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al fresco

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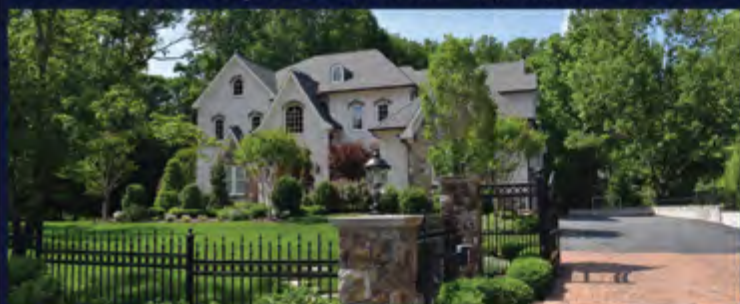
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6903 Lupine Lane, McLean \$3,750,000



10603 Creamcup Lane, Great Falls \$3,299,877



8408 Sparger Street, McLean \$3,249,900



11324 Fox Creek Farm Way, Great Falls \$2,999,900



1679 Hunting Crest Way, Vienna \$2,300,000



11326 Fox Creek Farm Way, Great Falls \$2,199,900



1411 Woodhurst Boulevard, McLean \$1,899,900



990 Millwood Lane, Great Falls \$1,800,000

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FEATURES



◀ SPRING INTO SUMMER FESTIVALS

by Dani J. Keating

Barbecue, bluegrass, music, camping and art—there's a festival for every summer vice. Peruse this listing of summer festivals and you are bound to find something to work into your summer travel plans.

TOP DENTISTS >

Proper care of your teeth is vitally important to your overall health and well-being. We have studied the area and found the top dentists, oral surgeons, and orthodontists that practice within your communities. These highly trained doctors along with their skilled staffs provide compassionate, quality dental care using state-of-the-art procedures.



◀ HOME AND DESIGN SHOWCASE

If you're thinking about investing in home improvement projects this year, you should take a look at some of the latest ideas from this compilation of work by the area's top home remodelers.



DINING AL FRESCO >

by Dani J. Keating

Dining in the great outdoors is catching on all over. After all, what could be more enticing than savoring a spring salad under the sun or pleasing your palette with a wood-fired pizza by moonlight? Perhaps a romantic evening imbibing by an outdoor fireplace is an enticing scene, or if indulging in local fare with family and friends is more your vein, the area has several breweries with outdoor patios that serve farm-to-table fare. Whatever piques your appetite, here are a few of the area's al fresco restaurants to help you summer in style.



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Photos by Cathy Stark
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Must See!

Luxurious new custom craftsman design on 1/2 acre lot in Tysons. Featuring a light filled open floor plan with oversized windows, 6 bedrooms, 6 1/2 baths, 3 car tandem garage, front porch with stone accents, stained in place 5" oak hardwood floors, coffered ceiling family room, huge secondary bedrooms, each with private en-suite & walk-in closets. A gorgeous master suite with sitting room, double walk-in closets with shelving, plus a spectacular master bath that boast dual entry shower separate vanities, make up counter and soaking tub. Tech features abound including Nest®, WiFi extender, CAT 6, HDMI and more. Amazing gourmet kitchen with 6 burner Thermador® gas range and refrigerator, butlers pantry with beverage refrigerator, bar sink and a large walk-in pantry. Easy access to two metro stations and Tysons.



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Blind Melon
Friday May 4th

Jimmie's Chicken Shack
Friday May 18th

Donna The Buffalo
Saturday May 19th

Caramelos De Cianuro
Sunday May 28th

Appetite For Destruction
A Guns N Roses Tribute!
Saturday June 2nd

Satisfaction
Rolling Stones Tribute!
Friday June 8th

Reckless Kelly
Friday June 15th

TUSK
Plays Fleetwood Mac!
Saturday June 30th

Jonny Lang
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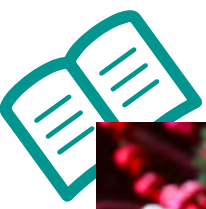
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Ann Romer

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Rltrann@aol.com
TheRomerTeam.com



Vienna/Tysons

Mid 800's

This split colonial features a step-down family room open to the updated kitchen and NEW finish-in-place wide-plank hardwood in living room, library and family room. The master suite includes a step-down sitting area, walk-in closet and updated bath with double vanities and heated floor. Additional updates include roof, siding, paver driveway & walkways, HVAC, screened porch and professionally painted interior. 1.3 miles to the Silver Line METRO!



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11565 Brass Lantern Court, Reston **\$649,900**

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Great Falls **\$990,000**

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Barbara Farmer

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aol.com

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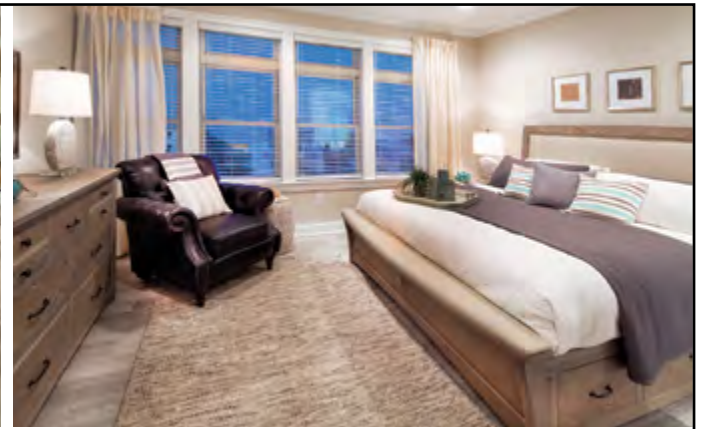
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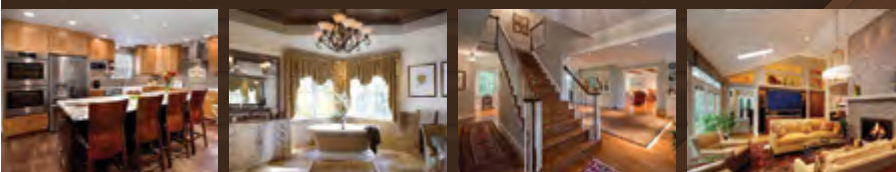
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MAY/JUNE 2018

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ON THE COVER:
Photo of indoor/outdoor living space by Bowers Design Build.

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Here's What's Happening at MCC

5th and 6th Grader Party
May the 4th Be with You
Friday, May 4, 7–9 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$35/\$25 MCC district residents

New this year!
McLean Day Preview
Friday, May 18, 2–7 p.m.
Lewinsville Park
1659 Chain Bridge Rd.
**Enjoy large carnival rides only;
ticket purchase required.**

McLean Day 2018
Saturday, May 19, 11 a.m.–5 p.m.
MCC Governing Board Election:
10:30 a.m.–5 p.m.
Lewinsville Park
1659 Chain Bridge Rd.
Free Admission

7th–9th Grader Dance
After 7 Dance Party
Friday June 1, 7–10 p.m.
The Old Firehouse
1440 Chain Bridge Rd.
\$5 admission for all

**The Alden's Outdoor
Family Concert**
**Tim Kubart and
the Space Cadets**
Sunday, June 3, 5 p.m.
McLean Central Park
1468 Dolley Madison Blvd.
Free admission

Our Audience's Choice!
**School's Out for Summer
Quote-Along Movie**
Sunday, June 10, 2 p.m.
**\$3 per person/\$5 per couple;
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The McLean Community Center
www.mcleancenter.org

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As we left the office last week, I took some time to visit the new sales office which opened at the Boro, with the model showing the scope and design of the new neighborhood in Tysons. Pretty impressive. Hard to believe it wasn't that long ago we were watching stand-up comics at the Westpark Hotel at that very spot. This is really big stuff, and we understand they are on an accelerated schedule for completion. Stay tuned for updates in coming issues.

It's spring and today we got notice that many of the cafes are setting up for those precious days of "Al Fresco Dining." Our editors have some suggestions for you. Here comes the music—and Wolfrap has an amazing lineup... grab your picnic basket and bottle of wine and enjoy one of America's best national parks. Lucky us.

Did someone say wine? Linda's "Cooking with Wine" article shows you how easy it is to add some sparkle to your dinner. Dani Keating loves festivals. From Bluegrass to BBQ to Arts and Crafts to Regional Camping Festivals, she has put together a local guide—something for everybody. Thanks, Dani!

When it comes to finding the best options for taking care of your teeth, our "Top Dentists" is a must read. On those pages are some of our area's most celebrated (and deservedly so) dental professionals to be found anywhere.

The financial advisory experts and Dan Lash at VLP Financial Advisers have some news regarding the new tax act for 2018—

new brackets, child credits, deductions, even alimony. A perfect article to help you plan throughout 2018. Thanks, Dan!

Our beauty editors bring us a wealth of information on sun tans, permanent makeup, anti-aging skin care, and more. Thanks, ladies.

Off to the races! The Middleburg Spring Races (this was the 98th year!) is a great time in the country. Allison reviews what she discovered that made it that much more enjoyable. The best places to sit, stay, eat...she found it all... thank you, Allison.

Tammie has opened another great dining destination...especially if you love great desserts. Her new Magnolia Dessert and Coffee Bar is a Thai Cafe that will enthrall you...we love it!

It's Stalcup farming season. Carole Herrick, our "astute historian," brings us a little local history—and with all this building, it's nice to remember how it used to be. Thank you, Carol.

And more...Dads and Grads, Protecting your Pet, Jan King on Global Warming, Fitness and Real Estate.

Take the time to look around you now and then. Our skyline is forever changing. I can't remember what it looked like even two years ago.

Enjoy the spring weather. We'll see you again in July.

Cheers...



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SELECTED EVENTS

SELECTED EVENTS

Photo courtesy of Wolf Trap



JULY 1
REBA MCENTIRE
The Filene Center at Wolf Trap

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JAMMIN' JAVA

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THE STATE THEATRE

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THE ALDEN

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mcleancenter.org/alden-theatre

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cfa.gmu.edu

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www.1ststagetysons.org

MAY 4

AN EVENING WITH TFDI FEAT. TONY LUCCA, JAY NASH, AND MATT DUKE

Jammin Java, 8pm, \$20-22

TFDI is greater than the plain sum of its parts, which is impressive enough in its own right. Three well traveled and celebrated singer songwriters, each with their own unique approach to music and storytelling join together in this band, to form a fourth entity that is defined not only by rare and unparalleled vocal harmonies and musical alchemy, but also by a resonant collective narrative that has cultivated a devoted following.

MAY 5

BIKE RODEO

Vienna Volunteer Fire Department, 400 Center Street S,

Vienna, VA 22180, 9am-12pm

This event is designed to help children who already know how to ride a bicycle develop safety skills under the guidance of veteran cyclists. Youth learn real-life bicycle-handling skills—such as braking, balancing, basic road rules, and how to handle obstacles—that enable them to safely ride in neighborhood areas. Children must have a helmet to participate.

MAY 6

CLAY COOK

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

Clay Cook has made his living through many avenues in the music industry. An accomplished songwriter & multi-instrumentalist, he has recorded & toured with John Mayer, Sugarland, The Marshall Tucker Band, & Shawn Mullins. In 2009 he became a member of the

3-time Grammy-winning Zac Brown Band but he still finds time to tour his brand of acoustic singer-songwriter music.

MAY 7

MAY KIDS CLUB: POWERED BY NATIONAL GEOGRAPHIC

Tysons Plaza, 11am-1pm

Free, fun & educational games and activities for kids! Come explore with us at National Geographic's Monthly Kids Club. Complimentary activities and crafts, snacks provided, music, balloon animals and face painting will be offered to your little ones! The Tysons Corner Center Kids Club is a great opportunity for your child to learn in a fun and interactive setting. We've teamed up with National Geographic Kids to

CONTINUED ON PAGE 18

Put continents at their fingertips and the world becomes theirs.



A globe covered with smooth blue oceans and textured continents. An object so intriguing that children cannot wait to touch it. A spark of interest, ignited by a brief lesson: *"This is water. This is land."* A passion for geography that builds as the child explores a purposefully-sequenced series of materials—planisphere puzzle maps; maps of continents to trace and color with pencils or watercolors; flags to place on pin maps, rivers and mountains to label; clay and water models to build and big words that roll easily off the tongue: *isthmus, archipelago, peninsula.*

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JUNE 8-9
The Filene Center at Wolf Trap

BARRY MANILOW

CONTINUED FROM PAGE 16

create activities and games that focus on discovery through play. In the event of inclement weather, it will be held in the lower level by Bloomingdales.

MAY 12

FAIRFAX SYMPHONY ORCHESTRA: 60TH ANNIVERSARY CELEBRATION

George Mason University Center for the Arts, Concert Hall, 8pm, \$15-65

Celebrate the FSO's 60th anniversary with beloved arias and duets with soprano Danielle Talamantes and tenor Carl Tanner. From the majesty of *Aida* to the tenderness of *La Boheme* and the unabated romance of Turandot's *Nessun Dorma*, experience an unforgettable evening filled with soaring melodies and tender duets from Verdi, Puccini, and Bernstein.

MAY 12

AYR HILL GARDEN CLUB PLANT SALE

Freeman Store & Museum Grounds, 131 Church Street NE, Vienna, VA 22180 9am-12pm

The Plant Sale will feature as many native plants as can be assembled. The Ayr Hill Garden Club members grow most of the stock, both native and non-native. They also offer annuals and native plants purchased for this sale. In addition to plants, they sell beautiful note cards that capture the gardens in color, and a variety of gardening books and paraphernalia. For more information, please contact Nancy Moats at 703-281-1206.

MAY 16

ELVANA: THE WORLD'S FINEST ELVIS FRONTED TRIBUTE TO NIRVANA

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

From the bowels of Disgraceland, Rock & Roll icons of the afterlife are raised from the dead! Rock & Roll meets Grunge as Elvis fronts Nirvana and gives the band the front man it's been missing since '94. Elvana tears through Nirvana's catalogue whilst splicing in grunged up sections of the king of rock & roll's finest moments, culminating in a mega mash up of overdrive & old school Rockabilly. It smells like cheeseburgers and teen spirit, daddy-o!

MAY 18

BIKE TO WORK DAY PIT STOP AT TYSONS CORNER CENTER

Located at 1861 International Drive, in front of the Capital Grille building (Corner of Chain Bridge Road (Rt 123) and International Drive) 6:30-10am Bike to work and visit the Tysons Corner Pit Stop

MAY 18-19

MCLEAN DAY AND MCLEAN DAY PREVIEW

Lewinsville Park, 1659 Chain Bridge Road, McLean, Va. 22101, Friday 2pm-7pm (Ticketed large carnival rides only.) Saturday 11am-5pm

Join the fun! Bring the family and enjoy McLean's biggest annual event. This event draws approximately 13,000+ patrons throughout the day.

Vote for your favorite MCC candidate, Enjoy the free live entertainment, exhibitors, food trucks, sponsors, ticketed large and small carnival rides, amusements, games, balloon animals, tennis clinic, free shuttle parking and more. Tickets for carnival rides will



Photo courtesy of Wolf Trap

8 PM

THE WASHINGTON BALLET GISELLE

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

A beloved Romantic ballet. Love, betrayal, and forgiveness are paired with coveted virtuoso roles. This haunting and tender classic tells the story of the promise and tragedy of young love.



be sold on site. Free laser tag, bubble ball, tennis clinics, rock climbing wall, balloon animals, petting zoo. Vote for your favorite McLean Community Center Governing Board candidate 10:30am-5pm.

Free shuttles from the following locations: McLean Baptist Church, Redeemer Lutheran Church, Trinity United Methodist Church.

MAY 24

CANDYRAT GUITAR NIGHT FEAT. LUCA STRICAGNOLI & CALUM GRAHAM

Jammin Java, 8pm, \$20

Luca Stricagnoli, born and raised in Italy, is an acoustic guitarist known for his unique style and innovative playing techniques. His original approach to music has led him to a variety of successes from obtaining over 60 million views on his music videos to having the opportunity to perform all around the globe.

It was 1985 when one of the most iconoclastic fingerstyle geniuses to walk the planet made a counterintuitive decision to shake up his established instrumental legacy by adding his voice. Calum Graham has also, déjà-vu-like, unleashed a vocal talent on his new CD, *Tabula Rasa*, to wonderfully complement his well-deserved fingerstyle celebrity....Calum Graham's swampy and powerfully soulful vocals on "Wild Woman" and "Half Your Heart" could rival R&B icon Marc Broussard's signature sound. Graham has also proven himself to be a deft and evocative lyricist on this release as evidenced by the tune "Ghost"... haunting in every respect by plumbing a deep poetry of loss and a fervency of delivery, with guitar and voice in perfect but sad sympathy.

MAY 26

LIVE FROM HERE WITH CHRIS THILE

The Filene Center at Wolf Trap, 5:45pm, \$25-65

The only live music and variety radio show aired nationwide today, *Live from Here* (formerly *A Prairie Home Companion*) has been a staple for the 2.6 million fans who have tuned in each Saturday evening over the past 43 seasons. Hosted by Chris Thile of the Punch Brothers and Nickel Creek, the show draws new, diverse talent to public radio with a unique blend of musical performances and comedy.

CONTINUED ON PAGE 20

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JUNE 22
The Filene Center at Wolf Trap



MAY 26-28

VIVA! VIENNA!

Vienna Town Green/Church Street, 10am-10pm

Rides, music, crafts, food, entertainment, and FUN!! Hosted by the Rotary Club of Vienna, ViVa! Vienna! is a family- and community-oriented celebration of Memorial Day and the greater Vienna community spirit. Vendors include handcraft artisans, retail vendors, professionals, political parties and candidates, and community and non-profit organizations.

100% of proceeds go to charitable, community and humanitarian organizations.

MAY 28

THE 37TH ANNUAL FALLS CHURCH MEMORIAL DAY FESTIVAL AND PARADE

223 Little Falls St. Falls Church, VA 22046, Fun Run 9am

The 2017 Memorial Day Parade and Festival brought more than 10,000 visitors to City Hall grounds to enjoy the

Don Beyer Fun Run, Veterans Ceremony, children's activities, food, civic, and retail vendors, the parade, and more. Visit www.fallschurchva.gov for more details on this year's event.

MAY 31-JUNE 1

THE ART OF PLEASURE

Steven Blier & Wolf Trap Opera Soloists

The Barns, Thursday 2pm, Friday 7:30pm, \$48

Program to include songs by Piazzolla, Fauré, Schubert, Arlen, Szymanowski, Bernstein, Guastavino, and Villa-Lobos.

JUNE 1

LAURENCE JUBER

Jammin Java, 7:30pm, \$20-23

Laurence Juber, lead guitarist from Paul McCartney's Wings, is a world-class guitar virtuoso solo performer, recording artist, composer and arranger. His playing fuses folk, jazz, blues, pop and classical styles, creating a multi-faceted performance that belies the use of only one instrument.

He has released over 20

albums, including *LJ Plays The Beatles*, which was voted one of *Acoustic Guitar Magazine's* all-time Top Ten.

JUNE 1

JOHN PRINE

The Filene Center at Wolf Trap, 8pm, \$35-80

Two-time Grammy-winner John Prine is among America's premier phrase-turners with songs like "Angel From Montgomery" and "In Spite of Ourselves." The post-Dylan musician is "one of the most critically acclaimed singer-songwriters of the last 50 years" (*Los Angeles Times*). At this special performance, he is joined by "one of Nashville's biggest new stars" (*Pitchfork*), Margo Price.

JUNE 2

POPS EXTRAVAGANZA—A NIGHT AT THE THEATRE

National Orchestral Institute Philharmonic

John Morris Russell, conductor
The Clarice Smith Performing Arts Center, Dekelboun Concert Hall, 8pm, \$25

Wolf Trap Opera Studio Artists join Cincinnati Pops conductor John Morris Russell and the NOI Philharmonic in the opening concert of the 2018 National Orchestral Institute and Festival. This high-energy evening will feature an array of audience favorites from the worlds of opera, theater and Broadway.

JUNE 3

JAKE OWEN

with Chris Janson

The Filene Center at Wolf Trap, 7pm, \$40-75

Known for thrilling performances and a laid-back style, Jake Owen ascended to country stardom with smash hits including "Barefoot Blue Jean Night," "Beachin'," "Anywhere with You," "Alone with You," "The One That Got Away," and "American Country Love Song." He is joined by "Buy Me a Boat" charmer Chris Janson and "Singles You Up" singer Jordan Davis for an evening of country fun.

JUNE 3

SÉAN MCCANN (OF GREAT BIG SEA)

Jammin Java, 7:30pm, \$25

John Lennon once sang "You can live a lie until you die. One thing you can't hide is when you're crippled inside." After exiting the internationally renowned folk group Great Big Sea and publicly admitting a secret past in which he used alcohol to mask the pain of sexual abuse by a priest; Séan stopped lying to himself and found his truth and his own voice. With the release of his 5th solo album, *There's a Place*, he continues his journey as a singer, songwriter, and now a sought-after speaker and mental health advocate with Old Brown by his side and a simple message: "You are not alone."

CONTINUED ON PAGE 24



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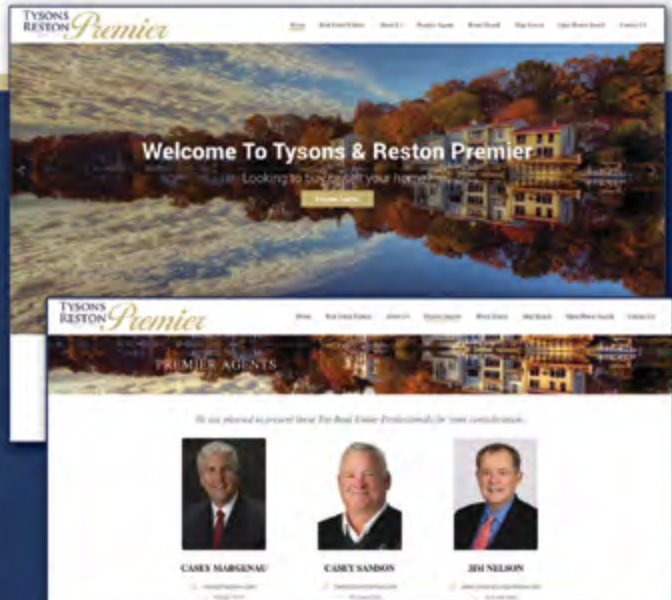
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CONTINUED FROM PAGE 20

JUNE 6

ALISON KRAUSS WITH DAVID CROSBY AND FRIENDS

The Filene Center at Wolf Trap,
7:30pm, \$40-95

"Alison Krauss' voice can seem like an entity unto itself: a holy spirit wafting through the pop world, melting away musical categories" as she drifts from bluegrass to folk and country seamlessly (NPR). Krauss, the most awarded singer in Grammy history, is joined by Rock & Roll Hall of Famer David Crosby & Friends for an unforgettable evening of crossover music.

JUNE 7

FITZ AND THE TANTRUMS

X Ambassadors

The Filene Center at Wolf Trap,
7pm, \$30-55

Smashing together soul, dance-pop, and rock, Fitz and the Tantrums' unique sound has led to catchy radio hits like "HandClap" and "The Walker." Paired with the passionate, electronic pop of X Ambassadors (hits include "Unsteady" and "Renegades"), this show promises to be the dance party of the summer.

JUNE 8-9

BARRY MANILOW

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

A Grammy, Emmy, and Tony Award winner whose catalog includes hits like "Mandy" and "Can't Smile Without You," Barry Manilow is one of the top Adult Contemporary artists of all time and "the greatest showman of our generation" (Rolling Stone).

JUNE 9

MCLEAN HIGH SCHOOL & LONGFELLOW MIDDLE SCHOOL BIG BAND JAM

Jammin Java, 1pm, \$12

Under the direction of Mr. Scott Weinhold, the McLean Jazz Ensemble performs regularly at school functions, music festivals, competitions, and local venues upon request. Students participate in a well-rounded curriculum with exposure to the music of the classic big band era as well as contemporary pieces.

JUNE 10 & JUNE 12

ROGER DALTRY PERFORMS THE WHO'S TOMMY

**with members of The Who
Band and Wolf Trap Orchestra**
The Filene Center at Wolf Trap,
8pm, \$45-125

Roger Daltrey, the legendary lead singer and founding member of The Who, performs the band's extraordinary rock opera *Tommy* in full. *Tommy* (featuring favorites like "Pinball Wizard" and "Sparks") is one of the most acclaimed works of the rock era. Inducted into the Grammy Hall of Fame in 1998, the 20 million-selling double album spawned a successful film of the same name, with Daltrey playing the title role.

JUNE 14

AN EVENING WITH TRACY BONHAM & BLAKE MORGAN

Jammin Java, 8pm, \$18

Grammy™ nominee Tracy Bonham is celebrating yet another banner year. Her new album, *Modern Burdens*, made *Rolling Stone's* Top 50 albums of 2017, which they describe as "a lovingly penned postcard to Bonham's past self, and a fascinating look at where she's at right now."

Blake Morgan has just co-

headlined with acclaimed singer-songwriter David Poe for another 1,500-mile West Coast tour, which began in April. Morgan joins chart-topping powerhouse Tracy Bonham for two sets of national U.S. tour dates. *The Washington Post* writes, "He's got killer pop-rock instincts, something that leaps out at you...a natural when it comes to fashioning sharp melodies and catchy choruses." *Billboard Magazine* adds, "Blake Morgan has a voice that was made to be heard on the radio...inspired songwriting and passionate performances."

JUNE 15

STEVE FORBERT

Jammin Java, 8pm, \$20-25

Compromised is Steve Forbert's newest and from the comparative essay of the disc's title song, (complete with catchy chorus and signature harmonica solo), to the exasperated advice for "everyman" on the album closer, "Whatever, Man," Steve Forbert leaves no stone unturned in his exploration of life, love, turmoil and survival.

JUNE 16

BERNSTEIN'S SONGFEST

**National Orchestral Institute
Philharmonic**

Wolf Trap Opera Soloists

*The Clarice Smith Performing
Arts Center, Dekelboun Concert
Hall, 8pm*

The National Orchestral Institute and Festival brings together aspiring orchestral musicians from across the country for a month of dynamic music-making and professional exploration. Chosen by a rigorous, cross-country audition process, these young artists present passionate and awe-inspiring performances of adventuresome repertoire at The Clarice and in the community.



8 PM

SING-A-LONG SOUND OF MUSIC

The Filene Center at Wolf Trap, 7:15pm, \$25-45

Celebrating over 50 years, the classic family film returns to the screen in Technicolor...with a twist! Sing-a-long with the movie using on-screen lyrics and become the star of the show. Lederhosen and veils welcome! A costume contest precedes the performance.

7:15 pm - Costume contest

7:40 pm - Film start (includes one 15 minute intermission)

This is the original film and is not accompanied by an orchestra (original soundtrack).

JUNE 17

VANCE GILBERT

Jammin Java, 7:30pm, \$20

Can something be wry, aching, hysterical, evocative, provocative, fun, beautifully sung, and consummately played all at once? Can it?

That'd be Vance Gilbert and his transcendent new album *BaD Dog Buffet*.

With the generous assistance from a varied list of super-respected guests—including Celtic harpist/singer Aine Minogue, bluegrass boys Darol Anger and Joe Walsh Jr., jazz sax player Grace Kelly, country rock hero Roy Sludge, and guitar mainstay Kevin Barry—this talented man's musical truth plays out shamelessly on *BaD Dog Buffet*.

JUNE 19

LES BALLETSTROCKADERO DE MONTE CARLO



The Filene Center at Wolf Trap, 8pm, \$25-65

Presenting a playful interpretation of classical ballet in parody form and en travesti since 1974, Les Ballets Trockadero is the world's foremost all-male comic ballet company.

JUNE 22

DR. DOG MANCHESTER ORCHESTRA

Critical Equation Tour

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

Achieving remarkable success with multiple Top 50 albums, major critical acclaim, and festival and touring appearances all around the world, indie bands Dr. Dog and

CONTINUED ON PAGE 26

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Photo courtesy of Wolf Trap

JUNE 7
The Filene Center
at Wolf Trap



X AMBASSADORS



Photo courtesy of GMU Center for the Arts

2 PM

CHARLIE WILSON

The Filene Center at Wolf Trap, 8pm, \$45-95

A force to be reckoned with as a solo artist and as the former lead singer of pioneering funk group The Gap Band, Charlie Wilson has racked up numerous No. 1 singles and Grammy nominations throughout his fruitful career.

JUN 24

CONTINUED FROM PAGE 25

Manchester Orchestra make their Wolf Trap debuts.

JUNE 22, 24, 27, 30

MOZART IDOMESEO

The Barns at Wolf Trap, Friday and Wednesday 7:30pm (Free pre-show talk 6:30 pm), Sunday and Saturday 3pm (Free pre-show talk 2 pm), \$36-92

After ten long years of battle, Idomeneo is finally returning home from the Trojan War. During the perilous journey, he pledges to sacrifice the first living thing he sees in return for a safe voyage. In horror, he realizes that the first person he meets is his son, Idamante. Idomeneo struggles to escape his vow, but his vengeful god seeks revenge. Written when Mozart was just 24 years old, *Idomeneo* is considered his first great opera.

JUNE 23

LITTLE SONGS LIVE 2018: IMPLAUSIBLY ALIVE

Jammin Java, 7pm, \$15-25

Little Songs, the crowdsourced

musical phenomenon of The Tony Kornheiser Show, is hosting the fourth annual jinglefest, IMPLAUSIBLY ALIVE, at Jammin Java! IMPLAUSIBLY ALIVE will bring together performers from all over the country including Jerry Negrelli, KJ Ohnstad, Jason Fuse, Joe Aro, Robert Berg, John Fitzpatrick, Steve Lipton, Sean Morrissey, Luke Overbey, Shad, Patrick Moffett, Brad Weiss, & more! The night's event will be 50% concert, 50% social event, and 50% comedy show. Put it all together, mix in some Gary Math, and you get 100% awesomeness!

JUNE 23

WEILL THE SEVEN DEADLY SINS

Wolf Trap Opera, as part of Halcyon's By the People Festival. Featuring Dancers from Hong Kong Ballet

Dock 5 at Union Market, 1309 5th St NE, Washington DC 20002, Saturday 8pm, Sunday 2pm

Sisters, the practical Anna I (a singer) and the impulsive Anna II (a dancer), set out across America to seek their fortune and create a new home. During their seven-year journey they are tempted by each of the biblical deadly sins. Disillusioned, they eventually give up their dreams and ideals and return to their family. Collaborating with Bertolt Brecht, Kurt Weill created a soundtrack for prewar Berlin – where cabaret, jazz, and popular American music of the twenties comes alive.

JUNE 23

TONY BENNETT

The Filene Center at Wolf Trap, 8pm, \$40-95

Garnering 19 Grammy Awards throughout his seven-decade-long career interpreting the Great American Songbook, this legend "can still shape a lyric and stretch a melody like nobody else" (*The Telegraph*).

JUNE 26-28

MOTOWN THE MUSICAL

The Filene Center at Wolf Trap, 8pm, \$30-85

Motown The Musical is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Now, experience it live on stage in the record-breaking smash hit *Motown The Musical* featuring over 40 classic songs including "My Girl," "What's Going On," "Dancing in the Street," "I Heard It Through the Grapevine," and "Ain't No Mountain High Enough."

JUNE 28

VOCAL COLORS

Wolf Trap Opera at the Phillips Collection

The Phillips Collection, 1600 21st

St NW, Washington, DC 20009, 6:30pm

Visual art and music are paired in an two intimate evenings of song at the beautiful Music Room of Washington D.C.'s The Phillips Collection.

JUNE 29

BRUCE HORNSBY & THE NOISEMAKERS

The Wood Brothers

The Filene Center at Wolf Trap, 7:30pm, \$27-60

Tapping into pop, jazz, bluegrass, country, and modern classical, Bruce Hornsby's varied career is filled with high-profile collaborations from Bob Dylan to Elton John. "Hornsby can jam with the best" (*NPR*), but it's his own music (like "The Way It Is") that has garnered multiple Grammy wins across multiple categories. Along with Hornsby, The Wood Brothers return to Wolf Trap after performing with Tedeschi Trucks Band in 2017.

CONTINUED ON PAGE 29



TONY BENNETT

Photo courtesy of Wolf Trap



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This literal band of brothers adapts the blues, folk, and roots music into their own evocative sound, twining their voices in the sort of high lonesome harmony blend for which sibling singers are often renowned.

JUNE 30

JACK BROADBENT

Jammin Java, 8pm, \$18-20

Hailed as "The new master of the slide guitar" by the Montreux Jazz Festival and "The real thang" by the legendary Bootsy Collins, Jack Broadbent has spent the past year wowing international audiences with his unique blend of virtuosic acoustic and slide guitar, and poignant folk and blues inspired vocals.

JULY 1

REBA MCENTIRE

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

A household name thanks to a successful career spanning music, television, film, and theater, Reba McEntire is a three-time Grammy winner, member of the Country Music Hall of Fame, and top-selling country musician.

JULY 1-3, 5

JAMMIN JAVA'S MID-ATLANTIC BAND BATTLE #19 - PRELIMS

Jammin Java, 7pm, \$10-20

Watch the area's best bands compete for \$2000 cash and more great prizes. You can apply at <https://goo.gl/forms/V5ajhhqjKmwqzBZA2>.

JULY 2

BARENAKED LADIES

Last Summer on Earth Tour
Better Than Ezra

The Filene Center at Wolf Trap, 7pm, \$43-50-73-50

"Gotta see the show, 'cause then you'll know" just how much energy, precision, finesse, and outright celebration are ahead. "It's not easy to be hyperactive, brooding and whimsical all at once, but the Barenaked Ladies do just that..." at their shows filled with hits like "One Week," "Pinch Me," and "If I Had \$1,000,000" (*The New York Times*). Joining the energetic pop-rockers are "Good" alt-rock band Better Than Ezra and "Suddenly I See" songstress KT Tunstall.

JULY 6-7

HARRY POTTER AND THE

PRISONER OF AZKABAN™—IN CONCERT

National Symphony Orchestra

The Filene Center at Wolf Trap, 8:30pm, \$40-65

Relive the magic of your favorite wizard in *Harry Potter and the Prisoner of Azkaban™* – In Concert. Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by live music from the National Symphony Orchestra as Harry soars across the big screen.

WEDNESDAYS

TYSONS FIT CLUB POWERED BY CRUNCH FITNESS: POWERWAVE

Tysons Plaza, 5:30-6:30pm, Free

Tysons Corner Center, Crunch Fitness have partnered together to bring a culture of fun and fitness to all with our Tysons Fit Club. Exercising Crunch Fitness' No Judgements philosophy, Fit Club helps attendees achieve their fitness goals one class at a time.

Wednesday's weekly Powerwave class is taught using battle ropes and body weight exercises that combine strength and explosiveness to activate and integrate all the major muscle groups for a complete

and total body workout with an emphasis on core stability. Get ready to make some serious waves!

Classes are free and all equipment is provided, but please do not forget your water!

FRIDAYS IN JUNE

SUMMER ON THE GREEN

Vienna Town Green, 144 Maple Avenue E, Vienna, VA 22180, 6:30pm, Free



What's better on a summer evening than free music? Presented by the Town of Vienna and its sponsors, Summer on the Green concerts provide a variety of musical genres. Bring chairs, blankets, picnic, and friends, but no alcoholic beverages or pets please. (No Summer on the Green on the 15th.)


SATURDAYS

VIENNA FARMERS MARKET

Vienna Community Center Parking Lot, 120 Cherry Street SE, Vienna, VA 22180, 8am-12pm


Sponsored by the Optimist Club of Greater Vienna, the Vienna Farmers Market features approximately 30 vendors from across the region offering locally sourced fruits, vegetables, and homemade eats. ♦



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HERE COME THE MUMMIES

BY KEITH LORIA

At first look, one might be a little skeptical of the musical prowess of the members of Here Come the Mummies, as those in the band come out on stage looking as if they are right out of a tomb.

And though they claim to be 5,000-year-old Egyptian Mummies, the eight-piece funk-rock band is rumored to be comprised of noteworthy Nashville-based studio musicians, some of whom may even have some Grammys to their names.

Whatever the truth, the band's mysterious personas, cunning song-craft and unrelenting live show is one not to be mixed.

For more than two decades, Here Come the Mummies has toured around the country, opening for everyone from P-Funk to Al Green to Cheap Trick and even rocked the Super Bowl Village.

Here Come the Mummies will play the Birchmere on June 1. As they got ready for their 2018 tour, bandmates Mummy Cass and Midnight took some time to "wrap" with Viva Tysons about their mysterious careers.

VIVATYSONS: What can those coming to the Birchmere expect from your performance when you visit?

MUMMY CASS: To get their wigs flipped inside-out, by eight, 5,000-year-old Egyptian mummies playing original undead funk.

VIVATYSONS: Your group is known for its live show—the fun, the uniqueness—how important is it to you to create an "experience" for the audience?

MUMMY CASS: It's way up there, naturally—and we put a lot into it. Musically, and

technically. We want to make sure we burn down your inhibitions like an old casino, and make your clothes fall off.

Midnight: That takes work. Lucky for you, we enjoy it.

VIVATYSONS: The band claims it's comprised of mummies around 5,000 years old. What are the biggest lessons you've learned in the music industry during that time?

MUMMY CASS: If you want something done right, you have to do it yourself. It is going to be hard... and totally worth it.

MIDNIGHT: I was just sayin' the same thing, on a separate topic.

VIVATYSONS: How do you keep your sound fresh?

MUMMY CASS: We just always follow our

instincts, no matter where they lead us. Experimentation is the “gin in the vermouth,” as somebody said.

MIDNIGHT: : Sometimes you gotta scrub it with a wire brush, though.

VIVATYSONS: What is the appeal of mummies? Why is this something that audiences respond to?

MUMMY CASS: Because people are using their imaginations. Since you don't know too much about who and what we are, it's easy to project your wildest fantasies onto us.

MIDNIGHT: And we thank you.

VIVATYSONS: Layered beneath the wrapping, it's rumored that there are some Grammy Award winners as part of the band. Can you confirm?

MUMMY CASS: Nope. But the rumor isn't without truth.

MIDNIGHT: I don't want to avoid knowing what you mean, Cass.

VIVATYSONS: Here Come the Mummies has been going strong, playing live for almost 20 years. Are you still with the original players? How much turnover is there in the group?

MUMMY CASS: And that is just in this modern era. Well, you've always had your Eddie Mummy, your Mummy Cass (that's me), your K.W. TuT, your Spaz on keys... there's Midnight, he's been around forever, too. Ra comes around from time to time, and “The Flu.” Mummy Yo shows up now and again, and then there is a pretty new guy, unearthed in another part of Tunisia, who plays trumpet. We call him the High Priest of Death. HPOD for short. Oh yeah, and “The Pole,” on a whole lotta bass.

MIDNIGHT: And there's this guy Midnight, too. He plays everything. Talk box, keys, percussion, vocals. It's pretty obvious who's up there workin' the hardest.

VIVATYSONS: For those coming out who aren't aware who you are, how can you prepare them for what's about to come out on stage?

MUMMY CASS: Just know that you are gonna have a hard time taking it all in, but it is gonna be fun to try. Sort of like having 36 hours shore leave in Tangier.

VIVATYSONS: Kiss is infamous for decades of never being seen in public without make-up, but eventually gave in to the public demand.



What would it take for you to unwrap and reveal yourselves?

MUMMY CASS: Baby, if you tried to take off our fetid wraps, the human-jerky underneath would peel right off, too. Nobody wants to see a bunch of dusty skeletons just laying there.

MIDNIGHT: Except for a few weirdos.

VIVATYSONS: What else would you like

people to know about you? Any projects coming up in 2018?

MUMMY CASS: We are making a live album of entirely new songs. We are working them into the set two at a time, like some bizarre Noah's Ark of funk, gettin' good at playin' 'em, and recording it all.

MIDNIGHT: We'll release the pick of the litter later this year. We want to hear Y-O-U screaming along. ❖

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Add a Little Wine to the Pot

COOKING WITH WINE IS SIMPLER THAN YOU THINK.

By Linda Barrett

If you're a wine lover, you know there is a lot more to enjoying wine than just sipping. Wine can offer a wonderful enhancement to your cooking as well. Here are some tips from local restaurateurs along with a quick guide to selecting the right wine for cooking.

Wine in French Cooking

"We unapologetically serve classic French, and the vast majority of our recipes have wine in them. And all of our sauces use wine—sherry wine, still wine or brandy. That's the French cuisine tradition," said Chef Jacques Haeringer of LAuberge Chez Francois.

"There's not a huge distinction these days between American and French cuisine; much American cooking evolved from one of the European cuisines. In most of Europe wine was used in cooking and traditionally served with dinner. My dad [who founded the Great Falls restaurant] had a recipe book he brought with him from France.

Chef Jacques' tips: "If you're using a still wine, as for a beef stew, brown the beef and vegetables and then put the red wine in, just until it boils. Then add the beef stock. Still wines tend to sour if you don't give them a boil first. If you're using fortified wines or brandy, you can add them at the end as a finishing wine, not unlike a drizzle of olive oil.

"People used cooking wine, but nobody wants to drink that. I don't recommend using the finest wines either; you should use something that is quite drinkable," he continued. "Open a bottle, put a cupful into the recipe, and drink the rest! But most importantly, have fun. So much is overthought and overintellectualized.

"Also, think about the locality of your dish, and think local. What wines are produced in that region? If it's an Alsatian dish, a

Pinot Noir or Riesling is a good choice, for example. For beef stew, like a Beef Bourguignon, use a burgundy wine. For fish, the choice is often a chardonnay."

To learn more about cooking with wine, Chef Jacques holds cooking classes several times each month and maintains a list of YouTube videos featuring his PBS cooking show, *Two for Tonight*. Find the newly-released latest edition of the series' companion cookbook, along with other cookbooks, DVDs and delicious treats on the LAuberge Chez Francois website.

"...Still wines tend to sour if you don't give them a boil first. If you're using fortified wines or brandy, you can add them at the end as a finishing wine, not unlike a drizzle of olive oil."

Wine in Italian Cooking

At Zeffirelli Ristorante Italiano, the wines most often used in their recipes are, naturally, Italian—primarily Pinot Grigio, Bardolino, Prosecco, Champagne, and sweet and dry Marsala wines.

"For our rack of lamb we use a heavier wine, like a red; for fish, a white wine sauce; and for veal, a Pinot Grigio. We also sometimes use a Pinot Grigio for stronger fish dishes like snapper or blackfish," explained José Argueta, general manager. "Cooking with wine is an art, try it a couple of times to get it right."

"We generally recommend using about an ounce-and-a-half to three ounces of wine in a meal for two. Then serve the same wine to drink that you cooked with. But don't make the mistake of not tasting the wine first," he added.

Many of Zeffirelli's dishes are accompanied by tasty sauces. "When we cook a sauce, we put, for example, the mushrooms, olive oil, salt and pepper into the pan. Once everything is hot, we add the wine. You have to boil it a little while to give it the flavor; if you don't, you taste the wine but not the sauce. Add the sauce at the last minute to the dish you are serving."

There are many characteristics to consider when choosing a cooking wine.

Flavors

Wine can offer a subtle or strong flavoring, depending on your intended result. Look at the tasting notes to see what naturally-occurring flavors are found in various wines. A red wine might taste of berries, cherries, plums, chocolate or coffee, while a white wine may offer flavors like melon, pineapple, citrus, floral or caramel.

Dryness

Wines range from dry to sweet, with the drier wines containing much less natural sugar.

Acids

Think of the acid as the tart or “bite” as in a lemon or vinegar. When you serve fish, you might serve them with lemon slices to bring out the natural flavors. Wine can also serve to bring forward more subtle flavors.

Tannins

Tannins refer to the bitterness of a wine; compare it to a strong cup of tea. Wines high in tannins pair well when cooking with foods with high protein, like steak or other hearty dishes.

Fortified Wines

Some of the best wines to cook with are Sherry, Port, Madeira and Marsala. Sherry offers a roasted nutty flavor that can enhance a soup, stew or sautéed dish, while the sweetness of Port can pair well with meat-based casseroles. Marsala adds a light fruitiness found in much of Mediterranean cooking, and Madeira adds caramel notes.

As a rule of thumb, pair light-colored foods like pork, chicken, turkey, seafood or fish with white wines and dark-colored foods like a stew, pasta, game meats, duck and beef with reds. Consider the use of the wine, too, and match the wine to its intended use. If a cream sauce is to be used with a steak, for example, use a white wine in the sauce to match the wine to the sauce, not the beef. You can still use the red wine as a marinade.

Avoid at all costs wines billed as “cooking wines.” They are cheap wines to which salt and coloring has been added.

Wine can be used as a substitute for fat, like butter, or oil by re-adding in the moisture. Use the wine plus a smaller amount of oil to sauté vegetables, for example. Or, since it is essentially an acid ingredient, use a wine-based marinade to tenderize foods. You can also cook foods in wine. Poach a fish in a saucepan with boiling wine, or add a few tablespoons of wine and bake the fish in a foil packet. Add wine to dishes you are simmering for added moisture and flavor. Reducing a wine through simmering accentuates its characteristics, whether they be tannic, acidic or sweet.

The biggest surprise is that wine can be used in baking, too. Use it as a partial substitute for some of the oil for a moist and tasty result.

Wine is so versatile it can be used in many creative ways to marinate, cook, or flavor a finished dish. When selecting your wine, determine the end result first. Then have fun experimenting. Soon you'll be cooking with wine, too. ♦



Boeuf Bourguignon

Serves 10

For the marinade:	For the bourguignon:
3 ½ to 4 pounds beef	5 tablespoons oil
3 cups strong red wine	1 cup lardons (bacon sliced into sticks, ¼ inch thick x 1 inch long)
1 cup sliced onions	½ cup chopped onions
1 cup coarsely sliced carrots	2 tablespoons flour
1 tablespoon red wine vinegar	2 cups beef stock
¼ teaspoon freshly ground pepper	2 to 3 cups marinade
2 cloves	¼ teaspoon pâté spices
2 bay leaves	sea salt
2 cloves garlic, peeled and crushed	freshly ground pepper
pinch of thyme	

To marinate the beef:

Cut the beef into 1-inch cubes and combine in a large bowl with all the marinade ingredients. Mix well, so that all pieces of meat are coated with the marinade. Cover and refrigerate overnight.

To prepare the bourguignon:

Remove the meat from the marinade and drain well in a colander. Strain the liquid into a small saucepan. Bring to a boil, skim thoroughly, and reserve for use in the bourguignon. Reserve the vegetables.

Preheat oven to 400 degrees.

Season the beef with salt and pepper. Heat 2 tablespoons of oil in a large skillet and sear half of the meat. Transfer the sautéed meat to a colander to drain. Add another 2 tablespoons of oil and brown the remaining meat on all sides and drain.

Heat the last tablespoon of oil in a large saucepan or a Dutch oven and sauté the lardons until lightly browned. Add the onions and cook until translucent, about 5 minutes.

Pour off the grease, add the meat to the Dutch oven, and place, uncovered, in the oven for 10 minutes, stirring once or twice.

Dust the meat with the flour and return to the oven for an additional 5 minutes. Mix the flour into the meat. Add the reserved vegetables and herbs from the marinade, the beef stock, and enough boiled marinade to completely cover the meat.

Cover the Dutch oven and set it in the oven. After 1 hour, reduce the heat to 325 degrees and continue cooking until the meat is easily pierced with a fork, approximately 2 more hours.

Remove the bourguignon from the oven and skim thoroughly. Finish the sauce with the pâté spices. Taste and adjust seasonings. Serve with spätzle.

Recipe from Chef Jacques Haeringer of L'Auberge Chez Francois.



Spring into

SUMMER FESTIVALS

BY DANI J. KEATING

Delaware

June 14-17

FIREFLY MUSIC FESTIVAL, DOVER Three days of amazing fun for music lovers of all ages at The Woodlands International Speedway. Campsites available. For details, ticket prices, and more details visit fireflyfestival.com.

District of Columbia

June 23

GIANT NATIONAL CAPITAL BBQ BATTLE, WASHINGTON, DC. 11 AM – 9 PM Saturday, 11 AM – 7 PM Sunday. This unique music and food festival pays tribute to everything BBQ. Cooks from across the country compete for cash, prizes, and the title of National BBQ Champion. Find out details about eating and competing at bbqindc.com/about-the-bbq-battle.

Maryland

June 14-17

MUSIC IN THE MOUNTAINS SUMMER FESTIVAL, CUMBERLAND.

8 AM Renaissance, Baroque and Classic musical performances. Art galleries, historic tours, and pop-up music presentation. For ticket prices, performance information, and other details, visit www.mountaininsidebaroque.org/festival.

June 29-July 2

PEX SUMMER FESTIVAL, DARLINGTON. 8 AM Friday – 12 PM Monday. Camp, listen to music, check out art, and watch performances at Ramblewood. Event open 24-hours a day for the duration of this festival. Ticket prices, camping details, and event information available at pexsummerfestival.com/.

Virginia

May 19

PURCELLVILLE MUSIC AND ARTS FESTIVAL. 10 AM – 7

PM. Celebrate Purcellville's community, diverse culture, and history at this free music and art festival at Fireman's Field. Visit www.purcellvillemusicandarts-festival.com for details.

May 31-June 3

HERNDON FESTIVAL, HERNDON, VA. Times vary. Free entertainment, carnival, fireworks, art and crafts, and more for the whole family in downtown Herndon. For more information, visit www.herndonfestival.net.

May 31-June 2

CLINCH RIVER DAYS FESTIVAL, SAINT PAUL. A weekend of fun in the mountains. Civil war reenactments, river and railroad lore and history, photography, music, games, carnival rides, and more. Costs associated with some events. Camping close by. Find out more at www.clinchrivervest.com.

May 31-June 2

GRAVES MOUNTAIN MUSIC FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain.com/events-calendar/festival-of-music.

June 1-3

BLACKBEARD PIRATE FESTIVAL, HAMPTON. Times vary each day. Immerse yourself in the early 1700s and celebrate Hampton's maritime heritage and relationship with the notorious Blackbeard with live entertainment, pirate encampment, children's activities, sea battles, fireworks, and more. Pirate's Ball requires tickets. For details, check out www.hampton.gov/2008/Blackbeard-Pirate-Festival.

June 1-3

THE BODACIOUS BOARDWALK BAZAAR & WINE FESTIVAL, HAMPTON.

10 AM – 7 PM Fri & Sat; 10 AM – 5 PM Sun. More than 300 crafters, vendors, artists, wineries and food vendors at Hampton Roads Convention Center. Free admission for those who donate blood to the American Red Cross' Bloodmobile. Purchase tickets on site: adults \$7 for one day, \$10 for two. More information available at bodaciousbazaar.com/spring.

June 2

ALLEGHANY HIGHLANDS HERITAGE DAY & RAILWAY FESTIVAL, CLIFTON FORGE.

10 AM – 5 PM. Celebrate Alleghany Highlands heritage and railway history downtown. Food, music, historic displays, and more. For more information, visit visitcliftonforgeva.com/events-june.

June 2

ROCK THE RIVER FXBG, FREDERICKSBURG.

11 AM – 8 PM. Free admission; beer garden and races have an entry fee. Multi-sport river and foot races as well as the enjoyment of great beer, tasty food, kid-friendly activities, local art, and live music throughout the day. For more information, visit rocktheriver-fxbg.com.

June 2

PEACE LOVE RVA, RICHMOND.

10 AM – 4 PM. All day music, food, and community yoga at Maymont Park. Admission is free, but donations appreciated. For tickets or more information, visit www.peace-loverva.com.

June 2-3

OCOQUAN ARTS AND CRAFTS SHOW, OCOQUAN.

10 AM – 6 PM Sat; 10 AM – 5 PM Sun. A free weekend of art, fun, food, music, and shopping at this annual arts and crafts show. Shuttle from satellite

parking \$5. Visit www.ocoquan-va.gov/arts-and-crafts-show.html.

June 2-3

ARTS IN THE MIDDLE, A JURIED FINE ARTS FESTIVAL, URBANNA.

Free, two-day art, history, local cuisine, and music festival at the Hewick Plantation where more than 100 juried artisans set up along the oak tree-lined plantation driveway. For details, visit www.artsinthemiddle.com.

June 8-9

HOUSTONFEST, GALAX.

12 – 11:30 PM & 10 AM – 10 PM. Keep the memory and legacy of 18-year-old Houston Kyle Caldwell alive. His family and friends honor him with old-time mountain music and bluegrass. Daily advance tickets \$25; two-day advance tickets \$40; and \$30 each day at the gate. Tent and RV camping available on site. Learn more at www.houstonfest-galax.com.

June 8-9

BLOOMING HILL LAVENDER FESTIVAL, PURCELLVILLE.

10 AM – 5 PM. Teas, tours, lectures, wine and spirits tasting, crafters, and more. Admission and parking \$5. Costs apply to Yoga classes and wine and mead tastings. Visit bloominghillva.com.

June 8-10

ANNUAL NORFOLK HARBORFEST, NORFOLK.

12 – 11 PM Fri & Sat, 10 AM – 6 PM Sun. This free, historic waterfront festival includes tall ships and the Parade of Sail, regional entertainment, fireworks, and other activities. Visit festevents.org/events/2018-season-events/norfolkharborfest/ for more information.

June 8-16

MOUNTAINS OF MUSIC HOMECOMING, ABINGDON.

12 – 11:59 PM. Annual, nine-day, region-wide celebration of cultural

Virginia BLUEGRASS FESTIVALS



Bluegrass music—or American roots music—is influenced by music of Appalachia, mixed with English, Irish, and Scottish traditional music, and influenced by African-American jazz. Central to the culture of Virginia, festivals throughout the region pay homage to the regions' traditional tunes during festivals throughout the summer. Check the web for details or visit www.virginia.org/summerfestivals.

May 31-June 2

GRAVES MOUNTAIN MUSIC FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain.com/events-calendar/festival-of-music.

June 8-9

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June 8-10

ANNUAL BEES, BLOOMS & BLUEGRASS FESTIVAL, CASTLEWOOD. Time TBD. Free festival held at the Old Historical Russell County Courthouse focuses on local heritage, agriculture, and the environment. Food, fun, and workshops focused on environment. Entry fees for some shows. For more information, visit www.thecoalfieldprogress.com/coalfield_progress/homespun/bees-blooms-bluegrass-festival-on-tap-june/article_da3f42cb-8eaa-5536-bd7b-4fe60d0e02d.html.

June 9

PICKERS AND FIDDLERS BLUEGRASS GOSPEL & MOUNTAIN MUSIC SONGFEST, BASSETT. 10 AM – 12 PM. This free event is held the second Saturday of every month at Pocahontas Bassett Baptist Church. Guitar, banjo, and mandolin players welcome to join in. For more information, visit www.virginia.org/Listings/Events/Pickers-and-Fiddlers-Bluegrass-Gospel-Mountain-Music-Songfest.

June 22-23

FUNHOUSE FEST, WILLIAMSBURG. Times vary. Renowned musicians headline this bluegrass festival held on the lawn of the art museum of Colonial Williamsburg. Tickets available at www.funhousefest.com.

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and natural assets of Southwest Virginia featuring music, jam sessions, and festivals at various venues along the “crooked road.” Camping facilities and State Parks located along the route. Check out mtnsofmusic.com for more information.

June 9

CLAYTOR LAKE STATE PARK FESTIVAL, DUBLIN.

10 AM – 9 PM. Free admission. Food, arts and crafts, wine tasting, car show, live entertainment, and fireworks at dusk. Parking is \$10 or \$5 with five cans of food. Handicap parking is \$5 or free with five cans of food. For details, visit www.dcr.virginia.gov/state-parks/park-event-info?id=CL180003-00.

June 9

LOUISA STREET FESTIVAL, IN HISTORIC LOUISA.

10 AM – 4 PM. Music, food, and kids activities in historic Central Virginia. Free admission. For more information, visit louisastreetfestival.com.

June 9

RELAY FOR LIFE MECKLENBURG COUNTY, SOUTH HILL, VA.

Help raise money for the American Cancer Society. Food, games, walk the track, music and more. To join, visit main.acsevents.org/site/TR/RelayForLife/RFLCY18SER?pg=entry&fr_id=88908.

June 15–17

ANNUAL SOUTHWEST VIRGINIA ANTIQUE FARM DAYS, ROCKY MOUNT, VA.

8 AM – 5 PM. Celebrate agricultural heritage, culture, and old-fashioned family fun at the Franklin County Recreation Park. The event is dedicated to restoring and preserving farm machinery. Admission is \$6 for adults and free for children 12 and under. Check out www.swapf.org for details.

June 16

ASHLAND STRAWBERRY FAIRE, ASHLAND.

10 AM – 5 PM. Arts and crafts festival, food, and antiques at Randolph-Macon College. Kid welcome and pet friendly. Free admission. For more information, visit ashlandstrawberryfaire.com.

June 16

SUMMER SOLSTICE FEST, BLACKSBURG.

10 AM – 10 PM. Community celebration featuring a beer garden, live music, dancing, and plenty of activities for the whole family. Join the 5K run that benefits Blacksburg High School Track and Field. For more information, visit downtownblacksburg.com.

June 16–23

CHAUTAUQUA FESTIVAL, WYTHEVILLE, VA.

Free admission. This eight-day arts and music festival at Elizabeth Brown Memorial Park kicks off

with a parade on Saturday and each night has different musically themed performances. For more information, visit www.wythe-arts.org/chautauqua.

June 22–23

FUNHOUSE FEST, WILLIAMS-BURG.

Renowned musicians headline this bluegrass festival held on the lawn of the art museum of Colonial Williamsburg. Tickets available at www.funhousefest.com.

June 23

VIRGINIA SUMMER SOLSTICE WINE FESTIVAL, AMHERST.

11 AM – 6 PM. 10th Annual Virginia Summer Solstice Wine Festival at Lazy Days Winery. Tickets \$20 in advance, \$25 at the gate, and admission is free for children 12 and under. For tickets or more information, visit www.summersolsticefestival.com/#-home.

June 29–30

ANNUAL CHINCOTEAGUE VOLUNTEER FIREMAN'S CARNIVAL, CHINCOTEAGUE ISLAND, VA.

7 – 11 PM. Food, fun, games, and rides; multiple dates in July leading up to the annual Poly Swim and Auction. Check out cvfc3.com/events.

June 29–30

SMITHFIELD OLDEN DAYS, SMITHFIELD.

A free, old-fashioned festival in the historic district that includes a car show

and concert on Friday night and activities all day Saturday. Get details at www.genuinesmithfieldva.com/smithfield-old-en-days-festival.html.

June 30

RED, WHITE & BRAM FESTIVAL AND TAILGATE, ASHBURN.

6 – 10 PM. Sand sculpting, live music, games, fireworks, and more at the Brambleton Town Center. Tickets are \$5 and free for children 2 and under. For more information, visit brambletonhoa.com/261/Red-White-BRAM.

July 4

AN AMERICAN CELEBRATION, MT. VERNON, VA.

9 AM – 5 PM. Salute the first Commander-in-Chief, watch made-for-daytime fireworks, listen to roaring cannon fire during military re-enactments, eat free birthday cake (while supplies last), and check out the Red White and Blue concert. Prices vary. Buy tickets and get details at www.mountvernon.org/plan-your-visit/calendar/events/an-american-celebration.

July 4

4TH OF JULY CELEBRATION AT GRAVE'S MOUNTAIN LODGE, SYRIA.

4 – 10 PM. Free admission. Live music. Picnic dinner 4 – 7 PM. Dinner at the lodge for \$23.95/person. For more information, visit www.gravesmountain.com/events-calendar/fourth-of-july.





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Fun in the Sun ART FESTIVALS

Summer sun, family fun, and lazy days of summer. Check out arts, crafts, music and more at these festivals that are perfect for the day or a weekend getaway.

Maryland

June 29–July 2

PEX SUMMER FESTIVAL, DARLINGTON. 8 AM Friday – 12 PM Monday. Camp, listen to music, check out art, and watch performances at Ramblewood. Event open 24-hours a day for the duration of this festival. Ticket prices, camping details, and event information available at pexsummerfestival.com.

Virginia

May 18–20

27TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL 10am – 5pm each day.

Reston Town Center, 11900 Market Street, Reston, VA 20190. Admission donation: \$5 per adult requested to benefit GRACE, FREE garage parking all 3 days

Extended to 3 full days this year, the 27th annual event will present more than 200 artists from across the nation to show and sell their amazing works in 16 categories of fine art and craft, plus activities and entertainment over the weekend. Northern Virginia Fine Arts Festival is rated at #17 in the Top 50 Art Fairs in North America.

Presented by Greater Reston Arts Center, a 501(c)3 non-profit organization.

May 19

PURCELLVILLE MUSIC AND ARTS FESTIVAL. 10 AM – 7 PM. Celebrate Purcellville's community, diverse culture, and history at this free music and art festival at Fireman's Field. Visit www.purcellvillemusicandarts-festival.com for details.

May 31–June 3

HERNDON FESTIVAL, HERNDON, VA. Times vary. Free entertainment, carnival, fireworks, art and crafts, and more for the whole family in downtown Herndon. For more information, visit www.herndon-festival.net.

June 1–3

THE BODACIOUS BOARDWALK BAZAAR & WINE FESTIVAL, HAMPTON. 10 AM – 7 PM Fri & Sat; 10 AM – 5 PM Sun. More than 300 crafters, vendors, artists, wineries and food vendors at Hampton Roads Convention Center. Free admission for those who donate blood to the Amer-

ican Red Cross' Bloodmobile. Purchase tickets on site: adults \$7 for one day, \$10 for two. More information available at bodaciousbazaar.com/spring.

June 2–3

OCCOQUAN ARTS AND CRAFTS SHOW, OCCOQUAN.

10 AM – 6 PM Sat; 10 AM – 5 PM Sun. A free weekend of art, fun, food, music, and shopping at this annual arts and crafts show. Shuttle from satellite parking \$5. Visit www.occoquanva.gov/arts-and-crafts-show.html.

June 2–3

ARTS IN THE MIDDLE, A JURIED FINE ARTS FESTIVAL, URBANNA. Free, two-day art, history, local cuisine, and music festival at the Hewick Plantation where more than 100 juried artisans set up along the oak tree-lined plantation driveway. For details, visit www.artsinthemiddle.com.

Regional CAMPING FESTIVALS

Experiencing a camping festival is one of the best ways to intoxicate your senses, let go, and fully recharge without going far or spending a ton of money. Bask in fresh air and sunshine, listen to great tunes, dance without inhibition, hang out with friends and family, and relax to achieve the total benefits of this one-of-a-kind get away weekend. Enjoy great food, arts and crafts, and other activities. Grab your tent, sleeping bag, or conversion van or skoolie because awesome adventures, new friendships, and fun with friends and family await. Each event has a different vibe. Check websites for ticket prices and camping details. For more Virginia festival information, visit www.virginia.org/summerfestivals.

Delaware

June 14–17

FIREFLY MUSIC FESTIVAL, DOVER. Three days of amazing fun for music lovers of all ages at The Woodlands International Speedway. Campsites available.

For details, ticket prices, and more details visit fireflyfestival.com.

Maryland

June 29–July 2

PEX SUMMER FESTIVAL,

DARLINGTON. 8 AM Friday – 12 PM Monday. Camp, listen to music, check out art, and watch performances at Ramblewood. Event open 24-hours a day for the duration of this festival. Ticket prices, camping details, and event information available at pexsummerfestival.com.

Virginia

May 31–June 2

CLINCH RIVER DAYS FESTIVAL, SAINT PAUL. A weekend of fun in the mountains. Civil war reenactments, river and railroad lore and history, photography, music, games, carnival rides, and more. Costs associated with some events. Camping close by. Find out more at www.clinchriverfest.com.

May 31–June 2

GRAVES MOUNTAIN MUSIC FESTIVAL, SYRIA. Bluegrass, Americana, and Roots music. Tickets \$115 for all three days. Campers require a three-day ticket. Daily tickets available. For more information, visit www.gravesmountain.com/events-calendar/festival-of-music.

June 8–16

MOUNTAINS OF MUSIC HOMECOMING, ABINGDON. 12 – 11:59 PM. Annual, nine-day, region-wide celebration of cultural and natural assets of Southwest Virginia featuring music, jam sessions, and festivals at various venues along the "crooked road." Camping facilities and state parks located along the route. Check out mtnsofmusic.com/ for more information.

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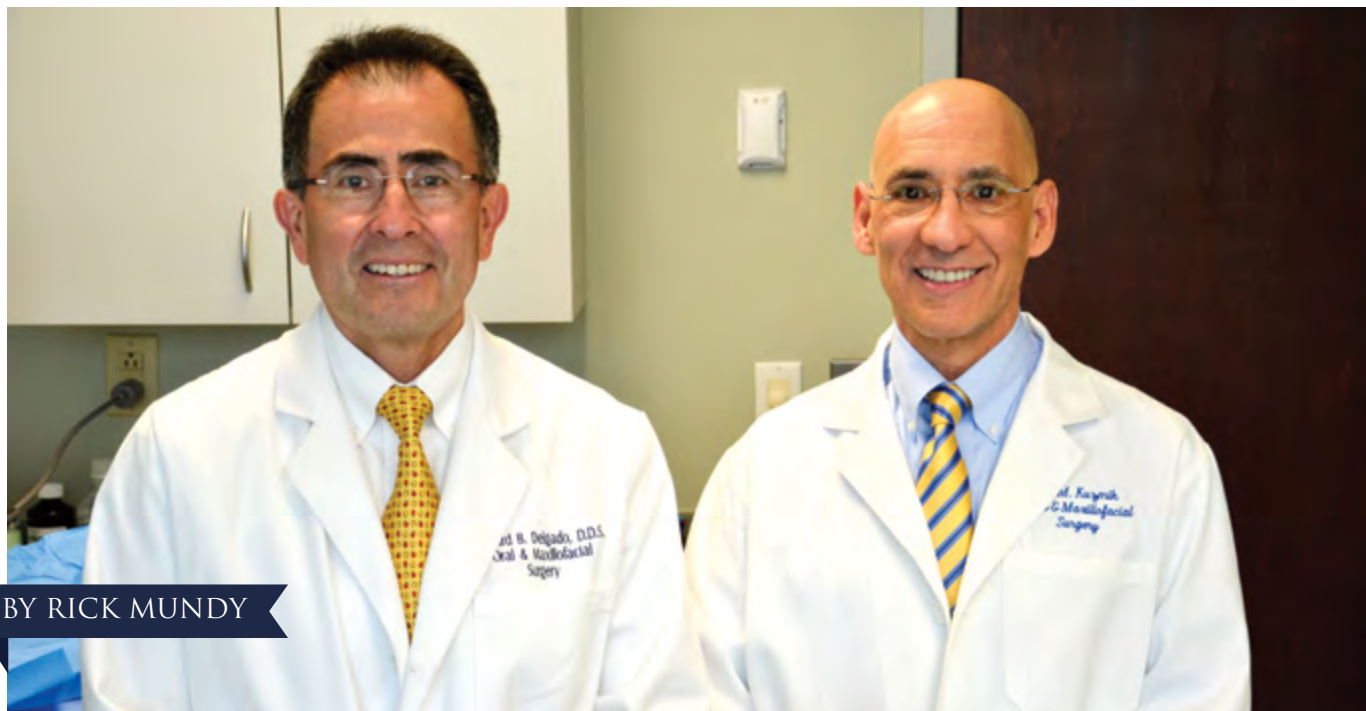
Renaissance Program can enjoy home-cooked lunches and dinners in our Compass Rose Café.

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

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



BY RICK MUNDY

Delgado and Kuzmik

Commitment to excellence in oral, maxillofacial and implant surgery

Your dentist delivers the verdict. You need oral surgery or tooth extractions. What do you do? If you're anywhere near the Tysons area, the answer is clear. Drs. Delgado and Kuzmik, Oral, Maxillofacial, and Implant Surgeons use state-of-the-art technology combined with gentle care to provide you with the best experience possible.

"It is a privilege to provide our community with gentle care and compassion."

"Dr. Kuzmik was amazing! I had all four of my wisdom teeth pulled and I was able to go to the grocery store immediately after the procedure. I hardly had any pain and was back at work the next day. I was shocked that I felt so good. Thank you for your meticulous work and trust. I would recommend him to anyone."

The surgical practice of Drs. Delgado and Kuzmik has the reputation of being one of the finest in the area and for good reason. Both have over 35 years of experience and they stay current on the latest techniques and have invested in the most advanced technology available in their profession. Both are certified in dental anesthesiology, advanced cardiac life support, and board certified in oral & maxillofacial surgery. They were also selected by *Washingtonian Magazine* and *Northern Virginia Magazine* as among the best oral and maxillofacial surgeons in Virginia, DC and Maryland.

But more than that, they are both passionate professionals who care about their patients. They both have long participated in supporting local organizations and charities.

"I could not ask for a better experience from any dental office. The staff was extremely efficient, helpful, kind, and considerate. Dr. Delgado made this implant experience extremely comfortable. More

importantly I completely trust him with my care. He's an incredible surgeon and I cannot thank him enough."

Dr. Delgado lives in Vienna with his wife, Patricia, and their three children. He earned a Bachelor of Science degree in Biology at Georgetown University in Washington D.C. and then went on to Georgetown's School of Dentistry, where he earned his Doctorate of Dental Surgery degree. Dr. Delgado completed his internship and residency in oral and maxillofacial surgery at Nassau County (NY) Medical Center, where he was involved with one of the first teaching centers in the United States for the placement and restoration of the dental implants that are now presently used throughout the world.

"Everyone was great and I love Dr. Delgado and his assistant who took extra steps and care when walking me back to recovery because I am a fall risk. The rest of the staff was extremely friendly and helpful as well. The overall office understands the "pursuit of excellence!"

Dr. Kuzmik lives in McLean with his three children. He earned a Bachelor of Science degree in Pharmacy and a Doctorate in Dental Surgery degree from the Ohio State University in Columbus, OH. Then followed a one-year residency at Prince George's Medical & Trauma Center in

Cheverly, MD, and specialty training in oral & maxillofacial surgery and anesthesia at the St. Francis Medical Center in Pittsburgh and at Jackson Memorial Hospital in Miami, a research center for advanced bone grafting and dental implants.

"I was referred to Dr. Kuzmik for an urgent tooth extraction and I'm so pleased that I was. I can say that it was one the best experiences I've had for what I anticipated to be a major ordeal. He talked over the options and provided me with necessary information, and executed the procedure efficiently and quickly."

Advanced Technologies

In order to provide the best experience for their patients, Drs. Delgado and Kuzmik have recently begun utilizing 3-D computer guided surgery, teeth-in-a-day and All-On-4 implant surgery. These are routine procedures in their office.

CT Scans: The Tysons Corner office is equipped with the i-CAT Cone Beam 3-D Dental Imaging System which provides high-definition, in-office, three-dimensional digital imaging at a lower cost and radiation to the patient compared to a traditional CT scan.

This system delivers the most complete radiographic information possible. The i-CAT's images provide 3-D views of critical anatomy for a more precise analysis of bone dimensions and density. The need for bone grafting, selection of implant size and ideal placement can be more accurately determined pre-operatively.

Drs. Delgado and Kuzmik established their current practice in July 1990 at 8230 Leesburg Pike in Tysons, following with the Alexandria office in 1994, making them the longest-operating oral surgery team in Northern Virginia. Their specialties include:

- Dental Implants
- Bone Grafting
- Wisdom Teeth
- Facial Trauma
- Jaw Surgery
- Oral Pathology
- TMJ Disorders and facial pain
- Laser Technology. ♦

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Norm's Beer & Wine (next to Maplewood)	Fairfax Realty	Community Center, Falls Church
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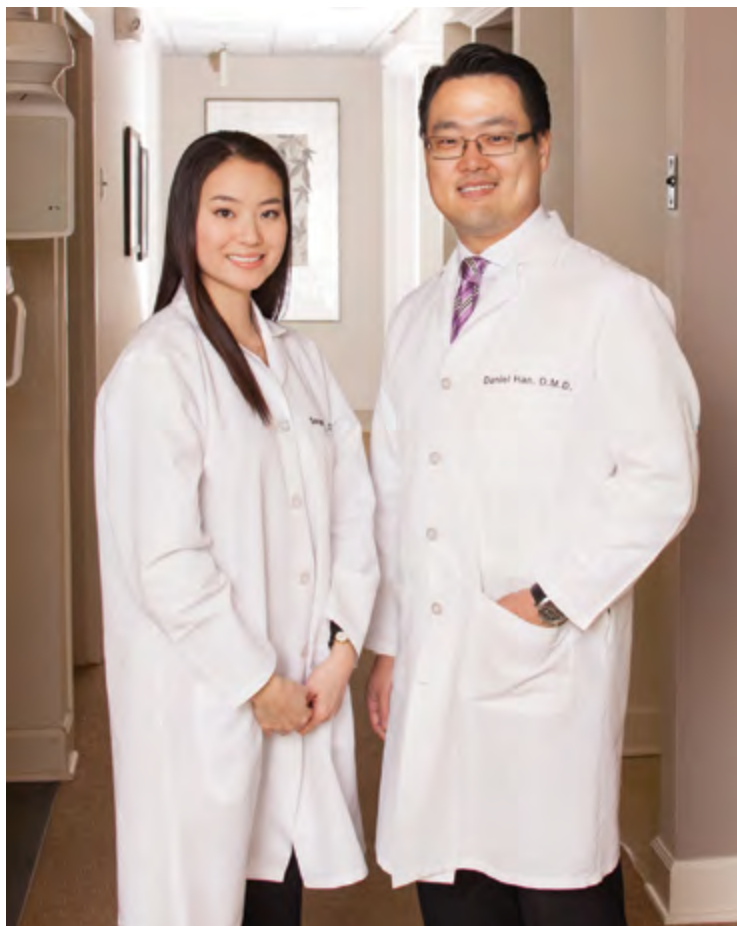
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THE ART OF DENTISTRY: *What is Smile Design?*



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

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



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Is Orthodontics Your Primary Focus?

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

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

What Sets your Practice Apart from Others?

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

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

Can Teeth be Unique?

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



Dr. Geith Kallas, DDS

SMILE MAKERS

Dr. Kallas realized early in his career that the techniques and materials used in cosmetic dentistry could also be applied in general dentistry for better, more long-lasting and attractive results. He has been a pioneer in modern dentistry for nearly 20 years.

His training includes Howard University, College of Dentistry postdoctoral training and internship at the District of Columbia General Hospital. His advanced training and continuing education are pursued at the Las Vegas Institute for Advanced Dental Studies (LVI), one of the world's most renowned facilities for aesthetic and neuromuscular dental training.

Dr. Kallas is distinguished in the U.S. and internationally for excellence in dentistry and for his contributions to his community.

Dr. Kallas is a member of the American Academy of Cosmetic Dentistry, the American Dental Association, the Virginia Dental Association, the Northern Virginia Dental Society, the American Academy of Laser Dentistry, the International Association of Orthodontics, the American Association of Functional Orthodontics, the American Academy of Craniofacial Pain, and the International College of Craniomandibular Orthopedics.

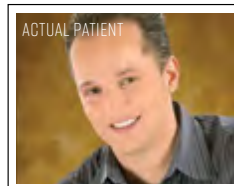
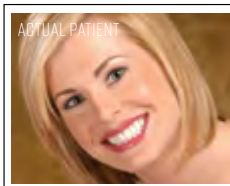
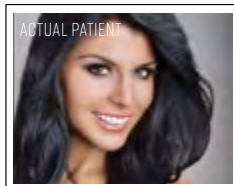


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"As a newscaster I have to be aware of how my smile looks both on-camera and off. I had veneers already, but wasn't happy with them. When I decided to re-do them, I researched nearly 40 doctors, but chose Dr. Kallas because I knew my smile would look beautiful before and after the new veneers were complete. There's a dramatic difference between my old veneers and what I have now from Dr. Kallas. I can see and feel the difference and so can the people watching me on TV. I get so many emails from viewers complimenting me on my smile."

—CHRISTINE KLIEN, NEWSCASTER FOR ABC7



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Dr. Anna Bonadalapati, DDS

LITTLE SMILE MAKERS

Driven by her passion for pediatrics, Dr. Anna has been working with children since the beginning of her education in dentistry. She focused on pediatric, patient-centered studies, including working with the Infant Oral Health Care Club and the Craniofacial Center. Her dedication to caring for children led her to pursue earning her specialty in Pediatric Dentistry at Nova Southeastern University, where she served as Chief Resident. As part of her residency, Dr. Anna excelled in working with children with autism. It is her goal to equip every child with the tools they need to maintain good oral hygiene, and to ensure that they enjoy visiting the dentist!



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Dr. Delgado and Dr. Kuzmik are Diplomates of the American Board of Oral and Maxillofacial Surgery. Both doctors are currently members of the American Dental Association, the American Association of Oral and Maxillofacial Surgeons, the Virginia Society of Oral and Maxillofacial Surgeons, the Northern Virginia Dental Society, the Virginia Dental Association, the Mid-Atlantic Society of Oral and Maxillofacial Surgeons, and the American Dental Society of Anesthesiology. The doctors are certified in advanced cardiac life support.

Dr. Delgado and Dr. Kuzmik were both selected by The Washingtonian Magazine and the Northern Virginia Magazine as two of the best Oral and Maxillofacial surgeons in Virginia, DC and Maryland. Dr. Delgado and Dr. Kuzmik have been in private practice together since 1990.

They both actively participate in continuing education courses, community and professional activities, and charitable causes.

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★★★★★

Dr. Kuzmik removed a wisdom tooth with two long roots. It was relatively painless and a much better experience than I was expecting! He removed my daughter's 4 wisdom teeth last year and that went very well, too.

★★★★★

"Dr. Delgado was very helpful and knew what he was doing. He made the whole process very easy and the recovery was quick. His staff was also friendly and courteous."



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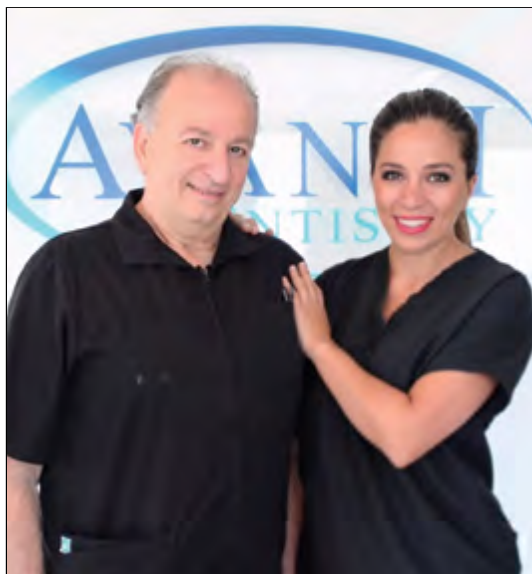
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Dr. Farshad and Bitu Farhoumand, DDS

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AVANTI Dentistry originated as a father & daughter team of dentists. Dr. Farshad Farhoumand, a graduate of Georgetown University, has been serving the DC Metropolitan area since 1977. His daughter, Dr. Bitu Amanda Farhoumand, joined him in 2010. Dr. Bitu graduated from UCLA School of Dentistry in 2010 and attended NYU for her specialty certificate in periodontics and is now a Board Certified Periodontist. AVANTI Dentistry employs a superior concept of patient care by bringing all dental specialists to their location to design a much more comprehensive treatment plan—without limitations to what can be done for patients. From orthodontics to oral surgery, their specialists work together to achieve unparalleled results by bringing multidisciplinary care to the forefront.



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Dr. Sam Osseiran, DDS, MA, MAGD

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A graduate of the Georgetown University School of Dentistry with a certification in occlusion, TMJ management, and prosthodontics, Dr. Osseiran received a Master of Science degree from the same institution for his invention of an intraoral prosthesis treatment for obstructive sleep apnea and snoring. Dr. Osseiran also attended NYU for a fellowship in surgical and prosthetic implant dentistry and was awarded a prestigious Mastership from the American Academy of General Dentistry (MAGD).



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



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Dr. Liliana Calkins

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



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Dr. Rishita Jaju

SMILE WONDERS

Dr. Rishita Jaju is a Board Certified Pediatric Dentist. She has achieved the Advanced Laser Proficiency Certification from the Academy of Laser Dentistry. Her expertise in using Waterlaser safely and effectively is recognized by the World Clinical Laser Institute with their highest Mastership Certification. She received her specialty training in Pediatric Dentistry at Children's National Medical Center (CNMC) in Washington, DC where she continues to serve as clinical faculty.



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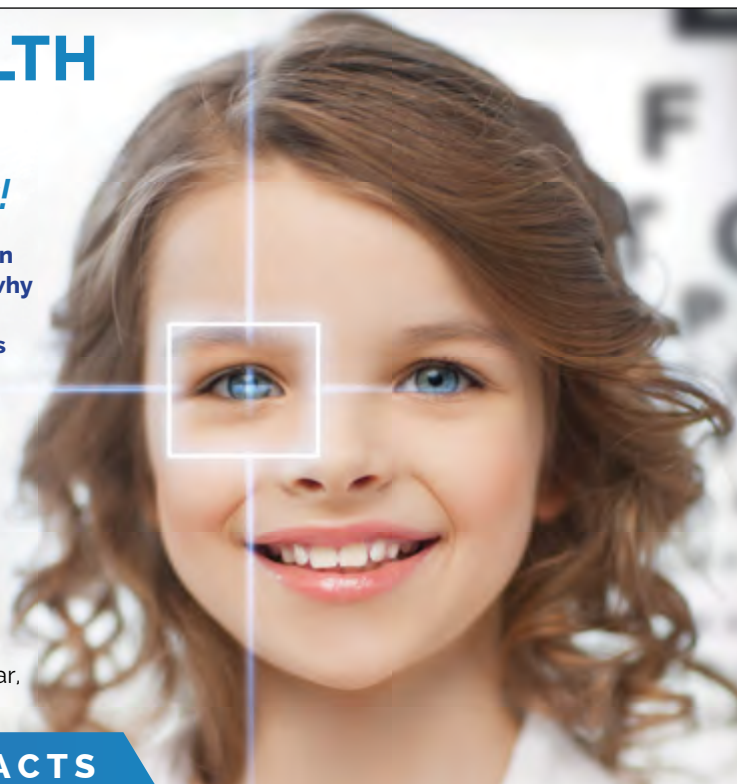
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BY ANALIESE KREUTZER

Since they started arriving on doorsteps about six years ago, the popularity of meal kit services has soared. Meal kits now constitute a \$5 billion market, with more companies entering the marketplace every day.

The concept of a meal kit is pretty simple. The subscription-based services allow you to choose meals from their ever-changing menu options, and they deliver the ingredients, recipes and detailed instructions to your door. They promise convenience and fresh ingredients for people who want to cook and eat meals at home without having to plan and shop.

As more companies look to enter the meal kit business, they are searching for untapped niches in the market to meet consumer's needs. Although dinners are the obvious and biggest market, companies are expanding to breakfasts, lunches and even desserts.

What's New

Although Blue Apron and HelloFresh may be two of the best known meal kit companies, Martha Stewart, Amazon and even The New York Times now have a share of the market. Supermarkets, seeing the meal kit companies chip away at their business, have started offering kits that can be picked

up in their stores. Giant offers kits near its deli department, or you can have the kits delivered through Peapod. Albertson's, the parent company of Safeway, bought meal kit company Plated, and Purple Carrot offers some meals through Whole Foods.

Harris Teeter is trying a different approach. It partnered with online recipe platform Myxx to create HarrisTeeterRecipes.com. Customers select recipes from the site, and then a shopping list is created for them. They can send their ingredients directly to the store's Express Lane service for same day pickup or delivery.

As this article was coming together, Walmart announced its foray into the meal kit business followed just a few days later by Weight Watchers. Weight Watchers previously partnered with meal kit company Chef'd to provide meals with pre-calculated point values. The new venture pairs Weight Watchers with FreshRealm to offer meal kits in supermarkets starting later this year.

The Pros

Meal kits save time by doing the planning and shopping for you, and their fresh ingredients provide healthier options than frozen or takeout meals. The recipes are easy to follow, so even novice cooks can make them

while they gain experience and confidence in the kitchen. Unlike prepared foods, meal kits do require some prep work and cooking. On average, you'll spend 30 minutes preparing dinner, and you'll use a variety of tools and pots and pans, so there will be clean up to do as well. If that's more involved than you want to get, Gobble promises its meals will be ready in 15 minutes using only one pan.

Meal kits are a great way to expand your palate and try new foods and flavors. The subscription meals cost the same no matter what meals you choose, so it makes sense to choose meals with higher-end ingredients.

If you're trying to control the amount of food you eat so you can lose weight, meal kits can help, since the meal portions are set. Although for some the portion sizes are just right, others find them a bit skimpy, and if you like having leftovers for lunch, you're going to need a new plan. Some companies offer meals that follow dietary preferences such as non-GMO, gluten free, vegetarian or vegan. The kits usually come with some nutrition information, but it varies from company to company, with some only providing calorie counts.

The services do provide flexibility. You don't have to sign up for a week's worth of

meals. You can opt for just a few days or even for every other week. If you're traveling or just want a break, you can suspend your service for a week or more. Introductory offers, which might even include free meals, make it easy to try out these services and see if you like them without too much of a commitment.

The Cons

As with most conveniences, you'll pay more for meal kits than if you shopped for the ingredients yourself, but for many people, it's worth it. Some of the cost is offset by the fact that everything is portioned for each recipe, so you don't wind up buying more than you need.

With the subscription services, if you don't log in each week to choose your meals, they will be chosen for you. You may wind up with food you don't want.

One of the biggest complaints about meal kits is the amount of packaging they use. However, a 2016 Consumer Reports review of five of the leading meal kit companies noted that much of the packaging is biodegradable, recyclable or reusable.

The kits don't include everything you'll need. You'll still have to go to the grocery store to make sure you have ingredients such as butter, olive oil, eggs and milk. Since grocery stores have entered the arena, you can pick up your meal kits for the week while you're shopping for these basics.

Healthy Eating and Indulgent Options

Even when you try to eat healthy, sometimes your soul just needs a burger. Now there's a meal kit to meet that need. You can sign up for BurgaBox, from the Boston Burger Company, and receive a box once a month with an indulgent burger and sides meal. Foodstirs, So Bakeable and others offer dessert-only kits.

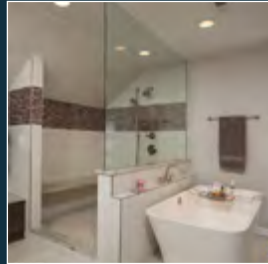
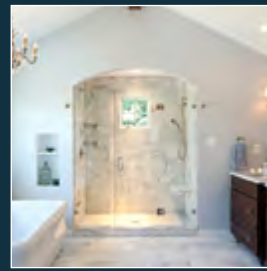
Dieters and people eating for better health also have meal kit options. Sun Basket became the first meal kit service to obtain the American Heart Association's Heart-Check certification, and Chef'd has paired up with the American Diabetes Association. Chef'd also allows you to sort recipes to exclude particular allergens.

If you don't think there's a meal kit service to fit your needs, keep looking, because an existing company may change its offerings or a new company will enter the market, and there is bound to be one that is the perfect fit for you. ❖

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

<i>If you're looking for...</i>	<i>Try...</i>
 Breakfast options	Terra Kitchen or HelloFresh
 Smoothies	GreenBlender
 Southern food	PeachDish
 Burgers	BurgaBox
 Desserts	Doorstep Desserts or So Bakeable
 Snacks	Terra Kitchen
 Soups	Daily Harvest
 Meal plans for singles	Home Chef or Dinnerly
 Short prep time	Gobble
 No subscription	Walmart, Grocery Stores or Chef'd
 Plant-based/Vegan	Purple Carrot
 Non-GMO	Sun Baskets
 Heart healthy	Sun Baskets
 Organic	Green Chef
 Paleo or Keto	Home Chef or Green Chef
 Weight Watchers	Chef'd
 Vegetarian	HelloFresh, Blue Apron
 Gluten free/Peanut free	Freshly
 Lactose intolerant	Hungryroot

* This is not intended to be a complete list in each of these categories. In most cases, there are multiple companies that offer these options.



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Photo credit: Greg Hadley

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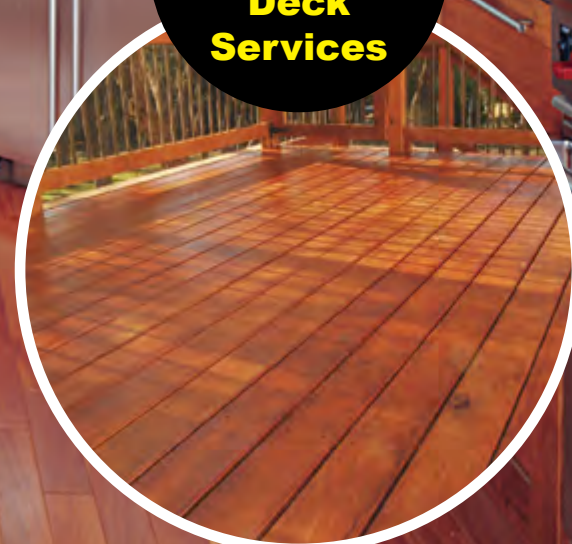
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BY RICK MUNDY

It happens to all of us. We are out and want to pick up a quick meal or other treat and realize we don't have our wallet with cash and cards, or our phone with some payment app.

That's what happened to Joe Falit, co-founder and CEO of Yombu. In the summer of 2015, Falit was out for a run and stopped at his gym for something to drink. On the run with no wallet, he was able to use the gym's fingerprint ID system to charge the drink to his account, and the idea for Yombu was born. Suddenly he realized that this biometric technology could be used by all kinds of businesses to allow convenient and rapid transactions with their customers.

With Falit's background in financial services from CitiBank combined with expert software development from Derek Sanford, chief technology officer and another founder, plus his team, the service was created and introduced late last year.

How does it work?

To sign up where Yombu is available takes less than 20 seconds at the cash register. The client swipes a credit card, inputs their phone number, scans their index finger on the customer terminal, and enters a 4-digit pin. From then on, when that person shops at any business offering Yombu, they need only their finger and their pin to pay.

Yombu points to some key features for consumers:

CONVENIENCE—no more fumbling with cash or cards and there is never a charge to the customer to use Yombu. Buy that latte with the touch of your finger, literally.

INCREASED SECURITY—paying by fingerprint ensures fraud protection for that transaction. And the scanning device requires a live finger (so you couldn't steal someone's identity by cutting off their finger and paying with it.) Good to know!

Also, Yombu does not store fingerprint images in its database. Instead there is an alphanumeric representation of the

fingerprint via one-way encryption. It is impossible to re-create the actual image of your fingerprint with this data.

Further Yombu does not store debit and/or credit card information. They work with Worldpay, a large payment processor with more than 165,000 merchants in the U.S., for the secure storage of credit card data.

REWARDS—earn discounts automatically every time you pay. Each merchant has its own reward program which updates each time you pay with your finger.

For the merchant, the benefits also include increased sales, reduced chargebacks, more loyal customers, and the ability to know their customers so the merchant can offer additional services and incentives.

The most enthusiastic users of Yombu to date include young people, quick to adopt the latest technologies; women, preferring not to go searching through their purses to find a card, and parents with children in tow.

There are currently a couple dozen locations in the local area offering the Yombu advantage to their customers, names like Teas 'n You, Phoenicia, Hot Yoga, Leid Poke, and Brx in Great Falls. As Yombu headquarters is located right in Tysons, they are signing up local businesses initially with plans to expand regionally and nationally in the near future.



For more information about the company or to suggest that your favorite merchant get on board, go to www.yombu.com.



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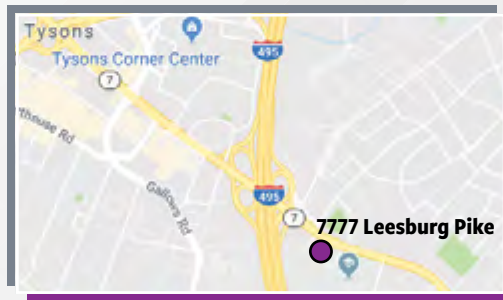
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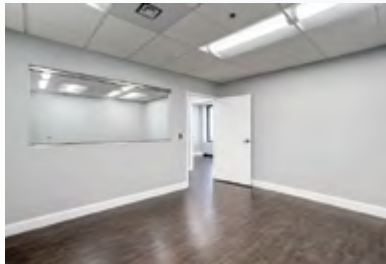


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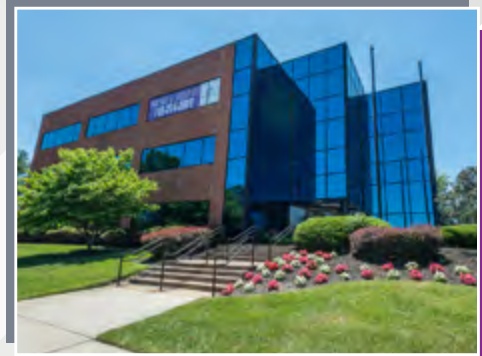
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BY DAN LASH, CFP® AIF®

ASK AN ADVISOR: ABOUT THE NEW TAX ACT

I've been getting a lot of questions from clients about how the new tax act will affect their tax return for 2018. The answer is dependent on each individual tax situation, but the following items are the most significant changes individuals and families need to know about as they plan for and manage their income and finances in the months ahead.

- **New tax brackets** – There are still seven income tax brackets, but rates and income thresholds for those brackets changed, resulting in lower income tax rates for many taxpayers. A complete list of 2018 income tax rates and brackets is available at <https://taxfoundation.org/2018-tax-brackets/>.
- **Standard deductions increase** – The personal exemption (which allowed taxpayers to deduct a set amount for themselves, their spouses, and each dependent) has been repealed, but standard deductions have increased to \$12,000 for single filers, \$18,000 for heads of household, and \$24,000 for married taxpayers filing jointly.
- **Child tax credit doubles** – Parents will no longer be able to claim personal exemptions for their children, but they can claim the child tax credit which doubled from \$1,000 per child to \$2,000 per child. \$1,400 of this tax credit is refundable, meaning taxpayers can claim this much over and above their tax bill for the year, generating a refund. The child tax credit income threshold also increased but begins to phase out at an annual income of \$200,000 for single parents and \$400,000 for married filing jointly parents.
- **Alimony payments** – Alimony payments will no longer be deductible by the person paying, however this only applies to new divorce and separation agreements starting 1/01/2018.
- **Itemized deductions limited or eliminated** – Taxpayers may continue to choose between claiming a standard deduction or itemizing their deductions, but several of the itemized deductions have been limited or removed completely. The state and local tax deduction (SALT), is capped at \$10,000 and the mortgage interest deduction is limited to loans of no more than \$750,000. Also, all miscellaneous itemized deductions subject to the 2% adjusted gross income (AGI) floor were repealed. The casualty and loss reduction remains, but will be limited to presidentially declared disasters.

- **Reduction in pass-through business taxation** – A pass-through business pays taxes through the individual income tax code rather than through the corporate tax code. Sole proprietorships, S corporations, partnerships, and LLCs are all pass-through businesses; C corporations are not.

The bottom line is that the new tax bill will affect us all from 2018 through 2025, and beyond. It will change our take-home pay as well as our tax bill at filing time. Many of the bill's provisions require IRS guidance and must still go through a rule-writing process, so everyone should continue to pay attention as it is all ironed out in the next year. ♦

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

Have a question for an Advisor?

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Wine Festivals

BY LINDA BARRETT

Wine festivals are a wonderful way to sample our fine Virginia wines while enjoying the beautiful settings at which they are held. Enjoy the many opportunities to celebrate through music, food and wine.

May 5-6, 2018



Annual Spring Town Point Virginia Wine Festival

Presented by AT&T

Waterside Drive, Norfolk, VA

www.festevents.org

More than 30 Virginia wineries in Town Point Park offering premier wine vintages and live musical performances, and gourmet foods and specialty wares for purchase. Guests can reserve tables and private chalets, purchase individual sampling and general admission tickets and park-side boater packages.

2018 are 5 local culinary treasures serving up delicious food to pair with your wine.

Admission includes a commemorative tasting glass, tastings, food sampling tickets and live music.

May 18-20, 2018



Spring Wine Festival & Sunset Tour

3200 Mount Vernon Memorial Highway,
Mt Vernon, VA

www.mountvernon.org

Celebrate the history of wine in Virginia with exclusive evening tours of the Mt. Vernon mansion and cellar where Washington stored his wine, appearances by George and Martha Washington, wine tastings and a live jazz band. Fruit and cheese boxes are available for advance purchase, and a variety of hot and cold foods and desserts are available on site from the Mount Vernon Inn Restaurant.

May 19, 2018



Virginia Wine & Craft Festival

Main & Chester Streets
Front Royal, VA

www.wineandcraftfestival.com

Wine tastings from more than 20 best-of-Virginia wineries, and more than 100 artisans and crafters from around the East Coast. A variety of regional foods including the best BBQ in the Shenandoah Valley will be on hand for purchase. Rides, games and face painting for the children, and live entertainment for all.

May 12, 2018



Neptune's Spring Wine & Food Festival

3001 Atlantic Avenue, Virginia Beach, VA

www.neptunefestival.com

A hub of tasting stations with wines from 9 counties at the 31st Street Park with the Atlantic Ocean as your backdrop. New for

June 2-3, 2018



Vintage Virginia Wine & Food Festival

Bull Run Special Events Center
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www.vintagevirginia.com

Unlimited tastings from more than 200 wines from over 25 wineries, from the smallest

to the largest, the oldest to the newest. Admission includes souvenir glass, live music from regional bands, local foods for tastings, DC's hottest food trucks, wine specials and pick-up service. Ride the Party Bus or catch the free shuttle from the Vienna Metro stop.

June 23, 2018



Virginia Summer Solstice Wine Festival

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www.summersolsticefestival.com

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July 21, 2018



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August 4, 2018



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August 25, 2018



Belle Grove Wine Festival

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Dr. Patricia Petitt,
D.O., M.P.H., FAARFM, ABAARM

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We age, in part, because our hormones decline. Hormones regulate cellular functions and genetic expression. You were the healthiest when hormones were at optimal levels in your youthful prime. It is only when hormones decline and synthetic hormones are introduced to the body that we see problems.

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Ask DR. DIMA

HOW TO PERMANENTLY DESTROY YOUR STUBBORN FAT

BY DIMA ALI, MD

One in every three women say they have considered lengths more than changing their diet and increasing their exercise in order to rid themselves of excess fat. Many women deprive themselves of their favorite foods and spend countless hours in the gym just to look and feel better. However, unfortunately that isn't always enough.

UltraShape is a completely pain-free, non-invasive procedure proven to target and destroy stubborn body fat. This technology uses focused, pulsed ultrasound to provide real results without heat or cold.

Over 300,000 UltraShape treatments have been performed worldwide. Patients trust UltraShape to help eliminate the fat that even diet and exercise can't touch. Many patients experience visible results within just two weeks of the first treatment and see full results after a three-treatment series.

What are the desirable benefits of the procedure?

UltraShape painlessly destroys stubborn body fat with visible results in just two weeks. After a series of three quick, completely comfortable treatments patients can achieve a noticeably slimmer figure. When combined with exercise and a healthy diet, patients can lose up to two sizes. Best of all, the treatments are quick, pain-free and completely non-invasive. You can have the treatment and get back to daily life without skipping a beat.

What are the common misconceptions about the procedure?

UltraShape's unique pulsed ultrasound provides a comfortable treatment that doesn't generate inflammation (like heat-based treatments) or frozen lumps or bumps (like cold-based treatments). Being the shape that you want to be shouldn't have to hurt.

- The UltraShape procedure has an excellent safety record
- Over 300,000 patient treatments have been safely performed world-wide
- Over 600 patients have been the subject of clinical studies on the UltraShape procedure
- As with any medical procedure, there is always some risk
- Ask your doctor if you would like additional information on the safety of the UltraShape procedure

Who is a good candidate for the procedure?

A good UltraShape candidate:

- Has a BMI under 30
- Can pinch an inch of soft subcutaneous fat
- Maintains a healthy lifestyle/diet
- Has realistic expectations

What the procedure entails...

- An UltraShape treatment lasts between 45 minutes and one hour
- For best results, we recommend a series of three treatments two weeks apart



After 3 treatments, despite an 8 pound weight gain



After 2 treatments



- The UltraShape procedure is performed during a convenient, "walk-in, walk-out" session at an authorized UltraShape treatment center
- The UltraShape procedure uses pulsed ultrasound, so there is no discomfort caused by cold or heat. Some patients report a slight-to-moderate tingling sensation
- The vast majority of patients report a comfortable treatment experience
- Before the treatment, markers will be placed around the treatment area for the system to outline the treatment area
- A special ultrasound gel will be applied on the treatment area
- Treatment will begin and your entire marked "problem area" will be treated
- Once treatment is completed, the gel will be wiped away
- Your next appointment will be scheduled in two weeks

What the recovery is like..

Treated fat cells are permanently destroyed. But remember that the key to maintaining your good results is to eat a good diet and have an active, healthy lifestyle. After an UltraShape treatment you should:

- Resume daily routine
- Avoid weight gain
- Eat a healthy diet
- Get routine exercise
- Reveal your UltraShape

—DR. DIMA

WellMedica Aesthetic & Anti-Aging Medicine
703.787.9866

1801 Robert Fulton Dr., Suite 540, Reston, VA
WWW.WELLMEDICA.COM

Audrey Smith

Name and occupation.

Audrey Smith, Financial Analyst at MITRE

What is your biggest beauty splurge that you deem necessary?

High quality face creams and makeup. I wish I had realized in my 20s how important it is to moisturize, not only your face but your neck and décolletage. I love Lancome's Renergie Lift Multi-Action Night Lifting and Firming night and eye creams. I also swear by Redken All Soft shampoo and conditioner, they do wonders for my hair.

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

Chanel No. 5 perfume and short, bright red nails. I've tried some fun colors on my nails but always return to red. Julie at White Rose Salon and Spa does a great job with manicures and pedicures.

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

Chanel No. 5 perfume and short, bright red nails. I've tried some fun colors on my nails but always return to red. Julie at White Rose Salon and Spa does a great job with manicures and pedicures.

What is your view on diet?

I eat lots of fruits, vegetables and lean meats and try to stay away from processed foods. If it has an expiration date longer than a week, it's not real food! That being said, we all need "cheat" days once in a while. Cheese, of any kind, is my kryptonite.

What's your spa fix?

Facials! There is nothing like a good facial to keep your skin looking smooth and supple.



Makeup by Pegeen Walsh at Merle Norman
Hair by Mirian Rivera at Colour Bar Studio

'50s Flashback

by Julie Holland



Flattering, 50's style dresses have made a comeback, and they are fun and easy to style. I'm wearing a floral vintage piece found at the Falls Church consignment store, [New To You](#). I wore the belt as a choker necklace and decided to incorporate pops of black with it, to give it a more modern and edgy feel. Also worn with this outfit (not pictured) is a black fringe purse, and on colder days, it's fun to wear with a black and white jacket. Taking a rather "goody two shoes" piece and pairing it with strong, bold pieces gives the look a fresh, fashion forward approach. Stepping away from matching, and intentionally pairing unobvious pieces together does this same thing—My bestie, Gechi, is wearing a vintage-inspired polkadot number that she paired with a bomber jacket in a rather unexpected color, giving the look a carefree, "style to the beat of your own drum" element. This polkadot dress was found at [Current Boutique](#)—a store that is a mixture of new and used finds.



And a fantastic site for finding vintage inspired pieces is **ModCloth.com**. They carry sizes xxs through 4x. Here are a few samples of what they carry:

\$99



\$69



\$69



\$79



\$99



Definitely check out these **wonderful consignment stores** in the area, where you can find similar vintage treasures:

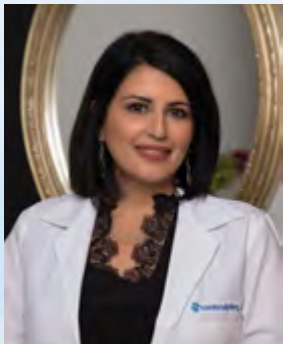
New To You, Inc. (Falls Church, VA)

Current Boutique (multiple locations: Clarendon, VA; Old Town, VA; Logan Circle, DC; Bethesda, MD)

Photos are by Sandross Alim, a local photographer who specializes in lifestyle and environmental portraits, editorial shoots and events. He will soon be offering wedding services, as well. See his work on Instagram: @sandross.alim

ASK AN EXPERT

How to Bring Out Your Exotic Beauty



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

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2



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- 2) Inglot - HD Lip Tint Matte
www.InglotUSA.com
- 3) Floral Surplice Jumpsuit
www.Nordstrom.com
- 4) Ferragamo Eraclea Block Heel Sandals
www.SaksFifthAvenue.com
- 5) Gucci Super Mini Velvet Gg Marmont Bags
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4



5



GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



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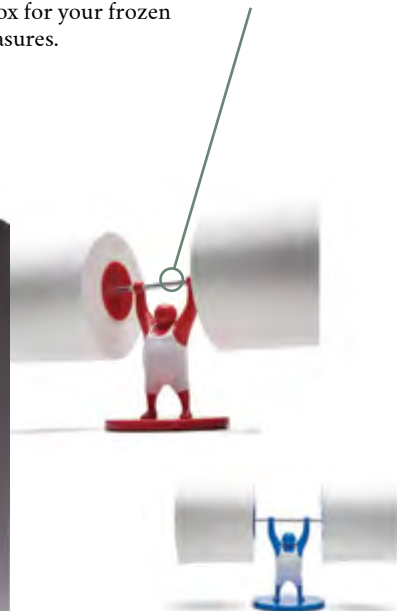
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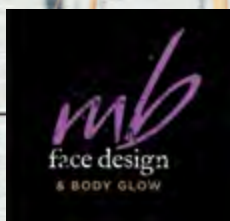
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GETTING YOUR TAN ON!

By Marta Bota



www.mbfacedesign.com



Sally Hansen Airbrush Legs

Preserving the beauty of your skin is something that I spend a lot of time discussing with my clients. It's the secret to staying youthful-looking as you age! Using good skin care products and being consistent about it will keep your skin healthy, radiant, and beautiful!

The most important aspect of keeping your skin looking its best is to take precautions when it comes to sun exposure. Vitamin D is essential for optimal health, therefore, being outdoors is always a great idea. Just be sure to use your sunscreen daily all year long!

As we're continuously being educated about the damage that UV rays can cause, sunbathing is becoming a thing of the past. The healthy, vibrant, sun-kissed look is still very much sought after, however, so what are we to do? Thankfully, technology in the beauty industry has kept up with this growing trend! We can now get that gorgeous glow without compromising the health and condition of our skin! The options are endless!

As a seasoned makeup artist, beauty consultant, and beauty editor, staying on top of technology, products, and trends in the industry has to be second nature for me to properly serve my clients. I work with models, brides, and beauty pageant contestants on a steady basis and prepare many of my clients for

red carpet events. What does that mean? It means that I need to know the best techniques and products in order to achieve the results that my clients need and desire!

I've recently added organic airbrush spray tanning to my menu of services. I love the effect of a professionally applied (by hand with an airbrush) spray tan. When done correctly it should leave you with an even glow that is complimentary to your skin tone. It should last 5-10 days, and should fade evenly, like a natural tan. In order to achieve that the client must prep properly by exfoliating and shaving, and come to my tanning session free from lotions, makeup, perfumes, and deodorant. I custom blend a solution that matches the undertone of their skin and the desired tan depth (for example; light, medium, deep). Once they arrive at my studio, and I mix their custom blended solution, the actual process takes only between 15-20 minutes. Depending on the type of tan they choose (classic or express) the development time varies. Following my instructions, post tan, will ensure a beautiful glowing tan! I have a full line of pre- and post-tanning products! What I love most about my organic products is that there is no blotching as it fades! It also does NOT rub off on clothing! I've got tanning packages available, as well as makeup/tanning specials! This makes a great gift for your bridal party and/or for Mother's Day! Get ready to look amazing this summer! To book your appointment go to mbfacedesign.com



There are other ways to look beautifully tan without the sun. I happen to love the sunless tanning products by **St. Tropez**! They have bronzing mousse, self tanning lotions, and after care products! I even love using them to give a spray tan a "boost" as it begins to fade!

To "fake" a tan (cosmetic effect only) try spraying **Sally Hansen Airbrush Legs**! This spray-on is a cosmetic product. It has a nice finish and can be used on other parts of the body as well. Keep in mind that it does shower off, but it's great in a pinch! It comes in several shades to match the skin tone. Be sure to wait at least five minutes before getting dressed, as it will get on the clothing before it dries. I recommend having it on

hand because it gives the legs nice coverage looking as smooth as the effect of pantyhose, even on top of a spray tan!



**St. Tropez
Bronzing Mousse**

The face always fades more quickly than the rest of the body when you are doing a "faux" tan, and that's ok. This happens because we wash our face more than we do the rest of our body, and we tend to cleanse deeper, especially when removing makeup. It's a quick fix by using a self tanning product on the face and/or faking it with makeup! Dusting a bronzer powder on the areas of the face that the sun naturally hits will give you a sun-kissed look! Add a pop of brighter blush on the apples of the cheeks and you'll look perfect! I love **Motives Bronzer/Blush Duo**! It's mineral pressed powder that you can use separately or mix together for a warm golden hue!



Motives Bronzer/Blush Duo

I hope that you find this info helpful! These products will help you look beautifully tan without the damage, preserving your skin, and extending your youthful looks! ALWAYS use sunscreen on top, as these don't protect you from the UV rays! Enjoy! ♦



Getting the Best Results

FROM AN ANTI-AGING SKINCARE REGIMEN

By Analiese Kreutzer

To reap the best benefits from anti-aging skincare products, you need to have the right products for your skin and apply them in the right order. Barbara Mead, a licensed master esthetician with her own practice, Facial Zen in Herndon (FacialZen.com), shared her knowledge and expertise about anti-aging skincare products.

Everyone's skin has different needs, so the products you use should be tailored to your skin type, concerns and priorities. Consult a professional to make sure you're using the right products and formulations. Mead recommends starting with a gentle cleanser with little or no detergent. Detergents can strip the skin of intercellular lipids, essential and protective fats that aging skin already has in shorter supply. Mead suggests using a low-foaming cleanser or a cleansing milk.

"Always apply products with a thinner consistency before thicker, creamier products," says Mead. "If you put thicker products on first, they will keep the thinner products from penetrating the skin." Using this rule, liquids, such as toners, are first after cleansing.

If you use a toner, make sure it does not contain an astringent but is alcohol free and contains a humectant like butylene glycol, hyaluronic acid, glycerin or sorbitol to help keep moisture in the skin.

"Once each product has penetrated the skin, it is safe to move forward," says Mead. Serums or gels should follow liquids, then oils, lotions, creams or any ointments or balms. "Serums fall under a broad list of products that target specific concerns for all skin types, including antioxidant serums, growth factor serums, DNA repair serums, epidermal repair serums, vitamin A serums, blemish serums and pigment fading serums," she says.

Moisturizer helps the skin better retain water. Mead says that formulations that include peptides enhance skin rejuvenation. The consistency of a daytime moisturizer will depend on how dry or oily your skin is.

Drier skin produces less oil and requires more emollients. "Emollients protect the skin by preventing moisture loss and prohibit environmental irritants from getting in," says Mead. Emollients include cocoa butter, squalene and lanolin.

Oily skin needs a day cream that contains fewer emollients and more hydrators. According to Mead, "Hydrators contain less than 5 percent

lipids, while moisturizers contain up to 25% lipids." Hydrators include sodium hyaluronate and allantoin. Mead currently works with and recommends the Osmosis Pur medical skincare line of products and is looking into other formulations as well.

All your other products won't mean much if you don't protect your skin with sunscreen every day. Skincare experts recommend physical sunblocks over chemical sunblocks. Physical sunblocks contain ingredients such as zinc oxide or titanium oxide that block ultraviolet rays. They do not cause allergic reactions and do not cause hormone disruption. Chemical sunscreens rely on a chemical reaction to protect skin, and they tend to break down more quickly in the sun.

"Sunscreens are best applied on top of other products and should be pressed into the skin for best coverage," says Mead. After sunscreen, it's best to wait a few minutes before applying makeup to make sure the sunscreen has been absorbed for maximum protection. Mead recommends Suntegrity 5-in-1 BB cream SPF 30 and adds that mineral makeup, such as that by Jane Iredale, also provides sun protection.

Tips for Aging Skin

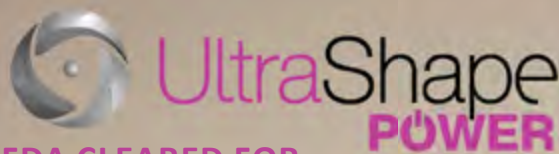
Any products you put on your face, you should also put on your neck and décolleté, and don't forget your ears when putting on sunscreen. Also, don't overlook the care of your eye area and lips as part of your anti-aging routine. Night time is the best time to repair and restore the delicate skin in these areas. Mead recommends Osmosis Refresh PM and Sorella Apothecary Lip Hydrator.

An up-and-coming moisturizer ingredient you're likely to start hearing about is beta glucan. Mead says, "Beta glucan is a natural polysaccharide and offers several regenerative properties to the skin."

Production of ceramides—lipids that are an essential component of our skin—decreases as we age. Some products contain topical ceramides, but Mead says, "The best way to deliver ceramides is by taking a high-quality wheat germ oil supplement, which is absorbed by the blood and delivered deep within the cells of the body and eventually reaches the skin of the entire body from within. Studies have shown that skin hydration increases on average by 35 percent." ❖

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

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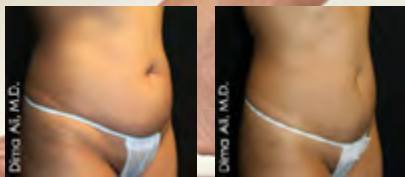
How does UltraShape permanently destroy fat?

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



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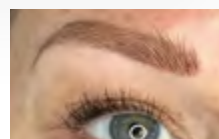
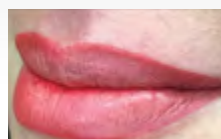
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What You Don't Know About Permanent Makeup

By Analiese Kreutzer

What do you picture when you hear the words permanent makeup? Eyebrows that look like they were drawn on with a Sharpie? A dark lip liner? Heavy eyeliner? That image may have been true in the late 1970s when the permanent makeup industry first came into its own, but changes in equipment and techniques mean that today's permanent cosmetics have a natural, beauty-enhancing look.



Permanent Makeup Artist
Erika Tutoni

(571) 445-5491
19465 Deerfield Avenue #109,
Lansdowne VA 20176

www.permanentmakeupbyerikallc.com



According to the Society of Permanent Cosmetics Professionals, "When done properly, it should appear natural and look as good or better than topically applied makeup." Permanent makeup, also called permanent cosmetics, micropigmentation or cosmetic tattooing, is a form of tattooing. However, permanent makeup tattoos aren't as deep as body tattoos. Permanent makeup also uses different pigments that fade away gradually in 1 1/2 to 2 years.

One of the biggest changes in the industry is that permanent cosmetic artists today use nano needles, some as small as .18 millimeters, allowing artists to do very fine, detailed work. Years ago, the thinnest needles used were .40 millimeters.

Licensed Permanent Makeup Artist Erika Tutoni explains that, if you have the right technician, the tattoos will fade away enough that you can change your look. "You don't want to keep the same look forever," she said. "You change your hair color, the fashions change, you want to be able to change with it."

Tutoni received her initial training in the United States and then traveled worldwide to train privately with some of the best professional permanent makeup artists. What she learned, she said, "Is a totally different technique than what I learned in my training here." Last year, she opened her own business in Lansdowne.

Your Natural Beauty, Enhanced

According to Tutoni, the most requested permanent makeup right now is eyebrows. People may choose to do it because they have thinning brows due to age or overplucking or just because they want to save time filling in their brows with makeup.

There are several permanent makeup techniques, including ombre brows and hair stroke brows, but many people are caught up in all the buzz surrounding microblading.

Although trained in microblading, Tutoni doesn't offer the service. She doesn't like that the technique cuts the skin and is often sold as being pain-free. It's not. "You can only have the procedure done once or twice because where the skin is cut there will be scar tissue," she said. She recognizes that there are some excellent microblading technicians, but she has concerns about the amount of training some people who are offering microblading services have received.

Tutoni is a master esthetician who understands skin, and she said, "It's not easy to work on skin. You can cause a lot of damage." The manual tool used for microblading means you're vulnerable to a technician whose cuts may be deeper than intended or not deep enough to hold the color.



Lips are also a popular spot for permanent cosmetics. The goal today is to give lips subtle color. People do it to correct uneven color, to cover a scar or to enhance their lip color so they don't need to wear lipstick.

Eyeliner is another popular permanent cosmetic. Tutoni focuses on creating a natural, lash-enhancing look. If a client wants something extreme, like a thick eyeliner or a dark lip liner, she will send them elsewhere.

Permanent makeup's uses extend to covering scars after injury or surgery. Tutoni explains that it can even out skin tone for people with vitiligo and be used to create an areola after a mastectomy and reconstructive surgery. Unfortunately, Tutoni said she also does a lot of corrective work from older, deeper tattoos, where the color and shape have altered as someone has aged.

Is Permanent Makeup Right For You?

When searching for a permanent makeup artist, shop around. "It's a very personal thing," said Tutoni, who doesn't do any online booking because she wants potential clients to come in and ask questions. Tutoni starts with a consultation where the client can discuss what she is thinking about having done.

Skin type can affect permanent makeup application. For example, someone with oily skin should not have microblading or hair stroke eyebrows because the lines may come out blurry and the procedure might not heal correctly. During the consulting phase,

Tutoni and the client identify any issues and come up with a plan for moving forward. She encourages potential clients to have consultations with other technicians as well, because it's important to feel comfortable with the person doing your makeup.

Tutoni has clients fill out a medical form to identify any contraindications. For example, if you get cold sores, she recommends that you get an antiviral from your doctor and take it three days before and three days after the procedure since any stress on the body could trigger an outbreak.

When choosing a technician, make sure she is properly licensed, ask about her experience, including how long she has been practicing, her training and the procedures she has done. Also ask to see pictures of the technician's work.

When you return for your appointment, expect to spend 30 to 40 minutes mapping out the shape of the area you're having done and determining the color. It is important to take time on this step and get it just how you want it. Once the drawing is approved, then the procedure begins.

You will be numbed before and during the procedure. Although the recovery is minimal, there will be some swelling, so many people choose to have it done on a Friday and take the weekend to recover. Tutoni gives specific instructions for after care and warns that there can be some itching as the skin heals. After about five weeks, clients return for a touch up. This is when any areas where the color didn't take well can be touched up or you can take the color a little darker.

In eight months to one year, you will notice the color starting to fade. At that point, Tutoni recommends returning for a touch up. "You don't want to wait until it's fully faded away, because then you have to start the process over again, remap the area, and it will cost more than a touch up would," she said.

Permanent makeup saves you time on makeup application and allows you to sleep, swim or exercise while maintaining the look you want. To learn more about Tutoni's services, visit her website at www.PermanentMakeupByErikaLLC.com or call 571-445-5491. ❖

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



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Help Push Habitat of Humanity NOVA over the edge and serve its 100th family this May, 2018.

Habitat for Humanity of Northern Virginia [Habitat NOVA] is hosting an unforgettable, adrenaline pumping fundraiser featuring 80+ thrill seekers who will go OVER THE EDGE by rappelling down Hilton's Global Headquarters in Tysons on Saturday, May 19, 2018. It is a once-in-a-life experience that truly lifts community

awareness for affordable homeownership to new heights! No experience necessary. Habitat NOVA has partnered with Over the Edge Global, the country's leading event organizer for this extraordinary rappelling event. Each participant pledges to raise \$1000 to ensure a slot to rappel.

For 25+ years, Habitat NOVA has helped low-income families achieve strength and stability through affordable homeownership. This innovative fundraiser supports a pivotal milestone for the vanguard organization – building their 100th home in Northern Virginia, designed specifically for a U.S. Air Force Vietnam veteran.

Step to the Edge, look over, and catch your breath- Over the Edge Global will do it all for you and take you to reach your ultimate goal. The event is going to be energetic, high profile, and not your typical fundraiser. Sign up here: www.habitatnova.org/ote.

For more information: Simone Rathlé
| 703.534.8100 ❖



SMITHSONIAN ASSOCIATES ANNOUNCES THE RETURN OF “SMITHSONIAN SLEEPOVERS”

Overnight Adventures Await Children at Three Smithsonian Museums

Smithsonian Associates presents true Night at the Museum experiences for children in the National Museum of Natural History, National Museum of American History and the National Air and Space Museum's Steven F. Udvar-Hazy Center in Chantilly, Va. Sleepovers will be held from May through August beginning at 7 p.m. and ending at 8:45 a.m. the next morning. Kids and their chaperones can choose their adventure, whether it is sleeping beneath a 50-foot whale, spending the night at the home of the Star-Spangled Banner or among thousands of aviation and space artifacts, including a Lockheed SR-71 Blackbird, a Concorde and the space shuttle Discovery. They will experience the museums in a whole new way during a night of fun that features tours, games, crafts and more.

National Museum of Natural History Sleepovers

Sleepover guests will experience the museum through an interactive exploration of exhibit halls consisting of games, puzzles and challenges; exhibit-based craft projects; and sleeping under the museum's giant North American right whale, Phoenix. Sleepovers at the National Museum of Natural History will be held May 18, June 1, June 29, July 6, Aug. 24 and Aug. 31.

National Museum of American History Sleepovers

Participants will solve a mystery of historic proportions during an interactive exploration of exhibit halls. When the devious diva Miss Rose steals six valuable objects from the museum, kids must discover what is missing before the evening's end. Using their detective skills, they will collect clues to guide them to the crime scene. Along the way, they will take part in games, experiments and craft projects—and even become a presidential candidate. Sleepovers at the National Museum of American History will be held May 11, May 25, June 15 and Aug. 10.

National Air and Space Museum's Steven F. Udvar-Hazy Center Sleepovers

Kids and their chaperones will explore the whole world of flight, from its pioneering days through the era of commercial aviation to the excitement of today's space program. After they grab a flight checklist, they will take off for a night that includes plenty of games, art activities and close-up looks at some of the most historic and fascinating craft ever to take to the skies. Udvar-Hazy Center staff will be on hand to offer information and insights about the aviation treasures on view. Sleepovers at the Udvar-Hazy Center will be held July 14, July 28 and Aug. 18.

Children ages 8 to 12 may participate in sleepovers at American History and Natural History. Children ages 8 to 14 may participate in sleepovers at Udvar-Hazy. There must be at least one adult for every three children in any group that registers. Chaperones must be 21 years or older. No adults without children. All participants must pre-register by calling (202) 633-3030 or by visiting the Smithsonian Associates box office located in the S. Dillon Ripley Center at 1100 Jefferson Dr. S.W., Suite 3077.

Ticket prices are \$135 for general admission and \$125 for Smithsonian Associate members. The price includes exclusive access and activities in the museum, an evening snack, interactive exploration, arts and crafts activities and a light breakfast. T-shirts are available for purchase while at the sleepover. Reduced rates are available for groups of 20 people or more and for military families. For more information and a schedule of events, visit www.smithsoniansleepovers.org.

Smithsonian Associates—the largest museum-based education program in the world—produces vibrant educational and cultural programming inspired by the Smithsonian's research, collections and exhibitions. Each year more than 750 individual programs are presented to spark creativity and excite learning in people of all ages in the Washington, D.C., area and across the country. Smithsonian Associates brings the Smithsonian to life through seminars, performances, lectures, studio arts classes and local and regional study tours, as well as many engaging programs for children, including performances and summer day camps.

Photo credit: Steve Hajjar

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REAL ESTATE



TOM STAATS MASTERPIECE

VIENNA, VA

\$1,850,000

Stunning, fully custom, Tom Staats masterpiece in the heart of downtown Vienna. This is the perfect Vienna home you have been looking for! 4 years young craftsman with 4 bedrooms, 3.5 baths, and a 3 car garage. Open concept floor plan with 5,200 square feet of living space. Modern kitchen with top of the line appliances and bright dining room surrounded by windows. Great room with coffered ceiling & gas fireplace. Hardwood flooring throughout the main level. Luxurious main level owner's suite with sitting room and spa bath. Rare .53 acre lot backing to Glyndon Park with a peaceful back deck, patio with outdoor fireplace and screened-in porch. Ideal Vienna location walking distance to downtown Vienna and easy access to W&OD bike trail.



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VIENNA, VA

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"WHEN EXPERIENCE COUNTS"



DOWNTOWN CUSTOM HOME

VIENNA, VA

\$1,388,000

Amazing details and craftsmanship in this fabulous home on one-half acre. Luxury master suite with fireplace and terrific family room with stone fireplace and cathedral ceilings. Lower level with media room, custom bar, exercise room, fifth bedroom and fourth full bath. Walk to all of Vienna's shops and restaurants.

CUSTOM NEW HOME

VIENNA, VA

\$1,425,000

The finest in details in this amazing Downtown Vienna new home. Wonderful open front staircase, gourmet kitchen overlooking family room and main level library. Each of the five bedrooms has its own private en suite full bath. Craftsmanship and moldings by Dunhill Builders set this home apart! Two fireplaces, designer lighting and a very private lot on a quiet street!



STUNNING LAKE COMMUNITY

OAKTON, VA

\$1,385,000

Fabulous open-floorplan colonial on nearly two acres in the terrific community of Timber Lake! Large sunny kitchen and two story family room. Wonderful master suite overlooking trees. Finished lower level with walk-out to patio. Two fireplaces and expansive decking, too! Great Vienna schools pyramid, community walking trails and just minutes to Tyson's Corner.



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Fine Homes & Estates

316 RIVER BEND ROAD

GREAT FALLS, VA

\$1,799,900

One of a Kind Rare Opportunity to own a Fabulous property consisting of Main House, Guest House, and 3rd building as Office/Studio, Gym/Hobby. All 3 buildings have back up generator! Original Owner Main House is custom with upgraded features. Very Well Maintained! Incredible & front & rear yard with luscious landscaping & mature specimen trees with outdoor lighting throughout! A MUST SEE!



Guest House

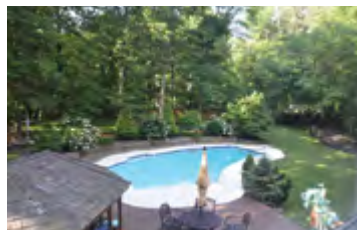


10917 JUSTIN KNOLL ROAD

OAKTON, VA

\$1,149,000

Enter through a gated entrance to this hidden oasis. A circular drive and water feature welcome you to this 5,000 square foot brick Cape Cod home of elegance. The perfectly landscaped exterior offers a beautiful pool, hot tub, and gazebo. On a 2.5 acre lot, with \$250,000 in recent upgrades including hardwood floors on levels 1 and 2, a stunning gourmet kitchen, family room, library with built-ins and a theater room, this home is perfect for formal and informal entertaining. Spacious UL Master suite has a luxurious spa-like master bath w/heated floors, heated towel rack and built-ins. All in Madison HS, one of Oakton's most scenic sections, yet still close to the Silver Line. The home currently has 3 bedrooms but can easily be 5!



CASEY MARGENAU

Office: 703.827.5777
Direct: 703.851.2600

WWW.MARGENAU.COM





2822 23RD RD

ARLINGTON, VA

\$2,500,000

Another stunning new home by Sarantis Properties! No attention to detail was spared in this 7,600+ square foot, 4 level, 6 bedroom/6.55 bath property with high ceilings, high end custom finishes & fixtures, a gourmet kitchen with a large island & open to the family room with fireplace, a main level den/office & mud room, spectacular owner's suite, 4th level bedroom/guest suite, a finished lower level with wet bar, game room, bedroom & more! Front porch & fenced-in back yard. Minutes from Georgetown & DC!



2121 WOODFORD RD

VIENNA, VA

\$1,219,000

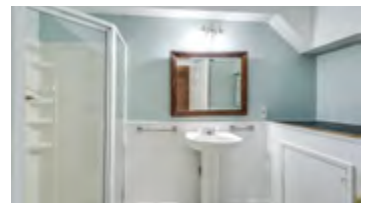
Stunning colonial style home in an unbeatable Vienna location. Featuring a beautiful flowing floor plan, 6 large bedrooms/4.5 bath, shining hardwood floors, stainless steel appliances, large two tier deck, and an AMAZING backyard! 1.84 acres of flat land that is landscaped to perfection! The mature trees, lush greenery, and built in backyard features make this home perfect for a growing family, hosting friends, pets, and everyday life!

1414 VALEBROOK LN

HERNDON, VA

\$515,000

Lovely colonial on peaceful cul-de-sac in popular Kingstream! Fantastic location minutes to Silver Line Metro & convenient to local jogging paths! Open floor plan with an abundance of natural light. Updates include windows, washer & dryer and flooring. You'll love the welcoming front porch and fenced in backyard—perfect for entertaining, recreational activity and relaxing!



THE BELT TEAM

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Office: 703.242.3975

WWW.THEBELTEAM.COM





Middleburg Spring Races

BY ALLISON CHASE SUTHERLAND



April 21 marked the 98th running of the Middleburg Spring Races at Glenwood Park Racecourse, established back in 1911. Follow rolling Foxcroft Road from town, and in mere minutes you will arrive at a sea of tents, horses, and yes, hats! Shops about town are fine purveyors of the very accoutrements you might seek for the races -- Tully Rector for those festive spring dresses for the ladies and Highcliffe Clothiers in all its sartorial splendor for the gentlemen. The town is all aflutter getting ready for this annual event.

Race Day Tailgate Tips – Delightful Stops Along the Way

- On your way toward town on Route 50, stop in historic Aldie to see witty Wally at the Aldie Peddler for all your viticultural needs. With a fine wine selection, a hundred bottles under \$10, and a bit of banter to boot, you really can't go wrong. I even picked up some locally pickled okra!
- Next quick stop just after the historic Aldie Mill -- Aldie General Store for an eclectic assortment of cold drinks, authentic Aussie pies, feta and spinach and beef pies. Owner and pie-maker extraordinaire Penny Gulick will hand it to you with a smile and a lovely Australian accent.
- Fill your growlers at Mt. Defiance Cidery & Distillery right in town with Farmhouse Cider, Old Volstead's with English ale yeast, Triple Berry, or Sweet Spice. Maybe even a pick up a bottle of Pommeau Apple Port, Old Volstead's Straight Bourbon Whiskey, or deliciously caramelized Mt. Defiance Dark Rum. If there's a chill in the air, don't miss the Hot Buttered Rum with brown sugar butter balls with cinnamon, nutmeg, and ground cloves. Ed Jenkins and the team are always honing the flavor profiles when working with the spirits. The gregarious Robin Perine assures us, "We'll get you situated!" Indeed they will.
- For something simple and sweet for you and your guests to nibble on under the tent on race day, don't skip the cow puddles at the Upper Crust at 4 N. Pendleton Street right in town.
- Order a housemade charcuterie, fruit, and cheese platter at the Whole Ox in Marshall for your upscale tailgate picnic with the likes of reddish-orange British Leicestershire and dried figs. The porchetta sandwich with its oozing grilled onion aioli and grainy mustard is by all accounts divine.



Red Fox Inn & Tavern

www.redfox.com

The Red Fox Inn & Tavern, established in 1728, is neatly situated at the center crossroads of Middleburg, Virginia, a quaint historic village in the foothills of the Blue Ridge and Bull Run Mountains in Virginia's fabled horse and wine country. Current owner Turner Reuter is also a board member of the Middleburg Spring Races; the Inn is a key sponsor of this venerable race. All of Middleburg is an equestrian's delight. The National Sporting Library & Museum houses the Paul Mellon collection of British sporting art from the Virginia Museum of Fine Arts in Richmond on exhibition from April 13 to July 22.

The amiable Mindy Stewart introduced me to adopted cat Mrs. Fox, who "rules the roost" outside on the terrace. Quite the find is the Burch Suite of the Stray Fox Inn, complete with screen porch overlooking the Courtyard Gardens, the entrance guarded by a pair of bronze whippets and a golden fox on the door. Out back is the Gardener's Cottage. Other parts of the property are strategically placed about town. Five guest rooms in the 12 East Building are perched above Middleburg's Finest Chocolates, as well as the Middleburg House.

The Tavern's wooden plank floors, stone fireplaces, hand-hewn ceiling beams, and thick fieldstone walls adorned with equestrian paintings with lively foxhunting hounds, bronze horse statues, and pewter goblets are wistfully reminiscent of another time. Peruse the Red Fox Fine Art Gallery as well.

"Just The Way You Look Tonight" pipes in the tickling of the ivories of a vintage piano of a forgotten era and inspires the meaningful kind of intimate conversation you have by the fireplace. One such couple reveling in the romance of the atmosphere cooed, "This is so delightful. I'd really like to do this again."



The historic main building houses 2-bedroom suites upstairs, such as the Martha Washington Suite. President Kennedy held his first press conference in a handsome room warmed by one of the five fireplaces on the second floor. Jackie Kennedy Onassis wrote in her gracious letter that the Red Fox Inn was the coziest, most enchanting house in Virginia, and that it "exudes happiness." Jackie O. always had an eye for things. Thirty-four years hence, trusted nightwatch person Peggy remains at her post. Loyalty abounds with Assistant Manager-during-the-day Debbie, clocking in at 32 years strong. I guess they must like the place.

In the morning, warm up by the fire, sip some English Breakfast tea, and dig in to a Fried Green Tomato Benedict with a nice crusty English muffin, tangy fried green tomatoes, soft-poached eggs, and the ever-delectable hollandaise for an irresistible flavor combination.



After the races, stop in for a signature spring cocktail. Run It through the Garden features Catocin Creek Watershed gin, basil, cilantro, cucumbers, soda water, and a splash of fresh sour. The Night Fox Pub serves up Virginia craft beers and ciders and a diverse selection of wine varietals. Cheers! ♦

Briar Patch Inn, Circa 1805

www.briarpatchbandb.com

Nestled in the foothills of the Blue Ridge Mountains near the Shenandoah Valley, this charming inn is situated on 47 rolling acres with majestic mountain views. Owner Ellen Goldberg was a VP at Fannie Mae for 15 years in downtown DC. One autumn afternoon in 2001, she noticed the Briar Patch was for sale, and after much thoughtful renovation, the rest is history. Ellen is currently president of the Loudoun County Bed & Breakfast Guild. In the green-shuttered main house, rooms like Hyacinth and Violet are decorated with four-poster beds and quilts.

The reconverted Chicken Coop houses the more modern Rooster, Hen, and Chick Suites gaze out to grazing horses and the dairy barn. Relax by the pool or in the year-round hot tub. The Tractor Barn is now the stunning event building. This is a weekend wedding destination; the bridal party often gets ready in the rustic cottage. The cheerful Ali enjoys working at the Briar Patch and rightly declares, "You'll never feel more relaxed than at the Briar Patch." Set a spell indeed.



Dining al Fresco

IN NORTHERN VIRGINIA

BY DANI J. KEATING

Dining in the great outdoors is catching on all over. After all, what could be more enticing than savoring a spring salad under the sun or pleasing your palette with a wood-fired pizza by moonlight? Perhaps a romantic evening imbibing by an outdoor fireplace is an enticing scene, or if indulging in local fare with family and friends is more your style, the area has several breweries with outdoor patios that serve farm-to-table fare. Whatever piques your appetite, here are a few of the area's al fresco restaurants to help you summer in style.

NEW!

Caboose Brewing Company

520 Mill Street NE, Vienna, VA 22180

*New location at Mosaic opening
late spring/early summer*

Beat the heat this summer with a skillfully crafted brew in an industrial setting. Tucked away in Vienna, this off-the-beaten-path pub with a small-town feel serves American farm-to-table delights that will satisfy your palette and the outdoor patio creates a fun atmosphere for those hot summer nights. To find out more, visit www.caboosebrewing.com or call 703-865-8580.

Café Deluxe

AT TYSONS CORNER

1800 International Drive, McLean, VA 22012

Dine European style at this bustling bistro that serves fresh, innovative American classics. Take advantage of the robust menu and wide selection of cocktails and desserts. There are also plenty of choices for kids and a bounty of gluten-free options. Luncheons and large parties are welcome. To reserve a table or view the menu, visit www.cafedeluxe.com or call 703-761-0600.

Cafesano

AT SOUTH LAKES VILLAGE
SHOPPING CENTER

1130 South Lakes Drive, Reston, VA 20191

This quick-serve, casual Italian-Mediterranean bistro is ideal for lunch and dinner for people on the go. The covered patio creates a shaded stop off perfect for hot summer days and the extensive menu offers light fare with gluten-free and vegetarian options. Visit www.cafesano.com for more information or call at 703-391-2100.



Barrel & Bushel

AT VITA TYSONS CORNER CENTER

7901 Tysons One Place, Tysons, VA 22102

Sophisticated-rustic early morning until late night dining that serves seasonal American dishes using regional ingredients. Savor craft beer and an extensive bourbon section with complementary dishes prepared in the kitchen's wood burning oven. If you're looking for a place to entertain large groups, this might be just the place. B&B offers large group dining and entertainment options tailored for parties up to 300 guests. For more information or to make a reservation, visit www.hyatt.com/corporate/restaurants/barrel-bushel/en.html or call 703-848-6340.

Dolce Vita Cicchetti Wine Bar

10824 Fairfax Blvd, Fairfax, VA 22030

Located in the heart of Fairfax, Dolce Vita is a wonderful neighborhood restaurant and wine bar that has been proudly serving fine Italian cuisine to the community for over 20 years! With their Executive Chef and Certified Sommelier, they offer a large range of menu options, weekly specials, robust wine selection, happy hour and catering. Dolce Vita Cicchetti Wine Bar, has an array of boutique and rare wines. Wine aficionados can savor a glass or bottle of Australia Yangarra Shiraz, Californian Cabernet or French Merlot with Italian cuisine pairings. Wonderful patio offers diners a warm and secluded outdoor setting. Very popular. Call (703) 385-1226 or visit dolcevitaitaliankitchenandwinebar.com.

Dog Money Restaurant and Brewery

50 Catocin Circle NE
Leesburg, VA 20176

Embrace summer at this rustic-mod bistro and brewery with house-made ales and lagers. This full service brewpub offers American comfort fare and serves brunch on Sundays. Named after the town-issued currency used during the Civil War, this place has a unique vibe worth checking out. For more information, visit dogmoney.squarespace.com or call 703-687-3852.

Fire Works

AT MARKET STATION LLC

201 Harrison Street SE
Leesburg, VA 20175

Wood-fired pizzas, craft beer on tap, and soup and sandwiches in historic downtown Leesburg. Fire Works uses farm-grown and raised ingredients from Loudoun County. Open daily, this spot has plenty of outdoor seating in the sun and under big shade umbrellas. Inside is cozy and familiar. To learn more and see the extensive beer menu, visit www.fireworkspizza.com/leesburg or call 703-779-8400.

Harth

AT HILTON MCLEAN
TYSONS CORNER

7920 Jones Branch Drive
McLean, VA 22102

Farm to table locally sourced ingredients 365 days a year. The menu incorporates organic produce and herbs grown in their own organic garden, including 10 of the world's hottest peppers. Harth also harvests its own honey from beehives located on the rooftop. The outdoor patio has a large gas fireplace that provides a great environment for networking or relaxing. To learn more, visit www3.hilton.com/en/hotels/virginia/hilton-mclean-tysons-corner-MCLMHHH/dining/harth.html or call 703-847-5000.



Hen Penny

AT RESTON TOWN CENTER

1820 Discovery Street, Reston, VA 20190

Love chicken? Then this might be the place for you. Get it by the piece, the bucket or in a sandwich. Hen Penny also offers farm-fresh meatless garden bowls and traditional American sides. Visit www.hen-penny.com for online ordering and delivery or call 571-267-7633.

Earls Kitchen and Bar

AT VITA TYSONS CORNER CENTER

7902 Tysons One Place, Tysons, VA 22102

Rooftop, upscale-casual lunch, dinner, and late night dining with American and international inspired cuisine. Offers premium seafood and certified humane raised and handled Angus beef. Gluten aware and vegetarian options available. Check out their menu or make a reservation online at earls.ca/locations/tysons-corner or call 703-847-1870.



Le Pain Quotidien

MULTIPLE LOCATIONS:
MOSAIC DISTRICT, RESTON
TOWN CENTER, AND TYSONS
CORNER CENTER

Grab a quick bite or an organic cup of coffee at this cozy spot that offers perfectly mastered bread and simply exquisite meals with Belgian flare. The seasonal outdoor patio is perfect place to take in the warmth of summer and sunshine and recharge with a light lunch. To learn more about the daily bread, visit www.lepainquotidien.com or call 571-423-0983 (Tysons), 571-392-5023 (Reston), or 703-462-9322 (Mosaic District).

MOD Pizza

MULTIPLE LOCATIONS:
ASHBURN, FAIRFAX, RESTON,
AND VIENNA

Want artisan-style pizza superfast? MOD pizza made its debut in Seattle in 2008 and has spread across the US and UK. MOD offers on demand pizzas customized and baked to perfection in their wood burning ovens. In addition to great za and salads, MOD serves hand spun milkshakes and draft beer and wine in most locations, perfect for outdoor dining, also offered at most locations. To find out more, visit modpizza.com.

Chopt Creative Salad Co.

LOCATIONS IN VIENNA
AND MCLEAN

Create your own salad or wrap, or pick from a selection of destination salads that will take you to far away places with every bite. Ingredients include flavorful greens from local farmers and zesty house-made dressings that take these healthy meals from good to great. To read more about Chopt's menu options, visit www.choptsalad.com.

Taco Bamba

MULTIPLE LOCATIONS:
FALLS CHURCH, SPRINGFIELD,
AND VIENNA

Looking for a no-frills, modern but delicious Mexican taqueria with a lot of meat favorites? Look no further. Taco Bamba is the answer for tasty, tangy tacos, tamales, and tostadas. Taco Bamba also offers savory servings for breakfast. Patio dining adds to the fun atmosphere and makes this a great stop off any time of day. Find a Taco Bamba near you at www.tacobamba.com.



Not Your Average Joe's

AT RESTON TOWN CENTER

1845 Fountain Drive, Reston, VA 20190

Creative comfort food from every corner of the globe with a twist. The extensive menu offers diverse lunch and dinner selections that will satisfy a wide variety of cravings. Quell your thirst and bask in the summer heat under expansive umbrellas on the outdoor patio. Check out the offerings at www.notyouraveragejoes.com/locations/virginia/reston.



Phoenixia Resto & Lounge

2236 Gallows Rd., Vienna, VA 22181

Phoenixia's unique dining atmosphere and entertainment lounge offers a one-of-a-kind dining experience that matches its equally palate pleasing Lebanese cuisine that infuses traditional bites with modern flare. Open daily. Find out more at www.phoeniciaresto.com.

Tavern 64

AT RESTON TOWN CENTER

1800 Presidents Street,
Reston, VA 20190

Live music every Friday, happy hour every weekday, and local libations and American fare from several local farms. From breakfast to late night desserts, Tavern 64 covers traditional favorites, savory seafood, and gluten-free, vegan, and vegetarian options. For more information or to make a reservation, visit tavern64.flavorplate.com or call 703-925-8250.

Tuscarora Mill Restaurant

203 Harrison Street SE, Leesburg, VA 20175

This beautifully restored former 1899 grain mill makes dining at Tuskie a unique experience. The gorgeous patio makes soups, salads, and sandwiches perfectly divine on a summer's afternoon. For more information, visit www.tuskies.com or call 703-771-9300.

Restaurant Bonaroti

428 Maple Avenue E, Vienna VA 22180

Classic Italian cuisine includes a vast menu of handmade pastas and a unique selection of wines from around the world that has been ranked among the best in the Washington, DC area. Open for lunch and dinner during the week, and dinner only on the weekends. For more information, visit www.bonarotirestaurant.com or call 703-281-7550.

Cooper's Hawk Winery and Restaurant

19870 Belmont Chase Dr.,
Ashburn, VA 20147

Handcrafted wine and modern, upscale, casual American fare. The restaurant has a private barrel-aging room and a Napa-style tasting room. Gluten-free options, happy hour menu, and options for carryout, catering, and kids. Opens at 11 AM daily. Visit chwinery.com for more information.

Greenhouse Bistro

2070 Chain Bridge Rd., Vienna, VA 22182

This modern spot with American and Italian farm-to-table, garden-to-plate fare, a tea lounge, and bar has a retractable-roof patio for dining in the summer sun or in the moon light. Enjoy happy hour, have Sunday brunch or watch the game on Sunday, while chefs prepare your meal with items picked from the garden. Get details at greenhousetyson.com.

Ireland's Four Provinces

105 W Broad St, Falls Church, VA 22046

A modern take on a traditional Irish pub with Irish-inflected food in the heart of Falls Church. Brunch on Saturdays and Sundays, as well as happy hour, and live music and entertainment most weekend evenings. Opened daily until 2 AM. For more information, visit www.4psva.com.

L'Auberge Chez Francois

332 Springvale Rd., Great Falls, VA 22066

Elegant dining with classic French fare in a farmhouse setting and garden patio makes Chez Francois one of the most romantic restaurants in the area. The family-owned, garden-to-table restaurant has extensive lunch, dinner, dessert, and wine menus, hosts numerous culinary and special events, and offers space for corporate events and weddings. To learn more, visit www.laubergechezfrancois.com.

Levant

8411 Old Courthouse Rd., Vienna, VA 22182

Old-traditional Mediterranean food, hookahs, and entertainment in a modern restaurant and lounge atmosphere. Satisfy your hunger with tasty appetizers, light soups and salads, and main courses any day of the week. For more information, visit www.levantva.com. ♦

Magnolia Dessert Bar and Coffee

A VIENNA THAI CAFÉ THAT WILL ENTHRALL

BY RICK MUNDY

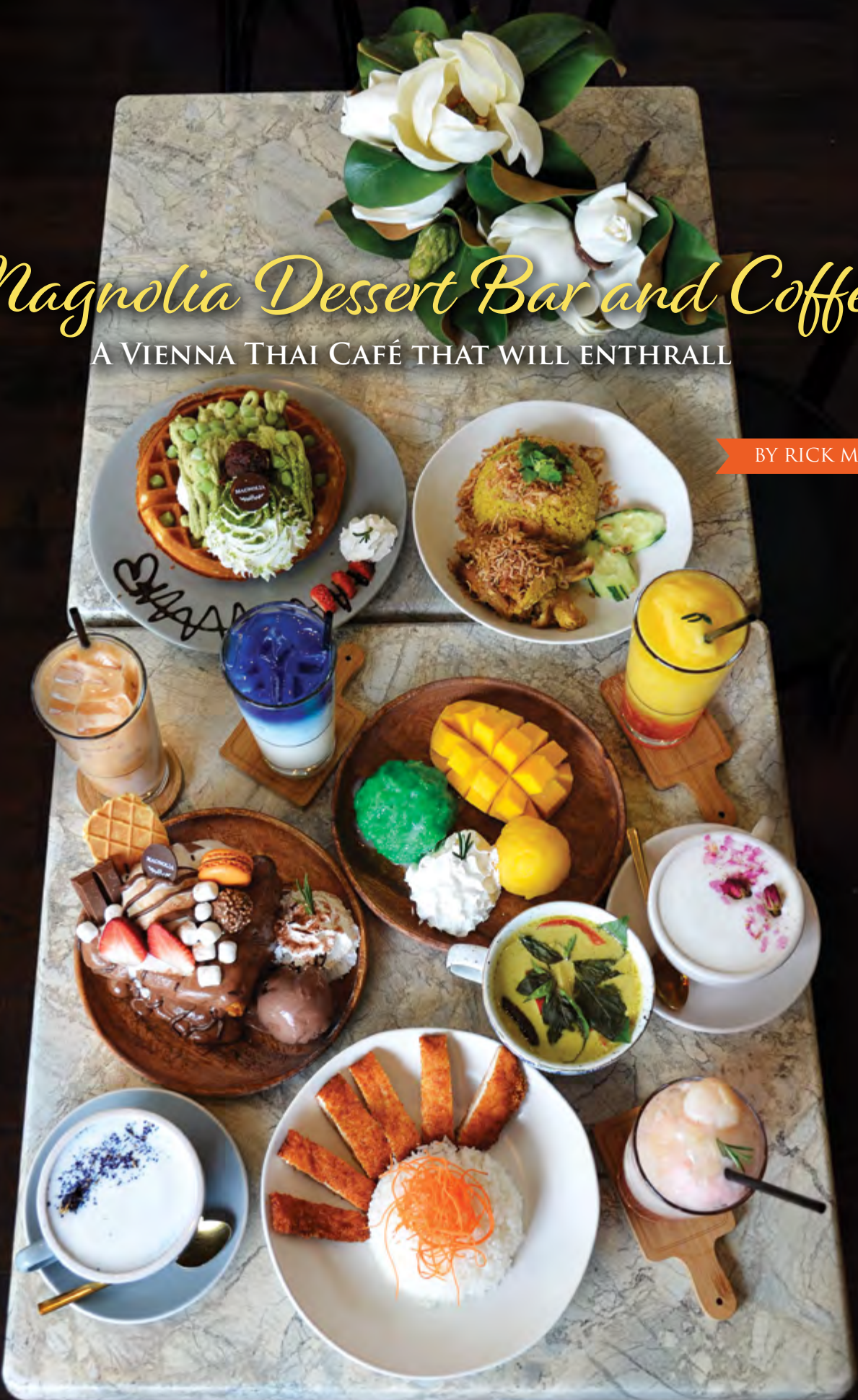


Photo credit: Rick Mundy

The vacant building in Vienna was going to be a Thai grocery plus supply space for Sisters Thai, two of the area's finest Thai restaurants in Mosaic and Fairfax. However plans changed and Magnolia's has, in just over five months, become a hugely popular Thai cafe destination in its own right for those who appreciate the best in Thai cuisine. In fact, Magnolia's is so popular that parking can be a challenge (they've added valet parking) and there are times when the queue for a table can get long with up to 30 people waiting. It's worth the wait.

Tammie, co-owner with her husband, Dew, says that to experience this type of Thai café one must travel to New York City or Thailand itself. The dishes they serve at Magnolia's are very popular in Bangkok. Her customers love it because it's so different. Cafes around our area are largely self-serve but here one can enjoy full service.

Magnolia's is so named because the magnolia flower smells good and looks clean and it signifies nobility, perseverance, and love of nature. The magnolia tree is beautiful and is pretty strong – it's meant to last. So is the restaurant.

The owners have created a very comfortable space for dining. There is an eclectic assortment of art and vintage items throughout the space. Tammie admits that in working with the designer, both she and Dew had to agree on everything, except the women's bathroom. There she was allowed to have it just the way she wanted. (It's worth checking out when you come in to eat.) There are tables both on the first floor and the upstairs floor which previously had only been used for storage.

The menu varies throughout the day with coffee and seven varieties of crispy crepes served all day and additional breakfast items of croissants, muffins, and fried chicken sandwiches served 6:30 am – 11 am. Starting at 11 most of the menu moves to appetizers like steamed dumplings, mummy shrimp and more. There are soups and a long list of entrees like Khao Mun Gai (steamed chicken on rice), and Bamee Poo Moo Dang (egg noodles with roasted pork, crabmeat, and chinese broccoli).

As one would expect in a dessert bar, the dessert selection is delightful. There are their signature honey toasts, waffles, Mango Sticky Rice and so much more.

We were delighted to sample several of the dishes for this story and the food was extraordinary. There was nothing simple – only a complex combination of flavors in every dish – like mini-explosions of flavor with every bite. Magnolia's has brought Thai cooking to new heights. The Gai Gob Green Curry(crispy fried chicken, plus coconut milk with bamboo shoots, eggplant, red pepper, and basil) was a cascade of flavors with the chicken just as light and tender as one can imagine. The Khoo Mok Gai, (yellow curried rice and marinated chicken, chicken broth and sweet and sour sauce) was a perfect blend of ingredients to excite the palate. Five different drinks were served, each more beautiful and delicious than the last, from the sweet and fruity mango freeze to a new menu item, the hot Butterfly Pea Latte, with a lovely, subtle taste. The piece de resistance had to be the Honey Toast: Nutella Lover. The toast itself was a 3-inch tall cake that was covered and surrounded by chocolate ice cream, strawberries, a wafer, a Twix bar, mini-marshmallows, a macaron, a nutella candy, and whipped cream. Delightfully sweet and truly decadent.

The biggest problem with Magnolia's is deciding what to order next time. For I fell in love with each dish and want them again, but I'm also excited to try the rest of the menu. Make plans to visit soon.

See the full menu at www.magnoliaofvienna.com. Then visit them at 431 Maple Avenue West, Vienna, VA 703 268 5481. Open 7 days, 6:30 am- 10 pm. ❖



Rose Tea Latte



Honey Toast: Nutella Lover



Tokyo Matcha Waffle



Butterfly Pea Latte

ARLINGTON

METRO 29 DINER

Arlington | American | \$

When two families came together to open a New York style diner in Arlington, the result was a delicious success. Metro 29 began serving its immense portions of American favorites in 1995. The idea was to create a menu that offered something for everyone, and an ambiance that welcomed families and couples, friends and colleagues. The mission continues to focus on providing quality food, prompt service and a warm, easygoing dining experience.

4711 Lee Highway | 703.528.2464 | metro29diner.com

FALLS CHURCH

ANTHONY'S RESTAURANT

Falls Church | Italian | \$\$

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

3000 Annandale Road | 703.532.0100

www.anthonysrestaurantva.com

ARGIA'S

Falls Church | Italian | \$\$

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

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

BENTLEY'S

Falls Church | American | \$

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

6654 Arlington Boulevard | 703.532.4100

www.bentleysfallschurch.com

CELEBRITY DELLY

Falls Church | American | \$

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

7263-A Arlington Blvd. | 703.573.9002

www.celebritydeliva.com

CLARE AND DON'S BEACH SHACK

Falls Church | American | \$

Located next to the State Theatre in the heart of the City of Falls Church, Clare and Don's brings the beach to landlocked Northern Virginia. This hot spot offers trivia on Wednesdays, live music on weekends, and a menu with summer favorites like gator tail and jambalaya.

130 North Washington St. | 703.532.9283

www.clareanddons.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | \$\$

Dogfish Head Ale House has comfortable, casual surroundings and service, tasty and unique wood-grilled food, and craft-brewed Dogfish ales. Great selection of year-round beers plus all the seasonal and special release beers. For food selections, you'll find half-pound burgers, steaks, pizza, and salmon.

6220 Leesburg Pike | 703.534.3342

www.dogfishalehouse.com

DOGWOOD TAVERN

Falls Church | American | \$\$

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

132 West Broad St. | 703.237.8333

www.dogwoodtavern.com

DUANGRAT'S

Falls Church | Indian | \$\$

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

5878 Leesburg Pike | 703.820.5775

www.duangrats.com

EDY'S CHICKEN AND STEAK

Falls Church | American | \$

Edy Durnovsek's secret recipe combines flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. The Peruvian chickens, steak a la brasa, and sandwiches are just a few items to try on the menu.

5420 Leesburg Pike 703.820.5508

ELEPHANT JUMPS THAI RESTAURANT

Falls Church | Thai | \$\$

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

8110-A Arlington Blvd. | 703.942.6600

www.elephantjumps.com

HAANDI FINE INDIAN CUISINE

Falls Church | Indian | \$\$

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

1222 West Broad St. | 703.533.3501

www.haandi.com

IDYLWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

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

2190 Pimmit Dr, Unit B | 703.992.0915

www.idylwoodgrill.com

IRELAND'S FOUR PROVINCES

Falls Church | Irish | \$\$

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

105 West Broad Street | 703.534.8999

www.4psva.com

JV'S RESTAURANT

Falls Church | American | \$\$

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

6666 Arlington Blvd. | 703.241.9504

www.jvsrestaurant.com

LITTLE SAIGON RESTAURANT

Falls Church | Vietnamese | \$

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

6218-B Wilson Blvd. | 703.536.2633

www.littlesaigoncuisine1.com

THE LOCKER ROOM SPORTS BAR AND GRILL

Falls Church | American | \$

The Locker Room lunch/dinner menu features everything from burgers and sandwiches, to pizzas, steaks, and fish. They offer a full menu seven days a week plus daily specials, and weekday happy hour from 3-7pm. Locker Room also has pool tables and darts! Brunch is served Sundays, 11am-3pm.

502 West Broad Street | 703.854.1230

www.thelockerroomfc.com

MAD FOX BREWING COMPANY

Falls Church | American | \$\$

Enjoy upscale casual dining in an 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

SWEETWATER TAVERN

Falls Church | American | \$\$

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

3066 Gatehouse Plaza | 703.645.8100

www.greatamericanrestaurants.com

TARA THAI

Falls Church | Thai | \$

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

7501 Leesburg Pike | 703.506.9788

www.tarathai.com

FAIRFAX

THE AULD SHEBEEN IRISH PUB & RESTAURANT

Fairfax | Irish | \$

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

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

3971 Chain Bridge Rd | 703.293.9600

theauldshebeenva.com

CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883

www.chutzpahdeli.com

DOLCE VELOCE

Fairfax | Italian | \$

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

10826 Fairfax Boulevard | 703.385.1226

dolceveloce.com

dolce vita
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703.385.1226 | www.DolceVeloce.com



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Falls Church 7630 Lee Hwy, Falls Church, VA 22042 703.204.0233
 Gainesville 7527 Linton Hall Rd, Gainesville, VA 20155 703.753.0826
 McLean 1433 Center Street McLean, VA 22101 703.790.1910
 Great Falls 9835 Georgetown Pike, Great Falls, VA 22066 703.272.7718
 Washington, DC 3345 14th St, NW, Wash, DC 20010 202.450.5620

Private Party Room Available
www.eltiogrill.com

SISTERS THAI

Fairfax | Thai | \$\$

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

2985 District Ave, Fairfax, VA | 703.280.0429
www.sistersthai.com

GREAT FALLS

BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike | 703.865.0450
www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

1148 Walker Rd. | 703.759.3131
www.danterestaurant.com

L'AUBERGE CHEZ FRANÇOIS

Great Falls | French | \$\$\$

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

332 Springvale Rd | 703.759.3800
www.laubergechezfrancois.com

THE OLD BROGUE

Great Falls | Irish | \$\$

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

760 Walker Rd | 703.759.3309
www.oldbrogue.com

AUTHENTIC THAI FOOD & THE COMFORTS OF HOME



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2985 District Ave., Suite #130
 Fairfax, VA
 (703) 280-0429
www.sistersthai.com

MAGNOLIA
DESSERT BAR & COFFEE

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

MCLEAN

AMOO'S RESTAURANT

McLean | Persian | \$\$

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

6271 Old Dominion Dr | 703.448.8500

www.amoosrestaurant.com

ASSAGGI OSTERIA

McLean | Italian | \$\$

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

6641 Old Dominion Dr | 703.918.0080

www.assaggiosteria.com

BARREL AND BUSHEL

McLean | American | \$\$

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

7901 Tysons One Pl | 703.848.6340

www.barrelandbushel.com

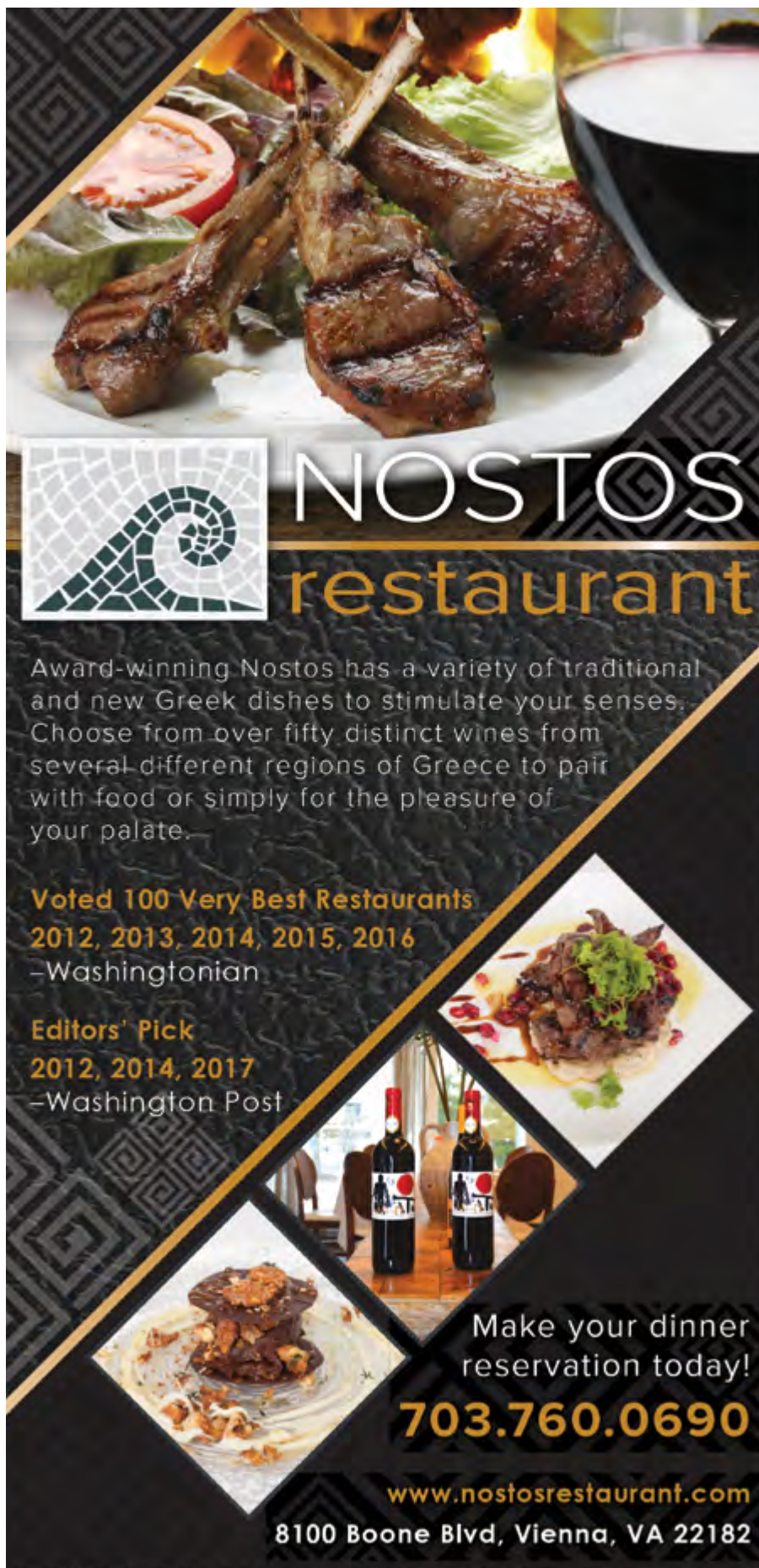
BOULEVARD CAFE & CATERING

McLean | American | \$

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



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
–Washingtonian

Editors' Pick
2012, 2014, 2017
–Washington Post

Make your dinner reservation today!
703.760.0690
www.nostosrestaurant.com
8100 Boone Blvd, Vienna, VA 22182

BUSARA THAI CUISINE

McLean | Thai | \$\$

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

8142 Watson St. | 703.356.2288

www.busara.com/ty-main

CAFÉ DELUXE

McLean | American | \$\$

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

1800 International Drive West | 703.761.0600

www.cafedeluxe.com

CAFÉ OGGI

McLean | Italian | \$\$

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

6671 Old Dominion Dr | 703.442.7360

www.cafeoggi.com

CAFÉ TATTI FRENCH BISTRO

McLean | French | \$\$

This French bistro brings diners classic French dishes including vichyssoise, quiche lorraine, filet with béarnaise sauce, and Flounder Belle Meuniere. Closed Sundays.

6627 Old Dominion Dr. | 703.790.5164

www.cafetatti.com

CAPRI

McLean | Italian | \$\$

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

6825-K Redmond Dr. | 703.288.4601

www.caprimcleanva.com

EDDIE V'S PRIME SEAFOOD

McLean | American | \$\$\$

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

7900 Tysons One Place | 703.442.4523

www.eddiev.com

EL TIO

McLean | Mexican | \$

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

1433 Center Street | 703.790.1910

www.eltiogrill.com

DA DOMENICO
RISTORANTE ITALIANO

McLean | Italian | \$\$\$

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

1992 Chain Bridge Rd | 703.790.9000

www.dadomenicova.com

FLEMING'S PRIME STEAKHOUSE
AND WINE BAR

McLean | American | \$\$\$

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

1960 Chain Bridge Rd. | 703.442.8384

www.flemingssteakhouse.com



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

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

FOGO DE CHAO

Tysons | Brazilian | \$\$\$

Fogo de Chao offers 16 different cuts of beef, pork, lamb, and chicken. The choices rotate, so some nights you won't have lamb, but you might have one of their tender 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

GREENBERRY'S COFFEE CO.

McLean | American | \$

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like sumatra mandheling and java blawan estate alongside delicious pastries.

6839 Redmond Dr. | 703.821.9500

www.greenberrys.com

HÄRTH AT HILTON MCLEAN TYSONS CORNER

McLean | American | \$\$

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

7920 Jones Branch Dr. | 703.761.5131

www.Harthrestaurant.com

J. GILBERT'S

McLean | American | \$\$\$

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

6930 Old Dominion Dr. | 703.893.1034

www.jgilberts.com

JOE'S SIMPLY AMAZING BURGERS

McLean | American | \$\$

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

6710 Old Dominion Dr. | 703.288.0288

www.joesburgersmclean.com

LA SANDIA

McLean | Mexican | \$\$

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

7852 Tysons One Pl. | 703.893.2222

www.richardsandoval.com/lasandiavirginia/

LEBANESE TAVERNA

McLean | Lebanese | \$\$

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

1840 International Dr. | 703.847.5244

www.lebanesetaverna.com

MOBY DICK HOUSE OF KABOB

McLean | Persian | \$

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

1500 Cornerside Blvd | 703.992.7500

mobysonline.com

O'MALLEY'S PUB

McLean | Irish | \$\$

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

1960 Chain Bridge Rd. | 703.893.2100

www.omalleyspub.com/tysons

PAUL BAKERY TYSONS GALLERIA

McLean | French | \$

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

2001 International Dr. 1856G | 571.447.5600

www.paul-usa.com

PULCINELLA

McLean | Italian | \$

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

6852 Old Dominion Drive | 703.893.7777

www.pulcinellarestaurant.com

ROCCO'S ITALIAN RESTAURANT

McLean | Italian | \$\$

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

1357 Chain Bridge Road, Suite A | 703.821.3736

www.roccositalian.com

SEASONS 52

McLean | American | \$\$

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

7863L Tysons Corner, McLean | 703.288.3852

www.seasons52.com

SILVER DINER

McLean | American | \$

This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available.

8101 Fletcher St. | 703.821.5666

www.silverdiner.com/restaurants/tysons

STAR NUT GOURMET

McLean | American | \$

The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given them a very special reputation. Their comfortable café exudes old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee.

1445 Laughlin Ave | 703.749.9090

www.starnutgourmet.com

THE CAPITAL GRILLE

McLean | American | \$\$\$

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

1861 International Dr. | 703.448.3900

www.thecapitalgrille.com

THE PALM RESTAURANT

McLean | American | \$\$\$

The Palm is notorious for its prime aged steaks, jumbo Nova Scotia lobsters, and Italian classics. For those who want a nibble, The Palm offers bite-sized gourmet comfort food in their Prime Bites Menu, including mini broiled crabcakes with mango salsa and remoulade and calabrese flatbread.

1750 Tysons Blvd. | 703.917.0200

www.thepalm.com/Tyson-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

MERRIFIELD

BLACKFINN AMERIPUB

Merrifield | American | \$\$

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

2750 Gallows Road | 703.207.0100

www.blackfinnameripub.com

CYCLONE ANAYA'S

Merrifield | Mexican | \$\$

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

2911 District Ave. Ste. 170 | 703.992.9227

www.cycloneanaya.com

FOUR SISTERS RESTAURANT

Merrifield | Vietnamese | \$\$

For 20 years, the Lai family has been serving an extensive menu of home-style Vietnamese dishes. The restaurant offers a gluten-free menu and MSG-free menu, with favorites like pho, Vietnamese rice crepes, and a wide range of vegetarian selections.

8190 Strawberry Ln. | 703.539.8566

www.foursistersrestaurant.com

MATCHBOX VINTAGE PIZZA BISTRO

Merrifield | American | \$\$

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft.

2911 District Ave. | 571.395.4869

www.matchboxmerrifield.com

OPEN ROAD GRILL AND ICEHOUSE

Merrifield | American | \$\$

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

8100 Lee Highway #300 | 571.395.4400

openroadmerrifield.com

PASSION FIN ASIAN BISTRO & SUSHI BAR

Merrifield | Asian | \$\$

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

2750G Gallows Rd. | 703.204.2969

RAOUCHE CAFE

Merrifield | Middle Eastern | \$\$

Don't be fooled by the store front, this is one of the best restaurants if you are a Middle Eastern dining enthusiast. grape leaves, 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

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.anitacorp.com

BAZIN'S ON CHURCH**Vienna | American | \$\$\$**

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

111 Church St. | 703.255.7212

www.bazinsonchurch.com**BJ'S BREWHOUSE****Vienna | American | \$\$**

Located in the heart of Tysons Corner, BJ's is the ultimate place to unwind after a long day. Start off with avocado egg rolls, Thai shrimp lettuce rolls, calamari, or try their wings or flatbread pizzas. BJ's is known for their variety of signature deep dish pizzas, burgers, sandwiches, and light menu. Of course, you can't forget their handcrafted beer.

8027 Leesburg Pike | 703.356.7305

www.bjsbrewhouse.com**BRIX & ALE IN THE SHERATON****Vienna | American | \$**

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

8661 Leesburg Pike | 703.448.1234

www.brixandale.com**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

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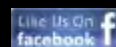


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428 East Maple Ave, Vienna | 703.281.7550 | BonarotiRestaurant.com



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WWW.IDYLWOODGRILL.COM

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

MAGNOLIA DESSERT BAR & COFFEE

Vienna | XXXXX | X

Magnolia offers more than just desserts! For those with pure food indulgence in mind, sate your desires with Magnolia's ever changing internationally and seasonally inspired small plates. Try their Roti and Chicken Satay appetizer of marinated skewered chicken with peanut sauce, and experience their talk-of-the-town dessert toasts and waffles.

431 VA-123 | 703.268.5481

www.magnoliaofvienna.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.comPALADAR LATIN
KITCHEN & RUM BAR

Vienna | Spanish | \$\$

Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos such as slow braised duck, roasted pork, or blackened fish. Larger plates include grilled skirt steak churrasco and "ocho hora" braised short rib. If you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more.

1934 Old Gallows Rd, Suite 110 | 703.854.1728

www.paladarlatinkitchen.com/locations/tysons-va

PAZZO POMODORO

Vienna | Italian | \$\$

Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-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

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

8137 Leesburg Pike | 703.448.0080

www.tysonsbagelmarket.com

WOO LAE OAK

Vienna | Korean | \$\$

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

8240 Leesburg Pike | 703.827.7300

www.woolaeoak.com

OAKTON

LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | lucianoitalianrestaurant.com

OLD PEKING

Oakton | Chinese | \$

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

Hunter Mill Plaza, 2952 Chain Bridge Road

703.255.9444 | www.oldpeking.com

SANTINI'S NEW YORK STYLE DELI

Oakton | American | \$

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

2975 Chain Bridge Rd. | 703.766.6666

www.mysantinis.com

TIGRIS GRILL

Oakton | Middle Eastern | \$

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

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.5950 | www.tigrisgrill.com

YOKO SUSHI

Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles, 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



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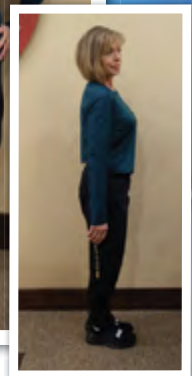
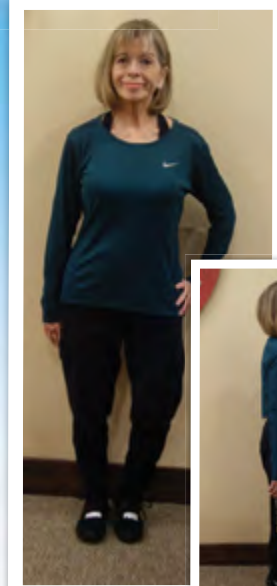
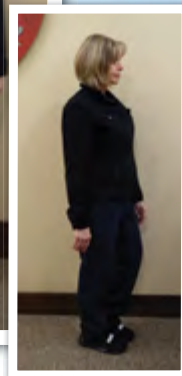
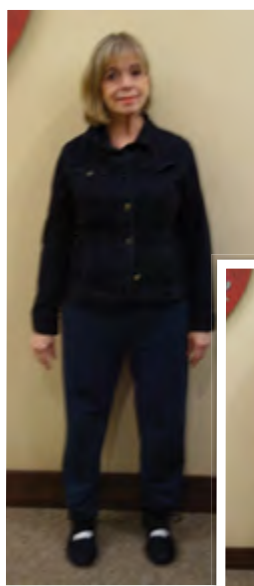
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AGE: 67

INITIAL WEIGHT: 144

INITIAL BODY FAT: 33%

AGE: 67

GRADUATION WEIGHT: 123

GRADUATION BODY FAT: 23%

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Brianna*

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www.emp180weightloss.com



A Fitness Together client working to tone her core under the supervision of her personal trainer

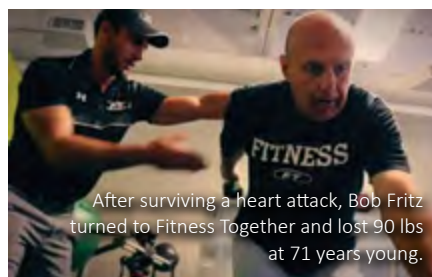


WHAT ARE THE BENEFITS OF WORKING OUT WITH A PERSONAL TRAINER?

No matter your age or current fitness level, everyone can benefit from following a sensible exercise program. Cardiovascular, strength, and flexibility training are essential for maintaining physical health and vitality. If you're looking to accomplish a certain fitness goal, you may want to consider working with a personal trainer. Just like any pro athlete always has a coach or trainer, you too can benefit to improve your progress and performance.

What are the benefits of working with a personal trainer?

- **A PERSONAL TRAINER CAN HELP EDUCATE AND PREVENT INJURY.** Education during exercise is essential for preventing injury. Having someone help you that is educated on how to execute certain exercises will greatly reduce your chances of injury and increase the effectiveness of your fitness routine.
- **THEY KNOW HOW TO WORK WITH YOUR OWN UNIQUE REQUIREMENTS.** You may have an injury or a limitation that affects how you perform certain movements. A personal trainer will seek to understand your own individual needs and help design a workout program just for you.
- **A PERSONAL TRAINER WILL HOLD YOU ACCOUNTABLE.** If you're just starting your fitness journey, or you're trying to get back into fitness, a personal trainer can keep you focused and accountable. For example, if you've scheduled an early morning workout with your trainer, you're much more likely to keep your appointment than if you were to work out on your own.
- **YOUR WORKOUT IS PLANNED AND ORGANIZED BEFORE YOU ARRIVE.** Too often people waste time wandering around a gym, trying to figure out what to do next or how to do a specific exercise correctly. When working with a trainer, all you do is show up with the right mindset and be ready to work. Your trainer will help you have an effective and efficient workout.
- **A PERSONAL TRAINER CAN HELP WITH MORE THAN JUST FITNESS.** Don't fall into the "fad diet" traps that make many believe they can drop pounds without exercise in a short amount



After surviving a heart attack, Bob Fritz turned to Fitness Together and lost 90 lbs at 71 years young.

of time. You are aiming for a sustainable health and fitness lifestyle. Nutrition and fitness go hand in hand. Nutrition guidance, along with personal training, can set you on the right path to a healthy and fit lifestyle that lasts.

- **THEY'LL CHALLENGE YOU.** A personal trainer will help you believe in yourself. They will help you accomplish goals you never thought possible. When you feel like giving up, your trainer will be there encouraging you to keep going. You will push beyond limits that keep most people from truly reaching their goals.
- **RESULTS MEASUREMENT.** We've all heard, "What gets measured gets done," and measuring your progress and celebrating milestones is a big part of your fitness journey. A personal trainer can help track your progress relative to your specific health and fitness goals and then adjust them up for you to continue getting stronger and healthier.

If you've hit a fitness plateau, you're just getting back into the gym or you're new to the fitness lifestyle, let a personal trainer help you reach your fitness goals. ♦

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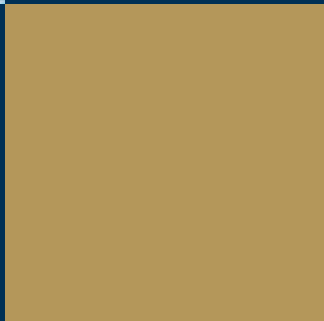
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The Stalcup Farming Season

I N C H E S T E R B R O O K

by Carole Herrick

After the close of World War II, the rural, agrarian character of Fairfax County began to develop a suburban atmosphere, spurred on by the many government employees who remained in the greater Washington metropolitan area. Farms and fields disappeared as they were replaced with residential housing and a few government buildings. The dramatic change for the McLean area came when the CIA decided to relocate to Langley. By the time the agency opened in 1963, McLean was no longer a farming community. Suburbia had arrived. However, there was one holdout in the community of Chesterbrook. This was William Stalcup, whose family continued farming the land until the beginning of the twenty-first century. His residence consisted of five acres on Park Road. Not only did the family farm their land, but they farmed other small parcels scattered throughout Chesterbrook.

Few realize that the rhythm of farming has an annual cycle. The farming season for the Stalcup family started each year when it was time to “work-up” the ground for planting such things as potatoes, peas, corn, tomatoes, squash, and strawberries. In the spring it was generally a challenge to get the soil in condition for planting because the ground was wet. It was usually mid-March before the Virginia clay was dry enough to break apart without becoming cloddy. More often than not, work needed to be done before preparing the ground. If there was a fairly good-sized late snow, the Stalcup children had the task of building a large snow pile that would last well into the spring. If the shipment of strawberry plants arrived before the ground was ready, the snow pile would be used to keep the plants cool until the soil was ready for planting. Once the ground was prepared, a month or so would be spent disking the land and then planting the various crops. The Stalcups did not plant everything at one time. They spaced their plantings apart so

that harvesting was continuous and spread over the greatest time period possible. For instance, corn was planted every week or so in order to have a half-acre patch getting ripe about every week.

The first of the tomatoes were planted in late April in order to start picking as early as possible. The family claimed that early tomatoes were much more valuable than ones picked in August when the market was glutted. A late spring frost was always a problem. It was particularly dangerous to newly planted tomato plants as well as blooming strawberries. A frost would often come when the early tomatoes were small. This was around the time strawberries were in bloom, which was about a month before picking. If the blooms froze, the strawberries died. Therefore, whenever frost was predicted, or even a possible frost, in the outlying suburbs, everyone would frantically try to prevent damage to the tomatoes and strawberries. Old newspapers were used to make tents that covered the plants. The papers were formed into a tent-like shape and a person placed one over each plant while putting dirt or rocks on the corners to hold it in place. These tents would give the fragile plants some level of protection. One year the Stalcups learned about a method used by Japanese farmers. To prevent frost damage, the young plants or blossoms would be given a good water dousing before the sun hit them. At first, the Stalcups felt guilty when they stopped tenting because the new watering method was so much easier. But the Japanese method really did work and made their job a good deal easier.

Around Memorial Day the strawberries began to ripen. This might vary by a week or so depending on how warm the spring had been. This was a time when any and every person who lived on Park Road was recruited to help pick the berries. The strawberry season was about two-and-a-half to three weeks long. During that time, the workers would gather together early in the morning and wait for enough light to pick. Each person would be assigned a row. The criterion for the assignments probably had to do with picking ability.

Besides the William Stalcup family, there was quite a bit of neighborly help. The most consistent helpers were Peggy Stalcup Byers and her children Margaret, Nancy, Alton and Elizabeth. However, there were many other regulars throughout the years that included Harry and Dotty Sells. William's son Sam suggests that Chesterbrook lore recalls that "Dotty was extremely competitive at picking and she constantly tried to be the best. Occasionally she thought the berries were riper on other people's rows and would fail to observe the strawberry row territorial boundary rules. Dotty was a fast picker, but when she got tired or too hot, both she, and her

husband Harry, would violate the 'No Sitting' rules, as often witnessed by their berry stained rears."

It took about an hour and forty five minutes to pick the berries each morning. This back-breaking job started as soon as there was enough light to know if the strawberries were ripe in color. This was early in the picking season when it was chilly and the berry patch was generally wet from the morning dew. As one picked, his hands would get very cold, and often numb. Early in the season everyone's back and legs would get extremely sore from bending over and straddling the rows. But this was the only way to get any speed; and speed was everything. A person's stature as a farmer was in large part determined by the number of quarts he picked in about an hour. Fortunately, the soreness went away after a few days. When walking down between the rows, a picker had to be careful not to knock over the full quarts. The major offenders were the dogs. During peak season, between 100 and 200 quarts of strawberries would be picked each morning. According to Sam, "It was a beautiful site to see crates of bright red berries. It made all the planting, hoeing, weeding, bending and spreading straw, worthwhile."

In the early 1960s, the Stalcups started planting tomatoes in large numbers. In the beginning, the plants would just lie in the dirt, causing them to get muddy and the tomatoes generally to be of poor quality. To counteract this, they began staking the plants. This kept the tomatoes suspended and clean, but it involved an incredible amount of work. A person would put a stake next to each plant and train the plants by tying them to the stake, using strips of cloth. It was tedious, had to be done very regularly, and was time consuming.

Eventually, they found a cheaper, easier way to solve the problem of the time-consuming method of staking the plants. Twenty or 30 bales of straw were purchased for each tomato patch. When the plants were large enough to start flopping over, they were given one last hoeing, followed by spreading straw over the entire patch. This was done one plant at a time. This mulching served three purposes: it kept the weeds in control (assuming straw was used, not hay); it held the moisture in the ground during the sizzling weeks of July and August; and it kept the tomatoes clean. This was hard, sweltering work, particularly because it was done in the middle of the day: the morning hours were for picking. It was also grueling because the mulcher had to bend over in the hot humid tomato patch. Each quarter-acre patch was typically 500 plants. Sam claimed that "A finished planted patch was a beautiful sight. The rich green of the tomato plants would contrast with the light gold color of the freshly spread straw."

I can remember very clearly that Big Daddy would assign me an end row. It was always shorter than the rest of the rows, and always "scimpier". Big Daddy would tell me, "As soon as you can beat me picking a box of berries, you can quit.". So, he would pick along side of me, and I would keep tabs on how he was doing, and I would see that not only was I apparently keeping up with him, I might even be a little ahead of him.

Then, he would look sideways at me and grin and suddenly dump a huge handful of berries into his basket and totally blow me away. He had been holding out on me!!!

Also, remember that you would not want to use the quart baskets more than once because the berries would leave stains. Also, Mom would not let people sort through the crate and pick out their "reserved quarts" and they would never be allowed to lift up the divider to look at the bottom layer before the top ones were sold.



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Let's Go Outside!

Farming in Chesterbrook was eclectic in nature. There were three schools of thought for dirt farming. Primarily, there was the William Stalcup method. This approach came from a long line of Stalcup farmers and was the baseline for the Stalcup family. Another approach came from the grand old farmer himself, John Beall. His farm was located along Kirby Road at Linway Terrace, not too far from the Stalcup place. John was a farmer's farmer. He was easily as at-home with his cows, as he was with people. He dressed, looked, thought, and talked like a farmer. He was of the old school. Lastly, there was Tony Newcomb who received his degree in economics from Oberlin College and represented the new, scientific and altruistic school of farming. The Beall and Newcomb opposing viewpoints created conflict in the Stalcup's baseline methodology.

Even in terminology this conflict was felt. The old school said pull the corn and new school said pick the corn. Anyone who said pick was pitied as being deprived of the fullness of tradition. The old school pulled corn a hand at a time. A hand consisted of 15 ears (never say cobs or corns). When the corn puller had 15 ears balanced in a cluster in the crook of his left arm, he would yell, "Here!" A bag boy would rush over and receive the hand into his burlap bag. The old school gathered, moved, and stored sweet corn in burlap gunny sacks. The bag boy would hold the top of the bag at two points, a third of the way around the top, and the puller would grab the third point with his free hand. This formed an equilateral triangle opening in top of the bag and the puller would dump in the hand. The productivity of a morning was measured in terms of the number of bags filled. Each bag held 60 ears, or four hands. The bag boy would hold a bag until it had four hands; it was his job to count the hands. Sometimes he would forget how many hands were in the bag. To avoid selling a bag without the proper number of hands, he would mark the bag by breaking off a stalk and putting it in the top. When the bag was full the bag boy would carry the bag to the row where the corn was picked up and hurry back to address the next "Here!" When the pulling was finished for the morning, a

tractor and trailer would knock down the pickup row and everyone would throw the bags onto the trailer. In later years, bushel baskets were used to hold a bag and the puller carried it to the pickup row.

In the early to mid-1950s, there was only one kind of sweet corn grown in Chesterbrook: Golden Bantam. When the Stalcups became acquainted with Newcomb, they learned about many hybrid varieties. Hybrids were better in terms of taste because they had a higher sugar content making them much sweeter. However, more importantly, they were better in terms of productivity. The two main yellow corn hybrids were Gold Cup and Seneca Chief. Gold Cup was the farmer's choice because it was easier to pick (pull). It snaps off the stalk more easily and produces more ears to the stalk. Also, the ears were nicer-looking. Seneca on the other hand has higher sugar content. Gold Cup was starting to win out over Seneca in Chesterbrook when Silver Queen, a white corn, came on the scene. Eventually, Silver Queen was the only corn the Stalcups grew because that was what the public wanted.

The old school insisted that it was necessary to sucker corn. Suckering was the process of walking up and down the rows of corn one at a time and yanking the side shoots (the suckers) off of each stalk that had them. The thinking was that these shoots would suck the strength from the main stalk. This again was hard work in the hot and humid summer. The new school claimed that suckering wasn't necessary and, in fact, was traumatic to the main stalk. Farmers loved the new school of thought when it came to suckering, but it was hard for the old timers to give up.

The William Stalcup family sold their produce at a stand in front of their house. Their produce was also sold to William's brother, Sam, who operated a stand on Saturdays at the K Street Market in the District, and, who in later years, ran a seven-day-a-week stand on Old Dominion Drive adjacent to the Chesterbrook Shopping Center. Payday was Saturday. This gave the workers a strong sense of financial accomplishment, and after the Sunday respite, they were ready to work the fields again come Monday.

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BY MICHAEL EVANS

Celebrating Dads & Grads

With June just around the corner, the abundance of summer parties is about to kick off with celebrations for two of our favorite groups of people: dads and grads. Read on for some tips for how to plan a memorable Father's Day get-together or graduation celebration for those special people in your life!



Guest List

To start with, you'll need to figure out how many people you'll be hosting. For Father's Day celebrations, determine which family members you would like to include since some people prefer to keep things simple with immediate family, and others want to get everyone together to help celebrate Grandpa... Then, find out who is actually able to attend. On the other hand, figuring out the guest list for graduation parties may be a little more challenging as you consider inviting people from all aspects of the graduate's life! This may mean including immediate and extended family, family

friends, friends from school, as well as friends from activities or other affiliations, etc.

Venue

Next, decide where you're going to host the event. For a small get-together to celebrate Father's Day with immediate family, something low-key at home can be a great option! For bigger Father's Day parties with extended family to help Grandpa celebrate, a larger venue like a private room in a restaurant or a clubhouse may be the better way to go, depending on how many people are able to attend. Similarly, graduation parties can be held at private residences or in more public venues like restaurants, clubhouses, or alternative rental facilities. Keep in mind how many people you'll need to accommodate, as well as any activities you plan to incorporate to make sure you'll have enough space. Like the idea of keeping things simpler at home, but not sure if it'll be too crowded? Consider renting a tent and tables and chairs to allow for both inside and outside socializing.



Decorations

Decorations are a fun way to give your event an extra level of personalization. While you don't need to redecorate for a Father's Day celebration, incorporating pictures of Dad with his kids and/or grandkids, or small tributes to his favorite things (think: a golf ball-themed cake for the golf enthusiast, etc.), are ways to make the special day that much more memorable! For graduation parties, including a hanging line with progressive school photos of the graduate from each grade, and/or decorate with colors and themed paraphernalia from their chosen school or profession can add a little extra spirit and excitement for what's to come!

Activities

While great food and great company are certainly enough to keep the party going, activities are a fun way to take the celebration to another level. For the sports-loving Dad, try a pick-up game of his favorite sport to start a new family tradition, or go head to head in a round of bocce ball before digging into the cake. For graduates, hire or DIY a photo booth for you and your guests to enjoy (Bonus! With this idea you can throw together a photo book with all of the pictures taken at the party for a great keepsake!). Corn hole, ladder golf, Bocce ball, giant Jenga, etc. are other fun ways to entertain the guests and promote mingling!



Menu

When thinking about Father's Day, most people think of the classic All-American barbeque. There's nothing quite like grilling out on a nice summer day, surrounded by

your favorite people! For those that want to mix it up a bit, consider tailoring your menu to Dad's favorite cuisine. From an Italian feast with sausage and peppers, Grandma's lasagna and a side Caesar salad, or Mexican fiesta with grilled chicken quesadillas, black bean and corn salad, and seven-layer dip, to the timeless surf-and-turf with grilled veggies, there's something exciting for everyone!

Similar menus can be used for graduation parties, with appropriately themed items made especially for the celebration, such as miniature Reese's cups on a stick with chocolate squares on top for "graduation caps," a bowl of Ring Pops for "class rings," and tuxedo chocolate-covered strawberries wearing chocolate square graduation caps... the possibilities are endless! One more thing to consider when it comes to your graduation party menu is that some guests may have several parties to attend that day. Depending on the time of the party, and if you anticipate people coming and going in an open house fashion, you may be able to get by with mostly heavy hors d'oeuvres and drinks and desserts, especially if the party isn't during a major mealtime. However, if your party spans the lunch or dinner hours, you'll want to make sure you have enough options for those who are planning to celebrate with your grad all day!

Using these tips as a starting point for planning your celebration can help to make sure everything goes seamlessly. Keep in mind that June is a busy time of year for fellow grads and their families, so you'll want to choose your date and time carefully, and start planning as early as possible to make sure any vendors you may be planning to use are available. No matter how big a production you are planning, the lucky dad or grad in your life will be thrilled to celebrate in style with a bash for all family and friends to remember! ♦



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

Warm Weather Habitat

**Sun Design Remodeling Wins Regional
“Contractor of the Year” award (COTY)
For Best “Outdoor Living Solution”**

An indoor/outdoor solution to a Colonial-style residence in McLean has won a regional “Contractor of the Year” (COTY) Grand award for Sun Design Remodeling Specialists.

The two-tier design-- which combines an open-air flagstone patio and outdoor kitchen with an overhead balcony-- reconciles the rear elevation of a 3,200-square-foot house with an existing pool.

The remodel to the home of Andy and Diane McColl was named Best Outdoor Living Solution in eleven southern states by the National Association of the Remodeling Industry (NARI). The project had previously been named a merit-award winner in the same category by NARI's metro DC chapter.

Combining a skillful architectural elaboration with a radically improved functionality, the structure was designed to strengthen the relationship between a circa 1970s brick-facing house and a pool that had been added a few years later. The makeover replaces a rear sun room which had fallen into disrepair. The new porch and balcony span over 900 square feet at each level, the entire rear elevation of the 45-year-old home.

“We were looking to create an indoor/outdoor space that would satisfy our warm-weather entertainment requirements,” says Andy McColl, who has retired. “We had used the pool a lot when the kids were growing up, but we’ve been empty-nesters for years now. We mainly wanted to renovate the back of the house to better suit our current lifestyle.”



BEFORE

(At Top) Poolside lounging, dining

The Haines blue beadboard ceiling is a nod to southern tradition, says owner Andy McColl. The porch can be setup for dinner parties of fifteen.

(Above) **Before** The remodel replaces an old sun room which had fallen into disrepair.



(At Right) Outdoor kitchen close-up

Equipped with a Primo Oval ceramic grill, a Wolf outdoor grill and Sub-Zero refrigerator, the 13' x 14' outdoor kitchen is accessible from both an adjacent dining zone and poolside.

(At bottom opposite page) Outdoor kitchen w dining counter The poolside serving counter accommodates four stools.

An earlier rear elevation proposal designed by a local architect had not been built. McColl credits Bob Gallagher, president of Sun Design, with re-awakening his enthusiasm for the possibilities by helping him prioritize the core project's primary components.

"Bob listened to what wanted," McColl recalls. "It was his attention to our goals that revived my interest in moving forward."

In the end, the final plan appreciably responds to McColl's enthusiasm for indoor-outdoor living.

At ground level, a grilling area abuts a spacious dining and lounging zone, which is next to an enclosed space designed for storage.

The centerpiece of the ground level plan is a 13' x 14' outdoor kitchen built on a flagstone patio. The kitchen includes a Primo Oval ceramic grill, a Wolf outdoor grill with side burner and a Sub-Zero refrigerator.

An island featuring a see-through fireplace provides a serving station between the kitchen and the 350-square-foot dining porch. There is also a four-stool dining counter on the poolside of the patio—steps away from the pool.

On the patio's eastern corner, Sun Design built a 200-square-foot room for storing pool furniture and related outdoor-use equipment. The storage room is accessible from the front elevation, via doors next to the garage.

Over the patio, a 66' x 14' open-air deck provides a panoramic view of surrounding woodland as well as an optimal spot for reading, sunbathing or just sitting quietly. The deck is directly accessed from the living room and the master bedroom.

To enhance sight lines, the contractor specified glass doors with narrow frames. The deck is surfaced with watertight Tufdek vinyl flooring.

A number of structural challenges had to be surmounted in order for the project to pass muster with Fairfax County building codes. Because the house was built on a slope in comparatively loose soil, the engineering team found that it was necessary to reinforce the foundation of the porch and veranda. To accommodate, Sun Design excavated down 88" to install a series of carefully spaced concrete footers.

Pipes were re-routed to address earlier drainage concerns and the pool surround was re-surfaced.

The project also incorporates a host of leading-edge technologies as follows:

- ✓ to keep insects out, motorized retractable screens can be activated with a handheld remote, or by smartphone app. A weighted

**(Above) Island and hearth**

John Benedetto designed the counter/serving station between the outdoor kitchen and the dining area. The surface is Azul Platino granite. The double-sided Galaxy See-Thru fireplace features a glass wind-deflector to ensure operation in windy conditions; a safety valve turns the gas off if the flame goes out.



(At left) **Whole Rear Elevation** A two-level rear elevation design that sharply improves the indoor/outdoor transition between a 45-year-old McLean residence and an existing pool has won a regional "Contractor of the Year" (COTY) Grand award for Sun Design Remodeling Specialists. The project was named "Best Outdoor Living Solution" in eleven southern states by the National Association of the Remodeling Industry (NARI). (Below)

(Below) **Screens in place** The motorized retractable screens can be activated with a wall or handheld remote, or by smartphone app. A weighted slidebar that runs between parallel tracks raises and lowers the screens which keep out insects and excessive sunlight.

(At bottom) **Upper deck** Tufdek vinyl has been thermally welded to existing flooring to assure a watertight rooftop deck. The rails conceal both lights and sprinkler system used to water plants.

slidebar that runs between parallel tracks adjusts the screens which keep out insects and excessive sunlight;

- ✓ the double-sided gas fireplace is equipped with a glass wind-deflector that ensures operation in windy conditions; a safety valve turns the gas supply off if the flame goes out. LED strip lighting builds which generate colors reinforce the playful ambiance.
- ✓ to enhance available light and indoor/outdoor transition, exterior doors with minimal framing and a larger expanse of glass were installed throughout the house;

On the second level:

- ✓ Tufdek vinyl thermally welded to existing flooring assures a watertight rooftop deck. The rails also conceal both lights and a sprinkler system used to water plants.
- ✓ Laminated veneer lumber (LVL) from the roof of the storage room was extended to support the staircase. The innovation allowed the staircase to be cantilevered-- eliminating the need for supporting posts thereby allowing an unobstructed walking path around the side of the storage room.

McColl notes that the new plan can seat up to fifteen for a poolside party featuring his smoked and grilled delicacies. There are also four rockers on the top balcony.

"Seasonally, the timing is just right," he adds.

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 or byrdmatx@gmail.com. Send photos of interesting remodeling projects to: b2b@homefrontsnews.com



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Protect your Pet

from Heartworm Year-Round



BY LINDA BARRETT

Whether you have a dog or cat, you need to know about the importance of protecting your pet from heartworm disease year-round.

Heartworm is found in all 50 states, and most states have “hot spots” within them where the heartworm infection rate is very high compared with other areas in the same state. Factors influencing the risk level for heartworm can include the climate, temperature and humidity; the indigenous mosquito species and the prevalence of mosquito breeding areas; and the presence of host animals in the region that are already infected, including dogs, foxes and coyotes, for example. Heartworm infection in wildlife with large traveling ranges adds to the spread of this parasite in domestic pets.

Moist microclimates such as irrigated fields, backyard ponds and golf courses can affect the severity and duration of mosquito season. You may want to check your property to look for places of standing water you can eliminate to reduce mosquito breeding areas. Check especially around planters, pots, cans and tarps.

Some mosquito species can successfully overwinter indoors, creating a year-round risk to your pet. Mosquito species also constantly change and adapt to their various climates that can change as weather patterns vary. Currently, a warmer-than-normal climate has increased the presence of mosquito-breeding areas in all 50 states.

Infection and Treatment

As the parasites make their way to the lungs and begin multiplying in the lungs, veins and heart, your pet will exhibit symptoms including coughing, lack of appetite and possible weight loss, and potential collapse. Heartworm in canines can result in lung disease, heart failure, other organ damage, and sometimes even death. The severity of

heartworm disease depends on how many worms are living in the pet and how long the pet has been infected.

“It is heart-breaking when I see someone’s pet in one of our clinics who has heartworm disease because it is so easily preventable with monthly

medications,” explained VIP Petcare Medical Director Katryna Fler, DMV. “Starting on a monthly routine early can keep your pet from developing heartworms in the first place.”

Some of the options offered by VIP Petcare for monthly care include: Heartguard dog and cat chewables, Sentinel Flavor Tablets, Revolution® dog and cat topical parasiticides, and Trifexis® chewable tablets for dogs. All heartworm medications require a prescription and your dog must pass a heartworm test before a new prescription will be issued. To start on heartworm medication, proof of a negative heartworm test from the previous 12 months must be provided.

Heartworm disease can be detected in dogs through a simple blood test. And as a bonus, this same test also looks for tick-borne diseases such as Lyme, ehrlichiosis and anaplasmosis. Blood samples are sent to the lab for testing, and results generally come back within a week. If your pet’s test shows a positive result or an abnormality, your veterinarian will call you to set up a follow-up appointment. Otherwise, for a negative test, you may be notified via email or mail.

When dogs are diagnosed with heartworm, restriction of normal physical activities is recommended so as to not strain the damaged heart and lungs. Once your dog is stabilized with appropriate therapy, tested again and

Heartworm Symptoms IN DOGS

- + Soft, dry cough
- + Inactivity or lethargy
- + Weight loss or anorexia
- + Rapid or difficult breathing
- + Bulging chest
- + Allergic reaction
- + Collapse

Heartworm Symptoms IN CATS

- + Coughing or asthma-like attacks
- + Periodic vomiting
- + Lack of appetite or weight loss
- + Occasionally, difficulty walking, fainting or seizures
- + Possible fluid abdominal fluid accumulation

cleared for heartworms, a normal routine can be re-established. A regular monthly prevention program can also begin.

For cats there is no drug therapy routine; they are most aided through good veterinary care and a long-term management plan. But it is much less common for a cat to contract heartworm disease. If they do, heartworms may spontaneously clear on their own, or additional care may be necessary for severe cases. The key for a healthy cat is a prevention routine.

What is Heartworm?

Heartworms (*Dirofilaria immitis*) are fairly large worms that can grow up to 14 inches long and proliferate in the heart and pulmonary arteries of an infected animal. They live where blood is being pumped and can obstruct blood flow and cause serious reactions. A full heartworm infection can resemble (disgustingly) a batch of cooked vermicelli.

Pets acquire heartworms through the bites of infected mosquitos that have picked up larval heartworms from infected animals and carry them to uninfected animals. Mosquito-infective larva can circulate in the host's bloodstream for up to two years, and once mature, heartworms can live up to seven years in a dog and up to three years in a cat. The primary hosts are domestic and wild dogs like wolves, coyotes and foxes, but cats, humans and other mammals can also be infected.

VIP Petcare recommends administering a heartworm preventive to your pet every month for its entire life, as well as getting an annual test to ensure your pet is free from heartworm disease.

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Pedestrian bridge segment set at intersection of Chain Bridge Road and Tysons Boulevard.

BY AMANDA SCARANGELLA

LOOKING BACK FIVE YEARS: MARCH 2013 AND MARCH 2018

In this new series, the Dulles Corridor Metrorail Project will take a step back in time to compare and contrast the construction, milestones and progress of the Silver Line.

March 2013 marked an amazing 89 percent completion on Phase 1 of the Silver Line! Tunnel construction had finished and track work was nearing completion. Pedestrian bridges were installed to carry passengers across the Route 7/Route 123 interchange, and the Dulles Airport Access Highway Corridor.

The 11.4 mile stretch of Phase 2 was a distant thought in March 2013. Construction on this segment of the rail line did not begin until July 2013.

Fast-forward to the present, the project has reach 71 percent construction completion as of March 2018. Pedestrian bridges are now installed across all roadways except for the south side of Reston Metrorail Station. The final tower crane has been taken down at Ashburn Station this month. The Silver Line has come a long way and achieved many milestones.

March 2013 was just beginning the finishing touches on Phase 1 of the megaproject that would bring new commuter benefits and economic growth to the region. ♦



Crews complete installation of last pedestrian bridge segment at Tysons Corner Metrorail Station in March 2013. *Photo by Charles Samuelson, DCMP*



Construction of pedestrian bridge at Tysons Corner Metrorail Station.



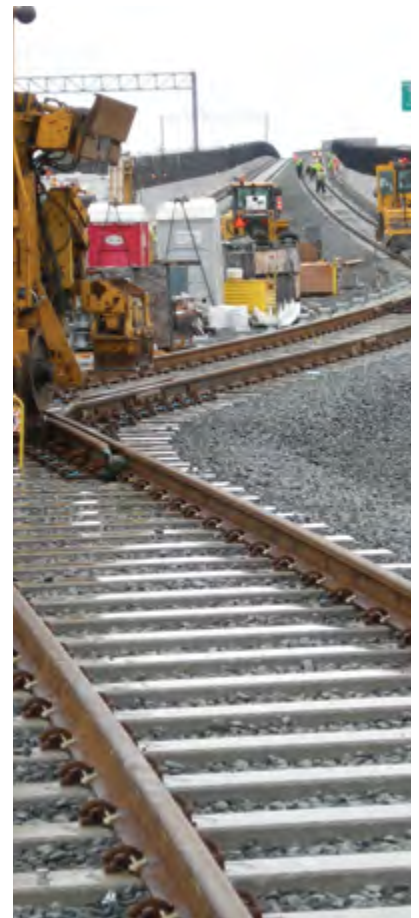
Inside the workings of the rail yard . Photo by Charles Samuelson, Dulles Corridor Metrorail Project.



Construction of the south pavilion area of the Innovation Station continues along with construction of new parking garage by Fairfax County and nearby private development. Photo by Phil DeLeon.



At Innovation Station Crews are ready for installation of pavers at the Innovation Station. The plastic enclosure is needed for protection during that work. Dulles Rail Project photo by Phil DeLeon



Track Work Progressing!

Capital Rail Constructors' crew are making progress laying track on the Phase 2 Silver Line as shown in this photo along the rail line in the eastbound Dulles Airport Access highway Corridor.

Dulles Rail Project Photo by Phil DeLeon



27TH ANNUAL NORTHERN VIRGINIA FINE ARTS FESTIVAL

Presented by Greater Reston Arts Center (GRACE)

New this year, Festival Friday!

For 27 years, the annual Northern Virginia Fine Arts Festival has brought more than 200 fine artists from across the nation presenting original works in 16 categories of fine art and fine craft to the unique outdoor environment of Reston Town Center. This year, Festival Friday on May 18 will expand the experience with a focus on the Reston workforce. Reston Town Center merchants will be offering unique Festival Friday deals, that day only. And, Festival programs will once again be available on-site with almost \$200 worth of restaurant coupons—with a \$5 donation to GRACE, it will pay for itself over lunch.

The Festival's Title Sponsor, Balducci's Food Lover's Market, will have an impressive and flavorful presence during the event. Their newest location will be open this spring in Reston Town Center at the ground level of the new Signature apartments.

The Northern Virginia Fine Arts Festival is made possible with the support of generous sponsors, including those in the local community—Balducci's Food Lover's Market—Reston, Reston Community Center and Reston Town Center Association, The M Group Architects + Interior Architects, The Counter Custom Burgers, Reston Town Center, Avant at Reston Town Center, Signature at Reston Town Center, The Spectrum at Reston Town Center, North Point Village Center, and Pella Windows—among other valued supporters who provide important in-kind services and funding.

Volunteer! Adopt-an-Artist! #MakeArtHappen

Support the 2018 Northern Virginia Fine Arts Festival

The Northern Virginia Fine Arts Festival is produced by Greater Reston Arts Center (GRACE), the largest 501(c)3 non-profit in Reston solely dedicated to enhancing community life through excellence and involvement in the visual arts. GRACE relies on the community's support for the success of the Northern Virginia Fine Arts Festival, its largest annual fundraiser. Support comes in lots of ways ranging from tasks taken on by 500 volunteers to funding from event sponsors. Through the Adopt-An-Artist program, \$100 donations made in advance directly support GRACE's renowned artist hospitality package. At the same time, donors create a very personal connection to the adopted artist and to the Festival experience.

A "Bedrock Institution"— 50 for 50 Award presented to GRACE

In January, GRACE was honored by the Virginia Commission for the Arts, the state arts agency, to receive one of its prestigious "50 for 50 Arts Inspiration Awards" in the category of Bedrock Institutions.

NORTHERN VIRGINIA FINE ARTS FESTIVAL

Friday, May 18 – Sunday, May 20

10 am – 5 pm daily

Reston Town Center

Free Garage Parking

restonarts.org/fineartsfestival



UNITY OF FAIRFAX *Mystical Movie Night* UPCOMING SCHEDULE

WHAT: Join Unity of Fairfax for its Mystical Movie Night, 7:30pm the second Friday of every month. Admission is \$10 online and at door; no one will be turned away. Advance ticket purchase www.unityoffairfax.org/events.

WHEN: 7:30 PM, the 2nd Friday, monthly

WHERE: Unity of Fairfax: 2854 Hunter Mill Road, Oakton, VA 22124. Free parking.

The May-June 2018 schedule is as follows:

FRIDAY, MAY 11

The movie screening of *Heal*, a film that takes us on a scientific and spiritual journey where we discover that by changing one's perceptions, the human body can heal itself from any disease. It has an all-star cast, which includes Deepak Chopra, Gregg Braden, Marianne Williamson, Anita Moorjani, Michael Beckwith and Bernie Siegel. *Preview trailer:* <https://we.tl/WSixTy2oC>

FRIDAY, JUNE 8

The movie screening of *I AM*. The former Falls Church resident, Director Tom Shadyac speaks with intellectual and spiritual leaders about what's wrong with our world and how we can make it a better place for all of us. *Preview trailer:* <http://www.iamthedoc.com>

Festival Party and Artist Awards

May 19, 7pm–10pm
Reston Town Center Pavilion

This artful evening, sponsored by the M Group Architects, will celebrate the Northern Virginia Fine Arts Festival artists with the announcement of the 2018 Awards of Excellence, sponsored by Boston Properties, as selected by Festival judges. Baltimore-based artist Laure Drogoul will present *The Illuminated Fountain of Extinction*, a living tableau of natural and post-natural creatures inspired by illuminated manuscripts. The Festival Party will feature food from The Counter Custom Burgers, Blue Moon beer courtesy of On Tap, and wine courtesy of Balducci's Food Lover's Market. Tickets to this not-to-be-missed bash are complimentary to participating Festival artists, and a benefit to GRACE supporters at the Member level and above. Those who Adopt-an-Artist or become a member of GRACE will receive a complimentary invitation to the party.

BRIDGE CLUB

JUST SHOWING UP

♠ —
♥ A Q 7 5
♦ J 8 7 6
♣ A K 7 4 3

♠ A 9 7
♥ 10 6 2
♦ Q 10 9 4 3 2
♣ 8

West	North	East	South
	1 ♠	dbl	1 ♥
pass	5 ♥	pass	pass
dbl	all pass		

West leads the four of hearts. Plan the play.
See page 144 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*.
Page 33.

BIDDING QUIZ

YOU HOLD:

♠ — ♥ A Q 7 5 ♦ J 8 7 6 ♣ A K 7 4 3

Your partner opens one heart, and the next player bids one spade. What do you say?

ANSWER: Cuebid two spades, promising good heart support and a 'control' in spades: usually the ace or a void. You wouldn't cuebid if you weren't sure hearts will be trumps; but since a suitable minimum from your partner such as:

♠ 7 6 4 ♥ K J 10 6 4 ♦ A K 2 ♣ Q 5

will yield a play for thirteen tricks, you should tell him now that slam is possible.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 37.

YOU NEVER KNOW WHAT
DOORS ARE GOING TO OPEN
UP AND WHY THEY ARE
GOING TO OPEN UP. YOU'VE
GOT TO BE READY TO WALK
THROUGH THEM.

—Lester Holt

HOW TO SOLVE WORDOKU PUZZLES

Wordoku is another form of sudoku. It simply uses letters instead of numbers. You just make sure that each 3x3 square region has the 9 letters in BOULEVARD and that the letter only occurs once.

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

The difficulty on this puzzle is medium.



THERE IS NO QUICK FIX. AT THE END OF THE
DAY, YOU STILL HAVE TO DO THE WORK TO
MAINTAIN YOUR WEIGHT. IT CAN'T BE A DIET.
YOU HAVE TO CHANGE YOUR LIFE.

—Al Roker

THOSE WHO GET IT DONE

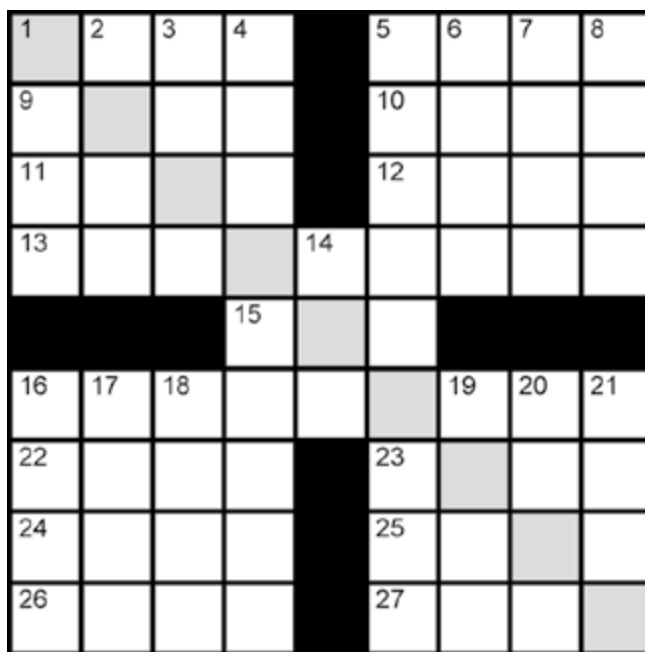
CROSSWORD CLUES

ACROSS

1. Listening devices
5. Brewski
9. Leave out
10. Where China is
11. California wine valley
12. Office plant
13. Protected
15. Knows, in poesy
16. Japanese white collar worker
22. Dock
23. "Frasier" actress Gilpin
24. Mine entrance
25. Bit of gossip
26. Clutter
27. 1987 Costner role

DOWN

1. A long, long time
2. Chinese nurse
3. Ready for picking
4. Loyalists
5. Diaper fastener



6. Computer operator
7. Acute
8. Smooth, in a way
14. Craggy peak
16. Junk E-mail

17. Assistant
18. Luau souvenirs
19. Allocate, with "out"
20. Trojan ally, in the "Iliad"

21. "___ Island" (2008 film)



BRIDGE CLUB SOLUTION

JUST SHOWING UP

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

West	North	East	South
	1 ♣	dbl	1 ♥
pass	5 ♥	pass	pass
dbl	all pass		

Opening Lead: ♥ 4

'Those health spas are a ripoff,' Cy the Cynic grumbles. 'I joined one. They guaranteed I'd lose weight, and I haven't lost a pound.'

I knew Cy had scarcely left the bridge club for days.

'It might help if you went over there occasionally,' I suggested.

'You mean you have to show up?' Cy asked incredulously.

Cy played today's deal the same way, as if he expected eleven tricks to fall into his lap; he finessed with the queen on the first heart. East won, and Cy still had two trumps to lose.

East was likely to have the king of hearts, by Cy can succeed if he's willing to make the effort. He takes the ace of hearts, pitches a heart on the top clubs, ruffs a club, ruffs a spade, ruffs another club and ruffs a spade.

Cy then leads dummy's good club. If East ruffs with the ace, Cy discards his last heart and loses a trump to West's king. If instead East discards on the fifth club, Cy throws a heart. West ruffs low, but Cy later leads a trump to crash the defenders' A-K.

Excerpts taken from: Frank Stewart's *Bridge Club*. Pages 37.

WORDOKU Answers

R	E	V	O	D	B	U	A	L
O	B	L	A	U	E	D	V	R
A	U	D	V	L	R	B	E	O
D	A	R	B	O	U	V	L	E
B	O	U	L	E	V	A	R	D
V	L	E	R	A	D	O	U	B
U	D	O	E	V	L	R	B	A
L	V	B	D	R	A	E	O	U
E	R	A	U	B	O	L	D	V

CROSSWORD Answers

E	A	R	S		S	U	D	S
O	M	I	T		A	S	I	A
N	A	P	A		F	E	R	N
S	H	E	L	T	E	R	E	D
			W	O	T			
S	A	L	A	R	Y	M	A	N
P	I	E	R		P	E	R	I
A	D	I	T		I	T	E	M
M	E	S	S		N	E	S	S



"Did you ever realize that we're really drinking coffee out of large sippy cups?"

TREAT YOUR PAST AS A BOOK
THAT YOU LEARN FROM
INSTEAD OF A HAMMER THAT
YOU BEAT YOURSELF UP ABOUT.

—Bill Whittle

HERE'S THE THING ABOUT RIGHTS.
THEY'RE NOT ACTUALLY SUPPOSED
TO BE VOTED ON. THAT'S WHY
THEY'RE CALLED RIGHTS.

—Rachel Maddow



BY JAN KING

Global Warming or Just Hot Air?

There hasn't been this much focus on global warming since Al Gore's private jet left carbon footprints the size of Bigfoot all the way to Norway when he grabbed his Nobel Peace Prize for protecting the environment. But now with the likes of the Nor'easters, Cyclobombs, Bel Air fires, and Dangerous Gas Emissions from Hollywood, it's become a "hot topic" again.

At the risk of being thrown into melting glaciers by tree-hugging Global Warmingistas, I'll still take my chances and present my own theory. And, I'm not just talking recycled trash here. I have a B.S. degree from the prestigious online institution, Cannabis U. So, here goes. It's my belief that the planet is not heating up every year, it's the people ON it—specifically those under the age of 30. Oh sure, I can hear the arguments of hostile ecophiles claiming that I've lost more pounds in brain cells than Al Roker did in cellulite. That's why I'm submitting these cases as empirical proof of my theory.

Case #1: My teenage grandkids live in Seattle where the average year-round temperature is the same as the Arctic tundra. However, during the summer (which lasts about three weeks), it can reach a scorching 72 degrees. So what kind of protective garments do teens wear most of the frosty year? PETA-infuriating fox parkas? NorthFace jackets guaranteed to keep one toasty while climbing the Jungfrau? Illegally poached caribou earmuffs? Not a chance, Eddie Bauer. They wear shorts, winter and summer...and the kind with the holes and rips in them, too.

When my grandkids visited during Christmas vacation, San Diego was experiencing a dangerous cold snap. Temperatures had plummeted to a life-threatening 60 degrees. I was properly attired in my down-filled vest, boots, and woolen scarf, however I still complained about the frosty chill gripping La Jolla. On the other hand, my grandkids were positively sweltering in what they construed as a winter heat wave. Clad in their shredded shorts, they headed straight for the beach to bodysurf, swim, and sunbathe with all the other teens. What kept their bodies from turning into frozen corpses? Wait for it...the "normal" body temperature for all teenagers is now 106.8 degrees, because the species, *Homo sapiens teenagerus*, has mutated. Those same teenage bodies which are in perpetual "heat" anyways, have just gotten even hotter. It's a miracle they don't spontaneously combust during lengthy make out sessions.

Case #2: The Airport. After a visit to Virginia, I flew back to San Diego on a 29-degree December day with light snow falling. I couldn't wait to get home and thaw out. After living in Virginia for ten years, I felt sorry for all those people who reside in the geographic zone known

as "The Big Chill." But, to my utter amazement, all the passengers under 30 on my flight were chilling—but in a different way. They were already wearing their flip-flops, shorts, and tank tops. I'm thinking, "Dudes, what's up with that? You may be heading to California, but you're STILL in the cabin which is actually colder than outdoors." Of course, I looked like a total dork sitting in my cramped "economy minus" seat wearing a fur coat and gloves. Plus, I had a scarf wrapped around the lower half of my face, because the freezing air from the overhead vents was blowing directly into my sinuses, causing icicles to hang from my nose.

As I watched the crew de-icing the wings, I thought, "Somebody on board needs to tell these hot messes to cover up. Seriously. If I have to look at any more grodie toenails, beach boobage, bicep tattoos, or fuzzy butt cracks, I'll need to avail myself of the air sickness bag." I would have told them myself, but at this point, I was rapidly slipping into a hypothermic coma.

Case #3: Rockin' New Year's Eve.

This year it was 13 degrees in New York City on New Year's Eve. Apparently, the kids celebrating in Times Square were completely undaunted by the minus-30-degree wind chill factor, while those over 30 were completely unaware that the tips of their noses and fingers had fallen off from frostbite an hour before the ball descended. And, it was nothing less than miraculous how Ryan Seacrest was able to keep up that big, toothy smile for 3 hours without his veneers shattering. Between the Botox and the deep freeze his face should have been, for all practical purposes, declared clinically dead.

Speaking of frozen faces, Maria Carey bravely attempted to withstand the elements singing from an outdoor stage, barely covered by her glitzy, shrink-wrapped costume. Competing with sizzling younger pop stars, she made a heroic attempt to look 25 years old. But, her fur-covered thong and the two propane tanks nestled in her push-up bra were dead giveaways that this chick hadn't seen 25 in well over two decades. The rest of the 40-plus entertainers with aging, stiff bodies were able to keep rocking for hours, fortified with the best anti-freeze ever manufactured—Jack Daniels. It was administered through a stealth I.V. concealed in their Depends. Luckily, in the event a worst case scenario occurred during one of their "heart-stopping" performances, the Jack also acts as embalming fluid.

There you have it—proof of my theory. 100% proof. If there's still any global-warming wonks angry enough to come for me with their sweaty fists, go for it! I'll be the only one sitting on Pacific Beach wearing poached caribou earmuffs and Uggs. ♦

HOROSCOPES

MAY

JUNE



TAURUS 4/20 - 5/20: Taureans expect harmonious interactions this month in relationships, especially in the workplace. It may have been a long time coming. So enjoy.



GEMINI 5/21 - 6/20: Sunny days and good fortune shine on you this month. But, remember trials will come. Neither fortune nor struggle is permanent.



CANCER 6/21 - 7/22: Don't let Spring fever distract. Your work this month builds a safety net as you hit a small stumbling block by the full moon on the 29th.



LEO 7/23 - 8/22: Mother's Day on the 13th brings a family gathering. Resist competing with siblings and focus on your mother, whether she is living or passed on.



VIRGO 8/23 - 9/22: It's a good thing you like detail because this month may demand it. Focus on the narrow way to make broad advances.



LIBRA 9/23 - 10/21: A personality conflict leaves you feeling as if you have done something wrong. Stand up for yourself and make your accomplishments known.



SCORPIO 10/22 - 11/21: Don't appeal to others to handle a situation you should address yourself, on the spot. Take courage. You'll have backup. Deal with the person or problem directly.



SAGITTARIUS 11/22 - 12/21: This month brings some welcome peace and good feeling. Revel in the joys of Spring and prepare for a productive summer.



CAPRICORN 12/22 - 1/19: Time to consider long-term future plans. If you haven't made an effort in retirement planning, this is the month to get serious about it.



AQUARIUS 1/20 - 2/18: Home projects take the lead. Maybe you hate Spring cleaning, but it might just be the ticket to feeling better all summer.



PISCES 2/19 - 3/20: Picture your current loved one in other phases of your life. If you are dating, ask yourself if this is the person who you will need in 10 years or even 20.



ARIES 3/21 - 4/19: Optimism is the word for the month as you tackle an important project. Keep your eye on the prize.



GEMINI 5/21 - 6/20: Ruminating on a past decision is pointless. It can't be changed now. Move on.



CANCER 6/21 - 7/22: Gratitude won't necessarily change your circumstances. But, in June, it brings a welcome change in outlook.



LEO 7/23 - 8/22: The new moon on the 13th seems especially gloomy. Take heart. Solutions and success are around the corner. The 21st is your day.



VIRGO 8/23 - 9/22: You know your critical eye sometimes focuses on family faults. Sometimes this is needed; sometimes not.



LIBRA 9/23 - 10/21: Kids might need your wisdom this month. Don't hold back! Even when they don't seem to care, they are listening.



SCORPIO 10/22 - 11/21: A new money-making opportunity comes your way. But, remember if it seems too easy, it's probably not.



SAGITTARIUS 11/22 - 12/21: Accept a compliment with thankfulness. You know your faults, but others may see beyond them.



CAPRICORN 12/22 - 1/19: Shiny objects prove distracting. Remember it's one thing to want and another thing to need. Stay with your plan.



AQUARIUS 1/20 - 2/18: Keep your cool in a time of friction at home or work. It won't make any difference by the full moon on the 28th.



PISCES 2/19 - 3/20: Make a small change this month and you'll reap benefits next month. You know which change you have to make.



ARIES 3/21 - 4/19: Your creativity plays a big part in a successful partnership. Be humble and give credit where it is due.



TAURUS 4/20 - 5/20: A new test comes your way. Be ready. Decide what you have to do to meet the challenge. Learn something new.

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