a hand-held shower head are among many appurtenances available for personal pampering. There's also a polished chrome double vanity with a cambria remnant surface and Aspen cabinet facings.

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm has a second office in McLean. For information call 703.425.5588 or visit www.SunDesignInc. com. ❖

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.

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

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.



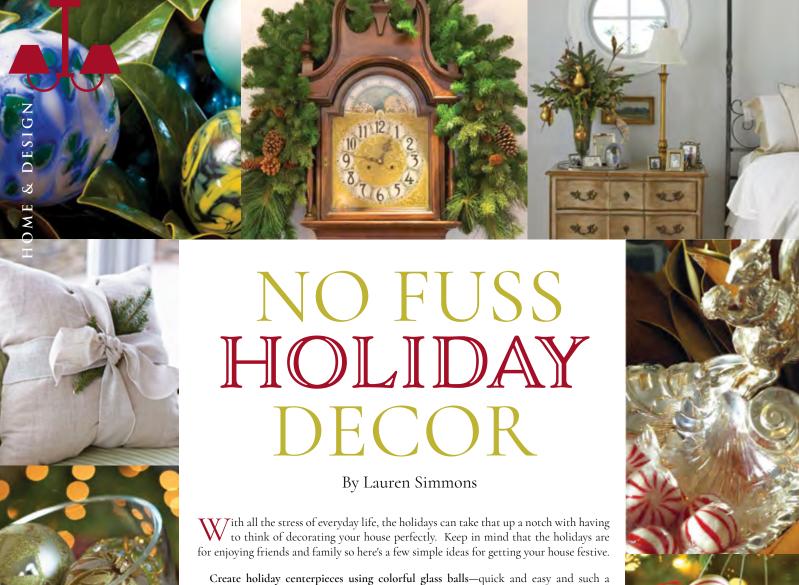
We designed the Renaissance Program at The Sylvestery specifically for those in the early phases of memory impairment.

The Sylvestery Memory Support

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

WWW.VINSONHALL.ORG

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



beautiful look.

Decorate with greenery. Bringing the outside indoors always makes the house look more festive. If you're in a pinch, the backyard trees are always great to snip from.

Decorate with candy. Use candy canes on the tree for a playful touch that brings back childhood memories. Fill whimsical ornamental containers with caramels, mints, chocolates, and nuts for a scrumptious display. No one can ever walk by a candy dish without grabbing a few.

Keep it simple and your house will come to life! Enjoy the holidays. ❖





VIENNA MERCHANTS

















ASK COACH Amy

I have been writing to a guy on one of the major dating sites. And within a few emails, he has asked me out for a coffee date. He says on profile he is 45 years old, has a good career in finance and might like children. However, I do not even know his name nor has he asked mine. We also discussed mutual vacations. Then, I followed up with this guy and he wrote that he is in the same page as I am (Yeah!).

However, I just got a message that he is being pursued by someone else and is interested in her and wished me good luck. Do guys like being pursued? I am old fashioned and feel guys should pursue. What are your thoughts? By the way, I am a professional woman who is in her early 40's , have never been married, am I'm still hoping to get married some day soon and have a family — I want the whole package!

Your Truly,

Wishful in Warrenton

Dear Warrenton,

Yes, people can be quite fickle online and it seems like one disappointment after another. People have a lot of choice and sometimes the guys are waiting around to be chosen just like the women (Ever hear about the dating app Bumble?)! There are many reasons for a guy to go with the flow as it appears to you.

I still feel that the right guy will pursue you. What does this say about this guy? He seems to want to be chosen, not to choose. I do consider this kind of guy as wimpy!

Perhaps he has a hard time with rejection and wants a sure thing. Or perhaps he really liked this woman and he was trying to make her jealous by dating other women. You just don't know.

What I want to share is that I have seen with my male clients is that ultimately they want to feel as though they have chosen the prom queen and also, she is thrilled that she has been sought after and pursued. This

proactive behavior helps the woman feel very special and desired.

Although I believe in equality and both people share in the responsibility of partnership, I'm still old fashioned and understand it really seems to work best when the man steps up and makes a woman feel like she is the only one for him.

This confidence and sense of purpose helps make a woman feel secure and safe in the relationship. We are still men and women, after all!

One of my clients is in her mid 40's and is a single mom of two tweens. She met a guy who liked her but had a hard time committing to dates and really being all in the relationship. My client was an assertive woman and would say things like, "You know you want to be with us (her and her children)" or other statements that would try to sound like she was convincing him that she was it for him.

Something was holding him back. She didn't know that she could count on him and he would disappear at times although he

always came back. They even took a dream vacation to Hawaii that she said was one of the best times she had in her life.

And then, her mother landed in the hospital. He was no where to be found. Then she knew that he could not be there for her emotionally nor physically. Through the coaching she came to the realization that she and the kids could not count on this guy to be there for them although he was generally a good guy.

So she broke up with him.

When you close one door, another one opens. So she soon after met her now fiancé. He was everything she was looking for. He pursued her. He knew that she was the one. They just clicked! No doubts. They got engaged within 6 weeks.

What I call the first relationship is the "almost, not quite" relationship. This is where something critical is missing, although there is a lot of good there, too! It's not very obvious until you do this deep values coaching process.

And with one of my male clients I have seen it happen recently that he pursued a woman he was crazy about until she said yes! And he is known to be a quiet, shy man. So men do step up when they are truly in love!

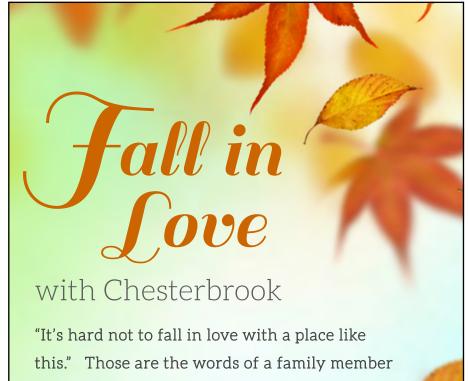
You deserve to feel special and desired. I recommend that you let this one go. You will meet a man who knows what he wants and is willing to court you. There are plenty of marriage minded men out there in your age group.

So what I recommend to you is to say to yourself, "Next!"

Intentionally yours,

Coach Amy

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



"It's hard not to fall in love with a place like this." Those are the words of a family member whose mother recently joined the Chesterbrook Residences family. It's a common sentiment among not only our families, but our team members as well. A park-like setting combined with a convenient Falls Church location makes our community ideal for seniors seeking great care, friendly faces, and unlimited opportunities. Visit us this autumn and discover all we have to offer!



AFFORDABLE SENIOR LIVING
IN NORTHERN VIRGINIA

703-531-0781 | chesterbrookres.org 2030 Westmoreland Street | Falls Church, VA 22043



Coordinated Services Management, Inc.
Professional Management of Retirement Communities since 1981





MINTER

BY KERYN DOHANICH

As the temperature goes from warm summer months to cold harsh winter weather it is important to keep in mind how the upcoming cold will affect your pet. Just as you should prepare for warm weather dangers and issues, you should also be proactive in keeping your pet healthy and happy in the cold.

Flu season is upon us and outbreaks are already starting—for dogs, too! VIP Petcare has diagnostic testing and a flu vaccine for your furry friend to give him the preventative care he needs to enjoy the coming months.

154



Visit the Vet

After enduring the extreme heat of the summer and going into a shifting climate it is best to bring your pet to the vet for a check-up to make sure that your pet is healthy going into this ruthless season. This can also let you know if your pet has any medical ailments that may make them more vulnerable to the cold. Seeing your vet at the beginning of the season will give you the opportunity to ask any questions or voice any concerns you may have about the upcoming weather.

Baby it's Cold Outside

When the temperature finally does drop for good, is it very important to keep an eye on how your pet reacts to the colder weather. Keep in mind that although your pet may have a nice furry coat they will still get cold and uncomfortable when left out in the elements. If you are outside long enough to become cold, they probably are cold too. Try to keep your pet safe indoors during this time of the year. If left outside in the cold for too long your pet could develop frostbite or hypothermia.

Protect the Paws

In the winter months, we protect our feet with nice warm winter boots but your pup's paws are still exposed to the cold. To keep snow from accumulating between your pet's toes use a product called Musher's Wax. This will allow the snow to slip off and keep your pet comfortable. You can also use Vaseline to help keep the snow from accumulating. The Vaseline will also moisturize the pads of your pup's feet which can become dry and irritated from the salt used on the roads and sidewalks. Always rinse and dry your pet's feet after walking so the salt won't irritate their sensitive foot pads. Keep the hair between your pet's toes trimmed to further limit snow build up.

Stay Warm

While some pups are prepared for winter with thick winter coats and long legs, some

of our smaller friends are poorly equipped to deal with the cold climate. Smaller dogs like Chihuahuas and toy breeds have almost no protection against the cold and it is extra important to keep an eye on their body temperature and how they are reacting. A sweater for extra warmth is important for your pet and can be beneficial for larger dogs as well. This extra layer of protection guards against winter elements and keeps your pet safe and healthy.

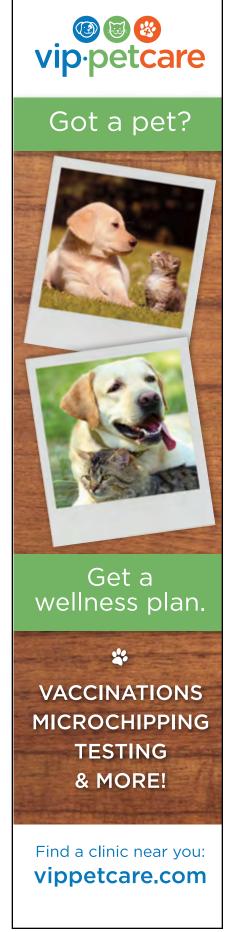
Car Safety

We all know to not keep our dogs in a hot car in the summer, but it is also important to realize that when the temperature drops the inside of your car will be too cold to leave your pet in for long. A car offers little protection against the cold and your pet will succumb to the elements. Hypothermia is the biggest danger of leaving your pet in a cold car.

Heat Sources

Be careful with supplemental heat sources like fireplaces, space heaters, and other sources. Your pet will do anything it can to stay warm and cozy, including cuddling up a little too close to that warm heater. Your pet is in danger of burning itself or knocking over a heat source and endangering the house and other inhabitants. To avoid this turn off all supplemental heat sources when not at home. Make sure that heaters are on a stable base and out of reach of your pet. Heaters that don't get hot are a good investment in making sure your pet is safe as well.

If you take precautions to protect your pet during the cold winter months you both can enjoy this time of year and even some time playing in the snow. Keep your eyes open for symptoms of discomfort for your pet and keep in mind the tips above for a safe and fun wintertime.











CONSTRUCTION REMAINS ON TRACK FOR RAIL YARD AND MAINTENANCE FACILITY

s the Dulles Corridor Metrorail Project moves forward with Phase 2, construction also moves forward on a facility of equal importance – the Rail Yard and Maintenance Facility.

Hensel Phelps (HP) is the contractor building the rail yard. The facility will provide service to Metrorail cars, house trains and provide administrative work space.

"The rail yard will house five major buildings, several smaller buildings and approximately four miles of storage track," said David Bonnallie, the Airport's Authority onsite construction manager, "in addition to other important installations for use in the maintenance facility."

The following onsite buildings will be featured in the rail yard:

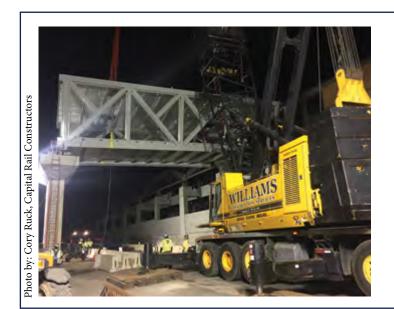
- The Service and Inspection Building where Metrorail trains will be maintained:
- The Warehouse Building
- The Maintenance of Way Building where track maintenance equipment and vehicles will be serviced

- The Train Wash Facility that will serve as a car wash for Metrorail trains
- A Transportation Building that will serve administration facility for train operators.
- The smaller buildings will include a guard house, vehicle storage facility, a salt dome and a storage building.

In the summer of 2015, HP began work on tree clearing and removal of topsoil, followed by basement excavation work, before proceeding with general earth and foundation work.

According to Bonnallie, construction is about 50 percent complete as of June 2017. Current work in the yard includes the ongoing installation of structural steel and the precast panels for the buildings. After the precast installation work is finished, the buildings will be enclosed and then the installation of the interior walls and doors begins.

The Metropolitan Washington Airports Authority, the managing entity of the project, will turn the project over to the WMATA, which will operate it as part of Washington's regional Metrorail system, upon completion.

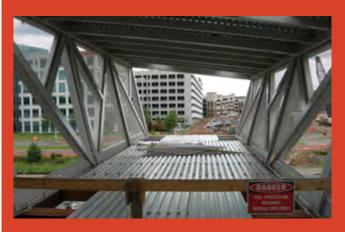


RESTON NORTH PEDESTRIAN BRIDGE INSTALLATION

Dulles Corridor Metrorail Project crews set the first pedestrian bridge at the Silver Line's Reston Town Center Metrorail Station over the westbound Dulles Access Highway in later September.

PROGRESS AT INNOVATION STATION

The Dulles Corridor Metrorail Project has completed the first pedestrian bridge for Phase 2 of the Silver Line project. This bridge connects Innovation Center Station to an entrance pavilion. This station will host bus bays, a kiss & ride, and more than 2,000 parking garage spaces. (Photos imeediately below courtesy of Phil DeLeon/DRPT.)











A pedestrian bridge is set over the bus loop at the Herndon-Monroe Park & Ride facility. The pedestrian bridge will be integrated with existing and future Park & Ride infrastructure to provide access to the Silver Line's Herndon Station from the south side of the Dulles Tol. Road. (Photos imeediately above courtesy of Dusty Smith.)

PETS WE LOVE



MILO Owner: Maria Infante



LIONEL AND TOBY
Owner: Helen DiTanna



SMOOSH IN HAMMOCK Owner: Helen DiTanna

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

22ND ANNUAL JOKER'S WILD CASINO NIGHT

Benefiting the Cystic Fibrosis Foundation

n February 17th, 2018 the Metro D.C. Chapter of the Cystic Fibrosis Foundation will host the 22nd Annual Joker's Wild Casino Night at the Hilton McLean Tysons Corner. Over 200 guests will gather to try their luck at roulette, blackjack, poker and craps, and will enjoy an evening filled with drinks, buffet dining, dancing and an exciting silent and live auction. The event raises funds and awareness for cystic fibrosis (CF), an inherited disease that causes chronic lung infections and complications to other organs. For more information, including tickets and sponsorship opportunities, please contact Jenna Vince, Development Director, 301-215-7422 or jvince@cff.org. *

VERDENCE CAPITAL ADVISORS

Private wealth advisory firm Verdence Capital Advisors has announced the opening a second office at 8230 Leesburg Pike, Suite 520, in Vienna.

POTOMAC RIVER RUNNING

Potomac River Running in Falls Church has relocated to Maple Ave. in Vienna. The new location offers a treadmill to use during shoe fittings and lockers for those heading out on the W&OD Trail.



Inglot Grand Opening

Inglot COO Kenya Felix Pierce and VivaTysons' Lauren Simmons at the Grand Opening of Inglot in Tysons Corner Mall.

LIBRARY REOPENING

The Tysons Pimmit Regional Library was reopened to the public on October 14, 2017. ❖

VIENNA COMMUNITY CENTER REOPENING

The Vienna Community center reopened from the renovation and expansion project on October 2nd. ❖

LIBERTY BARBEQUE

Liberty Barbeque is coming to the old Famous Dave's location in Falls Church.

BENNIGAN'S TO BE REPLACED

Bennigan's restaurant has closed its doors but Sapphire restaurant now replaced it—having opened on October 4th under the same management. Sapphire serves Indian/Pakistani cuisine and is located 8201 Greensboro Drive in McLean. *

ISABELLA OPENING

We hear that Isabella eatery at the Galleria will be opening in phases right around the holiday season. Keeping our eyes and ears open and will keep you posted... *

BRIDGE CLUB

HELPING YOURSELF

OJ54

K984

1084

9 5

🖢 K 10

AQJ1063

J 7 2

🗸 A Q

West North East South

1
dbl 2
pass 4

all pass

West leads the deuce of clubs. Do you see any chance for the contract? Answer on page 176.

Excerpt taken from: Frank Stewart's Bridge Club. Page 117.

BIDDING QUIZ

YOU HOLD:

• AJ85 💖 A 7 6 2 🌘 Q 3 📥 AJ9

Dealer, on your right, opens one diamond. You double, your partner responds one heart and the opening bidder rebids two diamonds. What do you say?

ANSWER: Since the queen of diamonds is surely worth nothing, this is a minimum hand. Your partner may have no points and a weak suit. Pass and let him decide whether to compete. If he has a few values, he won't sell out at the two level.

Excerpt taken from: Frank Stewart's Bridge Club. Page 121.

FEAR IS A DARKROOM WHERE NEGATIVES DEVELOP.

Usman B. Asif

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 easy.

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

YOU BLOCK YOUR DREAM WHEN YOU ALLOW YOUR FEAR TO GROW BIGGER THAN YOUR FAITH.

Mary Manin Morrissey

ENDING WITH DRUMS, CYMBALS

CROSSWORD 1

CLUES ACROSS

- Wharton deg.
- 4. Spicy cuisine
- 9. "Days of ___ Lives"
- 10. Astound
- 11. "___ De-Lovely"
- 12. Set
- 13. All fired up
- 15. Monopoly avenue
- 19. Painter or sculptor
- 20. Early spring bloomers
- 23. Biblical verb ending
- 24. Pigskin carriers
- 25. "Fancy that!"
- 26. Twinge
- 27. Slip up

10 12 11 13 14 15 17 18 19 23 22 20 21 25 24 26 27

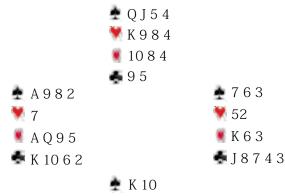
DOWN

- 1. Damp
- 2. Montana city
- 3. Possible fire cause
- 4. Advancement at any cost
- 5. During
- 6. Bender

- 7. Action film staple
- 8. Homer's neighbor
- 14. Special talents
- 16. Prolonged attack
- 17. Aromatic compound
- 18. Early anesthetic
- 20. "60 Minutes" network
- 21. Hip-hop
- 22. Wood sorrel

BRIDGE CLUB SOLUTION

HELPING YOURSELF



7	K 10
*	AQJ1063
	J 7 2
-	A Q

West	North	East	South
			1 💘
dbl	2 🤎	pass	4 💘
all pass			

Opening Lead: •2

'Ever heard of Brigidda?' Cy the Cynic asked us.

'Who's he?' Unlucky Louie wanted to know.

'It's a she,' Cy said: 'the goddess of fate at bridge, sort of a cross between Nemesis and the Easter Bunny. I pray to her for help all the time.'

'You're kidding,' I said. 'Why not just ask the clock on the wall?'

'My wife and I prayed every night for children,' Louie offered, 'until we found out that's not how you have them. Now we have seven.'

'Look at this deal from today,' Cy said. 'When dummy turned up with three low diamonds, I needed a miracle to make my contract. So I consulted Brigidda.'

'And she intervened on your behalf?' I asked.

'No, but she gave me some good advice—the same she always gives me. She told me to help myself. Suppose I take the queen of clubs, draw trumps and force out the ace of spades. West knows his side has no more black-suit tricks, so he'll shift to diamonds, and the defense will cash three diamonds.'

'Prayers and supplications won't stop that,' Louie shrugged.

'No, but I did,' Cy said. 'I won the first club with the ace, drew trumps and forced out the ace of spades. Since West was sure East had the queen of clubs, he led another low club so East could win and return a diamond through "my" king. I claimed eleven tricks.'

A winning player is self-reliant. The Turks have a proverb: 'Trust in Allah but tie up your camel.' It's better to help yourself than to trust fate.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 120.

SUDOKU Answers

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

CROSSWORD Answers

М	В	Α		С	Α	J	U	Ν
0	כ	R		Α	М	Α	Ζ	Ш
Ι	Т	S		R	_	G	$\overline{}$	О
S	Т	0	Κ	Е	Д			
Т	Ш	Z	Ζ	Е	S	S	Е	Е
			Α	R	Т	_	S	Т
С	R	0	С	_		Е	Т	Η
В	Α	С	Κ	S		G	Ε	Е
S	Р	Α	S	М		Е	R	R



"Well, if no one is willing to take responsibility for it, we'll blame it on climate change."

THE TROUBLE WITH 'A PLACE FOR EVERYTHING AND EVERYTHING IN ITS PLACE' IS THAT THERE'S ALWAYS MORE EVERYTHING THAN PLACES.

Robert Breault

DAMN, AND JUST WHEN I WAS STARTING TO GET IT!

Edgar Degas, painter, on his deathbed



The High Cost of Staying Alive

o, I moved to San Diego, the land of citrus, cilantro and cannabis, where the temperature is a sunny 75-80 year round. I know it sounds tough, but somebody had to do it. Besides tanning, healthy eating is a major priority out here. In fact, I believe it's a state law and any infraction is punishable by death or being forced to eat Hostess cupcakes.

The supermarkets are basically divided into two warring factions. The organic ones, like Whole Foods and Sprouts, and the un-organic ones like Vons and Ralph's ...which are generally seen as toxic waste dumps. Conventional wisdom lays odds that if you shop at one of these, your life span will be shorter than an average fruit fly's.

Organic markets are places where upon entering the doors, you'll hear heavenly trumpets blaring and see angels circling around the gluten-free shelves. You're immediately overwhelmed with the smell of fresh earth and vitamins. I wholly expect to see their produce actually growing from dirt floors while being organically fertilized by several flatulent cows. It's organic Nirvana.

The vitamin aisles take up 70% of the store. If you're not on CoQ10, your brain might literally explode from reading row after row of Vitamins A-Z plus several which haven't even been disclosed to the general population yet. You can find myriads of minerals and enzyme supplements extracted from rare plant species found in the Brazilian Rain Forest. There are even several aisles designed solely to hemp products. You can find hemp oil, hemp shampoo, hemp soap, hemp laxatives, hemp loofahs and hemp jerky. There's enough mind elevating stuff here to keep all of So Cal high for years. ...a great idea because the prices are enough to induce clinical depression in even the most happy shopper.

There's also a serenity aisle featuring wind chimes, massage oils, scented candles and several sketchy looking contraptions called "foot massagers" that probably double as bongs. Namaste. The Yogi tea aisle is especially intriguing because it promotes wellness teas

like Kombucha which contain a suspicious floating glob of mucus called the "Mother," an alleged source of anti-bacterial and anti-viral agents. The probiotic section features hundreds of high-priced bottles containing billions of cultures which promise to keep your bowels regular...even long after you're dead.

Gluten free breads, crackers, cookies, pastas, and all related non-GMO products are in such abundance they must asexually reproduce on the shelves at night. Even though all of these foods sit like lead in the stomach and taste like corrugated cardboard, the devotees swear that these products have saved lives. I overheard one woman telling another how her uncle died after eating a glutinous "Everything Bagel."

Can you get a carton of milk? Sure...as long as it's goat or yak milk raised by Tibetan Monks and exported by Sherpas. I guess they feel this justifies the exported price of \$30 a pint. Actually extorted price is a better term. Dairy products are only acceptable if they have labels saying "grass fed." What I want to know is what kind of grass? Is this why Cali cows are so mellow? Que pasa. The organic eggs are labeled "cage-free and fed only non-GMO grains." Oh yeah? Listen, if I'm going to pay \$6.99 a dozen, I want hens raised in a luxury day spa and fed a diet of caviar and champagne.

When checking out, the cashier asks "Did you bring your own bags?" Are you kidding me? You know he's thinking there's no problem paying an extra dime when you're forking over \$95 for a tiny bag containing the healthiest food on earth.

However, for me, this was the final hemp straw that broke my organic spirit. I made the decision right there to take my chances of either being shunned or stoned (in any sense of the word) and shop at Von's. If I continue going to Whole Foods and Sprouts, I can only afford to shop there for one life-extending year. But by shopping at Von's, I can use the savings to hire nurses who will keep my toxic body alive for a lot longer than that!

HOROSCOPES

NOVEMBER DECEMBER



SCORPIO 10/22 - 11/21: Big changes are in the works; settle in for the ride. Likely changes will be personal, not career. Sarcasm is misunderstood.

- SAGITTARIUS 11/22 12/21: Your ruling planet, Jupiter, moves into the 9th House this month, bringing a spiritual focus.
- CAPRICORN 12/22 1/19: Look to completing a task you have started. You'll want your mind clear as changes arise in work life.
- AQUARIUS 1/20 2/18: Your life should be relatively calm this month, but there could still be a change in personal life. Tell the truth to yourself.
- PISCES 2/19 3/20: Goodness is on your mind as you shed negative feelings and find your treasure in peace.
- ARIES 3/21 4/19: Stability is the keyword for November as projects reach completion and you wait for results.
- TAURUS 4/20 5/20: Bulls find career at the forefront, with events building until the New Moon on the 18th.
- GEMINI 5/21 6/20: Building and rebuilding in domestic and career areas confront Gemini this month. Family gives strength here.
- CANCER 6/21 7/22: Cancerians call on their ingenuity and patience as Jupiter moves to the 5th House this month.
- LEO 7/23 8/22: Personal goals take a back seat to the needs to others this month as cooperation becomes essential. Go offline to find answers.
- VIRGO 8/23 9/22: Virgos, never adverse to education, need to learn quickly this month. Key date is the Full Moon on the 4th.
- LIBRA 9/23 10/21: Some work is never done but the Waning Crescent on the 15th reveals a sliver of progress.



SAGITTARIUS 11/22 - 12/21: The stars see you in flight by the beginning of the New Year. Could be in a plane or just on the wings of success. Relish the moment.

- CAPRICORN 12/22 1/19: Gather your joy and sense of humor to find a sense of goodwill for the season. A loved one is demanding, but you can handle it in peace.
- AQUARIUS 1/20 2/18: Go fully back into your loving relationship. You know its value; don't take it for granted. Go, run back. Don't let pride stand in your way.
- PISCES 2/19 3/20:Your partner needs more attention now. Give appreciation. Find things to do together. Offer support.
- ARIES 3/21 4/19:Focus on the future and don't dwell on the past. This is the way ahead. The New Moon on the 18th might herald sluggish days for some, but you might find it hectic.
- TAURUS4/20 5/20: You have the magic in December as family life takes center stage while you still manage to meet deadlines at work. The juggling act suits you this year.
- GEMINI 5/21 6/20: Complete your plans by the Winter Solstice on the 21st to fully enjoy the holidays. Balance is the key for December and into 2018.
- CANCER 6/21 7/22: A chance to join an adventure comes your way. Unless the adventure is top of your bucket list, money should be the controlling consideration. Your needs in the New Year remain unclear.
- LEO 7/23 8/22: You may be surprised and flattered by an unexpected flirt at a holiday party. Enjoy but the person you came with means more in the end.
- VIRGO 8/23 9/22: Money and romance rule December. You'll catch up with the money early in the New Year. In romance, your heart takes a chance but keep in mind your brain says no.
- LIBRA 9/23 10/21: You'll be itching to make a firm decision by the Full Moon on the 3rd. If you don't have all the facts, wait. If you prefer to go with your gut, be prepared to take the consequences, good or bad.
- SCORPIO 10/22 11/21: At a holiday gathering, spare some charity for the one who annoys you most. That person is fully loved by someone. Try to see why. You find it changes your whole outlook.



Bienvenue to The Bellevue, an exotic venue for romantic dreamers searching for a breath-taking view of traditional couture and modern sophistication.



GRAND MARQUESA ROOM



VERO SKY LOUNGE



MILAN ROOM

Tours of the venue are by appointment only.

703.825.9526 | 703.868.8289 | www.thebellevueva.com | info@thebellevueva.com

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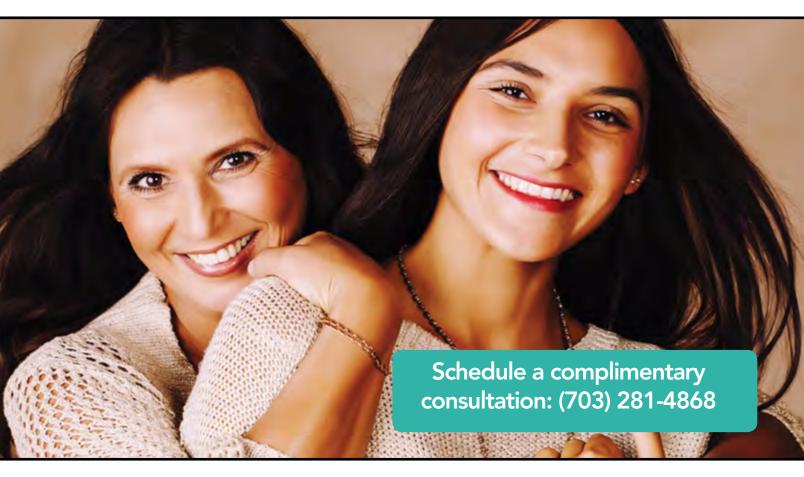


Thinking invisalign: the choice is clear

- Board Certified Orthodontic Specialist
- **Experience** (invisalign over 15 years)



- Attending Faculty (teaching invisalign and orthodontics over Washington Hospital Department of Orthodontics)
- Voted "Top/Best" orthodontist in Northern Virginia
- Affordable full in-house financing





Experience

Over 15 years of experience with invisalign





Credentials

Board Certified
Orthodontist and
Attending Faculty
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