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*Wedding*  
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*Six Ways*  
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ARE PLANTING  
WITH A PURPOSE

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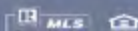
9208 Weant Drive, Great Falls \$1,685,000



12215 Brecknock Street, Oakton \$1,675,000

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# FEATURES



34

## THE PERFECT VENUE >

by Renee Sklarew

Selecting the perfect place to say, “I do” can be a challenge. So *VivaTysons* compiled descriptions of seven unconventional wedding and rehearsal venues to help you plan your special day. Most couples want a setting with flexible spaces that fit within their budget, and professional support to help them plan this essential milestone. Whether you’re planning an intimate affair or a grand event, the wedding planners at these venues stand ready to design a wedding that everyone will recall with the fondest of memories.



82

## THE BORO >

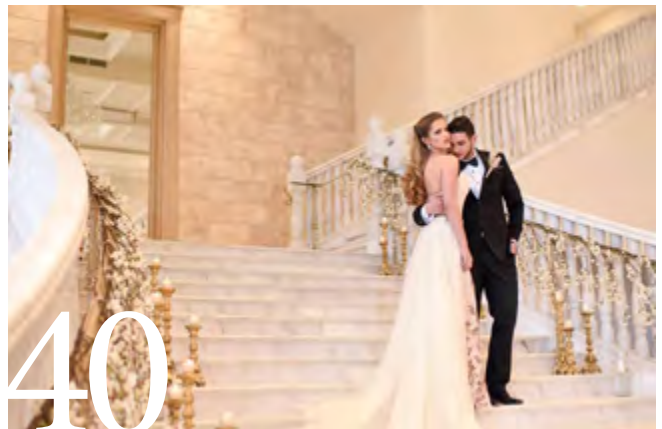
by Keith Loria

The Meridian Group and Kettler are developing The Boro, a premier, multi-phase development in Tysons that will offer a curated mix of residential, office, and retail space, which at full build-out will consist of more than 1,500 residential units, 1.8 million square feet of office, 316,000 square feet of retail, and 250,000 square feet of hotel space.

## < SIX WAYS GARDENERS ARE PLANTING WITH A PURPOSE

by Ana Kreutzer

In 2018, gardens will do much more than provide attractive accents around homes. Environmental concerns and awareness of the calming effects of nature are having a big impact on garden design and plant selection. People are turning to gardens to escape, unplug and rejuvenate their minds by creating private spaces that focus on wellness. Concerns about water and pesticide use, dwindling pollinator populations, and eating a healthy diet also are influencing what people choose to plant and why. Following are six trends to consider when planning your garden.



40

## < PREVENTING BEAUTY BACKFIRES

by Ana Kreutzer

You don’t always get the results they expected from cosmetic surgery, which can leave you disheartened, especially when you have to spend more time and money to change the outcome. You need to take a proactive role in your procedure from start to finish, because there are things you can do to prevent or resolve disappointing results. Dr. Christopher Knotts of Austin-Weston, The Center for Cosmetic Surgery shared some stories about what can go wrong and what patients can do to ensure the best possible outcome.



100





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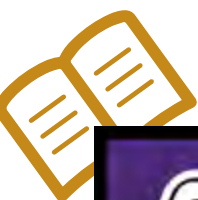
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# DEPARTMENTS



16

## 14 PUBLISHER'S LETTER

## 16 SELECTED EVENTS

Discover who's playing at local music venues along with other hyper-local events.

## 32 MUSIC SCENE

Keith Loria interviews singer and author Dar Williams.

## 54 EDUCATION

School and summer camp directory

## 64 PERSONALITIES

Linda Barrett interviews Olympic skater Michael Weiss

## 66 ASK AN ADVISOR

About picking investments in your 401(k)

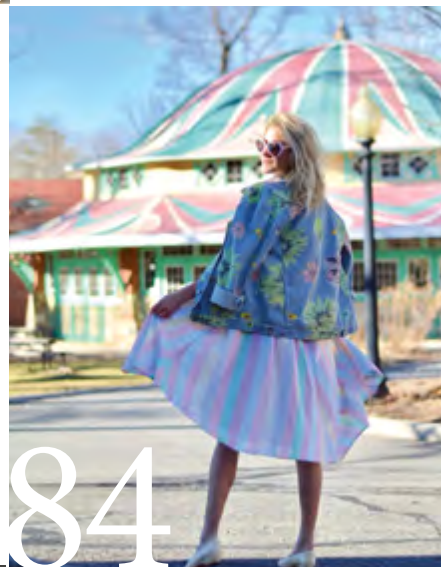
## 69 VIENNA MERCHANTS

## 70 WINE

What's in a label?

## 74 ASK DR. DIMA

About Geneveve



84

## 84 FASHION

Stars and swipes by Julie Holland

## 88 STYLE & GADGETS

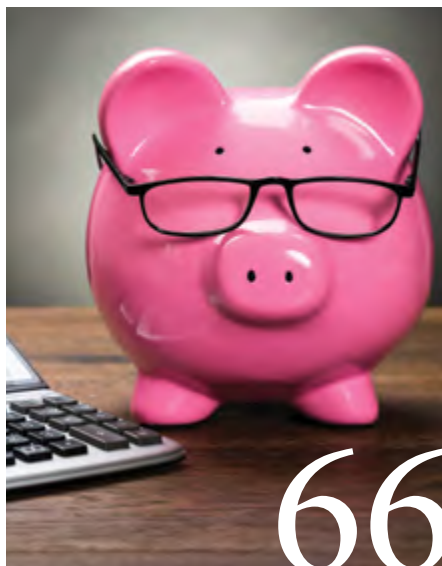
Have a peek at Lauren Simmons' latest finds.

## 96 AROUND TOWN

Read coverage of Baird's new location and Dulles Chambers Annual Business Award Winners.

## 102 REAL ESTATE

Find out what's affecting the market of 2018.



66



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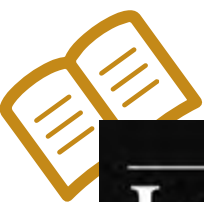
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# DEPARTMENTS



116

104 TYSONS TOP REALTORS

109 TYSONS PREMIER  
See what's new in the real estate market.114 TRAVEL  
Pennsylvania's Maple Festivals116 TASTE OF TYSONS  
Reneé Sklarew invites us to try Our Mom Eugenia in Great Falls.

118 RESTAURANT GUIDE

132 CATERING

Get the scoop on wedding parties by Michael Evans of Helga's Caterers

134 TYSONS HOME &amp; DESIGN

Sun Design Remodeling converts cramped production house plan into gourmet kitchen perfect for entertaining

138 PETS

Ongoing wellness care for your pet



134



145

140 TYSONS UPDATE

Silver Line progress and updates and new director of program operations Thomas Crone

142 TALK OF TYSONS

143 FUN AND GAMES

145 JAN KING  
"I Am Woman, Hear Me Roar!"

146 HOROSCOPES



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## AND MORE . . .

- 36 FLOWER POWER  
The Philadelphia Flower Show
- 38 HOW TO CHOOSE A WEDDING PLANNER  
by Ana Kreutzer
- 40 WEDDING VENUES SHOWCASE
- 44 WEDDING CATERERS SHOWCASE
- 46 WEDDING VENDORS SHOWCASE
- 50 REHEARSAL DINNER SHOWCASE
- 52 GEARING UP FOR INTERNATIONAL TRAVEL  
by Dani J. Keating
- 62 ALMOST HEAVEN  
West Virginia's Capon Springs & Farms' all-inclusive resort
- 72 CORRECT YOUR CHILDREN'S EYE SIGHT WITHOUT SURGERY  
by Keith Loria
- 78 THE LOWDOWN ON HIGHLIGHTS  
By Ana Kreutzer
- 80 DIETING APPS  
by Emma Blencovich
- 86 HAIR GROWTH SCALP MICRONEEDLING  
by Astoria Laser Med Spa
- 90 SPRING CLEANING YOUR MAKEUP  
by Marta Bota
- 92 BEAUTY SPOTLIGHT  
by Lauren Simmons
- 93 BEAUTY DIRECTORY
- 94 LONGEVITY WELLNESS CENTER
- 98 TERRA CHRISTA  
by Keith Loria
- 130 FITNESS TOGETHER





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**Saturday and Sunday  
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**The Old Firehouse  
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**\$15/\$10 MCC district residents**

### **5<sup>th</sup> and 6<sup>th</sup> Grader St. Paddy's Day Party**

**Friday March 16, 7-9 p.m.**  
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### **Spring Fest**

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### **The Old Firehouse Family Movie Night**

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Spring in the DC area is one of my favorites seasons. There is something about the light green on the trees of the parkways and streets, the hustle and bustle of restaurants getting ready for outdoor dining and a newness in the air that says to me: "wake up, there's a new year and new opportunities headed our way." It's exciting!

More. More new buildings and developments in our future such as the Boro. It's really awesome when you think of it. We asked Keith to bring us some thoughts on the plans and the opportunities for housing, dining, and developments in retail, entertainment, and workspace. As we put our publication to bed, there is more talk of the proposed "View at Tysons" by Clemente Development rising up 48 stories with approx 840,000 sq ft. of condos, 412,000 sq. ft of Hotel Space and 44,000 sq ft of retail. Stay tuned!

Michelle and I were married in the spring of '72 on Long Island and even back then, wedding plans had to be made well in advance. Our editors and writers have put together some options for your big day in hopes of bringing you ideas and suggestions from the rehearsal dinner to the big celebration.

Gardening? It starts now and Ana Kreutzer gives us "Planting with a Purpose," a new look at the joys and benefits of those gardens my mom loved so much. Linda went to Capon Springs, the all-inclusive resort in West Virginia. Great read—thanks, Linda.

What do you do when you are blessed with talents and a gift of good health, fortune and success? If you're former Olympic Ice Skater Michael Weiss, you give back to the community you love. Great story on our local Ice skating

Olympian by Linda Barrett. With the country facing a myopic epidemic please read about the revolutionary new Orthokeratology available at Metro Eyes in Vienna. Amazing.

MJ has put together a collection on health and beauty and how to keep that youthful and vibrant look—from preventing beauty backfires to apps for easy dieting to spring cleaning your makeup with Marta Bora.

Thank you, ladies.

I have often wondered as I cruised Church Street what went on in Terra Christa. Meet Michele Barlock and learn about the inspiration healing available to us. Thanks for sharing, Michele.

A lot is going on in Real Estate in the area. Tight inventories, rising interest rates and a sudden demand has things shaken up a bit. Read about what's happening and meet some of our area's Top Realtors.

At Our Mom Eugenia in Great Falls, you're eating with family. Read the review by Renee Sklarew about this new hot spot in Great Falls.

And wait, there's more... Updates on the Silver Line and Tysons with Marcia Mcallister and Amanda Scarangella, wine with Linda Barrett, fun with Jan King, taking care of your pets, home remodeling by John Byrd, catering ideas by Michael Evans of Helga's, news around town, and ideas to bring the community closer.

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*John Barrett*







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**Kay Graff**

703.725.5276

KGraff@cbmove.com



**Annie Greene**

850.758.5164

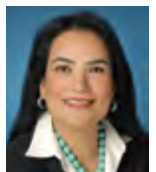
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**Amber Davis**

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**Zabia Daamash**

703.932.7191

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Photo courtesy of Wolf Trap

# SELECTED EVENTS

**MARCH 30**  
**SAN FERMIN**  
The Barns at Wolf Trap

## 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

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www.thestatetheatre.com

### THE ALDEN

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### GEORGE MASON CENTER FOR THE ARTS

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### 1ST STAGE

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VA 22102.  
www.1ststagetysons.org

## MARCH 8-18

### MPA@ CHAINBRIDGE: YOUTH ART EXHIBITIONS

1446 Chain Bridge Rd, McLean, VA  
22101, 10am-9:30pm

This exhibition, organized and curated by local public school art teachers, will feature art made in the Fairfax County Public Schools in the McLean area.

## MARCH 11

### UNITY: A 311 DAY TRIBUTE + SIR ALDEN & SUBURBAN SNOOP

Jammin Java, 7pm, \$10-22

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

On 3/11/2015, Unity gave a forever memorable performance a shoulder-to-shoulder crowd, and made an explosive entrance into the DC music community. Unity's performances have continued to wow audiences with their likeness to 311, both in sound and energy.

On 03/11/2018, Unity will be bringing the party to Jammin' Java for a whole night of 311 music in celebration of 311 Day!

## MARCH 12-13

### SHEN YUN

Presented by Falun Dafa Association of D.C.

George Mason University Center for the Arts, Concert Hall, Times vary, \$80-180

Take an enlightening journey through 5,000 years of traditional Chinese culture. This epic production immerses you in stories reaching back to the most distant past. You'll explore realms even beyond our visible world. Featuring one of the world's oldest art forms—classical Chinese dance—along with patented scenographic effects and all-original orchestral works, Shen Yun opens a portal to a civilization of enchanting beauty and enlightening wisdom. Traditional Chinese culture, with its profoundly optimistic worldview and deep spiritual roots, was displaced by communism in China. Today, only the New York-based Shen Yun is keeping this precious heritage alive on stage. And

it's an experience that will take your breath away.

For more information, visit [www.ShenYun.com](http://www.ShenYun.com).

## MARCH 15-16

### BARRY FLANAGAN OF HAPA

With Special Guest Eric Gilliom

The Barns at Wolf Trap, 8pm, \$25-30  
Journey to the Islands with the "Soundtrack of Hawaii" composed of ancient chants, warm, contemporary tunes, and liquid guitar runs. Barry Flanagan of HAPA is joined by award-winning Hawaiian rocker Eric Gilliom for these special performances.

## MARCH 17

### WILLY PORTER & CARMEN NICKERSON

Jammin Java, 7pm, \$25

Midwest artists Willy Porter and Carmen Nickerson are an exciting addition to the indie-duo scene. With their liquid harmonies and unassailable, playful performance chemistry, these two solo artists have joined their unique talents to create the

CONTINUED ON PAGE 18

# Make math into a fun puzzle and STEM aspirations become accessible.

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[leport.com/go/cube](https://leport.com/go/cube)



**LePort**  
MONTESSORI







CONTINUED  
FROM PAGE 16

unforgettable sound of Porter Nickerson.

## MARCH 17

### SWAN LAKE

#### Moscow Festival Ballet

George Mason University Center for the Arts, Concert Hall, 8pm, \$34-56

The exquisite dancers of the Moscow Festival Ballet showcase the traditions of Russian grand ballet in this performance of Tchaikovsky's beloved masterpiece. Inspired by a fairy tale, *Swan Lake* follows the story of Odette, a beautiful princess who falls victim to a spell cast by an evil sorcerer. Celebrated for its stunning choreography

by Petipa and Ivanov and, of course, its sublime score, this crown jewel of classical ballet continues to earn adulation from audiences worldwide. The esteemed Moscow Festival Ballet Company, founded in 1989 by legendary principal dancer of the Bolshoi Ballet Sergei Radchenko brings together the best of Russian ballet. "The dancers of the Moscow Festival Ballet spoke to the soul through the body" (*Post and Courier*). The whole family will enjoy this stunning full-scale production complete with elaborate sets and beautiful costumes.

## MARCH 18

### SPHINX-TRAVAGANZA



Photo courtesy of Wolf Trap

7:30 PM

## SHOSTAKOVICH AND THE BLACK MONK: A RUSSIAN FANTASY

#### Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$60

Dmitri Shostakovich dreamed of creating an opera based on Chekhov's mystical tale, *The Black Monk*. Decades of suffering under political attacks within an oppressive Soviet regime wreaked havoc on the composer's life, leaving the work ultimately unfinished. Haunted by the looming aftermath of Stalin's totalitarian reign, Shostakovich is left with a deteriorating body and mind, struggling to complete his life's work. In a bold intersection of chamber music and theater, witness the trials and redemption of one man's obsession as the Emerson String Quartet and a cast of actors tell this story through the eyes of Shostakovich himself.

#### Debut Artists

#### Chamber Music at the Barns

The Barns at Wolf Trap, 3pm, \$35

The Sphinx Organization is dedicated to transforming lives through the power of diversity in the arts, and has made a huge impact in the classical and chamber music fields. They will be celebrating their 20th anniversary with a program featuring both current Virtuosi and past winners of the Medal of Excellence in a program built around Dvořák's Bass Quintet Op. 77 No. 2.

## MARCH 20

### THE LAST BANDOLEERS

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

Throw a tablespoon of Tex-Mex, a hint of Beatles harmonies, a cup of country-rock, and the admiration of rock icon Sting in a blender, and you've got The Last Bandoleros: "country's most thrilling new band" (*Rolling Stone*).

## MARCH 21

### ALTAN

The Barns at Wolf Trap, 8pm, \$25-27

With a career at the pinnacle of Irish music for nearly 35 years, Altan has achieved legendary status in a genre that has been shaped by the band's influence and genius.

## MARCH 21-APRIL 5

### MPA@ CHAINBRIDGE: YOUTH ART EXHIBITIONS

1446 Chain Bridge Rd, McLean, VA 22101, 10am-9:30pm

This exhibition, organized and curated by local public school art teachers, will feature art made in the Fairfax County Public Schools in the McLean area. The closing exhibition reception will be held April 4 from 4:30-6pm. RSVP at mpaart.org.

## MARCH 22

### NEIL HILBORN "THE FUTURE TOUR"

Jammin Java, 8pm, \$16-20

Neil Hilborn is a bestselling author, and with over 100 million views to his credit, he is the most-watched poet ever. He is a graduate from Macalester College with a degree in creative writing. Originally from Houston, Texas, he now lives in Saint Paul, Minnesota.

## MARCH 22-25

### THE SECOND CITY

#### Look Both Ways Before Talking

The Barns at Wolf Trap, 8pm, Saturday 7pm and 10pm, \$27-32

Full of the live and in-your-face entertainment Netflix can't provide, this must-attend show features improvised comedy, audience interaction, and of-the-moment sketches and songs from The Second City made famous by superstars like Tina Fey, Stephen Colbert, Steve Carell, Gilda Radner, Bill Murray, and more.

## MARCH 23-24

### 2018 MASON SCHOOL OF DANCE GALA CONCERT

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

The Gala Concert is Mason Dance Company's crowning season event featuring dance by Mason's beautifully-trained dance majors. This Gala performance will also be presented at the Hylton Performing Arts Center on Sunday, March 25, at 4pm.

## MARCH 28

### FRANCES LUKE ACCORD

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

Frances Luke Accord are an independent Chicago-based duo hailing originally from South Bend, Indiana. Both dedicated multi-instrumentalists and meticulous songwriters, Nicholas Guntz and Brian Powers distinguish their music with genre fluidity, buttery harmonies, and acoustic ensembles. Although prevalently a modern folk band, FLA sip copious inspiration

from Americana, jazz, soul, and rock.

## MARCH 29-APRIL 8

### THE NIGHT THOREAU SPENT IN JAIL

By Jerome Lawrence and Robert E. Lee;  
Directed by Edward Gero

George Mason University, Harris Theatre, \$15-30  
With contemporary resonance, Lawrence and Lee imagine circumstances surrounding 19th Century writer Henry David Thoreau's imprisonment for his refusal to pay a poll tax designed to support an unpopular war. Reflected through the memories of his friend and mentor Ralph Waldo Emerson, the play explores the roles of government and the governed, civil disobedience, education, and the interdependence of man and nature.

## MARCH 30

### SAN FERMIN

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

This Brooklyn-based Baroque pop ensemble brings "classical flourishes to indie and folk conventions, bolstered with soaring choruses and spirited performances" (*Pitchfork*) that have rocked stages and festivals worldwide.

## MARCH 30

### ELLIS PAUL

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

Though some may refer to Ellis Paul as a folksinger, he is more, for lack of a better word, a singular storyteller, a musician whose words reach out from inside and yet also express the feelings, thoughts and sensibilities that most people can relate to in one way or another, regardless of age or upbringing: the exhilaration of the open road, a celebration of heroes, the hope for redemption, descriptions of those things that are both near and dear.

## MARCH 31

### METROPOLITAN JAZZ ORCHESTRA

George Mason University Center for the Arts,  
Concert Hall, 8pm, \$28-46

Named as a Millennial "Shaking Up the Jazz World" by *Vanity Fair*, Canadian singer, trumpeter, and songwriter Bria Skonberg joins Mason's own Metropolitan Jazz Orchestra in a swinging evening of fresh beats and brassy standards. Music Director and alto sax virtuoso Jim Carroll leads this distinguished ensemble

CONTINUED ON PAGE 20



Photo courtesy of McLean Players

## HARVEY

Fridays and Saturdays at 8pm, Sundays at 2pm at the Grange Theatre Mar 9, 2018 - Mar 24, 2018

Co-Producers: Jennifer Levy, Mike Scott

Director: Eleanore Tapscott

Assistant Director: Matthew Monroe

Technical Director: George Farnsworth

Choreographer: Victoria Bloom

Harvey, the 1944 Pulitzer Prize-winning comedy by Mary Chase, features like Beckett's *Waiting for Godot* a principal character who is ever present but never apparent. Unlike *Godot*, however, *Harvey* is a whimsical "forget-all-your-worries" flight of fancy, principally powered by the endearing eccentricities of Elwood P. Dowd, a middle-aged bachelor who, in his own words, wrestled with reality all his life but "finally won out over it".

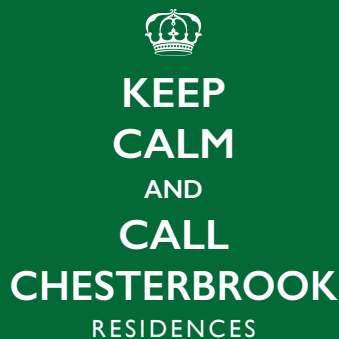
Elwood is the only member of the cast (or audience\* for that matter), who can see and converse with Harvey, an invisible six-foot three-inch mythical rabbit. The Players first brought *Harvey* to the Grange 30 years ago, and there are those local citizens who swear, despite the rabbit's "disappearance" after the last show of the 1986 run, that he never left. After all, he has the power to stop a clock so that no time passes. It is our joy to try to find out the truth by bringing the show back to the Grange for eight performances in March 2018.

Tickets for *Harvey* at the Grange may be purchased at the door, online, or by phone through Brown Paper Tickets at 800-838-3006. Per ticket convenience charges apply.

All seating is "open" -- no assigned seats.



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comprising some of the metro area's finest jazz musicians in this sensational concert. The orchestra is joined by the multitalented Skonberg, whose soulful, sultry voice and impressive trumpet dexterity fuses modern pop with jazz. In 2016, she released a debut LP of original compositions titled *BRIA* showcasing her extensive range from the bluesy instrumental "Down the Deep" to the Brazilian-flavored "How Can It Be." *The Wall Street Journal* called Skonberg one of the "most versatile and imposing musicians of her generation," and she was recognized in 2016 as one of "25 for the Future" by *DownBeat Magazine*.

### MARCH 31

#### ZOSO THE ULTIMATE LED ZEPPELIN EXPERIENCE

*The State Theatre, 9pm, \$17-20*

Zoso—The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant, Bonham and Jones in their spirit, tightly-wound talent, and authenticity.

### MARCH 31

#### MARK ERELLI "MIXTAPE" RECORD RELEASE SHOW

*Jammin Java, 6:30pm, \$15*

For his 11th solo album, *Mixtape*, Erelli unleashes covers of songs by Don Henley, Arcade Fire, Richard Thompson, Neko Case, and more, drawn from the wealth of material Erelli has tackled over the course of his 14 year-long annual stand of sold out covers shows at Club Passim in Cambridge, Massachusetts.

In the last five years, Mark Erelli has produced two records for Grammy-winning country songwriter Lori McKenna, played regular stints in McKenna's band, and is a regular sideman for Paula Cole and Josh Ritter.

### APRIL 4

#### AN EVENING WITH DAVID LINDLEY

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

The David Lindley electro-acoustic performance effortlessly combines American folk, blues, and bluegrass traditions with elements from African, Arabic, Asian, Celtic, Malagasy, and Turkish musical sources. Lindley incorporates an

CONTINUED ON PAGE 24



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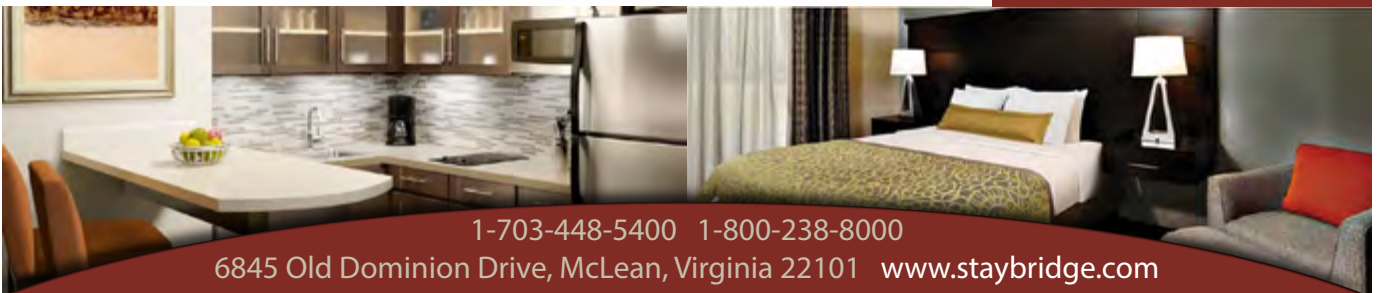




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CONTINUED  
FROM PAGE 20

SELECTED EVENTS

incredible array of stringed instruments including but not limited to Kona and Weissenborn Hawaiian lap steel guitar, Turkish saz and chumbus, Middle Eastern oud, and Irish bouzouki. The eye-poppingly clad "Mr. Dave's" uncanny vocal mimicry and demented sense of humor make his onstage banter a highlight of the show.

APRIL 7

## A BANDHOUSE GIGS TRIBUTE TO LEON RUSSELL

*The Barns at Wolf Trap, 8pm, \$25-29*  
A riveting songwriter, singer,

pianist, arranger, producer, session player, and performer of "swampy rock & roll," Leon Russell's vast impact on American music lasted for over five decades before he passed away in November 2016. Russell went on to write, sing, and top the charts with iconic hits such as "A Song For You," "Tightrope," "Delta Lady," "Out in the Woods," and "This Masquerade." BandHouse Gigs is the D.C. area's premier producer of one of a kind tribute concerts to legendary musicians and eras. This show will feature songs from Russell's entire catalogue performed by 35 of the areas' finest performers including Jon Carroll, Patty Reese, Tommy Lepson, Black

Betty, Bobby Thompson, Bob Berberich, Bill Starks, and more to be announced.

APRIL 8

## CAMERON CROZMAN, CELLO

Debut Artist

Chamber Music at the Barns

*The Barns at Wolf Trap, 3pm, \$35*  
Quickly being hailed as one of Canada's leading young cellists, he has been praised for his versatility, musical expressivity, and remarkable technique. Playing a ca. 1696 "Bonjour" Stradivarius cello and ca. 1830 "Shaw" Adam cello bow, he has been called a "mature artist with a profound musical imagination."

APRIL 10

## MARTIN TAYLOR

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

Martin Taylor is a multi-award winning guitarist and Acoustic Guitar magazine calls him 'THE Acoustic Guitarist of his Generation'. He dazzles audiences with his solo shows, which combine virtuosity, emotion, humor, and a strong stage presence while his inimitable style has seen him recognized as the world's foremost exponent of solo fingerstyle guitar playing. Taylor has invented and developed a way of playing the guitar that is admired, and often imitated, by guitarists all over the world.

APRIL 12

## KIM RICHEY

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

Two-time Grammy-nominated Kim is a storyteller; a weaver of emotions and a tugger of heartstrings. Tender, poetic and aching with life's truths, Kim's songs transport you to her world, where words paint pictures and melodies touch the soul. And then there's her voice. Pure, arresting, and honest, it makes you take notice; Kim has the kind of voice where if emotions were ribbons, they'd be streaming

in rainbow colours from your iPod.

APRIL 12-13

## PAT MCGEE BAND

Shine Albin & More

Chris Trapper

*The Barns at Wolf Trap, 8pm, \$30-35*  
For over 20 years, this enduring Virginia-based rock band has sold out venues all over the country while sharing the stage with some of the world's best musicians like The Who, the Allman Brothers, Fleetwood Mac, James Taylor, and more.

APRIL 12-JUNE 3

## MPA@ CHAINBRIDGE: ERRATIC LANDSCAPES: NEW WORKS BY ARTEMIS HERBER

*1446 Chain Bridge Rd, McLean, VA 22101, 10am-9:30pm*

Working with the humble material of recycled corrugated cardboard, German-born, Maryland-based artist Artemis Herber creates massive depictions of space and place. Devoid of people, the works insist on viewer interaction. They strongly suggest a possibly risky entrance into her imagined hybrid environments of abandoned cities threatening clouds, distant horizons, and eternal twilight. These are places that reside within the realm of what Herber describes as "alienated poetry" and to view them is to experience a place that hovers somewhere between the past, present, and future.

APRIL 12-MAY 6

## FLY BY NIGHT

*1st Stage Tysons, Times vary, \$15-38*

A star-crossed prophecy. A lot of music. Just not a lot of light. In this darkly comic rock-fable, a melancholy sandwich maker's humdrum life is intersected by two entrancing sisters. A sweeping ode to young love set against the backdrop of the northeast



Photo credit: Frederico Martins

8 PM

APR  
4

## ANA MOURA

*The Barns at Wolf Trap, 8pm, \$50-60*

A collaborator of both The Rolling Stones and Prince, this Portuguese fadista's "melancholic intimacy dominates the moment it sashays out of the speakers...setting a mood of mesmerizing sorrow" (BBC).

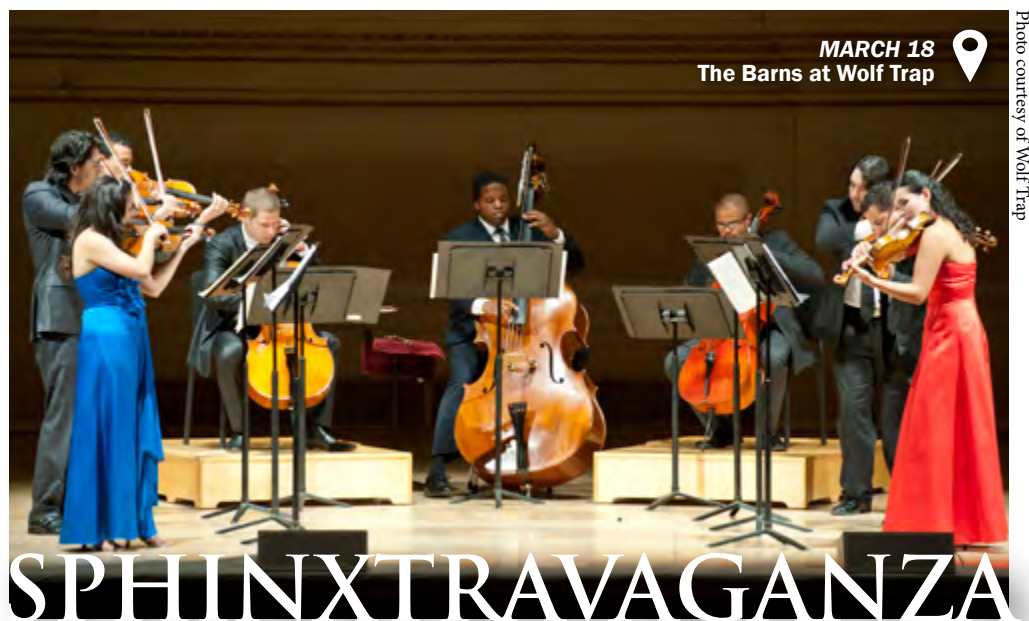
blackout of 1965, *Fly by Night* is a tale about making your way and discovering hope in a world beset by darkness. "Romance doesn't come any sweeter than it does in this winsome love triangle set around the time of the 1965 New York blackout." (*The New York Post*)

**APRIL 13**

### JANIVA MAGNESS

*Jammin Java, 8pm, \$18-25*

It should go without saying. Anyone who has ever heard Magness sing—live or on any the baker's dozen of releases she has put out since coming on the scene 26 years ago—can immediately divine that this is a strong, resilient, commanding woman in masterful control of her voice and her destiny if not always her heart. In the space between the notes you can hear a performer who has survived a difficult life by anyone's measure to become one of the top blues vocalists



## SPHINXTRAVAGANZA

of her generation, only the second woman, after blues legend Koko Taylor, to win the Blues Music Awards' coveted B.B. King Entertainer of the Year award.

**APRIL 14**

### GAY MEN'S CHORUS OF

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#### Small Ensembles Extravaganza

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

Join the traveling choral and dance ensembles of the DMV's premier gay men's chorus for performances filled with lively harmonies and selections ranging from traditional choral music to Broadway.

**APRIL 14**

### THE MOUNTAINTOP

**L.A. Theatre Works**

*George Mason University Center for the Arts, 8pm, \$26-44*

Fifty years ago, on April 3, 1968, after delivering his famously

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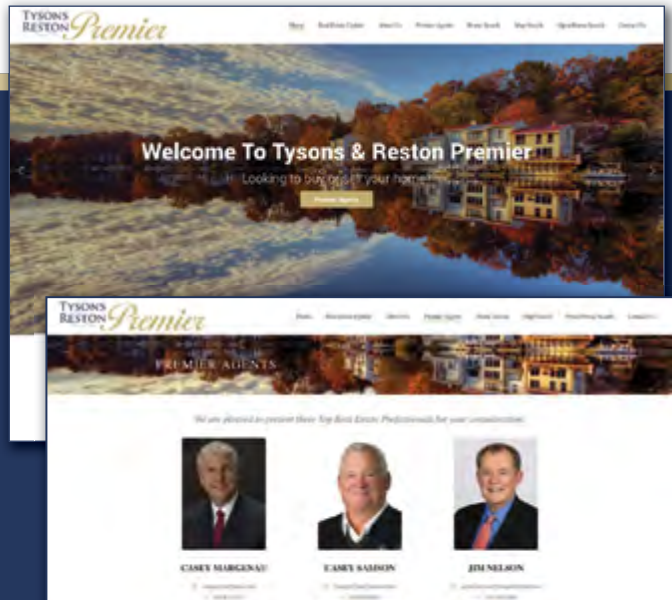
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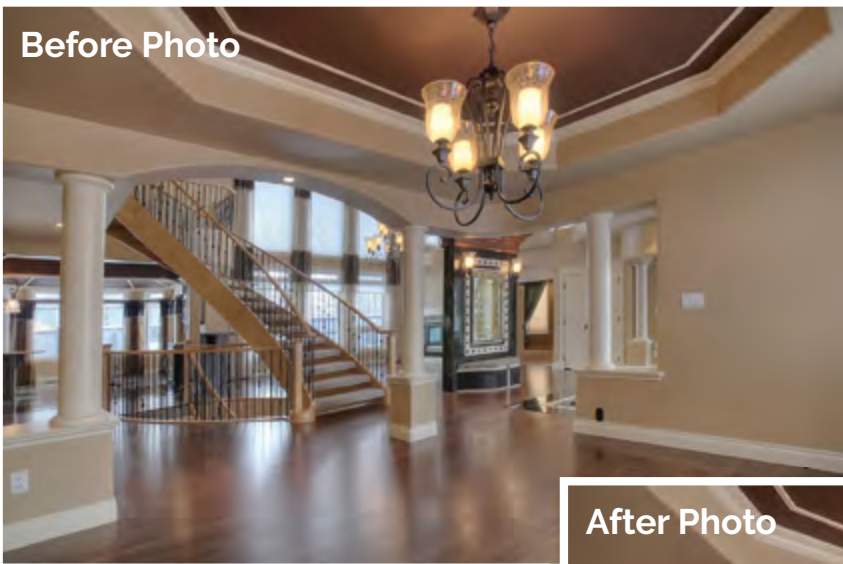
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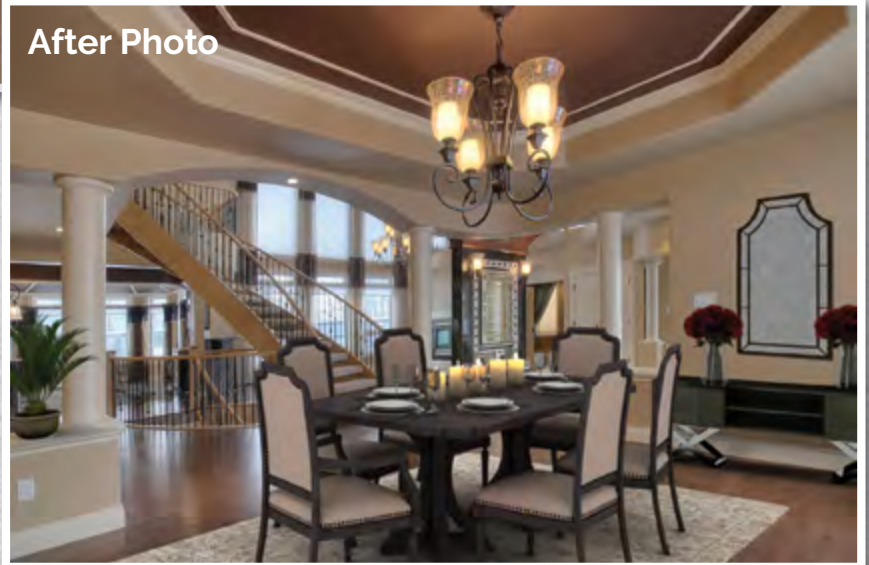
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Photo courtesy of GMU Center for the Arts

APRIL 25  
The Barns  
at Wolf Trap



# ANATOLIY POPOVIC

CONTINUED FROM PAGE 25

prescient speech, punctuated by the immortal line, "I've been to the mountaintop," an exhausted Martin Luther King Jr. retired to his room at the Lorraine Motel in Memphis. By the following evening, Dr. King had been assassinated. In her provocative play, *The Mountaintop*, Katori Hall imagines what may have transpired between the legendary civil rights leader and a seemingly inconsequential hotel maid on the eve of his assassination when a storm rages outside. Winner of the prestigious Olivier Award for Best New Play, L.A. Theatre Works applies its signature style, complete with sound effects made the "old-fashioned" way on stage, to this acclaimed and gripping play rife with humor, political jabs, and an intimate glimpse at Dr. King's hopes, regrets, and fears. On this solemn anniversary, don't miss this radio-style production of a contemporary play about this great man. *The Mountaintop* contains mature language.

APRIL 14

## SPRING COMMUNITY GARAGE SALE

1420 Beverly Rd. (intersection of Ingleside Ave. and Beverly Rd.) 9am-1pm, Free admission, Registration deadline April 11, if not sold out. Vendor space fee \$35-45, Kid's Corner (children up to 15 years old) \$15-25

Shoppers, find the best bargains at the biggest garage sale in McLean! Residents selling used household items are welcome. Limited commercial vendors or flea market dealers are also welcome. Come scope out the bargain prices at the Kids' Corner, where children (up to age 15) sell their toys, clothes, games and other items. Register for your space early! Advanced registration is required. You may register online, in-person or by phone by contacting the MCC Registrar at 703-744-9365 or registrar@mcleancenter.org.

APRIL 18

## THE SUFFERS

*The Barns at Wolf Trap, 8pm, \$22-27*  
From packing Houston venues to performing at festivals, this soulful, 10-piece band is "the sort of neo-retro group you never knew music was so badly missing" (SPIN).

APRIL 19

## JOHN MCCUTCHEON

*The Barns at Wolf Trap, 8pm, \$25-28*  
Called "one of the best musicians in the USA" by the late Pete Seeger, the master storyteller who has 38 releases to date, returns to The Barns with his timeless and traditional folk music.

APRIL 20

## THE KING'S SINGERS

**50th Anniversary Tour**  
*George Mason University Center for the Arts, Concert Hall, 8pm, \$30-50*  
This acclaimed a cappella sextet offers a sublime

2 PM

## MOSCOW FESTIVAL BALLET

*George Mason University Center for the Arts, Concert Hall, 2pm, \$34-56*  
Fifty graceful dancers from this world-renowned ensemble perform a ballet for the whole family. Cinderella is based on the well-known fairy tale about the kind but mistreated step-daughter and step-sister who is forbidden to attend the royal ball. When her fairy godmother magically appears, Cinderella's fate is wondrously transformed. With enchanted melodies, opulent costumes, lavish scenery, hilarious physical comedy, and highly-skilled dancers, this performance is a family friendly treat for all to enjoy.

MAR  
18

performance of diverse and compelling vocal works. From Renaissance madrigals to contemporary, popular music, The King's Singers is known for their extensive repertoire and strong command of varied styles. Consummate entertainers, the singers' renditions are marked by immaculate intonation, vocal blend, diction, and incisive timing. At a recent concert, *The Washington Post* affirmed, "Their vocal production was effortless, stylistically varied and beautifully blended, even in the most complex polyphony." Over the past fifty years, The King's Singers has secured its place as "the superlative vocal sextet" (*The Times, London*).

## APRIL 21

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## APRIL 22

### JOHN CORIGLIANO 8.0

#### Chamber Music at the Barns

*The Barns at Wolf Trap, 3pm, \$45*

Join us for an all-star birthday spectacular to honor one of our finest living American composers, John Corigliano, on the occasion of his 80th birthday year. Violinist Lara St. John, pianist Martin Kennedy, cellist Sterling Elliott, soprano Melinda Whittington, and the PUBLIQuartet perform touchstones from his oeuvre.

CONTINUED ON PAGE 31



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APRIL 25

## ANA POPOVIC

*The Barns at Wolf Trap, 8pm, \$30-35*

The "Serbian Scorchers" practically sings the stage when she shreds on the guitar. No wonder she's shared the stage with blues luminaries like B.B. King, Buddy Guy, Gary Clark Jr., and Joe Bonamassa.

APRIL 26

## SIERRA HULL

*The Barns at Wolf Trap, 8pm, \$25-27*

A collaborator of Béla Fleck and Alison Krauss and "one of bluegrass' most celebrated prodigies" (NPR), Sierra Hull takes center stage with an ethereal voice and fluid mandolin playing.

APRIL 27-28

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*The Barns at Wolf Trap, Friday 8pm, Saturday 7pm and 10pm*

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MAY 4-5

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*The Barns at Wolf Trap, 8pm, \$50-60*

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BY KEITH LORIA

## SINGER AND AUTHOR DAR WILLIAMS RETURNS TO CRY CRY CRY

It was nearly 25 years ago when singer Dar Williams started earning notice in the folk industry thanks to three small-release albums and opening for Joan Baez in concert. The folk legend even recorded several of Williams' songs, and the two women have also had a successful duet in the song, "Ring Them Bells."

Over the years, Williams has released nine successful studio albums, including

her latest *Emerald* in 2015. In 1996, the album, *Mortal City* put her on the map and Williams notes these are the songs that have kept her travelling.

"Back then, I was working with coffeehouse volunteers, local radio stations and promoters who were trying very hard, with limited resources, to bring music, poetry and life back into their downtowns," she says. "That recording,

a wistful and upbeat travelogue carried by a hopeful narrative, poetic lyrics, and a sleek full band comprised of friends, was a statement of faith, and now, 20 years later, I say it as a statement of fact."

Recently, Williams has been involved in a wide range of different efforts and projects: teaching a course titled "Music Movements in a Capitalist Democracy" at her alma mater, Wesleyan University; working with children at several summer camps; leading songwriting workshops; and writing a book about the ways she's seen towns becoming more independent and prosperous over her 20 years of touring.

Her new book, *What I've Found in a Thousand Towns*, details the experiences of the country trying to find its way back to its downtowns and its urban centers for the last 25 years.

"There are very few examples of cities going backwards since the mid-'90s in terms of people finding ways to dig in, and there was such a strong surge of the return of the downtown that I wanted to figure out how it happened," Williams says. "I wanted to find out how they've grown and grown so robustly, and I feel as if I figured it out."

Although writing the book took some time away from her music, she used the almost two-year writing process to focus and feels that now that it's finished, her songwriting will be better for it.

"I have about six different fragments in my head right now and I nudge at them separately and then they surface quickly. I have learned not to push the timeline," she says. "When I write, I go to places that are interesting to me and might catch me off guard. The best scenario for me is to walk around and have your creative windows open so a tree is no longer a tree but a symbol of your youth."

Williams also was part of the band Cry Cry Cry, a successful musical pairing of Williams, Lucy Kaplansky and Richard Shindell. Together, the folk singers recorded a chart-topping self-titled record, and were a mainstay on the radio for more than a decade.

The singers went their separate ways 20 years ago, but have reunited in 2018 for a tour and possibly new music.

"Cry Cry Cry has reunited and it's been a great homecoming," Williams says. "It's taken some time to get it right, but it's been great



fun and we'll be playing throughout 2018."

On April 8, Williams will be appearing with Cry Cry Cry at sixth & I, for a night that will see tunes from their album, personal faves of each singer and some new music that the trio has been experimenting with.

"There are certain audiences that seem more active than passive, and seem more engaged in what's going on and you can feel that up on the stage, feel it during the first song," Williams says. "The most wonderful night is when you're on stage and in tune and you come out and you see them watching and hear them listening."

Looking ahead to the rest of 2018, Williams plans on allowing equal time to both her musical career and writing career.

"I would like to do some pieces around what I have learned since releasing the book. It turns out I couldn't have released it at a better time in terms of wanting to talk about how they feel they are engaging with their towns and cities," she says. "I want to write some essays about that. I'm also excited about writing more songs and toggling back and forth. I expect to be in the studio by the end of the year." ❖



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## Mindfulness and Utility Shape 2018's Gardening Trends

# Six ways gardeners are planting with a purpose

By Analiese Kreutzer

In 2018, gardens will do much more than provide attractive accents around homes. Environmental concerns and awareness of the calming effects of nature are having a big impact on garden design and plant selection. People are turning to gardens to escape, unplug and rejuvenate their minds by creating private spaces that focus on wellness. Concerns about water and pesticide use, dwindling pollinator populations, and eating a healthy diet also are influencing what people choose to plant and why. Following are six trends to consider when planning your garden.

**1. Planting for wellness.** People are turning to their gardens as a source of both physical and mental well-being. Gardens provide a calming place to disconnect from our 24/7 digital world and find peace and renewal. According to the Garden Media Group's 2018 Trends Report, "Gardening is becoming more about creating relaxing spaces." The trends toward mindfulness and meditation that have emerged over the past few years have extended to the garden, where people are creating "breathing rooms," using plants to clean the air, clear the mind and escape from day-to-day stress.

Gardens devoted to physical wellness also are gaining popularity. Recent dietary trends have seen people eating less meat and concentrating on a more plant-based diet. As a natural extension of that movement, people are growing more of their own food. If you're focusing on eating more plants, consider

growing protein-rich edibles, such as peas, broccoli, corn, edamame, spinach, kale and sunflowers.

In addition, gardeners are intrigued by the health benefits and color accents afforded by purple foods. Look for berries, purple cabbage, eggplant, black raspberries, purple asparagus and herbs like purple basil to be popular in home gardens in 2018.

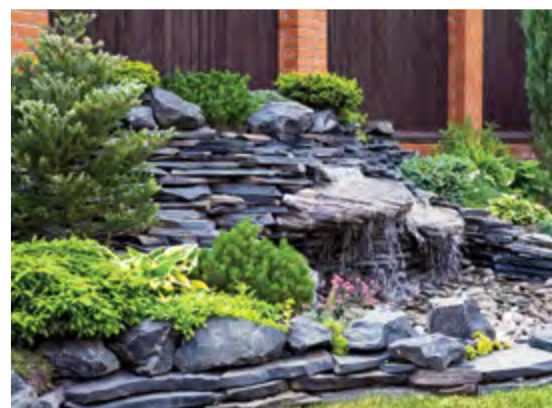
**2. Cooperative gardening.** You may have heard about the dwindling population of bees and butterflies due to disease, loss of habitat and widespread use of pesticides, but *Garden Design* magazine reports that habitat loss is also impacting birds, frogs and even turtles. As news of this threat to the ecosystem spreads, people are adjusting their garden plans to provide havens for pollinators. Three-quarters of the plants on earth require animals for pollination,

and the most important thing gardeners can do is plant pollinator-friendly native species to support local wildlife. Native plants occur naturally in a region and form the ecological basis for the life in that area. To download a guide to native plants in our area, visit [www.plantnovanatives.org](http://www.plantnovanatives.org).

Not only are gardeners choosing plants that cooperate with pollinators, they are also focusing on plants that form a social network. Choosing perennials and self-seeding plants that come back or establish new plants year after year leads to a community of plants that help sustain a healthy environment.

**3. A new take on lawns.** If the word lawn conjures up an image of an expanse of neatly trimmed, lush green grass, 2018 may get you to rethink that definition. The Garden Media Group's 2018 Trends Report cited imperfect gardening, or embracing the spirit of





the Japanese term *wabi-sabi*—finding beauty in imperfection—as a rising trend. The report stated that “perfectly maintained lawns are getting less common and sought-after.”

Although traditional lawns may not go away anytime soon, busy schedules mean people have less time to devote to maintaining a manicured lawn, and smaller lawns or lawns that are not grass require less water, thereby preserving resources.

According to *Architectural Digest*, people are replacing grass lawns with ground covers, tall grasses and even sedge. Groundcovers prevent erosion, don't need as much water and don't need to be mowed. The 2018 Trends Report also reported that “growing clover and dandelions in untreated lawns is becoming a status symbol of conservation.”

**4. It's big to go small.** Lawns aren't the only thing shrinking in the garden. To keep gardens in scale with smaller lawns, and because people don't want to put as much effort or maintenance into their plantings,

you will see more dwarf versions of plants going into gardens in 2018. The American Meadows Blog attributes the popularity of dwarf plants to Millennials and retirees who more often live in smaller spaces, so growers are developing dwarf plant varieties to fit with their surroundings.

Another way people are going small is with container gardening. Although not new, the American Meadows Blog predicts that container gardening will become even more popular as city populations increase and yards get smaller. Containers also allow small-scale gardeners to participate in other trends, such as planting for pollinators, growing food or creating an oasis on a patio or balcony. Even gardeners with plenty of space are using containers to decorate porches, entryways, decks and outdoor eating areas.

**5. Creating privacy.** People not only are turning to their gardens for mental escape, they are using them to physically escape the world as well. Gardeners are turning to plants, rather than fences, to carve

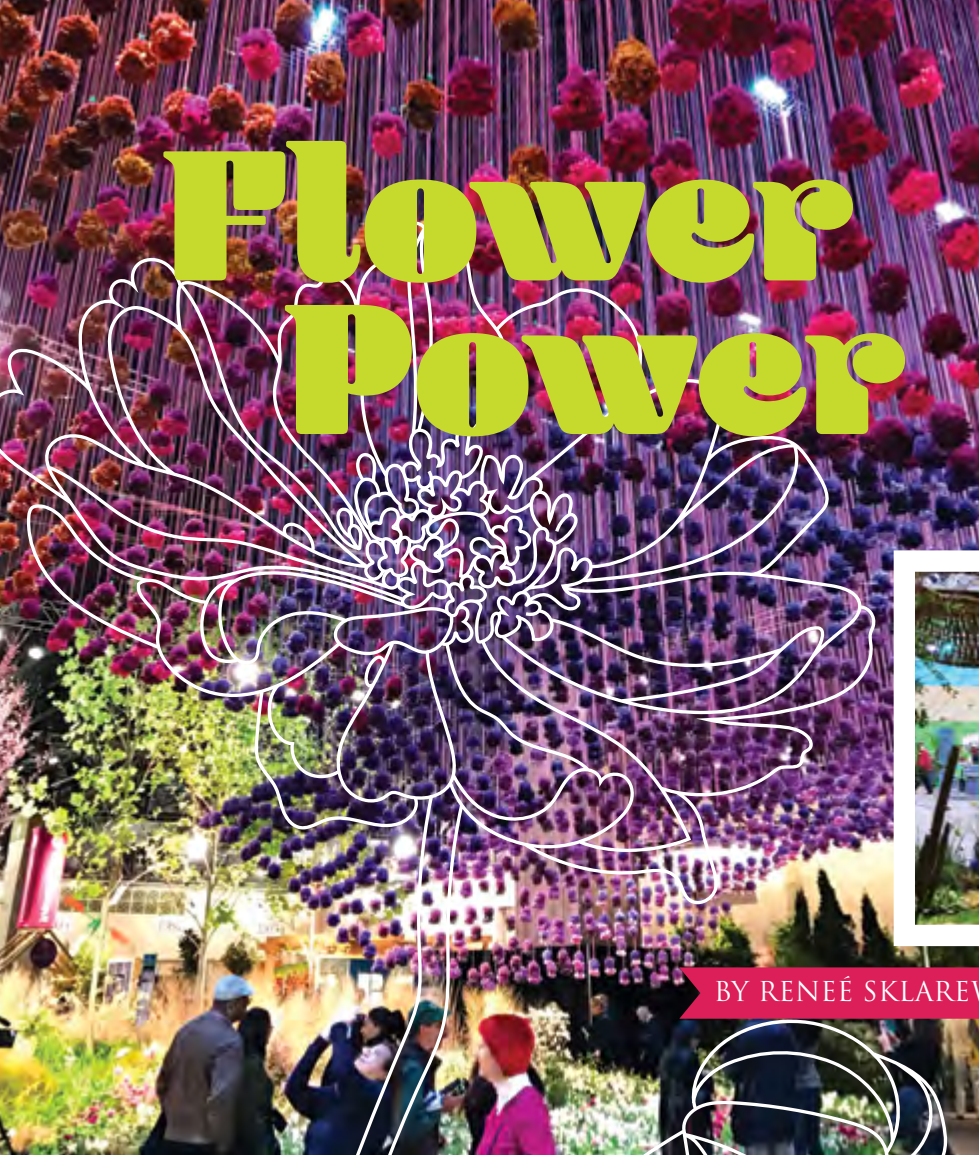
out a private outdoor space and to block out noises and eyesores. According to the American Meadows Blog, some gardeners are taking it a step further. “Many aren't just planting for privacy in their outdoor spaces but are also strategically planting vines and thorny bushes to help with home security.”

**6. Bringing the outside in.** Although houseplants never really went away, prepare to see them make a big comeback in 2018. You will see potted plants, hanging plants and even terrariums being included as accessories in home design.

In addition to houseplants, indoor food gardening is increasingly popular. This trend allows people to grow and eat fresh food year round, regardless of weather conditions. Gardeners are growing herbs on kitchen windowsills or placing pots of leafy greens, peppers or tomato plants in a sunny spot.

**Analiese Kreutzer is a contributing writer to 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.**





BY RENÉE SKLAREW

Imagine a wonderland bursting with flowers, fountains and waterfalls. Blossoms hang from the ceiling; rain showers fall to dancing puddles at your feet. Scents from orchids and flowering vines tickle your nose, while bamboo rustles above your head. Mist and fog cools your skin. No, this is not a rainforest, though it's as close you can get in downtown Philadelphia. What you've entered is the fairy-tale landscape of the 2018 Philadelphia Flower Show inside the Philadelphia Convention Center. These magical creations are just a few of the many breathtaking exhibits you'll interact with during this annual event.

The Philadelphia Flower Show was founded in 1829 by the Philadelphia Horticulture Society (PHS). It's the largest and longest running horticultural event in the world, displaying more than 30,000 flowers; thousands that are suspended from a floral canopy. Each year, the Philadelphia Convention Center is transformed into ten acres of extravagant displays, botanical crafts and eco-gardening demonstrations. It's a fully immersive experience that involves spectacular scenery including a reproduction of the four layers of the nearby Delaware River Watershed, Frank Lloyd Wright's water-bound Falling Water, and a riot of spring flowers emerging from the first snow melt.

This year, PHS features the Wonders of Water, a theme that chief of shows Sam Lemheney has been developing for several years. "Water is a concept I've had in my theme bank for many years and haven't been able to bring to fruition," says Lemheney. "This is one of those areas we were finally able to pull together and really bring a good story around it." Although there are instructional aspects to this story, it's mainly about entertainment. "The Flower Show is all about entertaining visitors with flowers, and this year it will be with fountains and waterfalls," Lemheney adds.

An important but less obvious factor in attending the Flower Show is how educational it is. "Gardeners interact with water every day," notes Lemheney. "From PHS's standpoint, we're all



about inspiring and engaging the gardeners 365 days a year. The Flower Show is one of our mouthpieces to do that."

The 2018 Philadelphia Flower Show has an underlying message too—teaching conservation and protecting water on a global scale. "Drinking water is a finite resource," Lemheney states. "All of us are responsible...we should be advocating to protect the water so that our drinking water is safe for years and generations to come." Gardeners and everyone who loves nature will learn how to defend water sources from contaminants. "You have to know how to be water wise in your own garden," Lemheney explains.

Several exhibits feature watering techniques and plant choices to help gardeners maximize their natural resources. "We show what to plant to reduce the amount of watering that you might have to do and some of the organic and fertilizing techniques that help protect the water so no harsh chemicals flow into the water sources we have. There are a lot of things gardeners can do to protect the environment, and but we also want them to have fun with water, like doing containers with water gardens and building small ponds in their yard."

Even if you're not a gardener, you'll find many activities to explore and delight. Kids adore the Butterflies Live garden; photographers can enter ahead of the crowds to shoot undisturbed; and there is a daily





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

Garden Tea with refreshments and lectures. PHS's Designer's Studio is the perfect place to try your hand at creating floral arrangements with the help of top floral designers. This fast-paced competition is a reality show come alive, and you can be a competitor.

Buy a ticket to the wine and spirits tasting area in the Grand Hall, or attend Flower Show After Hours event where you dress in your best 70's ensemble and dance to nostalgic tunes spun by DJ Drake. See award-winning creations by gardeners who participate in the Hamilton Horticultur competition. Or shop at the Flower Show Marketplace, where 180 vendors sell garden-related products including patio furniture and tools, fresh cut flowers, bulbs and seeds, garden art, home goods, aromatherapy, vases, jewelry and honey to name a few.

Along with teaching stewardship of the environment, and providing lots of amusements, the Flower Show is PHS's biggest fundraiser. Through this event, PHS raises between one and two million dollars to support the Society's LandCare program. LandCare builds and maintains Philadelphia's community gardens, as well as plants trees and landscapes all over the city. The beautification of Philadelphia is the result; along with building urban farms in neighborhoods that formerly suffered from urban blight.

Lehmeney offered tips on planning your visit: "The last Saturday is our busiest day. The busiest times are between 11 am and 3 pm. The

best time to come is after 5 pm when you can grab a glass of wine, and enjoy the show with friends and family," says Lemheney. Several hotels offer Flower Show packages, and

definitely buy your tickets in advance online. The 2018 Philadelphia Flower Show runs from Saturday, March 3 through Sunday, March 11. ♦

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## HOW TO CHOOSE A *Wedding Planner*

By Analiese Kreutzer



Between the excitement of your engagement and the joy of your wedding, there's a whole lot of work to be done to plan your big day. If the thought of orchestrating your wedding leaves you feeling overwhelmed, then you might want to consider getting some help. Wedding planners—also called wedding consultants or wedding coordinators—offer a range of services, so your first step is to decide what level of help you want.



If you already have a venue in mind, check if it has an on-site coordinator before you spend any time searching for a wedding planner. Many larger venues that host a number of weddings each year, such as hotels or country clubs, employ on-site coordinators whose services are usually included in your rental fee.

On-site coordinators explain what the venue provides, help plan the menu, provide written cost estimates, oversee the setup for your event and more. At places, some of the decisions are made for you. For example, you may be obligated to use the venue's catering services, but for other decisions, such as music, the on-site coordinator should be able to make recommendations if you need them.

### Types of Wedding Planners

- \* **Full-service planners** are with you throughout the process, working on all the details from the beginning through the wedding day itself. They work closely with you to get to know your tastes, needs, budget and timeline. They have relationships with vendors, and can find the ones that fit your style and budget. Full-service wedding planners keep the process on track, create a timeline for your wedding day and make sure everything runs smoothly.
- \* **Partial planners** step in a few weeks before your wedding to make sure all the details are finalized and the rehearsal and wedding go according to plan. Partial

planners also can be used to help with specific tasks, such as catering or floral arrangements.

- \* **Day-of wedding planners** ensure that everything goes well on your wedding day so you can relax and enjoy yourself. If you're using a day-of coordinator, you select all the vendors and make all the arrangements, then you meet with the planner prior to your wedding day and go over everything that has been arranged. They handle all the vendor coordination leading up to the final days before the wedding and the wedding day itself.

Another alternative is to have a consultation with a wedding planner to get one-time help early in your planning process so you start on



the right path. The consultation could include help with your timeline, budget and to do list so you know what needs to be done, when to do it and how you can create or stay within your budget. Your wedding consultant may also make vendor recommendations.

### Finding the Right Fit

Now that you've decided to get some help, you need to identify potential candidates. The best way is to ask family and friends who they have used. If you're among the first of your family or friends to get married, or none of them used a planner, ask a trusted local vendor, such as a florist, for recommendations. Your church or reception venue may be able to recommend wedding planners, or you can use the locate a wedding planner function on the Association of Bridal Consultants website ([www.bridalassn.com](http://www.bridalassn.com)).

After you've gathered a list of potential planners, your next step is to check them out online. Look at photos of weddings they have done to see if you like their style. Also see if they tend to specialize in anything. For example, if a planner focuses on large weddings for the rich and famous, maybe she's not the right fit for your small intimate affair. Look for information about the services she offers, professional associations she's a member of and clients she's worked with.

Once you've identified a few you like, find out if they are available for your date and their price range and cost. These are the two biggest obstacles you may face, and you'll be wasting your time if you set up a meeting only to find out the planner's not available or is way out of your price range.

Set up a meeting, and note how easy or difficult it is to do that. Did the planner return your call right away? Was it easy to find a mutual time to meet? Did she seem excited to get together with you? The most important part of the meeting is to find out if you can work with this person for potentially months on one of the biggest events of your life. You may have gotten a feel for this person's work

from her website, but this phone call will provide your crucial first impression. If she's abrupt with you, it could just be that she was in a rush, but be wary if she continues to be brusque in your face-to-face meeting.

Before the meeting, gather any Pinterest images, magazine clippings, swatches or other ideas you'd like to share. Gauge the planner's reaction to your ideas. Is she enthusiastic? Does she listen to what you're saying?

You'll find many lists of questions to ask a wedding planner posted on the internet. These lists cover everything from how many other weddings she will be working on during your timeframe to her pricing structure to whether she has insurance. Take some time to look at some of these lists and compile yours based on the things that are important to you and relevant to your situation.

After the meeting, check some of the wedding planner's references. Call a few recent clients and see how things went. She's probably not going to give you names of people who were unhappy with her services, so don't just ask if they were satisfied. Ask specific questions to uncover any issues. What was the planner responsible for? (You may be looking for a full-service coordinator and this reference only hired her for day-of services.) Find out if anything went wrong and how the planner handled it. Ask about the vendors she recommended, how easy it was to reach her during the planning process, and whether she executed the couple's vision to their satisfaction.

Once you've found someone who's available, you have a rapport with, who fits your budget and embraces your vision, you can relax and enjoy this special time.

**Analiese Kreutzer is a contributing writer to 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](mailto:AnalieseKreutzer@gmail.com).**





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# THE *Perfect Venue*

By Renee Sklarew

SELECTING THE PERFECT PLACE TO SAY, “I do” can be a challenge. So *VivaTysons* compiled descriptions of nine unconventional wedding and rehearsal venues to help you plan your special day. Most couples want a setting with flexible spaces that fit within their budget, and professional support to help them plan this essential milestone. Whether you’re planning an intimate affair or a grand event, the wedding planners at these venues stand ready to design a wedding that everyone will recall with the fondest of memories.





## The Bellevue Conference & Event Center

*A picture-perfect venue for corporate functions and black-tie affairs*

At The Bellevue their mission is to implement and execute top-notch coordination for both professional functions and social gatherings, in addition to a picture-perfect backdrop filled with rich, timeless design that is adorned with character and historical beauty. The Bellevue is an exotic venue for those romantic dreamers and savvy, intellectual thinkers in search for a breath-taking view of traditional couture and modern sophistication.

703-825-9526

43350 John Mosby Hwy, Chantilly, VA 20152  
www.thebellevueva.com

## Mount Ida Farm & Vineyard

Located just south of Charlottesville, Virginia on a secluded 5,000-acre sanctuary, Mount Ida Farm & Vineyard is perfect for destination weddings. Guests looking for a more rustic feel, may opt for The Lodge—a 12,000 square foot, 100-year-old stable painstakingly renovated to offer the utmost in rustic luxury combined with a panoramic view of the Blue Ridge Mountains. For those hoping for a more formal affair, the Event Barn offers guests a spectacular private Virginia estate setting coupled with a renovated 8,500 square foot cattle barn with a 30-foot high stone fireplace.

From state-of-the-art caterers kitchens, high speed internet, backup generators, included tables and chairs, to heat and air conditioning, spectacular lighting, ample power, shuttle buses and even luxury restroom trailers for more discreet ceremony locations among the 5000 acre reserve, Mount Ida offers a unique wedding experience.

434-566-5562

6903 Blenheim Road, Charlottesville, VA 24590  
mountidafarm.com



Photo by: Aaron Watson Photography

## The State Theatre

You think big and do big, so does The State Theatre. Don't need that much? No worries, they can scale it down to any size you need—50 people to 500 people. Some of their amenities include:

- ✓ Martin Intelligent Lighting with Full Studio Direction
- ✓ Custom-Designed Lighting & Sets
- ✓ Sound Image Sound System with Front of House and Stage Engineers
- ✓ High definition projection with 20 foot screen
- ✓ Multiple small and midsize projection capabilities

Add in a fully restored 1930's Art Deco setting, arranged any way you can think of, a full service in-house restaurant and catering service, four full service bars, and state of the art sound & lights (The State Theatre is a nationally recognized music venue), and there's no reason to go anywhere else.

703-237-0300

220 N Washington St, Falls Church, VA  
www.thestatetheatre.com







## Two Silos Brewing/ Farm Brew Live

If you crave a distinctive wedding venue, consider the Campus of Farm Brew Live. There are multiple facilities here to accommodate any gathering from 16 to 162 people including The Great Hall, High Gravity Terrace and the Black Sheep Deck overlooking the Chef's Garden, fire pits and hops field. Located on an eight-acre farm outside of Manassas, the rustic brewery serves up stellar pizzas and pit barbecue with their handcrafted beers.

9915 Discovery Boulevard  
Manassas, Virginia 20109  
Farmbrewlive.com  
703-420-2264

## Museum of the Marine Corps

The architecturally stunning military museum opens its doors for weddings and rehearsals. Say your vows inside Semper Fidelis Memorial Chapel surrounded by a pristine woodland setting. Then, for large receptions with up to 1,000 guests standing or 650 people sitting, choose the museum's light-filled Leatherneck Gallery in the shadow of the authentic marine aircraft. For smaller groups, the museum has the Overlook on the second level and the rustic Tun Tavern.

18900 Jefferson Davis Highway  
Triangle, Virginia  
Events.usmcmuseum.org  
703-649-2350



## The Ashby Inn

Considered a hidden gem, The Ashby Inn is surrounded by beautiful countryside and filled with history dating back to 1829. It is a beautiful venue for hosting intimate weddings and features a gourmet Executive Chef and Sommelier. Guests can enjoy sumptuous meals paired with the perfect beverage, all locally sourced. The Ashby lives on three acres of landscaped grounds that provide a view of Paris Mountain, Ashby Gap, and Sky Meadows State Park. Long regarded as one of the best restaurants in Northern Virginia, the Ashby Inn offers a menu that is thoughtful, expressive and, in spring and summer, inspired by its own gardens.

692 Federal St  
Paris, VA 20130  
ashbyinn.business.site  
540-592-3900







## Hylton Performing Arts Center

Located on the George Mason Science and Technology Campus, Hylton is best known for its theatre and orchestral performances. But it's also an adaptable sanctuary for couples seeking an exceptional wedding venue. With its soaring atrium, spiral staircase and deep lavender furnishings, the lobby can be customized for large and small weddings. A reception held in Hylton's Black Box Theatre offers tailored illumination guaranteed to create a dramatic milieu. The Performing Arts Center has six distinctive spaces to accommodate a wide variety of occasions.

10900 University Boulevard  
Manassas, Virginia  
HyltonCenter.org  
703-993-9344

## The Oatlands

The Oatlands Plantation was a regal southern mansion that has been elegantly restored with period furnishings and decor. Established in 1798, this historic Leesburg property features a Greek Revival-style manor and formal English gardens with views of Loudoun County horse country. Weddings and receptions are held in the Oatlands Pavilion, on the Front Lawn and in the Carriage House. Open April through December, a wedding at this National Trust Historic Site is an experience your guests will long remember.

20850 Oatlands Plantation Lane  
Leesburg, Virginia  
Oatlands.org  
703-777-3174



## Effingham Manor

As a new destination winery located in Nokesville, this Tidewater-style house sits on acres of pristine Virginia farmland and was built by a member of the Alexander family back in 1767, namesake of the city of Alexandria, Virginia. The winery has an outdoor patio and expansive tasting room. The grounds include a whimsical fish pond, English gardens, scenic views and historic trees that date back to Lewis and Clark's expedition.

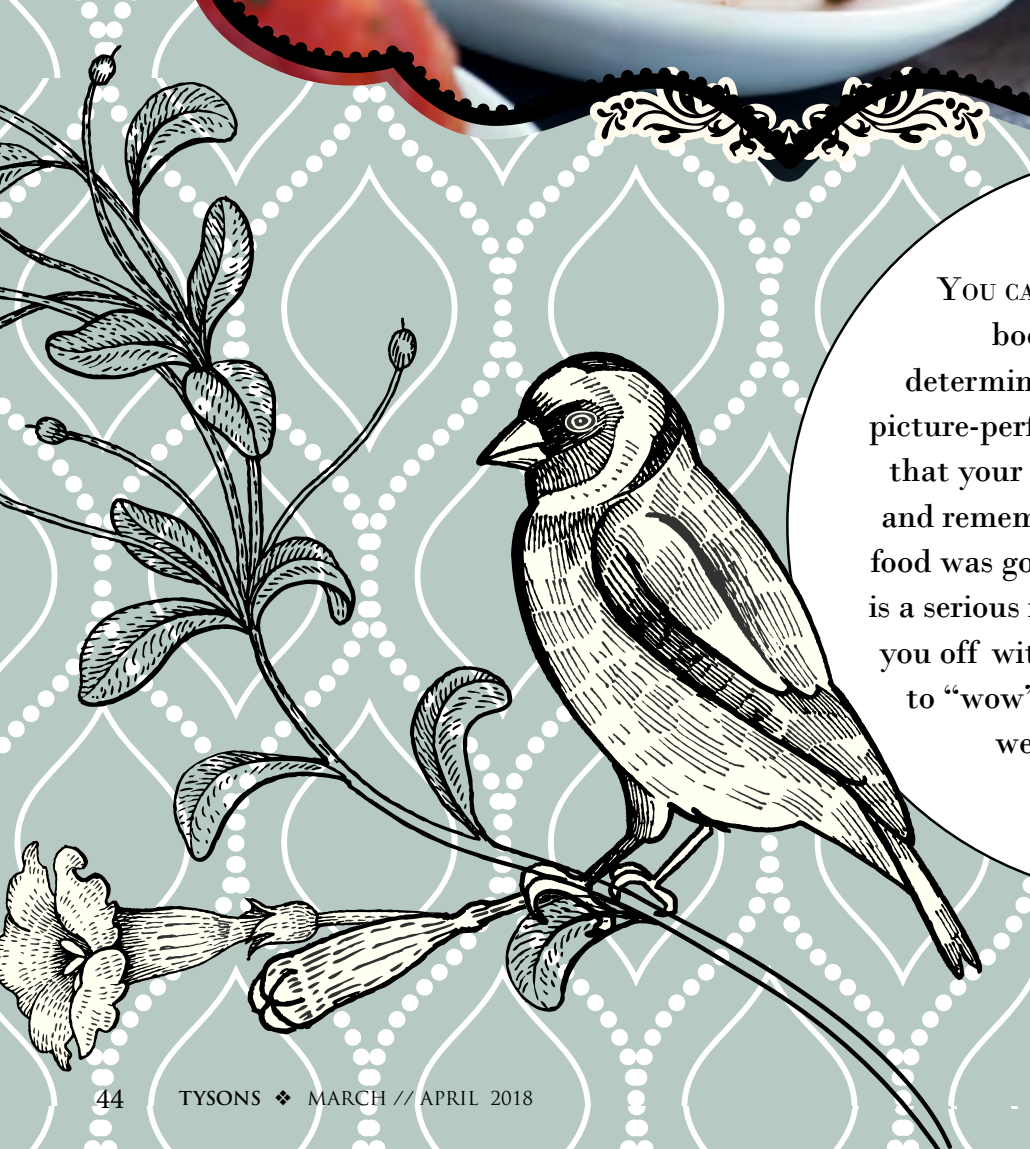
14325 Trotters Ridge Place  
Nokesville, Virginia  
Effinghammanor.com  
703-594-2300







# THE *Crowd Pleasers*



YOU CAN FIND THE PERFECT DRESS,  
book the ideal venue and  
determine the best color scheme for a  
picture-perfect wedding, but the one thing  
that your guests will most appreciate—  
and remember!—was whether or not the  
food was good. Finding the perfect caterer  
is a serious responsibility, so we're starting  
you off with some of the best in the area  
to “wow” your guests and make your  
wedding day memorable  
and delicious!





## JR's Custom Catering

*"Simple to Sensational—JR's does it best!"*

For more than 41 years, people all across the Washington Metro Area have experienced JR's Fine Cuisine. Whether a casual or upscale event in your venue, the result continues to be the same — JR's does it best!

Guests rave about their delicious food and appealing presentation, which is equally delightful to the eye as it is to the palate. JR's exceptional quality and variety of food make wedding planning easy. JR's makes it easy to host your event and will orchestrate everything from the décor to the food to the entertainment to make your affair memorable and flawless.

703-707-8559  
253 Sunset Park Drive, Herndon, VA  
[www.jrscustomcatering.com](http://www.jrscustomcatering.com)



## Helga's Caterers

Helga's Caterers helps couples find and enjoy perfect settings and sensational celebrations that match their unique style and tastes, including:

- ✓ A Victorian feast at a historic site
- ✓ A casual buffet in a beautiful garden
- ✓ A formal banquet in a stately mansion
- ✓ A Country-Western barbecue in the backyard

Whether you're thinking of a cozy wedding at home or a week-long celebration with hundreds of friends and family members, Helga's experienced wedding planners will help you make everything absolutely perfect. Their almost two decades of experience with weddings enable them to show you many ideas and options for creating unforgettable showers, luncheons, rehearsal dinners and wedding receptions.

703-556-0780  
6710 Old Dominion Dr, McLean, VA 22101  
[www.helgascatering.com](http://www.helgascatering.com)



## RSVP Catering

*"Perfect from the first bite!"*

One of the premier caterers in the Washington metro area, RSVP Catering adds a personal touch to every culinary event. Founded by owner and operator Larry Abrams over 25 years ago, RSVP Catering creates an exceptional culinary experience through excellence in food preparation, event design and customer service. They cater events on any scale, from intimate private dinners to grand galas in Washington's most exclusive venues. They use the highest quality ingredients in fresh, new ways to match the perfect menu to your event. RSVP Catering sets the standard for elegant, innovative events.

703-573-8700  
2930 Prosperity Avenue, Fairfax, VA 22031  
[www.rsvpccatering.com](http://www.rsvpccatering.com)





# Picture Perfect



So you've got the venue chosen and the caterer is all set to go—but now it comes down to styling the event and getting down to the details. Selecting the musicians, choosing the colors for your flowers and choosing the look and style for your wedding ensemble brings the fun back into the planning. These wedding specialists have some rave reviews you'll want to check out for yourself.



## Colour Bar Studios

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

703-848-2000

8100 Boone Boulevard, Suite 115, Vienna, VA 22182  
[www.colourbarstudio.com](http://www.colourbarstudio.com)





### Merle Norman Cosmetic Studio

You're about to enjoy one of the most exciting and memorable experiences of your life. Merle Norman offers special services for professional makeup application for you and your bridal party. Make an appointment with a Beauty Consultant to establish a personalized skin care and makeup plan for radiant results on your Big Day and beyond.

Members of your bridal party are also invited for

private consultations. Start your bridal beauty program today!

703-938-6644  
401 Maple Ave E, Vienna, VA 22180  
[www.merlenorman.com](http://www.merlenorman.com)



### Princess Jewelers

Princess Jewelers has the most extraordinary jewelry at exceptional prices. Find the perfect wedding gift for your bride or groom. You can never go wrong with a stunning diamond bracelet for any occasion for your bride. Surprise her with a diamond tennis bracelet from Princess Jewelers.

Starting from \$1,500.

703-255-5050  
529 Maple Ave W, Vienna, VA 22180  
[www.princessjeweler.com](http://www.princessjeweler.com)



### Flor De Casa

*"Your Vision Brought to Life"*

Flor de Casa is a floral design company that caters to the brides with wild spirits, the brides with big dreams and the brides with a taste for natural beauty. They portray each couple's personality through what they consider art—their flowers.

Founder and lead designer Shanda Zelaya founded Eszi & Flor in 2016, now named Flor de Casa. As lead designer, each couple has the opportunity to work one-on-one with Shanda to create the perfect vision.

She prides herself in only booking one wedding per weekend, which allows her the opportunity to let the creativity flow to provide couples with a design that is all their own. The focus is on you and your event.

From the first phone consultation to the visual design proposal, to signing the contract; you'll create a partnership that you'll enjoy for many years past the wedding day.

Consultations by appointment only.

571.403.1270  
Email: [Hello@FlorDeCasaDesigns.com](mailto:Hello@FlorDeCasaDesigns.com)  
Instagram @Flor\_De\_Casa\_Designs  
[FlorDeCasaDesigns.com](http://FlorDeCasaDesigns.com)





### Mae's Dress Boutique

Mae's provides customers with a wide selection of fashionable clothing at the most affordable prices. They also have all the accessories you need to give your outfits that finished look. This boutique carries elegant and stylish dresses and gowns that a mother of the bride or groom will treasure.

703-356-6333  
1319 Chain Bridge Rd, McLean, VA 22101  
[www.maesdressboutique.com](http://www.maesdressboutique.com)



### Gustavo Organic Skincare & Mineral Makeup

Gustavo Mottola, creator of Gustavo Skincare & Mineral Makeup and world-renowned Celebrity Makeup Artist and Image Stylist. Gustavo Mottola creates a look that is both timeless and accentuates one's own natural beauty. Gustavo launched his own 100% natural skin care and mineral makeup because he saw the need for excellence in the skincare and makeup world.

703-908-9620  
[gustavo.llc.usa@gmail.com](mailto:gustavo.llc.usa@gmail.com)  
[www.GustavoLLC.com](http://www.GustavoLLC.com)



### Jarrett Laskey- Classical Guitar

Jarrett Laskey is a classically trained professional musician performing a repertoire of Spanish/Latin guitar music, standard classical music favorites, and contemporary arrangements. The elegant sound of Jarrett's classical guitar music has created the perfect ambience in hundreds of events in the DC area. Jarrett has provided a versatile playlist for a variety of social events. Collaborations with vocalists, cellists, string quartets, and other guitarists have given him a broad background to accommodate your needs.

571-455-8039  
[www.LaskeyGuitar.com](http://www.LaskeyGuitar.com)



### Inglot Cosmetics

A wide range of colours and an impressive variety of products is something that makes INGLOT stand out of the crowd. The range consists of over 1,500 colours with over 450 ways to improve your lips, 600 ways to enhance your eyes, and over 300 ways to portray your face, while the extremely rich collection of nail polishes consists of up to 400 shades.

571-730-4983  
7868 Tysons Corner Center,  
Tysons, VA 22182  
[inglotusa.com](http://inglotusa.com)





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your search for the perfect  
rehearsal dinner venue  
easier.



## Nostos

Through Nostos, the owners wish to share their past with you and stimulate your senses with a variety of traditional and contemporary Greek dishes. Nostos presents a fresh, modern take on Greek culinary culture. Enjoy a wide variety of fresh fish and exciting vegetarian dishes, which are staples of the Mediterranean diet, as well as a select variety of Greek cheeses.

703-760-0690  
8100 Boone Blvd, Vienna, VA  
[www.nostosrestaurant.com](http://www.nostosrestaurant.com)





### Pazzo Pomodoro

Pazzo Pomodoro "The Crazy Tomato" is a Cantina style concept born by locals Jimmy Audia and Bill Hicks with great support and influence from Italian native, now distinguished local, Nicky de Chiara. Always fresh, they deliver quality meals at affordable prices featuring seasonally fresh ingredients from their local garden. The Capri Room in Vienna is available for your private gatherings with seating for up to 35 guests.

703-281-7777  
Danor Plaza, 118 Branch Rd SE,  
Vienna, VA 22180  
[www.pazzopomodoro.com](http://www.pazzopomodoro.com)



### Bazin's on Church

Bazin's evokes an old bistro, yet possesses a contemporary twist in its open kitchen, brick walls, vaulted wood beam ceilings and subdued lighting. The team of Chef Patrick Bazin and wife Julie offers a contemporary American menu featuring organic and seasonal ingredients. The wine bar features a collection of wonderful wines from around the world, with an emphasis on California.

703-255-7212  
111 Church Street, Vienna, VA  
[www.bazinsonchurch.com](http://www.bazinsonchurch.com)



### Café Renaissance

Café Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. Often described as "the most romantic dinner in Northern Virginia," you have your choice of the finest entrees imaginable, like Carré d'Agneau (roasted rack of lamb with potato puree, English peas, and mint jelly) or Crêpe a la Renaissance (filled with English peas, mushrooms, spinach, shrimp, crabmeat, sea scallops, and saffron bisque). Bon appétit!

703-938-3311  
163 Glyndon St SE, Vienna, VA  
[www.caferenaissancevienna.com](http://www.caferenaissancevienna.com)



### Ristorante Bonaroti

For over 30 years, Ristorante Bonaroti has provided guests with an unforgettable culinary experience and exceptional service, while offering classic Italian cuisine that has been ranked among the best in the D.C. area.

703-281-7550  
428 Maple Ave E, Vienna, VA  
[www.ristorantebonaroti.net](http://www.ristorantebonaroti.net)



### Phoenicia Resto + Lounge

Located in the heart of Vienna VA, Phoenicia Resto & Lounge offers a unique dining atmosphere and can also serve as an entertainment lounge venue—creating a one-of-a-kind experience for its visitors combining a world of sophistication with pleasures of the palate. Enjoy their fusion cuisine of flavors stemming from the Mediterranean from flat breads to kabob and vegetarian tapas.

703-204-9555  
2236 Gallows Rd, Vienna, VA 22182  
[www.phoeniciaresto.com](http://www.phoeniciaresto.com)



### Cafe Oggi

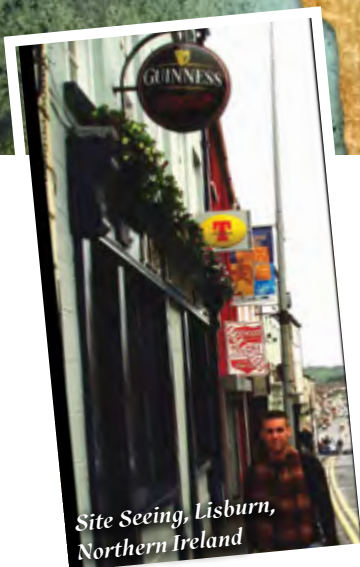
Cafe Oggi was conceived with the sole purpose of integrating a little slice of Italy's splendor into the heart of McLean. Their ingenious variations of house-concocted recipes has helped Cafe Oggi redefine Italian cuisine. Cafe Oggi reflects a pure and newfound combination of Italy's old world sophistication with McLean's contemporary novelty.

703-442-7360  
6671 Old Dominion Dr.  
McLean, VA 22101  
[www.cafecoggi.com](http://www.cafecoggi.com)



# Gearing Up for International Adventure Travel

By Dani J. Keating



Site Seeing, Lisburn,  
Northern Ireland

If opening your eyes in never-seen-before-by-you places fills you with unrelenting excitement, and your thirst for first-time experiences is never quenched, then you are a nomadic spirit filled with wanderlust and traveling is the only cure.

Planning for your next international travel adventure grows more complex every year and sometimes, day to day. The new reality of ever-changing travel regulations and guidelines tests even the most seasoned adventurers

who know preparation is as much mental as physical. In fact, your mental calisthenics may be more rigorous than packing. Keeping things simple, light, and easy is the key to success for the overseas traveler.

## Mental Preparation

In today's world, safety is paramount. You must account for new security measures in a fluid political situation and consider what you would do if you get waylaid in a foreign place. While no one wants to think about getting locked up abroad or pulled into secondary, it is worth running the scenarios through your mind. Imagining such things can put people off, but for travel hungry nomads, this is part of the adventurer's admission fee.

After you buy your plane tickets, register with the Smart Traveler Enrollment Program (STEP). This free Department of State service allows US citizens and nationals to enroll with US Embassies and Consulates in the countries they will be visiting. In the event of a national emergency or disaster, officials will know to look for you. When you register, put relevant US Embassy and Consular phone numbers in the cell phone you will be taking. Additionally, enrolling in STEP will help your family find you if they have an emergency and

cannot reach you directly. STEP also provides needed Visa and immunization information.

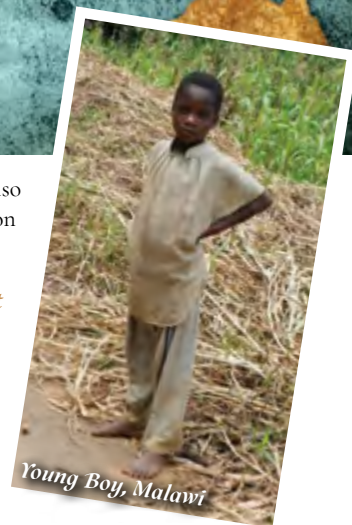
## Banking and credit and debit

**cards.** Before you go, contact your bank and let them know where you will be traveling, how long you will be gone, which countries you will be visiting, and what credit and debit cards you will be taking. This will prevent them from blocking your charges while abroad, landing you in a regrettable situation. Many countries do not

accept American Express and most countries, including all of Europe, require credit and debit cards with a chip. While chip cards are finally catching on in the US, I learned about this the hard way in 2009 onboard a train in France when I could not pay for my ticket with my chip-free credit card. Luckily, I was not thrown off the train mid-transit. If you do not have a card with a chip, contact your bank and request a credit card for international travel.

**Cash.** Carry only enough US dollars to get you through airport incidentals and or tips required in US dollars. Use your debit card to withdrawal a few days worth of cash once you reach your destination. You will incur transaction and exchange rate fees, but this is the simplest, safest way to obtain cash, which is still the best—and possibly only—way to pay for things in many developing foreign countries. Also, many banks reimburse users for some if not all of these transaction fees.

**RFID.** Credit cards and passports contain scannable personal identifying information (PII) technology. To prevent your information from being wirelessly obtained, spend a few dollars to protect your PII with RFID protected cases. You can purchase an assortment of lightweight RFID protected passport and credit card sleeves perfect for backpacking through REI.



Young Boy, Malawi



## Physical Preparation

**Immunizations.** Having the proper immunizations is required for safe overseas travel, and is literally part of the admission price to get into some countries. In Peru for example, you must show you have been immunized for Yellow Fever. Travel clinics throughout the US give adventurers the immunizations, medications, and travel tips needed for safe passage through foreign lands. Keep your immunization card close at hand as evidence you have received your shots.

**Water.** Being fit goes a long way to making traveling anywhere a better experience, but it's not the only thing that is important. Staying hydrated is key. While it is easy to get caught up in "rules" for water intake, the simplest way to know if you are hydrated is to check your pee. It ain't mellow if it's yellow. Urine should be clear. If it's not, drink more. Make sure you are well-hydrated at least three days before you travel, especially if you are traveling to high altitudes, and especially if you are taking altitude medication which can have unpleasant side-effects if you are dehydrated. Also remember caffeine is a diuretic. So if you are a coffee or pop lover, you must do a one-for-one replacement of water to coffee or pop.

## Gear

Now comes the fun part, laundry. Haha, just kidding. But once it is done, you can pack with ease. Every adventure comes with its own set of gear requirements and you have to figure out what those will be for the adventure you are taking.

**Airport baggage.** The most important thing I learned hiking the Camino de Santiago is: less is more. The lighter my pack, the more free I am to adventure. Ten percent body weight is an excellent rule of thumb to avoid injury when thru-hiking and not camping. Using a backpack that is 40 liters or less will prevent you from having to check your bag at the airport. If you are carrying a laptop and are traveling to/from the Middle East, review the laptop ban recently enacted by the US Government. Stay on top of TSA requirements and have a back-up plan should you be unable to get back into the US for any reason.

**Go bag.** Take a small, secondary, lightweight, preferably waterproof "go-bag" in case of emergency. Make sure it is big enough to carry your ID, passport, immunization card, water, medication, a change of clothes, and any other necessities and toiletries. This comes in handy should you unexpectedly have to check your bag at the airport, or be

the two-pronged European converter.

**Toiletries.** You don't have to pack everything. People all over the world wear clothes, use soap, and brush their teeth. To keep your pack light, just pack enough. You can replenish abroad if need be, and who knows, you may find even better products overseas. Consider it part of the adventure. I found some great lotions and muscle creams in Spain I have yet to find in the US. Also, consider taking only a single razor blade and leave the handle behind. Practice once or twice before you go, but every ounce counts. Remove unnecessary packing from products. Wearing glasses instead of contact can make things easier, but if you are going to be a rainy environment, contacts may be the better option. If you are going to share sleep quarters, ear plugs are a must!

**First-aid kit.** Put one together yourself, it's cheaper and you can tailor it for your needs. Also, it is best to wear shoes that do not hurt your feet. Don't plan to break them in abroad. This sounds like a no-brainer, but you'd be surprised how many people get blisters walking the Camino. And don't forget sunscreen and a hat.

**Ladies.** True freedom can be found when we can extricate ourselves from jewelry, make-up, and non-essential beauty product, including contacts. My skin never looked better than it did in Spain, devoid of make-up for six weeks. I'm not saying this is a must, just something to consider. It also opens the door for a foreign shopportunity...

## Rejuvenate Your Soul

Once all the preparation is done and your packing completed, it is time for the best part. Have fun, keep an open mind, and explore the world abroad without inhibition. Make the best of every day's unique experiences and your trip will be just what it is meant to be. Adventure on! ♦



Outdoor Survival School, McMurdo, Antarctica

separated from your primary bag for any other reason.

**Electronics.** Again, less is more. Unless you are a photojournalist or photographer, taking a big, heavy, expensive camera is ill advised. iPhones take amazing pictures as do



Castle, Germany

many pocket sized cameras. On the Camino, I ditched my camera and iPad and kept only my iPhone. I discovered it was all I needed to blog, take photographs, listen to music, and stay as connected as I wanted to. Be sure to pack a converter as well; you will need it. If you are going to Ireland, you will need to buy a different type of converter; they do not use



Soon the warm weather will be here, summer vacations begin, and boys and girls will need to keep minds and bodies active. What better way to engage kids than summer camp, whether overnight or days camps? Find something to please just about every interest and choose programs offered by these top rated schools.



## Nysmith School for the Gifted

*Preschool through Eighth Grade*

13625 EDS Drive, Herndon, VA 20171

(703)713-3332

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

**TUITION:** From \$23,000-\$33,000 based on age

**BOARDING:** No

**SCHOOL SIZE:** 585 students

**CAMPUS SIZE:** 13 1/4 acres

**HEAD OF**

**SCHOOL:** Ken Nysmith

**MOTTO:** We Make School Fun



## Randolph-Macon Academy

*Grades 6-12, co-ed*

200 Academy Drive, Front Royal, VA 22630

(540) 636-5200

[www.RMA.edu](http://www.RMA.edu)

**TUITION:** From \$30,000

**BOARDING:** Yes, plus grades 6-8 have a five-day boarding program available.

**SCHOOL SIZE:** 330 students – 270 at upper school, 60 at middle school students

**CAMPUS SIZE:** 135 acres

**HEADMASTER:** General David C. Wesley

**MOTTO:** Knowledge, Leadership, Character



## Fusion Academy

*Grades 6-12, co-ed*

1934 Old Gallows Rd #200, Vienna, VA

22182, other campuses in Alexandria, VA and Washington, D.C.

(866)461-8039

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

**TUITION:** Varies: full time, part time, single-course and tutoring available

**BOARDING:** No

**SCHOOL SIZE:** About 50 per school location

**CAMPUS SIZE:** Building sizes vary

**DIRECTOR OF**

**ADMISSIONS:** Lisa Stern, Tysons

**MOTTO:** A Revolutionary Way to School

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# SCHOOL DIRECTORY



## Wakefield School

*Grades Junior Kindergarten–12, co-ed;  
Lower, Middle and Upper Schools*

4439 Old Tavern Road, The Plains, VA 20198

540-253-7500

[www.wakefieldschool.org](http://www.wakefieldschool.org)

**TUITION:** From \$21,000  
**SCHOOL SIZE:** 320 students  
**CAMPUS SIZE:** 68 acres  
**HEADMASTER:** David Colón  
**MOTTO:** Virtus et Sapientia  
(Virtue and Wisdom)



## Brooksfield School

*Pre-K through 4th Montessori school*

1830 Kirby Road, McLean, VA 22101

703-356-5437

[www.brooksfieldschool.org](http://www.brooksfieldschool.org)

**TUITION:** \$14,010–\$23,554  
**SCHOOL SIZE:** 100 students  
**CAMPUS SIZE:** 5 acres  
**HEADMASTER:** Maryanne Duffel



## Mason Game & Technology Academy

*Ages 8 to Adult*

George Mason University Fairfax, Loudoun,  
and Prince William Campuses

703-993-9889

[www.PotomacAcademy.org](http://www.PotomacAcademy.org)

(Game Design)

**TUITION:** Summer \$595/week; Spring/  
Fall (7 weeks) \$485; \$255  
(Workshops/3 weeks)  
**SCHOOL SIZE:** 20 students max.  
**CAMPUS SIZE:** “Very large campus.”  
**HEADMASTER:** Vera Lichtenberg  
**MOTTO:** Where Art and Technology  
learn to play!



## Oakcrest School

*Girls' School for Sixth through Twelfth Grades*

850 Balls Hill Road, McLean, VA 22101

703 790-5450

[www.oakcrest.org](http://www.oakcrest.org)

**TUITION:** Middle school: \$25,700  
High School: \$26,950  
**SCHOOL SIZE:** 225 students

**CAMPUS SIZE:** 23 acres  
**HEADMASTER:** Miriam Buono, President  
**MOTTO:** Where Girls Thrive



## Westminster School

*Pre-K through Eighth Grade*

3819 Gallows Rd, Annandale, VA 22003

703 256-3620

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

**TUITION:** \$18,170–\$23,466  
**SCHOOL SIZE:** 269 students  
**CAMPUS SIZE:** 68 acres  
**HEADMASTER:** Ellis Glover  
**MOTTO:** Presenting Challenge.  
Building Character.  
Instilling Confidence.



## Camp McLean

*Ages 3–10*

The McLean Community Center

1234 Ingleside Ave, McLean, VA 22101

703-744-9365

[www.mcleancenter.org](http://www.mcleancenter.org)

**TUITION:** Under 11 \$370/session  
Over 11 \$400/week  
**SCHOOL SIZE:** 24 max. Teen 40.  
**HEADMASTER:** Andrew Carter



## Leport Montessori-Reston

*Ages 18 months – 6 years*

11579 Cedar Chase Rd, Herndon, VA 20170

703-810-7811

13251 Woodland Park Rd, Herndon, VA 20171

571-222-4931

3909 Oak St, Fairfax, VA 22030

703-810-7247

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

**TUITION:** \$16,740/half day annual  
\$19,740/ full day annual  
**SCHOOL SIZE:** 74 children  
**HEADMASTER:** Melissa Anne Camuti  
**MOTTO:** Knowledge for Life

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## SCHOOL DIRECTORY



### Reston Montessori

*3 months through 6th grade*

1928 Isaac Newton Square W, Reston, VA 20190

703-481-2922

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



### Montessori School of McLean

*Ages 3-5*

1711 Kirby Rd, McLean, VA 22101

703-790-1049

[www.mcleanmontessori.org](http://www.mcleanmontessori.org)

**TUITION:** \$14,136-\$18,497

**SCHOOL SIZE:** 200 students

**CAMPUS SIZE:** 3 acres

**HEADMASTER:** Meredith La Grant

**MOTTO:** Cultivating Each Child's Unique Ability to Flourish in mind, body, and spirit.



### Sweet Briar College

134 Chapel Road, Sweet Briar, VA 24595

434-381-6100

[sbc.edu/summer-programs](http://sbc.edu/summer-programs)

**TUITION:** \$34,000/year

**BOARDING:** Yes

**SCHOOL SIZE:** 365 students

**CAMPUS SIZE:** 3250 Acres

**HEADMASTER:** Meredith Jung-En Woo

**MOTTO:** Confidence, Courage and Grit.



### YMCA Fairfax County Reston

12196 Sunset Hills Rd, Reston, VA 20190

703-742-8800

**TUITION:** \$182-\$556

**CAMPUS SIZE:** 219 Acres

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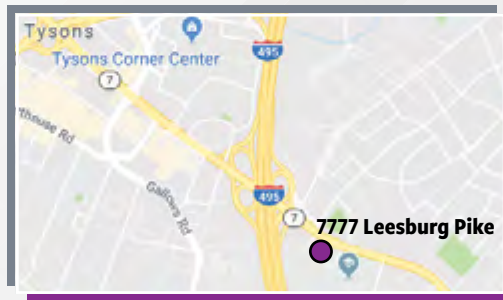
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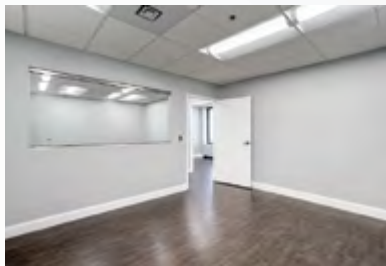


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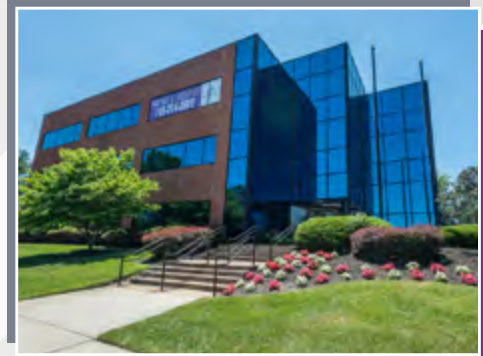
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# Almost Heaven

BY LINDA BARRETT

## EXPERIENCE A GOOD OLD-FASHIONED FAMILY VACATION AT WEST VIRGINIA'S CAPON SPRINGS & FARMS' ALL-INCLUSIVE RESORT.

Remember the scene in the movie *Brigadoon* where the “blessed village rises out of the mists every hundred years for only a day?” That’s how I felt after ascending the winding road into the West Virginia mountains and entering Capon Springs & Farms.

I wasn’t sure what to expect, but I surely didn’t anticipate the overwhelming old-fashioned charm of this family-friendly 19th-century resort that simply took my breath away. Or perhaps it was that clean, cool mountain air in that provided me with the heady oxygen. How have I not heard of this place?

A family-owned operation, Capon Springs has been cared for by generations of the Austin family and more than 140 co-workers, many of whose families have been with the resort for generations, as have the guests. “It not unusual to see the same multi-generational families here year after year,” explained Jonathan Bellingham, a third-generation family member himself and current marketing and recreation manager, or “chief host,” as he likes to say.

Capon Springs is an all-inclusive historic mountain resort surrounded by 4,700 acres of West Virginia wilderness—the perfect place to get away from it all. Meals, lodging, activities,

and complete access to the resort facilities and farms are all included (golf and spa are extra for a tiny fee).

Leave your stress and your electronics behind. This resort encourages family togetherness with a multitude of fun daily activities in a kind of fusion between a summer camp and a pampering bed and breakfast. You won’t have a care in the world except when to show up for meals. And even that is taken care of for you with inspiring music through the trees and the ringing of the dinner bell to announce meals three times a day.

Arrive early for the pre-breakfast flag-raising ceremony to hoist a flag that previously flew over the U.S. Capitol, or help lower it after the hilltop barbeque. Those who assist receive an official certificate suitable for framing...like mine!

There is a renewed focus on livestock farm-to-table, like the eggs from free-range chickens and pork products from the resident pig herd. “We serve comfort-style foods presented family-style and several buffets throughout the week, with three of the meals at the outdoor lodge,” Bellingham explained. “And all the breads, rolls, pies, cakes, and cookies are all baked daily onsite.”

“Guests can walk down to visit with the hogs, dig for fossils, or fish in the stocked pond and bring their fish to the kitchens to serve with breakfast the next day,” he continued. “And anything you need—from equipment to bathing suits—is available for you to borrow.”

There are a variety of room options, from the quaint Pavilion, to the centrally-located Main House, to 14 wonderful and unique cottages. Each historic building has its own special attributes that makes it perfect for a family, couple, individual or groups. We were lucky enough to stay in the Pavilion, with its two wide porches, front and back, and a babbling brook just beyond that lulled us to la-la-land through the screen door.

To help you disconnect from the outside world, guest rooms do not have televisions or phones. (Cell service depends on your carrier.) Old-fashioned ceiling and box fans cool the rooms, while air conditioning is available in public spaces. Guests are encouraged to unplug; go outside and play! If you need internet connectivity, ultra-high-speed access is now available throughout the Meeting House facility.

Photo credit: Linda Barrett





Best ball golf captains



## Capon's Healing Waters

It wouldn't be right to talk about Capon Springs without mentioning the waters around which it was built. (The name "Capon" itself comes from the Native American language, meaning "medicine or healing waters.") In the early 1800s, up and down the Appalachian region, many resorts like Capon Springs were first developed based on underground springs. When the popularity of these resorts began to die off in the early 1900s, Capon Springs began bottling and delivering its water up and down the East coast. Extremely popular for its purported healing powers, it was used by the 1924 and 1928 U.S. Olympic teams in training, and in the 1930s-40s was the "official" and only water used by the entire U.S. Congress.

Guests can enjoy this natural spring water in the swimming pool and spa, and for drinking, cooking and bathing. All the water at Capon Springs comes entirely from the spring itself.

## Spa

The entire essence of Capon Springs was founded on its water, so it is only natural that co-founder Lou Austin envisioned a "spa for the practice of natural healing" in its future. Opened in 2006, the Hygeia Bath House and Spa offers a variety of body treatments, from massage to facials to reflexology, but the highlight is a hot soak in the Capon water. Your aches and pains will vanish. A Wellness Room and endless pool are also housed within the Hygeia Spa. Tip: Schedule your appointments before you arrive for the best times.

## Golf

The two distinct golf courses include The Golf Course at Capon Springs, a nine-hole regulation course with tees placed for golfers of all ages, and a nine-hole Par 3 course to hone your short game. Golf carts and sets of clubs are available for rent daily or for your stay; single clubs and other equipment are free.

In 2016, Capon Springs added Fling Golf. A hybrid between lacrosse and golf, this family-

friendly game involves "flinging" the golf ball. 2018 welcomes the new U.S. Kids Golf Family Course layout and upgrades to the locker house. Try a round of Hickory Golf, as golf was played when the course opened in 1936, named for the sport's original use of Hickory-Shafted clubs. Or take a lesson or clinic from resident golf professional Mike Rogers.

For more than a century, Capon Springs has served as a hidden gem, a secluded refuge from the world, yet it is less than a two-hour's drive from Northern Virginia, and the ideal spring, summer or fall getaway for the entire family. ♦

## Resource

### CAPON SPRINGS

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Open Houses for day visits: 2-7pm, Sundays, April 22 & 29





BY LINDA BARRETT

## ON THE ICE AND OFF

### *Former Olympic Ice Skater Michael Weiss*

On January 5, 2018, local resident and former Olympic skater Michael Weiss, 41, was elected to the U.S. Figure Skating Hall of Fame, accepting his award in a ceremony at the 2018 Prudential U.S. Figure Skating Championships in San Jose, California, surrounded by friends and family.

“When I was younger, my family traveled with me often—my mom, dad, sisters, aunts and uncles—so having them all come to the ceremony was reminiscent of my old competitive days,” Weiss said. “But since my daughter and son were younger when I was competing, they knew about the titles, but they hadn’t heard my training stories and how and why I started my foundation,” which Weiss related in his acceptance speech. Weiss resides in McLean with his wife and former choreographer Lisa and their two children, Annie Mae and Christopher.

Michael Weiss is a two-time Olympian (1998 and 2002) and two-time World bronze medalist (1999–2000), winning the U.S. men’s titles in 1999, 2000 and 2003. In 2003, as the Grand Prix Final bronze medalist, Weiss earned a top-four finish in each of his nine senior U.S. Championships. In 2000, Weiss won U.S. Figure Skating’s *SKATING* Magazine Reader’s Choice Award and was named USOC Athlete of the Year for figure skating.



Weiss was the first American to land a quadruple toe loop in competition (1999 World Championships). “I always wanted to push the bar technically. When competing against people like Todd Eldredge who were pushing skating artistically, I wanted to take it to another level and began trying to land the quad at age 18. When I was about 20 or 21 I could do them consistently in competition.” Weiss was also the first to do a backflip with a full twist on the ice (not allowable in competition, however).

Retiring from competing, Weiss skated in professional shows including *Stars On Ice*, and currently coaches hockey. His advice for local kids: “Get onto the ice and have fun.”

“Having fun is why I got involved in this sport,” he explained. “I loved the individuality, the speed I felt when on the ice, and the fact that I relied on myself. The things I learned through skating were important too, like how you had to deal with setbacks and failures in order to be successful. When I messed up, I took the blame, and when I did well, I took the praise.”

Weiss has been lucky to have a number of outstanding moments in his career. One of his favorites happened when being selected for his first Olympics team. “I was not really favored, but I had a shot at the team after winning the nationals in Philadelphia. I had been practicing the quad lutz all week, but nobody ever did it before and the judges told me I didn’t have to take the risk. But I was young, just 21, and I went for the quad as my first jump in the program. Everyone knew it would be the first time ever tried in a competition.”



"I built up speed, rotated four times, and the crowd just went crazy," he remembered. "The hair on my arms and the back of my neck stood straight up. But I had to completely compose myself; I still had eight other jumps to do and had to land everything else. Immediately I had to refocus. I landed all the other jumps, and as I reached the final pose in the last spin, that's when I knew I made my first Olympic team. Now when people asked me 'Are you going to the Olympics?' I could finally say 'Yes.'"

### LIFE AFTER COMPETITIVE SKATING

After retiring from competitive skating, Weiss has served as a figure skating commentator for NBC, ABC, Universal Sports and icenetwork. He also established the Michael Weiss Foundation that has awarded more than \$850,000 in scholarship money to promising athletes to help offset costs of the sport.

"I started the Michael Weiss Foundation in 2003 to help financially support the skating careers of up and coming Olympic figure skating hopefuls," Weiss explained. One of the skaters who benefitted was 2018 Olympic

favorite Nathan Chen who wrote and said his skates were two sizes too small, and asked if the foundation could help get him new skates. "We've been supporting him ever since."

*Weiss was the first American to land a quadruple toe loop in competition (1999 World Championships).*

"I was given a picture of Nathan at then age five doing a spiral on the ice, a position I couldn't even hit—and I was in the Olympics! Now he does quads like I used to do triple jumps," Weiss laughed. Among other skaters the foundation has supported are Olympians Ashley Wagner and Mirai Nagasu.

Growing up in Fairfax County, Weiss hails from a family of athletes. His father Greg was a 1964 Olympic gymnast, his mother Margie a national champion gymnast, and older sisters Geremi and Genna were a junior national silver medalist in skating and a junior world diving champion, respectively.

"When I was young, I started out as a diver,

but at age nine told my mother I didn't want to dive any more. She recommended 'Why don't you go with your sister to the rink.' After seeing me skate, she said 'You're not the figure skating talent in the family; that belongs to your sister. Luckily being surrounded by a great coaching staff, I quickly picked it up.'

Nowadays, Weiss has his hands in several endeavors. In addition to coaching, playing indoor soccer and skating in an occasional charity event, he owns Weiss Design & Build, a custom homebuilding company. His wife Lisa owns the Wine Celler Company that designs and builds wine cellars. He also owns and manages several rental properties in Reston.

The family plays together often, whether in their backyard basketball court, the basement synthetic skating rink or out on the soccer field. They also sing together, creating special musical tributes for Michael's skating show routines. "It was a cool way to collaborate, with us all doing what we loved."

"My family has been a huge part of my success and I am a stronger person when I have family around," Weiss said. "It was wonderful to have them there at my Hall of Fame induction." ♦



BY BELLE SCHNEIDER

## ASK AN ADVISOR ABOUT PICKING INVESTMENTS IN YOUR COMPANY'S 401(K)

If your company offers a 401(k) retirement plan as a benefit you may have questions about choosing your investment options. Everyone's situation is unique, but unique doesn't have to mean complicated or time-consuming.

In most company sponsored 401(k)'s your investment options are limited. Typically you have two options: creating a diversified portfolio from the mutual fund options available in your plan, or putting your money in a target date fund. Both options have benefits and drawbacks.

**Target date funds**—these are mutual funds which invest in other stock and bond mutual funds. The investment company determines the allocation to different funds based on targeted year for retirement. You can see the targeted retirement year in the name of the fund i.e. "Company 2040 Fund" which tells us that the targeted retirement is the year 2040. A target-date fund's asset allocation will become more conservative as it approaches its objective target date. Since a target date fund is a diversified portfolio within itself, it is designed to hold 100% of your account balance.

■ **Benefits:** Target date funds are usually a good option if you have limited investment experience. It is easy to do the math and figure out what year you might want to retire in, and pick the fund that has that date in the name. Since all of your money is being held in a single fund, there is no need for you to rebalance, so this is a great "set it and forget it" option. It is important to understand that target date funds do not guarantee performance and do come with similar risk to other diversified accounts.

■ **Drawbacks:** Some target date funds are expensive. It is important to identify the expense ratio of the fund (which can be found on the fund's information page). As a comparative data point, the average expense ratio was 0.73% across all target-date funds in 2015, according to data published by Morningstar.

Target date funds are also not the best option once you reach retirement and need to begin accessing the money. When you take distributions it is important to have the ability to choose which investments you liquidate in order to expand the longevity of your portfolio.

**Creating a diversified portfolio**—most company retirement plans have a list of funds that are available; with this option you choose how to allocate your money. There should be funds that invest in different types of stocks and bonds (there may even be a few that hold both). It is important to keep two general rules in mind when creating your portfolio:

■ **Benefits:** You get to choose your allocation and can make adjustment to your holdings. You also are able to choose how aggressive you want to be with your portfolio. If you want to learn about the basics of investing and are committed to spending time to review the investment selections, this is a great option.

■ **Drawbacks:** You will need to do some research on your options. Your plan's website should have an easy way to view a page with various statistics and descriptions of each investment. You will need to focus on two things:

- **Investment selection**—consider the following when selecting your investments: the fund's expense ratio (cost), strategy (goal), past performance (though not a predictor of future performance, it can give you some insight on how consistent the funds' performance has been) and risk level.
- **Allocation**—regardless of how far you are from retirement, have at least some (i.e. 10%) of your investments in low-risk investments such as bonds. Keep in mind you will want to move into lower-risk investments as you near retirement, and this will be something you will need to need to manage.

In the end you are responsible for preparing yourself for retirement and picking the right investments is a vital part of that process—the more time you spend learning about your options the better. ♦

**Belle Schneider is a Portfolio Manager at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.**

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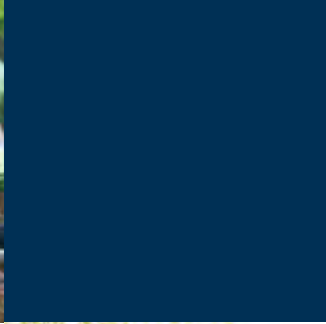
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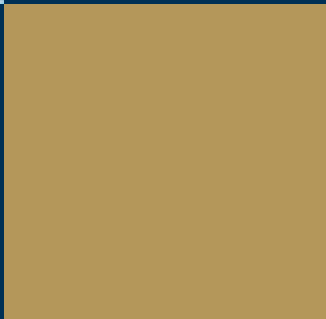
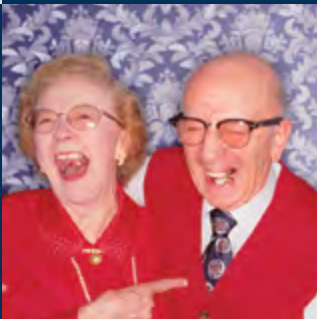
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# What's In A Label?

How to Read a Wine Label

by Linda Barrett

When selecting a bottle of wine, the first thing you notice on the shelf is the wine's label. Perhaps it's the bright colors, or the catchy name that turns your eye. But there is so much more to a wine label than a pretty picture or a graphic logo.

There are many parts to a wine label: the wine producer, the region in which it was produced, the vintage or year produced, the grape variety or appellation, the ABV or alcohol by volume percentage, and the bottle volume. It may also list the wine type or class.

In the United States, there are strict laws on what must be shown on a wine label, a process managed by the Alcohol and Tobacco Tax and Trade Bureau (TTB). By law, U.S. wine must carry the brand name, producer's name and address, wine type, bottle volume, the alcohol and sulfite content, and a government health warning.

## BRAND NAME

The brand name typically lists the producer or vineyard, but in more recent times, a more fanciful name is used for additional marketing appeal.

## PRODUCER AND BOTTLER

Many wine producers use their own name as the wine's brand. If a different brand name or logo is used, the producer and bottler of the winery who made, or the estate, it is listed at the bottom of the label. For an Estate Bottled wine, 100% of the grapes must be grown, crushed, fermented, finished and bottled on the same property.

## WINE TYPE AND WINE REGION

The type of wine, or class, is listed, such as Pinot Grigio or Cabernet Franc. Or the label could just indicate a sparkling wine or table wine. A varietal wine will list one type of grape like Sauvignon Blanc (but only 75% of the actual content is required to come from that varietal). A blend may or may not list the types of grapes.

In place of the class indication, an American Viticultural Area (AVA) title or varietal type may also be used. AVA classifications refer to the wine region in which the grapes were grown. To carry an AVA title, a minimum of 85% of the grapes must be grown within that particular AVA (or 75% for a state- or county-level AVA). For a varietal label, no less than 75% of that grape variety must be used in that wine.

Appellation refers to where the wine was made, whether it refers to an entire state, like Virginia, or a specific vineyard. For Old World labels, the terms "Appellation Controlee" or "Denominazione della Origine Controllata" refer to legally-regulated regions of wine production.

## VINTAGE

Although not mandatory, you will most often see the year that the wine was produced. To qualify, at least 95% of the grapes must be from that vintage, or picked in that year. This is important if there was a particularly good wine made in a specific year and you want to purchase that wine again.

## ALCOHOL CONTENT

In the United States, if a wine contains more than 14% ABV the alcohol content must be explicitly stated. For bottles containing less than 14% ABV, options include the generic label of "table wine" or listing of the specific alcohol content. For wines with a less-than-14% ABV content, there is an allowable 1.5% up or down variance, however, for wines with more than 14%, the variance drops to 1%. The actual alcohol content may differ from the label due to this variance, as ABV content of more than 14% is charged a higher excise tax by the TTB than those under. In addition, so as not to scare consumers off from higher-alcohol wines containing 15% or 15.5% ABV, these wines are often listed as 14%. Most table wines fall between 11.5% and 14.5% ABV. Wines lower in alcohol content are generally considered to be "lighter" in style.

## VOLUME

The bottle volume may be listed in fluid ounces, liters or milliliters.

## SULFITES

If a wine contains more than 10 parts per million (ppm) of sulfur dioxide, the sulfite declaration must be listed on the label. If a wine is labeled as "organic," it must not contain any artificially-added sulfites, however, wine "made with organically-grown grapes" does contain some sulfites.

## GOVERNMENT HEALTH WARNING

This is a mandatory label requirement for all alcoholic beverages sold in the U.S.

## SWEETNESS LEVELS

Wines that contain higher residual sugar content may list on their labels classifications including Extra Brut (driest), Brut, Extra-Dry, Sec, Demi-Sec and Doux. For sweet wines, you may see the terms Dry (least sweet), Semi-Dry, Semi-Sweet and Sweet.

## EUROPEAN UNION WINE LABELS

Roughly 70% of the world's wines are produced in the 27 member states of the European Union, which as classified into

two categories: PDO and PGI, additional designations you may see on a wine label.

## PDO

PDO, or Protected Designation of Origin, products are "produced, processed and prepared in a given geographical area, using recognized know-how," states the EU definition. This refers to the quality and properties that are exclusively determined by their environment, with factors whether natural or human.

## PGI

PGI, or Protected Geographical Indication, defines a product that is closely linked to the geographical area in which it is produced, processed or prepared. It must also have specific qualities it can attribute to that geographical area. Some of the more respected wines fall into this category, such as those from Tuscany.

Now that you know what the wine labels mean, go out there and enjoy some of our fabulous Virginia wines! ♦



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BY KEITH LORIA

## Correct Your Children's Eye Sight Without Surgery

Did you know that you could correct your eyesight and reduce your dependence on glasses or contact lenses without having to go for eye surgery?

Most people don't, but thanks to Orthokeratology (Ortho-K), one can wear custom molded breathable contacts while they sleep, and the lenses reshape the front surface of the cornea, allowing someone to see clearly the following day once they remove the lenses when they wake up. Vision can be improved or perfected strikingly fast, with results that are often immediate.

This is ideal for children as it can stop and reverse the progression of nearsightedness (myopia) at an early age and allow kids to live a glasses-free life.

Metro Eyes in Vienna is a huge advocate of the procedure for children and are one of the few places in Northern Virginia where Ortho-K is offered. Both Dr. Joanna Barnett and Dr. Linh Hoang-Braley are big proponents of this and hope more children and their parents learn of what a difference it can make.

"Ortho-K has been around since the 1960s but doctors didn't really grasp the concept because it was daytime wearing and material

that was not very breathable, but in the '90s they started to realize materials were better and more breathable, and it started to take off," Hoang-Braley says. "Doctors realized this was a game changer for kids because they could slow down the myopia progression in their eyes."

The country is currently facing a myopic epidemic with children, with approximately 45 percent of kids facing myopia. Those with parents who have myopia are particularly vulnerable.

"If we can capture kids in their growing years—kids 8-11—and slow down their progression or even halt their progression, we can make a huge difference," Hoang-Braley says. "We decided to get involved with Orthokeratology because we've been seeing a lot of kids in our practice with the problem and we wanted to get on board with this technique so they are not wearing thick glasses when they are 15."

Metro Eyes is touting this procedure for kids because of how big a problem myopia

is on the younger generation and they have seen it make a drastic difference in the lives of its younger patients.

"Because of electronics, I think we are seeing people come in younger and younger and they need glasses sooner and sooner," Barnett says. "Certain ethnic groups also have more prevalence for nearsightedness and their parents are very concerned."

Consider a young swimmer who needs to wear contacts when they swim or a soccer player who needs glasses to see on the field. Orthokeratology makes the need for contacts and glasses a thing of the past for these kids, and they can partake in their sport without relying on anything but their 20-20 eyes.

"They need to wear the contacts every night, putting them in before they go to sleep, they take them out when they wake up and they can see all day," Barnett says. "If they don't wear them every night, it would regress."

Ortho-K can be used by adults as well, especially wannabe pilots or those who want to get certain positions in the military, whose eyesight is holding them back.

"It may take a little longer with adults, but it will work," Hoang-Braley says. "And it's reversible. People don't have to worry like going into surgery where it's permanent."

Barnett noted that those who are super nearsighted are also at a higher risk for retinal detachments and glaucoma, and this is another way to decrease that.

For those interested, a visit to Metro Eyes and a comprehensive examination is required, and corneal maps of the eyes are done, creating a custom-made lens. The patient sleeps with the lens and comes in for follow-up visits to ensure everything is healthy and going well. The lenses should last about a year.

"It is a commitment and we do ask that the parents are on the same team to go through the process with the kids," Hoang-Braley said. "We are excited to be on this adventure with the kids and want to benefit from the freedom of not needing glasses." ♦

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BY DIMA ALI, MD

WellMedica would like to introduce the latest technology in non-surgical vaginal rejuvenation. It is called the Geneveve—and it is a clinically proven treatment that is revolutionizing feminine wellness as we know it. Currently it is used in 52 different countries around the world and has benefited thousands of women improving their health and quality of life.

### What is the Geneveve?

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Therefore, many have sought out different treatment options to help get their bodies back. The Geneveve does all this and more. This treatment uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue. This unique technology stimulates the body's natural collagen formation process.

### What to expect?

The Geneveve treatment is a comfortable, single-session, 30-minute treatment performed by a trained healthcare professional in an outpatient setting. During the visit, Dr. Dima uses a small treatment tip (about the size of your thumb) which is then inserted into the vaginal opening. The tip is then rotated while it alternately cools the surface and heats the soft tissue beneath. Women typically begin to feel the results at about 30 days and the full effect at about 90 days. Depending on how you respond, we may recommend a touch up treatment every year or as you see fit.

### Is there any downtime?

During this treatment the vaginal tissue swells slightly. It is recommended that patients abstain from intercourse for 48 hours, although resuming other normal activities right after receiving treatment is acceptable. This includes exercise and bathing.

### What does the Geneveve treat?

Vaginal tissue ages over time. With age and childbirth, certain symptoms can occur such as vaginal dryness, urinary incontinence, sexual dysfunction, vaginal pain, air passing from the vagina, less satisfaction with intercourse, and increased self-consciousness. All of these symptoms are easily treatable with the Geneveve and we have seen amazing results with our patients and around the world. In fact, 90% of the women who had the procedure in clinical studies, reported significant, sustained tightening, sensation, satisfaction and noticeably reduced bladder incontinence 12 months after treatment!

### What makes the Geneveve different?

Traditional invasive surgical procedures are expensive, can have a long and extremely painful recovery time and carry significant risk. Geneveve is non-invasive, painless, discreet, safe and very effective.



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## MEET RICH



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The number Rich sees on the scale now is one he hasn't seen in 20+ years. While Rich keeps busy as a financial advisor, we think his talent in the kitchen could make him a chef at any high-end restaurant. Rich used his culinary skills to create some of the most delicious and appealing program-compliant meals we've ever seen, and his culinary creations are a big reason we will be publishing an EMP 180° Weight Loss™ Cookbook full of our clients' creative takes on healthy dishes. In addition to losing weight, Rich wanted to gain energy and resume his routine of working out daily. Now, Rich is down 53 pounds, and active at the gym once again, sometimes doing two workouts a day. Rich has surpassed his goal, and can attest to the success of the EMP 180° Weight Loss™ Program. The visual pictures demonstrate Rich's progress but EMP 180° also measures other indicator of long-term success.

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### **Shohreh Sharif D.D.S.**

Diplomate, American Board  
of Pediatric Dentistry  
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Howard University  
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### **About Shohreh Sharif D.D.S.**

Doctor Sharif received her Bachelor of Science in Biology from George Mason University and has been practicing dentistry in the Northern Virginia community for the past 20 years. She graduated with honors from Dental School and further completed a two year residency and received her certificate in Pediatric Dentistry from Howard University College of Dentistry.

Dr. Sharif has passed the rigorous board certification process and is a diplomate of the American Board of Pediatric Dentistry. She is also a member of the American Orthodontic Society which is the largest educational association in the world serving general and pediatric dentists who practice Orthodontics. Dr. Sharif was awarded the diplomate status by the AOS in 2012 - the highest credentialing available from the organization.







# The Lowdown ON HIGHLIGHTS



**By Analiese Kreutzer**

Highlights add dimension, depth and brightness to hair. If you want to know the latest trends and techniques, how to care for your highlights, or if you've never had them and don't know where to start, we can help. We talked to Tania Ferrel-Saldana, American Board Certified Haircolorist and founder of Colour Bar Studio in Tysons, to find out the facts about highlighting.

## THE TECHNIQUES

Instead of changing your hair color using an all-over, one-color process, highlights add color only to sections of hair. They can be placed all over, used to frame your face or to accent aspects of your haircut. Today, salons offer two types of highlighting, foils and balayage.

With foil highlights, the colorist takes a thin section of hair, lays it on a piece of foil, paints the section with color and folds the foil over to keep the section separate from the rest of the hair. The heat induction provided by the foil also helps the lightener lift the color higher. Foil highlights lighten hair from the root to the end, which leaves a clear line of regrowth, so you need to go in for a touch up every six to eight weeks.

One variation on foil highlights is babylights, which uses very small sections of hair—sometimes just a few strands. Another option using foils is a combination of highlights and lowlights to lighten some sections while adding richer, darker hues to others.

Balayage is a freehand technique that is applied on the surface of a section of hair starting about an inch from the roots and getting thicker as it reaches the ends of the hair. The highlights are less systematically placed and result in a softer, more natural look.

"Balayage is a lot more freehand and customized," said Ferrel-Saldana. "It also takes less time to do it, and it needs less maintenance since the regrowth isn't as noticeable."

## THE TRENDS

Ferrel-Saldana said a lot of clients are asking for the tiger eye look. Like the tiger eye gemstone, this style features a soft mix of rich brown, golden and bright hues.

The ombre trend—an all-over style of darker hair at the crown that gets lighter or changes to a different color toward the ends, resulting in hair that looks like it has been dipped in color—has sparked a softer version called sombre, where the color change is more subtle.

Sometimes getting the look you want means mixing techniques, such as adding some babylights along with balayage.

## CONSULT WITH A PROFESSIONAL

With all the different techniques, it's important to go to a good hair colorist with training and experience to guide you. Certified hair colorists go through some pretty intense training, and they not only know how to match color to your skintone, but they know how to mix formulas to suit your hair's porousness and texture.

Kits purchased in the store to use at home are one-size-fits-all solutions, so the color and formulations aren't customized for your hair. You may not get the right shade, and you can damage your hair because the products are much harsher than those used in the salon. Of course, even with a friend helping you, it's very hard to apply highlights like a professional.

"We do a lot of fixing," said Ferrel-Saldana. "The products used at home are more damaging, and most people don't have the expertise to get the look they want. We do at least one color correction every day. As a hairdresser, you use products that are best for the hair, because your name is on that hair."

Ferrel-Saldana stresses the importance of having a consultation with your colorist. She suggests bringing in pictures of looks you like to show your stylist what you want. "If you go to a salon and they don't give you a consultation, you should leave," she said. "You should always have a consultation so you and your stylist know your expectations. I think a lot of mistakes by hairdressers are because there's not enough communication."

## CARING FOR YOUR HIGHLIGHTS

"I always suggest that after you get highlights, you get a protein treatment or even Olaplex," said Ferrel-Saldana. "Protein will give it strength, and Olaplex helps restore hair from the inside out to strengthen, condition and reconnect the hair strand structure."

"When you get highlights, you remove a lot of color, so you put a lot of stress on the hair. I always follow up highlights with a moisturizer and tell clients to condition their hair every time they shampoo."

Ferrel-Saldana recommends Kerastase and Oribe products. Oribe offers a whole line of very high quality, high performance hair care products. Ferrel-Saldana puts together customized Kerastase kits for her clients that treat hair for four weeks after applying color.

Before you highlight, find photos of results you like, take them with you when you consult with a professional to find the right technique and shades for you, and keep your highlights looking their best by restoring protein and moisture to your hair.

**Analiese Kreutzer is a contributing writer to VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at [AnalieseKreutzer@gmail.com](mailto:AnalieseKreutzer@gmail.com).**







BY EMMA BLANCOVICH

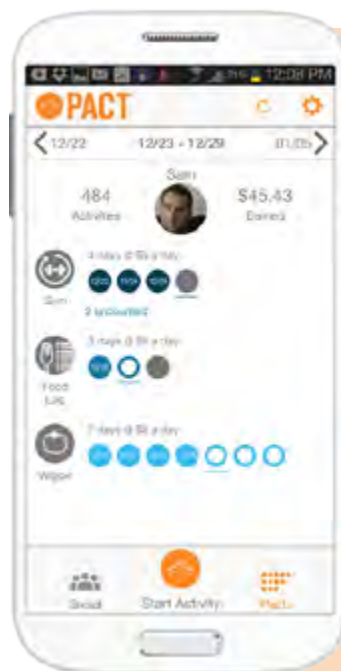
# Easy Dieting

## WHAT APPS MAKE DIETING EASIER?

Dieting is not something anyone looks forward to these days. Nowadays, with readily available apps that can pick up your favorite junk foods from anywhere, it comes as no surprise that the apps people are more likely to use are apps for ordering favorite foods and not apps necessarily for dieting. Well, believe it or not, dieting apps do exist—and they can actually work to help you lose weight.

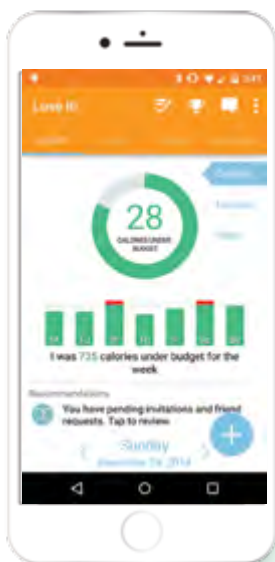
Research from Northwestern Memorial Hospital shows that people can lose weight from dieting apps alone and can also keep that weight off—in the study, the people who used the dieting apps to lose weight kept the weight off for an entire year. If diabetes and potential heart disease can be avoided by keeping your weight in check, then you have nothing to lose when it comes to using a daily dieting app to keep track of your health and manage your weight; especially since it works if you can get yourself to commit to using them.

Looking for some suggestions on where to start when it comes to navigating the world of dieting apps? Well, the apps below are tried and true and have settings that help you diet by using simple tracking methods or incentives such as cash to increase the rewards center in your brain to keep you going strong.



**PACT:** this app comes for free on both iPhone and android. Not only does this app track your calories, but it also motivates you by giving you cash if you can keep to your weekly goals. However, if you do not you will have to pay a fee, so the accountability is there with this app. To use this app, you will need a PayPal account and to become a member. The idea is that you set up a weekly pact to meet your exercise goals and you verify this by allowing GPS access from the app to verify your login at a gym or to show your motion detector if you only work out from home.

I do not think anyone likes to lose money, so this makes this a great motivational dieting app if you getting rewards makes you want to try harder and stay committed.



## LOSE IT!:

this app comes for free on both iPhone and android. The essence of this app is a daily food calorie diary, which you do by logging in every piece of food that you eat. The great thing about this app is that it will find the food for you to log in based on your searches—even restaurant menus—and give you every piece on nutritional information about it, thus at the end of the day, notifying you of how many calories you have consumed for the day. The app tells you how much you should be consuming daily to stay at a specific weight or to lose weight.

You will see a bar graph showing you how many calories you have left for the rest of the day; search something up to eat with those remainder calories on the app and you will notice how many options (even healthier ones) you can choose from to consume that meet your requirement goals. You can also use their Snap! feature that logs food by a simple photo upload.



## MY DIET COACH:

this app comes for free on both iPhone and android. This app takes a quirky take on dieting and brings the fun of 'apps' to how it works. You can create your avatar with this app and earn rewards for it such as clothing along with other virtual rewards for good behavior with your eating patterns. You can also record your body measurements on the avatar for your neck, waist, etc. and add photos too along with inspirational quotes to help you get to your target weight loss. And, if you are ever experiencing a panic moment

where you feel you want to eat something but that it will mess up your calorie count for the day, the "panic button" feature, where you can type in what kind of craving you are experiencing, will give you tips on how to avoid the craving.

## Testimonial

"All I can say is WOW!!! My lips are OUT OF THIS WORLD gorgeous and plump! Amanda is an absolute professional and achieved the look I wanted without hesitation! This is the place to go for a beautiful pout without looking too fake. I couldn't be happier. I'm ecstatic thank you Lori and Amanda for the service and work you do!"

*Sammi L.*  
VIENNA, VA



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





# Preventing Beauty Backfires

What you can do to get the best  
results from your cosmetic surgery

By Analiese Kreutzer

You don't always get the results they expected from cosmetic surgery, which can leave you disheartened, especially when you have to spend more time and money to change the outcome. You need to take a proactive role in your procedure from start to finish, because there are things you can do to prevent or resolve disappointing results. Dr. Christopher Knotts of Austin-Weston, The Center for Cosmetic Surgery shared some stories about what can go wrong and what patients can do to ensure the best possible outcome.

## Prevent a Minor Complication from Becoming Something Bigger

A woman came to Dr. Knotts several years after returning to her native South America for a tummy tuck. He noticed right away that her incision was quite high.

"The incision was halfway between her underwear and the belly button. Normally, we try to put it low, where it hides under underwear," Knotts said. However, the patient's main complaint was a feeling of fullness in her upper abdomen. When she pushed on it, it felt like a water balloon. She knew something was wrong. She just didn't know what.

The patient had a seroma—a collection of fluid under the skin—which is a very common complication following any type of liposuction. During follow-up visits after surgery, a doctor usually recognizes this complication, and drains the fluid with a needle.

"If it's not diagnosed, and it sits in there for years, your body will heal

around it, and it's like a little purse or a water balloon," said Knotts. Because this patient went to another country, and she only stayed for a week or two, she did not receive the appropriate post-surgical follow-up. "The planning of the surgery wasn't good, the position of the incision," said Knotts, "but a seroma itself is not a terrible thing."

Once the body forms a sack around the seroma, if a doctor tries to drain it, it will fill back up. The only way to remove it is with surgery. Dr. Knotts operated, and the patient wound up with a low incision and a flat abdomen.

Patients often travel to have procedures, but to prevent a mild complication from turning into something more serious, you want your surgeon nearby for post-op checks and in case you notice anything that doesn't seem right. Trust your instincts. You know your body better than anyone. "You'll know about most serious complications once you get to about three weeks out," said Knotts.

### Choose the Right Procedure

In addition to making sure you have surgical follow-up appointments, you need to make sure the procedure you're getting is the right one for you. A patient presented to Dr. Knotts with a lumpy and bumpy abdomen following CoolSculpting. This minimally invasive procedure freezes fat cells that your body then sheds. Too much of the procedure, or if it's done on someone with a little extra skin, can actually make the area look worse.

"This patient really needed skin removal, not CoolSculpting," said Knotts. "It's not necessarily a terrible complication of CoolSculpting, it's just a case of going to a medical spa where the only thing they offer is CoolSculpting." Dr. Knotts removed the patient's excess skin, and she got a nice flat result.

The lesson here is to shop around. You may hear about a procedure and know someone who had it with great results, but everybody is

different, so you need to get advice about what is best for you. We have an abundance of plastic surgeons in our area, so make appointments for a couple consultations. If the medspa and two doctors all say you would benefit from the same procedure, then that probably is what you need. But if there's disagreement, dig deeper. Ask them why they think you're a good or bad candidate for a certain procedure and what the alternatives are.

Once you've identified the right procedure, have it done somewhere that specializes in what you want. They are more likely to know how to get the best results and will be more familiar with typical complications from the procedure. Don't be afraid to ask the surgeon about how much experience he or she has with the particular procedure you're considering and discuss the plan for your procedure. Poorly planned cosmetic surgery often results in visible scars.

### Find the Right Practitioner

An unusual complication that Dr. Knotts has seen twice in the last year was infected filler. In both cases, the patients—who didn't know each other—had gone to Thailand for their procedures. "Once you have something foreign in your body that's infected, it will never resolve as long as there is something foreign present," he said. Not only did the patients need antibiotics for six months, but the filler had to be removed. "Luckily, it was dissolvable, but it took five or six sessions of dissolving to get rid of it all."

Finding an experienced, qualified and highly rated practitioner is the best thing you can do for yourself when considering any sort of procedure. Start by checking with friends and family members for recommendations. If you know several people who recommend a certain practice or doctor who they liked and had good results with, then you meet and feel comfortable with the doctor, then your work is done.

Don't worry about insulting a doctor by getting a second opinion. They understand.

It's part of their business. Not only can it help you know you're getting the right procedure, but it's important for you to feel comfortable with your surgeon. Dr. Knotts recommends asking yourself, "If I had a problem—because anyone can have a problem—is this the person I'd want taking care of me?"

If you're having a noninvasive procedure that doesn't require a doctor, know that different states have different licensing and oversight regulations, and they change frequently. Check out reviews online, ask the practice about their state certifications and check with your state or local agencies about any complaints against the business.

If you are using a doctor, check that your doctor is certified by a board recognized by the American Board of Medical Specialties (ABMS). The ABMS recognizes a small subset of boards with strict standards such as the American Board of Plastic Surgery (ABPS), the American Board of Dermatology and others. The ABPS is the only plastic surgery or cosmetic surgery organization in the United States recognized by the ABMS. You can verify your surgeon's board certification by visiting [www.abplsurg.org](http://www.abplsurg.org).

Even if you're having an in-office procedure, check that your surgeon has operating privileges in an accredited hospital for the same procedure you're considering. Hospital review committees evaluate a surgeon's training and competency for specific procedures before they grant operating privileges.

If you're thinking about having plastic surgery, doing your homework and advocating for yourself can ensure that you're getting the right procedure and the best care that will get you the results you're looking for.

**Anaiese Kreutzer is a contributing writer to VivaTysons, VivaReston and Le Nouveau Moi. She can be reached at [AnaieseKreutzer@gmail.com](mailto:AnaieseKreutzer@gmail.com).**

Patient 1



“...the patient's main complaint was a feeling of fullness in her upper abdomen. When she pushed on it, it felt like a water balloon.”

Patient 2



“This patient really needed skin removal, not CoolSculpting.” Dr. Knotts removed the patient's excess skin, and she got a nice flat result.



# Stars and Swipes

by Julie Holland



## *Spring flings in feminine pieces...*

Whether you're swiping right in hopes of finding that Mr. Right or already have a beau, these flirty style tips will have you feeling extra cute on date night or day romps.

A few spring trends to try out this year are: skin revealing **sheer fabrics**; the beautiful and feminine shade of **lavender**; and **pastels** that evoke feel-good memories of sidewalk chalk and ice cream on sunny days. Although, rich brights are equally in for spring, and pairing a jewel tone with a pastel can be gorgeous.

And, not that we must ever wait for what's "in" to rock what makes us happy, but florals seem to always be "in" one way or another, whether its ditsy prints or oversized boldness. Wear them in a clean and classic, minimalist way or spliced and mix 'n' matched...you really can't go wrong.

The same goes for **stars and shimmer**. Whether these are on the trend list or not, when do these not inspire comments of oos and ahhs and "oh my goodness, cuuute, where did you get that?!". Sparkle equals joy in my book.

Now get out there and have fun with this style inspo and have a happy spring!





## Style Inspiration Finds



*Madden Girl* velvet combat boot  
(at DSW), \$69.99



*ASOS* striped dress, \$95



*H&M* floral denim jacket, \$49.99



*Seven Jeans* pearl jeans, \$89



*Mango* lavender biker jacket, \$199.99



*Nastygal* star mesh top, \$24



*Billabong* maxi tank dress, \$59.95



*Free People* star socks, \$22



*Seven Jeans* star jeans, \$79



# ASK AN EXPERT

## How does Hair Growth Scalp Micro Needling Work



By Nuha Handoush  
Licensed LME  
Clinician, Medical  
Laser Technician  
at Astoria Laser Clinic  
& Med Spa

Stimulate Cellular Activity in the Hair Follicle to regrow Hair by Needling the Scalp. 50% of men and 33% of women suffer from hair loss. This is a progressive disease that may affect patient's confidence, self-esteem, job opportunities, and personal relationships. Traditional non-invasive treatments require patients to take drugs or use topical medications, such as Propecia or Minoxidil, every day for the rest of their life. More invasive treatments like Transplants require a costly and painful surgery.

Scalp Needling with infusion of a growth factor increases cellular activity to heal the dying hair follicles, resulting in thicker, fuller, healthier looking hair. This procedure activates the body's wound healing response. The theory goes that this response could be utilized to reverse alopecia, the male pattern hair loss. After 12 weeks patients will see a change in the baseline hair count.

Patient self-assessment of hair growth found that wound healing opened an embryonic window of opportunity within, which dormant molecular pathways were awakened.

### **Astoria Laser Clinic & Med Spa**

2106-B Gallows Road  
Vienna, Virginia 22182  
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[www.astorialaserclinic.com](http://www.astorialaserclinic.com)



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Nano Fractional RF \$590.00

Needling with product infusion \$390.00

Vi Peel with Booster \$490.00

CLEAR LIFT Volumizing Laser Treatments \$490.00

Fractional Laser Pixel \$1,200.00

IPL Laser \$450.00

**NEW:** Tattoo Transepidermal Removal \$980.00

All Laser Hair Removal per Session,  
here are just a few areas:

Full Bikini \$145.00 • Underarms \$90.00

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Upper or Lower Arms \$165.00

Full Back \$180.00



Each applicator only **\$649.00**

With 2 applicators receive  
1 Free Venus Radio Frequency  
skin tightening session

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Are you  
ready for  
Spring?



**703-992-9290 | AstoriaLaserClinic.com**  
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# 2018 MARCH/APRIL STYLE

## LEAP INTO SPRING WITH DENIM...



1) Cropped Tribute Denim Jacket  
[www.Versace.com](http://www.Versace.com)

2) Pilcro Lydia Jumpsuit  
[www.Anthropologie.com](http://www.Anthropologie.com)

3) Frayed Denim Ankle-Strap  
Sandals –Gianvito Rossi  
[www.SaksFifthAvenue.com](http://www.SaksFifthAvenue.com)

4) Inglot - AMC Eyeliner Gel  
(Matte It Be)  
[www.InglotUSA.com](http://www.InglotUSA.com)

5) Lion Head Earrings with Blue Crystals  
[www.Gucci.com](http://www.Gucci.com)

6) Pretty Vulgar Nail Liquor in  
Frisky Whisky  
[www.Sephora.com](http://www.Sephora.com)



# GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



## CRIO BRU—GROUND COCOA BEANS

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

A great coffee alternative made with 100% Fair Trade cacao beans and brews just like coffee, using a French Press or gold filter for drip machines. Cocoa contains little to no caffeine but has theobromine which gives you a mild, long-lasting lift without making you feel nervous or jittery. An added bonus is that it is low calorie—enjoy your chocolate!

## KOHREE LED FLAME EFFECT LIGHT BULB

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

This flame effect bulb simulates a natural flickering flame and can replace any of your light bulbs. This is perfect for creating a warm, cozy, and relaxing environment.

## GOVISION SOL-1080P HD VIDEO CAMERA SUNGLASSES W/BLUETOOTH SPEAKER

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

Simplify your life and look stylish doing it! The GoVision SOL sunglasses are truly the only hands-free communicator on the market today whether you are shooting video, taking pictures, making phone calls, or listening to music—they do it all. It's amazing what this technology can do.



## LOLLIPOP CAR STEERING WHEEL/BIKE HANDLEBAR PHONE HOLDER

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

A clever and convenient phone holder with a clip design that's easily installed and removed to your steering wheel. Made of soft silicone this holder is highly compact and perfect for hands-free phone operation and navigation use.

## SOAP OPERA SCRUBBER HOLDER

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

Because everyone has a dish scrubber and no one has a good place to put it. Devoted little diva turns your scrubber into her latest hairstyle. Each new scrubber changes her look. Comes with a silvery metal scrubber; works with other standard scrubbers.





# SPRING CLEANING YOUR MAKEUP

By Marta Bota  
[www.mbfacedesign.com](http://www.mbfacedesign.com)

Spring is here! Time to open the windows, clean out our closets, and get ready for a season of renewal. This is the perfect time to go through your makeup drawer and toss the cosmetics that have been sitting there for too long.



SHANY Detox Professional  
Brush Cleaner

**H**ow long is too long? The shelf life on different beauty products can vary. Here are some guidelines for different cosmetics that may be in your makeup drawer.

**MASCARA**—mascara should be tossed after three months. Bacteria begins to multiply and it's just not worth risking an eye infection.

**FOUNDATIONS**—liquid foundations expire after about one year, cream foundations are good for up to 18 months. Why risk getting breakouts, a rash, or other skin issues?

**POWDER PRODUCTS**—blushes, eyeshadows, bronzers, and setting powders have a two year shelf life before it's time to say goodbye. Yes parting can be such sweet sorrow but just think about the excitement of getting the latest trends in your replacement makeup!

**CREAM BLUSHES AND EYESHADOW**—these products don't have as long a shelf life as their powder counterparts, only lasting 12-18 months. Something to consider when investing in your cosmetics.

**GEL LINER**—these eyeliners should be kept no longer than three months, for the same reason as mascara. When it comes to your eyes it's just not worth the risk!

**LIPSTICKS AND GLOSSES**—lipsticks last about one year. If you refrigerate your lipsticks you can extend their shelf life. Glosses can last up to two years!

There aren't expiration dates on cosmetics so I recommend using a felt tip marker to write the purchased dates on your items, and use these guidelines to ensure product safety.

Besides replacing makeup in a timely manner, I recommend wiping down your products with alcohol from time to time. Cleaning the bottles and tubes keeps them sanitary. We handle our makeup daily and the dirt and oils can build up on the containers and that transfers to our face during application.

Keeping brushes clean is also important. Washing them thoroughly with a gentle cleanser on a monthly basis is good sanitary practice and it will extend the life of your brushes. Brushes collect dirt and oil and can cause skin irritations and/or breakouts. I love SHANY Detox Professional Brush Cleaner! It's gentle, paraben free, and works well on natural hair as well as synthetic brushes.

Spring is the perfect time to assess your products and decide what needs to be thrown away and replaced. As a makeup artist I understand the importance of keeping the makeup area and products clean and sanitary, not only for my personal makeup collection but especially for my professional makeup kit. I recommend my clients do the same. I hope these guidelines help! ♦



# Geneveve for Urinary Incontinence

**Have you ever dealt with urinary incontinence?** This is the loss of bladder control which ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that is so sudden and strong you don't have time to make it to the toilet. This can leave many women feeling embarrassed and ashamed.

Luckily, WellMedica would like to introduce the latest technology in non-surgical vaginal rejuvenation. It is called the Geneveve—and it is a clinically proven treatment for urinary incontinence in women. This treatment uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue which treats incontinence as well as, vaginal laxity, dryness, sexual dysfunction and more.

**\*Geneveve treatments are performed by Dr. Dima**

**No surgery, no downtime, no anesthesia | Comfortable in office treatment**  
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Dima Ali, M.D.

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



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703.457.9671 | [www.WellMedica.com](http://www.WellMedica.com)**



# Lisa Scala

**Name and occupation.**

Lisa Scala, Director of Business Development, WDG Architecture

**What is your biggest beauty splurge that you deem necessary?**

I wouldn't say it's necessary, but I do splurge on good jewelry.

**What is the beauty product will you would not leave the house without?**

Lipstick and mascara

**What is your workout pick?**

I love cardio workouts.

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

I've tried BBL treatments and not found them worth it. Also, many expensive creams are not worth the price.

**What is your view on diet?**

I think it's important to understand nutrition and your own body's needs. Hydration is key and very important for the skin. I also believe everything in moderation.

**What's your spa fix?**

I love facials. I find them very rejuvenating and would have them weekly if I could.

**Makeup** by Merle Norman  
**Hair** by Tony Valentino at Salon o Tony

# BEAUTY *Directory*

## COSMETICS

### **Hello Beautiful** **703.942.8988**

2106 B Gallows Rd., Vienna, VA 22182

**www.hellobeautifulstudio.com**

With over ten years of experience in the beauty industry, Hello Beautiful specializes in aesthetic and makeup services, so let them help you customize a look for your special day. Group and private makeup classes are also available for amateurs and professionals alike.

### **Merle Norman** **703.938.6644**

*(Please see ad on page 99)*

401 Maple Ave. E., Vienna, VA 22180

**www.merlenormanstudio.com**

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

## HAIR

### **Calypso Salon** **703.319.9101**

424 Maple Ave E, Vienna, VA 22180

**calypsosalon.business.site**

Find hair artists who will create a style that is uniquely yours. Calypso Salon is one of the few salons in the area featuring the Calligraphy Cut for a soft look with remarkable fullness.

### **Colour Bar Studio** **703.848.2000**

*(Please see our display ad on page 49)*

8100 Boone Boulevard, Suite 115,  
Vienna, VA 22182

**www.colourbarstudio.com**

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

### **Noufal Haircolor Salon** **703.893.7711**

8605 Westwood Center Dr, Ste 160  
Vienna, VA 22182

**www.noufalhaircolorstudio.com**

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

### **Jus B Salon** **703.435.0015**

Lake Anne Plaza, 1606 N. Washington Plaza,  
Reston, VA 20190

**www.jusbsalon.com**

Bonita Pines is a master stylist, Wella color specialist, Wella Educator and makeup artist.

Specializing in all hair of every ethnicity, she believes that it is important as a stylist to listen and care for the hair of each client turning their dreams into reality. With over 12 years of experience, she has developed products that are perfect for any type of hair.

### **Salon Jean Paul** **703.448.0272**

8201 Greensboro Dr, McLean, VA 22102

**www.salonjeanpaulcolor.com**

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

## SKIN & BODY

### **Aesthetica** **703.729.5553**

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

**www.gotobeaauty.com**

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

### **Astoria Laser Clinic & Med Spa** **703.992.9290**

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

2106 Gallows Rd, Vienna, VA 22182

**www.astorialaserclinic.com**

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

### **Aesthetic Medical Center** **703.992.7979**

8150 Leesburg Pike, Suite 820  
Tysons Corner, VA 22182

**www.aestheticmedctr.com**

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

### **Plastic Surgery & Associates** **703.790.5454**

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

**www.plasticsurgerymclean.com**

Dr. Csaba L. Magassy is one of the Washington area's best-known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, Dr. Magassy has helped

thousands reach their cosmetic goals. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients.

### **Radiance Salon & Medi-Spa** **571.333.3005 (Leesburg)**

19305 Winmeade Drive  
Leesburg, VA 20176

**703.723.4600 (Ashburn)**

43150 Broadlands Center  
Ashburn, VA 20148

*(Please see ad on page 74)*

**www.GoToRadiance.com**

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

### **Red Rose Center** **703.646.2321**

462 Herndon Parkway, Suite 101,  
Herndon, VA 20170

**www.redrosecenter.com**

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

### **WellMedica Aesthetic & Anti-Aging Medicine** **703.787.9866**

*(Please see article on page 74  
and ad on page 91)*

1801 Robert Fulton Dr. Suite 540  
Reston, VA 20191

**www.wellmedica.com**

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

### **Woodhouse Day Spa** **571.577.2775**

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

**Leesburg.WoodhouseSpas.com.**

Holding a deep belief that health, wellness, and beauty are intricately linked, Woodhouse offers comprehensive spa services in massage, facials, body treatments, expert manicures and pedicures, sleep treatments and relaxation experiences.



# ASK AN EXPERT

## **About Preventive Anti-Aging Medicine**

**Longevity Wellness Center**

by Dr. Patricia Petitt, DO, MPH

The gradual wasting away of the body over the course of decades is not a necessary or normal component of aging. Rather, it is the natural outcome of a lifetime of unenlightened choices. Through unhealthy choices you may actually function and be aging biologically at the same level as someone 15-20 years older. The question is how can you be one of those people who function and age biologically at a level equivalent to someone who is many years younger than you?

The answer can be found at Longevity Wellness Centers with a Preventive-Aging Consultation. Longevity Wellness Centers offers a number of consultative levels:

### **Other Services Include:**

**Weight loss plan which includes HCG, appetite suppressant and counseling.**  
**\$300.00/month**

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**Body Fat Analysis**

**Breast Cancer Screening**

**Bioidentical Hormone Replacement Therapy**

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This service level provides a comprehensive assessment of your hormone blood levels and related medical history, with individualized recommendations for optimum hormone replenishment. One-on-one physician consultation and instruction covers all aspects of safe hormone replenishment, specific for you.



## *Hormone Replenishment and Nutritional Lifestyle*

Obesity is the fastest growing health problem in the U.S. Managing a healthy weight becomes increasingly difficult as we age, and most diets fail because they are not individualized to your needs. This consultation adds a comprehensive nutritional lifestyle evaluation to the hormone replenishment service described on the opposite page.

A detailed assessment and computer analysis of your current nutritional lifestyle, and a body fat analysis provide the basis for a customized dietary program to achieve your goals. One-on-one physician consultation and instruction covers all aspects of safe hormone replenishment and optimal nutrition, specific for you.

## *Comprehensive Preventive-Aging Program*

Patients typically describe the Longevity Wellness Centers Comprehensive Preventive-Aging Program as a "life-changing experience." It is a total body, mind, and spirit approach to wellness. A custom life-plan is created to personally guide your journey to functionally age at a level equivalent to someone many years younger than your chronological age, and replenish your youthful vitality.

## *Pricing*

Initial comprehensive assessment for the Hormone & Weight Loss Programs is \$475.00 which includes history evaluation, laboratory analysis and initial visit.

30-minute brief consultation for \$125.00 can be applied to the \$475 fee for the Hormone & Weight Loss Program when you sign up.

Annual retainer fee for the Comprehensive Preventive-Aging Program \$1,200.00\* includes quarterly/semi-annual office visits, email and phone consultations as needed, treatment plan adjustment and monitoring.

\*(Note that the prices provided above do not include the cost of lab tests or prescriptions. These costs are usually covered by your insurance carrier depending on your coverage minus your co-pay to the pharmacy and laboratory.)



## *About the Expert*

### **Dr. Patricia Petitt, DO, MPH**

Dr. Petitt truly believes that it is important to look at the "whole person" to include how we look and feel on the outside as well as our health and wellbeing on the inside. To compliment her aesthetic training, Dr. Petitt completed a fellowship in Anti-Aging and Functional Medicine. This program emphasizes a thorough competency in nutrition, fitness, stress reduction, and bio-identical hormone replacement for men and women.

An Anti-Aging and Preventive Medicine Physician, and the Medical Director of Longevity Wellness Center & Spa, Dr. Petitt received her Medical Degree from South Eastern University of Health Sciences in North Miami Beach, Florida in 1994. She is Board Certified in Preventive & Occupational Medicine by the American Osteopathic Board of Preventive Medicine and Board Certified in Anti-Aging and Regenerative Medicine by the American Board of Anti-Aging Medicine (ABAARM). Dr. Petitt has practiced Preventive Medicine for 18 years in Maryland and Virginia where she learned to focus on strategies to promote health and wellness as well as disease prevention. She has been an aesthetics physician for the past 6 years in several medical spas in Virginia and New York City performing liposuction, laser therapies, Botox & Dermal Fillers, and much more.

## *Longevity Wellness Center*

Dr. Patricia Petitt, D.O., M.P.H., FAARFM, ABAARM  
11921 Freedom Drive, Suite 550, Tower Two  
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## BAIRD OPENS WEALTH MANAGEMENT OFFICE IN MCLEAN, VA.

Baird announced late last year that it has opened a wealth management office in McLean, Va., the firm's second in the state. The Popovich Financial Group, which is led by Nancy Popovich, Managing Director, will work from the office located at 1750 Tysons Boulevard, Suite 260. The office is managed by Jim McGuire, Senior Vice President, who also manages Baird's wealth management offices in Philadelphia and Reston, Va.

In addition to Popovich, the following wealth management professionals will work from the McLean office:

- Ryan Unthank, CFA®, Senior Vice President
- Brittney Goad, Client Specialist
- Shannon Johnson, Client Assistant

"We're very pleased to extend Baird's footprint in the metro Washington DC area to the growing community of McLean," said Matt Curley, Divisional Director for Baird's Private Wealth Management business. "The Popovich Financial Group does an exceptional job of providing the best financial advice and service to our clients, and will be an asset to the market."

Popovich lives in McLean with her family and is actively involved in the community. She is a founding co-chair of the Women's Health and Empowerment Circle Advisory Board at the Virginia Hospital Center and donates her time to other area non-profits including Hopecam and Neediest Kids.

Baird's Private Wealth Management business encompasses approximately 880 financial advisors serving clients through 88 locations in 29 states, and has client assets of \$117 billion. ♦

### ABOUT BAIRD

Baird is an employee-owned, international wealth management, capital markets, private equity and asset management firm with offices in the United States, Europe and Asia. Established in 1919, Baird has more than 3,400 associates serving the needs of individual, corporate, institutional and municipal clients. Baird has \$171 billion in client assets. Committed to being a great place to work, Baird ranked No. 4 on FORTUNE's 100 Best Companies to Work For in 2017 – its 14th consecutive year on the list. Baird is the marketing name of Baird Financial Group. Baird's principal operating subsidiaries are Robert W. Baird & Co. Incorporated in the United States and Robert W. Baird Group Ltd. in Europe. Baird also has an operating subsidiary in Asia supporting Baird's investment banking and private equity operations. For more information, please visit [popovichfinancialgroup.com](http://popovichfinancialgroup.com).  
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BY SHARON REED

## DULLES CHAMBER'S ANNUAL BUSINESS AWARD WINNERS ANNOUNCED

*Loudoun Sheriff, Legislators, Business Leaders Attended  
Annual Business Awards Event*

The Dulles Regional Chamber of Commerce announced its annual business awards winners at the "Stars Over Dulles" Awards Luncheon event on Wednesday, Dec. 13 at Hilton Washington Dulles Airport in Herndon. The master of ceremonies was James Lawson, Chairman of the Board, Dulles Regional Chamber of Commerce.

Guests in attendance at the event included Sheriff Mike Chapman, Loudoun County Sheriff's Office; Virginia Delegate Jennifer Boysko; Town of Herndon Mayor Lisa Merkel; Town of Herndon Vice Mayor Jennifer Baker; and many regional business and community leaders.

The award winners were presented with a Congressional Record recognition by a representative of the office of Congressman Gerry Connolly (D-VA 11th District) and a Congressional Proclamation

by a representative from the office of Congresswoman Barbara Comstock (R-VA 10th District).

Fun activities punctuated the event, including a visit from Santa Claus, who gave each of the award winners a Southwest Airlines airline ticket, courtesy of Karen Price-Ward, Community Affairs & Grassroots Manager, Southwest Airlines. DJ Karpediem, a locally-based and internationally known deejay, provided the music for the event.

"The Dulles Regional Chamber of Commerce was proud to host our annual Stars Over Dulles event to recognize exemplary companies and organizations in the Dulles region," said John Boylan, President and CEO, Dulles Regional Chamber of Commerce. "It was a difficult decision to choose between the finalists but our Board selected outstanding winners for the 2017 awards." ❖

### CONGRATULATIONS TO:

#### Transportation Leader:

Paul J. Wiedefeld, General Manager and CEO, Washington Metropolitan Area Transit Authority (award accepted by Gregory Potts)

#### Workforce Leader:

Madhu Garlanka, CEO, Software Products, Allwyn Corporation

#### Bank Leader:

MainStreet Bank  
(award accepted by Jeff Dick)

#### Hospitality Leader:

Westfields Marriott Washington Dulles (award accepted by Sharon Meyers)

#### Small Business Leader:

Jay Johnson, CEO,  
Five Minute Productions

#### Business Leader:

Geoffrey Lawson, VP & GM,  
The National Conference Center

#### Innovation Leader:

Praduman Jain, CEO,  
Vibrent Health

#### Arts Leader:

Laura Readyoff, Owner,  
The Music Loft, LLC

#### Distinguished Veteran:

Jim Kuiken, The Kuiken Group

#### Nonprofit Leader:

Children's Science Center  
(award accepted by Nene Spivy)

#### Corporate Social Responsibility:

John Sekas, Sekas Homes, Ltd.

#### New Chamber Member:

Mustang Sally Brewing Company  
(award accepted by Sean Hunt)

#### First Responder

#### Agency of the Year:

Loudoun County Sheriff's Office  
(award accepted by Loudoun County Sheriff Mike Chapman)

#### Eileen Curtis Lifetime Achievement Award:

Art Anselene, Town of Herndon  
(retired)





BY KEITH LORIA

## TERRA CHRISTA OFFERS *Inspirational Healing*

There's a building on Church Street in Vienna that people visit each day, and as soon as they walk in its doors, a feeling of calmness comes over most, and the stress of their lives seem to fade away.

Bridging religion and spirituality, allopathic and holistic therapies, as well as providing a haven for those in need to receive counseling or guidance, Terra Christa provides the perfect atmosphere for those interested in a more mindful or spiritual life.

The store is owned by Mary Ruth Van Landingham and run by her daughter Michele Barlock and a team of spiritual individuals who are there to guide people on a more peaceful journey in their lives.

The origins of Terra Christa begin in 1988, when the business first opened on Fenwick Island in Delaware, with the idea of providing a resource for the metaphysical community at a time where there were so few options available to learn and heal.

"A lot of people come to Terra Christa on the same path, already being spiritual in nature but more on an organized standpoint and feeling there was something more," Barlock says. "My mom stumbled upon this little rock shop, and they decided to sell and they reached out to her. She was one of the first people, 30 years ago, to bring a spiritual nature into the community."

The summer-only store became so popular, that Van Landingham decided to move it to a larger location in Vienna on Maple Ave. It eventually moved again, to its current home at 130 Church St., and now offers six rooms featuring a blend of nurturing products and people willing to share their knowledge and experience to help shed some light on the path.

"We welcome people from all walks to come in and support them," Barlock says. "The thing we hear every day is that the energy just feels so good here and we have a great vibe. Sometimes people say they come in just to 'breathe the air.'"

The staff enjoys helping people and educating them about the spiritual journey, and can point them to the best crystals, books, oils, music or other items that can give them the peace of mind they seek.

"The store is really known for the amount of crystals and minerals we have. We have hundreds of different varieties and people are so intrigued by the vibrational property of them," Barlock says. "A phrase we hear all the time is, 'what crystal would be good for someone who's (fill in blank).' It could be sad or stressed. They just want that thing that they can hold on to that's simple but powerful to them."

The customer base for Terra Christa ranges from millennials to those over 60, though a majority of them are in the 30-50 range.

"We have such a huge retention. We even have customers who have been coming to the store since Fenwick Island, and that's 30 years ago," Barlock says. "We have customers whose kids are now coming in because they came in when they were little. There's such a love and loyalty with our customers."

She understands that people are skeptical sometimes but notes that much of what she does is backed by scientific research and major hospitals have programs devoted to Reiki and many of these services.

"I tell people to go look it up. If people are questioning why the crystals work, it has to do with vibration. There is too much information that scientifically backs the use of oils and crystals," she says. "We have conversations and expand people's knowledge so people can go to it on their own."

Terra Christa also offers healing services such as Reiki, psychic readings and intuitive readings, and these healing sessions bring into balance any misaligned energy, which promotes healing. Some sessions involve the use of crystals and gemstones to enhance the stream of energy.

"We teach traditional, Ufui Reiki and more," Barlock says. "Someone can call and make an appointment for any of the services we offer. We'll talk through it and find what's best for them."

The store also presents a wide variety of classes to bring people the latest on healing techniques and other information that will assist them as they move forward on a spiritual path. It offers reading and counselling-based services and offer healing, therapeutic services.

"When you want to help someone, sometimes a Hallmark card just doesn't cut it," Barlock says. "You want to give something special that has meaning and has a purpose and is going to support them. Terra Christa provides that in a lot of different ways." ♦



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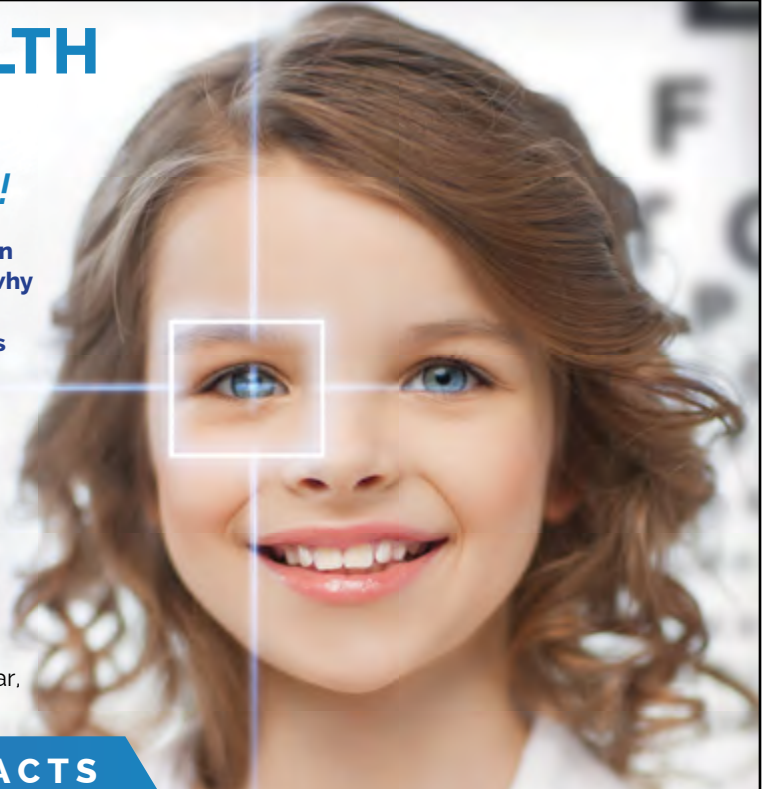
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# *The Boro Charging into Tysons*

By Keith Loria

The Meridian Group and Kettler are developing The Boro, a premier, multi-phase development in Tysons that will offer a curated mix of residential, office, and retail space, which at full build-out will consist of more than 1,500 residential units, 1.8 million square feet of office, 316,000 square feet of retail, and 250,000 square feet of hotel space.

Just steps away from the Greensboro Metro Station along the new Silver Line, adjacent to Route 7, Westpark and Greensboro Drives, the innovative mixed-use residential, retail, entertainment, and office environment captures the spirit of a true downtown experience.

In its initial phase, approximately 700 luxury units across four buildings, as well as 223,000 square feet of destination retail and culinary attractions, will join the vibrant, ever-changing landscape of Tysons.

“After we closed our financing in the summer of last year, we are continuing with

our construction activities,” says Caroline S. Flax, senior analyst with the Meridian Group. “On Boro Tower, a 437,000-square-foot trophy office building designed by Gensler, we are several floors out of the ground, and we are almost complete with the residential podium, and the three towers will become distinct soon. In the meantime, we are working on our retail and office leasing, bringing together the tenants that will build this neighborhood.”

The entire site is a walkable urban environment, creating a “live-work-play” neighborhood where one can walk from Greensboro Metro Station to their office, take a walk through the park and down Boro Place,

all with street-activating retail. Employees could walk to work from their apartment, and grab coffee in the morning, and grab groceries on the way home, all without leaving the Boro.

In short, the Boro is a premier example of a new, urbanized Tysons.

“It orients activity around the Metro, creating a true mixed-use neighborhood in a typically office or residential market,” Flax says. “The Boro will be the go-to spot for tenants in the surrounding office areas to come and grab lunch or a beer after work, giving employees in the area more options and entertainment.”



The residences will be luxury units with a full-service amenity package, including a fitness center and rooftop decks.

Verse, the condo building, will have a 24-hour concierge, an entertainment lounge, reserved parking, and swimming pool.

“Sales begin for the condos in a few months,” Flax says. “All three residential projects will share a half-acre sky park that will have a central kitchen and bar, grills, outdoor space for lounging and dining, and fire pits. All the luxuries residents are looking for with spectacular views.”

Additionally, Boro Tower, a Gensler-designed office building, and a luxury, 15-screen ShowPlace ICON Theatre will overlook the expansive Boro Park, which will feature amphitheater seating, outdoor tables and chairs, and water features open to the public. It will be a central hub of the project, and between the park and Boro Place we will have the capacity to hold large-scale events that will bring activity to the project year-round.

Boro Tower will boast 9 to 10-foot ceiling heights, an expansive rooftop terrace and panoramic views from the Blue Ridge Mountains to downtown Washington.



Already announced, Tegna will be moving its headquarters and will lease the top floors of Boro Tower, approximately 46,205 of the building’s 440,000 square feet. The anchor tenant is comprised of a dynamic portfolio of media and digital businesses, including 46 television stations, and G/O Digital.

Joining the arrivals will be a 70,000-square-foot flagship Whole Foods Market, the largest in the DC area.

“The neighborhood goes above and beyond in providing the life to the project,” Flax says. “With tenants like Alarm.com, M.C. Dean, and Booz Allen Hamilton—who already have

a large presence in Tysons—all within walking distance, they will provide life to the project by taking advantage of our retailers during the day and once the work day is over.”

Aspects of the project will be open as early as later this year, with Whole Foods Market and ShowPlace ICON opening in summer 2019.

Flax notes that whether one craves streetscapes, pedestrian-friendly roadways, public green spaces, or a curated selection of first-class entertainment, dining, and shopping, they will find it all at The Boro. ♦





# What's Affecting the Real Estate Market in 2018?

BY LINDA BARRETT

As we enter another busy home buying and selling season, it is important to know what is going on in the marketplace. What's influencing buyers? How is the Realtor business changing? What implications does the new tax bill have on home owners?

## Tax Reform Implications

The biggest topic of discussion is the new tax reform bill and its changes to home ownership. Some of the most important changes to tax laws include (check with your tax consultant/accountant):

- A reduction in the amount of allowable interest deduction on mortgage amounts to \$750,000 (including second homes, yachts, etc.) This only applies to mortgages borrowed after December 14, 2017; mortgages prior to that date are grandfathered in.
- Preservation of the deduction for second homes to the combined \$750,000 cap
- Elimination of the deduction for home equity loans
- Limitation of state and local taxes (SALT) to a \$10,000 household limit per return
- Reduction in estate taxes
- Elimination of the alimony payment deduction, however, taxes on alimony received have been eliminated (making it easier to afford a mortgage)
- Doubling of the standard deduction from \$6,350 to \$12,000 (individuals) and from \$12,700 to \$24,000 (couples.)

While this new standard deduction may provide higher benefits to some, it can also reduce the financial incentives for renters to purchase a home.

## Realtor Industry Changes

"Virtual reality is the future of real estate," said Ryan Conrad, CEO of the Northern Virginia Association of Realtors. Already in use are 3D, 360-degree, and drone-enabled photography and videography that can offer a virtual visit in and around a home and its neighborhood, virtual staging technology, and drone mapping.

Newly developed, the ability to "walk through" a home via Google Glass or a video can greatly assist Realtors in narrowing down the number of homes a client will actually want to visit. Google Glass is a tiny computer/camera worn around the head that enables a real estate agent to video chat while offering a live tour of a property, for up to nine others. It works through Google+ Hangout technology and allows hands-free voice or video calls directly from the Realtor's point of view while they are in the home. Those connected are able to ask questions or request that the Realtor show them specific areas of the home or grounds.

Professionalism is also at the forefront of the Realtor experience, as traditional realty companies compete with low-commission and online firms. Personalized services and more interaction through social media and feedback sites will increase. Visual methods of marketing will take preference, and online advertising, such as sponsored Facebook ads, will become more prevalent.

## Housing Trends

Home sales going into 2018 are still slow, attributed largely to the lack of inventory and new construction. But with interest rates remaining extremely competitive at below 5%, home prices rising only a fraction, and rents reporting sky-high, it is still an excellent time to buy.

"One trend we're seeing is a move toward high-density, mixed-use, amenity-rich communities," said Eric Maribojoc, Executive

Director of the Center for Real Estate Entrepreneurship, George Mason University. Already, communities like this are springing up in Tysons, Reston, the Mosaic District, and Fairfax Circle that combine residential living with grocery and service providers.

Older people are also moving back into more urban areas, especially within the Boomer population. Instead of migrating to retirement villages as they downsize, many are looking for the convenience of a walkable community in "smart growth," urban centers. For those who wish to remain in their homes, remodeling and upgrading their homes for aging in place is rising in popularity.

Another trend is for Accessory Dwelling Units (ADU), sometimes known as "granny flats," generally used as rentals. These are separate structures, or units within an existing home, that have their own entrance, living space, kitchen, bathroom and utilities, with the property owner required to also reside on the same lot. "There is a demand for more affordable housing in high-priced areas," Maribojoc added. In November 2017, Arlington County adopted revisions to its legislation to remove limitations previously in place and increase opportunities for residents to add accessory dwellings.

A third trend noted by Maribojoc are e-lofts, where former office spaces are transformed into flexible, mixed-use, live-and-work apartments and office suites, as in the newly-opened e-lofts by Delta Associates in Alexandria.

### Shifts in the Buyer/Seller Population

"One market segment that is really going to make a difference is the younger population," reported S. Scott Avery, president of AveryHess Realtors in his market report seminar held in January. While the Baby Boomers aren't downsizing and are staying in the workplace longer, the younger generations like the Millennials and Centennials (Gen Z) have surpassed them in terms of numbers. They are graduating college, establishing themselves in jobs, marrying and starting families, and looking to purchase their own homes. According to Realtor.com, "Millennials could make up 43% of home buyers by taking out a mortgage by the end of 2018."

The ideal of owning a home continues to be the American Dream. And with sales of existing homes, new construction, and revitalization continuing, along with highly-desirable mortgage rates, we should see continued growth in 2018. ♦



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Staybridge Suites	Serbian Crown	May Jewelers
Anita's Restaurant	Elite Fitness Concepts	Lost Dog Café
Skorprios-Maggio's	Ireland's Four Provinces	West Falls Church Metro
Norm's Beer & Wine (next to Maplewood)	Long & Foster Realtor	Stifel & Capra
The Virginian Restaurant	Fairfax Realty	Community Center, Falls Church
Vienna Inn	Claire & Don's Beach Shack	City Hall
Long & Foster Realtor	The Dogwood Tavern	The Virginian
Foster's Grill	Open Kitchen	Chesterbrook Residences
Rexall Drugstore	Saffron Grill	Sun Design
Peking Express	PizzaRama	McLean Community Center
Caffe Amouri	Arby's	Oakton Vienna
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Artful Gift Shop	Studio Hair, Skin & Nails	
The Community Center	GF Plastic Surgery	
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2018

# *Top Realtors* IN TYSONS



Our real estate market is the envy of the nation. So, it comes as no surprise that so many of our area Realtors are celebrated in national magazines and newspapers for their accomplishments and dedication to the industry. Here are a few for your consideration.

## DIANNE VAN VOLKENBURG

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During his career, Mark has supported clients on all types of transactions, often assisting with the purchase and sale of multi-million dollar homes and mid-level properties. An MBA graduate from The George Washington University, he is the former owner of Fair Lakes Realty and previous branch vice president for a national real estate firm. His clients often find his financial and investment experience helps them to make smart decisions about their homes or real estate portfolios. Mark consistently ranks in the top two percent of REALTORS® nationwide.

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## GINGER P. KING

### Best Real Estate Agent and Top Producer

Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and says that her hobbies are Tennis and Golf.

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## 2018 TOP REALTOR PROFILES



### JIM NELSON

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Jim Nelson has been a Realtor with Long and Foster for 25+ years. An experienced negotiator and luxury property specialist, Jim Nelson is diversified as both a listing agent and buyers agent in the Northern Virginia area. Specializing in finding properties for specific needs of buyers and pricing properties for sellers obtaining the most money within a reasonable period of time.



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### KAREN TRAINOR

**McEneaney Associates, Inc. REALTORS**

Licensed since 1991, Karen's Real Estate career has taken her to top producing agent, to being named Managing Broker and to The NVAR's Chairman of the Board. Her broad experience in the industry and depth of knowledge of her market makes a conversation with her a must.

At the national level, Trainor was named by the Northern Virginia Association of Realtors "Omega Tau Rho Fraternity" an honorary real estate society for those who have performed excellent service to the industry.

"I chose to join the McEneaney team because I value the company for its integrity, strength in the marketplace and overall respect and high standards it adheres to," says Trainor.



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With exceptional credentials, Casey has 25 years as a Re/MAX Agent, 23 of which he was in the "Top 100" agents and 5 of those years he was named the #1 Agent worldwide (out of over 100,000 agents). Casey has generated more than \$2.8 billion in sales to date and helped 3000 families buy or sell their home.

As online sources began to play a more dominant role in real estate transactions, Casey recognized the need for helping buyers and sellers decipher the validity and context of the plethora of internet information. By providing first-class service and his experience, he sought to inform clients to avoid the pitfalls of reliance on Internet marketing, advertising designed to sell a product. He also wanted to caution clients from following poor advice. As a result, Casey formed Casey Margenau Fine Homes, a boutique real estate company.

Casey continuously proves himself to be an invaluable resource to clients, advising them on how to realize full value on their real estate decisions, without "giving away the farm."

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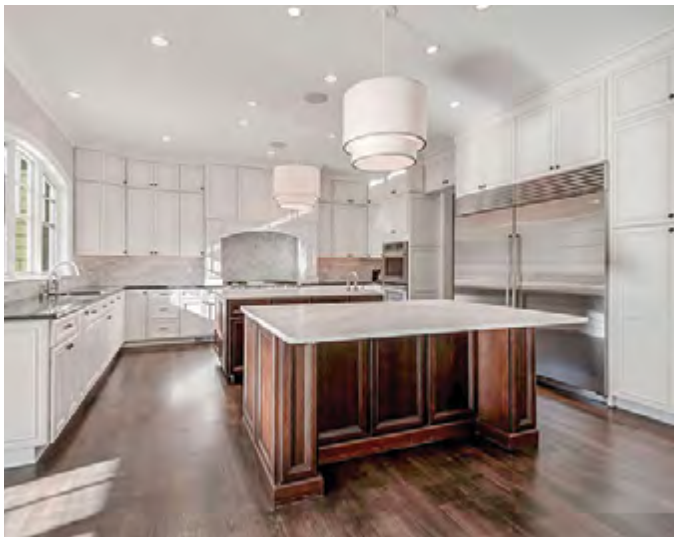
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## 10603 CREAMCUP LANE

GREAT FALLS, VA

\$3,299,877

A metal gate welcomes you to a gorgeous 5 bedroom, 5 bath smart home sited on a 5 level lot in a private neighborhood off Springvale Road. This home, built by award winning custom home builder Visnic Homes, is classic sophistication! A dry stack stone fountain leads you to panel moulding, mahogany entrance doors with beveled glass that open into a spacious foyer. On either side of the beautiful main entry are the formal living room with fireplace, crown moulding, and formal dining room, which has a custom butler's pantry, a wine fridge and beautiful wall mural. This home features elegant hardwood floors throughout and high, 10 ft ceilings. A main level great room with coffered ceiling and fireplace overlooks the rear yard and is located near the library that is nicely tucked away on one side of the main level. As you enter the kitchen, you find two center islands with honed marble counters (there are leathered granite counter tops on the lower level bar) high-end stainless steel appliances and a large eat-in breakfast area with glass double doors leading to the stone patio. There is a second huge family room that is off of the kitchen floor. The master suite has a beautiful walk-in closet and a balcony that overlooks the rear yard. Each bathroom has a unique layout with marble counters and subway tile. The lower level has a bedroom and bath, 10 ft ceilings, with tons of natural light. You will also find an exercise room, a lower level great room with high-grade carpet that leads you into the immaculate, state-of-the-art media room with a 12-speaker, surround sound system (runs throughout the whole house) that will simply blow you away! The lower level walks out to the rear yard that has a big stone patio, three car garage, playground and a whole house generator.

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BY LINDA BARRETT

# Maple Syrup, Anyone?

## Travel to Pennsylvania's Maple Festivals

There's nothing like the sweet, sticky, amber-colored goodness of pure maple syrup over a steaming stack of pancakes. Especially in late February and March, when maple syrup harvests take place in our region.

When you think of maple, you most likely envision Vermont or Canada. But did you know that maple production flourishes in Pennsylvania? It is the fifth largest producer, and well worth a weekend excursion.

"Historically, the maple history here in Somerset County goes back to the 1760s, to now four and five generations of maple producers," said Mark Ware, executive director of the Somerset Historical Center that features reproductions of three maple sugar camps from the 1860s to modern times to show how trees are and were tapped for what they locally call "sugar water."

"Since there is only 2% sugar in the sugar water, you can't tell it's sweet until you boil it down. It takes 40 gallons of sugar water boiled down and condensed to make one gallon of syrup," Ware explained. Trees with the highest sugar content are the sugar maples, or hard maples, followed by the red, or soft, maples. And harvesting relies on Mother Nature. "When the forecast is for freezing nights and warm, thawing days, you get out and tap. It has to do with the atmospheric pressure in the tree." A tree can have up to four taps, depending on the tree size.

"Maple is part of our economy here; producers are still on their family farms doing it as a serious seasonal business ranging from a few dozen taps to more than 20,000 on a property," Ware said. During Somerset's Maple Weekend Taste and Tour, visitors can visit sugar camps to learn about the history, watch tree tapping and syrup making, and sample products for free.

"We are known in Somerset County for our taffy treat we call "spotza" that is thickened maple syrup poured over crushed ice to make gooey taffy, our burnt sugar gobs (like whoopee pies), and burnt sugar cake that is even available in local grocery stores," he said proudly. "But go outside this county and nobody has ever heard of these; we have our own unique vernacular here.

### History of Maple Harvesting

It is said that the American Indian first made maple syrup. They used a sloping cut, or gash, two inches deep and 2.5 inches long in the maple tree. A knife or wood chip was inserted into the gash, allowing the sap to flow down it into a ground receptacle made from bark caulked with pitch, or hollowed-out logs.

By 1765, settlers changed the Indian's style of tapping. They trimmed off the bark, chopped a 1/2"-deep hole into the trunk and inserted a sloping trough that funneled the sap to a





spile (spout) into the receptacle. Boring holes began around 1774. Originally made of wood, the spiles were then created from galvanized cast iron, eventually transitioning to metal spiles and buckets. Plastic tubing has been used since 1965 to vacuum the sap more efficiently to a gathering vat or storage tank.

Sugarmakers boil the sap, watching carefully. As it thickens, it gets hotter, and is ready when it reaches 7 degrees above the boiling point of water. Left longer, it crystalizes, eventually becoming like granular sugar. The finished maple syrup is filtered and put into containers for sale or made into other treats like ice cream, candy or jelly. Pure and all-natural, it is ideal for enjoying on ice cream, barbecue, steamed rice or vegetables, and of course, pancakes, waffles and French toast.

There are a number of ways you can experience maple firsthand through farm tours, festivals, tree-tapping demonstrations and samplings.

### Visit Maple Farms

Tioga County, in northern central Pennsylvania, is one of the most popular destinations for maple products and production. Stop at Brookfield Maple Products, an organic maple producer and Pennsylvania's largest maple producer Patterson Maple Farms, known for its syrups and product line.

Visits to Loch's Maple and Fiber in the Endless Mountains region of Northeastern Pennsylvania showcase the production of the product used for their popular syrups, candies and signature "Maple Popcorn."

Bring the family to Indiana, PA's Andy's Own Pure Maple Syrup, a fourth-generation family business producing maple syrup for more than 50 years. Each spring, more than 200 gallons of syrup are extracted from more than 700 local trees, using a blend of modern equipment and traditional values to make some of the best maple syrup around.



### Enjoy Maple Festivals

The majority of Pennsylvania's maple festivals take place from the late February into early spring.

The free, self-guided Maple Weekend Taste and Tour (March 10) hosted by the Somerset County Maple Producers Association includes 16 sugar camps where visitors can learn about syrup production and traditions and sample maple products.

The Pennsylvania Maple Festival takes place March 17-18 and 21-25 in the Laurel Highlands, culminating at the annual festival in Meyersdale, also known as "Maple City USA." This festival features a variety of family-friendly activities including maple syrup production, sugar camp, demonstrations, living history, live entertainment, children's activities and a tractor show. Don't miss the Grand Feature Parade (Sat, March 1), Lions Club pancake breakfasts (March 16-17, 21-24) and the "Legend of the Magic Water," historical pageant brought to life by more than 100 local residents to depict the discovery and history of maple syrup (March 17, 23, 24).

Camp Elder holds its Mount Hope Maple Madness event (February 24 and March 3, 9 to noon), featuring a pancake breakfast, crafts vendors, and an outdoors maple sugaring

experience from tapping to the creation of the sweet, pure syrup.

Where pumpkin spice might be the craze in the fall, maple is the most-searched for term this time of year. Move over pumpkin, maple is poised to be the next big thing! ❖



### Highland Maple Festival

For a taste of maple in Virginia, visit the Highland Maple Festival in Monterey (March 10-11, 17-18). Designated a "local legacy" by the Library of Congress, this festival has been continuously occurring for 60 years, drawing up to 50,000 visitors. Highlights include buckwheat and pancake breakfasts, maple donuts, locally-harvested trout dinners, antiques, arts and crafts, and bluegrass music and clogging. [www.highlandcounty.org/events/maple-festival](http://www.highlandcounty.org/events/maple-festival)







BY RENÉE SKLAREW

## DINING AT OUR MOM EUGENIA *Feels Like Family*

When I heard about Our Mom Eugenia, a one-year-old restaurant in Great Falls, I immediately invited my friend Evelyn Xeron to have lunch there. Evelyn is a serious home cook who travels to Greece every summer to visit family. I knew she would enjoy sampling this taste of her homeland, and her immediate reaction was positive. She said the modern Greek taverna is just the kind of place she and her family would look for when they're traveling in Greece. Though this was a cold snap in January, I temporarily felt transported to a sun washed Greek island, if only for the afternoon.

Rustic, yet modern, Our Mom Eugenia is a casual neighborhood restaurant with wood paneling from a Virginia barn and whimsical paintings of Greek life adorning the walls. Several family style tables are available for groups, and you may hear a few diners speaking Greek around you.

We were greeted by one of the owners, Philip Hobson, who works in the front of the house. Philip and Alex Hobson are Chef Eugenia Hobson's sons who opened this restaurant with their mother, and then named it in her honor. On this chilly day, the warm interactions make you feel like you've been invited into the Hobson family home.

For a while now, Eugenia's sons had been dreaming of owning a restaurant where their talented mom could showcase her inventive Greek cuisine. Eugenia attended an Athenian culinary school, but also gleaned her recipes from cooking with her mother and grandmother. When she moved to America, Eugenia became the chef at Mykonos Restaurant in Rockville, and then moved to Nostos Restaurant in Tysons.





covered with sesame seeds wrapped around a wedge of gooey feta cheese. This pastry arrives on a bed of arugula, and is drizzled with golden honey. You could share it, but you won't want to. Evelyn and I finish every bite, and she observes, "Greeks are starting to get more modern with their food. They're going beyond the basics. I've never had anything like this. It reminds me of a Greek candy called Pasteli; it's bar made with honey and sesame." I think this captures Chef Eugenia's signature style, taking beloved Greek ingredients and reimagining them in new ways.

An appetizer that's ideal to share is the tart Patzaria & Pistachio Skordalia. Chef Eugenia has slowly baked the claret-colored beets that encircle Skordalia, a hand-whipped mash of garlic, potato and olive oil, then sprinkles it all with crushed pistachio nuts. This balance of textures and flavors is what modern gastronomies strive to achieve.

You will find a predictable Greek Salad with cucumbers, tomatoes, red onions bathed in vinegar and oil, and an Island Salad, that contains romaine lettuce. Both incorporate a hearty helping of feta cheese. Save room for dessert though, specifically consider the beignet-like Loukoumades, fried dough puffs bathed in honey and peppered with cinnamon and sesame. They are traditionally served for celebratory events, but you can have them any day at Our Mom Eugenia.

A steady flow of customers continues most of the afternoon, as the word's gotten out by word of mouth and from food critics praising Our Mom Eugenia. "I would drive across the bridge for this," says Evelyn as we prepare to leave—a high bar reached for any Maryland resident. This is a neighborhood restaurant for diners seeking a homey yet epicurean dining experience. ♦

**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**

"We had been looking for a place like this for a while," says Alex Hobson who lives in the Great Falls neighborhood. They opened Our Mom Eugenia on December 6, 2016 and have enjoyed the support of enthusiastic regulars ever since.

Phil says his mother prepares dishes that are lighter than northern Greek staples like Moussaka, although the traditional dish is still on the menu here. "My mom is from an island in the Ionian Sea on the West Coast of Greece called Zakynthos. It's south of Corfu and Cephalonia. Zakynthos has more vegetation and rain. My mom's food doesn't use a lot of oils or heavy stuff. She likes light cuisine," says Phil. "If you go more to the north, the dishes are heavy, with a lot of meats and sauces, because of the weather. Further down south, the cuisine gets lighter and lighter. Down in the islands we eat a lot of fish."

Fish dishes are often among the dinner specials, while lunch features daily options like lamb burgers and Cabbage & Carrot Salad. "She cooks a soup every day, and also a lunch special. At dinner, we offer more fish specials like sea bass or rockfish," Phil explains. We were at the restaurant on Thursday, so we tried the lunch special called Gemista, which in Greek translates to "the ones that are filled." The ones, in this case, were a duo of roasted green pepper and tomato filled with cinnamon-laced minced meat and rice. This healthful entree softly fills your mouth with its lightness. "It's a favorite of the hair salon employees next door," says Phil. "They order it every week."

Chef Eugenia smiles from her window in the kitchen, as she watches the rapt reactions to a flaming appetizer called Saganaki—Kefalograviera cheese set ablaze in brandy. She has clearly mastered conventional Greek cookery but incorporates recipes that reflect the palates of her native island. Vegetarians, pescatarians, dairy free and gluten free folks will all find inspiring options here.

A carafe of luscious green olive oil sits on the table, intended for the restaurant's crusty bread spotted with oregano. An assortment of appetizers includes customary Greek dips like Tzatziki, Melitzanosalata and Taramosalata, but with standouts like Feta Psiti—a crisp puffed pastry



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

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132 West Broad St. | 703.237.8333  
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[www.haandi.com](http://www.haandi.com)

## IDYLLWOOD 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](http://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](http://www.4psva.com)

## JV'S RESTAURANT

Falls Church | American | \$\$

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

6666 Arlington Blvd. | 703.241.9504  
[www.jvsrestaurant.com](http://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](http://www.littlesaigoncuisine1.com)

## THE LOCKER ROOM SPORTS BAR AND GRILL

Falls Church | American | \$

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



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**SISTER2**  
THE ORDINARY CAFE

2985 District Ave., Suite #130  
 Fairfax, VA  
 (703) 280-0429  
[www.sistersthai.com](http://www.sistersthai.com)

**MAGNOLIA**  
DESSERT BAR & COFFEE

431 Maple Ave. W.  
 Vienna, VA  
 (703) 268-5481



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

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

### PANJSHIR RESTAURANT

Falls Church | Afghan | \$\$

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

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

### PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

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

6320 Arlington Boulevard | 571.388.3910  
www.pistoneitalianinn.com

### PIZZERIA ORSO

Falls Church | Italian | \$\$

This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where pizzas are made in the traditional Neapolitan style.

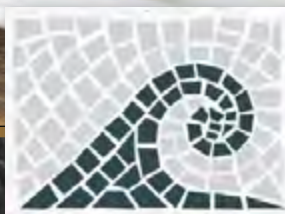
400 South Maple Ave. | 703-226-3400  
www.pizzeriaorso.com

### SAFFRON

Falls Church | Indian | \$

Tucked away in Falls Church by the Washington & Old Dominion Trail is Saffron, widely known for its authentic Indian cuisine. Their signature dishes include rich tandoori lamb chops and freshly-crafted naan, seasoned with hand-ground spices. Check out their menu for dine-in, carry-out, and catering options.

1077 West Broad Street | 703.992.0077  
www.saffronfc.com



# NOSTOS restaurant

Award-winning Nostos has a variety of traditional and new Greek dishes to stimulate your senses. Choose from over fifty distinct wines from several different regions of Greece to pair with food or simply for the pleasure of your palate.

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**2012, 2013, 2014, 2015, 2016,**  
**2017, 2018**

—Washingtonian

**Editors' Pick**  
**2012, 2014, 2017**  
—Washington Post



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reservation today!

**703.760.0690**

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

8100 Boone Blvd, Vienna, VA 22182



## SWEETWATER TAVERN

Falls Church | American | \$\$

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

3066 Gatehouse Plaza | 703.645.8100

www.greatamericanrestaurants.com

## TARA THAI

Falls Church | Thai | \$

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

7501 Leesburg Pike | 703.506.9788

www.tarathai.com

## FAIRFAX

## THE AULD SHEBEEN IRISH PUB &amp; RESTAURANT

Fairfax | Irish | \$

For traditional Irish fare, look no further than Fairfax's Auld Shebeen. This local favorite brings the spirit of Ireland to Virginia by combining great food with a great time. Swing by for some fantastic selections such as fish and chips, braised

lamb shank, or even shepherd's pie. With a full bar, live music on the weekend, and a special events space for up to 200 people in "The Cellar," the downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion.

3971 Chain Bridge Rd | 703.293.9600

theauldshebeenva.com

## CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883

www.chutzpahdeli.com

## DOLCE VELOCE

Fairfax | Italian | \$

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

plates of olives and cheese.

10826 Fairfax Boulevard | 703.385.1226

dolceveloce.com

## SISTERS THAI

Fairfax | Thai | \$\$

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

2985 District Ave, Fairfax, VA | 703.280.0429

www.sistersthai.com

## GREAT FALLS

## BOLLYWOOD BISTRO

Great Falls | Indian | \$

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



Opentable's Best 100 romantic restaurants in the USA for many years.





### WINE DINNER

Our wine dinners include **five courses**, each paired with a wine selection to highlight a varietal, winemaker, or region. The special fixed menus are designed to perfectly complement the featured wines.

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163 Glyndon Street SE, Vienna, VA 22180 | T: 703.938.3311 | [www.caferenaissance.com](http://www.caferenaissance.com)

LUNCH: Mon. - Fr. 11.30AM - 2.30PM BRUNCH: Sunday 11AM - 2PM

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

Bistro is perfect for any occasion.  
9853 Georgetown Pike | 703.865.0450  
[www.bollywoodbistrofairfax.com](http://www.bollywoodbistrofairfax.com)

## DANTE RISTORANTE

**Great Falls | Italian | \$\$\$**

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

1148 Walker Rd. | 703.759.3131

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

## L'AUBERGE 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](http://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](http://www.oldbrogue.com)

# MCLEAN

## AMOO'S RESTAURANT

**McLean | Persian | \$\$**

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

6271 Old Dominion Dr | 703.448.8500

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

## ASSAGGI OSTERIA

**McLean | Italian | \$\$**

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

6641 Old Dominion Dr | 703.918.0080

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

## BARREL AND BUSHEL

**McLean | American | \$\$**

This contemporary American-style restaurant and bar 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 Pl | 703.848.6340

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

## BOULEVARD CAFE & CATERING

**McLean | American | \$**

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

8180 Greensboro Dr. | 703.883.0557

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

## BUSARA THAI CUISINE

**McLean | Thai | \$\$**

Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like ka pow chicken and pad thai, and soups and salads comprise their extensive lunch and dinner menus.

8142 Watson St. | 703.356.2288

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

## 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](http://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](http://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 Meunier. Closed Sundays.

6627 Old Dominion Dr. | 703.790.5164

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

## CAPRI

**McLean | Italian | \$\$**

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

6825-K Redmond Dr. | 703.288.4601

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

## EDDIE V'S PRIME SEAFOOD

**McLean | American | \$\$\$**

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

7900 Tysons One Place | 703.442.4523

[www.eddiev.com](http://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](http://www.eltiogrill.com)

## DA DOMENICO RISTORANTE ITALIANO

**McLean | Italian | \$\$\$**

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

1992 Chain Bridge Rd | 703.790.9000

[www.dadomenicova.com](http://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](http://www.flemingssteakhouse.com)



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METRO29DINER.COM

### FOGO DE CHAO

**Tyson** | **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 linguica sausages instead. Other worthwhile cuts to sample include the filet mignon and beef ancho, or rib eye. The restaurant's signature meat is called picanha, prime sirloin marinated in sea salt and garlic. You will also find tasty frango, tender chicken legs in a savory sauce and chicken wrapped with bacon. The lombo cutlets consist of pork loin encrusted with parmesan cheese.

1775 Tysons Blvd Suite 50 | 703.556.0200

[fogodechao.com/location/tysons](http://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](http://www.greenberrys.com)

### HÄRTH AT HILTON MCLEAN TYSONS CORNER

**McLean** | **American** | \$\$

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

7920 Jones Branch Dr. | 703.761.5131

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

### J. GILBERT'S

**McLean** | **American** | \$\$\$

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

6930 Old Dominion Dr. | 703.893.1034

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

### JOE'S SIMPLY AMAZING BURGERS

**McLean** | **American** | \$\$

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

6710 Old Dominion Dr. | 703.288.0288

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

## LA SANDIA

McLean | Mexican | \$\$

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

7852 Tysons One Pl. | 703.893.2222

[www.richardsandoval.com/lasandia/virginia/](http://www.richardsandoval.com/lasandia/virginia/)

## 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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.seasons52.com)

## Ristorante Bonaroti

Est. 1982

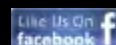


Sergio Domestici and the Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service. Since 1982, Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

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

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

428 East Maple Ave, Vienna | 703.281.7550 | [BonarotiRestaurant.com](http://BonarotiRestaurant.com)





# The Italian Restaurant in McLean

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-Providence Journal, Rosslyn H. Marilly

*café oggi*

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6671 Old Dominion Drive, McLean, VA 22101 | [www.cafeoggi.com](http://www.cafeoggi.com)

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*"Excellent  
and well-  
prepared  
food."*

2190-B Pimmit Drive • Falls Church, VA 22043 • 703.992.0915  
[WWW.IDYLWOODGRILL.COM](http://WWW.IDYLWOODGRILL.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](http://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](http://www.starnutgourmet.com)

## THE CAPITAL GRILLE

McLean | American | \$\$\$

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's signature cheeseburger with parmesan truffle fries.

1861 International Dr. | 703.448.3900

[www.thecapitalgrille.com](http://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](http://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.paddybarrys.com](http://www.paddybarrys.com)

## MERRIFIELD

### BLACKFINN AMERIPUB

Merrifield | American | \$\$

Located two blocks south of the Dunn Loring Metro, Blackfinn Ameripub specializes in craft beers, signature cocktails, and American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "handhelds") are among the fare offered at this great place to meet with friends, family, or coworkers.

2750 Gallows Road | 703.207.0100

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



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

Located in the Mosaic District, this is the first D.C. area outpost of this Texas legacy. Founded by world-class wrestler Cyclone Anaya and his wife Carolina, this restaurant offers homemade Mexican food, margaritas, ceviche, and all types of tacos. You can be sure to find something for everyone on their menu.

2911 District Ave. Ste. 170 | 703.992.9227  
[www.cycloneanaya.com](http://www.cycloneanaya.com)

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

For 20 years, the Lai family has been serving an extensive menu of home-style Vietnamese dishes. The restaurant offers a gluten-free menu and MSG-free menu, with favorites like pho, Vietnamese rice crepes, and a wide range of vegetarian selections.

8190 Strawberry Ln. | 703.539.8566  
[www.foursistersrestaurant.com](http://www.foursistersrestaurant.com)

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

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft.

2911 District Ave. | 571.395.4869  
[www.matchboxmerrifield.com](http://www.matchboxmerrifield.com)

**OPEN ROAD GRILL AND ICEHOUSE****Merrifield | American | \$\$**

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

8100 Lee Highway #300 | 571.395.4400  
[openroadmerrifield.com](http://openroadmerrifield.com)

**PASSION FIN ASIAN BISTRO & SUSHI BAR****Merrifield | Asian | \$\$**

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

2750G Gallows Rd. | 703.204.2969

**RAOUCHE CAFE****Merrifield | Middle Eastern | \$\$**

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

2839 Gallows Road | 703.205.9099  
[www.raouchecafe.com](http://www.raouchecafe.com)



# Maggio's

**FAMILY RESTAURANT***"The Taste of Elegance"***Greek and Italian cuisine with American favorites.**

421 Maple Ave E | Vienna, VA 22180

**[www.maggiosvienna.com](http://www.maggiosvienna.com) | 703.938.7777**



## 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 &amp; 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

## CAFE RENAISSANCE

Vienna | French | \$\$

Touted as the most romantic dinner in Northern Virginia, Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. An old-world destination with an enormous wine list & ornate, gilded rooms, its cuisine is classical French with a modern twist and an Italian accent.

163 Glyndon St SE | 703.938.3311

www.caferenaissance.com

## CHEF GEOFF'S

Vienna | American | \$\$

The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free as well as regular menu, plus a bacon bar with bacon nachos and chocolate pretzel

cake with salty bacon. 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 &amp; RUM BAR

Vienna | Spanish | \$\$

Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos such as slow braised duck, roasted pork, or blackened fish. Larger plates include grilled skirt steak churrasco and "ocho hora" braised short rib. If you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more.

1934 Old Gallows Rd, Suite 110 | 703.854.1728

www.paladarlatinkitchen.com/locations/tysons-va

## PAZZO POMODORO

Vienna | Italian | \$\$

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

118 Branch Road SE | 703.281.7777

pazzopomodoro.com

## 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, 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 fresh-baked varieties with a shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

8137 Leesburg Pike | 703.448.0080

www.tysonsbagelmarket.com

## WOO LAE OAK

Vienna | Korean | \$\$

Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Offerings like bibimbap and Korean barbecue keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two.

8240 Leesburg Pike | 703.827.7300

www.woolaeoak.com

## OAKTON

## LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | lucianoitalianrestaurant.com

## OLD PEKING

Oakton | Chinese | \$

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

Hunter Mill Plaza, 2952 Chain Bridge Road

703.255.9444 | www.oldpeking.com

## SANTINI'S NEW YORK STYLE DELI

Oakton | American | \$

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

2975 Chain Bridge Rd. | 703.766.6666

www.mysantinis.com

## TIGRIS GRILL

Oakton | Middle Eastern | \$

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.5950 | www.tigrisgrill.com

## YOKO SUSHI

Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles, 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





## WORKING OUT FOR MORE THAN WEIGHT LOSS

**W**hy do you exercise? Do you want to look better? Feel better? Improve your health? All of the above?

We all know exercise has its many benefits. Being physically active keeps us slimmer, gives us energy and improves our self-confidence. But what can exercise do for our heart health? February is National Heart Health Month, so we figured it's the perfect time to take a deeper dive into the benefits of exercise and how it helps improve your heart health.

Worldwide, heart disease and strokes are the leading causes of death. Some of the risk factors for heart disease are cigarette smoking, high blood pressure, abnormal cholesterol levels, diabetes, sedentary lifestyle and obesity. There's good news though! You can lower your risk substantially by making some changes to your current lifestyle.

Physical activity can be just as beneficial to your heart as medication in many cases. Johns Hopkins research has found that pairing exercise with a Mediterranean diet, maintaining a healthy weight and not smoking can actually reduce the chance of death from all causes by 80 percent. Understanding the benefits of physical activity and how it keeps your heart healthy can be quite the motivator to get moving:

- **EXERCISE CAN LOWER BLOOD PRESSURE.** Having high blood pressure is a major risk for heart disease. Exercise acts like a beta-blocker—it lowers blood pressure and slows down your heart rate. This is true when you are at rest or exercising.
- **EXERCISE HELPS MAINTAIN A HEALTHY WEIGHT.** Being overweight can put stress on the heart and is also a risk factor for heart disease. Exercise, along with a healthy diet, can help you maintain a healthy weight.
- **EXERCISE HELPS BUILD AND STRENGTHEN MUSCLES.** Combining aerobic exercises and strength training is key for optimal heart health. Aerobic exercises consist of walking,



running, swimming, biking—anything that gets that heart pumping. No matter your fitness level, these exercises help the muscles draw oxygen from your blood. This in turn keeps the heart from having to pump more blood to your muscles.

- **EXERCISE CAN HELP YOU QUIT SMOKING.** Smokers who become more fit often quit smoking. Those that already live an active and healthy lifestyle are less likely to start.
- **EXERCISE EFFECTS THE DEVELOPMENT OF DIABETES.** According to Johns Hopkins research, combining both aerobic and strength training exercises has shown to reduce the risk of developing diabetes by over 50%. The muscles are better able to process glycogen. When glycogen is impaired, this leads to excessive blood sugars (diabetes).
- **EXERCISE HELPS REDUCE STRESS.** Stress is hard on the heart. Whether you're a runner, weight lifter or enjoy yoga, you're helping reduce your stress levels.
- **EXERCISE HELPS REDUCE INFLAMMATION.** With regular exercise, inflammation decreases. This helps with the effects of heart disease.

What amount of exercise should you aim for to get these heart health benefits? Anything is better than nothing. According to the Centers for Disease Control and Prevention, it is recommended that adults get 150 minutes (broken out into smaller increments) of moderate-intensity aerobic exercise per week and two sessions of about 30 minutes each of resistance training per week.

If getting started seems overwhelming and you don't know how to get going, consult with a certified, professional trainer at Fitness Together! Our 1-on-1 personal training will help you get the most out of your workouts and in turn, help keep your heart healthy! ❖

**FITNESSTOGETHER.COM**  
**(703) 289-9909**





## *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](http://bazinsonchurch.com)





BY MICHAEL EVANS

traditional finger sandwiches, pastries, fruit, tea and charm cake, to whatever the bride believes best represents the group's tastes. The main purpose of the bridesmaid luncheon is for the bride to have one last get together with her favorite women before the wedding where they can eat, drink and be merry.



# Wedding Parties

With Spring upon us, wedding season is about to kick into high gear and we know those calendars will be filling up quickly! If you or someone you love is planning a wedding for this year, you're in luck... We've got the scoop on all of the wedding-related celebrations you might be involved with from engagement to wedding day, and beyond!



## Engagement Party

The first of many wedding events, the engagement party provides an opportunity for the happy couple to celebrate their big news with family and friends. There are no hard and fast rules as to who should host such an event, giving free reign to anyone who would like to do so. Size varies from small and intimate to large, while formality may range from backyard barbecues to a cocktail party, or even an elegant dinner in the private room at the couple's favorite restaurant.

## Bridal Shower

Traditionally hosted by close friends or family of the bride and/or groom, bridal showers are a time for the women in her life to dote on the bride-to-be. These days, however, it's not always just about the bride. Many couples opt to have a couple's shower

en lieu of, or sometimes in addition to, the bridal shower. Again, size typically varies depending on the host and the location of the event, and the style of the shower may range from heavy hors d'oeuvres, to multi-course meals, or even simply a desserts shower. Many hosts will also incorporate a theme for the shower décor and food, and may include games and activities throughout the event, in addition to the opening of presents.



## Bridesmaid Luncheon

The bridesmaids luncheon is an event hosted by the bride to thank her bridesmaids and other close females involved in the wedding for all of their love and support throughout the engagement process leading up to the big day. Most brides choose to hold the event the day before or the day of the wedding in order to ensure all bridesmaids are able to attend. Menus may range from the

## Rehearsal Dinner

Usually held the night before the wedding as a way to kick off the wedding festivities, the rehearsal dinner may vary in size and formality based upon the host's preferences. Some opt to keep things casual and include all out of town guests, whereas others may opt for a more upscale dinner for the immediate family and bridal party only. The parents of the groom traditionally host the rehearsal dinner, though nowadays it may also be hosted by the bride's parents, the couple themselves, or a combination of the three.



## Wedding Reception

Traditionally hosted by the bride's parents, the wedding reception is a time for your closest friends and family to celebrate with you and your new spouse after watching you become Mr. and Mrs. From small intimate celebrations with a favorite few, to grand receptions that include the couple's immediate family and friends, as well as extended family and family friends, celebrating the new married couple is a time everyone looks forward to! Dinner, dancing, and toasts to the new couple often comprise the fun of the wedding reception, though the style, theme and menu are very customized to fit each bride and groom's unique personalities and preferences.



## After Party

After parties are becoming quite popular among the millennial crowd as it gives the newlyweds another opportunity to spend time with their guests in a more casual setting, and it gives everyone else a chance to get more face time celebrating their loved ones' nuptials. The after party may range from a formal event held by the bride and groom or a loved one, or may be as simple as designating a meet up spot at a local watering hole near the couple's hotel blocks. No matter the formality, this can be a fun addition to the wedding night for those couples who want to increase the amount of time with their friends and family on their wedding day.



## Post-Wedding Brunch

Another way to keep the party going with all of your favorite people is the post-wedding brunch. It may be hosted by the newlyweds, their parents, or anyone else close to the couple who feels so inclined, and serves as a great way to maximize time with your family and friends who came to celebrate you (if you're not leaving right away for your honeymoon). These events are typically held the morning after the reception, with breakfast and brunch items making up most menus. Many times these post-wedding events are held at the hotels where the couple has reserved a block of rooms for their guests, or at one of the parents' homes to simplify things for everyone involved. ♦



**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.**  
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BY JOHN BYRD

## EXPANSION AND RECONFIGURATION OF CIRCA 1990'S KITCHEN

*Satisfies Empty-Nester's Emergent Requirements*

Sun Design Remodeling Converts Cramped Production House Plan Into Gourmet Kitchen Perfect For Entertaining



Adding square footage to the kitchen is no guarantee that it will function any better than its cramped predecessor.

A Herndon homeowner recently interviewed some 20 remodelers seeking ideas for expanding a 10' x 12' production kitchen into something more generous. The goal was a plan that better supported her interest in baking and entertaining, and her husband's enjoyment of cooking.

Several propositions were put on the table. But it wasn't until Sun Design Remodeling's Jon Benson entered the scene that the owner saw the real problem, and how to amend it.

"Every contractor we spoke to had one basic idea: extend the existing kitchen ten feet to the rear," the owner recalls. "But this would only have resulted in a longer and still-too-narrow space not integrated into a rear-facing suite that included a family room one-step below the kitchen."

Benson, by contrast, identified the "configuration" of the two rear rooms and breakfast zone as the core problem—and proposed removing a knee-wall separating kitchen and family room, while raising the family room floor six inches to an even level with the kitchen.

"Jon's insight made all the difference," the owner observes. "It's the primary reason the plan works."

(At Top) **Bump out breakfast** A 8'x21' foot "bump-out" extending across the home's rear elevation forms the living space needed for a substantially more generous kitchen/ family room suite. The nearly 13 foot course of MI windows dramatically increases available natural light. The custom-designed island supports work triangles while functioning as both a dining counter and a serving station.

(Above) **Before** At just 10 square feet, the surface of the original food prep island was just one of many limitations in a 120 square foot, builder-grade kitchen.

(At Right) Raising the family room floor six inches to the same level as the kitchen was the first step in creating a more unified space. The “fire box” and windows also had to be raised. The flooring-- natural oak in a 4” plank-- was sanded in-place and stained with a black glaze. The mantle and Adoni black slate around the hearth reinforce the transitional-style interior design.

(At right middle) **Before** Kitchen and breakfast nook were sequestered from the family room by a knee wall.

A veteran remodeler who has published several books on woodworking, Benson says that homeowners often misdiagnose space-planning considerations by failing to prioritize the benefits they are seeking.

“This couple was transitioning into life as empty-nesters,” Benson says. “They’re socially very active and wanted a floorplan that would allow them to entertain 12 to 15 people several times a month. Unfortunately, the existing kitchen/family room floorplan didn’t circulate well at all.”

Moreover, a double sliding glass door on the rear elevation took up wall surfaces needed for a more optimal plan. To reach the deck from the breakfast area, one had to circumscribe the knee wall, step down six inches and pass through the slider.

“It was a waste of space,” the homeowner asserts, “but we didn’t see any alternatives.”

Other emergent owner priorities: “a brighter, lighter interior with views; work triangles that better support cooking, baking clean-up; a significant increase in storage capacity; a balanced, lively interior design with well-articulated wall elevations.”

Benson’s first call: delete the sliding glass door and introduce an 8’ x 21’ “bump-out” on the south-facing rear-elevation. The strategy re-configures the existing floor plan into an L-shaped great room that incorporates the family room as a sitting area (with hearth) visually linked to the kitchen and breakfast zone.

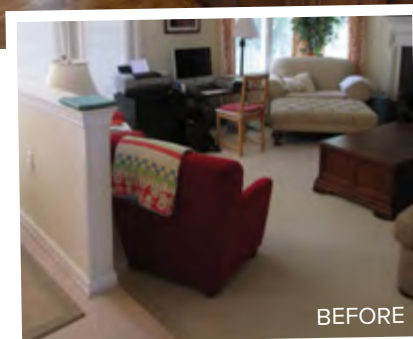
The re-designed west side elevation now includes a sliding glass door for easy deck access. The plan also introduces a new south-facing window in the family room.

“The increase in natural light is really uplifting,” the owner says.

To support the “bump-out”, the weight for the home’s second floor has been shifted to a steel I-beam resting on two concealed vertical supports.

With the bump-out now in place, Benson specified 13 linear feet of triple-ply MI windows poised above 21 feet of quartz counter surface. The cabinetry houses a dishwasher and a double-unit stainless steel sink.

Next step, remove the knee wall. The freed-up floorspace—now clad in oak with 4” planks—inspired the design team to radically re-invent the floor plan, and explore color-coordinated interior design themes.



(Above) Maggie Bailey’s new pantry design replaces largely dysfunctional cabinetry. Bailey inventoried the entire kitchen to determine the width, depth and height needed for storage. The owner says pots, plates and utensils formerly had to be kept in the basement are now close-at-hand in the re-designed work space.

Photos Credit: Greg Hadley





With the knee wall gone, the design team introduces a 42" x 90" food preparation island and dining counter perfectly positioned for easy-access to the new breakfast zone, family room and deck as well as support for several kitchen work triangles.

Each wall elevation is, in turn, elaborated for a specific role.

Maggie Bailey, Sun Design's specialty designer was summoned to convert an interior wall comprised of wall-to-ceiling cabinetry into a more functional storage solution: "The interior wall cabinetry wasn't especially useful," Bailey says. "The refrigerator absorbed some of the wall space, but the more the telling issue was the fact that the owner had so many otherwise-needed cooking tools stored away in the basement."

To assure the utility of the proposed solution, Bailey inventoried the entire kitchen, then developed a plan to replace the cabinets with a 48 inch pantry with double doors

The refrigerator was re-located to the east-side elevation, convenient to the oven stack and six-burner range oven. With the food prep island completing critical work triangles, step-saving efficiencies prevail in all directions. Better yet, all the pots, serving plates and cooking tools formerly in the basement are now "at-hand".

Wall elevations are perfectly crafted throughout: the black glaze island base and flooring in contrast with white subway tiles and Arctic-hued cabinet facings present a tone-on-tone visual play that is both eye-catching and calming.

The distinctive backsplash field behind the cooktop is a 3" x 6" bianco gloss in a running bond pattern. Ceiling-flush glass-facing cabinets provide display space for ceramic collectibles.

"What really works is the unity of the design, and the interior sight lines," the owner attests. "Guests in the family room are in visual contact with those in the kitchen. We have dinner parties several times a month. Plus, book groups and church gatherings—so this really suits our needs."

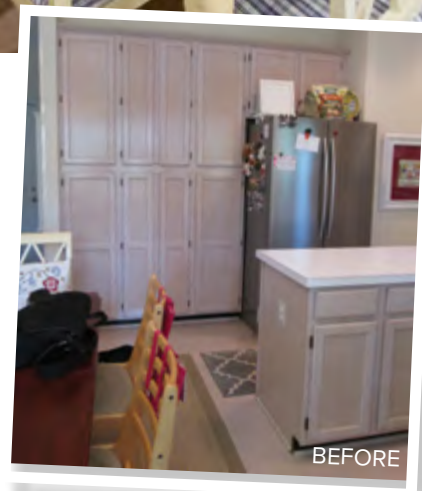
Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. ♦

**John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com). Send photos of interesting remodeling projects to: [b2b@homefrontsnews.com](mailto:b2b@homefrontsnews.com)**

(At left) **Island work triangle** The island's 42" x 90" Quartz surface provides an ideal work space for an owner passionate about baking. The larger-size makes it easier to prepare several dishes simultaneously, and to undertake more complex culinary processes. The Pendant lamps, while decorative, also provide needed "task" lighting.

(Below) **Breakfast table, pantry** Lead designer Jon Benson's step-saving space plan is carefully zoned to facilitate everyday requirements. The owners entertain frequently and wanted a casual-but-cohesive gathering places for parties of 12 to 15 people.

(At bottom) **Before** The original interior wall cabinetry did not accommodate the owner's storage needs.





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BY LINDA BARRETT

# Ongoing Wellness Care For Your Pet

Loving a pet is easy. Taking care of it takes knowledge of how to ensure that it has the healthiest and best life possible. You may only think of health care when a pet is sick, but consider how wellness care can truly enhance their quality of life.

When you provide regular wellness care, you create a timeline. This way when you bring your pet in for its yearly examination the veterinarian can see if any physical or behavioral changes have occurred and create a track record for their progression. Regular examinations can also detect some disease processes early, before they become a problem.

“Our entire focus at VIP Petcare is to maintain wellness in your pet; not necessarily to treat problems after they occur,” said Dr. Katryna Flier, DVM and Medical Director for VIP Petcare. “If we can keep your pet healthy through something as simple as regular checkups, vaccinations and routine healthcare, they will live longer and richer lives. And that makes us all happy.”

Pet wellness care can extend beyond the medical checkups as well. For instance,

microchipping. Because even indoor pets can also escape when people come in and out of the door, your cats and dogs should all have microchips. Think also about our country's recent natural disasters and how during the chaos of floods and fires, pets can become separated from their owners. Microchipping is a simple process that takes only seconds, but creates a lifetime of security should your pet become lost.

At VIP Petcare, we think it's important for pet parents to not only provide preventive care for their pets, but to understand why it is important, and what part you can play.

Here are some tips on how to provide wellness care for your pet:

- All pets should get a yearly examination from a veterinarian.
- Older pets should be examined more frequently.
- Get an annual fecal test to check for multiple intestinal parasites and diagnose any diseases. A fecal test can be included

in all packages at VIP Petcare and requires only a simple collection of your pet's feces.

- Get a heartworm test or feline leukemia virus (FeLV) screen
- Control parasites like fleas and ticks with a monthly parasite protection program.
- Brush your pet's teeth and provide regular dental care.
- Deworm.
- Update all vaccinations to prevent disease. Check the vaccine recommendations at [vippetcare.com](http://vippetcare.com), and ask your veterinarian for recommendations based on your pet's history, current health and lifestyle.
- Microchip your pet as a form of permanent identification.
- Trim nails.

Wellness care doesn't have to be expensive. With the VIP Petcare Community Wellness

Clinics the wellness visit itself is free and there is only a small charge for any related fees such as vaccinations, tests or treatments. Even a microchip implantation is inexpensive at only \$19 for a lifetime registration. Check the VIP Petcare website for locations and hours.

### Other Ways to Keep Your Pet Healthy

As with humans, diet and exercise play important roles in your pet's care.

Good health requires proper nutrition based on their size, age, lifestyle and species, and like humans, many pets are suffering from weight issues that can cause serious health issues. Choose healthy pet food options (your veterinarian can make recommendations) that are appropriate for your animal, keeping in mind that their nutritional needs differ from those of humans. You cannot feed them the same foods you feed the family. Ensure that fresh water is always available. Clean food and water bowls regularly.

All pets need lots of exercise to remain healthy, both through physical movement and mental stimulation. Play is a wonderful way to enjoy time with your pet while boosting exercise requirements. Invest in toys that stimulate your pet mentally, even when you're not available to play.

Don't overlook the importance of human contact. Your pet needs and wants your love and attention. A pet that is ignored or left alone for extended periods of time will not be as healthy as one that interacts regularly with family members. Interaction also helps boost socialization skills.

And did you know that pet ownership has wellness benefits for humans too? Studies have shown that pets can help alleviate feelings of loneliness and social isolation. In fact, a study by the Research Center for Human/Animal Interaction at the University of Missouri College of Veterinary Medicine indicates that interaction with animals can increase a person's level of the oxytocin, a beneficial hormone that helps a body heal, grow new cells and create an internal environment for health.

There is no greater joy than the love shared between your pet and your family. Ensure a longer and healthier relationship with wellness care. ❖

## PETS WE LOVE



**LUCY**  
Owner: Richard Bugley



**BUDDY**  
Owner: Richard Bugley



**SAMSON C. SANCHEZ**  
Owner: Maxine

IS YOUR PET READY  
FOR THEIR CLOSE-UP?  
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A TPSS modular building being delivered and each segment set into place on the concrete slab. *Photo courtesy of John Kearney.*



BY MARCIA MCALLISTER

Inside of a TPSS building working to reconnect the internal wiring after the TPSS modular building was delivered in sections and erected on site. *Photo courtesy of John Kearney.*

## SILVER LINE UPDATE

Silver Line construction contractors meandered through the below-freezing, near record-low temperatures along with snow and ice, and are looking toward some busy months as Phase 2 work continues from the Wiehle-Reston East Metro station to the end of the line in Ashburn.

### Here's a look at some of what to expect and what not to expect in the coming months:

- **Pedestrian Tunnel:** Work continues on the pedestrian tunnel that will carry passengers on moving sidewalks to and from the main terminal at Dulles Airport and parking garage 1. Moving sidewalks will be tested. Shuttles will continue to run until the tunnel reopens.
- **Track work:** Track installations will take place all along the alignment. Retaining wall construction continues in the median of the Dulles International Airport Access Highway (DIAAH). Yard lead work continues and aerial guideway track at the airport is being prepared for installation of systems equipment.
- **Electric Power:** Energizing the electrical systems in selected sections of track and service buildings such as traction power substations will begin. Communications and power lines are being relocated to allow access to the west end of the Herndon Parking Garage. Power lines for future signage and power gates along the DIAAH will be installed. Cabling continues to provide power to traction power substations, train control rooms and tie breaker stations.
- **Reston Town Center Station:** Installations on pedestrian bridges on the north side of the station and ongoing finishing work on bridges on the south side.
- **Herndon Station:** Construction of the pavilion on the north side of the station between the Dulles Toll Road and Herndon Parkway will begin soon. Fairfax County continues to work on a parking garage it is building near the existing Herndon-Monroe Park and Ride. Work on the roofing of the station vault is headed for completion. Slight changes in the Dulles Toll Road location are being made.
- **Innovation Center Station:** The most complete of all the stations, roofing work nearly complete as work on the pavilions and pedestrian bridges continues.
- **Dulles Airport Station:** Clearly visible as crews work to complete the roof. Electrical work continues.
- **Loudoun Gateway Station:** Station precast work continues and pedestrian bridges are in place.
- **Ashburn Station:** Steel roof erection should begin in March. Pedestrian bridges have been installed on south side and are almost ready for installation on the north side.
- **Rail Yard:** Duct banks and manholes are being installed.
- **Start-up:** Preliminary planning for start-up will continue involving contractors, the Airports Authority and the Washington Metropolitan Area Transit Authority. ♦



BY AMANDA SCARANGELLA

## MEET THE STAFF: THOMAS CRONE

The Dulles Corridor Metrorail Project has named Thomas Crone as the Director of Program Operations.

In addition to his various job duties, Crone is responsible for coordination among all project safety groups, Virginia Department of Transportation (VDOT), Washington Metropolitan Area Transit Authority (WMATA), county authorities, and other stakeholders. Crone is rising to the challenge with much enthusiasm.

"I'm enjoying it, because it's very rewarding to me," remarked Crone. "My career goals when I first went to school would have been to work on a major project."

Before accepting the Director of Program Operations position, Crone continued with WMATA for nearly 27 years rising through the ranks from Project Coordinator to Senior Program Manager. From 2000 to 2007, Crone even worked on Phase 1 of the Silver Line from the Metro side of the tracks. Joining the team on Phase 2 is just one more opportunity for him to propel the progress of the rail line forward.

Crone's passion for construction has followed him throughout his career. It is this passion that has helped promote better transportation for the local community by bringing the Silver Line from Tysons out to Loudoun County. ♦



Innovation crossover switch is being set to elevation.  
Photo courtesy of John Kearney.

BY AMANDA SCARANGELLA

## YEAR IN REVIEW: PROGRESS ON THE SILVER LINE

The second phase of the Dulles Corridor Metrorail Project (DCMP) closed out a busy year in 2017, and hit several milestones along the way.

In January 2017, all 251 column supports for the Dulles Airport Metrorail Station aerial guideway were completed and Capital Rail Constructors (CRC) crews began installing both ballasted and direct fixated track.

April 2017 brought with it the arrival of pedestrian bridge spans on site. Track work continued and the first of the prefabricated traction power substation buildings was installed. Construction of Phase 2 officially reached 56 percent.

Structural steel started going up for maintenance facilities and other structures at the Rail Yard in May 2017. These facilities will be critical to maintaining clean, durable Metrorail

trains for many years to come. Throughout the summer, crews were busy roughing in the mechanical, electrical and plumbing systems at four stations.

By August 2017, CRC crews began putting in place pedestrian bridges. These bridges will provide access for Metrorail passengers to reach the Silver Line stations. The first pedestrian bridge was set on the south side of Innovation Center Metrorail Station.

As autumn rolled around, construction of the aerial guideway structure at Dulles Airport Metrorail Station was completed.

In the spirit of the holiday season, DCMP and CRC partnered to provide 181 full Thanksgiving meals to families in Fairfax and Loudoun counties as part of the Loudoun Hunger Relief and Reston Cornerstones 2017 Thanksgiving Donation Drive in November.

By December's end, Phase 2 of the Silver Line had achieved over 5 million labor hours. That translated into 66 percent construction completion. ♦



## FITNESS TOGETHER GRAND RE-OPENING



Ribbon Cutting-Northern Virginia Chamber of Commerce  
Tysons Regional Chamber of Commerce



Fitness Together Owners Support  
from Region, Personal Trainer Tysons



*The Boro and Tysons Central are on a competing track, with both projects about 60 percent done.*

*Photo credit: Aerial Photography by Duane Lempke, Sisson Studios*



BY AMANDA SCARANGELLA

### WINTER COAT DRIVE: WARMING HEARTS AND HOMELESS

In the spirit of giving, the Dulles Corridor Metrorail Project (DCMP) partnered with Capital Rail Constructors (CRC) to

support the annual Winter Coat Donation Drive sponsored by Fairfax Supervisor Cathy Hudgins and the non-profit Cornerstones.

Together DCMP and CRC donated approximately 200 coats and 50 winter accessories. These items go to local, unsheltered adults and children to help prevent frostbite, hypothermia and illness. During winter, the homeless population is at a higher risk of suffering these symptoms than most. With temperatures reaching as low as 7°F, a warm coat and a thick scarf can save a life!

Supervisor Hudgins' office will be accepting coats through March 8, 2018. If you are interested in donating or know someone in need, please visit the Hunter Mill headquarters. ❖

*Pictured at top: Amanda Scarangella (left) and Leslie Pereira (right) pose with the coats and winter accessories donated by the Dulles Corridor Metrorail Project and Capital Rail Constructors.*

# BRIDGE CLUB

## MONEY-SAVING DEFENSE

♠ K 3  
♥ 10 7 6  
♦ A K Q J  
♣ K Q 9 6

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

	N	
W		E
	S	

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

You lead the deuce of hearts. Declarer takes East's jack with the ace, leads a trump to the king and returns a trump to his queen, East following with the five and deuce. How do you defend? See page 144.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 26.

## BIDDING QUIZ

### YOU HOLD:

♠ A 7 4 ♥ K 9 3 2 ♦ 8 5 ♣ A J 5 2

You open one club, your partner responds one diamond, you bid one heart and he then jumps to 2NT. The opponents pass. What do you say?

**ANSWER:** Your partner's second bid is, or should be, invitational to game, promising about 11 points, not forcing. If partner had 13 or more points, he could have jumped to 3NT or made a forcing bid. Since your opening bid contains not one bit of meat on the bones, pass.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 28.

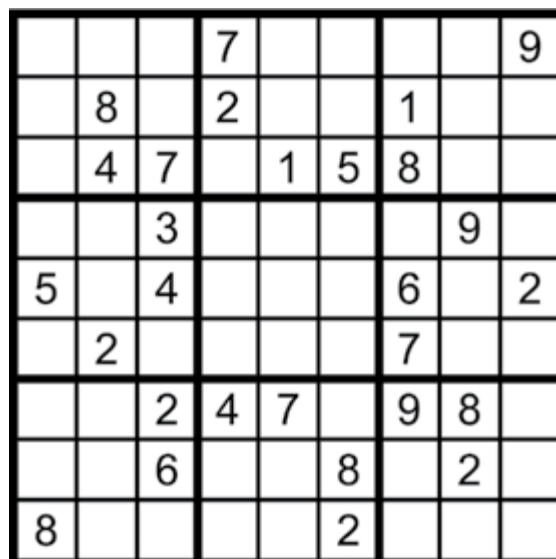
EXPRESSING EVOKES  
A "ME TOO" ATTITUDE  
WHILE IMPRESSING  
EVOKES A "SO WHAT"  
ATTITUDE.

—E. James Rohn

## HOW TO SOLVE SUDOKU PUZZLES

No math is required 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.



"I DON'T THINK THAT YOU HAVE ANY INSIGHT  
WHATSOEVER INTO YOUR CAPACITY FOR GOOD  
UNTIL YOU HAVE SOME WELL-DEVELOPED  
INSIGHT INTO YOUR CAPACITY FOR EVIL."

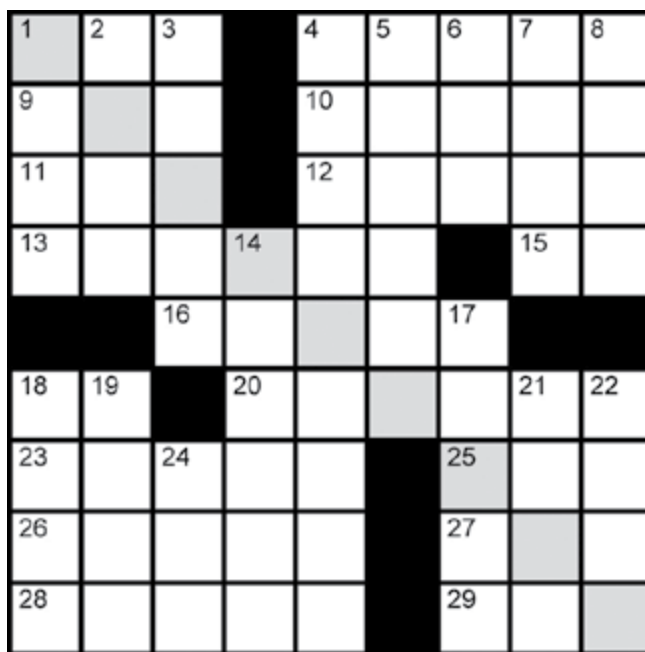
—Jordan B. Peterson

## SMALL ORANGELIKE FRUIT

### CROSSWORD CLUES

#### ACROSS

1. Recipe amt.
4. Finale
9. Call to Bo-peep
10. Unusual
11. Break a command-ment
12. 1545 council site
13. Pickle
15. Gift tag word
16. Cloudless
18. Kipling poem
20. Still on the shelf, maybe
23. Punctuation mark
25. Chit
26. Dangerous bac-teria
27. Econ. indicator
28. Fortune teller
29. Born as



#### DOWN

1. Recipe abbr.
2. Breeze (through)
3. Pre-exam feeling,

4. Exact or very accurate
5. Pestle's partner
6. "The Three Faces of \_\_\_"

7. Lady's escort
8. Kind of sax
14. In a melancholy manner
17. Despot's dura-tion

18. Clinches
19. Central points
21. Excellent
22. Fool
24. Unruly crowd





## BRIDGE CLUB SOLUTION

## MONEY-SAVING DEFENSE

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

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

Opening Lead: ♥ 2

The money games at my club range from a modest tenth of a cent a point to the 'big' ten-cent game. Still, few regulars make a living at the table: the competition is tough.

'I've tried to earn some money for a rainy day,' one would-be pro told me, 'but right now a heavy dew would clean me out. Look at this deal.'

South won the first heart and led a trump to dummy's king and a trump to West's ace. East echoed with the five and deuce, promising three trumps.

'If the defense cashes a heart and continues hearts,' South told me, 'I ruff, draw trumps, and lead a club for ten tricks. But at Trick 4, West gave himself an extra chance: he shifted to the jack of clubs! Dummy won, but East signaled with the seven. When I led a heart next, West won, took the ace of clubs and gave East a club ruff.'

The deal came up in the big game, so West's defense saved his side a fortune. If East signals low on the jack of clubs, West will know he must try for two heart tricks.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 28.

## SUDOKU Answers

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

## CROSSWORD Answers

T	S	P		O	M	E	G	A
B	A	A		N	O	V	E	L
S	I	N		T	R	E	N	T
P	L	I	G	H	T		T	O
			C	L	E	A	R	
I	F		U	N	R	E	A	D
C	O	M	M	A		I	O	U
E	C	O	L	I		G	N	P
S	I	B	Y	L		N	E	E



"Where are all these people who lived happily ever after?"

KEEP ON BEGINNING AND FAILING. EACH TIME YOU FAIL,  
START ALL OVER AGAIN, AND YOU WILL GROW STRONGER  
UNTIL HAVE ACCOMPLISHED A PURPOSE—  
NOT THE ONE YOU BEGAN WITH PERHAPS, BUT ONE  
YOU'LL BE GLAD TO REMEMBER.

—Ben Stein

WHEN ONE  
TEACHES,  
TWO LEARN.

—Robert Half

# I am Woman, Hear Me Roar

BY JAN KING

The Amazon takeover has begun, and it's not the "same day delivery" Amazon I'm talking about. It's about the birth of a nation ruled by warrior women. In the past year, we've seen women rising up and collectively crushing American men (and their gonads) for crimes of sexual harassment. One by one, men out there are being identified and humiliated, losing their jobs, and even being put behind bars. So, let this be a warning to all you testosterone titans—you can run but you cannot hide. The Amazon women will find you under every slimy rock in the country.

There's no profession which has been immune from this purging, either. Perverts have been plucked from every industry including politics, sports, movies, culinary, and even publishing. If Vanna White spun the Wheel of Abusers in the entertainment category alone, her arm would crumble from fatigue. Just a few of the sleazy seducers who have been called out are Harvey Weinstein, Ben Affleck, Bill Cosby, Kevin Spacey, Charlie Rose, Matt Lauer, Russell Simmons, Mario Batali, and Steven Segal.

Buh-bye, guys. I know this wasn't the kind of exposure you wanted. So, you better hire great PR people and a team of shifty lawyers to save your sorry tushies.

Naturally, the Hollywood Amazons have come out roaring the loudest. Empowered by women like Ashley Judd and Meryl Streep, they chose the Golden Globes as the perfect venue to unleash their fury. Those speeches incited their sisters into such a feverish pitch, they were running around with their manes on fire. Trust me. There is no fuel on earth more potent than estrogen plus anger.

Smelling fresh blood, the Amazons quickly disemboweled the likes of Harvey Weinstein and Kevin Spacey, expertly carving the potent moguls into impotent castrati. Their mantra, #times up, was mentioned approximately one billion times during their fire and brimstone sermons delivered from the golden pulpit. The Hollywood Amazons chose to wear black gowns, as a statement of their solidarity. It might be noteworthy to mention that the gowns showed a lot more than solidarity. Many wore décolletages, exposing plenty of boobage while plunging to the navel. Others

had slits up to the hip bones. Some were fashioned from see-through fabrics, with a few strategically placed embroidered fig leaves barely covering their vital organs. I'm guessing that their "statement" was: "Please look at my body parts, but if you touch any of them, you'll be missing three of your own!"

As sleazy as the Hollywood bunch might be, however, the juiciest scandals are coming from the politicians. Even better is when they're from the hybrid species, Politician/Entertainer. Take Senator Al Franken...please. He was busted when a photo surfaced of him groping a sleeping female reporter on a publicity junket. The senator's reaction to the accusation was typical of every guy who ever got his hand caught in the cookie jar. (Every pun intended). He was forced to go on a de rigueur "Apology Tour" written by his P.R. staff. During his televised mea culpa, Franken basically said he was NOT guilty of most of the accusations and had different recollections of the rest. He also said, "Nothing I did brought dishonor to the institution."

Wowzers, Al. That was really touching. And by that, I mean once again you touched women in really bad places. I guess your rationale is: 1. Unconscious women are fair game. 2. It's difficult to bring dishonor on an "institution" not unlike Sodom and Gomorrah.

So, where's it all going to end? Well, as a self-appointed spokeswoman for the Amazons, I'll give you my predictions. In the future, booze will be banned from any celebrations which are attended by both men and women, making the concept of "a fun party" obsolete. TMZ's Harvey Levin, the E! channel, and all the tabloids will become extinct. The Super Bowl will be replaced by the Lingerie Bowl. The only movies that will be made, produced, and directed will be in an entertainment industry run by females. All bestselling novels and screen plays will be about self-absorbed women's spiritual quests to find out "who they are." And, of course, Oprah will run for President.

The only minor downside is that our population is doomed since there won't be any men left with their reproductive organs intact. But, that's okay. It'll give them something to roar about! ❖



## MARCH



**PISCES 2/19–3/20:** Hard work and focus take you far but don't forget your larger life. Save a little of your energy for your pet and dollop of charm for the people who love you.



**ARIES 3/21–4/19:** Your life may seem a little crazy right now. Offer a smile to someone who doesn't expect it. The full moon on the 31st returns the vibes you give.



**TAURUS 4/20–5/20:** The quarter moon March 24 slows your roll some. Forget controversies and focus on solutions in your own world.



**GEMINI 5/21–6/20:** Your loved one is on a mission. No point in trying to rethink it. Hang in there. You could have more influence by next month.



**CANCER 6/21–7/22:** Energy is on your mind—yours and others. Focus on nutrition and get enough sleep. This will become essential as you move through March, a month that could be surprisingly demanding.



**LEO 7/23–8/22:** Consider planning a long weekend now, rather than a budget-blowing vacation this summer. The stars predict unexpected expenses. You'll want to be prepared.



**VIRGO 8/23–9/22:** Does every project have to be started and completed in one shot? Counter your perfectionist tendencies by working on ordinary tasks during short time spaces.



**LIBRA 9/23–10/21:** The equinox on March 20 is Libra's day. Take the day to consciously balance romance and friendship. Your spouse or partner can use a little extra of one or the other.



**SCORPIO 10/22–11/21:** To improve a relationship this month, give more than is expected; expect less in return. Someone who loves you needs your extra effort just now but won't ask for it.



**SAGITTARIUS 11/22–12/21:** Flexibility serves you well as the month comes to a close. Don't hesitate to try something new. A surprise is in store.



**CAPRICORN 12/22–1/19:** Spring. Ideas. Those two go together as the changing season sparks new plans. Consider your available time and resources then choose the most promising.



**AQUARIUS 1/20–2/18:** Stay alert for people who blame others for everything and avoid the blamers this month. What you hear may or may not be the truth so don't act on rumor. Get information.

## APRIL



**ARIES 3/21–4/19:** Take your bows, Aries. You've been center stage for quite a while. Now it's time to thank the audience and take your seat. Won't be long, though. By the end of the month, your leadership will be in demand.



**TAURUS 4/20–5/20:** Stand up straight and throw your shoulders back! Adopt a posture of strength to address the bumps in the road this month. But remember they are just bumps. Keep a positive attitude.



**GEMINI 5/21–6/20:** This month give yourself the same tender loving care you give your kids or your cat. Take a break. Get a treat. Take your medicine. By mid-month your attention to your personal needs pays off.



**CANCER 6/21–7/22:** Adopt a sympathetic attitude this month as you work and play with others. Everyone has their struggles. Look beyond yours to get inspiration.



**LEO 7/23–8/22:** Make sure you are cultivating friends that actually care about your success. Some do; some don't. Find the ones who do care for you and care for them back.



**VIRGO 8/23–9/22:** Time to ask yourself what you want to accomplish in the next two years. You'll have some forks in the road coming up. If you know where you are going, you'll know which path to take.



**LIBRA 9/23–10/21:** The second full moon of the month on the 30th brings a repeat of a task or situation you have come to think of as difficult. Start thinking of the situation as meaningful and look for the lessons.



**SCORPIO 10/22–11/21:** The New Moon on the 16th might be barely visible, but that's the time to turn the lights on. Plan for something fun and joyous at mid-month. It will take you far.



**SAGITTARIUS 11/22–12/21:** A personal dispute may seem threatening to your peace of mind. Consider honestly what you have done to contribute to the problem. You might be able to change your approach, but either way, you can only change yourself.



**CAPRICORN 12/22–1/19:** April opens with holiday, family and some fun. Let this carry you through the month as you consider how best to make every day more festive.



**AQUARIUS 1/20–2/18:** A little romance is in the air for April. It might be a connection with your loved one or it might be a feeling of awe at nature. Revel in it.



**PISCES 2/19–3/20:** You can, to some extent, choose your destination. As April dawns, start thinking of what you can do to be stronger and healthier so you can get where you want to go, not just where the winds send you.

*Embarrassed to smile, teeth failing?*

*Loose Dentures or Partials?*

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

**"All teeth on 4" could be the  
permanent dental implant answer  
you have been looking for!  
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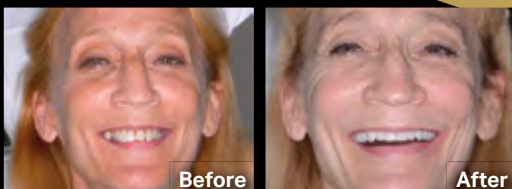
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Dr. Mayberry is a general dentist, and is Certified by the American Board of Oral Implantology/Implant Dentistry. He is an Honored Fellow of the American Academy of Implant Dentistry and is a Director of the AAID Foundation. He has 33 years of dental implant specific experience. He is a Vietnam combat veteran and gives back to other military combat veterans with special discounts.



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