

VIVA

GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH | TYSONS

# TYSONS

September/October 2018 | vivatyson.com | \$3.<sup>95</sup>

MAGAZINE

THE  
FACES  
OF TYSONS

TRAVEL TO  
THE BIG EASY

TOP PRIVATE  
SCHOOLS

EVENT  
CATERING





# Casey Margenau

— Over 2.8 Billion Sold — Fine Homes & Estates

**Selling the Best Homes in our area, like yours...  
We are accepting New Listings for this Spring Market.**

See Casey's unique marketing. Enter address of property on **You Tube**

KNOWLEDGE

| EXPERIENCE

| TRUST



8401 Brookewood Court, McLean \$4,350,000



10618 Beach Mill Road, Great Falls \$1,899,900



3140 Windsong Drive, Oakton \$1,899,900



7050 Martha Jane Street, McLean \$1,849,000



10650 Gunston Road, Lorton \$1,299,900



8404 Tysons Trace Court, Vienna \$1,194,900



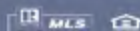
10330 Hickory Forest Drive, Oakton \$1,125,000



5461 Anne Ly Lane, Alexandria \$939,000

Casey Margenau Fine Homes & Estates, Inc.

[www.margenau.com](http://www.margenau.com)  
703.851.2600





# REINVENT YOUR HOME TO ENRICH YOUR LIFE



*Sun's sparkling reputation has been built on reinventing homes through the creative use of light and space, working closely with clients, with minimal impact on busy lives.*



design/build | additions | kitchens and baths | basements | outdoor spaces  
Serving Northern Virginia & Montgomery County, MD for 27 years  
703.425.5588 | [SunDesignInc.com](http://SunDesignInc.com)

SUN DESIGN 



# COLDWELL BANKER

## RESIDENTIAL BROKERAGE

**Ann Yanagihara**

Branch Vice President

2070 Chain Bridge Road | Suite 103 | Vienna, VA 22182

office 703.938.5600



MID-ATLANTIC  
SETTLEMENT SERVICES

guaranteedRate<sup>®</sup>



**Lisa Moffett**

703.517.6708

lmoffett@cbmove.com



1917 Mac Arthur Dr | McLean, VA 22101

**\$2,475,000**

Impressive and stunning presentation inside and outside! Gorgeous 1/2 acre lot with extensive landscaping and hardscaping. Enjoy outdoor living & grilling! Chef's delight true gourmet kitchen opens to FR and Sunroom. Luxurious owner's retreat with sitting room and dynamite walk-in closet. Master bathroom w/marble & claw foot tub. Extensive molding and fab details around every corner. Very close to DC! This is it!!



**Poppy Cole**

703.304.1420

poppy.cole@cbmove.com



10507 Patrician Woods Ct | Great Falls, VA 22066 **\$1,599,000**

Beautifully nestled on one of the prettiest Streets in the village of Great Falls. Easy access to the center of Great Falls Village, Beautifully landscaped with elegant Koi pond, classically designed center hall colonial with too many features to list here including: 2 levels of hardwood floors, generous room sizes, 3 gas fireplaces, beautiful office with custom built ins, generator and more!



**Bron Davis**

703.987.0656

bron@brondavisgroup.com



1870 Kirby Rd | McLean, VA 22101

**\$1,399,990**

Immaculate Brick Home in McLean on almost 1/4 acre! Open concept with wide Plank Cherry HW Floors! Gourmet Kitchen with granite, tile backsplash, Island, breakfast bar, cherry cabinets & SS App! Dining Room with Gas Fire Place! Luxury Owner's Suite with LG spa-like Jacuzzi bath & 2 Walk-In-Closets! Each Bathroom with full Bathroom granite vanity! Wet Bar, 2nd Kitchen, with granite, Breakfast Bar & 2nd Family Room with Gas Fire Place! Fenced yard!



1614 Great Falls St | McLean, VA 22101 **\$1,345,000**

Beautiful, Light & Bright East Facing Home. Move In and Enjoy the Rest of Summer! Entertainer's Dream Gourmet Kitchen with High-End Appliances and Finishes Opens to Family Room & Sunroom. Retreat to Master Bedroom Suite with Cozy Sitting Area and Gas Fireplace, Massive Walk-In Closet and Relaxing Oasis Bath. Host Family & Friends at the Newly Finished Bar Area on Lower Level. McLean High School Pyramid! Metro less than 1 Mile Away!



**Terra Cooke**

703.869.3794

terra.cooke@cbmove.com



**Kelly Martinez**

571.839.2852

kelly.martinez@cbmove.com



**Michéal Huling**

703.409.8296

mhuling@cbmove.com

**Heather Huling**

703.901.7471

heather.huling@cbmove.com



6655 Passage Creek Ln | Manassas, VA 20112

**\$669,000**

Welcome to Holly Brook Estates. Beautiful Centex built home. Hardwood floors, gourmet kitchen with granite, 5 bedrooms upstairs, 4.5 baths. Fresh paint throughout. Over an acre and a half lot size. Conveniently located!



**Amber Davis**

703.899.8178

asdavis@cbmove.com



6107 Union Village Ct | Clifton, VA 20124

**\$659,000**

Gracious living with style! Enjoy just under 4000 sq ft of living space in 4 bedroom home! This 3 level colonial on cul-de-sac with great curb appeal. The house features a 2 car garage, an office, formal living room, separate dining room, and family room with a fireplace. Kitchen with new appliances, granite counter tops and an island! Recent upgrades include: brand new carpet, new windows, driveway, and new garage door.



**Mary Kimball**

571.228.4107

mkimball@cbmove.com



10816 Paynes Church Dr | Fairfax, VA 22032

**\$599,000**

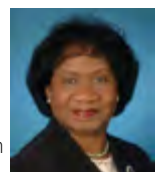
Desirable Middelridge beauty. Large rooms with lots of natural light. 4 bedrooms and 3 updated baths. Eat in kitchen + separate dining room. Lovely large patio and mature landscaping and Gutter Helmets. Secluded storage shed. Large laundry/utility with lots of storage and 2nd fridge. Extra deep garage with work bench space. This home shows pride of owners - meticulously cared for.



**Sylvia Davis  
Thompson**

703.628.8204

sdthompson@cbmove.com



7815 Shreve Rd | Falls Church, VA 22043

**\$599,000**

Charming all Brick & Stone 3 level, 5 Bedroom and 2.5 Bath. Modified Cape Cod, built by owner/builder for his family. Can be an investor's delight! Updated Kit w/ newer appliances, cab & electrical panel box. New well pump and new hot water heater; Separate formal Dining Room and 2 fireplaces. Cedar closet in Master Bedroom. Includes 3-sided fenced and large flat yard. Near Metro & Tysons Corner.





2017  
**TOP  
100**

# TOP 100 AGENTS



**Ratan Kumar**

703.757.4510

ratan.kumar@cbmove.com

**#2 Mid Atlantic**  
June 2018 YTD

**#2 Greater Washington Metro**  
June 2018 YTD

**#25 Greater Washington Metro**  
June 2018 MTD



**Michael Huling**

703.409.8296

mhuling@cbmove.com

**#6 Mid Atlantic**  
June 2018 YTD

**#4 Greater Washington Metro**  
June 2018 YTD

**#50 Greater DC Metro**  
June MTD



**Annie Greene**

850.758.5164

annie.greene@cbmove.com

**#20 Mid Atlantic**  
June 2018 YTD

**#10 Greater Washington Metro**  
June 2018 YTD

**#4 Greater DC Metro**  
June 2018 MTD



**Ginger King**

703.477.8793

ginger.king@cbmove.com

**#32 Mid Atlantic**  
June 2018 YTD

**#15 Greater Washington Metro**  
June 2018 YTD



**Poppy Cole**

703.304.1420

poppy.cole@cbmove.com

**#43 Mid Atlantic**  
June 2018 YTD

**#20 Greater Washington Metro**  
June 2018 YTD

**#19 Greater DC Metro**  
June 2018 MTD



**Terra Cooke**

703.869.3794

terra.cooke@cbmove.com

**#66 Mid Atlantic**  
June 2018 YTD

**#32 Greater Washington Metro**  
June 2018 YTD

**#9 Greater DC Metro**  
June 2018 MTD



**Nesha Khargie**

703.867.0259

nkhangie@cbmove.com

**#90 Mid Atlantic**  
June 2018 YTD

**#41 Greater Washington Metro**  
June 2018 YTD

**#37 Greater DC Metro**  
June 2018 MTD

2017  
**TOP  
20**

# TOP 20 TEAMS



**Fine Nest Realty Group**

571.839.2852

kelly.martinez@cbmove.com

**#12 Mid Atlantic**  
June 2018 YTD

**#7 Greater Washington Metro**  
June 2018 YTD

**#6 Greater DC Metro**  
June 2018 MTD



**Moffett-Emshwiller Team**

703.517.6708

lmoffett@cbmove.com

**#15 Greater Washington Metro**  
June 2018 YTD

**#11 Greater DC Metro**  
June 2018 MTD



**Bron Davis Group**

703.987.0656

bron@brondavisgroup.com

**#17 Greater Washington Metro**  
June 2018 YTD

**#14 Greater DC Metro**  
June 2018 MTD





# FEATURES



## TOP PRIVATE SCHOOLS >

*By Patricia Lee Hall*

Northern Virginia has some of the best public school systems in the United States. Still, many local families choose to send their children to private schools. Why take on the extra expense? From smaller class sizes to advanced programs and some unique environments and features, private schools generally can offer more than public schools, often limited by budgetary and policy constraints, may be able to provide.



## THE "BIG EASY" TURNS 300! >

*By Renée Sklarew*

For three centuries now, New Orleans has welcomed visitors to its playful streets to sample its unparalleled cuisine. Despite the ravages of Hurricane Katrina thirteen years-ago, New Orleans is enjoying a beautiful renaissance, and is better than ever. Don't miss your chance to explore this one-of-a-kind American city.

## < THE FACES OF TYSONS

Filled with entrepreneurs, medical professionals, award-winning restauranteurs, and professional service providers, Tysons and the surrounding areas have access to individuals and companies that offer world-class exceptional services and results. Here's what they look like.



## < IT'S APPLE PICKING TIME!

*By Linda Barrett*

Is there anything more delightful than biting into an apple picked fresh from the tree? Crisp and juicy, tart or sweet, apples are one of the joys of the fall season. Luckily for us, we're near the heart of apple country in Virginia, surrounded by pick-your-own orchards.







***One Practice for All  
Your Dental Needs***

***SmileMakersCenter.com***

A photograph of a family of four—a father, mother, young girl, and young boy—laughing and hugging each other on a light-colored sofa. The father is holding the girl, and the mother is holding the boy. They are all smiling broadly. In the background, there is a bookshelf filled with books and a framed photo.

**BEAUTIFUL SMILES**  
*created daily*



***Call to schedule  
a complimentary  
consultation.***

Insurance accepted.

Our **extended  
weekday** and  
**weekend hours** work  
with your busy schedule  
with convenient locations  
in Tysons, Merrifield and  
Falls Church.

We use the latest technology—including digital x-rays, digital impressions and CBCT imaging—to perform procedures such as smile makeovers, complex implants, laser-assisted gum contouring and orthodontics (including Invisalign).

***Smile Makers Dental Center is an Invisalign® Preferred Provider.***

***Your Smile...Our Passion***

**TYSONS** | (703) 356-0250 | 8310 A Old Courthouse Rd., Tyson's Corner, VA 22182

**FAIRFAX** | (703) 945-2200 | 2810 Old Lee Highway Suite 200A Fairfax, VA 22031

**FALLS CHURCH** | (703) 417-9840 | 5659 Columbia Pike, Suite 100, Falls Church, VA 22041





**State**

**Robert Cray**  
Sunday September 2nd

**The Stranger**  
A Tribute To Billy Joel!  
Friday September 7th

**Chemlab**  
W/ C-Tec & Hellbent!  
Saturday September 15th

**Coco Montoya**  
Sunday September 16th

All Good Presents...

**Leftover Salmon**  
Friday September 28th

**ZOSO**  
A Tribute To Zeppelin!  
Friday October 12th

**Melodime**  
Saturday October 13th

**Sebastian Bach**  
Thursday October 25th

**The Legwarmers**  
DC's Biggest  
80's Retro Dance Party!  
Friday October 26th &  
Saturday October 27th

NEED A VENUE FOR YOUR  
COMPANY PARTY?  
RENT THE STATE!

EMAIL: Events@TheStateTheatre.com

CHECK OUT FULL SHOW LISTING AT  
WWW.THESTATETHEATRE.COM

/StateTheatreVA @StateTheatreDC

220 N. Washington St. Falls Church, VA  
703-237-0300

Dining Reservations Available For Most Shows

# DEPARTMENTS



16

## 15 PUBLISHER'S LETTER

## 16 SELECTED EVENTS

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

## 30 MUSIC SCENE

Keith Loria interviews Five for Fighting's John Ondrasik.

## 33 VIENNA MERCHANTS

## 66 ASK AN ADVISOR

Saving for college by Belle Schneider.

## 76 WINE

400 years of Virginia winemaking commemorated in Virginia's Heritage by Linda Barrett.

## 82 BEAUTY

Stay ahead of hair loss by Analiense Kreutzer.

## 84 ASK DR. DIMA

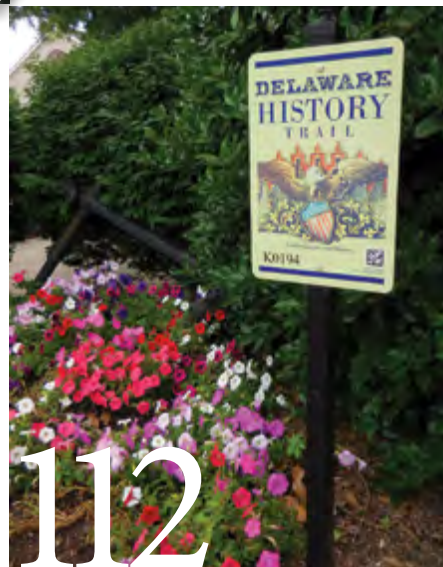
About ThermiVA for vaginal rejuvenation.

## 86 FASHION

Autumn Fads by Julie Holland.



86



112

## 88 MEDSPA TREATMENTS

Repair sun damaged skin with Astoria Laser Clinic and Med Spa.

## 90 GIFT GUIDE & GADGETS

Have a peek at Lauren Simmons' and John Parisi's latest finds.

## 94 MAKEUP

Update your makeup for Fall by Marta Bota.

## 112 TRAVEL

Escape to Dover's quaint villages.





# MONARCH



## WORLD-CLASS CONDOMINIUMS

Monarch soars upward to new heights of grace and elegance as Tysons continues its grand metamorphosis. Within these stately residences, you'll discover a new level of sophistication and comfort in this premier destination.

---

The Sophisticated Side of Tysons  
Westpark & Jones Branch  
Previewing from  
\$600,000 to \$3,200,000

Priority Registration  
[MonarchTysonsVT.com](http://MonarchTysonsVT.com)

RENAISSANCE  
CENTRO  
MAYHOOD<sup>®</sup>

Monarch, a Condominium, has not been registered by the Virginia Common Interest Community Board. A Condominium unit may be reserved on a non-binding basis, but no contract of sale may be entered into prior to registration. Illustrations, images, floorplans, pricing and community details are for representational purposes only and are subject to change without notice. See a Sales Representative for complete details.







# LenchLaw

AN ESTATE PLANNING FIRM

**Mary Ellen Lench**

COUNSELOR &amp; ATTORNEY AT LAW

- Revocable Trusts • Wills
- Estate & Tax Planning
- Special Needs
- Powers of Attorney
- Administration
- Elder Law

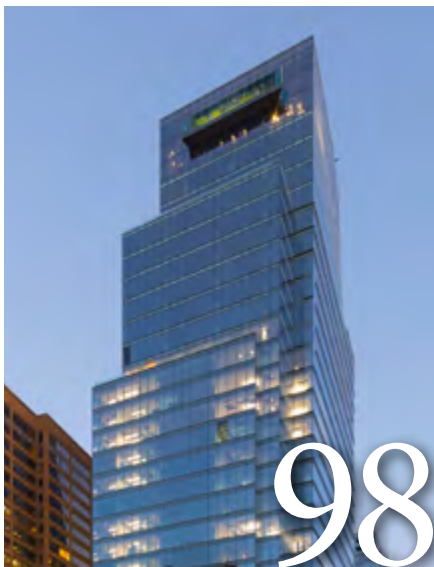
Voted Legal Elite  
Trust & Estate Attorney  
by *Virginia Business Magazine*



4000 Legato Road  
Suite 1100  
Fairfax, VA 22033

(703) 896-7945  
ME@LENCHLAW.COM  
**LenchLaw.com**

# DEPARTMENTS

**96 AROUND TOWN**

Coverage of Celebrate Fairfax, the Observation Deck at CEB Tower in Arlington, Virginia (*page 98*), The Mather building (*page 100*) and Urban Plates (*page 101*).

**103 TYSONS PREMIER**

See what's new in the real estate market.

**108 HISTORY**

The Stacup Stand by Carole Herrick.

**116 RESTAURANT GUIDE****130 FITNESS TOGETHER**

Put your heart into it with Fitness Together trainers.

**132 TYSONS HOME & DESIGN**

Two Sun Design Projects Garner Chrysalis Kudos.

**140 TYSONS UPDATE**

Progress on Silver Line Station, rail yard and maintenance facilities.

**143 FUN AND GAMES****144 TALK OF TYSONS****146 HOROSCOPES**



*Vietnam without  
the jet lag!*



[edencenter.com](http://edencenter.com)



6751-6799 Wilson Blvd.  
Falls Church, VA 22044

# MyFlorist

Your expression. Our passion. MyFlorist.

*Blooming in Tysons Since 1989  
National Top 50 Florist Since 2005*



Parties | Lobby Arrangements | Romance | Sympathy  
FLOWERS FOR ALL OCCASIONS

Call Us. We Love to Help. 703.442.8203

[www.myflorist.com](http://www.myflorist.com) | 1984 Chain Bridge Road | Tysons Corner

## CONGRESSIONAL SCHOOL



# 30+

After School Activities  
on Campus Plus  
Extended Care

# 13

Average  
Students Per  
Classroom

Congressional School challenges inquisitive young minds through research-based curricula with a clear and constant focus on each student's needs—all in an intimate, diverse learning environment, where kids can be kids, parents can be involved, and learning is more than test deep.

**SCHEDULE A TOUR TODAY**

**703-533-1064 | [www.congressionalschool.org](http://www.congressionalschool.org)**

Preschool - Grade 8 Co-ed, Independent School in Falls Church, VA  
Contact Us About Our Infant and Toddler Program



MARTA BOTA

*Professional Makeup Artist  
& Beauty Consultant*

Television, Print, Bridal,  
Makeup lessons,  
Red Carpet & more!

Contributing Writer to  
*Le Nouveau Moi Magazine*

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





- 34 **ARTIST SPOTLIGHT**  
Art Director of *VivaTysons* tries her hand at fine art.
- 50 **HELPING YOUR CHILD SUCCEED**  
Is it time to experience the Montessori difference?
- 62 **NYSMITH SCHOOL**  
How The Nysmith School Keeps Students Passionate About Learning
- 63 **INTERNATIONAL ROBOT ART COMPETITION**
- 64 **NATIONAL CONFERENCE CENTER**  
It's more than just a venue for business meetings.
- 78 **CYCLING STUDIOS**  
Indoor cycling by Emma Blencovich.
- 92 **HAIR CARE ROUTINES**  
For all ages.
- 93 **BEAUTY SPOTLIGHT**  
by Jennifer Wong
- 102 **REAL ESTATE**  
Most expensive homes sold in the area recently.
- 110 **RECIPE**  
Slow Cooker Chicken Tacos.
- 114 **STERLING COOKOLOGY**  
by Renée Sklarew.
- 128 **CEA FARMS**  
Welcome to the Food Revolution.
- 136 **HOLIDAY CATERING**  
Get a jump on your party planning with this list of the area's top caterers.



The way living should be.

Simplify your life. Discover the satisfaction of quality living in a Life Plan Community that offers you outstanding value, a satisfying social atmosphere, and a welcoming community of friends and neighbors. Make your move to the start of something new. Call today to learn more about our communities.



**SUNNYSIDE**  
**800.237.2257**  
Harrisonburg, Virginia

**KING'S GRANT**  
**800.462.4649**  
Martinsville, Virginia

**SUMMIT SQUARE**  
**800.586.5499**  
Waynesboro, Virginia

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





# The Sylvestery Makes Each Interaction More Personal and Meaningful



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



Contact us for  
a tour today!  
703-538-2975



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

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

With a highly-trained, personable staff and a calendar of events, you can be sure our residents get the most out of life. Residents of the

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

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

---

**The Sylvestery Memory Support**  
Vinson Hall Retirement Community  
1728 Kirby Road, McLean, VA 22101

**WWW.VINSONHALL.ORG**

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





My local market knowledge and commitment to personal service, coupled with the benefits of Berkshire Hathaway HomeServices PenFed Realty, offers my clients advantages that no local firm or international company can hope to match.

**Specialties:**  
New Constructions  
New Homes

**Tyler Ohta, REALTOR®**

1886 Metro Center Drive, Suite 200  
Reston, VA 20190

Mobile 571-337-0719

Office 703-716-2900

Tyler.Ohta@PenFedRealty.com

Tyler.Ohta. PenFedRealty.com



**BERKSHIRE HATHAWAY**  
HomeServices  
PenFed Realty



A member of the franchise system  
of BHHS Affiliates, LLC.



# VIVA TYSONS MAGAZINE

THE MAGAZINE FOR TYSONS • GREAT FALLS • MCLEAN  
VIENNA • OAKTON • FALLS CHURCH  
SEPTEMBER/OCTOBER 2018

<b>PRESIDENT &amp; PUBLISHER</b>	Johnny Hanna
<b>ART DIRECTOR / PRODUCTION MANAGER</b>	Mary Jeanne Cincotta
<b>SENIOR GRAPHIC ARTIST / WEBSITE DESIGNER</b>	Robin Long
<b>VIDEOGRAPHY</b>	Kari Cannistraro
<b>PHOTOGRAPHIC CONTRIBUTORS</b>	Greg Knott
<b>VICE PRESIDENT OF BUSINESS DEVELOPMENT</b>	John Parisi
<b>ASSOCIATE PUBLISHER</b>	Kathleen McDonough
<b>CLIENT ADVOCATE</b>	Erin Kelly
<b>DIRECTOR OF HUMAN RESOURCES</b>	Christy Jones
<b>TRAVEL &amp; CULINARY WRITER</b>	Allison Chase Sutherland
<b>WINE EDITOR</b>	Linda Barrett
<b>DINING EDITOR</b>	Renée Sklarew
<b>FASHION EDITOR</b>	Lauren Simmons
<b>CONTRIBUTING AUTHORS</b>	Dr. Dima Ali
	Emma Blencovich
	Marta Bota
	John Byrd
	Mark Dombroff
	Patricia Lee Hall
	Julie Holland
	Analiese Kreutzer
	Keith Loria
	Marcia McAllister
	Jess Miller
	Scott Monett
	Belle Schneider
	Shari Sheffield
	Olga Solovienko
	Frederique Stephanie

VIVATYSONS MAGAZINE | 703.448.7323 | 7921 Jones Branch Drive, Ste 311, Tysons, VA 22102

General inquiries and comments about this publication can be sent to:

[info@vivatysons.com](mailto:info@vivatysons.com)

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

[www.facebook.com/vivatysons](https://www.facebook.com/vivatysons)

[www.twitter.com/vivatysonsmag](https://www.twitter.com/vivatysonsmag)

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

[twitter.com/tasteoftysons](https://twitter.com/tasteoftysons)

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

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

Subscriptions for VivaTysons Magazine are available for \$12 per year or \$20 for two years. Please address requests to Calamity Media, 7921 Jones Branch Drive, Ste 311, Tysons, VA 22102, or call us at 703.448.7323, or you can subscribe online at [www.vivatysons.com](http://www.vivatysons.com).

Volume 11, Issue 5. Copyright © 2018 by VivaTysons Magazine Inc. VivaTysons Magazine is published every two months by Calamity Media, 7921 Jones Branch Drive, Ste 311, Tysons, VA 22102. All rights reserved. All editorial material is fully protected and should not be reproduced in any matter without written permission. Calamity Media makes every effort to ensure the accuracy of the information we publish, but we cannot be held responsible for any consequences or claims due to errors or omissions. Retailers wishing to carry VivaTysons at their locations and readers wishing to correspond with us are asked to write us at [comments@vivatysons.com](mailto:comments@vivatysons.com).



**ON THE COVER:**

Photo courtesy of Urban Plates. See  
article on page 101.





We are sorry about the loss of Jan King, our humorist who left our readers smiling at the end of each issue for last many years.

Please allow us to start by expressing our condolences to the family, friends and our family of readers and writers with regard to the loss of our columnist and humorist Jan King. A *New York Times* best selling author, Jan's work always left us smiling at the end of each issue for last many years. Jan passed away August 13, 2018 after a life long career of award-winning and best selling work in the literary and charitable circles. We looked forward to that email every issue to read what she came up with... "She brought Glamour, Life and Brightness to our lives," said her friend Joanna. She hung the moon.

It's a changing town. These new luxury buildings and developments are staggering to me. The Boro, the new Monarch building up the street from our offices, and now the new and exciting Mather bringing our 62+ Seniors a whole new sophisticated option to spend those golden years. Read about it on page 100. We just can't keep up with what's going on. We'll keep trying.

If your looking for a private school, we have some options for you. Patricia Hall gives us some choices. Thanks, Patricia.

Planning a business meeting or special event. Analiese Kreutzer spent some time at the The National Conference Center and we're impressed! Farm to Table food, Chef's Table Dining, tunnels to keep you dry from one event to the next... Thanks, Analiese.

As a child, we loved to go apple picking. And around here, we have apples to pick. Linda brings you the choices, facts and festivals close to home.

Wouldn't you guess, our Travel and Dining Editor Renee went to the "Big Easy" and had a blast. All we got were t-shirts and a great story. Hope you enjoy it.

More wine! That's the word around around here-and for good reason. Virginia is for Wine Lovers and Linda rules the vine. This year we're celebrating 400 years of Virginia Wine making. Started in 1619, look for the release of Special Edition Commemorative wines.

Too cold to cycle? Cycle indoors at one of the many cycling studios. Emma Blancovich brings you some options. (I should join one of these studios).

Carole Herrick brings us one more chapter in the The Stalcup Stand and Jess Miller offers a recipe for "slow cooker chickentacos.

Want a "short escape?" Linda takes them all the time—this time to Delaware's quaint villages. A short three day jaunt, filled with history and fun. (Linda, stay home now.)

Welcome to Virginia's Food Revolution. Renee Sklarew is on top of the changes. Find out where it's happening. Thanks, Renee.

Around Town, Faces you'll recognize, music, theater, and art—just some of what's going on in the New American City.

Kids are back in school, please drive carefully and watch for more of what's going on on our web site [www.vivatysonson.com](http://www.vivatysonson.com).

Cheers...



McLean  
Community  
Center  
*The Center of It All*

## Here's What's Happening at MCC

### Countdown Concerts in the Park

**Sundays, Sept. 9-30, at 5 p.m.**  
McLean Central Park  
1468 Dolley Madison Blvd.  
**Free and open to the public**

### Clear the Clutter! McLean Community Fall Garage Sale

**Featuring The Kids Corner**  
**Saturday, Sept. 15, 9 a.m.-1 p.m.**  
1420 Beverly Rd.  
**Free admission**

### Family Movie Night "Mary Poppins"

**Friday, Sept. 21, 7-9 p.m.**  
The Old Firehouse  
1440 Chain Bridge Rd.  
**Admission: \$3**

### New Location! Harvest Happenings

**Saturday, Sept. 22, 11 a.m.-2 p.m.**  
St. Luke's School  
7005 Georgetown Pike  
**Free admission**

### Join in McLean's Fun Run! The McLean 5K

**Saturday, Oct. 6, 8 a.m.**  
McLean Square Shopping Center,  
6631 Old Dominion Dr.  
For details, visit: [www.mclean5k.com](http://www.mclean5k.com)

### Monster Mash Party

**Friday, Oct. 26, 7-9 p.m.**  
The Old Firehouse  
1440 Chain Bridge Rd.  
**\$35/\$25 MCC district residents**

**The McLean Community Center**  
**[www.mcleancenter.org](http://www.mcleancenter.org)**  
**Home of the Alden Theatre**  
**[www.aldentheatre.org](http://www.aldentheatre.org)**  
703-790-0123, TTY: 711







# SELECTED EVENTS

Photo courtesy of Wolf Trap



SEPTEMBER 7  
JETHRO TULL

The Filene Center at Wolf Trap



## LOCATIONS

### THE BARNS AT WOLF TRAP

1635 Trap Rd., Vienna  
703.255.1900 | [www.wolftrap.org](http://www.wolftrap.org)

### JAMMIN' JAVA

227 Maple Ave E, Vienna  
703.255.566 | [www.jamminjava.com](http://www.jamminjava.com)

### THE STATE THEATRE

220 N. Washington St. Falls Church  
703.237.0300 | [www.thestatetheatre.com](http://www.thestatetheatre.com)

### THE ALDEN

1234 Ingleside Ave. McLean, VA 22101  
[mcleancenter.org/alden-theatre](http://mcleancenter.org/alden-theatre)

### GEORGE MASON CENTER FOR THE ARTS

4373 Mason Pond Dr. Fairfax, VA 22030  
[cfa.gmu.edu](http://cfa.gmu.edu)

### 1ST STAGE

1524 Spring Hill Rd, McLean, VA 22102  
[www.1ststagetysons.org](http://www.1ststagetysons.org)

## WEDNESDAYS IN SEPTEMBER

### DOG DAYS OF SUMMER

Reston Town Center Pavilion

Dogs and owners can frolic in the Pavilion when it is transformed into an off-leash play area each week. Treats, toys, areas to cool off, pet friendly giveaways, and more! Free. [restontowncenter.com](http://restontowncenter.com)

## SEPTEMBER 3

### HERNDON LABOR DAY FESTIVAL

Herndon Town Green, 777 Lynn Street, Herndon, VA, 11am-5pm, \$25  
Enjoy downtown Herndon for the annual Labor Day Festival featuring Virginia wine tastings, craft beers, great music, a craft show, outstanding sponsors, delicious food vendors and lawn games.

## SEPTEMBER 5

### 5 SECONDS OF SUMMER

The Filene Center at Wolf Trap,  
8pm, \$44.60-84.60

Hailed as the "biggest new rock act in the world" (*Rolling Stone*) with hits like "Want You Back," "Amnesia," and "She's Kinda Hot," 5 Seconds of Summer (5SOS) is the only band in history to see its first two full length studio albums enter the Billboard 200 at No. 1.

## SEPTEMBER 6

### ALANIS MORISSETTE

The Filene Center at Wolf Trap,  
8pm, \$45-80

With sales of over 60 million albums worldwide, Alanis Morissette is one of the most influential singer-songwriter-musicians in contemporary music. Her deeply expressive music (including "Ironie"

and "You Oughta Know") and performances have earned vast critical praise including seven Grammy Awards, 14 Canadian Juno Awards, and an induction into the Canadian Music Hall of Fame.

## SEPTEMBER 6

### DMV2GO AT THE PAVILION

Reston Pavilion, 9am-4pm

The wireless office on wheels offers all DMV services: driver's license and ID card applications and renewals, driving records, vehicle titles, license plates, decals, order disabled plates, and more. Information on all services available at [dmv.virginia.gov/general/#dmv\\_2go](http://dmv.virginia.gov/general/#dmv_2go).

CONTINUED ON PAGE 18





*Princess Jewelers*  
Brilliant Choice!

529 Maple Ave. West, Vienna, VA 22180  
703.255.5050 | [www.princessjeweler.com](http://www.princessjeweler.com)

Jewelry | Diamonds | Custom Design | Repair | Appraisals





SEPTEMBER 6  
The Filene Center at Wolf Trap

Photo courtesy of Wolf Trap



# ALANIS MORISSETTE

CONTINUED FROM PAGE 16

## SEPTEMBER 7

### THE STRANGER—A TRIBUTE TO BILLY JOEL

State Theatre, 9pm, \$17-20

The Stranger is the complete premiere tribute to the music of one of the world's most beloved performers, Billy Joel. Comprised of some of the best and most experienced musicians in the business, this 6 piece band brings together an authentic replication of Billy's timeless music, crowning it with soulful, spot on vocals

that makes listening to a Billy Joel song so special. Out front on piano & lead vocals is founder & front man Mike Santoro. Born and raised in Levittown like Joel himself, Mike not only looks and talks a lot like Billy, but has the piano chops, vocal prowess and stage presence of the Piano Man—so much so that you will soon forget you are watching a tribute show.

## SEPTEMBER 7

RORIE + HAYLEY FAHEY +

## THROWING PLATES

Jammin Java, 8pm, \$15-25

Rorie is a singer-songwriter, crafting music that tells stories of both heartache and hope. Known for poetic lyrics and ambient vocals, Rorie and her band create a captivating live music experience that is uplifting and emotional.

## SEPTEMBER 7

Ian Anderson presents

### JETHRO TULL

50th Anniversary Tour

The Filene Center at Wolf Trap, 8pm, \$35-95

Led by flautist and vocalist Ian Anderson, Jethro Tull celebrates 50 years of being one of the most successful live performing acts on the world stage with over 30 albums (including *Benefit*, *Aqualung*, and *Thick As A Brick*) and sales totaling more than 50 million.

## SEPTEMBER 8

### 4U—A SYMPHONIC CELEBRATION OF PRINCE

The Filene Center at Wolf Trap, 8pm, \$30-60

The first and only estate-approved Prince celebration, 4U will present the music of Prince like never before, with a full symphony orchestra. Throughout the course of the evening Prince's extensive musical catalog will be represented. We'll hear his greatest hits as well as some of his lesser-known gems in this musical celebration. Questlove, an avid Prince fan, has helped curate the music and arrangements that will be played by the symphony.

## SEPTEMBER 8

### FOOD FOR OTHERS TYSONS 5K

Tyson's Corner Center, Bloomingdale's parking lot, 8am-10am

Food for Others is the largest food bank in Northern Virginia, serving 600 families every Monday through Friday, and distributed over 2.2 million pounds of free food in 2018.

During the 5K race and 1 Mile Fun Run, awards will be given to the overall male and female finisher, as well as team awards for the fastest company and most philanthropic company. Baby strollers, children, and dogs are highly encouraged for this wonderful community event.

The Tysons 5K is part of #TysonsCares Season of Giving, which celebrates our commitment to community engagement throughout Tysons, Virginia, by bringing together teams and individuals from local businesses, municipalities, residential communities, and civic groups to donate, give back, attend lively charity events, and make a significant impact in the local non-profit community. This campaign is a remarkable team building initiative for employee groups and allows community members to meet leading local non-profit organizations.

## SEPTEMBER 9

### LUCY SPRAGGAN

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

If 2018 is anywhere near as eventful as the previous year, Lucy Spraggan is set for an interesting 12 months. The singer-songwriter netted her fourth top 40 album in January last year, and followed that success with more than 22,000 ticket sales across her UK and European tours. *I Hope You Don't Mind Me Writing* charted at number 12 in the Official Top 40 Album Chart. The album, the second under her own label—CTRL Records—was described as 'a triumph' by *The Sun*.

## SEPTEMBER 10

### GRACE AND PIERCE PETTIS

Jammin Java, 7:30pm, \$20

Pierce Pettis' songs have been covered by artists ranging from Garth Brooks and Dion to Joan Baez and Art Garfunkel. Pettis' fifth album for Compass Records (Nashville), *That Kind of Love* (2009), received rave reviews from XM/Sirius Satellite Radio, *Paste Magazine*, *Performing Songwriter*, *American Songwriter*, *The (London, UK) Sunday Express*,



*Image Quarterly* . . . to name a few. Daughter, Grace Pettis has a distinct, unaffected voice, described as a "wide open prairie, full of waving golden grains before menacing, dark thunder clouds" (*SiriusXM Program Director, Mary Sue Twohy*).

## SEPTEMBER 12

### MATT HOLUBOWSKI AND VERA SOLA

*Jammin Java*, 7:30pm, \$15

Matt's second album, *Solitudes*, the self-taught musician, poet and composer offers eleven titles that in many ways evoke isolation, estrangement, and exile, but also delves into the forms of solitudes we seek and often at times need. Vera Sola is a poet, vocalist, and multi-instrumentalist. A drifter performing her own songs alone in and out of dark bars under various pseudonyms, Vera Sola toured and recorded with a variety of artists, for a long while accompanying singer-songwriter Elvis Perkins on the road. She has in turn collaborated on film scores and provided original music for theater and performance art.

## SEPTEMBER 14

### SONG OF THE NEW EARTH

*Unity of Fairfax*, 2854 Hunter Mill Road, Oakton, VA. Free parking. \$10 online or at the door; no one turned away [www.unityoffairfax.org/events](http://www.unityoffairfax.org/events)

While on his way to fame and fortune in Nashville, a series of mystical experiences rocked his world. The film features the extraordinary life and work of country singer turned brain scientist and shaman of sound, Tom Kenyon, as he journeys from his homeland of Orcas island to the stage on Broadway, giant caves in the south of France, the golden-chandeliered symphony halls of Vienna and finally to the snowy peaks of Tibet in a desperate quest to understand his rare ability to decipher the healing science of sound. Brace yourself as the film weaves in surreal events of this eccentric musician's life story and his struggle to reconcile unexplained paranormal experiences with his scientific understanding of reality as he explores his nearly four-octave range voice that has earned him a world-wide following. Preview trailer: <http://songofthenewearth.com>.

## SEPTEMBER 14-15

### CHALKFEST

Friday 12pm - 11pm & Saturday 8am - 4:30pm

Spectators and participants welcome! Rain or shine. Registration fee for Saturday participation includes supplies. Call 703.880.1177 for more information or email: [info@publicartreston.org](mailto:info@publicartreston.org). [publicartreston.org](http://publicartreston.org).

CONTINUED ON PAGE 20



Photo credit: David Land

TIMES VARY

SEPT  
21-23

## TRADING SPACES' VERN YIP HEADLINES CAPITAL HOME SHOW

*Dulles Expo Center, 4320 Chantilly Shopping Center, Chantilly, VA Friday 10am-9pm, Saturday 10am-9pm, Sunday 10am-6pm, \$10 Box Office adult admission; \$7 Adult online admission, \$6 Group tickets (20 or more), \$3 Children age 6-12, Children 5 and under FREE*

More than 250 exhibitors, seminars, home remodeling products to be found at the Capital Home Show at Northern Virginia's Dulles Expo Center as well as Vern Yip, star of Trading Spaces. One of the most recognizable designers on TV, Yip was, for years, a judge on HGTV's "Design Star" in addition to being a Trading Spaces original cast member. The McLean, VA native now lives in Atlanta where he runs a design firm along with being a best-selling author and a UNICEF Ambassador.

More than 250 companies will be on hand to showcase the latest products and services in home remodeling, renovation, home décor and redesign. An ongoing schedule of home remodeling and renovation experts conducting seminars will be carried out throughout the three-day event. Show includes:

—**Custom Design Home Featuring Val Valdez Of Design Home:** A 1,400 square-foot home will be built on our show floor. The completely furnished custom home will feature this year's latest trends in design, color and décor. Attendees may interact with new products, speak directly with the experts and take home ideas for their own home renovation.

—**Make-It, Take-it DIY Station:** FREE! Get creative with a free hands-on workshop sponsored by Stylish Patina. Paint a customized doormat, discover the latest in string art or discover the allure of chalk paint. Learn directly from the experts, test new products and take home a custom creation in this interactive feature. Only 15 spots per workshop are available and all supplies are provided. Workshop time-slots are first come, first served throughout the entire weekend. Workshop schedule: [capitalhomeshow.com/show-features/makeit-takeit](http://capitalhomeshow.com/show-features/makeit-takeit)

—**Hero Days:** The Capital Home Show will honor local heroes on Friday, September 21. All active military personnel, veterans, fire, police and first responders receive free admission with a valid identification.

Tickets may be purchased online at [www.capitalhomeshow.com](http://www.capitalhomeshow.com).



CONTINUED FROM PAGE 19

## SEPTEMBER 15

## RAINBOW ROCK

*Jammin Java, 10:30am, \$8 or Family Four-pack for \$25*

Are you ready to meet the rainbow? Join the Rainbow Rock Band as they entertain your little dudes with tunes, laughs and more! Winners of a Parents' Choice Fun Stuff Award for their debut CD, *Meet the Rainbow*, an absolute mix of musical genres from folk to rock to rockabilly, all the while being EDUCATIONAL and FUN! Your child will learn about shapes, colors, movement, and more! The Rainbow Rock Band encourages all rainbow rockers to participate in the show either on the microphone or at their seat, either way your little one is sure to have fun! Suggested Age infant to 7 yrs old.

## SEPTEMBER 15

## FALLS CHURCH FALL FESTIVAL

*Falls Church Community Center, 10am-4pm*

Features include live entertainment, pony rides, amusement rides, crafters, businesses and civic organizations, and cuisine from

city kitchens. The children's activity tent offers craft projects.

## SEPTEMBER 15

## CHEMLAB WITH C-TEC AND HELLBENT

*State Theatre, 9pm, \$25-65*

Chemlab to perform "burnout at the hydrogen bar" in its entirety! C-tec featuring jl demeyer (front 242) + marc heal (cubanate)

Hellbent featuring eric powell (16volt).

## SEPTEMBER 16

## COCO MONTOYA

*State Theatre, 9pm, \$20-23*

The old Willie Dixon adage, "blues is truth," perfectly describes the searing, contemporary blues-rock of world-renowned guitarist and vocalist Coco Montoya. Taught by the "Master of the Telecaster," Albert Collins, but with a hard-edged sound and style all his own, Montoya mixes his forceful, melodic guitar playing and passionate vocals with memorable songs, delivering the blues' hardest truths. Guitar Player says Montoya plays "stunning, powerhouse blues with a searing tone, emotional soloing, and energetic, unforced vocals."

## SEPTEMBER 16

## KIDS TRIATHLON

*Herndon Community Center, 814 Ferndale Ave, 8am, \$40-50*

This kids triathlon gives youngsters a great opportunity to compete in one of the fastest growing sports in the United States. This event is designed for any youth, age 6-16, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all our young tri-athletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a medal when they cross the finish line.

## SEPTEMBER 22

## SHENANDOAH RUN

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

Formed in 2011, this 9-piece, DC-based ensemble, Shenandoah Run, is a band in pursuit of a vision—keeping folk music alive and fresh! This guiding ambition has been key to their success. Their performances pay tribute to both vintage Americana and contemporary folk music, while their top-notch musicianship

and soaring harmonies lure you in for that irresistible sing-along. Their latest album, *SR*, released in May 2016, brings their unique, fresh voice to classic and contemporary folk songs, as well as to two original songs. Come spend some time with them and experience "folk music with a kick."

## SEPTEMBER 22

## NAMI NORTHERN VIRGINIA'S 10TH ANNUAL WALK

*Tysons Plaza, 9am-12pm*

Hundreds of Northern Virginians will join together for a morning of food, fun, and friendship to raise mental health awareness and essential funds for NAMI Northern Virginia's local education, support and advocacy programs.

NAMI Northern Virginia and its over 100 volunteers, deliver messages of hope through a wide array of programs including NAMI Family-to-Family and NAMI Peer-to-Peer classes, NAMI In Our Own Voice presentations and YouthFests for teens and young adults. Our Help Line volunteers listen compassionately and provide information about local resources.

## SEPTEMBER 23

## KEYBOARD CONVERSATIONS WITH JEFFREY SIEGEL

*The Joyous Music of Beethoven George Mason University, 7pm, \$44, \$37, \$26*

Virtuoso pianist Jeffrey Siegel returns with his popular series to enthrall us with some of Beethoven's most upbeat music. Become a classical music insider as Siegel performs an all-Beethoven program in his first concert of the season, including the humorous "Rage over a Lost Penny" and the exuberant "Polonaise in C major." In addition, he will play the "Theresa Sonata" and answer the question,

CONTINUED ON PAGE 22





FIRST YOU  
PURCHASE  
THE HOME  
  
THEN YOU  
CELEBRATE  
  
THEN YOU CALL  
**MAC**  
design+build  
TO REMODEL

ADDITIONS • KITCHENS • CUSTOM HOMES • BATHROOMS • OUTDOOR SPACES

CONTACT US TODAY TO SET UP A FREE CONSULTATION • 703.852.8825 • BUILDWITHMAC.COM



**OCTOBER 13**  
George Mason University

SELECTED EVENTS



# CHAMBER MUSIC SOCIETY OF LINCOLN CENTER

CONTINUED FROM PAGE 20

"who was she?" Finally, Siegel will play the "Farewell Sonata," and explore who was leaving, and why Beethoven was so deeply affected. Perfect for classical music lovers and newcomers alike, his signature "concert with commentary" format gives the story behind the score for an experience that is both entertaining and educational. "A musical bridge-builder in action...Siegel showed just how

illuminating the combination of words and abstract music can be" (*Toronto Star*).

An always-popular Question & Answer session with the audience concludes the program.

## SEPTEMBER 23

### TEDDY BEAR 5K & 1K WALK/RUN

Lemon Road Elementary School/Children Center, 7230 Idylwood Road, Falls Church, VA 22043  
8am 5K, 9:15am 1K, \$25-40

The Teddy Bear 5K course takes runners on a shaded path through three parks in Pimmit Hills neighborhood, just west of Falls Church City. Runners are invited to park at the Children's Center, convene on the field behind Lemon Road Elementary School/Children Center at 7230 Idylwood Road, Falls Church, VA 22043. At 7:45, Honey the Bear mascot will lead runners to the starting point, Pimmit Hills Park, one block west of the school. The race begins at 8 a.m.

Runners 6-86 are welcome. There is a stroller division for parents. The 1K will follow award presentation at 9:15 a.m. on the Children's Center field to a flat path.

## SEPTEMBER 23

### NATUREFEST

Runnymede Park, 195 Herndon Parkway, 1-5pm

Explore various nature stations throughout the park including butterflies, bees, life in the meadow, web of life, and much more. Live animal shows throughout the day. Arts and crafts and fun for the whole family will be included!

The event is free and co-sponsored by The Friends of Runnymede Park and Herndon Parks and Recreation Department. Call if your group would like to volunteer (703-435-6800 ext. 2014).

Satellite parking with a passenger van shuttle will be available to and from the Herndon Police Station, 397 Herndon Parkway.



You don't need a 16,000 square-foot ballroom to have a huge holiday party!

Some of our biggest hits take place in intimate spaces designed for groups of 10-100. Of course, if you prefer the 16,000 square feet, we've got that too.

**Get 20% off when you mention offer code *Tyson's*.**



**WEST BELMONT PLACE**  
EVENT CENTER

18980 Upper Belmont Place • Leesburg, VA 20176  
703.724.5650 • westbelmontplace.com



# TYSONS eNEWS

Join our email list for updates on local events, news, and special offers.

vivatyson.com/  
*signup*

VIVA  
**TYSONS**  
MAGAZINE



## SEPTEMBER 24

### "DINING WITH DOROTHY" SHEPHERD'S CENTER SOCIALIZING/ DINING EVENT

Culinary Cooking School, 110 Pleasant St. NW, Vienna, VA 22180. 12:30pm, \$25 includes class and lunch.

Sign up early as this class will fill up fast. Call the Culinary Cooking School at 703-865-7920 and give them your credit card number for the \$25 fee. They show you how to cook a delicious meal and then serve it to you. Contact Event chair, Dorothy Flood at dflood1706@gmail.com for more information.

## SEPTEMBER 25

### INOVA BLOOD DRIVE

1pm-6pm, beside the Reston Pavilion Schedule Bloodmobile appointments at 1.866.256.6372. For more information visit [inova.org/donateblood](http://inova.org/donateblood).

## SEPTEMBER 28

### All Good Presents LEFTOVER SALMON WITH THE SOUTHERN BELLES

State Theatre, 9pm, \$29-35

For the past quarter-century, Leftover Salmon has established itself as key to the Americana genre, digging deep into the well that supplies its influences; rock 'n' roll, folk, bluegrass, Cajun, soul, zydeco, jazz and blues. They are the direct descendants of bands like Little Feat, New Grass Revival, Grateful Dead and The Band, born of the heart and soul of America itself, playing music that reflects the sounds emanating from the Appalachian hills, the streets of New Orleans, the clubs of Chicago, the plains of Texas, and the mountains of Colorado. They've endured over all these years, earning their unequivocal stature as a truly legendary band.

CONTINUED ON PAGE 24



**OCTOBER 12**  
George Mason University

# FLAMENCO PASIÓN

## REJUVE Plastic Surgery

Cosmetic & Reconstructive Plastic Surgery

1300 Chain Bridge Road, McLean, Virginia 22101

Live in your world,  
*Rejuvenate* in ours!™

Board-Certified Plastic Surgeon, Dr. Kirit Bhatt has been transforming lives with his surgical skills, attention to detail, and commitment to patient safety and comfort. He is passionate about enhancing beauty in every one of his patients, through cosmetic and reconstructive procedures and non-surgical anti-aging techniques. Dr. Bhatt's practice has state-of-the-art facilities including a fully accredited on-site surgery center, to provide the highest quality plastic surgery available.

MOMMY MAKEOVER | TUMMY TUCK | LIPOSUCTION | THIGH LIFT  
BREAST AUGMENTATION | BREAST LIFT | FACELIFT | EYELID SURGERY  
BROW LIFT | RHINOPLASTY | INJECTABLES & FILLERS  
MICRONEEDLING | CHEMICAL PEELS

**Schedule your complimentary cosmetic consultation today!**  
**703.574.4955 | [www.rejuveplasticsurgery.com](http://www.rejuveplasticsurgery.com)**



Follow us: @drkiritbhatt



**KIRIT BHATT, MD**  
Board-Certified Plastic Surgeon



8 PM

## DANIEL HOPE AND FRIENDS AIR – A BAROQUE JOURNEY

George Mason University, 8pm \$50, \$43, \$30

Join violin virtuoso Daniel Hope as he traces the extraordinary history of the violin from the late Renaissance through the Baroque era, a dynamic period when violinists and composers were liberated to seek new, original ways to express themselves on this fascinating new instrument. For this intriguing concert, Hope is joined by an ensemble of world-class musicians, performing on modern instruments but using bows from the Baroque period. Compositions by Bach, Vivaldi, Handel, and Telemann are complemented by works from the lesser-known Falconieri, von Westhoff, and Matteis. During the concert, Hope shares a narrative that illuminates the interconnections between the composers through the extensive cultural exchange that was taking place throughout Europe. Hope has been praised as "among the best in the world as well as the most thoughtful" (*The Observer*, London). This program is brought to life by an ensemble of two violins, cello, lute, harpsichord, and percussion.

NOV  
2

## SEPTEMBER 28

### "THE BEST TIMES AFTER ALL" WITH ARCHIE FISHER & GARNET ROGERS

Jammin Java, 7:30pm, \$20-25

Garnet Rogers is "The greatest interpreter and vocalist performing in the contemporary folk scene." -*Sing Out*

Master guitarist, singer and songwriter, Archie Fisher is Scotland's foremost troubadour and is known throughout the country as the host of BBC Radio Scotland's award-winning "Travelling Folk" show, which he has been presenting for over 25 years.

## SEPTEMBER 29

### GAZEBO: CONCERT & NEW WAVE DANCE PARTY WITH DJ BPM

Jammin Java, 8:30pm, \$40

Paul Mazzolini (stage name Gazebo), is an Italian musician, singer, songwriter and producer. He was born in Lebanon, the son of an Italian diplomat and an American singer. As a rather cosmopolitan teenager Gazebo began a career in a variety of rock, progressive, new wave and electro bands before signing with Baby Records. His footnote in charts history is his 1983 release "I Like Chopin" which topped European and Asian charts for weeks.

## SEPTEMBER 29

### THE MANHATTAN TRANSFER

Featuring the American Festival Pops Orchestra

George Mason University, 8:30pm, \$100, \$75, \$50

Multi-Grammy Award®-winning vocal sensation The Manhattan Transfer performs with Northern Virginia's own American Festival Pops Orchestra in a swinging evening of jazz-pop fusion at its very best. The legendary quintet revolutionized vocal jazz with their impeccable harmonies

and crisp interpretations of jazz classics. They gained popularity in New York cabarets in the early 1970s, and quickly earned national fame with the release of their hit album and the single *Operator*, which took radio stations by storm. They continued to perform and record, exploring a range of jazz vocal genres, always with great success, earning their first two Grammy Awards® for the remake of their signature "Birdland." They have recorded with such greats as Tony Bennett, Bette Midler, and Smoky Robinson. Now they join the American Festival Pops Orchestra with Artistic Director and Founder Anthony Maiello, who has gathered some of the most extraordinary musical talent in the greater D.C. area, to present a dynamic evening of vocal and instrumental swing, doo-wop, jazz, and pop.

This performance is part of the ARTS by George! benefit. Visit [artsbygeorge.gmu.edu](http://artsbygeorge.gmu.edu) for details.

## SEPTEMBER 30

### NATHAN ANGELO

Jammin Java, 7:30pm, \$12-15

In the ever-changing landscape of modern pop, Nathan Angelo shines as a refreshing alternative, embracing the classic elements of popular music and celebrating the backbeat of American tradition. As the revival of music in the 60's and 70's brought together the heritage of the Great American songbook, the flair of jazz and heartache of the Delta blues, Angelo integrates these forms into his own music with great ease and delight. For the past decade, Angelo has captivated audiences across the country with his high-spirited live show and captured the imagination of a loyal following through prolific songwriting, independently selling over 40,000 albums along the way.

CONTINUED ON PAGE 27





# Get the Smile YOU DESERVE

Celebrated dentists Dr. Daniel Han, Perio/Prosthodontist, and Dr. Sooyeon Ahn, Orthodontist, in McLean invite you to discover a new level of services and dental excellence.

Experts in the fields of preventive, restorative, and cosmetic dentistry, their experience in fixed prosthesis, periodontics, implantology and orthodontics, and their advanced study of dental sciences at The University of Pennsylvania, have won them respect and praise from industry professionals and patients alike.

**703.356.7001**  
Call for your assessment today!



★★★★★  
**Two-hundred Five-Star Ratings on Facebook, Google, & Yelp!**



**HAN & AHN**  
DENTISTRY BY SPECIALISTS

6845 ELM STREET, SUITE #450 • MCLEAN, VA  
[WWW.MCLEANDMD.COM](http://WWW.MCLEANDMD.COM)   

Dental Implants  
Periodontal treatment  
Orthodontic treatment

Full-mouth reconstruction  
Cosmetic surgery & reconstruction  
 **invisalign**

## Imagine The Power of True Partnership



Private Wealth  
Management



**The Popovich  
Financial Group**  
1750 Tysons Boulevard,  
Suite 260  
McLean, VA 22102  
703-668-1300  
888-853-2753  
[popovichfinancialgroup.com](http://popovichfinancialgroup.com)

**f in**

Being a true financial partner means providing the thoughtful advice clients need, the capabilities they seek and the personal attention they deserve. That's why clients across Virginia, Maryland and Washington, D.C. rely on us as their financial partner.

Imagine the power of you and Baird.

©2018 Robert W. Baird & Co. Incorporated. Member SIPC. MC-141009.

Specialty Care for  
Oral Surgery you Deserve  
**Christopher E. Bonacci DDS, MD, PC**  
CAPITOL DENTAL IMPLANT CENTER



Where Experience  
Meets Compassion

Experience Exceptional Implant  
Dentistry in Tysons

The Dental Surgical Professionals at Oral, Facial and Capitol Dental Implant Surgery invite you to explore the difference our team members bring to your chair side. With unparalleled training in state-of-the-art procedures, you can be sure of an exceptional surgical experience.



Capitol Dental Implant Center practices a full array of Oral and Maxillofacial Surgery with expertise ranging from Wisdom Tooth Removal to Corrective Jaw Surgery and Dental Implants. They can also diagnose and treat Facial Trauma and TMJ disorders, and perform a full range of Advanced Bone Grafting procedures for Implant Site Development.

We welcome the opportunity to show you today's more comfortable, reliable, and affordable procedures.

**Call for your assessment examination today!**



American Association of Oral  
and Maxillofacial Surgeons



American Board of Oral  
and Maxillofacial Surgery

**ORAL, FACIAL AND  
DENTAL IMPLANT SURGERY**

361 MAPLE AVE W, STE 200, VIENNA  
703.255.9400 • [www.DrBONACCI.COM](http://www.DrBONACCI.COM)



## SEPTEMBER 30

## CUPCAKE RIDE—FAMILY-FRIENDLY BIKE RIDE!

Haley Smith Park, 814 Van Buren Street

Four-mile family-friendly ride at a casual pace with stops to visit local bakeries and businesses. Riders of all abilities on bikes of all kinds are welcome. We welcome parent-supervised children in trailers, trail-a-bikes or on their own (two-wheeled) bikes who can ride for four miles on sidewalks, trails, and quiet town streets. Arrive 30 minutes early for a bike check-up compliments of Green Lizard Cycling.

Bring helmets and water bottles. Please register, as limited space is available. No cost for the ride but you should bring money to purchase food or drink. Bakeries to visit may include: Boutique Bakery, Weird Brothers Coffee, Amphora Bakery and Duck Donuts.

## OCTOBER 6

## THE MCLEAN 5K

Jammin Java, 1pm, \$15

The McLean 5K Run is coming back this fall! Hosted by MCC with the support of event sponsors Century 21 New Millennium, Chain Bridge Bank and The Greater McLean Chamber of Commerce, the race features a certified course through the heart of McLean and is designed to appeal to runners of all abilities. In addition to great exercise, the event will promote Public Safety Appreciation and serve as an opportunity to express appreciation and respect for the first responders from McLean Volunteer Fire Department and McLean District Police Station. For more information and to register go to [www.McLean5K.com](http://www.McLean5K.com) or send an inquiry email to: [McLean5K@mcleancenter.org](mailto:McLean5K@mcleancenter.org).

## OCTOBER 6

## 11TH ANNUAL VIENNA OKTOBERFEST

Historic Church Street, 11am-7pm, Admission free  
Oktoberfest is held the first Saturday of October. The day's activities include food, entertainment, vendors and crafters, children's events, and a beer garden.

## OCTOBER 6

## FLAVORS OF FALL

Reston Town Center

Savor the flavor of autumn brews and delicious fare from area restaurants. Enjoy food, wine, German and craft beers on tap, and live entertainment. Free admission; purchase tickets for food and beverages. Produced by Greater Reston Chamber of Commerce. [restonflavors.com](http://restonflavors.com)



SEPTEMBER 29  
George Mason University

# MANHATTAN TRANSFER

## OCTOBER 6

Chest Happening presents

## RATA BLANCA

State Theatre, 8pm, \$42

The Argentinian heavy metal band returns to our stage for their XXX Anniversary Tour!

## OCTOBER 6-7

## VIRGINIA OPERA STREET SCENE

George Mason University, Saturday at 8pm,

Sunday at 2pm, \$110, \$90, \$54

Virginia Opera opens its season with this landmark American opera, an explosive tragedy about the elusive American Dream. Set in 1946 on the doorstep of a Manhattan tenement within a single 24-hour period, Street Scene offers a view into the lives of the residents who struggle with love, jealousy, resentment, and disenchantment. Featuring a Tony Award®-winning score by 20th century Broadway legend Kurt

CONTINUED ON PAGE 28





**Comprehensive Services for Every Exterior Need**

- Five Star Rated by Home Services Review
- Washingtonian 2011 & 2013 Top Roofing and Siding Companies
- 2011 & 2014 Virginia Roofing Contractor of the Year
- Maintains a ✓ with Washington Consumers' Checkbook
- Better Business Bureau "A+ Rating"



**50 YEARS**  
1964-2014

Roofing | Siding | Windows | Doors

**703.573.8000**  
[www.pondroofing.com](http://www.pondroofing.com)  
2987 Prosperity Avenue, Fairfax, VA 22031

*Named one of the Best Contractors in the DC Area by Washingtonian Magazine.*

CONTINUED FROM PAGE 27

Weill and powerful lyrics by the “Poet Laureate” of Harlem, Langston Hughes, it has been acclaimed as “an exhilarating blend of Pucciniesque melody, bright, brassy, impudent jazz, brooding blues and sparkly Broadway showtune...pulsating to the relentless rhythm of irrepressible urban life” (*Arts Desk*). Sung in English with English supertitles.

## OCTOBER 7

## MPAARTFEST 2018

McLean Central Park along Dolley Madison Boulevard near the community center, 10am-5pm, free

A one-day juried fine art show and sale, MPAartfest features the work of visual artists showcasing a wide variety of media and styles. During MPAartfest, McLean Central Park is transformed into a lively landscape of mini art galleries showcasing and offering for sale the work of acclaimed artists from the Mid-Atlantic region and beyond. This annual celebration of the visual arts attracts 5,000 – 6,000 visitors. Along with the artists’ tents, live music and food from local restaurants in the park, MPAartfest offers a variety of arts and STEAM (STEM+Art) activities to engage creative minds and captivate art-lovers of all ages. MPA is thrilled to announce the MPAartfest 2018 musical lineup. It’s a great roster of diverse, critically acclaimed artists performing everything from Go-Go music to Brazilian music to a blues/zydeco/gospel mix--and everything in between. Featured artists include Project Loaré, Cecily, The Dave Kline Band, the JoGo Project, Rose Moraes, Little Red & The Renegades, and the Blues Alley Youth Jazz Orchestra.

## OCTOBER 12

## ZOSO THE ULTIMATE LED ZEPPELIN EXPERIENCE

State Theatre, 9pm, \$17-20

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

## OCTOBER 12

COMPAÑÍA FLAMENCA  
EDUARDO GUERRERO

## Flamenco Pasión

George Mason University, 8pm, \$50, \$43, \$30

Direct from Cadiz, Spain, Flamenco Pasión bursts with energy as elite dancers convey the many styles of this beloved Spanish art form. Today’s foremost flamenco dancer and choreographer, Eduardo Guerrero, is esteemed for his superior physical ability, flawless technique, and his unique eclectic style, combining classical and contemporary Spanish dance and ballet. It is a captivating performance of precise percussive footwork that displays an extraordinary depth of emotion. Guerrero dances alongside his company of exceptional dancers to present the full range of flamenco styles in a spellbinding demonstration of expressive and sensual dance. “...the choreography is modern and courageous; [Eduardo Guerrero] has no limits, because he does not seem to need them. He dances the impossible” (*Flamenco Divino*).

## OCTOBER 13

CHAMBER MUSIC SOCIETY  
OF LINCOLN CENTER

George Mason University, 8pm, \$50, \$43, \$30

This premier chamber music ensemble from the world’s largest performing arts complex is composed of some of the finest musicians in the world. Known for its “vitality, incisive attention to detail and spontaneity” (*Chicago Tribune*), the ensemble performs an exuberant program of Russian-inspired classics including works by Irish pianist John Field, Mendelssohn, Schumann, violin virtuoso Giovanni Battista Viotti, and Mozart, along with Russian composer, Mikhail Glinka. These divergent composers directly influenced the evolution of classical music in Russia. Discover for yourself the “exploding star in the musical firmament” (*The Wall Street Journal*) that is the Chamber Music Society of Lincoln Center.

## OCTOBER 13

## MELODIME

State Theatre, 9pm, \$15-18

Melodime is a Virginia-based band with influences in both country and rock that features emotionally charged anthems, piano driven hooks, and energetic guitar solos for a dynamic, organic sound. Melodime, featuring Brad Rhodes (lead vocals, guitar), Sammy Duis (piano, organ, bass), Tyler Duis (drums), and Jon Wiley (guitar, mandolin, dobro), has performed over 100+ shows annually throughout the continental United States, sharing the stage with such well-

knownacts as Sam Hunt, Eli Young Band, A Thousand Horses, and Sister Hazel.

## OCTOBER 13

## THE NIELDS

Jammin Java, 7pm, \$18-22

The Nields’ albums are often an eclectic mix of ideas and music styles, but clear themes emerge. “Love and China” (2002) was about the fragility of love and relationships. “The Full Catastrophe” (2012) explored the messy experience of raising a family. “XVII” has the Nields looking out from midlife. The kids are older, but not fully grown. There’s more space to look back and forward, and more freedom to create.

## OCTOBER 13

## DOGFEST DC-WALK ‘N ROLL

Reston Pavilion, 12pm - 3pm

Grab your friends, family and dogs and enjoy free fun, festivities, graduate speakers, dog demonstrations, music, food and more! Walk ‘n Roll registration begins at 11:30 am. Presented by and benefiting Canine Companions for Independence. Visit [cci.org](http://cci.org) or [support.cci.org](http://support.cci.org) for more information.

## OCTOBER 13

RECYCLING EXTRAVAGANZA  
AND HAZARDOUS WASTE  
COLLECTION EVENT

Recycling Center, 7100 Gordon Rd, Falls Church, 9am-2pm

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

## OCTOBER 14

## STEEL MAGNOLIAS

## L.A. Theatre Works

George Mason University, 7pm, \$44, \$37, \$26

“I would rather have thirty minutes of wonderful than a lifetime of nothing special.” Steel Magnolias brings an entire evening of wonderful to the Center! L.A. Theatre Works has reimaged this timeless story about the enduring bonds of friendship in a new, radio-style production featuring a diverse group of six extraordinary women. Return with the cast to Truvy’s beauty shop in the Bayou of Louisiana. The vibrant women gather in this bastion of camaraderie to preen for special occasions, and celebrate and support one another, while enduring the ups and downs of life. Both laugh-out-loud funny and deeply touching, this production exposes the strength of the human condition and our shared need for companionship.



This company, known for radio-style drama presentations which include minimal sets and costumes, employ sound effects made the “old fashioned way”, as they were on the classic radio shows of the 1930s and 1940s. L.A. Theatre Works is hailed as “original, exciting, and highly theatrical” (*American Theatre Magazine*).

## OCTOBER 14

### ANNUAL NORTHERN VIRGINIA CURESEARCH SUPERHEROES UNITE!

*Tyson's Plaza, 9am-11am*

Join us as we celebrate and honor children from the Northern Virginia area who have been affected by children's cancer. This special day includes prizes, music, food, and fun activities for the entire family! Funds raised at the event will help end childhood cancer by driving targeted and innovative research with measurable results in an accelerated time frame. Every day 43 children are diagnosed with cancer. Children's cancer is the leading cause of death by disease in children and 3 out of 5 children suffer devastating side effects from the treatment. There is something we can do—register today at [www.curesearchsuperheroes.org/NOVA](http://www.curesearchsuperheroes.org/NOVA) and help fund a cure! For more information, you can reach Jennifer Murphy at 240-235-2211 or [jennifer.murphy@curesearch.org](mailto:jennifer.murphy@curesearch.org).

## OCTOBER 16

### MATTHEW PERRYMAN JONES

*Jammin Java, 7:30pm, \$15*

A performing songwriter by trade, Matthew Perryman Jones is actually a seeker, at heart. With each entry in his discography, his musical and moral compass points toward an artistic horizon he has yet to explore. Of his most recent release, *American Songwriter* wrote that, “MPJ's songwriting acumen could easily be used as a musical template to demonstrate how less can be so much more. [He] sounds cinematic and slowly worms its way inside your brain, feasts upon your emotions, and ultimately burrows down into your soul.” It could be said that Matthew makes soul music—not based on how it sounds, but on where it originates and where it resides.

## OCTOBER 24

### VIENNA HALLOWEEN PARADE

*Maple Ave, 7pm*

One of Vienna's most popular community events, October's Halloween parade includes marching bands, floats, and other entries. Registration for the 72nd Annual Halloween Parade opens July 1, 2018. The deadline to submit applications is September 21, 2018. Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot at United Bank, 374 Maple Avenue E. Children must be accompanied by an adult.

## OCTOBER 25

### SEBASTIAN BACH WITH MONTE PITMAN AND ONE BAD SON

*State Theatre, 8:30pm, \$25-30*

Celebrated rocker Sebastian Bach is recognized globally as a vocalist, television star, actor and beyond! Bach hit the spotlight in the late 1980's as the iconic frontman for mainstream heavy metal / hard rock act Skid Row. Since his departure from Skid Row in the mid 90's, Sebastian Bach still remains one of the most relevant rock figures in pop culture today, with three solo records, network television appearances on MTV, VH1 and CMT, guest appearances on *Gilmore Girls*, *Trailer Park Boys*, *Californication* and other popular television shows, and several acting stints on and off Broadway. Bach's most recent album, *Give 'Em Hell* impressively, landed on the U.S. Top Hard Rock and Top 200 Billboard charts, proving his prowess decades after his initial debut. Bach's upcoming Harper Collins memoir “18 And Life on Skid Row” is set to release December 6.

## OCTOBER 25-29

### WASHINGTON WEST FILM FESTIVAL

*Thursday thru Monday, Bow Tie Cinemas*

A unique cinematic experience with fine independent films presented at Bow Tie Cinemas over 5 days. Visit [wwfilmfest.com](http://wwfilmfest.com) for more information.

## NOVEMBER 1

### PATTY LARKIN

*Jammin Java, 7:30pm, \$25*

Patty Larkin redefines the boundaries of folk-urban pop music with her inventive guitar wizardry and uncompromising vocals and lyrics. Acoustic Guitar hails her “soundscape experiments” while *Rolling Stone* praises her “evocative and sonic shading.” She has been

described as “riveting” (*Chicago Tribune*), “hypnotic” (*Entertainment Weekly*) and a “drop-dead brilliant” performer (*Performing Songwriter*).

## NOVEMBER 2

### LUCY KAPLANSKY

*Jammin Java, 8pm, \$25*

Lucy Kaplansky is a rare vocal talent, “a truly gifted performer...full of enchanting songs” (*New York Times*). Blending country, folk and pop styles, she has the unique ability to make every song sound fresh, whether singing her own sweet originals, covering country classics by June Carter Cash and Gram Parsons or singing pop favorites by Lennon/McCartney and Nick Lowe.

## NOVEMBER 4

### DAVID FINCKEL, CELLO

### WU HAN, PIANO

#### Founder's Day

#### Chamber Music at the Barns

*The Barns at Wolf Trap, 3pm, \$48*

Renowned as performers, artistic directors and educators, David Finckel and Wu Han have been dubbed by *The Wall Street Journal* as “The Power Couple of Chamber Music.” The leaders of Chamber Music at Lincoln Center launch Wu Han's tenure as the Artistic Advisor of Chamber Music at The Barns with a performance of Beethoven's complete cello sonatas. ♦



BY KEITH LORIA

## FIVE FOR FIGHTING'S JOHN ONDRASIK

With an unmistakable voice, John Ondrasik is the man behind Five for Fighting's rich history of hits, including "Superman (It's Not Easy)," "100 Years," "The Riddle" and "Chances."

These days, Ondrasik is taking a new approach to his tunes by backing them with a string quartet while out on tour. He'll be stopping at DC's Lincoln Theater on Sept. 16 to showcase this new musical direction.

**LORIA:** Preview what those coming out to Lincoln Theatre can expect on the night?

**ONDRASIK:** This is a unique, special show,

beyond the new permutation of Five for Fighting, which is me and an incredible string quartet.

**LORIA:** Why did you want to do these concerts with string quartets?

**ONDRASIK:** I started doing symphony shows about three years ago, and one of the reasons I have moved to these quartets is it allows me to add a new dimension to the popular songs. It gives the audience something new to listen to and allows me to pull out songs from my catalogue that I wouldn't necessarily do with the rock band—songs like "Devil in the Wishing Well" and "Two Lights."

**LORIA:** What do you find are the pros of doing a tour like this?

**ONDRASIK:** I like not playing rock clubs all the time. There's a lot of context behind these songs and I can tell the stories where they came from. The quartet does their own inspirational medley to show their talent. It's been so inspiring to play with these incredible musicians and it's rejuvenated me on the whole touring front.

**LORIA:** Tell me about your quartet. Do you play with the same people every night?

**ONDRASIK:** These are the best of the best, cream of the crop New York musicians. They enjoy playing rock music because it's different for them. I've been fortunate to have the same 5-6 folks over the last few years and we've become like a little family.

**LORIA:** Are you recording any of these concerts for those fans who may not be able to get out and see it live?

**ONDRASIK:** We just did a Christmas special with the quartet and released a live album digitally. This tour, for the first time, we'll have live CDs available. Also, we're touring this year in rooms that will allow us to record every show so by the end of the tour, we will have a quartet CD to be released.

**LORIA:** When did you know that you wanted to pursue music as a career?

**ONDRASIK:** It was always my passion and my childhood dream to be doing this. I was pragmatic to know that it's a one-in-a-million shot, so I got my college degree in math. Success for me came very late. I got my first record deal in my late twenties, and "Superman" and "100 Years" didn't come until I was in my late thirties, which is really old for a songwriter. I was one of those 15-year, overnight success stories. Between perseverance and fate, I've been able to do this over the past 20 years.

**LORIA:** What else do you have on tap for 2018?

**ONDRASIK:** I'm dabbling in some TV projects, dabbling in Broadway. My kids are 16 and 18 and my son is going off to college so I'm enjoying my children before we become empty nesters. I'll be doing some shows for the troops, which is another passion of mine. Right now, I'm just looking forward to coming your way.

Five for Fighting, 6:30 p.m., Sept. 16, Lincoln Theatre. Tickets are \$35. For more information, visit [www.thelincolndc.com](http://www.thelincolndc.com) ♦





## TYSONS eNEWS

Join our email list  
for updates on local  
events, news, and  
special offers.

vivatyson.com/  
*signup*

VIVA  
TYSONS  
MAGAZINE

“WITHOUT PROMOTION,  
SOMETHING TERRIBLE  
HAPPENS...

...NOTHING!”

-P.T. BARNUM

Promoting your enterprise has never  
been more important than it is today. In  
a market exploding with new business  
openings and new competition, keeping  
your brand in front of the community  
and top of mind is mandatory if you  
want to remain the  
“Home Town Favorite.”

**Space is limited,  
call us today!**

Call us at 703.448.7323 or  
email [info@vivatyson.com](mailto:info@vivatyson.com)

VIVA  
TYSONS  
MAGAZINE

GREATER MERRIFIELD BUSINESS ASSOCIATION  
*presents*

# MERRIFIELD FALL FESTIVAL


**SATURDAY, SEPTEMBER 15,**  
**MOSAIC DISTRICT**  
**11:00 AM - 6:00 PM**






**HANDMADE & VINTAGE MARKET**  
**MUSIC & LIVE ENTERTAINMENT**  
**BEER GARDEN**  
**CHILDREN'S ACTIVITIES**  
**LOCAL RESTAURANTS**

*MerrifieldFallFestival.com*






## GET. GIVE. REPEAT.

The Fairfax County LoveShare app provides exclusive offers from your favorite places in Fairfax County. And enables you to do some serious good by donating to Cornerstones, a local charity. Oh...and it's free.

**FAIRFAX COUNTY**  
**LoveShare**  
One app. A world of good.



## MAKING A DIFFERENCE


EARLY DETECTION  
SAVES LIVES

We are proud to support the fight against breast cancer.

**At FRC we offer MORE ways to support early detection, EVERY DAY, EVERY YEAR.**

- Lower dose 3D Mammography
- Extended daytime, evening and weekend hours
- 7 convenient locations

**703.698.4488**  
**fairfaxradiology.com**



**FAIRFAX**  
*Breast Imaging*  
SERVICES

**ONLINE SCHEDULING NOW AVAILABLE FOR MAMMOGRAPHY**



# VIENNA MERCHANTS





## PEKING EXPRESS

A TYSONS FAVORITE!

Mon - Sun 11:00am - 9:30pm  
Lunch - 11:00 am - 4:00 pm  
Dinner - 4:00 pm - 9:30 pm

**703-281-2445**

[www.peking-express.com](http://www.peking-express.com)

**CLOCKS of QUALITY**  
AT COMPETITIVE PRICES  
Chelsea • Howard Miller  
Hermle • Seiko • Lindow  
Comitti • Rhythm • Coo Coo's  
and more...

ANTIQUE CLOCK RESTORATION  
FREE "IN-STORE" ESTIMATES



*Since '73*

## THE CLOCK SHOP of Vienna

109 Church Street, NW  
(703) 938-3990  
[clockshopofvienna.com](http://clockshopofvienna.com)

TUE-FRI 10-6  
THURS 10-8  
SAT 10-5

**SALES • SERVICE • REPAIRS**

**BIKES@VIENNA**

- Folding Bikes
- Recumbents
- Trikes
- Tandems
- Adaptive



128A CHURCH ST, NW VIENNA  
**703-938-8900 | [www.BikesAtVienna.com](http://www.BikesAtVienna.com)**

**Keratin Treatment Center**  
Maximize Your Exposure

The Science of Smooth  
**Relaxed Hair**



**Salon O Tony**

**703-651-1483**  
130 Maple Ave. West | Vienna, VA 22180  
[www.keratintreatmentcenter.com](http://www.keratintreatmentcenter.com)



**Custom Clothier**  
Custom-Made Suits, Shirts,  
and Sport Coats for Men  
World's Finest Luxury Fabrics

450 Maple Avenue E, Suite 212  
Vienna, VA 22180  
**(703) 861-2940**  
[www.cgcustomclothier.com](http://www.cgcustomclothier.com)



**SUITS | FORMAL WEAR | ACCESSORIES**



**Terra Christa**  
*30 Years in Business*

- Quartz crystals, gem stones, and minerals from all over the world
- Unique one of a kind jewelry
- Aromatherapy candles, essential oils, and lotions
- Books, cd's, and decks
- Healing energy services, readings, coaching
- Angels, Native American, Tibetan, and Christian gifts and accessories

**703.281.9410**  
130 Church St NW  
Vienna, VA 22180  
[www.terrachrista.com](http://www.terrachrista.com)





## ARTIST MARY JEANNE CINCOTTA

### *Making space in life to create*

VivaTysons and VivaReston Art Director Mary Jeanne Cincotta balances a life as wife, mother, graphic artist, and part-time gardener, along with recently returning to her love of creating original art. While that sounds time-challenging, her belief is that one simply has to make room in life to pursue one's dreams. She refers to it as "making space." "The more space you can find, physical space or time, the more activity you can devote to your own ideas and passions while juggling day-to-day commitments," she reasons.

Mary Jeanne received a Bachelor of Fine Arts degree from Virginia Tech where she studied painting, pottery, drawing and graphic design. Although she has been devoting most of her time the last 15 years to her career in graphic design, she has returned to some inspirational images she developed in college and produced a number of watercolors and spray-painted stencils now available as prints.

Her latest original work was developed with customization in mind. "In college, I created a series of *Mermaids in Cocktails* as 3 feet by 5 feet

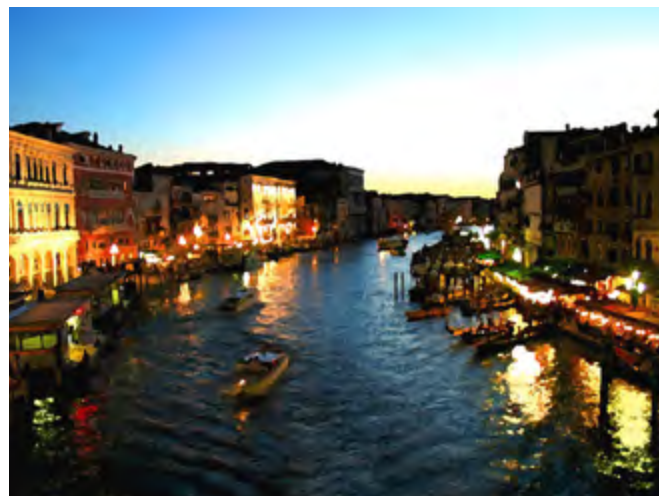


canvases made using large stencils and spray paint. The pieces were sold, but I always thought I'd be able to mass produce them if I kept the stencils, but they were difficult to store properly. So, I revisited the idea on a smaller scale wanting to be able to create an array of color variations with the same image. You never know what people are going to like, and spray-painted stencils give a piece more freedom of expression."

"When I was getting my fine arts degree, I branched out into all directions of art and loved going from drawing, to painting, to illustration and pottery. But I was in a rush. I graduated in 3 years plus a summer, earning my bachelors degree with a concentration in graphic design and decided if I was going to have a career in art, then I would need to stick with graphic design and put aside my desires to paint and throw pots. But now I'm

forty and I've decided that life's too short to not do what you really love. I have a good career now, and some extra time, and the advancements in digital reproductions make selling art as digital prints a more cost-





effective and marketable enterprise. I can keep the originals, which are difficult to price, and instead ask, ‘What size would you like? Framed or canvas print? Would you like it on a pillow or a beach towel?’”

You can order digital reproductions of various artists’ work, including Mary Jeanne’s at [FineArtAmerica.com](http://FineArtAmerica.com). Artists set the price that they would like to make from each sale, but the majority of the cost of the art is the cost of reproduction and framing. Partnering with [FineArtAmerica.com](http://FineArtAmerica.com) allows for the reproduction of art on a number of products besides canvas prints and framed digital prints, such as pillows, towels, phone cases, tote bags, notebooks, greeting cards and more.

Mary Jeanne has also added a number of digitally altered photographs of Italy that she took on her honeymoon 15 years ago. “My father purchased for me one of the very first digital cameras they made at the time and it captured some great highlights of Italy. We visited Rome, Venice and Florence and I have just recently reworked some of them using Photoshop to create faux paintings using the digital images. Now you can reproduce them as canvas prints.

“I’m also reinventing concepts I developed in college as multi-canvas paintings and creating offshoots of the same idea as digital illustrations. I created a painting from a figure line drawing of a couple embracing with different color variations



spread out onto 4 polygon-shaped canvases. The finished product is very difficult to replicate, but the concept translates well to digital art. And I thought that if I created a similar piece on standard-shaped canvases using Adobe Illustrator, the product would be customizable to any size and varying the colors for each version of the reproduction would be simple and easy to reproduce.”

Her plans for pursuing her love of pottery are in the works, too, having recently purchased a kiln for her Herndon home-based studio. “I purchased studio time at Audrey Moore Rec Center a few years ago and developed a series of pottery pieces made from different combinations of thrown pots that were cut and pieced together to make very uniquely shaped vases. I sold most of them, but am dying to make some more—just trying to find room to fit a pottery wheel in my basement.”

Mary Jeanne is following through on that notion of making space in order to continue her artistic journey. She encourages everyone else to pursue their grand ideas. “Allow yourself the time/space to create—to do the things that make you happy.”

Framed digital prints or canvas prints of Mary Jeanne’s work can be purchased at [fineartamerica.com/profiles/mj-cincotta.html](http://fineartamerica.com/profiles/mj-cincotta.html).





## Staying Active, Engaged, and Getting the Most Out of Life.

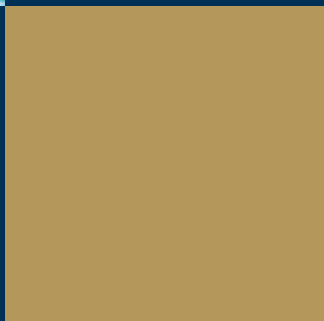
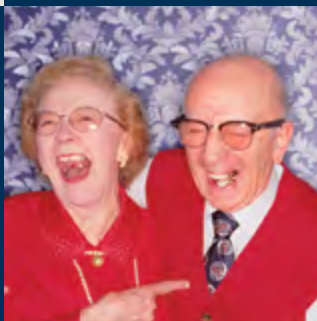
In a maintenance-free environment, our residents enjoy life at their own pace and schedule. Residents can build their day around an array of activities including gardening, engaging trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. We promote physical and spiritual well-being by offering fitness programs, health services, and an indoor swimming pool. Through partnerships and continual research, we bring in breakthrough technologies and tools that help our residents get the most out of life. **Contact Us Today! 703-536-4344**



### VINSON HALL RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation

6251 Old Dominion Dr., McLean, VA 22101  
[www.vinsonhall.org](http://www.vinsonhall.org)



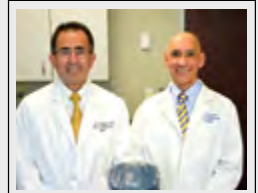
*Independent seniors who are commissioned military officers and their immediate family, as well as government workers of an equal rank from select agencies.*





# THE FACES *of* Tysons

Filled with entrepreneurs, medical professionals, award-winning restaurateurs, and professional service providers, Tysons and the surrounding areas have access to individuals and companies that offer world-class exceptional services and results. Here's what they look like.



VIVA  
**TYSONS**  
MAGAZINE

## THE FACE OF Exceptional Orthodontics

Dr. Garai has been practicing orthodontics for more than 15 years and is "privileged" to have created thousands of individualized beautiful smiles. Awarded the prestigious designation "Top 1% Provider" for his work with Invisalign and Diplomate of the American Board of Orthodontics. Dr. Garai has been teaching orthodontics covering clinical and didactic studies at Children's and Washington Hospital Center's orthodontic departments. A constant Washingtonian "Top Doctor" Award winner, Dr. Allen Garai is responsible for smiles throughout the Metropolitan area.



**Dr. Allen S. Garai**

INVISALIGN, INVISALIGN TEEN, ORTHODONTIC  
TREATMENT FOR CHILDREN AND ADULTS,  
LINGUAL BRACES, ACCELENT® AURA,  
CORRECTIVE JAW SURGERY



**GARAI ORTHODONTIC SPECIALISTS**

📍 427 Maple Avenue, West, Vienna, VA 22180 • 571.483.8954 • [www.BracesVIP.com](http://www.BracesVIP.com)

## THE FACE OF Plastic Surgery

Dr. Csaba L. Magassy is one of the Washington area's best known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, his practice of cosmetics has attracted patients from all over the world. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients. When you want nothing less than excellence, experience matters the most.

Dr. Magassy has helped thousands reach their cosmetic goals. He has performed every cosmetic surgical procedure many times over, and brings to each patient the ability to discuss and fully explain all the options possible to reach the desired result. The choice of technique and how far to take a procedure is yours. How reassuring it is to know that this doctor can offer solid advice based on more than twenty years of experience in bringing beauty to nature.

Dr. Magassy is a Fellow of the American College of Surgeons, an honor reserved only for the most distinguished surgeons. He also has Board certification by the American Board of Plastic Surgery & Surgery (the most meaningful certification for a plastic surgeon).



**Csaba Magassy, MD, FACS**

BODYTITE, FACETITE, RHINOPLASTY, BREAST  
AUGMENTATION, ENDOSCOPIC BROW LIFT, FACE/  
NECK LIFT, EYELID LIFT, BREAST IMPLANT EXCHANGE,  
FAT TRANSFER

**PLASTIC SURGERY ASSOCIATES, PC**

📍 1300 Chain Bridge Rd, McLean, VA 22101 • 703.790.5454 • [plasticsurgerymclean.com](http://plasticsurgerymclean.com)





## THE FACES OF **Financial Planning**

**Bruce Vaughn, CFP®, AIF®; Rose Price, CFP®, AIF®; Daniel Lash, CFP®, AIF®**

It's the decisions you make that matter.

For over three decades VLP Financial Advisors has provided sophisticated investment solutions for individuals, families and business owners. From their offices in Vienna, VA, partners Bruce Vaughn, Rose Price and Daniel Lash lead a team of dedicated advisors that approach every client from a holistic perspective providing sophisticated investment solutions including asset management, financial planning, insurance, and tax planning.

Investment advisor representatives offering securities and advisory services through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any other named entity.

★★★★★

*Really nice people. Met with an adviser and got some good advice about what to do with some inherited stocks. They also did a financial plan for me which was really detailed and helpful (I'm not very organized and they helped me get a good picture of where I stand). Very low-key and friendly staff.*

—Roxy

★★★★★

*The entire VLP team from top to bottom is first class. They genuinely care about you and your financial future. I strongly recommend them.*

—Mark Schraf



## VLP FINANCIAL PLANNING

📍 8391 Old Courthouse Road, Suite 203, Vienna, VA 22182  
703.356.4360 • [www.VLPFA.com](http://www.VLPFA.com)

✚ FINANCIAL PLANS , RETIREMENT PLANNING , INVESTMENT STRATEGIES , ADVISORY SERVICES

## THE FACE OF Facial and Airway Development

Dr. Calkins is dedicated to providing patients with the highest quality and technology in orthodontic care. 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.



**Dr. Liliana Calkins**

ORTHODONTICS AND DENTOFACIAL ORTHOPEDICS,  
SLEEP APNEA MANAGEMENT, INTERDISCIPLINARY ORAL  
REHABILITATION, CLEFT LIP AND PALATE MANAGEMENT,  
ORTHODONTICS FOR CHILDREN AND ADULTS



**SUNRISE ORTHODONTICS**

11490 Commerce Park Dr, Ste 430, Reston, VA 20191 • 703.476.3969 • [www.sunrise-orthodontics.com](http://www.sunrise-orthodontics.com)

## THE FACE OF Oral and Maxillofacial Surgery

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



**Christopher Bonacci, DDS, MD**

DENTAL IMPLANTS, BONE GRAFTING, WISDOM  
TEETH, IV SEDATION, ORAL PATHOLOGY, FACIAL  
TRAUMA, TMJ, ORTHOGNATHIC SURGERY,  
COSMETIC SURGERY, PLATELET RICH PLASMA,  
UNDER ARMOUR MOUTH GUARD

**CHRISTOPHER E. BONNACCI, DDS, MD**

361 Maple Ave West, Suite 200, Vienna, VA 22180 • 703.255.9400 • [www.drbonacci.com](http://www.drbonacci.com)



## THE FACE OF **Luxury Real Estate in Great Falls**

For years, the name Dianne Van Volkenburg has been synonymous with Great Falls real estate. She is a consistent Top Producer with 20 years of experience in sales, marketing and negotiation. Now the sole managing partner of a well-renowned team, Dianne's strong online presence contributed to over \$100 million in sales for 2017.

With her deep understanding of buying trends, Dianne has the unique ability to prepare homes for market and is highly regarded as a knowledgeable, service-oriented, high-energy negotiator who can successfully bring each transaction to a pleasing settlement.

Satisfied clients are the backbone of her business as they continue to refer family and friends. Understanding her clients' needs and desires, along with the requisite sales experience continue to bring Dianne unparalleled success.

### **Dianne Van Volkenburg**

PRINCIPAL & MANAGING PARTNER  
AMONG LONG & FOSTER'S TOP 100 AGENTS,  
DIANNE HAS ACHIEVED MEMBERSHIP IN THE HIGHEST  
LEVEL MASTER'S CLUB AND LUXURY ALLIANCE GROUP,  
AS WELL AS NVAR LIFETIME TOP PRODUCER



#### **LONG & FOSTER REAL ESTATE**

📍 9841 Georgetown Pike, Great Falls, VA 22066 • 703.757.3222 • [www.GreatFallsGreatHomes.com](http://www.GreatFallsGreatHomes.com)

## THE FACES OF **Exceptional Remodeling**

Bowers Design Build believes a home is more than just square feet. Since 1990, they have designed and built hundreds of custom renovations in the Northern Virginia area with integrity. Having won the prestigious NARI Contractor of the Year Award every year for the past 25 years, they were featured in Home and Design Magazine's 10th Anniversary issue as one of Washington's Top Style-Makers.

Their "Passion for Excellence" motto has been validated by winning the National Customer Satisfaction Award by Professional Builder Magazine. Their on-staff architects, designers and construction professionals are dedicated to creating an exceptional renovation experience.

### **John Coburn, COO and Wilma and Bruce Bowers, Owners**

DESIGN / BUILD, ADDITIONS KITCHENS  
AND BATHS, BASEMENTS, WHOLE HOME REMODELING



#### **BOWERS DESIGN BUILD**

📍 6715 Whittier Avenue, Suite 200, McLean, VA 22101 • 703.506.0845 • [www.BowersDesignBuild.com](http://www.BowersDesignBuild.com)

## THE FACES OF Skin and Laser Services

Employing the newest and most effective non-invasive fat removal applications and Hair Laser treatments, the licensed staff at Astoria are qualified to bring you the results you're looking for. Always first with the latest technology and years of experience, Astoria is one the metropolitan area's first choice.

### FACES

(left to right back row) Luise Estelle; Elda Diaz; (middle row) Carmen; Khloe Rodriguez; Nuha Handoush; (front row) Olga Solovienko; , Dr. Lorena Popp, Marisol Zenteno



## Astoria Laser Clinic & Med Spa

VANQUISH ME™, COOLSCULPTING, SILK  
DERMAL INFUSION, VENUS VIVA NANO FRACTIONAL  
RADIOFREQUENCY, HAIR GROWTH LASER, VENUS FREEZE,  
MICRONEEDLING, INJECTIONS, FACIAL, HAIR REMOVAL,  
TATTOO REMOVAL



### ASTORIA LASER CLINIC AND MED SPA

📍 2106-B Gallows Road, Vienna, VA 22182 • 703.992.9290 • [www.AstoriaLaserClinic.com](http://www.AstoriaLaserClinic.com)

## THE FACE OF Fine Jewelry

With the inventory of a large company and the warmth and welcoming feel of a small business, Princess Jewelers has continually won awards for the best place to buy jewelry in the Washington Metropolitan area. Creating exquisite and unique engagement rings, necklaces, earrings, bracelets and brilliant "milestone" pieces, Princess brings a peace of mind and merchant you can trust. Master goldsmiths are on site to assist in designing entirely customized, one-of-a-kind jewelry.



## Lee Nguonly

WEDDING AND ANNIVERSARY BANDS, COLOR  
GEMSTONE JEWELRY, DIAMOND EARRINGS, HALO  
RINGS, ENGAGEMENT SETS, ETERNITY BRANDS,  
GEMSTONE RINGS



### PRINCESS JEWELERS

📍 529 Maple Ave. West, Vienna, VA 22180 • 703.255.5050 • [www.princessjeweler.com](http://www.princessjeweler.com)





THE FACE OF

## Cosmetic Dentistry

**Dr. Geith Kallas**

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 over 25 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. Smile Makers is an Invisalign Preferred Provider.

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.

★★★★★

*"The employees are professional and very friendly at the front desk and always try their best to book appointments based on my schedule. The hygienists are very gentle and make me feel comfortable rather than anxious."*

*Dr. Kallas is truly an expert. It doesn't take long for him to check out my teeth and know exactly what needs to be done. He certainly wastes no time but always makes time to catch up with his patients briefly, creating a friendly environment!"*

— Dana Najib



## SMILE MAKERS DENTAL CENTER

📍 8310-A Old Courthouse Rd, Tysons Corner, VA 22182 • 703.356.0250  
[www.smilemakerscenter.com](http://www.smilemakerscenter.com)

✚ Dental Services, Oral Surgery, Orthodontics, Pediatric Dentistry, Dental Implants, Periodontics, Endodontics, Cosmetic Dentistry, invisalign preferred provider



## THE FACE OF **Luxury Real Estate**

**Casey Margenau**

★★★★★

*"I not only bought my home through Casey Margenau Fine Homes, multiple family members have sold their homes through them. I had heard about his reputation as a no nonsense, bull dog Realtor but to see it in action was really impressive. I received items from the seller that I never thought would be approved at the closing. Family members that sold houses with Casey had multiple items on the home inspection list thrown out. You really see the 50 years plus experience in the industry come through his negotiating skills when working on your behalf. I wouldn't hire anyone else."*

-GOOGLE REVIEW GREGG DAY

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

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

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

**CaseyMargenau**  
Fine Homes & Estates

**CASEY MARGENAU FINE HOMES & ESTATES**

📍 8478A Tyco Road, Vienna, VA • 703.442.8600 • [www.margenau.com](http://www.margenau.com)

✚ More than \$2.8 billion in sales, 25 years as a Re/MAX Agent



## THE FACE OF Audiology Services

McLean based Ascent Audiology & Hearing is a full service audiology practice providing the best in hearing aids, tinnitus treatment, diagnostic hearing evaluations, personalized care, and custom treatment options. Known for her extensive knowledge and aftercare service, her 20 years of experience, depth of knowledge, and understanding of auditory therapy enable Dr. Anzola to treat complex hearing disorders and provide the best options of care for her patients. A conversation with Dr. Anzola is a must for those seeking audiological services and hearing solutions.



**Dr. Ana Anzola**

TESTING & DIAGNOSIS, DIGITAL HEARING AIDS,  
TINNITUS TREATMENT, MUSICIANS EARPLUGS,  
REPAIRS & SERVICING, ASSISTIVE LISTENING DEVICES,  
COUNSELING & SUPPORT, HOUSE CALLS AVAILABLE



### ASCENT AUDIOLOGY

📍 1320 Old Chain Bridge Road, Suite 185 McLean, VA 22101 • 703.942.8110 • [HearingAidDoctors.com](http://HearingAidDoctors.com)

## THE FACES OF Contemporary American Cuisine

Celebrated Chef and his Partner/Wife Julie opened Bazin's on Church on historic Church Street in the heart of Vienna to the delight of area residents hungry for a first class dining experience without going downtown. Now, considered one of Washington's premier dining experience, an evening at Bazin's is always a memorable one. In 2012, the couple opened Bazin's Next Door, a catering hall reserved for private events.



**Patrick and Julie Bazin**

ALL THE EXCITEMENT OF BAZIN'S ON CHURCH IS  
NOW AVAILABLE FOR PRIVATE DINING, PARTIES,  
AND INTIMATE GATHERINGS!



### BAZIN'S ON CHURCH

📍 111 Church St NW, Vienna, VA 22180 • 703.255.7212 • [www.bazinsonchurch.com](http://www.bazinsonchurch.com)

## THE FACE OF Pediatric Dentistry

When you enter, you'll be greeted by a colorful salt-water aquarium, iPad stations with video games, and kids-only areas and music. Dr. Gema Island is a pediatric dentist, but most importantly, Dr. Gema is a mother first. She knows that as scary as it may be for your child to go to the dentist, it's no less scary for the parents. She's therefore dedicated to providing the highest quality of dental care in the most gentle, positive and enthusiastic manner possible.



**Dr. Gema Island**

PREVENTATIVE DENTISTRY, CLEANING AND X-RAYS,  
SEDATION, ORTHODONTICS, SPECIAL NEEDS  
CHILDREN, EMERGENCY SERVICES, PATIENT COMFORT  
AND CUTTING-EDGE TECHNOLOGY



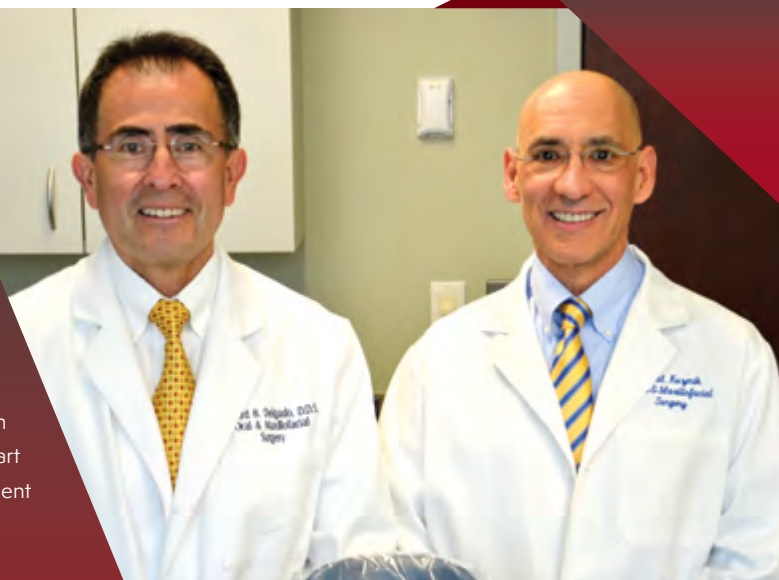
### ISLAND CHILDREN'S DENTISTRY

📍 1500 Cornerside Blvd., Suite 310, Tysons, VA 22182 • 703.790.1320 • [www.islandchildrensdentistry.com](http://www.islandchildrensdentistry.com)

## THE FACES OF Oral, Maxillofacial and Implant Surgery

Drs. Ed Delgado and Michael Kuzmik are Diplomates of the American Board of Oral and Maxillofacial Surgery with each having over 35 years of experience. They use state-of-the-art technology including 3-D computer guided implant placement combined with gentle care to provide patients with the best experience possible.

Drs. Delgado and Kuzmik have been selected by Washingtonian Magazine and Northern Virginia Magazine as Top Oral and Maxillofacial Surgeons in Virginia, DC and Maryland.



**Drs. Delgado and Kuzmik**

DENTAL IMPLANTS, BONE GRAFTING, WISDOM  
TEETH, FACIAL TRAUMA, TMJ DISORDERS AND  
FACIAL PAIN, JAW SURGERY, ORAL PATHOLOGY,  
LASER SURGERY



### DRS. DELGADO AND KUZMIK, PC

📍 8230 Leesburg Pike Suite 720, Tysons, VA 22182 • 703.506.1414 • [www.dkoms.com](http://www.dkoms.com)  
3601 Eisenhower Ave. #250, Alexandria, VA 22304 • 703.317.1717





## THE FACES OF **Financial Planning**

### **The Team at EBW**

#### **Contact us for Your Complimentary Financial Checkup!**

Egan, Berger and Weiner, LLC is an independent financial planning firm founded in 2003 and focused on providing unbiased, personalized and thoughtful guidance to assist clients in achieving their life goals. We act in a fiduciary capacity with our clients by putting their interests before our own —always.

What sets us apart is that we work with you, to understand what is most important to you and to build a unique financial plan around your life. We can work with you to implement strategies designed to:

- Grow your assets
- Protect the ones you care for most
- Preserve what you have worked so hard to achieve
- Pay for education expenses
- Ensure your independence in later life
- Create a lasting legacy

As our firm continues to grow and evolve, we stay focused to ensure our clients enjoy the exceptional service that has been a hallmark characteristic of EBW. We look forward to talking with you about how we can help you reach your goals. At EBW, the vision is uniquely yours, the strategies are uniquely ours.

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP®, CERTIFIED FINANCIAL PLANNER™ which it awards to individuals who successfully complete CFP boards initial and ongoing certification requirements.

Investment adviser representative and registered representative of, and securities and investment advisory services offered through Voya Financial Advisors, Inc. (member SIPC).

Egan, Berger and Weiner, LLC is not a subsidiary of nor controlled by Voya Financial Advisors.  
36661135\_IAR0820D

You've spent a lifetime accumulating money for your retirement. You've saved, invested, and taken advantage of workplace retirement plans. Now what? You have to make decisions about how to generate a steady income stream, and these decisions could have lasting repercussions. Egan, Berger & Weiner, LLC financial advisers invite you to schedule a free one-on-one, no obligation financial checkup in our office, where we'll focus on strategies designed to help you:

- Make the most of your retirement income
- Tap into your retirement savings
- Understand retirement plan distribution rules
- Manage for stability, income, and growth
- Protect your family from the unexpected
- Prepare for a comfortable and rewarding retirement lifestyle

**Contact us to set up the best time for the free consultation fitting your schedule: [mthompson@ebwllc.com](mailto:mthompson@ebwllc.com)**



## EGAN, BERGER & WEINER

📍 1919 Gallows Rd suite 600, Vienna, VA 22182 • (703) 506-0030  
[www.ebwllc.com](http://www.ebwllc.com) • [www.facebook.com/ebwllc](http://www.facebook.com/ebwllc)

+ Personal Financial Planning, Retirement Income Planning,  
Investment Management

## THE FACE OF **McLean Plastic Surgery**

Live in Your World, Rejuvenate in Ours!™

Dr. Kirit A. Bhatt, M.D., is a Board-Certified, Fellowship-Trained, Award-Winning, Plastic Surgeon practicing in the Washington, DC area. Dr. Bhatt serves national and international patients interested in cosmetic or reconstructive plastic surgery. Dr. Bhatt has been transforming lives with his surgical skills, attention to detail, and commitment to patient safety and comfort. Dr. Bhatt is passionate about enhancing beauty in every one of his patients, through cosmetic surgery and/or non-surgical anti-aging techniques.

Follow @drkiritbhatt on Facebook and Instagram!



**Dr. Kirit Bhatt**

MOMMY MAKEOVER, BREAST AUGMENTATION,  
BREAST LIFT, TUMMY TUCK, LIPOSUCTION, FACELIFT,  
EYELID SURGERY, INJECTABLES & FILLERS,  
MICRONEEDLING WITH PRP



### **REJUVE PLASTIC SURGERY**

📍 1300 Chain Bridge Road, McLean, VA 22101 • 703.574.4955 • [www.rejuveplasticsurgery.com](http://www.rejuveplasticsurgery.com)

## THE FACE OF **Exceptional Mediterranean Cuisine**

Since opening Nostos Restaurant years ago, Pete and his culinary team have given our area a fresh modern take on Greek culinary culture. "Nostos" is the root of the word nostalgia and brings one back to one's origins, a special time and place in our past.

Nostos is a constant Washingtonian Best 100 Winner since 2013. For those looking to capture the joy and traditional Greek experience, an evening at Nostos is sure to become your "special place."



**Pete Pagonis**

RECEPTION CATERING, PARTY AND EVENT  
CATERING, WEDDING CATERING, CATERING FOR  
FAMILY GATHERINGS



### **NOSTOS RESTAURANT**

📍 8100 Boone Blvd, Vienna, VA 22182 • (703) 760-0690 • [www.nostosrestaurant.com](http://www.nostosrestaurant.com)



Find *VivaTysons Magazine*.

# Live Like a Local.



## YOU CAN FIND VIVATYSONS MAGAZINE AT THESE LOCATIONS:

Tysons Corner  
Mall Information Center  
Safeway  
McLean Chamber of  
Commerce  
Star-Nut Gourmet  
Greenberry's Coffee  
Giant Food McLean  
Long & Foster Realtor  
Keller Williams Realty  
Weichert Realtors  
McEneaney Realtors  
Plastic Surgery  
Sotheby's Mclean  
Dessange Paris  
Remax Realty  
Staybridge Suites  
Anita's Restaurant  
Skorpis-Maggio's  
Norm's Beer & Wine  
(next to Maplewood)  
The Virginian Restaurant  
Vienna Inn  
Long & Foster Realtor  
Foster's Grill

Rexall Drugstore  
Peking Express  
Caffe Amouri  
Plaka Grill  
Bazin's on Church  
Artful Gift Shop  
The Community Center  
on Park Avenue  
The Greek Grill  
Long & Foster Realtor  
Dunn Loring Post Office  
Metro Dunn Loring  
State Farm Insurance  
Avery Hess Realtor  
DMV  
Coldwell Banker Realtors  
Lyons & McGuire  
The Olde Brogue/  
Katie's Coffee Garden  
Deli Italiano  
Classic Wines  
The Tavern  
Long & Foster Realtors  
Serbian Crown

Elite Fitness Concepts  
Ireland's Four Provinces  
Long & Foster Realtor  
Fairfax Realty  
Claire & Don's Beach Shack  
The Dogwood Tavern  
Open Kitchen  
Saffron Grill  
PizzaRama  
Arby's  
Weichert Realtors  
Elan Magazine  
Studio Hair, Skin & Nails  
GF Plastic Surgery  
Maison Du Vin Wine Shop  
Le Grand Appétit  
CVS  
Greenberry's Coffee  
Active Family Chiropractic  
The Wine Cabinet  
Lake Anne Coffee Shop  
Lake Anne  
Community Center  
Wiehle Park & Ride

Whole Foods Market  
Austin-Weston  
Cosmetic Surgery  
Whole Foods Market  
Nostos Restaurant  
Evo Bistro  
May Jewelers  
Lost Dog Café  
West Falls Church Metro  
Stifel & Capra  
Community Center, Falls  
Church  
City Hall  
The Virginian  
Chesterbrook Residences  
Sun Design  
McLean Community Center  
Oakton Vienna  
Animal Hospital  
Meadowlark Gardens

VIEW THE MAGAZINE ONLINE AT [WWW.VIVATYSONS.COM](http://WWW.VIVATYSONS.COM)

BY KATHLEEN MCDONOUGH



## HELPING YOUR CHILD SUCCEED:

# Is It Time to Experience the Montessori Difference?

With the rate of change in our world accelerating and all kinds of new opportunities being created by technological innovation, lifelong learning is now a necessity skill for keeping up-to-date, staying relevant and thriving.

Yet despite a wide range of devices in the hands of students and educators, a recent global report by the Organization for Economic Co-operation and Development (OECD) suggests education systems that are heavily invested in computer-reliant curriculums are not seeing any noticeable improvements in their results for reading, math and science. Rather, the study indicates that students who use tablets and computers very often tend to do worse than those who use them moderately or not at all.<sup>1</sup>

For parents concerned about their child's success, not only during their academic years, but well beyond, a Montessori School experience could make a world of difference.

Instead of tech, teachers at Montessori Schools, such as the Montessori School of McLean, prefer a more hands-on, experiential approach to learning that contrasts sharply with the rush to fill classrooms with the latest electronic devices. The role of imagination in learning is emphasized and an integrated approach to the intellectual, practical and creative development of pupils is offered.

Created and pioneered by Maria Montessori over 100 years ago—first in Italy and then in the United States where Alexander Graham Bell founded the Montessori Educational Association at his Washington, DC home—the Montessori Method was, and is, based on a lifetime of study and observation of how children really learn.

The 4,500 Montessori schools in the United States (22 alone in the Tysons/Reston/Herndon area) focus on developing and educating children ages 18 months through 12 years old, with a curricula of hands-on experiences intended to appeal to a child's innate hunger for knowledge. At Montessori, children actively learn to love learning.

Montessori's method focuses on personal development rather than exams, producing more mature, creative and socially adept children, studies have found. Children of different ages share the same classes, and are encouraged to collaborate and help each other. Special educational materials are used to keep children interested, and there is an emphasis on practical life skills.



Psychologists have also reported that across a range of abilities, children at Montessori schools out-performed those given a traditional education. Five-year-old Montessori pupils were better prepared for reading and math, and 12-year-olds wrote significantly more creative essays using more sophisticated sentence structures.<sup>2</sup>

And in an era when civility seems to be disappearing, some of the most impactful effects of a Montessori experience can be seen in social skills and behavior. Studies continue to show that Montessori children display a greater sense of justice and fairness and interact in more emotionally positive ways, having learned to use problem-solving skills to effectively and peacefully negotiate with others.

In almost every aspect, a Montessori education offers a fundamentally different experience than a traditional education, with clear advantages at every stage of a student's development.

With its foundation in self-direction and cooperative activities, a Montessori program helps a child develop a strong self-image, high levels of academic and social competence as well as the confidence to face challenges with optimism. Encouraged to make decisions from an early age, Montessori-educated students are problem solvers who can make appropriate choices, manage their time, and work well with others.

What ultimately sets a Montessori student apart is empowerment: students ready for the next step in their education and able to find their own path on the journey to becoming thoughtful, passionate and productive global citizens. ❖

1. OECD (2015), Students, Computers and Learning: Making the Connection, PISA, OECD Publishing
2. Science Magazine (2016), Evaluating Montessori Education. A.S. Lillard & N. Else-Quest

## Vienna Pediatric Dentistry

Dr. Sarah Ganjavi

"Caring" for  
your peace  
of mind



"Fun" for  
their happy  
return

- Specialized in treating children, adolescents and patients with special needs
- State of the art technology, including **laser dentistry** and digital radiography

301 Maple Avenue W. Suite 400  
Vienna, VA 22180

**703-938-6600**

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



Now Enrolling  
Ages 2 to 6







NEW TODDLER PROGRAM!

Montessori Preschool • Advanced Academic Curriculum  
McLean, VA • 703-356-5437  
[www.brooksfieldschool.org](http://www.brooksfieldschool.org)



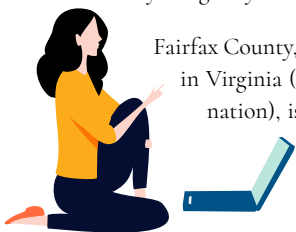
# VIVATYSONS' PICKS FOR Top Private Schools

Northern Virginia has some of the best public school systems in the United States. Still, many local families choose to send their children to private schools. Why take on the extra expense? From smaller class sizes to advanced programs and some unique environments and features, private schools generally can offer more than public schools, often limited by budgetary and policy constraints, may be able to provide.

Fairfax County, which has the largest public school system in Virginia (and the tenth largest school system in the nation), is home to dozens of private schools which go beyond solid academics to provide enrichment programs,

a well-rounded education, and special programs to prepare students for college and life.

Parents seeking the benefits of a private education often begin as early as preschool, where young children are exposed to educational philosophies such as the student-directed learning method of Montessori. Whether you are looking religious instruction, a specialty program for arts, or a curriculum focused on science, technology, engineering, and mathematics (STEM) you will find many choices in Northern Virginia. Some are homegrown, independent academics, while others are part of a national organization. Our guide below highlights some of the best private schools in the area.







# PRESCHOOL THROUGH KINDERGARTEN



## Nysmith School for the Gifted

Herndon, VA  
(703) 713-1332  
[www.nysmith.com](http://www.nysmith.com)

Guided by the principle that children enjoy learning, Nysmith seeks to engage them with age-appropriate challenges and innovative programs. With small class sizes, award-winning programs, minimal repetition, and STEM programs from a very young age, Nysmith kids become engaged, enthusiastic, and well-prepared for the future.



## Beantree Learning

Chantilly and Ashburn, VA  
(571) 223-3110  
[www.beantreelearning.com](http://www.beantreelearning.com)

Beantree Learning's large, airy, and beautiful campuses, which resemble a plaza or town square, provide a lovely setting. But it's the substance of its programs, not just its aesthetics, that make Beantree attractive to parents. This accredited school hires only degreed, professional teachers and promotes a well-rounded program for early childhood education to include foreign languages and global learning, music, physical fitness, and performing arts. Hands-on projects, special events, and monthly field trips for kindergarteners expand on the curriculum.



## LePort Montessori

Reston, Herndon, Chantilly, Fairfax, Broadlands, and Aldie, VA  
(703) 404-9733  
[www.leportschools.com](http://www.leportschools.com)

LePort Schools provide education following the Montessori philosophy to encourage independent thinking and self-directed learning. Montessori-trained teachers, mixed-age groups, and child-led activity and exploration give students a chance to explore and set their own pace from a young age. Children ages 3-6, including kindergarten, are all in one classroom, staying with the same teaching team for three years to provide a consistent, three-year mixed-age community in which they get unlimited, child-led time to explore.

## Loudoun Country Day School

Leesburg, VA  
(703) 777-3841  
[www.lcds.org](http://www.lcds.org)

Founded in 1953, Loudoun Country Day School (LCDS) is an accredited private school that helps develop students academically, physically, artistically, socially, and emotionally. Its preschool program has a strong focus on social skills and independence through imaginative play and creative thinking. Special programs include field trips and teaming up with older students on projects. Kindergarten programs incorporate technology, core academics, and hands-on activities into the daily curriculum.



## Reston Montessori School

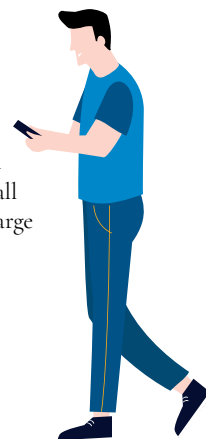
Reston, VA  
(703) 481-2922  
[www.restonmontessori.com](http://www.restonmontessori.com)

Reston Montessori School was established in 1986. It is an American Montessori Society Full Member school. The school grew from one primary classroom to serving students from age 3 months to 12 years in Pre-Primary, Primary, Kindergarten and Elementary school classes. The Montessori Method is based on the child's tendencies to explore, be independent and make decisions, develop self-control, abstract ideas from experience, be creative and imaginative, repeat for internalization, concentrate, and perfect and master concepts and ideas.

Montessori classes are organized into groups representing a three-year age span. Within each group there is constant interaction, problem solving, child-to-child teaching, and socialization.

The environment is arranged according to subject area, and children are free to move around the room, and to work on a piece of material as long as needed. It is the role of the teacher to prepare and adapt the environment. The teacher links the child to the environment with well-planned lessons.

Children learn directly from the environment, other children, and from the teacher. The teacher works with children one-on-one, in small groups, and less frequently, in large group settings.





# PRESCHOOL THROUGH KINDERGARTEN

EDUCATION



## The Goddard School

Tysons, Herndon, Chantilly, Ashburn, and other locations, VA  
(800) GODDARD  
[www.goddardschool.com](http://www.goddardschool.com)

Goddard School knows that when learning is fun, children flourish. The school's goal is to provide a collaborative, family-like environment where children blossom into respectful, confident and joyful learners. Its comprehensive, play-based curriculum, developed with early childhood education experts, provides the best childhood preparation for social and academic success. Guided by its Educational Advisory Board, the school's teaching philosophy emphasizes art and STEM programs, enrichment opportunities, safety, and a nurturing environment.



## Congressional School

Falls Church, VA  
(703) 533-1064  
[www.congressionalschool.org](http://www.congressionalschool.org)

Set on a 40-acre campus, Congressional School boasts a "comprehensive, interdisciplinary, challenging, and age-appropriate academic program" to develop students academically and nourish them socially and emotionally. From preschool on, children develop literacy skills, emerging mathematics, and hands-on science. In Kindergarten, they also receive instruction with specialty teachers in art, music, and physical education, and languages such as French or Spanish.



## BASIS Independent

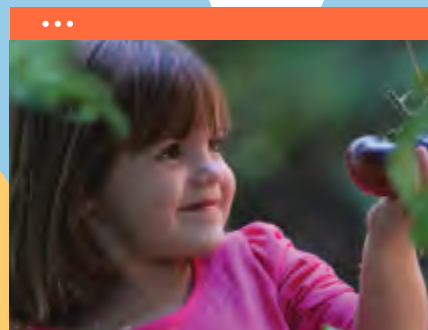
McLean, VA  
(703) 854-1253  
[mclean.basisindependent.com](http://mclean.basisindependent.com)

"When students love to learn, they excel," is the guiding principle of BASIS Independent. The school provides a joyful learning culture that celebrates hard work and inspires children of all ages to reach the next level. Its Early Learning Program (PreK-1, PreK-2, and kindergarten) balance a child's natural tendencies—to question, explore, and create—with intentional, academic learning. Students are well-rounded and confident, with opportunities to explore programs in art, music, science, athletics, and more.

## Green Hedges School

Vienna, VA  
(703) 938-8323  
[www.greenhedges.org](http://www.greenhedges.org)

With a small student-teacher ratio (8:1), Green Hedges School in Vienna forms a tight-knit community that provides a foundation for academic values and strong engagement. Preschool and kindergarten students learn in a Montessori classroom with Montessori-trained teachers, and all students learn French beginning at three years old. Leadership and community service programs begin from an early age.



## Brooksfield School

McLean, VA  
(703) 356-KIDS (5437)  
[www.brooksfieldschool.org](http://www.brooksfieldschool.org)

For more than 30 years, Brooksfield has offered a unique Montessori experience cultivating a love for learning that fosters lifelong friendships among children, families, teachers, and the community. Situated on five quaint acres of woodlands, the school emphasizes creativity, the arts, and nature. Young children develop self-confidence and independence, hone their distinct gifts and talents, and learn to be community leaders. The school also emphasizes sustainability, eco-friendly learning environments, and environmental stewardship.

## Eastern Ridge School

Great Falls, VA  
(703) 757-7900  
[easternridgeschool.org](http://easternridgeschool.org)

Children learn by doing at Eastern Ridge, and much of the education takes place exploring the world around them, including outdoors. At Eastern Ridge, children play and learn outside at least one hour each day, but often for longer. Inspired by the Reggio Emilia approach and by European-style forest schools, Eastern Ridge makes good use of its "outdoor classroom," providing gardening, unstructured play, and project-based learning opportunities for its young students. The school also promotes a strong community with heavy parent involvement.







## Crème de la Crème

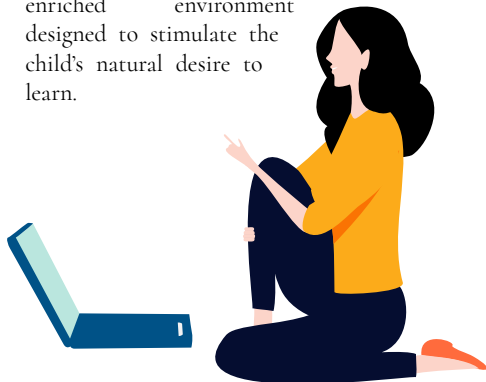
Sterling and Woodbridge, VA  
(800)374-5715  
[cremedelacreme.com](http://cremedelacreme.com)

Crème de la Crème encourages children to succeed and discover a love of learning that lasts a lifetime. Because studies show that preschoolers' minds are stimulated in 30-minute intervals, the school designed a classroom rotation that provides a primary teacher plus rotations throughout the day to enrichment classes with specialists. The school's state-of-the-art facilities include a sun-filled atrium and amenities such as a water park on-site, full indoor gym, tennis and basketball courts, soccer field, and baseball diamond. Safety and security are key points, with biometric fingerprint and code process for school entry and continuous monitoring through security cameras.

## Montessori School of South Riding

Chantilly, VA  
(703) 953-3771  
[www.montessorisouthriding.com](http://www.montessorisouthriding.com)

This accredited Montessori school instills a sense of independence and collaboration in its young students. Founded in 2003, it provides preschool and kindergarten in an environment that balances choice with structure, and creativity with discipline. Students learn through cooking, art, gardening, bilingual instruction, and other fun hands-on opportunities in a warm, enriched environment designed to stimulate the child's natural desire to learn.



## Top 10 School In The World



### Small Classes 1:9 Ratio

The award-winning Nysmith School diversifies academics up to four grade levels in a loving environment to meet the needs of each child. Daily science, computer instruction, foreign language, logic and much more. Minimal repetition, minimal homework. Come see how Nysmith will prepare your child for the future while having fun.

**Nysmith**  
SCHOOL FOR THE GIFTED

3 Years - 8th Grade  
Limited Openings  
Herndon, Virginia  
Transportation Available  
703 552-2912  
[nysmith.com](http://nysmith.com)



## Westminster School

A Classical Education for the 21<sup>st</sup> Century



Art | Music | Drama  
Phonics-Based Reading | Writing  
Critical Thinking | Public Speaking  
French | Latin  
Penmanship | Great Books  
Daily PE | Field Trips

### OPEN HOUSE

K-8<sup>th</sup> | October 17

6:00-7:30 p.m.

Preschool | October 12

9:30-11:00 a.m.

Bring  
the  
Kids!

Limited Space Available for Fall, 2018

Presenting Challenge | Building Character | Instilling Confidence

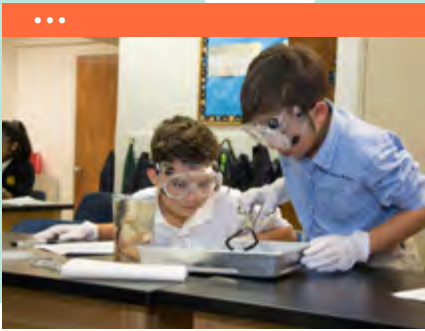
Preschool - 8th Grade • Door-to-Door Bus Service • Extended Care • Summer Camp

703-256-3620 | [ADMISSIONS@WESTMINSTERSCHOOL.COM](mailto:ADMISSIONS@WESTMINSTERSCHOOL.COM)

[WWW.WESTMINSTERSCHOOL.COM](http://WWW.WESTMINSTERSCHOOL.COM)



# KINDERGARTEN THROUGH HIGH SCHOOL



## The Fairfax Christian School

Loudoun County, VA

703-759-5100

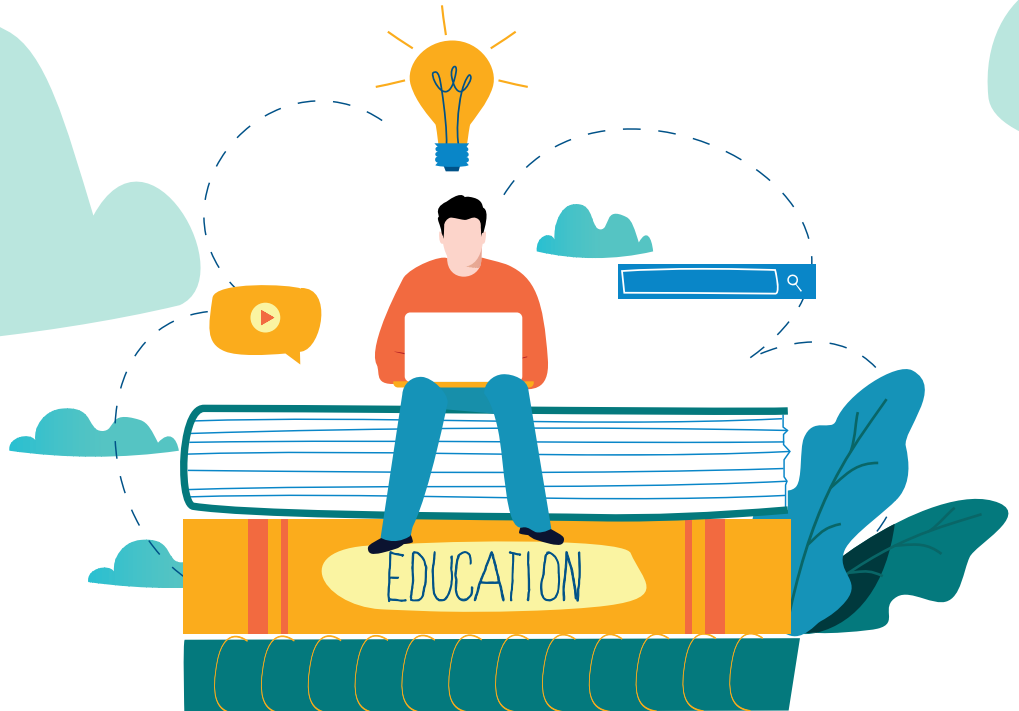
[www.fairfax-christian-school.com](http://www.fairfax-christian-school.com)

The Fairfax Christian School is an award-winning, independent, university-preparatory school serving kindergarten through twelfth grade which creates scholars with a passion for learning. Their experienced teachers follow a time-tested, challenging curriculum which promotes critical thinking and creativity while focusing on the success and talent of each student. With small class sizes and individual attention, each student thrives, explores their unique abilities, grows in their confidence and achieves academic success.

"The Fairfax Christian School provides a traditional education with the personal attention needed to ensure every student excels," notes Jo Thoburn, head of school.

The Fairfax Christian School's new campus, located near Dulles airport, opens in 2018. The new campus allows for expanded opportunities for all of their students. The new facilities include state-of-the-art science and computer labs, a performance hall, library, art studio, music studio, a large gymnasium and expanded outdoor playing fields.

The Fairfax Christian School has an exceptional worldwide reputation, over a third of their students move to the US to attend the Fairfax Christian School and top universities around the globe accept their graduates.



## Beantree Learning (through grade 2)

Chantilly and Ashburn, VA

(571) 223-3110

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

Beantree Learning continues its well-rounded early childhood education into the early elementary grades with programs designed to help students maximize their potential. Its offerings for students through second grade include reading, writing, math, science, social studies, and physical education, plus fully integrated activities in character development, foreign language, art, music, and technology. Small student-teacher ratios and useful resources provide teachers with the flexibility to tailor their instruction to meet the learning styles of every student.



## Nysmith School for the Gifted (K-8)

Herndon, VA

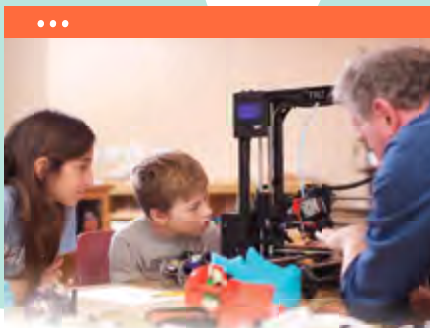
(703) 713-1332

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

Elementary education at Nysmith means a highly experiential environment and hands-on learning, with minimal homework or repetition. The school's core curriculum includes math instruction at up to four grade levels above the student's grade level, and two and a half hours of computer technology instruction and nearly four hours of hands-on science each week.



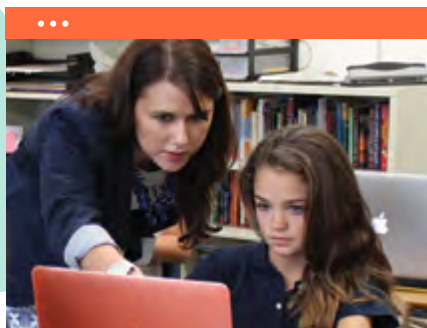




### LePort Montessori (K-8)

Reston, Herndon, Chantilly, Fairfax, Broadlands, and Aldie, VA  
(703) 404-9733  
[www.leportschools.com](http://www.leportschools.com)

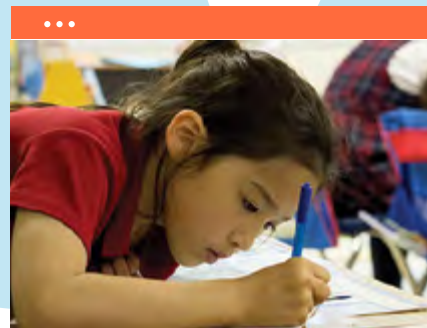
LePort Schools provide education in the Montessori style, preparing students to graduate as confident, independent thinkers with a strong knowledge about the world around them. Its elementary programs provide individualized attention with low teacher-student ratios, strong foundational skills in language arts and math, many hands-on activities, tailored learning, and family-friendly schedules with limited homework. Middle-schoolers learn in an environment that is challenging but still supports self-expression, with additional opportunities to learn through enrichment programs and community service projects.



### Loudoun Country Day School (K-8)

Leesburg, VA  
(703) 777-3841  
[www.lcds.org](http://www.lcds.org)

LCDS provides a challenging and rigorous but well-rounded curriculum for kindergarten through eighth grade with a family atmosphere and small teacher-student ratios – its students in middle school are in class sizes about half that what they would be in public schools, giving them more teacher attention and leadership opportunities. Accompanying the core subject areas are programs in art, music, foreign languages, technology, and physical education, including multiple sports. Students also can partake in community service activities, character programs, speaker series, team-building activities, and life skills programs.



### Congressional School (K-8)

Falls Church, VA  
(703) 533-1064  
[www.congressionalschool.org](http://www.congressionalschool.org)

Elementary and middle school students at Congressional School work in a collaborative and challenging environment. From its earliest stages, the curriculum emphasizes independence and “ownership of learning” by its students. Beginning in fifth grade, students change classes throughout the day to receive instruction from specialists for each core subject. The curriculum includes multiple leadership opportunities for students, plus team-building exercises made more exciting by Congressional’s large campus which includes a 40-foot climbing wall, swimming pools, archery range, and a challenge course and zip line.

## Creating Scholars



*...an award-winning, independent, university-preparatory school.*



## The Fairfax Christian School

**Lower School • Middle School • High School**

Your child deserves an even better education. Schedule your tour to explore our new campus and learn how our exceptional teachers, challenging curriculum and small class sizes will give your child a competitive advantage.



**We've moved to a new larger campus!**  
22870 Pacific Boulevard  
Dulles, Virginia 20166

**For More Information: (703) 759-5100**  
[www.FairfaxChristianSchool.com](http://www.FairfaxChristianSchool.com)



# KINDERGARTEN THROUGH HIGH SCHOOL

## The Langley School (K-8)

McLean, VA

(703) 356-1920

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

Langley's inquiry-based curriculum for elementary students helps them develop skills they can apply to real-world problems. In first grade, children begin reading books independently, including nonfiction texts. By third grade they're writing and publishing their own books. All Lower School students participate in state-of-the art science labs several times each week. Middle School adds intensive foreign language instruction plus many electives, team sports, and community service projects.



## Green Hedges School (K- 8)

Vienna, VA

(703) 938-8323

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

Offering strong STEM and arts programs, Green Hedges provides elementary and middle school students with a well-rounded education. All middle schoolers study two languages and have leadership opportunities inside and outside the classroom. A strong visual and performing arts program and new science and native garden enhance student creativity. The Experiential Learning program provides unique opportunities: beginning in grade four, students take overnight trips to sites where the focus is on learning by doing, whether it's a working family farm to better understand the farm-to-table food cycle or a multi-day trip to the Chesapeake Bay to study ecology.

## Gesher Jewish Day School of Northern Virginia (K-8)

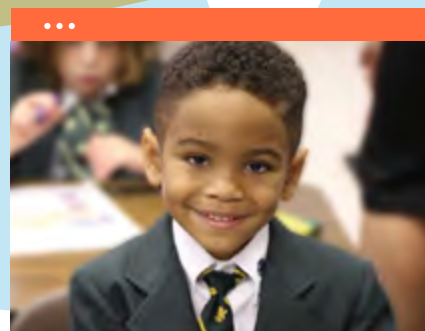
Fairfax, VA

(703) 978-9789

[www.gesher-jds.org](http://www.gesher-jds.org)

Guided by Jewish values, Torah, and community, Gesher promotes learning, justice, kindness, and respect. The curriculum combines traditional learning in language,

math, science, and social studies with Jewish studies (including Hebrew, cultural history, Torah study, and prayer, in a small setting with a low student-teacher ratio of 8:1. Jewish traditions are celebrated daily and families include all level of Judaic practice as well as interfaith families. Special programs include field trips and outdoor learning opportunities.



## Westminster School (Preschool-8)

Annandale, VA

703-256-3620

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

Westminster School provides a well-rounded education steeped in the classics, whose fundamental goals are a disciplined and well-informed mind, strength of character, dedication to learning, creativity, and joy in the possibilities of life. Celebrating one of the most diverse communities of any private school in NOVA, Westminster attracts families from many different cultures and nationalities. Due to frequent opportunities for performing and public speaking, graduates demonstrate strong communication skills. Accelerated curriculum includes the core subjects, as well as Junior Great Books, French, Latin, Art, Music, Penmanship, Drama, and daily PE. Extracurricular activities such as sports,



chorus, orchestra, MathCounts, Odyssey of the Mind, Science Olympiad, chess, and multiple field trips per year enhance the students' rich experience. Extended care, door-to-door bus service, enrichment classes, and camp programs are also available.

### Cortona Academy (grades 7-12)

Herndon, VA  
(703) 464-0034  
[cortonallearning.com](http://cortonallearning.com)

Cortona Academy is unique in that at this school, the parents, not the administrators, choose the schedule, teachers, courses and class size best suited to their child's needs. Founded in 1992, Cortona Academy serves students in grades 7-12 with group and one-on-one classes to focus on enrichment, remediation, acceleration, or superior, but stress-free STEM plus arts education.

Its "no-fail, potential-based philosophy of education" is geared to each student's educational needs, interests and abilities to help them succeed. Students have the option to complete two years of study in one, and to enroll at any time of the year due to the flexible rolling admissions process.

**THERE'S  
A POWER  
WITHIN YOU.**



**RANDOLPH-MACON  
ACADEMY**

**THE POWER OF RISE.**

Grades 6-12, Co-ed Boarding & Day | College Prep & Air Force JROTC

**OPEN HOUSES: OCTOBER 8 & NOVEMBER 12**  
**WWW.RMA.EDU | 540-636-5484**

## Workbooks *and* robots? THAT'S FLINT HILL.



Flint Hill offers a unique combination of traditional and contemporary education for learners in Grades JK-12. Get to know us at an upcoming admission event.

### Information Sessions

#### LOWER SCHOOL

September 27 and October 12,  
8:30-10:00 a.m.

#### MIDDLE SCHOOL

September 28 and October 11,  
9:00-10:30 a.m.

#### UPPER SCHOOL OPEN HOUSE

November 11, 2:00-4:00 p.m.

### Feature Program

#### LOWER SCHOOL INNOVATION

October 20, 9:30-11:00 a.m.

RSVP

[www.flinthill.org/visit-campus](http://www.flinthill.org/visit-campus)

OR 703.584.2314.



Flint Hill School

# KINDERGARTEN THROUGH HIGH SCHOOL



## Madeira School (grades 9-12)

McLean, VA  
(703) 556-8200  
[www.madeira.org](http://www.madeira.org)

This girls-only academy provides a private high-school education focused on “launching women who change the world.” Set on 376-acre campus overlooking the Potomac, approximately half the students board at the school, with the rest attending as day students. Academics include advanced placement courses, STEM programs, and performing and visual arts. Students can further learn through global travel and exchange programs, a dozen sports and competitive horseback riding, and more than 50 student clubs, plus numerous opportunities to engage in community service and even intern on Capitol Hill. Student-teacher ratios are among the lowest you will find anywhere, at 6:1.

## Paul VI Catholic High School (grades 9-12)

Fairfax, VA  
(moving to Loudoun County in 2020)  
(703) 352-0925  
[www.paulvi.net/page](http://www.paulvi.net/page)

As a top-ranked Catholic high school, Paul VI boasts a strong academic program that prepares students well for college and life in a setting that emphasizes community values. Its curriculum includes core subject areas along with theology, world languages, and technology. Academic programs are challenging, with the goal to prepare students for college, work life, and community leadership, while being lifelong learners. Recognized as one of the top 50 Catholic high schools in the country by the Cardinal Newman Society, Paul VI offers advanced placement and honors courses, and an excellent sports program.

## The Potomac School (K-12)

McLean, VA  
(703) 356-4101  
[www.potomacschool.org](http://www.potomacschool.org)

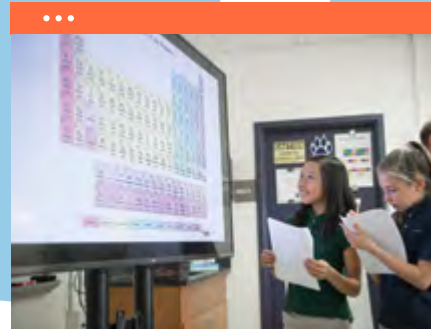
The Potomac School serves to develop the whole child, with a rigorous academic program that also looks “prepare students to lead lives of purpose, achievement, and generosity of spirit.” Curriculum highlights include advanced placement (AP) courses; languages including Chinese, French, Latin, and Spanish; computer science and engineering classes; visual and performing arts opportunities; dozens of sports teams; enrichment programs; and community service projects. The school, founded in 1904, is on a 90-acre wooded campus which includes three libraries and a science and engineering center. More than 70 percent of teachers have advanced degrees. Upper school students can apply to the Global Perspectives and Citizenship Program, in which they study economics, politics, culture, and ecology.



## BASIS Independent (K-12)

McLean, VA  
(703) 854-1253  
[www.mclean.basisindependent.com](http://www.mclean.basisindependent.com)

BASIS Independent provides a strong and diverse liberal arts and sciences curriculum that builds critical thinking skills and a positive and joyful learning culture. Early instruction emphasizes connections between disciplines, so in grades 1-3, math and science are taught together in a daily 85-minute block, for example. In middle school, students discover and make connections through coursework in three different sciences (biology, chemistry, physics), Latin, logic, economics, world history, and more. The high school program, consistently recognized as one of the best in the country, as ranked by U.S. News & World Report, prepares students to compete and excel on the international stage.



## Flint Hill School (K-12)

Oakton, VA  
(703) 584-2300  
[www.flinthill.org](http://www.flinthill.org)

Flint Hill School provides a student-centered program that encourages students to take risks, explore their passions and think like innovators.

From exploring computer science in Junior Kindergarten to publishing a book about Harriet Tubman's life story in Fourth Grade, Flint Hill's Lower School students enjoy a wide range of opportunities to grow as productive and excited learners through the School's emphasis on critical thinking, collaboration, personal goal-setting and problem-solving skills. In the Middle School, depth and breadth of opportunity are key to students' success with the introduction of competitive sports and an expanded curriculum that includes differentiated courses in innovation, languages (Latin, Spanish and French), math and English. Students also benefit from the skill and compassion of Flint Hill's teachers, who are experts in the many facets of the transition to adolescence. The Upper School combines a strong college preparatory curriculum with an array of electives, co-curricular activities and opportunities outside the classroom to meet an ever-expanding range of student interests and global demands. All of this is complemented by a deep commitment to Flint Hill's core values.

Upper School student Kate notes, “When I talk about Flint Hill, I talk about the four core values—respect, responsibility, honesty and compassion. Everyone shows those in their actions here.”





## Randolph-Macon Academy (6-12)

Front Royal, VA  
(540) 636-5215  
[www.rma.edu](http://www.rma.edu)

Further out but within easy access to Northern Virginia is Randolph-Macon Academy (RMA), a renowned coeducational college preparatory school in the beautiful Shenandoah Valley. The boarding and day school, now celebrating its 125th anniversary, has several outstanding features. First, it boasts a great record of preparing students for the future, with 100 percent of its graduates

accepted to college each year. Next, it offers some unique opportunities, such as the only private in-house aviation program in the nation at a secondary school. The academy owns two Cessna 172s and upper school (high school) students can take optional classes by faculty flight instructors. RMA focuses on academic excellence (it offers many honors and Advanced Placement courses), leadership, and character development, with the goal to ensure that students are self-reliant, respected, and recognized for their individuality. The school is set on 135 acres in Front Royal and serves grades 6-12. Upper and middle school students can receive tutoring each day for extra help and participate in sports, arts, and other extracurricular activities. As one of just six private military schools in Virginia, RMA has upper school students participate in the Air Force JROTC program, focused on leadership skills, citizenship responsibilities, and community service. All students have United Methodist Church services offered in the chapel each week. ❖

**Patricia Lee Hall** is a freelance writer and communications consultant who began her journalism career at *The Miami Herald*. She is the founder of [FairfaxFamilyFun.com](http://FairfaxFamilyFun.com) and lives in Fairfax County. She can be reached at [editorialpro@gmail.com](mailto:editorialpro@gmail.com).

Montessori Ages 3-5  
Preparatory Grades 1-8

**green hedges**  
SCHOOL

**2019-2020 ADMISSIONS  
OPEN HOUSE**

October 10 at 9:00 am  
November 3 at 10:00 am  
December 5 at 9:00 am

[www.greenhedges.org](http://www.greenhedges.org) | Vienna, VA

## Exceptional SMILES, Exceptional SERVICE

**The American Association of Orthodontics recommends  
children see an orthodontist at the age of 7.**

Please call our office to set up your child's **Complimentary Consultation**

**703.281.4868**  
[BracesVIP@gmail.com](mailto:BracesVIP@gmail.com) | [www.BracesVIP.com](http://www.BracesVIP.com)

**Vienna** | 427 Maple Ave, West, Vienna, VA 22180  
**Great Falls** | 9912D Georgetown Pike Unit 101, Great Falls, VA 22066

**garai**  
ORTHODONTIC  
SPECIALISTS  
[BracesVIP.com](http://BracesVIP.com)

**Dr. Allen S. Garai**

- Specialist in Orthodontics
- Diplomate, American Board of Orthodontics (Board Certified)
- Elite Invisalign Provider
- Attending Faculty – Orthodontic Department Children's/Washington Hospital
- Over 15 years of teaching orthodontics and private practice

**"TOP ORTHODONTISTS"**  
Northern Virginia Magazine  
Families Magazine

**"BEST ORTHODONTIST"**  
Washingtonian Magazine  
Families Magazine



BY KATHLEEN MCDONOUGH

## Keeping the Love Alive

### How The Nysmith School Keeps Students Passionate About Learning

Most children can't wait to start school and approach the beginning of their academic careers with breathless anticipation. Kindergartners and first- and second-graders in particular are known for their giddy excitement about what they learn and do in school. Alarming, recent studies have shown that from third grade on a child's enjoyment of learning drops continuously. This distressing fact has been attributed by some to the current emphasis on standardized testing and rote learning, which seems for many students to curtail their natural joy. Whatever the reason, the potential life-long impacts of a child's diminished interest in learning should be a cause for concern.

Taking up the challenge of keeping children's enjoyment of learning alive has been the mission of the award winning Nysmith School for the Gifted since it opened its doors in 1983. For more than 35 years Founder Carole Nysmith and her son and current Head of School, Ken Nysmith, have been guiding curriculums and classes that keep preschool through eighth grade students engaged and stimulated and strive to make school—dare we say—“fun?”

At their Herndon campus, small class sizes allow Nysmith's team of passionate and knowledgeable teachers to effectively engage students with hands-on activities and challenging content that teach the value of learning and nurture the kind of kids who will find algebra and biology an exciting challenge rather than a chore.

Nysmith turns the tables on the current epidemic of classroom boredom—nurtured in mainstream education with its emphasis on standardized tests and regimented, repetitious

learning—with child-centered activities that are tactile and creative. Because engagement is a precondition, no learning happens until the curriculum becomes more personalized and meaningful for every student, with Nysmith teachers working hard to build environments that sustain engagement and nurture potential.

Recognizing that children start out with an instinct to explore and discover, the Nysmith team taps into the unique fascinations that keep the spark for learning alive, which in turn sends a powerful message that learning doesn't end with childhood.

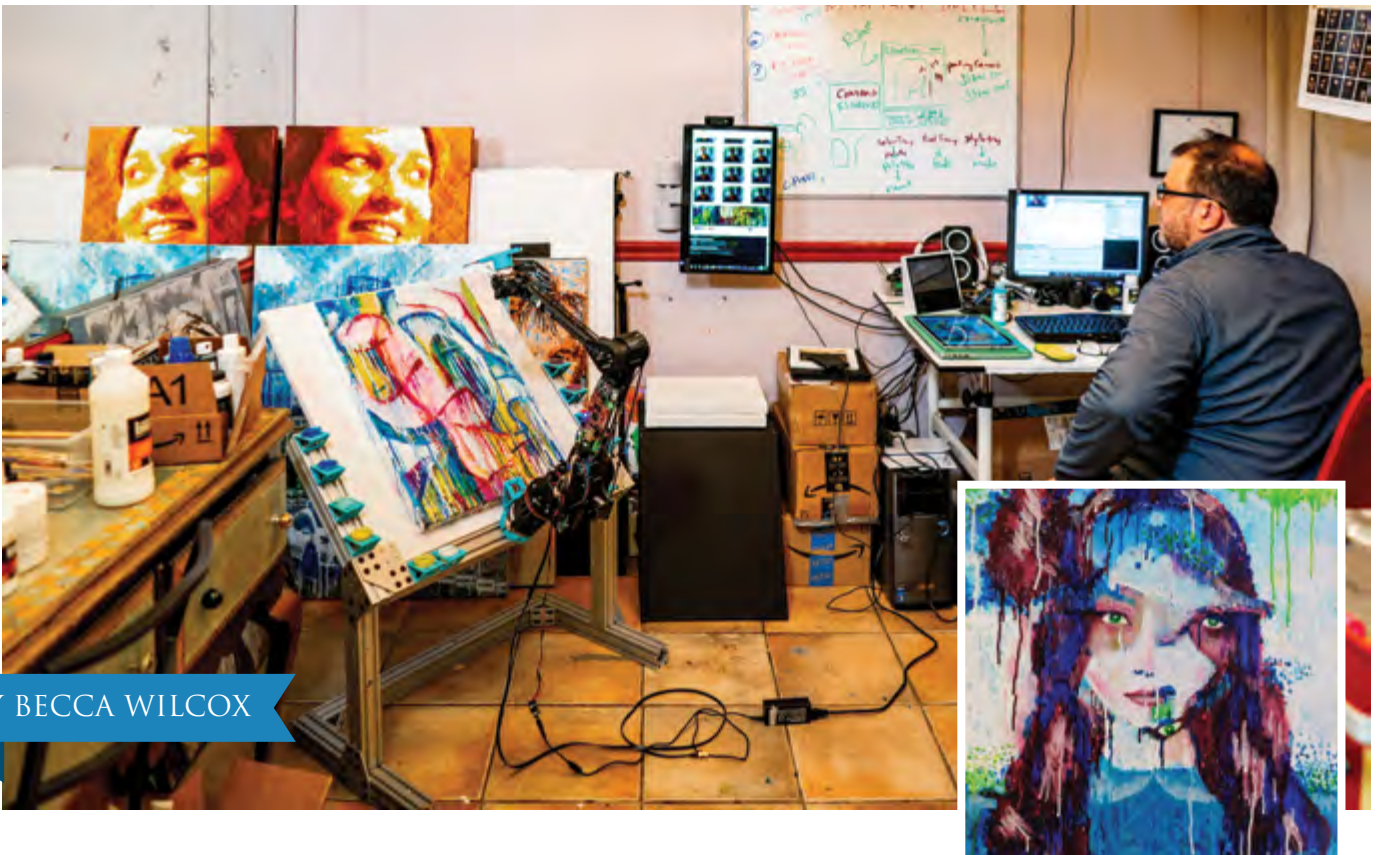
At Nysmith, the “gifted” child is defined as one who loves learning and who has the capacity, inquisitiveness and interest to learn. The curriculum is therefore designed to nurture the gifted student's innate joy in discovery and to fuel natural enthusiasm. By being entertaining and interactive, but educational as well, and encouraging and building academic skills and analytical problem solving, each child's creative potential is drawn out. Further, by being introduced to—and learning to overcome—challenges within an encouraging environment, students gain a sense of competence, something that all enthusiastic learners share.

Of course, as the old proverb says, 'the proof of the pudding is in the eating', so to fully judge the effectiveness of Nysmith's combination of nurturing environment and rigorous curriculum it is important to note that its students regularly place in the top 1 percent nationwide in national tests for math, reading and language. The school has also been nationally recognized for its achievements in fostering children's interest in science and math, winning a 2014 “Tommy Award” from Thomas Jefferson High School (the #1 High School for STEM and #2 Public High School in the U.S.\*) as well as being named a “Top 10 School in the World” for Academic Excellence in 2015 by Johns Hopkins Center for Talented Youth. For the chance at the kind of academic advantage that can be acquired at Nysmith, parents have even been known to quit jobs and sell homes just to move to the area and enroll their children in the school.

High test scores and awards aside, Nysmith's stated goal remains the creation of an educational experience that is truly enjoyable. Every day at the school offers students the opportunity to find their own creativity and become the best version of themselves. Providing exceptional academics and captivating young minds with serious fun is Nysmith's continuing commitment to every student's success. ♦

\* Niche's 2019 Best Schools in America; [www.niche.com](http://www.niche.com)





BY BECCA WILCOX

## World's most advanced painting robots will join in the celebration of Tysons Corner Center's 50th Anniversary this September.

In conjunction with Tysons Corner Center, local artist and winner of the \$100,000 International Robot Art Competition, Pindar Van Arman, will put on an art installation commemorating the 50th Anniversary of Tysons Corner Center entitled "Tysons: Then and Now" at Tysons Corner Center.

The installation will begin September 6th in Fashion Court at Tysons Corner Center and will be activated through September 29th. The exhibition will feature pairs of paintings painted by Van Arman's robots contrasting historic Tysons with a modern renditions of the same locations today. In addition to the gallery of completed paintings, Van Arman's AI enabled robots will be on location creating live paintings as shoppers observe. These will be positioned with multiple events throughout September, highlighting Tysons Corner Center's history and the pairing of art and technology and will include a live and collaborative painting of the new skyline of Tysons Corner Center with local photographer, Rassi Borneo.

Van Arman grew up and resides in Tysons East. His art focuses on the emergence of artificial intelligence and its relation to human creativity. His first painting robots were made fifteen years ago. In the time since, Van Arman has enhanced his robots with increasingly sophisticated AI and they are now recognized as some of the most creative machines in the world.

Van Arman states "My home and my art have been on similar paths. Both grew organically from traditional beginnings to become focused on the future. Twenty years ago I would never have predicted that I would one day have half a dozen robotic art assistants, neither would I have predicted that Tysons would have a skyline."

Van Arman's groundbreaking work in artificial creativity has been officially recognized by industry leaders Google, Microsoft, and NVIDIA. His art has also been featured by multiple media outlets including NPR, HBO Vice, Smithsonian Magazine, MIT Technology Review, and Fine Art America. Recently, Van Arman was awarded the top prize in Robot Art 2018, a \$100,000 international competition focused on artistically creative machines.

AVP and Property Manager of Tysons, Geoff Mason, sites "Tysons has transformed to become a key intersection of art, technology, and businesses. Tysons Corner Center is proud to be a cornerstone of this transformation throughout the last 50 years. From having one of the greatest collections of retail in the country, including the first Apple Store in the World, to locally sourced and extremely unique 'Early Bird' public art project, Tysons Corner Center stays ahead of the curve by the integration of past, present and future, and this art exhibit will be no exception."

Van Arman's exhibition will celebrate Tysons Corner Center's 50th Anniversary by highlighting the shopping center's growth throughout the past 50 years positioned with the development of surrounding areas from rural farmlands into a world class tech center.

For other events surrounding Tysons Corner Center's 50th Anniversary and this exhibit, please visit [www.tysonscornercenter.com](http://www.tysonscornercenter.com) and follow @shoptyson on Twitter, Instagram and Tysons Corner Center on Facebook. ♦



# National Secrets

*The National Conference Center Reveals  
It's More Than Just a Venue for Business Meetings*

BY ANALIESE KREUTZER

*You can watch a game and enjoy great food with your friends at the Black Olive Bar & Grill at The National.*

The National Conference Center may be the biggest secret in Loudoun County. Although it's been there for 40 years, is the largest hospitality employer in the county and hosts hundreds of events each year on its 65-acre campus, it seems many people don't know about it and all that it has to offer.

The National is one of the largest and most comprehensive learning and training facilities on the East Coast with 265,000 square feet of classroom or function space, 917 guest rooms, full service food and beverage facilities, and a 14-element challenge course. It won seven industry awards last year, including Partner of the Year from Loudoun County and Hotel of the Year from the Virginia Restaurant, Lodging & Travel Association.

Although The National does host large meetings and conferences, it also accommodates smaller groups and is available for events such as weddings, holiday parties, corporate picnics and community events. The West Belmont Place Event Center at The National boasts the largest ballroom in Northern Virginia at 16,000 square feet and was the site of the Marine Corps University Ball last year. It also has been the choice for high school, college and family reunions as well as weddings—particularly large cultural weddings that include multiple events over

several days. In addition to the ballroom and meeting spaces, The National has abundant outdoor areas for events, including spacious terraces, patios, courtyards and the West

Lawn. Two fire pits and comfortable outdoor furniture make the outside spaces comfortable all year round.

*Having a wedding nearby? You can reserve a block of rooms at the National even if your event is being held elsewhere.*

## *Welcoming the Community*

In addition to its event spaces, The National has more than 900 guest rooms. You can reserve a weekend room block even if your event is being held somewhere else. Having a vineyard wedding? Book a block of rooms at The National, and your guest accommodations can be arranged in pods around common areas. Accommodations include flat screen TVs, free Wi-Fi, full service hot breakfast buffet, ample free parking and access to the fitness center.

The Black Olive Bar & Grill, a large sports bar, is located within The National. Members of the community are invited to join the Black Olive Club. The free membership gives you entrance to the bar, where you can watch sports on one of the 16 large TVs, enjoy live music, professional DJs, karaoke, games, local

wines, craft beer and a hand-crafted seasonal menu featuring appetizers, sandwiches and light entrees.

Throughout the year, The National's management invites members of the community to events on the property, including an Easter Brunch and Breakfast with Santa. The staff also hosts block parties in the summer with live music, local wine and beer, and food from local restaurants and food trucks. There is no entry fee, and food and drink tickets may be purchased at the event.

The next block party will be on September 21 and will have an Oktoberfest theme. For details, go to [conferencecenter.com](http://conferencecenter.com) or visit The National Conference Center on Facebook.

The National has forged a partnership with Loudoun County Public Schools (LCPS) to support its programs. The Riverside High School culinary program holds a competition each year, and the winning students prepare their recipes at The National for parents, teachers and other invited guests. The National also participates in LCPS's program called Project Search. As part of the program, challenged young adults who have aged out of the school system participate in job training at The National. They rotate through different departments where they are coached in the job skills required to work there. The National has hired six Project

*It's not just for big meetings. The National can accommodate groups from 18 to 1,800.*





photo credit: David Galen



*Want to treat the foodie in your life to something special? Hold an intimate chef's table for friends or family in one of the many smaller rooms at The National.*

Search student in the past two years while others go on to find hospitality jobs elsewhere in the community.

### *Conducting Business*

Large corporations and small businesses, associations, nonprofits, military and government agencies all hold events at The National, including meetings, retreats, conferences, conventions, training and educational programs. It's also a popular facility for team building events. The staff at the National develops team building experiences on the challenge course, or they can arrange something less physical like a wine tasting or culinary class. Companies choose to have their picnics at the National and take advantage of the challenge course or other activities such as corn hole or badminton.



photo credit: David Galen

*The National is a great place to hold your organization's holiday party.*

themselves to hot entrees, salads, comfort foods and more. Allowing guests to control their portion sizes helps minimize food waste.

The National's 250 meeting rooms are organized into five distinct areas for maximum privacy and versatility, and sophisticated on-site technology capabilities support any type of presentation.

Some groups use The National for a meeting that lasts a day. Others use it for training that lasts for months. A major telecommunications company has a multi-year contract to hold all of its training there.

### *Restaurant-Quality Farm-to-Table Food*

The National's owners retained LaKota Hotels & Resorts four years ago to manage its day-to-day operations, and one of the biggest changes they made was to the food service program. They did away with a cafeteria-style dining facility and set up fresh food stations, where diners help

The management is particularly proud of its farm to table program. The National staff often feeds more than 1,000 people per day. A large percentage of their produce and meats are sourced within Loudoun County from places such as CEA Farms, Springhouse Farms, Silcott Springs Farm and Yohanan Farms. They also purchase from local bakeries, breweries and vineyards.

The National's efforts to buy locally extend beyond the farm to table concept. This year, Vice President and General Manager Geoff Lawson challenged each department to purchase all their products, when possible, within Leesburg or within Loudoun County or, at the very least, to keep the purchase within the state of

*A system of tunnels connects the buildings. In bad weather, attendees don't need to take their coats or umbrellas to go from one event to the next.*



Virginia. The goal is to minimize the natural resources used to get the best products and to positively impact the local community. This is just the latest environmental effort by The National, which is a certified Green Seal facility.

When planning your next event—whether it's a holiday party, a training workshop, a reunion or a wedding—consider the indoor and outdoor spaces, professional services, overnight accommodations, restaurant-quality food and environmental stewardship that The National Conference Center has to offer. For more information, email [sales@conferencecenter.com](mailto:sales@conferencecenter.com) or call 703-724-5111. ♦

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



BY BELLE SCHNEIDER

## ASK AN ADVISOR: ABOUT SAVING FOR COLLEGE

### We just had a baby, how soon should I start savings for my child's college?

The best answer I can give to that question is, start now. As a new parent you are likely overwhelmed by all the increased responsibilities and it is easy to put off the future, but don't. The sooner you begin saving for college, the more time your savings will have to grow.

### How do I figure out how much I need to save?

There are some very good college savings calculators online that will help you estimate the future cost of college based on your child's age, rising education costs, and the current annual average college costs.

Once you identify the estimated cost, figure out how much annually you need to be saving in order to meet that goal. If you cannot cover the entire cost, don't worry, there are plenty of scholarships and work study programs your child may be eligible for in the future.

It is important that you do not forgo saving for your own retirement in order to increase savings for your child's college. Keep in mind the fact that your child can get a loan for college but you cannot get a loan for retirement.

### What types of accounts can be used for college saving?

Technically any savings or investment account (outside of a retirement account) can be used, but there are state sponsored accounts that allow some tax benefits. 529 College Savings Plans are a popular option because they allow you to receive a state tax deduction for contributions. You may also want to consider Pre-paid Tuition or opening an UGMA account.

There are pro's and con's to each of these accounts and you need to determine which type of account best fits your needs. It is important to understand and compare the yearly contribution maximums, tax benefits and the withdrawal restrictions.

### What happens if my child does not use the money I've saved in a 529 Account?

Most people don't realize that 529 assets can be used at any eligible institution of higher education. That includes not only four-year colleges and universities, but also qualifying two-year associate degree programs, trade schools and vocational schools—both at home and abroad.

You also have the right to change the beneficiary on your 529 account. As long as the new beneficiary is a family member (sibling, first cousin, aunt, uncle, grandparent, or even you) the money can be used for qualified education expenses without being charged income taxes or penalties.

Taking the cash is always a possibility, but if assets in a 529 are used for something other than qualified education expenses (tuition, required fees, books, supplies, computer-related expenses, room and board etc.) you will have to pay both income tax and a 10% penalty on the earnings. Since one of the main benefits of a 529 account is the tax-free earnings, I'd think carefully before cashing it out. ♦

\*An interesting side note is that if the beneficiary gets a full scholarship to college, the penalty for taking the cash is waived.

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

### Want to learn more?

Visit: [www.vlpfa.com](http://www.vlpfa.com) or submit your question for an Advisor to [info@vlpfa.com](mailto:info@vlpfa.com).

### VLP Financial Advisors

8391 Old Courthouse Rd., Suite 203,  
Vienna, VA 22182

*Belle Schneider is a Registered Representative of and offers securities and Advisory Services through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any other named entity.*

*\*All situations are different, please consult your financial professional for information regarding your needs and suitability issues. An investor should consider the investment objectives, risks and charges and expenses associated with municipal fund securities(529 Plans) before investing. More information about municipal securities is available in the issuer's official statement. The official statement should be read carefully before investing. For a comprehensive review of your personal situation, always consult with a tax or legal advisor. Neither Cetera Advisor Networks LLC nor any of its representatives may give legal or tax advice.*





## FINDING THE PERFECT FIT IS MORE IMPORTANT THAN YOU THINK

Just like the wrong size shoes will make your feet hurt, choosing a printer with the wrong size equipment for a print job will make your budget hurt. And how do you know it's the wrong size equipment? You won't until you call Stephenson Printing where you'll find the right size presses (digital, sheetfed and full-size web) capable of printing a hundred copies, a thousand, a million or more. And when Stephenson's extensive inhouse bindery and mailing departments finish your job, the cost savings won't let you buy just one pair of shoes – you'll be able to buy the whole closet!



**STEPHENSON PRINTING**

[www.stephensonprinting.com](http://www.stephensonprinting.com)  
 5731 General Washington Drive, Alexandria, VA  
 703.642.9000 • 800.336.4637



## It's the Decisions You Make that Matter

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

**8391 Old Courthouse Road • Suite 203 • Vienna, VA 22182  
 (703)356-4360 • [VLPFA.com](http://VLPFA.com)**



Bruce Vaughn, CFP®, AIF® • Rose Price, CFP®, AIF® • Daniel Lash, CFP®, AIF®

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, member FINRA/SPIC. Cetera is under separate ownership from any other named entity.



# Want to Go Apple Picking?

BY LINDA BARRETT



Is there anything more delightful than biting into an apple picked fresh from the tree? Crisp and juicy, tart or sweet, apples are one of the joys of the fall season. Luckily for us, we're near the heart of apple country in Virginia, surrounded by pick-your-own orchards.

## Fun at the Farms

Apple picking season is rife with fun activities for the entire family. Orchards and farms include attractions like corn mazes, petting zoos, wagon hayrides, apple butter and cider making, play areas, music, apple pies and other foods to help you create a memorable experience. And many orchards offer stunning views of farm landscapes and the nearby mountains. Make a day of it!

Be aware that some you-pick-it orchards may charge an admission fee in addition to a price per pound of whatever apples you pick to purchase. Most offer farm markets as well, where you can select harvested apples from large bins, as well as purchase a number of apple-and-otherwise products, foods and drinks.

## How to Pick the Best Apples

Many of today's modern apple varieties grown on dwarf trees so that the apples are well within reach of even the smallest member of your family. Others require special picking baskets on poles to reach apples high up in trees, available from the orchard you visit.

Apples on trees ripen from the outside of the tree inward toward the trunk, so the apples along the outside branches of the tree ripen first. But once they are picked, they do not continue ripening, so choose those that are already ripe. A ripe apple is crisp and firm while an unripe apple is quite sour, but the color depends on the varietal. Trust the farmer to direct you to the ripest ones.

Once you select your apple, grab hold of it and roll it upwards with a twist along the branch to remove it. Don't pull the apple downward from the tree. This can disturb the attaching spur which is where next year's apple will grow. A ripe apple will easily give way. Place it gently into a basket trying not to bruise it. Once bruised or cut, apples go bad quickly. If it falls on the ground, you can still pick it up and use it.

Store apples in a cool place after picking. A basement or the fruit drawer in your refrigerator are ideal. The length of time an apple keeps depends on the variety. Some apples keep well, but Red and Golden Delicious do not and are best





eaten fresh. Don't wash apples until you are ready to eat them.

### When Are Apples Ready to Pick?

It can take three to five years for a dwarf apple tree to mature to crop, and 5-8 years for a standard-sized tree, and an apple tree should produce fruit for about 15-30 years or longer.

Apple varieties ripen at different times. Those that mature early, like Honeycrisp, Jonagold and Paula Red, are called "summer apples" and are at peak ripeness in early August through early September. Gala and Golden Delicious ripen mid-fall, and Fuji, Rome, Granny Smith and Braeburn ripen late fall. Some of the most popular apples are: Honeycrisp, Red Delicious, Fuji, Jonagold and Gala.

### Virginia's Apple Economy

Virginia is the 5th-largest apple producing state, with 15 flourishing varieties, and growers sell apples domestically and internationally, reports the Virginia Apple Growers Association. Most are sold for processing into products like apple juice, applesauce, apple cider, and apple cider vinegar, with Winchester's White House Foods being one of the largest manufacturers. The industry

adds more than \$235 million annually to the state's economy, according to the Virginia Department of Agriculture and Consumer Services. In addition, Virginia is home to a growing hard cider industry, with more than 20 producers in the state.

Many of these orchards were established long ago. For example, Marker-Miller Orchards is now in its 5th generation, with 110 years in the same family. Richard's Fruit Market features an apple storage building erected in the 1930s.

### Other Apple-Related Things to Do

In the mid-1800s, Virginia's Shenandoah Valley was a rich apple-growing region. Today, Winchester is home to the world-famous Shenandoah Apple Blossom Festival that spans 10 days and encompasses more than 40 events each spring. For a fun day, follow the Shenandoah Apple Trail, a 45-mile-long tour, with an accompanying audiotape and companion brochure that takes visitors via highways and backcountry roads to attractions and farm markets in Virginia's Apple Capital.

It's always best to eat foods in season at the

peak of their freshness. So get out there and pick some apples!

*See the next page on where to pick your own apples.*

### Fun Apple Facts

- More than 2,500 varieties of apples are grown in the U.S., but only the crabapple is native to North America.
- Apples ripen 6-10x faster at room temperature than when refrigerated.
- Apples are a member of the rose family.
- The top apple producers in the world are China, United States, Turkey, Poland and Italy.
- It takes about 36 apples to create one gallon of apple cider.



# Where to Pick Your Own Apples

## Fauquier County

- *Hartland Orchard*, 3064 Hartland Ln., Markham VA 22643
- *Hollin Farms*, 1524 Snowden Rd., Delaplane, VA 20144
- *Stribling Orchard*, 11587 Poverty Hollow Ln., Markham VA 22643
- *Valley View Farm*, 1550 Leeds Manor Rd., Delaplane VA 20144

## Frederick County

- *High Hills Farms*, 933 Barley Ln., Winchester, VA 22602
- *Marker-Miller Orchards Farm Market and Bakery*, 3035 Cedar Creek Grade, Winchester, VA 22602
- *Richard's Fruit Market*, 6410 Middle Rd., Middletown VA 22645

- *Rinker Orchards*, 1156 Marlboro Rd, Stephens City, VA 22655

## Loudoun County

- *Crooked Run Orchard*, 337883 E. Main St., Purcellville VA 20132
- *Great Country Farms*, 18780 Foggy Bottom Rd., Bluemont, VA 20135

## Rappahannock County

- *High Places Orchards*, 121 Winesap Ln., Flint Hill-Huntly, VA 22640
- *Jenkins' Orchards*, 355 Yancey Rd., Woodville, VA 22749
- *Lee's Orchard*, 65 Orchard Ln., Washington VA 22747
- *Muskrat Haven*, 20 Cedarbreak Ln., Amissville, VA 20106



## 2018 Apple Festivals

- **Shenandoah Valley Apple Harvest Festival**  
Sept. 15-16, Frederick County Fairgrounds
- **Apple Harvest Festival**  
Oct. 6-7, Marker-Miller Orchards
- **Apple Harvest Festival**  
Oct. 20-21, Richard's Fruit Market
- **Open House**  
Oct 20-21, High Hills Farms

## We are excited to announce our brand new office location!

Our NEW LOCATION:



### Vienna Office

2070 Chain Bridge Road | Suite 103  
Vienna, VA 22182



### Ann Yanagihara, JD

Branch Vice President  
Licensed in VA, DC & MD

office 703.938.5600

Ann.Yanagihara@cbmove.com



©2018 Coldwell Banker Real Estate LLC. Coldwell Banker is a registered service mark licensed to Coldwell Banker Real Estate LLC.  
An Equal Opportunity Company. Equal Housing Opportunity. Operated by a subsidiary of NRT LLC.®





# 1716 Drewlaine Drive

## Vienna, VA 22182



STARKIMAGE  
Photos by Cathy Stark  
www.starkimage.com



### 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.

**\$1,599,950 - MLS# FX10180625**



**Lynne DePaso**

Broker

**703.927.3090**

**DePasoHome@aol.com**

**www.landandhomeslc.com**





Dine under sparkling lights in the Court of Two Sisters' Outdoor Garden.



BY RENEE SKLAREW

## NEW ORLEANS CELEBRATES 300 YEARS With a Melting Pot of Unforgettable Food

I've dreamed of visiting New Orleans for as long as I can remember. The city's iconic dishes are arguably America's most important cultural cuisine. Food like jambalaya, gumbo, crawfish etouffée, beignets, dirty rice, po'boys and chicory coffee are what makes this Louisiana city mythical in my mind. They held so much meaning for me, that I wondered if tasting them on their home turf would be a disappointment.

I shouldn't have worried. New Orleans was everything I expected, and So. Much. More.

### *The First Europeans Came to New Orleans in 1718*

To appreciate the heritage cooking associated with NOLA, as the locals call the city, you must understand New Orleans' complicated history. Like much of the East Coast of North America, Louisiana's native Americans saw the first European explorers in the 1500's. The

Try the Seafood Apertif made of shrimp, crab and fried green tomatoes with remoulade sauce at Cafe Sbisa.



earliest Europeans to settle in the swampy Gulf Coast region arrived in 1718 led by French tradesman Jean-Baptiste Le Moyne de Bienville. Bienville founded the town on a crescent-shaped bend in the Mississippi River, naming it after France's Duke of Orleans, and now three centuries years later, New Orleans commemorates its 300th anniversary.

The Treaty of Paris in 1763 transferred the territory to the Spanish Empire, then Great Britain fought Spain for New Orleans. In 1803, the French again took control over the region, and sold the land to United States in the profitable exchange known as the Louisiana Purchase. That was when the U.S. officially changed New Orleans' official language to English and began a prosperous slave market here. However, Louisiana was also home to free people of color known as the Creole community; they are descendants of the union between many European and African citizens. The port city continued to grow, with immigrants from the Caribbean, Germany, Ireland and Italy.

Residents of New Orleans quickly adapted European and African dishes to incorporate crops that could survive in the surrounding bayou. "The mixing of cultures played an important role in the development of New Orleans culinary history, but so did the terrain," explains Jyl Benson, of New Orleans' Southern Food and Beverage Museum (SoFAB). Benson teaches cooking classes at SoFAB. She prepared jambalaya while explaining the history of this evolving cuisine. If you visit, stop at SoFAB's market and restaurant to buy local spices, cookbooks and taste an authentic Cajun meal.

### *How to Best Enjoy Mardi Gras*

New Orleans is well known for its legendary





The architecture on Magazine Street is as interesting as its eclectic boutiques and entertaining restaurants.

holiday Mardi Gras, which I mistakenly believed was just one day called “Fat Tuesday.” A tour I took at Mardi Gras World, a gigantic workshop on the New Orleans waterfront, quickly dispelled that myth.

Preparation for Mardi Gras is actually a year-long effort, where locals build colorful floats, plan extraordinary balls, and organize mile-long parades. Mardi Gras season actually starts on January 6, when the locals begin baking their famous King Cakes. These decadent cakes originated with the French people who, since the 12th Century, have celebrated the Catholic’s Feast of the Epiphany with a King Cake. Although King Cakes are only available during the lead up to Mardi Gras, Mardi Gras World offers guests a slice at the end of every tour.

Each year Mardi Gras lasts between one and two months, depending on the Easter calendar. To determine the Fat Tuesday, start from Easter Sunday, and count back 47 days. Visit anytime during the last two weeks leading up to Fat Tuesday, and you’ll catch multiple parades marching through the streets of New Orleans.

### ***Work off all that Great Food on a Bike Tour***

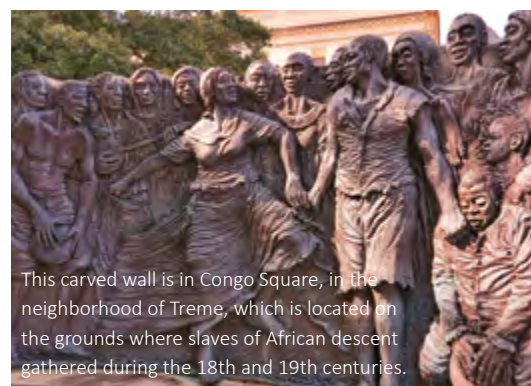
One exhilarating way to explore New Orleans is on a Free Wheelin’ Bike Tour through the Garden District. This neighborhood of antebellum homes is the perfect opportunity to learn more about New Orleans’ culture. The guide leads you on easy-gliding bikes through streets lined with exotic gardens and graceful homes. Built on cotton plantations, wealthy Americans sought to escape the frantic French Quarter, and subdivided the farmland to build Victorian-style houses among 100-year-old



St. Louis Cathedral is the centerpiece of Historic Jackson Square in the heart of the French Quarter.



It’s popular to go biking in New Orleans, and a favorite destination is pastoral City Park.



This carved wall is in Congo Square, in the neighborhood of Tremé, which is located on the grounds where slaves of African descent gathered during the 18th and 19th centuries.

live oak trees. The Garden District is home to a few of New Orleans’ renowned residents including Sandra Bullock, Brad Pitt, Peyton, Archie and Eli Manning, Nicholas Cage and author Anne Rice.

Free Wheelin includes a stop in St. Louis Cemetery #1, a must-see to better understand the town’s unique history. In New Orleans, graves are built above-ground due to the low-lying landscape. While walking through the cemetery, you’ll hear captivating stories of the city’s infamous heroes and villains. Citizens like Marie Laveau, a voodoo priestess who placed powerful “spells” on people. She is said to be buried in Plot 347. Also buried here are Homer Plessy, the plaintiff in the Plessy vs. Ferguson Supreme Court case, and Delphine LaLaurie, a vicious slave holder. There’s even an Egyptian pyramid-shaped grave waiting for Nicholas Cage when he dies.



Metairie Cemetery is one of many graveyards worth exploring in New Orleans.

CONTINUED ON PAGE 75



Mother's Po Boy Sandwich



Central Grocery Muffaletta



## WHERE TO FIND NEW ORLEANS' *Iconic Dishes*

**Café Du Monde** – Established in 1862, this cherished coffee shop is open 24/7. Located in the French Quarter, you'll find New Orleans' well-known beignets—square donuts sprinkled with powdered sugar—and Café au Lait, a combination of chicory coffee and milk. [Cafedumonde.com](http://Cafedumonde.com)

**Central Grocery** – Opened in 1906 this small Italian market is famous for making the original Muffaletta, a heaping sandwich on a soft, round roll, topped with sesame seeds, and stuffed with layers of cold meats, cheeses and tangy olive relish. It's huge, but you can buy it by the quarter. [Centralgrocery.com](http://Centralgrocery.com)

**Katie's Restaurant & Bar** – This local favorite opened in 1984 in Mid-City, a neighborhood outside the touristy areas of NOLA. It was closed after Hurricane Katrina, but like so many, reopened and serves outstanding eggplant fries with red sauce and crispy baked oysters. It's hard to find a friendlier place to dine. [Katiesinmidcity.com](http://Katiesinmidcity.com)

**Gumbo Shop** – Located in the French Quarter, this multi-level restaurant has a lovely patio and offers all New Orleans' classic dishes along with nearly a dozen versions of its namesake, Gumbo. Gumbo consists of long grain rice with a choice of seafood, meat or veggies, encased in a spicy brown gravy. Divine. [Gumboshop.com](http://Gumboshop.com)

**Café Sbisa** – This romantic restaurant has a trendy bar, but it's one of the oldest dining spots in the city. Craig Napoli, the owner, has his own dock where he sources his daily catch from the Gulf. Don't miss the Courtbouillon, a traditional Creole stew with fish, shrimp, mussels and crab in a spicy sauce. [Cafesbisanolala.com](http://Cafesbisanolala.com)

**Mother's** – This 70-year-old institution serves breakfast all day but is beloved for their Po Boy sandwiches on soft rolls with ingredients like fried shrimp, roast beef, oysters and more. [Mothersrestaurant.net](http://Mothersrestaurant.net)

Café Sbisa Courtbouillon



Café Du Monde Beignet and Chicory Coffee







Windsor Court Hotel has expansive, luxurious suites.



Visit Mardi Gras World to learn all about the history and current practices in New Orleans' annual celebration.



Louis Armstrong Park honors New Orleans' hometown hero, jazz icon Louis Armstrong.

## Where to Stay in New Orleans

I wanted to be able to walk the eclectic streets of the French Quarter, but avoid Bourbon Street, where revelers party late into the night. I chose the Windsor Court, a Forbes-Four Star hotel with a sumptuous spa, fitness center and pool. Windsor Court is beloved for its high tea service in Le Salon on weekends. The hotel is likewise the perfect place to relax and take a break from New Orleans' bustling city streets, but still be steps away from the action.

For three centuries now, New Orleans has welcomed visitors to its playful streets to sample its unparalleled cuisine. Despite the ravages of Hurricane Katrina thirteen years-ago, New Orleans is enjoying a beautiful renaissance, and is better than ever. Don't miss your chance to explore this one-of-a-kind American city. ❖



Take a carriage ride around New Orleans to view the French, English and Spanish architecture.



**FIND AND CONNECT WITH OUR AREA'S TOP REALTORS ONLINE**

**SEE:** Tysons and Reston area Listings

**SEARCH:** By Map, Price, Zip Code

**PLAN:** Your open house visits, view Realtor Profiles and get real estate updates

**WHERE:** TysonsPremier

If you're looking for an Exceptional Real Estate Service Provider visit [www.TysonsPremier.com](http://www.TysonsPremier.com)—your directory for our Top Area Realtors



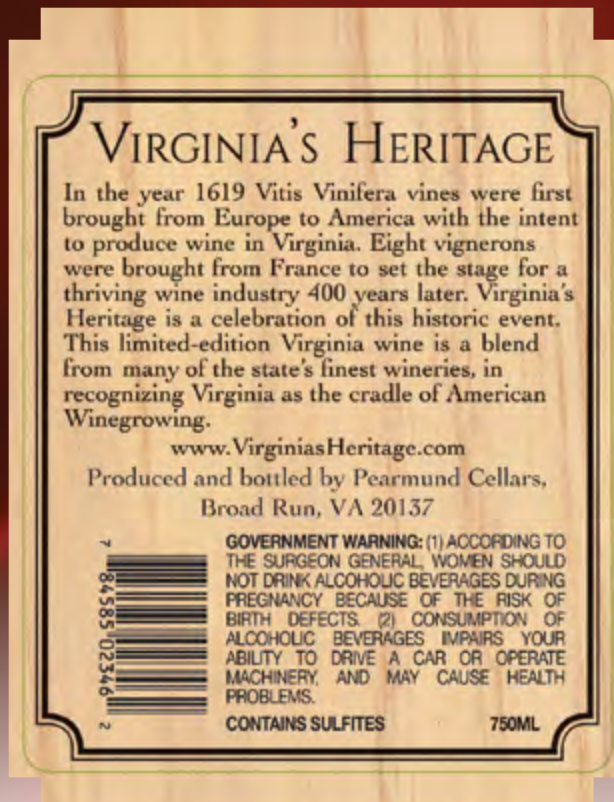
**Visit us Today! [www.TysonsPremier.com](http://www.TysonsPremier.com)**





# CREATING VIRGINIA'S HERITAGE

*400 years of Virginia winemaking commemorated in Virginia's Heritage.*



By Linda Barrett

In 1619, the first grapevines were brought to America from Europe with the intent to produce wine in Virginia. Four hundred years later, Virginia celebrates with a 400th Anniversary Project called Virginia's Heritage.

This October, just in time for Virginia Wine Month, Virginia's Heritage will release a limited-edition commemorative wine to mark this historic milestone. The red wine, known as Virginia's Heritage, "is a collaboration of 16 of Virginia's most celebrated wineries," explained Chris Pearmund, managing partner of Pearmund Cellars and visionary for the Virginia's Heritage project, created in conjunction with the Virginia Tourism Corporation.

"The idea for Virginia's Heritage was to bring more consumer awareness of Virginia's wine history, which is basically the cradle of winemaking in the Americas," Pearmund said.

Each participating winery provided a barrel of their best Bordeaux-style reds, and the Virginia's Heritage wine was expertly blended from their contribution of Merlot, Cabernet Franc, Cabernet Sauvignon, and Petit Verdot wines. The result? A beautiful representation of Virginia's finest.

The blend was aged in 32 wine barrels in the Effingham Manor winery, and bottled in August to produce 10,000 bottles, with the number of bottles representing each of the original 10,000 vitis vinifera vines planted in Virginia by the Virginia Company, 400 years ago.

The limited-edition wine is presented in a commemorative box featuring a representation of the 1619 Virginia Company seal to reflect its Colonial roots. The wine bottle label is printed on thin sheets of birch wood and ribbon shavings of the same wood surrounding the bottles as packaging.

The Virginia's Heritage wine will make its debut in October and be available for sale through the participating wineries, at select wine retailers, and the Pearmund Cellars website.

## *Virginia's Heritage: 400 Years in the Making*

When the Virginia Company founded Jamestown in 1607 as the first permanent English settlement in North America, one of its objectives was to produce commodities such as wine, silk and oil to avoid having to import them from rivals Spain and France.

With hopes that Virginia would become a major source of wine for the British Empire, in 1619, the House of Burgesses (the predecessor of



# VIRGINIA IS FOR WINE LOVERS™



Look for the new  
"Virginia is for Wine Lovers"  
logo, playing off the popular  
"Virginia is for Lovers"  
marketing campaign.

the Virginia General Assembly) enacted "Acte 12," or the 12th Act of law, to require "every householder" to plant and maintain ten vines from those that King James I had sent over from Europe. Unfortunately, these vines failed to thrive among the approximately 1,000 households, and in 1619, a second 10,000 vines were sent from France by King James I. Every effort seemed to fail, and with cider, whiskey, beer and brandy being plentiful, the settlers eventually gave up.

Enter Thomas Jefferson and George Washington, who attempted to grow grapes on their estates in hopes of realizing the promise of Virginia wine. Jefferson tried twice to grow *vitis vinifera* vines imported from Europe. The first time his efforts were cut short by the Revolutionary War. The second time, the crop was blighted by phylloxera, an aphid native to North America that was deadly to the non-resistant European vines. Neither man was able to produce a single bottle.

As one of the most prominent families in Virginia, the Carter family became instrumental in Virginia's wine production. Robert "King" Carter was purported to have a wine cellar at his Corotoman estate containing more than 900 bottles of imported wine. This must have sparked an interest in his son Charles Carter, and in 1759, Charles began growing grapes at the Cleve Plantation. By 1862, he is said to have planted 1,800 vines.

Charles Carter sent 12 bottles he produced from an American winter grape and a white Portuguese summer grape to the Royal Society for the Encouragement of Arts, Manufacture and Commerce in London, who pronounced the wines "as excellent wines." They presented him with a gold medal. The next year, he was recognized by Royal Lieutenant Governor Francis Fauquier for being the first to successfully grow European vines in Virginia.

In the early 1800s, a man by the name of Dr. Daniel Norton began experimenting with crossbreeding native grapes, and discovered in his Richmond lab a vine well-suited for growing in Virginia's soil. It became known as the Norton varietal, with characteristics of aroma and taste similar to those found in European grapes. At the 1873 Vienna World's Fair, a Virginia Norton wine surprised everyone by being named "best red wine of all nations." Another Norton won a gold medal at the 1889 Paris World's Fair.

Fast forward to today to where Virginia has nearly 300 wineries and is sixth in wine production in the United States, behind California, Washington state, New York, Oregon and Texas, and a world-wide reputation for creating award-winning wines.

"In Virginia, we have many, many firsts," Pearmund said. "We should be proud of, and lay claim to, the historical heritage of winemaking in the Americas. Our future is strong, with the passion and creativity of

the people who take the Virginia wine industry seriously." Virginia's Heritage is merely a symbol and commemoration of that dedication passed down for centuries. ♦

Virginia's Heritage, [www.virginiasheritage.com](http://www.virginiasheritage.com)



## PARTICIPATING WINERIES IN VIRGINIA'S HERITAGE



- Aspen Dale Winery at the Barn, Delaplane
- Cooper Vineyards, Louisa
- Effingham Manor & Winery, Nokesville
- Glass House Winery, Free Union
- Ingleside Vineyards, Oak Grove
- Naked Mountain, Markham
- Narmada Winery, Amissville
- New Kent Winery, New Kent
- Pearmund Cellars, Broad Run
- Philip Carter Winery, Hume
- Potomac Point, Stafford
- Rappahanock Cellars, Huntly
- Rosemont of Virginia Winery, La Crosse
- Vint Hill Craft Winery, Vint Hill
- Williamsburg Winery, Williamsburg
- Winery at Bull Run, Centreville



# Cycling Studios

By Emma Blancovich

## Where to Cycle this Fall in the DMV

Cycling studios are all over the place now it seems. So how is one to know which one to go to? Do they all offer the same class and you just pick one closest to you, or does each one have a different vibe and you would be willing to drive to one where you would feel most comfortable?

Well, each cycling studio does have its own feel and type of energy, but aside from that, they all vary in costs with their memberships and have unique promotions where one of those might be the best cost-efficient choice for you—if that is a factor in making up your mind.

Virginia has some really great studios and each of the studios also carries great athletic wear that are clothing lines that the studio represents, be it the studio's name brand or another one. Some of the cycling studios even have a full out coffee bar in them with a bakery. Whatever your type of vibe is that you picture yourself going to for when it comes to cycling studios, Virginia definitely has it for you.

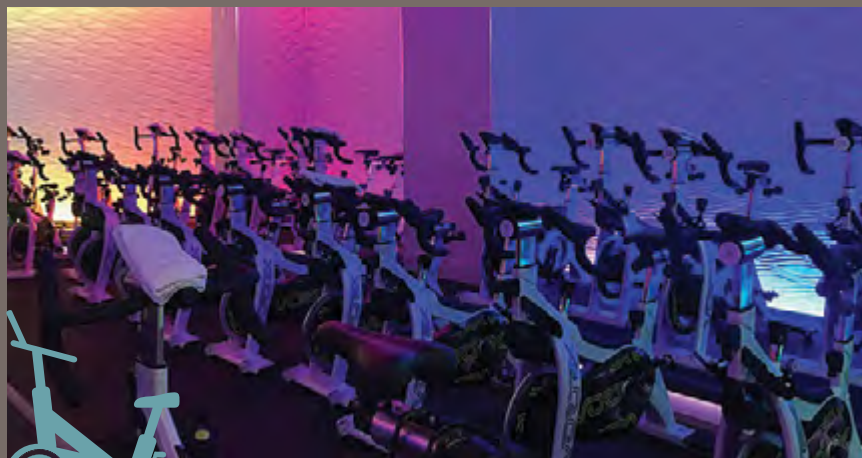
Read on to see what each type of studio is like and what promotions they currently have going on:



## The Zengo Studio

Zengo Cycle has locations in VA, DC, and MD. Wherever you happen to be, I can promise you that there will be a Zengo Cycle nearby. The great thing about this studio is that you pay for classes with credits, so you never have to worry about missing a monthly



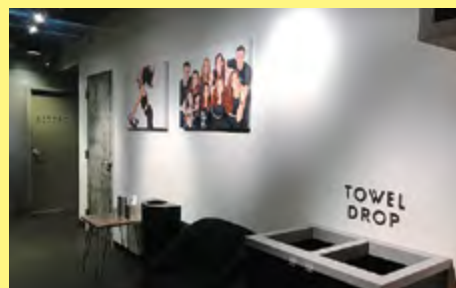


## The Vortex Studio

The Vortex Studio located on the top level of The Tysons Galleria is a dream come true. This studio really does a great job of bringing a community of people together with its coffee bar and athletic wear that is all provided to you for purchase upon entering their studio. Taking a cycling class for the first time can be intimidating so by going a little earlier and buying an acai bowl for lunch and then purchasing a Simple branded t-shirt or a new Vortex backpack for your cycling shoes, you can feel more a part of the cycling studio community. If you're into your ride being a fun time-out from your day, then look into their Hip Hop Thursday's that they currently offer taught by Caroline or Kat. You will want to go dancing after the workout because of how enjoyable their classes actually are and not as tiring as some of the other ones offered. You can buy their starter pack which provides you with 1 month of unlimited classes for \$150.00. They also have an ongoing promo where if you want to buy your classes for a full year, you can take advantage of an upfront discount.



membership payment, or wanting to cancel it if you happen to move away from any Zengo studios—which is hard to imagine since they are everywhere. The New Rider Pack starts at \$33.00 and includes 3 classes that expire after 45 days of purchase. Their studios offer you an intimate feel because of the proximity from the instructor to the back row; everything is condensed together, but without feeling too close for comfort. The locker space is also very compact, again, giving this place a boutique type of environment. Something unique to Zengo classes is that they incorporate the use of free weights to promote muscle movement in your core body areas; you can choose what size weights would be best for you. The music ranges from fast pop songs to slower ones, but they are all top 100 songs that will get you spinning really fast or keep you cruising. You can check out their instructor page and find Allison if you are looking for an extreme type of cycling workout; her class will leave your legs feeling like jelly.





## New Trail Cycling Studio

New Trail Cycling Studio is located in Reston Virginia. This studio will open later this summer in August 2018, but will be holding some preview classes in July. All the info for upcoming classes can be found on their website at: [www.newtrailcycling.com](http://www.newtrailcycling.com). Liz Kamp who is the owner of this studio really wants this studio to make cycling a part of every day life, which is why she will be including teen cycling classes at her studio that are made specifically for riders of ages 12-16. If you are the busy mom on the go, well now your kid can join you as well. Teen classes will be separated by gender and gave age appropriate music. She also includes in her schedule of classes, classes for 55+. The 55+ ride will have lower RPMS and intensity levels and feature hit songs from the 50's-70's, though one can still tailor the ride to their specific needs in this class. New Trail social media sites will also show updates for their weekly update music playlist. Liz Kamp informed me that the bikes her studio will be using are also the latest state of the art bikes from Schwinn (and the first in VA as of yet) that will record your info and send it to you, along with having many other customizable features. If you like having the best of the best and want to include your entire family within the cycling lifestyle, then be sure to check out the preview riding dates on their website. Liz says of the vibe for her studio, "I want this to be a place where first time riders will not feel intimidated, but rather at ease. I want first time riders to incorporate cycling as a part of their everyday life and not something that is going to be a one-time thing."



## Cycle Bar Premium Indoor Cycling

Cycle Bar Premium Indoor Cycling has locations in Arlington and Falls Church, Virginia. The studio has a low-key feel to it, not having a coffee bar or clothing to buy right as you walk in, but rather a Keurig in the back and your choice of a banana, which is offered every day for free. You also get free parking in the Harris Teeter parking garage which is located right next door to the Falls Church location. Cycle Bar loves its community and is also committed to giving back which shows by the promotion they run for teachers and students; a month of unlimited rides for only \$75.00. They also have weekly themes which are posted on boards for all to see that feature what the songs for the rides of the week will be. The themes are fun and quirky such as: evolution of country music, or British invasion. Courtney who is a manager at Cycle Bar Says to check out their website on holidays as well because they tend to offer promotions or free rides on those days. Cycle Bar has also created Cyclegiving® which is their philanthropic movement to partner with organizations that help bring fundraising to charities. They call this their unique form of marketing that informs their community of health and wellness all while still raising money for an overall good cause. You can currently sign up for a week free of cycle classes through the end of summer. You can then start off with 5 rides for an introductory rate of \$99.00.







Now available  
in Tysons!  
Same Day Crowns!

Dr. Adam Filali, of Dental Bright  
Family and Cosmetic Dentistry  
is our area's specially trained  
in digital dentistry!



**Your Smile... Our Specialty**  
***Making Your Smile the Absolute Best It Can Be!***

IMPLANT DENTISTRY | DENTAL FILLINGS | KID'S DENTISTRY | INVISALIGN | DENTAL CLEANING  
PORCELAIN VENEERS | COSMETIC DENTISTRY | COMPLETE & PARTIAL DENTURES | TEETH WHITENING  
SEDATION DENTISTRY | WISDOM TOOTH EXTRACTION | ROOT CANALS



### DR. ADAM FILALI

Dr. Filali, a world-renowned Prosthodontist, has over 20 years of private clinical practice, focusing on Cosmetic Dentistry, Family Dentistry and Full Mouth Rehabilitation. Dr. Filali has been spreading his knowledge and passion for dentistry and Prosthodontics by teaching as a Clinical Assistant Professor at Boston University, Boston, Massachusetts, since 2009. His practice is focused on providing complete and exceptional dental care using state-of-the-art technology to bring out the best in every smile.

**703.942.8442 | [tysonsdentalbright.com](http://tysonsdentalbright.com)**

**8605 Westwod Center Drive | Suite 200 | Vienna, VA 22182**



# STAY AHEAD OF HAIR LOSS

With These Clinical and  
At-Home Treatments  
for Fuller Hair

By Analiese Kreutzer

According to the American Hair Loss Association, up to 40 percent of women in the United States experience hair loss. The causes vary and may be due to stress, pregnancy, menopause or health conditions such as lupus, hypothyroidism or iron deficiencies. The American Academy of Dermatology says the most common cause is female pattern hair loss (FPHL), also known as androgenetic alopecia, a hereditary condition which usually becomes noticeable in a woman's 40s, 50s or 60s.

If you've noticed your part looks wider, there's more hair in your brush or your ponytail feels smaller, visit a dermatologist to determine the cause of your hair loss. It is important to identify the cause so you can pursue the most effective treatment.

Some hair loss problems can be solved with an improved diet or a change in hair care routines if harsh chemicals are causing thinning. For hair loss problems caused by FPHL, you'll need to seek out other treatments.

## LASER THERAPY

Low level laser therapy (LLLT), also called cool laser or red light therapy, stimulates the hair follicles and increases blood flow to the scalp by more than 50 percent, according to the Astoria Laser Clinic & Med Spa in Vienna. The treatment works on all areas of the scalp and has been proven to stop hair loss and regrow hair. Laser therapy has been shown to be particularly effective when used in conjunction with hair transplants, but it is also effective on its own.

Nuha Handoush, senior licensed LME clinician at Astoria, recommends 10-16 laser treatments once per week for best results. "You can expect to see results four months after the last treatment," she said. She recommends one treatment per month thereafter to sustain the results.

Hair treatment clinics and spas have medical-grade lasers that are much more powerful than at-home devices. However, if cost is

a concern and you're committed to being diligent about using an at-home system, they are easy to use and effective, although results will take longer.

There are several at-home LLLTs on the market, including those from Theradome and iRestore. Both of these look similar to a bicycle helmet. The Theradome should be used twice a week for 20 minutes at a time and the iRestore every other day for 25 minutes, but you have the advantage of using it in the comfort of your home while you're reading or watching TV. The iRestore claims you can expect to see visible growth in three to six months, and the Theradome in six to nine months.





# TOPICAL TREATMENTS

As mentioned above, PRP can be used in conjunction with microneedling to stimulate hair growth. With PRP, a technician draws a vial of your blood and spins it in a centrifuge to extract the plasma. Then ingredients are added, and it's injected into your scalp at intervals.

According to Trichological Associates, the Hair Loss Clinic in Alexandria, PRP stimulates natural hair growth, especially if the formula contains growth factors such as platelet derived growth factor and vascular endothelial growth factor. Clinical trials of PRP for hair growth have been inconclusive, in part because each practitioner adds different ingredients and in different amounts, but, when used in conjunction with microneedling, laser treatments or hair transplants, the results have been positive.

Minoxidil remains the only FDA-approved topical product for treating hair loss. It does not work for everyone, but it is effective for treating FPHL. The results are only sustained as long as you keep using it. It does have some risk of side effects, one of the most common being unwanted facial hair growth.

# MICRONEEDLING

Microneedling is a process often used for facial skin rejuvenation in which tiny needles are rolled over the skin creating micro injuries. In response to these injuries, your body increases collagen production. When used on the scalp, microneedling increases the production of growth factors and stem cells that can stimulate hair growth.

Microneedling on its own has shown mixed results, but when it's combined with topical treatments, the channels that the needling opens up in the scalp allows the topical treatments to penetrate deeper, enhancing their effectiveness, so it makes sense to use minoxidil or platelet rich plasma (PRP) along with microneedling for maximum results.

"With scalp needling, we infuse a specific GF Hair Complex that mimics plasma in the body, which stimulates hair growth. We also recommend using minoxidil on a repeated basis at home to maintain hair growth," said Handoush.

## PRODUCTS FOR THICKER TRESSES



### < Women's Rogaine

Available as a mousse with 5 percent minoxidil that you apply once a day or a 2 percent minoxidil solution you apply twice per day with a dropper.



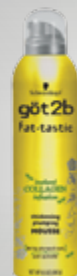
### < Keranique Regrowth Treatment

This easy-to-use treatment contains 2 percent minoxidil and comes with a precision spray nozzle to target the regrowth treatment precisely. Apply six sprays twice a day to thinning areas.



### < ArtNaturals Argan Oil Shampoo

A hormone called DHT restricts the blood supply to hair follicles, which is a common cause of hair loss. This shampoo contains DHT blockers to ward off hair loss.



### < Got2b Fat-tastic Thickening Plumping Mousse

This collagen-infused mousse plumps up thin hair, making it feel thicker, denser and stronger.



### < Laritelle Fertile Roots Hair Oil

Herbal infusions in the oil stimulate the scalp and hair follicles, increasing blood circulation, strengthening and protecting the hair and fighting hair loss.

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



BY DIMA ALI, MD



## Ask DR. DIMA ABOUT FEMININE REJUVENATION WITH THERMiVA

Historically, surgery was the only option for women for vaginal tightening and changing the appearance of the labia. I trained with Dr. David Matlock – of the E! network docu-series Dr. 90210 – in LA so that I could offer this procedure to patients. There is now an alternative and it is quite remarkable. It's called ThermiVA.

### What is Vaginal Rejuvenation?

Also known as female genital plastic surgery or aesthetic vaginal surgery. Vaginal rejuvenation usually combines vaginoplasty ("tightening" of the vagina) and/or labiaplasty or vulvoplasty (reshaping of the vulva or labia, the outer and inner lips of the vagina). It has become an increasingly popular option for women.

### What is ThermiVA?

ThermiVa is a non-surgical radiofrequency procedure for vaginal and labial tightening. Both the internal and external tissues can be treated.

### What is the healing time after the procedure?

There is no downtime with this procedure. Women report feeling tighter even after one treatment. After week two, you will notice an increase in vaginal moisture (the glands "regenerate"). Sexual activity can be resumed as normal. Improvement with incontinence is also noticed after the first treatment. The vulvovaginal tissues continue to tighten after each treatment. It is actually quite a remarkable difference physically, sexually and psychologically.

### What is the procedure like?

The procedure is very comfortable and takes about 45 minutes. I do 3 treatments about 1 month apart. There is no need for anesthesia.

### Who is a candidate for ThermiVA?

ThermiVA is an excellent treatment for women who suffer from urogenital atrophy/laxity and complain of painful intercourse. Giving birth vaginally, aging and obesity are some contributing factors to this condition. Other reasons to get ThermiVA may also include:

- If you have sexual dysfunction or problems reaching orgasm
- If you have urinary leakage (incontinence) when you laugh or cough
- If you feel that your vagina is dry and is not producing moisture like before
- If you simply don't like the way your labia looks

### –DR. DIMA

#### WellMedica Aesthetic & Anti-Aging Medicine

WellMedica is a designated Syneron-Candela training center for physicians.

703.787.9866

1801 Robert Fulton Dr., Suite 540, Reston, VA

[WWW.WELLMEDICA.COM](http://WWW.WELLMEDICA.COM)



#### WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

1801 Robert Fulton Dr., Suite 540,  
Reston, VA 20191

703.457.9671

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



# ThermiVA for Vaginal Rejuvenation

(Get Your Pre-Baby Body Back)

Excessive stretching of the vaginal muscles is a common occurrence after vaginal birth or due to aging. Finally, there is a non-surgical, painless and effective treatment for vaginal rejuvenation and restoration. ThermiVA treats vaginal laxity, dryness, enhances pleasure and even improves incontinence. Reclaim your pre-baby or post-menopausal body, restore your wellbeing and revive your relationships with ThermiVA!\*

\*ThermiVA treatments are performed by Dr. Dima

## No surgery, no downtime, no anesthesia



Dima Ali, M.D.

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

## THERMiVA

Painless, Non-Surgical Vaginal  
Rejuvenation with Dr. Dima



## WELLMEDICA AESTHETIC & ANTI-AGING MEDICINE

1801 Robert Fulton Dr., Suite 540, Reston, VA  
703.457.9671 | [www.WellMedica.com](http://www.WellMedica.com)



# Fall Plaids & Autumn Fads

BY JULIE HOLLAND

I know a lot of people have a hard time saying bye to summer, but I'm not one of them. Bye summer, mmk oh baiiii. The weather can be so amazingly perfect in this area through September and October (you'll get your 70 degree days again in February...totes becoming a trend), and most importantly, the boots, scarves and comfy layers get to come out! "Yes!" to all the above. You really don't have to stress about packing away your summer wardrobe when **blazers** and **booties** exist, and isn't it far more comfortable to "glisten" a normal amount in the fall, rather than sweating your face off and watching your hair expand into frizzy new heights in the summer? Pop-in **hair extensions** and **hats** are much more doable with a chill to the air, and layers can make an otherwise boring outfit pop.



**FANCY PICNIC BASKET.** Eeee, what is better than an autumn picnic?! Many varieties of picnic "baskets" exist, from backpacks that unzip to reveal the full spread of wine glasses and cutlery, to this vintage half round wicker design. This vintage style is so romantic and makes a great accessory for photos! Find similar ones on Etsy.



Here are a few suggestions for strutting on crunchy leaves and sipping pumpkin spiced lattes in style:



**INSTANT HAIR EXTENSIONS** (ponytail and invisible halo). Whether you're bored of your current length or style, or just looking to switch it up every now and then, pop-in extensions are easy to use and look amazing. My favorite brand to wear is "Hairdo", found on Hairuwear.com. These come in many styles and shades, in synthetic or human hair. You can even take the long, "invisible" extension to your salon and have them trim and layer it to match your hair so that no one would ever know.



**BOOTIES.** Try booties with fringe or Chelsea style rain boots.



Well, **PLAID**, of course. Has this ever not been a thing? Go for the classic red or hop on the current trend of colorful plaids (like pink) in varying pattern sizes.

**A STATEMENT COAT.** Sure, classic trench coats can look super chic, but oversized coats in bold prints and colors are just plain fun. You can't wear a cow print coat and not feel slightly fabulous. (see similar cow coat from ASOS)



# ASK AN EXPERT

Fall is the best time to  
repair sun damaged skin



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

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

2106-B Gallows Road  
Vienna, Virginia 22182  
(703) 992-9290

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

### **Can sunspots be removed?**

Sun spots, which include age spots, freckles, and other benign pigmented lesions resulting from sun-damage, can be removed from face and nearly any body area. Needling, Peels, Radio Frequency and Laser treatment removal of sun spots can significantly enhance your skin's appearance.

### **Is there a difference between freckles and sunspots?**

When there is no exposure to the sun, freckles fade as the skin cells are replaced by new cells, hence the reason why freckles fade during winter. The main difference between sun spots, age spots and freckles, is the age at which they appear, the size and the location on the body.

### **Do freckles caused by the sun go away?**

There are two types of freckles: One type appears when the skin is exposed to sun in the summer, and this type fades during winter months. The other type does not fade. These freckles tend to be darker than the freckles that fade. Either ones should be removed in office.

### **Are sun spots a sign of cancer?**

Some changes in your skin come with age, such as the unpopular age spots (also known as sun spots or liver spots). These have nothing to do with the liver and are caused instead by long-term sun exposure. Not all spots that appear on the skin are cancerous. However, moles, freckles and sunspots are warning signs that the skin has had too

much sun exposure, increasing the risk of skin cancer. It is recommended to get your skin checked periodically.

### **Are age spots and freckles the same thing?**

These cells produce melanin, a substance that darkens the skin. Freckles are generally harmless, tiny brown spots that usually appear on sun-exposed areas early in life, and fade over time. Age spots look similar, but they are usually seen later in life and tend not to fade.

### **Are freckles genetic?**

Freckles are small, concentrated spots of a skin pigment called melanin. Most fair-skinned, red-haired people have them. Freckles are controlled primarily by the MC1R gene. Freckles show a dominant inheritance pattern: parents who have freckles tend to have children with freckles.

### **Can you get a freckle removed?**

If benign appearing, freckles can be removed by different treatment options depending on the nature of the freckle and skin type of the patient. It is best to first get a consultation done.

### **Are you born with freckles?**

Sometimes they merge together to make a larger spot. Freckles appear on skin that has been exposed to the sun. When you touch the skin you cannot feel a freckle unlike moles. People are not born with freckles, they only develop after a person has been exposed to sunlight. ❖



# SCULPT & SMOOTH & TIGHTEN

*A new YOU in the Fall*



Each applicator **\$850.00 NOW \$649.00**

(with 2 applicators receive 1 FREE  
Venus Legacy RF Body Tightening)

## VANQUISH ME™

ADIPOSE TISSUE MELTING **\$850.00 NOW \$700.00**

(with 2 treatments receive 1 FREE  
Venus Legacy RF Body Tightening)

Venus Freeze/ Legacy RF

Body Tightening \$350.00 **NOW \$210.00**

Venus Freeze/ Legacy RF Jaw, Neck or

Face Tightening \$350.00 **NOW \$210.00**

Needling Face and Neck \$780.00 **NOW \$468.00**

CLEAR LIFT Laser \$490.00 **NOW \$343.00**

IPL Laser \$450.00 **NOW \$270.00**

Nano Fractional RF Face & Neck \$590.00 **NOW \$413.00**

Fractional Laser Pixel \$1,200.00 **NOW \$720.00**

Dermal Infusion \$265.00 **NOW \$185.00**



**703-992-9290 | [AstoriaLaserClinic.com](http://AstoriaLaserClinic.com)**

**2106-B Gallows Road | Vienna, VA 22182**

# GIFT GUIDE

BY JOHN PARISI



## SCULPTAPALOOZA

[Amazon.com](https://www.amazon.com)

Squish and squash your way into sculpting superstardom from Educational Insights. This fast-paced, hands-on game gets teams racing against the clock to sculpt their way through hilarious challenges for laugh-out-loud family fun. Age Range: 10 years+ \$19.99

## BEAKER CREATURES

[Amazon.com](https://www.amazon.com)

Kids can discover dozens of unique and adorable collectible characters including aliens, sea creatures, bugs and dinosaurs through simple lab experimentation. 5 years+ \$24.99



## KULLERBU SIM SALA KING SET

[Habausa.com](https://www.habausa.com)

The Sim Sala King Set is wooden track creativity at its finest with fun xylophone stairs, dominoes, and a bell arch. Hours of screen free play for kids! 2 years+ \$109.99



## PEDIPOCKET

[www.pedipocketblanket.com](https://www.pedipocketblanket.com)

The plush, velvety fleece PediPocket blanket is nearly 6 feet long, so it covers your shoulders and your feet at the same time and a special 20" pocket keeps your tootsies enveloped in warmth.





# GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



## EASY SPEED SALAD MAKER

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

The quickest and most convenient way to make your favorite delicious salads! Just wash the ingredients, strain, and flip the bowl over and chop. Couldn't be easier to make a salad since you're cutting all the items at once.



## THE PALMPRESS COFFEE PRESS

[PalmPress.coffee](http://PalmPress.coffee)

For all the coffee drinkers that can't go without... Use the PalmPress to hand-brew single servings of delicious hot or cold brew coffee. It's completely reusable, and coffee does not come into contact with plastic. Small and simple, for home, office, and travel.



## RUNNY NOSE LIQUID DISPENSER

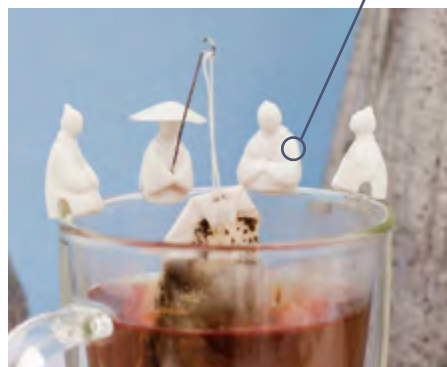
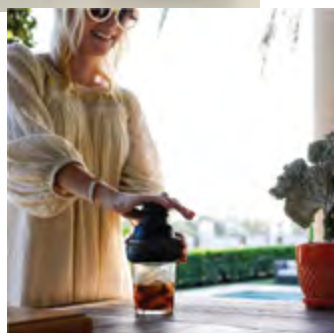
[GeekyGet.com](http://GeekyGet.com)

Nothing says clean like rubbing snot in your hair! This hilarious Runny Nose Liquid Dispenser is guaranteed to freak out guests. Just press the nose and gel oozes out of the right nostril.

## TEA HOLDER FISHERMAN

[TheGadgetFlow.com](http://TheGadgetFlow.com)

Inspired from the old Chinese story of Jiang Taigong this fisherman used a straight fish hook because he believed that the fish will come to him only when they are ready to be fished. While that sounds like a failed tactic for fishing, it won't be bad to use the same to hold your tea bag instead. Every set comes with four pieces you can enjoy with your friends during tea time parties. By using this Tea Holder Fisherman, you can actually enjoy sipping your tea while he sits patiently, holding your tea bag on his straight fish hook. What a magnificent scene to watch!



# HAIR CARE ROUTINES FOR ALL AGES

By Emily S.

Our bodies don't stop changing after puberty: They're constantly evolving and adapting to age. While there are plenty of advantages to growing older, some of the physical signs are a little less welcome. Our hair in particular is often a source of pride and confidence, but can show the most signs of age. We've compiled some tips to ensure that your hair is being taken care of at every step in life.

## TWENTIES



While your twenties are for experimenting with color and style, there are still ways to take care of your hair to ensure that it will be healthy in the future. Exercise and sun exposure are often a huge part of a young woman's life, but can both have surprising impacts on your hair's health. Avoid long-term damage by taking some preventative measures.

A tight ponytail can rip your roots out and damage follicles, yet sixty percent of women say they use a hair tie daily. Try swapping your hair elastic for scrunchies or elastic cloth hair ties to protect your strands from damage.

Make sure to also engage in proper measures to protect your hair from sun damage if you're going to be outside for a long time. Invest in some scalp and hairspray-esque hair sunscreens to avoid exposure to damaging, and cancer-causing UV rays.

## THIRTIES



Often by our thirties, our beauty needs have drastically changed from those in our twenties. With rapidly changing life plans and damage from years of experimental hair care, thirty year old women should start buckling down to get serious about long-term beauty.

Cutting down on the number of times that you wash your hair every week can keep overshowering from stripping your hair of its moisture and damaging your roots. In fact, most people only need to shampoo twice a week, but only a third of women follow these guidelines. Try substituting a dry shampoo every now and then to prevent overworking your hair.

Another way to avoid brittle hair is to improve your diet. Your hair reflects what you eat, and foods rich in biotin and omega-3 fatty acids can bolster your cells and strengthen your hair while giving it added shine. Try introducing more nuts, seeds, eggs and dark green veggies into your diet to achieve radiant locks.

## FORTIES+



As we reach our forties, our bodies start to change quite a bit. Most women struggle with brittle, greying hair as their follicles lose pigment. While there is beauty in proudly showing off your age, there are also ways to roll back the clock if you wish.

If you choose to color your hair, make sure you're getting the right dye. Many hair dyes don't offer full grey coverage, and have a limited range of colors. Use one that's custom made for you to feel confident in your color and own your unique beauty.

Also, avoid using too much heat on your hair. Overly hot styling tools can singe your hair and damage the shafts, leading to frizzy, broken hair. Take a day or two off to let your hair's natural oils replenish and protect each strand. When you do use heat in a straightener or curling iron, don't set it too high. For finer hair, use a lower setting, and for thicker hair, a higher setting, but never use a 400 degree tool.



# Jennifer Wang



**Name and occupation.**

Jennifer Wong Broker & Owner  
WHomes real estate brokerage

**What is your biggest beauty splurge ?**

After my 4 children are all tucked into bed and the house is finally quiet, a mug of herbal tea and aromatherapy hot bath and I allow myself that time at night to decompress from my day.

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

Eyelash curler and lipstick

**What did you formerly do that you realized wasn't was worth it?**

I never would use daily face lotion and night cream. Now I'm obsessed with it and it makes such a big difference with the brightness and making my skin look younger.

**What is your workout pick?**

I love walking with my dog on nature trails. Scotts Run is right next door so we visit it as often as we can.

**What is your view on diet?**

Since I have a large family with four kids eating and cooking is a big deal in our home. My rule is we can eat anything as long as we can make it ourselves.

**What's your spa fix?**

I'm a huge massage fan I try to get them often for the health of my back and neck.

## Salon O Tony

**Hair** by Vidal at Salon o Tony

**Makeup** by Bellina Lambdin and Sharon Holland at Merle Norman





www.mbfacedesign.com

# Switch Out Your Makeup for the Fall

By Marta Bota

The days are shorter and you can feel the chill in the air. The leaves will begin to turn brilliant colors as Autumn is quickly approaching! This is a favorite time of year for many, but that means its time to put away your cute summer sandals and little sundresses.

For those of us who LOVE fall fashion that means its time to break out the boots and start layering your clothing and accessories! I love wearing colors that reflect the seasonal changes, adding golden and burgundy hues to my scarves and sweaters! That means its time to change your makeup palette as well, bringing in richer, deeper tones to your lip and eyeshadow colors! Adding copper and gold shimmer gives an added depth to these rich tones!

In addition to being a seasoned makeup artist I'm also an organic airbrush tan artist. I love the effect of a light airbrush tan for a "healthy glow" this time of year. It adds warmth to the rich makeup palettes this season and will make you truly stand out!



I love deep, rich red and burgundy lip colors in the fall! Kat Von D Painted Love lipsticks come in a wide array of colors that are perfect for this time of year. These are rich full-color lipsticks that will really make a statement.



Eyeshadow palettes are the way to go when layering color on your lids this season! One of my favorite palettes is the Tartelette In Bloom Clay Palette by Tarte cosmetics. This eyeshadow kit has a great variety of color choices that are perfect for any season!. There are matte and shimmer shades that give you endless possibilities. The darker shadows are perfect for Fall and I love adding shimmer to the center of the lid for a dramatic effect! What really excites me about this particular eyeshadow kit are the ingredients. Mineral pigments and Amazonian clay makes them glide on with ease and allows for smooth blending.





We must turn our attention to foundation this season. As our summer glow fades we should keep this in mind and consider purchasing a lighter shade. Foundation should be a PERFECT match to our skin tone and type for the most flawless makeup application. My all time favorite foundation is Limelife by Alcone Perfect Foundation. The highly pigmented botanical foundation is a favorite among celebrity makeup artists and their clients, creating the most natural effect that looks like a "second skin!" It works well on ANY skin type and is "buildable" for the perfect coverage.



As we transition from summer to the cooler seasons I still love to use bronzers on my clients, to create a warm glow to their skin tone. This looks particularly beautiful with the vivid hues in fashion for this vibrant colorful season. One of my favorite bronzers is Too Faced Milk Chocolate Soleil. The name says it all! This matte bronzer neutralizes red, enhances all skin tones, and is infused with cocoa powder making it's chocolate scent extra delicious for the chocolate lover in you.

The leading hair salon in the Washington D.C. area for Keratin treatments



**Custom Haircut**  
**Balayage**  
**Ombre**  
**Highlights**  
**Styling**  
**Make-up**  
**Body Care**  
**Nails**



# SALON Ö TONY

an experience that will leave you glowing inside and out

(703) 281-3191  
 130 Maple Ave W Vienna, Virginia  
[salonotony.com](http://salonotony.com)

# AROUND TOWN

BY SHARON REED

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

## ROCK BANDS, FIREWORKS, CARNIVAL LIT UP THE NIGHTS AT CELEBRATE FAIRFAX

Nightly fireworks lit up the sky at the Celebrate Fairfax! Festival, held June 8th through 10th at the Fairfax County Government Center. Nearly 70,000 people attended the 37th annual event, which included carnival rides, interactive exhibits, food vendors, family programs, a 5K Race—and much more.

Musicians performed 120 shows on the seven stages at the festival, including this year's four headliner bands: Good Charlotte, Gin Blossoms, Sugar Ray and Cracker.

On Friday night, June 8, multi-platinum selling band Good Charlotte hit the stage and performed 13 songs, starting off with "The Anthem," one of the band's most popular songs.

Formed in 1996, Good Charlotte is a pop punk/alternative rock band from La Plata, MD. The band made a name for itself playing in Washington, D.C. clubs.

Good Charlotte consists of vocalist Joel Madden and guitarist/vocalist Benji Madden, identical twin brothers who grew up in La Plata, MD.; bassist Paul Thomas, also from La Plata, MD.; guitarist/keyboardist Billy Martin from Annapolis, MD.; and drummer Dean Butterworth, of

Manchester, England.

Highlights of the show included the band's performance of five of their Billboard chart topping songs: "The Anthem," "Girls and Boys," "The River," "I Just Wanna Live"—and "Lifestyles of the Rich and Famous," the last song of the show.

Fireworks burst over the Fairfax County Government Center following the show, with countless appreciative "oohs!" "ahhs!" from the audience.

Next up Herr Metal performed 80's hair metal hits on the adjacent Cox Rocks stage. Clad in brightly colored costumes with flowing wigs, the band performed songs from Bon Jovi, Guns N' Roses, Def Leppard—and more.

But the fun wasn't over yet. Following the show many people headed over to the Silent Disco. Wearing wireless headphones, the participants switched channels back-and-forth to dance to the music played by 3 different DJs. Observers couldn't hear the music but amusingly saw the participants rocking out in silence.

The carnival and interactive exhibits were open day and night throughout the weekend.

On Saturday night Gin Blossoms launched the headliner show by performing the song "Lost Horizons," the first song on their multi-platinum 1992 album "New Miserable Experience."

Formed in 1987 in Arizona, Gin Blossoms consists of: Bill Leen (bass guitar); Jesse Valenzuela (rhythm and lead guitar, backing vocals); Robin Wilson (lead vocals, percussion, harmonica, acoustic guitar); Scott "Scotty" Johnson (lead and rhythm guitar, backing); and Scott Hessel (drums, percussion).

During the show the audience was treated to hear four songs from "Mixed Reality," their new album, which frontman Robin Wilson announced would be coming out on June 15.

Highlights of the show also included the performance of three of their Billboard hit songs: "Found Out About You," "Until I Fall Away" and "Allison Road."

As they continued their set lightning started to flash, causing the show to be ended early after playing their 12th song, "Found Out About You." The audience then chanted for the band to play the song, "Hey Jealousy" but unfortunately the weather forestalled it.



With a storm threatening, the audience was instructed several times to take cover in the Government Center. Despite the warnings, many people stayed in front of the stage, literally singing in unison in the rain, which hit with force. The rain continued for about 2 hours. As it began to clear the nightly fireworks were launched about the Government Center.

After that the rain stopped Sugar Ray took the stage to perform an abbreviated show. Drenched but happy, fans appreciatively clapped and sang along when lead singer Mark McGrath began to perform the first song: "Summertime's Coming." The shortened set consisted of 10 songs, including hit songs "Every Morning," "Someday," "When it's Over" and "Fly."

Formed in 1986, Sugar Ray is an alternative rock band from Newport Beach, CA. Its members are: Mark McGrath (lead vocals, rhythm guitar, percussion); Rodney Sheppard (lead guitar, backing vocals); Kristian Attard (bass, backing vocals); and Dean Butterworth (drums, percussion, programming, backing vocals).

Finishing off the set, Sugar Ray performed its chart-topping number one hit song "Fly" to the delighted audience.

Sporadic light rain didn't stop the crowds from watching Cracker perform on Sunday afternoon, June 10th. Umbrellas could be seen going up and down throughout the afternoon, but fortunately there was no thunder and lightning.

Formed in 1991 in Redlands, CA, Cracker is a rock band consisting of lead singer David Lowery (vocals, guitar); Johnny Hickman (lead guitar, vocals); Bryan Howard (bass guitar); Carlton "Coco" Owens (drums); and Matt "Pistol" Stoessel (pedal steel guitar).

Cracker performed 16 songs at Celebrate Fairfax, starting off with "King of Bakersfield" and finishing the set with "I See the Light." Highlights of the show include their performance of "Teen Angst (What the World Needs Now)," which charted at number one on the U.S. Modern Rock Tracks, as well as chart-topping hit songs "Low," "Get Off This," and "Euro-trash Girl."

During the concert fans were also able to sample craft beer at Celebrate Fairfax's



Sunday Brew, a pop-up beer festival that featured 12 local and regional breweries.

Celebrate Fairfax! Festival is a can't-miss annual event. Mark your calendars! Next year's event will be held June 7-9, 2019.

Additional upcoming events hosted by Celebrate Fairfax include: Fall for Fairfax KidsFest, Sept. 29-30, [www.fallforfairfax.com](http://www.fallforfairfax.com). ❖





BY FREDERIQUE STEPHANIE

## OBSERVATION DECK NOW OPEN WITH AN INCOMPARABLE EXPERIENCE OFFERING 360-DEGREE VIEWS OF THE NATIONS CAPITAL

**General Tickets On Sale Now**

**L**egends, the award-winning firm behind One World Observatory at the World Trade Center in New York City and OUE Skyspace in Los Angeles, is thrilled to announce the highly anticipated opening of The Observation Deck at CEB Tower in Arlington, Virginia on June 21, 2018, just in time for Summer Solstice. Located in the heart of Rosslyn, at the top of JBG Smith's all glass CEB Tower at Central Place, the new public observatory will offer spectacular, panoramic views of the Nation's Capital and beyond. Tickets are now available for purchase online at [www.theviewofdc.com](http://www.theviewofdc.com).

Perched on the 31st floor of the tallest building inside of the Beltway, The Observation Deck provides incredible 360-degree views and an opportunity to experience the Washington, D.C., Maryland, and Virginia skylines like never before. The Observation Deck features 12,000 square feet of unobstructed observation space, technology that leads guests through a self-guided tour, an open-air terrace, a café that celebrates the vibrant and multicultural food scene of D.C., and private event space with unmatched views of the skyline and the Potomac River.



Guests will not only enjoy unparalleled views of the region, but will be immersed into unique historical perspectives of some of the most famous local landmarks through the "Windows Into History" exhibit. The exhibit utilizes interactive digital touch-screen displays and directional audio narrating some of the untold stories of different people and viewpoints that have influenced our nation's history while drawing parallels to the distinct views seen from each window of The Observation Deck. The guest experience is highlighted by a complimentary photo opportunity and an interactive hologram experience that allows guests to step into the shoes of selected historical figures and learn different perspectives on import issues that have shaped our nation.

A daily ticket to The Observation Deck costs \$22. Discounted tickets will be made available to youth, students, military, and seniors with appropriate identification. Visitors who purchase in advance through the online store at [TheViewofDC.com](http://TheViewofDC.com) will save on ticket service fees. Full-service ticketing will be available daily in the Box Office Lobby with staffed ticketing stations. Visitors looking to be one of the first to experience the new attraction and views may have their choice of dates and times with tickets available for purchase online now for the June 21st opening.

Timed ticketing will allow visitors to choose the date and time of their visit to ensure wait times for busy travelers are minimized. Advance reservations and e-ticketing are useful tools to help manage capacity, and allow the purchase of tickets while guests plans their trip to the area. Visitors will experience a smooth purchasing experience whether at the box office, on their computers at home or from their mobile phones as they arrive to The Observation Deck.

Legends will utilize a customized ticketing suite, which enables visitors to purchase tickets in their box office, on their computers, or right from their mobile devices with a simple, consistent, and attractive layout on multiple devices. This eCommerce solution will serve as their storefront 24/7, and offer visitors print-at-home and mobile barcoded ticketing, with secure payment processing.

General contact inquiries: 703-423-0600 or email [tickets@theviewofdc.com](mailto:tickets@theviewofdc.com)

For group contact inquiries: 703-423-0600 or email [groups@theviewofdc.com](mailto:groups@theviewofdc.com)

Follow and engage with The Observation Deck at CEB Tower on social #theviewofdc on Facebook Twitter Instagram

[www.theviewofdc.com](http://www.theviewofdc.com) ❖



# The Belt Team

"Changing Lives For The Better - One Family At A Time!"



VIENNA, VA  
~\$1,070,000



## INCREDIBLE LOCATION!

5 Bedroom/4.5 Bathroom classic Van Metre End unit! Exceptional details include updated gourmet eat-in kitchen, large windows, tray ceilings, recessed lighting, custom crown moldings, and gas fireplace! This home is built for everyday living and entertaining.

## THINKING OF SELLING?

DO YOU KNOW THE CURRENT VALUE OF YOUR HOME?  
FIND OUT INSTANTLY!

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



## NEW CUSTOM HOME

Vienna, va  
~\$1,550,000



VIENNA, VA  
~\$859,000



WE ARE HERE TO HELP!  
GET YOUR FREE REPORT TODAY!

"42 Questions You MUST Ask  
Your Realtor BEFORE You List"

## TALK TO US

(703) 242-3975

[INFO@THEBELTEAM.COM](mailto:INFO@THEBELTEAM.COM)

SELLERS: [www.TheBeltTeam.com](http://www.TheBeltTeam.com)

BUYERS: [www.TheBeltTeamRealEstate.com](http://www.TheBeltTeamRealEstate.com)

**Belt Team listings sell FASTER than average AND  
they sell for more!**

Named in Top 30 Best Real Estate Agents in State of VA (out of 30,000 agents) by Real Trends



BY KATHLEEN McDONOUGH

# THE MATHER:

## *At the Intersection of Wellness and Walkable*

As Tysons Corner continues its transformation from a business district dominated by offices and shopping to a new identity as a community with an ever-expanding range of housing options and pedestrian-friendly neighborhoods, it finds itself intersecting with the wellness revolution now shaping adult and senior living and embracing the dramatic shifts in the housing targeted to older residents by capitalizing on the benefits of mixed-use development.

Mature adults and young seniors are increasingly attuned to their physical, emotional, mental, social and spiritual health and wellness. More and more, they are looking for communities that can offer them the services, amenities and opportunities that will deliver personalized wellbeing in every facet of their lives, improving overall quality of life.

Enter The Mather, a forward thinking “life plan community” for people 62 and

older. Nothing about this new property, whose proposed site is at 7929 Westpark Drive, looks as if it’s aimed at seniors.

Here, adult living is being re-defined as spaces that promote wellness through innovative uses of smart-home technology, luxurious, maintenance-free apartment homes and healthy lifestyle amenities like a fitness center and day spa, social, cultural and educational programming, as well as restaurant and retail space. All this set within a walkable urban environment less than half a mile from Metro, in a corner of Tysons that is fast becoming a true neighborhood.

The first East Coast property for Illinois-based Mather LifeWays – innovative creators of programs, places, and residences for today’s young-at-heart older adults—and in partnership with Westminster Capital, The Mather in Tysons is projected to open in 2022.

It’s safe to say that there’s no development like it in the Washington, DC area. Along with being an amenity-rich community, The Mather will fully integrate smart home technology, such as voice-enabled personal assistants that can control smart home devices, into all of their apartments, providing state-of-the-art conveniences that can help mature adults age in place for longer periods of time.

The Mather’s stunning design features two high-rise towers with one- and two-bedroom units and offers outdoor terraces, street-level plazas and a large, private “activity event lawn,” plus smaller green spaces and private gardens. The community’s overall focus will be on amenities conducive to an active retirement or pre-retirement lifestyle. And for those who want even more, everything else—world-class shopping, dining, entertainment, sporting events and destinations—can be found right outside the door.

The Mather, as well as other wellness-focused adult communities that are sure to follow, will encourage their residents to pursue new passions and priorities, with a plan in place that supports aging well. Life plan communities provide an important benefit: a continuum of living options, which enable residents to plan ahead to access additional services, including long-term health care, if ever needed. These communities will be possibility-rich environments for their residents, with programs, amenities, services and health care that support wellness, a sense of community, and opportunities to find fulfillment.

At The Mather, the good life starts with a great address.

For more information about The Mather visit [www.TheMatherTysons.com](http://www.TheMatherTysons.com). ♦





BY SHARI SHEFFIELD



## URBAN PLATES IN SUBURBAN ENVIRONS

The west coast restaurant chain Urban Plates launched its first east coast eating destination in June. Its DC area fast casual concept debuted in the Tysons Galleria on the first floor across from Maggiano's.

The Tyson Galleria location is the latest addition to Urban Plates' growing wholesome food emporium dynasty. The California based chain selected the Tysons area "...because of the high density of people who are educated about the importance of eating nutritionally balanced, made from scratch meals with responsibly sourced ingredients." according to a representative.

With its 14th opening, the folks that conceived the Urban Plates' fine fast-casual concept, also brought some nostalgia and whimsy back to dining in Tysons Corner.

Urban Plates prides itself on serving its "from scratch locally sourced" dining concept in an aesthetically pleasing familial space. The décor is so familial and homey that on our preview we could have sworn that HGTV's JoAnna and Skip Gaines of Fixer Upper were the design team.

The long communal wood planked table, white china wear mural in the entry way, and the cheery yellow and cornflower blue striped booth upholstery look like they could have come from one of JoAnna's shabby chic house renovations.

The warm and comforting visual cues of a country house dining room translate through to the food. Once you enter the restaurant you are ushered through a perimeter to a stack of shiny aluminum baking trays. Beyond stands a server behind glass at a long counter featuring mounds of brightly colored food and dishes.

You soon realize these gleaming baking sheets are meant to serve as your meal trays as

you walk along ordering delicacies. We were enchanted. This scene brings back memories of Sunday afternoons visiting a Morrison's or a Piccadilly's with your grandparents. On our visit we stood in line behind a woman who ordered the biggest salad we had ever seen outside of a Cheesecake Factory.

The menu spans from salads, sandwiches, soups, and entrees, to desserts, beer and wine with the goal of providing a meal that is not only fresh but good for you too. Signs boast all the organic ingredients being served to remind you of what you are putting in your body. All the food is locally sourced, free range, and sustainable. An online menu chart will steer vegetarian, vegan and gluten free diners to safe options as well. For example, all the beef served in Urban Plates is not only grass fed its grass finished as well. Paleo or keto dieters rejoice!

Vegetarians will be happy that salads are not their only option. In addition to soups they can feast on sides or order a "4 Up" plate. This consist of a huge entrée plate of four home style sides. We recommend trying the rainbow carrots and golden beets medley and harissa seasoned corn on the cob. The Tysons' menu also comes with local twists like Old Bay seasoned potatoes and blue crab and corn soup.

But could you expect anything more when one of the founders comes from Boston Market and Ruth Chris' experience and the other owned an organic market? That combination gives you a dining concept that aims to please and nourish the body with quality ingredients.

You might also pick up on the nods to the "just like Mom used to make" concept from the desserts like Hummingbird cake, chocolate pudding and chocolate chip cookies

with chocolate chunks as big as quarters! This is Urban Plates clever effort at comfort food at its fast causal best.

Although it is experiencing some growing pains that you'd expect from a newly opened chain, staff is super friendly and helpful. On our visit, we ordered two entrees and two desserts that would not fit on our aluminum baking sheet tray. The plates were so large and generous (and quite frankly who really complains about that), that it was too heavy for one person to carry. A service person came over to assist and brought back to the table the boxed up desserts for take away. We then understood why the cash register checkout gives you the option to include a tip. Trust us-use it.

Someone also delivered our glass of Babich Sauvignon Blanc crisp and properly chilled to the table. Wine is served by the glass, bottle or 2 ½ glass carafe which is a nice option.

A carefully curated contemporary music playlist liltin in the background caught us taping our feet as we ate. Surely this is was where the (up until then absent) "urban" portion of Urban Plates that has evaded us could be found we wondered.

But that mystery would have to wait to be solved we concluded, as we tucked into the southern classic dessert, a slice Hummingbird cake and eyed to menu for some banana pudding.

Urban Plates is located at Tyson Galleria at 2001 International Drive, McLean, Virginia. Dinner for two with wine and desserts under \$55.00.

Shari Sheffield is a Food, Wine and Luxury Lifestyle writer. You can follow her on Twitter and Instagram @sharishfield

7200 Matthew Mills Rd, McLean

**\$2,350,000**



# Most Expensive Homes

SOLD IN THE AREA LAST JUNE



7106 Enterprise Ave, McLean

**\$1,990,000**



7008 Capitol View Dr, McLean

**\$1,825,000**



6906 Chelsea Rd, McLean

**\$1,740,000**

\$ 2,350,000	7200 Matthew Mills Road	McLean	Va
\$ 1,990,000	7106 Enterprise Avenue	McLean	Va
\$ 1,825,000	7008 Capitol View Drive	McLean	Va
\$ 1,740,000	6906 Chelsea Road	McLean	Va
\$ 1,610,000	1931 Beaver Lane	McLean	Va
\$ 1,600,000	7215 Farm Meadow Court	McLean	Va
\$ 1,535,000	6513 Tucker Avenue	McLean	Va
\$ 1,500,000	1209 Stuart Robeson Drive	McLean	Va
\$ 1,495,000	1400 Ingeborg Court	McLean	Va
\$ 1,475,000	1415 Lady Bird Drive	McLean	Va
\$ 1,455,000	1328 Skipwith Road	McLean	Va
\$ 1,295,000	1532 Forest Lane	McLean	Va
\$ 1,290,000	4087 Ridgeview Circle	McLean	Va
\$ 1,285,000	6609 Briar Hill Court	McLean	Va
\$ 1,235,000	5845 Aspen Wood Court	McLean	Va



LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE



## 700 STRAWFIELD LANE, GREAT FALLS, VA \$3,499,000

For the discerning buyer, old world elegance marries modern amenities in this beautiful, impeccably decorated 9 bedroom, 8 full baths and 2 half bath manor. Stately entrance columns with iron gates, circular paver driveway, lighted fountain, expansive rear patio and deck, and professionally landscaped grounds set the tone for the many designer finishes inside. This home is an entertainer's delight as it offers every recreational amenity for large soirées or intimate gatherings, including a dramatic Home Theater with tiered seating. With a main level in-law suite and an elevator that accesses all 3 levels, this home is well-suited for multi-generational living! Beyond any wish list, it can be yours now!



DIANNE  
JAN & DAN



## DIANNE VAN VOLKENBURG

Direct: 703-757-3222

Office: 703-759-9190

9841 Georgetown Pike, Great Falls, VA 22066

[WWW.GREATFALLSGREATHOMES.COM](http://WWW.GREATFALLSGREATHOMES.COM)

LONG & FOSTER  
REAL ESTATE

CHRISTIE'S  
INTERNATIONAL REAL ESTATE



## 2544 BRIDGE HILL LANE OAKTON, VA \$1,800,000

This all brick classic home is situated in one of the most sought after and pristine neighborhoods in Oakton. Over \$600,000 of updates include: FULLY renovated kitchen, laundry, family foyer, ALL 5 ensuite baths, and the BOWA designed and constructed rear deck with covered gazebo with a stone fireplace, outdoor speakers, and views of the tranquil private yard which could easily house a pool and a tennis court. Inside there are 3 more fireplaces, custom hardwood floors, two half baths, a tranquil office, solarium or second office, and light filled great room. The Master Suite includes two custom fitted closets, 3 vanities, a soaking tub, and a sitting room with a fireplace. The spacious walk-out lower level boasts the guest suite, media room, exercise room, and wet bar. Dramatic landscape lighting, NEW Roof in July 2018 and yes, it even has a generator. Madison HS Pyramid The difference is in the details and they can be yours. <http://spws.homevisit.com/hvid/236439>



## VALERIE KAPPLER

Direct Office: 703.938.4200

Mobile: 703.963.4047

309 Maple Ave West, Vienna, VA 22180

[Valerie.kappler@Inf.com](mailto:Valerie.kappler@Inf.com)

[WWW.VALERIEKAPPLER.COM](http://WWW.VALERIEKAPPLER.COM)



## 12118 WALNUT BRANCH RD RESTON, VA \$924,000

Immaculate spacious, light-filled with generous views of nature's splendor. Relax in private with new Trex deck; feel as though you're in the country while minutes from Reston Town Center and great shopping/dining experiences. Gourmet kitchen with 36" gas burners and upscale granite— CALLING all CHEFS! High end master bath with heated floor! New water heater! Whole house steam humidifier. Abundant storage and guest living space!



*The Difference  
is MAJOR!!*

**JEFF MAJOR**

C: 703.623.9650

O: 1 703.716.2900

jeff@jeffmajorhomes.com

WWW.MAJORPARDOGROUP.COM



## 1604 WESTMORELAND ST MCLEAN, VA \$1,878,000

Another beautiful custom home by EV Custom Homes. Unique and modern open floor plan featuring two half floors (5 levels total) for added square footage and dramatic architectural flair. Highest quality construction and gorgeous designer finishes throughout. Perfect for spacious living and elegant entertaining. You will fall in love with the elegance, tranquility, and sophistication of this special urban home.



**MIKE HASHEMZADEH**

Mobile: 703.598.7171

Office: 703.442.9200

mhashemzadeh@aol.com

**JULIE M. MARIOTTI**

Mobile: 703. 328.4040

Office: 703.442.9200

juliemariotti@hotmail.com

**NVAR MULTI-MILLION DOLLAR CLUB  
TOP PRODUCERS**





## FABULOUS PRIVACY ON THREE LOTS

**FAIRFAX, VA**

**\$724,000**

This terrific colonial has three wonderful levels of fine details. White-cabinet kitchen overlooks family room. Upgraded sumptuous master bath. Finished walk-out lower level. Grand deck overlooking tranquil rear yard with two additional side outlots for privacy!

## CUSTOM NEW HOME

**VIENNA, VA**

**\$1,398,500**

Amazing details in this stunning 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!



## THE MOST GORGEOUS LOT IN VIENNA/TYSONS

**VIENNA, VA**

**\$985,000**

This ranch is sited on a stunning, two-lot, two-and-a-half acre estate parcel. Upgrade this home to an awesome status or build your dream home on this amazing rolling lot that backs to the start of a small stream and common area woods. No other homes visible from rear yard. WOW!



*"Making It Happen"*

**WWW.MARKGOEDDE.COM**

**MARK GOEDDE**  
**LONG AND FOSTER REAL ESTATE**

c: 703-850-8129

w: 703-790-1990

markgoedde@LNF.com



**LONG & FOSTER**  
REAL ESTATE

**CHRISTIE'S**  
INTERNATIONAL REAL ESTATE

**COLDWELL  
BANKER**



## 600 ALMA ST SE

VIENNA, VA

**\$1,600,000**

This amazing custom brick home has too many detail to list. With over 6,000 finished square ft, this home is a cooks dream. The kitchen is equipped with custom cabinets, wolf stove with double vented hood, flat griddle, and built in steam, and many more features. This 6 bedroom and 6 Full/ 2 Half baths has plenty of room to entertain guests!



Multi-Million  
Dollar Top  
Producer



Lifetime  
Top  
Producer

**TANA KEEFFE**

c: 703-585-2161  
w: 703- 938-4200  
tana@lnf.com

**DEBBIE EARMAN**

c: 703-475-8686  
w: 703- 938-4200  
deb@lnf.com

**WWW.TANAKEEFFE.COM**



## 13134 MALTESE LANE

FAIRFAX, VA

**BELOW \$600K**

- Close-In Greenbriar!
- 3500-3600 sf finished space
- 4 BRs 3 Baths, 1-Car Garage
- Beautiful, like new—TOTALLY RENOVATED!!!
- Open Kitchen, DR, LR, with new wood Floors
- New Kitchen w/ Island & Granite, New Cabs, Appliances & Fixtures
- New Bathrooms (3)
- Big Rec Rm w/French Doors to Patio and Fenced Backyard
- New Furnace, HWH, W/D
- New Electrical Control Panel & Fixtures
- New Driveway & Landscaping
- Garage, Patio, Fenced Backyard
- Great Neighborhood, Schools

Coldwell Banker is a registered service mark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal House Opportunity. Operated by a subsidiary of NRT LLC.



**GINGER KING**

Cell: 703.477.8793  
Office: 703.938.5600  
ginger.king@cbmove.com

**"WHEN EXPERIENCE COUNTS"**





## STUNNING NEW HOME

**FALLS CHURCH, VA**

**\$1,625,000**

Stunning new home by Sarantis Properties in the center of Falls Church. No detail was spared in this exquisite property with 3 finished levels, 5 bedrooms/4 full & 2 half baths. Exceptional details include mahogany front door, shining hardwood floors, decorative moldings, coffered & tray ceilings, custom tile work, custom granite, quartz, & marble finishes throughout, striking gourmet eat-in kitchen with large center island, & so much more! This is luxury at its finest. Give us a call to see inside!



**THE BELT TEAM**

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

Office: 703.242.3975

[WWW.THEBELTEAM.COM](http://WWW.THEBELTEAM.COM)

**Casey Margenau**  
Fine Homes & Estates



## 8401 BROOKWOOD CT

**MCLEAN, VA**

**\$4,350,000**

1.3M renovation completed in 2017 by Associated Custom Builders. Understated modern elegance and fabulous custom finishes throughout. 6BRs include 1st floor MBR, 4BRs up and lower level au-pair suite. Home theater, game room, 2 home offices and wine cellar. Private 1 acre lot, Charles Owen designed landscaping, in-ground pool w/solarium, spa, exercise room, game lawn and whole house generator!



**CASEY MARGENAU**

Office: 703.827.5777

Direct: 703.442.8600

[WWW.MARGENAU.COM](http://WWW.MARGENAU.COM)

# *The Stalcup Stand*

BY CAROLE HERRICK



It was not too long ago that Northern Virginia was a rural farming community and many farmers sold fresh produce at stands in front of their homes. The highway from Northern Virginia to Ocean City was once dotted with such roadside establishments offering fresh fruits, vegetables, and a few seasonal items. Families would often take Sunday afternoon excursions into the countryside and return home loaded with “just picked” fruits and vegetables or baked goods purchased from a local front-yard vendor they encountered along their route.



Beginning in the mid-1950s the William Stalcup family managed a produce stand in front of their house at Park and Kirby Roads in the McLean/Chesterbrook area. Its operation affected the entire family. When they were old enough, all of the children worked the stand. It was excellent experience. Not only did they learn to relate to people and acquire self-confidence, but each one had to become good at math at an early age. The stand was situated in one of two places. It often was placed under an evergreen tree next to the Stalcup driveway on Park Road, or it might be under the maple tree next to their fence that separated the Stalcup property from the Chesterbrook School. This maple was a grand old tree with large knobby roots protruding above the ground and the scales would hang from one of its limbs. These scales were the older kind that are often used today in traditional hardware stores for weighing nails. It had a galvanized steel scoop-shaped container that was suspended by three chains to the scale itself. The ground under the tree was grassless

because of the foot traffic of stand activities. There was also a worn path from the stand area to the front steps of their house. After early morning field work and breakfast came the long day of watching the stand. One of the Stalcup stand-watchers felt that it looked its best in the morning feeling that “there was a certain beauty and pride that escapes words. The corn was cool and crisp from the morning dew. The tomatoes had the orange-red hue that only home-grown tomatoes can display. And the bright clean colors of the freshly washed squash, peppers and beans made the picture complete.”

Each morning there was a certain routine in preparing the stand for the day's sales. First, the dirt ground around the stand was raked. In the beginning, a rigid garden rake was used, but later it was discovered that a leaf rake was quicker and more effective. The raking was done to pick up any debris, such as corn shucks, corn silks, and twigs that might be lying on the ground and give the area a tidy look. The next step was to use a garden

hose and wash off the top of the stand which was leaning against two saw horses. Then the area would then be sprayed with water to settle the dust. Once the stand was clean and reassembled atop the saw horses, the vegetables were organized for sale. One or two bushels of corn were placed on the left side of the table and a layer of tomatoes would be arranged on the right side. Between the tomatoes and corn would be a smaller display of squash, beans or peppers, or any other vegetables that might have been picked earlier that day. Baskets were then set upside-down all around the front and sides of the stand. These baskets were used to support other baskets of vegetables, corn, and tomatoes.

After the stand was set up, it was time to fill orders. William's wife, Lina, had custody of the requests and order book. Most of these orders were done by phone. She would take brown paper bags and write on each one the name of the person placing an order, what was to go into the bag, the amount, and any special instructions like “medium ripe” or



"full kernels." She used #8 and #10 bags for everything except corn, which required #12 and #16 bags. At this point one of her children would fill the orders. The completed orders would be neatly stacked against the trunk of the maple tree. Bushels of corn (sometimes referred to as bags of corn) would also be kept there because it was cooler under the shade. Besides making purchases, people would place orders at the stand for future pickup. It was the job of the stand tender to enter the order into the order book which was kept inside the house. Occasionally this step was forgotten, which resulted in awkward moments when the customer arrived to claim the order that never was filled because it was never recorded. A necessary and prominent item for such an outdoor business was the money box. In this case it was an old cigar box filled with bills and coins --- just enough to make change. This box was also used as a weight to keep the stack of paper bags from blowing away. When the money accumulated to a sufficient amount, part of it was taken into the house, leaving only enough to make change.

When a customer asked for "six corns" the Stalcups knew they had a city slicker. When a customer asked for "cobs of corn" they would silently laugh. The proper terminology according to William was: "Could you give me a dozen ears?" Nothing incensed William more than customers stripping the corn husk to look at what had just been picked. He claimed that he could tell the condition of the corn just by feeling the outside of the husks and had trained his children to do the same. "What is wrong with those city slickers?" he would grouse, "Can't they judge the corn by just feeling it?"

Fresh corn would draw customers, but tomatoes were the money makers. A farmer gets more production per acre from growing tomatoes than from corn. A field planted in tomatoes yields five times more crop and brings in five times more money. The Stalcups claimed, "There are two things money can't buy; true love and home-grown tomatoes." They suggested that they couldn't do anything about true love, but they did pick a lot of red, ripe home-grown tomatoes. Gloves were worn to wipe dirt off of the tomatoes before putting them into a bushel basket. Gloved hands also rubbed off the stems. If the stems were left on, they could puncture other tomatoes. The Stalcup children were taught to place picked tomatoes into the bushel baskets stem side down, because they stored better and looked better that way. The gloves also made excellent handle pads for the wire handles of the flat bushel baskets that were used for holding the tomatoes. Each basket

weighed between 50 and 55 pounds when full, and wire handles tended to cut into a person's hands.

During strawberry season, the berries were stored in a wooden crate that held 16 quarts. This was two layers of eight separated by a wooden slat. The Stalcups let customers sort through the crate and pick out their "reserved quarts," but they were never allowed to lift up the slat to look at the bottom layer before the top one was sold: the purchaser had to take them as they were. Stand watching came in one-hour increments with each of the children having a couple of shifts during the day. It started punctually at 9:00 a.m. and ended at 6:00 p.m. when William came home from his workday job at his store, Stalcups' Furniture, in Falls Church.

Because of farming, the Stalcup family worked harder than their friends and the days were often hot and long. Everyone looked forward to Sunday; the day of semi-rest. Sunday was special because it was payday and the family only did the minimal necessary work. It was the one day where everyone "put off until tomorrow." William Stalcup was very generous with his children. He would give each a percentage of the gross sales. That percentage would vary from child to child,

depending on their age and the amount of work each had performed. The older children did more and were rewarded accordingly. This was also an effective way to keep everyone motivated to do a good job. He would put each person's pay in an envelope with his/her name on it and place the envelopes behind a mirror that leaned on the mantle. During the months of July and August, those envelopes were fairly thick. The older children might earn about \$120 in a good week.

Besides stocking his own stand William sold extra produce to his brother, Sam, who, after retiring from the federal government, opened a seven-day-a-week larger establishment in 1963 on Old Dominion Drive adjacent to the Chesterbrook Shopping Center. But maintaining a stand in the yard required a vast amount of labor and hours. As the children grew older the task of keeping it operating was challenging and, so, in the early 1980s the Stalcup stand on Park Road ceased. However, the farming continued. ♦

LOOKING TO MAKE A *statement?*  
MYEYEDR. HAS YOU COVERED.







**myeyedr.**  
myeyedr.com | 866.693.9336

WE WELCOME ALL INSURANCES



BY JESS MILLER

# SLOW COOKER CHICKEN TACOS RECIPE

At least weekly, my husband and I crave some form of Mexican food. Having grown up in California where there is a large Mexican culture and food influence, we ate it regularly. Now living in Spain, it can be hard to find good, authentic-Mexican food. We have become accustomed to getting creative in the supermarket so we can create dishes from scratch to find that authentic flavour we love.

We recently experimented with a new recipe for chicken tacos that we put together from ideas and flavours from other recipes we've loved in the past. I think you'll enjoy the tangy citrus flavour of the meat, and feel free to get creative with toppings to your liking. I've also included an easy Mexican tortilla recipe if you wish to try your hand at making your own tortillas, we always do!

We own a 'crock-pot' slow-cooker, but this can just as easily be done on the stove in a pot on low heat. This creates tender, juicy pull-apart chicken and really seals in the flavours. While handmade tortillas really give this recipe a loving touch, store-bought ones work just fine in a pinch.

## SLOW COOKER CHICKEN TACOS RECIPE

*Prep Time* 10 minutes

*Cook Time* 4 hours

*Total Time* 4 hours 10 minutes

*Servings* 3

### INGREDIENTS

- 2 Large Chicken Breasts
- 1 Orange
- 1 Lime
- 1 tbsp Salt
- 1 tbsp Pepper
- 1 cup Masa harina
- 1.25 cup Water

### INSTRUCTIONS:



### STEP ONE PREPARE THE CHICKEN

Start with 2 large chicken breasts, I purchased mine with skin still attached for a slightly juicier and more flavourful outcome. Put the chicken breasts in the bottom of the pot and

turn your slow-cooker (or burner) on low.



### STEP TWO ADD ONIONS AND GARLIC

Dice the onion and garlic and add it to the pot. It doesn't have to be finely diced, larger chunks are fine as well.



### STEP THREE ADD ORANGE AND LIME

Quarter the orange and lime and squeeze the juice over the chicken. Place the squeezed fruit on top. My orange was larger than normal with a lot of juice, so I only used a half.



### STEP FOUR ADD SPICES

Add salt, pepper, cumin, oregano, and any other spices you might like. Now is also a good time to add a jalapeño to spice it up.

Now...just wait, and enjoy the aroma as it begins to fill your home. The cook time is flexible, as long as there is enough juice in the pot, your chicken won't dry out if you cook it longer than 6 hours.



### STEP FIVE MAKE TORTILLAS

About a half hour before the meat is ready, you can start making your tortillas. Or for an



easier after-work meal, purchase already made tortillas.



### STEP SIX MIX THE DOUGH

Mix the masa harina in a bowl with the salt and slowly add the water. (Suggested measurements for tortillas are often on the packaging for the masa harina). Once you've made these a couple of times, you won't need the measurements, you can just feel the texture. The drier the dough, the harder the tortillas are to form and cook. Keep a cup of water nearby, if the dough starts to feel dry, dip your fingers in the water before rolling the dough into a ball.



### STEP SEVEN ROLL DOUGH INTO BALLS AND PRESS

Separate the dough into small balls.

Here is where a tortilla press can come in handy, but before we had one, we made due with a rolling pin. (Tip: if you don't have a rolling pin, a wine bottle works just fine). Roll or press your balls into a thin circle. It is helpful to use plastic wrap or wax paper to press out your tortillas as they stick easily. This takes some practice, don't get frustrated if it doesn't work perfectly on the first try. You can always form the ball again and roll it out a second time, and the tortillas don't need to be perfectly round, just perfectly tasty.



### STEP EIGHT -COOK TORTILLAS

Preheat an ungreased frying pan and lightly cook each side of the tortilla. Keep a plate

nearby and stack them here as you cook them. There should be some small golden spots, and they may puff up as they cook. They take about 2 minutes per tortilla.



### STEP NINE PREPARE TOPPINGS

Prepare your toppings! Some topping ideas include, black beans, cheese, sautéed vegetables, diced raw onion, cilantro, guacamole, rice, salsa...etc.

We love the flavour of the chicken so much that we keep the toppings light adding only diced onion and cilantro with some black beans on the side.



### STEP TEN SHRED THE CHICKEN

When the chicken is ready, place it on a plate, or on a cutting board and shred it with two forks.

*Now build your tacos, dig in and enjoy!*

This recipe can also be made with other types of meat such as pork, beef, or turkey breast. It works well for big parties and is an easy meal to throw together before you walk out the door for work. It can also be modified to be a plate-meal instead of tacos; make a Spanish or Mexican rice, cook beans, and serve it alongside a salad.

If you decide to make this with another type of meat that has more fat; beef or pork, I recommend broiling the meat after step 10. Place the meat on a baking sheet or in a glass pan and put it under the broiler to let it crisp the edges. Broil for about 5 minutes then remove it from the oven. Spoon on a bit of the juices, mix the meat, and continue to broil for about 5 more minutes. It should be browned on the tops but not burnt. ♦

*Recipe courtesy of [www.jenreviews.com/slow-cooker-citrus-chicken-tacos-recipe/](http://www.jenreviews.com/slow-cooker-citrus-chicken-tacos-recipe/)*

# LET'S BE SOCIAL!



[facebook.com/VivaTysons](https://facebook.com/VivaTysons)



[@vivatysonsmag](https://twitter.com/vivatysonsmag)



[info@vivatysonsmag.com](mailto:info@vivatysonsmag.com)



## C&C GARAGE

Your hometown auto experts remind you to have your automobile checked for the heat of Summer. C & C Garage offers excellent automotive repairs and state and emissions inspections in our certified repair facility in the heart of Vienna, VA.

**703.281.5570**

334 Dominion Rd., NE | Vienna, VA 22180  
[WWW.CANDCGARAGE.COM](http://WWW.CANDCGARAGE.COM)



Dover Downs Hotel & Casino



Air Force Two

# ESCAPE *to* Delaware's Quaint Villages

Located throughout Kent County, Delaware surrounding the state capital of Dover, are a number of small villages, each with its own special charm. Come stay a few days and capture the history of the area, or just lie back and relax in one of the elegant bed & breakfast hotels under the spell of small-town magic.

## DAY ONE

Stay overnight, then start the day at the AAA-rated **Dover Downs Hotel & Casino** with a filling breakfast at the **Festival Buffet**. Then head out back (ticket lobby near parking lot E) to the adjacent **Dover International Speedway** for an up-close guided track tour (\$7) of the "Monster Mile." You'll see the Monster Monument up close, sit in the exclusive Monster Bridge and look for your favorite driver's signature on the signed seats, and pretend you're the race winner in Victory Plaza.

Grab lunch at **U.S. 13 Grill** for anything from Italian to burgers, then head out to visit the **John Dickinson Plantation**, the boyhood home and gardens of one of America's Founding Fathers, John Dickinson, a signer of the U.S. Constitution.

Make sure to visit the **Air Mobility Command Museum** to view more than 30 aircrafts including the massive Lockheed C-5 Galaxy and the Air Force Two DC-9, the former presidential airplane. Visit during Open Cockpit Days, held on 3rd Saturdays, April through

September. View artifacts from 9-11 in a touching memorial and a spectacular museum.

Finish up the evening at **Restaurant 55** for a gourmet burger and craft brew or **Michele's Restaurant**, an upscale steak and seafood restaurant at Dover Downs Hotel, then head into the casino for 24-hour gambling, games and top-level entertainment.

## DAY TWO

For breakfast, try the **Countrie Eaterie** along the banks of the Silver Lake before heading over to **First State Heritage Park**, the historic center of downtown Dover, and the first urban "park without boundaries" linking Dover's historical and cultural sites. The seat of Delaware government since 1777, Dover's cluster of historical sites include the **John Bell House** (ask about the country's first "murder by mail"), the **Old State House**, **The Green**, and the site of the **Golden Fleece**, the tavern where the U.S. Constitution was ratified. You'll find costumed historic interpreters at most of the historic sites around Delaware.

Be surprised by the **Johnson Victrola Museum** and learn about local inventor E.R. Johnson and the beginnings of the sound recording industry, alongside an amazing collection. See an actual Grammy award, named after his gramophone. For lunch, stroll to the nearby **Grey Fox Grille & Public House**.





Messick's Agricultural Museum



The Millford Museum

In the afternoon, drive to Smyrna's **Bombay Hook National Wildlife Refuge** a National Park where more than 15,000 acres of protected tidal salt marsh is home to hundreds of bird and wildlife species. Choose from a 12-mile wildlife drive, five walking trails and three observation towers, and bring binoculars for up-close viewing of the many species of birds including snowy egrets, orioles, herons, songbirds, ducks, geese, and bald eagles. In September and October the Canadian and Snow geese and ducks arrive in numbers for their fall migration.

Visit **Historic Belmont Hall**, a Georgian-style Colonial mansion and gardens built in 1773 by Thomas Collins, a storied Delaware politician. View the signatures of visitors from olden days on the upstairs walls.

Kent County is also home to a thriving Amish community. Tour the countryside admiring the farms and see how many Amish buggies you can spot. (Tip: You can tell it's an Amish home when it doesn't have shutters on the windows.) Visit **Spence's Bazaar & Amish Market** or **Byler's** for Amish specialties. Stop off at 4th-generation, family-owned **Fifer Orchards Farm & Country Store** for fresh-off-the-farm goodies and hand-dipped ice cream.

End the evening at **Brick Works Brewing & Eats** (gourmet burgers & craft brews) or **Boondocks Restaurant** (seafood) in Smyrna.

### DAY THREE

Check into the lovely **Causey Mansion Bed & Breakfast** in Milford, the Greek Revival Georgian-style home of former governors and notable citizens situated on three acres of lush gardens.

Walk the quaint village of Milford with its beautiful Victorian architecture and stroll

the mile-long **Mispillion Riverwalk** to view public art and visit one of the many shops, art galleries and studios like the **Mispillion Art League and Gallery 36**. Launch a kayak into the Mispillion River to spot herons, osprey and bald eagles. For lunch, head to the fishing town of Bowers Beach to **JP's Wharf Restaurant & Bar** for local, fresh seafood, burgers, salads and more.

Head over to Harrington to see the **Harrington Railroad Museum** and **Messick's Agricultural Museum**. But call ahead to arrange a tour. Harrington is also home to the Delaware State Fairgrounds and the **Centre Ice Rink** with its new ice bumper cars. October hosts its Wine & Beer Festival and Harness Racing. Try your luck at the slot machines at the **Harrington Raceway & Casino**.

Back in Milford, visit the new distillery **EasySpeak Spirits** or **Mispillion River Brewing**, and end the evening with dinner at **Meding's Seafood** or **Abbott's Grill** and a performance at the **Riverfront Theatre**.

### COME VISIT!

Surrounding the tiny capital city of Dover, Delaware is filled with quaint villages abundant with shopping, dining and entertainment options. You'll find that many of these historic sites and museums are free, and shopping in Delaware is always tax-free! Be sure to put the popular villages of Bowers Beach, Dover, Felton, Frederica, Harrington, Leipsic, Milford, and Smyrna on your agenda. Be aware of your driving speed, however, as you enter these small towns. However friendly, the local police are very conscientious about their speed limits. ❖



Mispillion Riverwalk



All photos credit: Linda Barrett





BY RENÉE SKLAREW



## THE HOME COOK'S *Secret Ingredient*

"You don't want runny batter," says Chinnell Watson to a class of sixteen students. Watson is our instructor at Cookology Culinary School. The class is gathered in a commercial kitchen surrounded by shelves filled with spices, jars, pots, pans, cookie trays and a very busy hand-washing station. One of the students is my daughter Allie, who peers over the simmering pot, waiting for the milk, butter and flour to thicken. To keep the ingredients from sticking to the pan, Watson tells Allie to keep stirring the mixture into a figure-8. We take turns scraping and mixing, until all this exertion reminds me of Julia Child's memorable quote about French baking: "You are the Boss of that dough."

"Pate Choux dough is used to make eclairs, cream puffs and chorros," explains Watson, a professional pastry chef who trained at Johnson and Wales Culinary School in South Florida. Watson keeps a running dialogue while we struggle to produce this finicky concoction. Nearly everyone in the class is a beginner, but they all seem enthusiastic about learning these baking techniques.

For those three hours, we patted, mixed, piped and iced our eclairs, profiteroles and croissants until we could fill a to-go box with pastries to take home. This is what a class at Cookology is all about. Taking a few hours out of your week to learn the fine art of cooking and baking under the helpful watch of a skilled Cookology instructor.

Cookology is unique, thanks to its location inside Dulles Town Center. It was owner Maria Kopsidas' idea to open an accessible, affordable cooking school where she could share her love of food. Her school would not be a place where you watch and taste—no, this is hands-on, active instruction with professional chefs in safe, commercial kitchens. Cookology even has a full-time dishwasher on hand to keep things moving.





Cookology opened its doors in 2009. “It was right after the financial crash,” says Cookology’s manager of business development, Will Bushey. “But when Lerner gave her the chance, she jumped in.” Lerner is the developer of Dulles Town Center. The location, on the Macy’s side of the mall, is easy to access, and the school has won so many hearts and minds that Kopsidas is about to open a second location in Ballston. The new Cookology Culinary School will have five different spaces within 6,200 square feet to accommodate higher volume events.



Cookology in Dulles Town Center is a fun place to go for a distinctive date-night experience. “It was Maria’s idea to connect people through cooking,” says Bushey. “She wants people to get out of their comfort zone and talk while they’re cooking together.” Along with hosting Saturday Night Socials, Cookology organizes team building activities. “So, groups come in together, and it’s like they’re in Top Chef or Chopped. The group is assigned a secret ingredient, and then they need to come up with their dishes using that ingredient,” Bushey explains.

During many evening classes, while guests are chopping, they’re also sipping wine. You can buy your own bottle here to enjoy while you cook. “That often gets people to start a conversation,” says Bushey. They have a Culinary Boot Camp, with five weeks of instruction in executing techniques and recipes under the guidance of Chef Mark Chang. Classes that caught my interest were Japanese Detox, Dim Sum Workshop, and a Family Class where you learn to make crab cakes and hush puppies.

Cookology also hosts kids programs and summer camps. The set-up is ideal if you’re looking for a high-energy birthday party that involves learning and eating. They customize the classes based on the age and experience of the participants. They also have Mommy/Daddy & Me classes for toddlers.

Our baking class took place on a Sunday afternoon, so most of us refrained from drinking wine. But that didn’t hinder us from chatting while we rolled our dough and inserted the espresso chocolate cream into our eclairs after they turned golden brown.



“You want to crack eggs on a flat surface,” says Chef Watson who demonstrates the technique to the group. We all agree, we had never heard this recommendation before. “Cracking an egg on a bowl introduces bacteria into the egg. You want a nice, flat surface and a clean crack,” says Watson. “Then use your fingers to open the shell.” Easier said than done, but we all gave it a try.

Our class consisted of couples, groups of friends, parents with their adult children, and even an aspiring pastry chef. It’s especially nice to come with a partner, since some of these recipes are labor intensive and work best with two sets of hands. If you don’t have a partner, you can pair with someone from the class or work on your own.

Allie and I had the most trouble with the piping bag. It required lots of forearm strength to get the eclairs fat enough to make an air pocket where we would insert cream. After we finished piping the dough, we made delectable icing that tasted like maple syrup. The espresso chocolate cream was fluffy and velvety. The dough definitely had air pockets. We were all pleased to have accomplished this daunting task. Julia Child also wisely said, “No one is born a great cook, one learns by doing.”

After removing our aprons, we put our bowls and whisks away, and sampled our eclairs, while the staff began to prepare for the next lucky group of students. To see the calendar of classes, visit [classes.cookologyonline.com](http://classes.cookologyonline.com). ♦

## ARLINGTON

### METRO 29 DINER

**Arlington | American | \$**

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

4711 Lee Highway | 703.528.2464 | [metro29diner.com](http://metro29diner.com)

## FALLS CHURCH

2941

**Falls Church | American | \$\$\$**

Named one of

The 10 Most Beautiful Restaurants in Washington DC" by Only in Your State, 2941 has floor to ceiling windows providing incredible views of their gorgeous grounds and stunning lake at this French-meets-American destination with a contemporary setting.

2941 Fairview Park Dr | 703.270.1500

[www.2941.com](http://www.2941.com)

### ANTHONY'S RESTAURANT

**Falls Church | Italian | \$\$**

For 40 years, Anthony's has offered real, homestyle cuisine. They offer Greek, Italian, and American specialties such as pizza, club sandwiches, burgers, 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.idylwoodgrill.com)

### IRELAND'S FOUR PROVINCES

**Falls Church | Irish | \$\$**

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

105 West Broad Street | 703.534.8999

[www.4psva.com](http://www.4psva.com)

### JV'S RESTAURANT

**Falls Church | American | \$\$**

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

6666 Arlington Blvd. | 703.241.9504

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

### LITTLE SAIGON RESTAURANT

**Falls Church | Vietnamese | \$**

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

6218-B Wilson Blvd. | 703.536.2633

[www.littlesaigoncuisine1.com](http://www.littlesaigoncuisine1.com)



## THE LOCKER ROOM SPORTS BAR AND GRILL

**Falls Church | American | \$**

The Locker Room lunch/dinner menu features everything from burgers and 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.chutzpahdeli.com)

**dolce vita**  
Cicchetti Wine Bar

**JOIN US FOR  
HAPPY  
HOUR  
AT THE WINE BAR  
• WINE & CICCETTI SPECIALS •**

**4PM-7PM  
MONDAY-SATURDAY**

Over 180 Wines to Choose from and 80+ by the glass!

Full-service bar with a number of spirits, seasonal cocktails and delicious cicchetti (meaning small plates in Italian).

*Come in and see us anytime to share a glass, a bite, and wonderful time!*

18026 Fairfax Blvd. | Fairfax, VA 22030  
703.385.1226 | [www.DolceVeloce.com](http://www.DolceVeloce.com)

**DOLCE VELOCE****Fairfax | Italian | \$**

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

10826 Fairfax Boulevard | 703.385.1226  
dolceveloce.com

**SISTERS THAI****Fairfax | Thai | \$\$**

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

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

**GREAT FALLS****BOLLYWOOD BISTRO****Great Falls | Indian | \$**

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

9853 Georgetown Pike | 703.865.0450  
www.bollywoodbistrofairfax.com

**DANTE RISTORANTE****Great Falls | Italian | \$\$\$**

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

1148 Walker Rd. | 703.759.3131  
www.danterestaurant.com

**L'AUBERGE CHEZ FRANÇOIS****Great Falls | French | \$\$\$**

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

332 Springvale Rd | 703.759.3800  
www.laubergerchezfrancois.com

**THE OLD BROGUE****Great Falls | Irish | \$\$**

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

760 Walker Rd | 703.759.3309  
www.oldbrogue.com

**MCLEAN****AMOO'S RESTAURANT****McLean | Persian | \$\$**

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

6271 Old Dominion Dr | 703.448.8500  
www.amoosrestaurant.com

**ASSAGGI OSTERIA****McLean | Italian | \$\$**

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

6641 Old Dominion Dr | 703.918.0080  
www.assaggiosteria.com

**BARREL AND BUSHEL****McLean | American | \$\$**

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

**AUTHENTIC THAI FOOD & THE COMFORTS OF HOME**


**SISTER2**  
THE ORDINARY CAFE

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



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

#### 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

**GCA- LA PRECISION**  
ANTIQUE HOROLOGY Since 1972  
VIENNA'S ANTIQUE WATCH & CLOCK MAKER



**GUIDO CALVETTY ALAVE**  
Master Watchmaker | Antique horologist

**ROLEX TRAINED & CERTIFIED #168**  
STATE OF THE ART EQUIPMENT  
TIMELY & GUARANTEED REPAIRS

Antique · Vintage · Modern

Mention this Ad for **ONE** of the Following:

- Free Battery with Any Repair
- \$10 Off Any Basic Repair
- \$50 of any Advanced Repair

**703.255.0055**  
**WWW.GCALAPRECISION.COM**  
320 Maple Ave. East, Building E, Vienna

# Pazzo Pomodoro



*Winner of Tysons Reader's Choice Award, "Pazzo Pomodoro continues to win the hearts of the local diners with its warm family-style service."*

**Now Open  
for Late Night  
Dining  
in Vienna**

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

**www.pazzopomodoro.com**

118 Branch Road SE,  
Vienna, VA 22180  
703-281-7777

19825 Belmont Chase Drive,  
Ashburn, VA 20147  
703-858-5555



## 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



# Café Renaissance

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





## COME TO US FOR YOUR EVENT

Private Dinners	Weddings	Rehearsal Dinners
Group Dining	Engagement Dinners	Bridal Showers

BRUNCH

163 Glyndon Street SE, Vienna, VA 22180 | T: 703.938.3311 | www.caferenaissance.com

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

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



## 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 Wolf Trap 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 &amp; 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

## A Family Tradition Since 1982



9917 Fairfax Blvd. • Fairfax, VA 22030 • (703) 385-5912



## VIENNA

### AMPHORA

Vienna | American | \$\$

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

377 Maple Avenue West | 703.938.7877  
www.amphoragroup.com

### ANITA'S

Vienna | Mexican | \$\$\$

This local chain has offered New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinner.

521 E. Maple Ave. | 703.255.1001  
www.anitascorp.com

### BAZIN'S ON CHURCH

Vienna | American | \$\$\$

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar

or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

111 Church St. | 703.255.7212  
www.bazinsonchurch.com

### BJ'S BREWHOUSE

Vienna | American | \$\$

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

8027 Leesburg Pike | 703.356.7305  
www.bjsbrewhouse.com

### BRIX & ALE IN THE SHERATON

Vienna | American | \$

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

8661 Leesburg Pike | 703.448.1234  
www.brixandale.com

### 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.caferenaisance.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

## Ristorante Bonaroti

Est. 1982



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

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

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



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





**VISIT ONE OF OUR CONVENIENT LOCATIONS!**

**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

**El Tio Tex-Mex Grill**

**TEX-MEX FAVORITES MADE FRESH DAILY!**

Private Party Room Available  
[www.eltiogrill.com](http://www.eltiogrill.com)



*The Italian Restaurant in McLean*

"...many tempting creations to please the palate..."  
-Providence Journal, Rosslyn H. Marilly

*café oggi*

For Reservations, Please Call (703) 442-7360  
6671 Old Dominion Drive, McLean, VA 22101 | [www.cafeoggi.com](http://www.cafeoggi.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](http://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](http://www.maggiosvienna.com)

## MAGNOLIA DESSERT BAR &amp; COFFEE

Vienna | Thai | \$

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 Maple Ave W. | 703.268.5481

[www.magnoliaofvienna.com](http://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](http://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](http://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](http://www.neisha.net)

## NOSTOS

Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690  
[www.nostosrestaurant.com](http://www.nostosrestaurant.com)

PALADAR LATIN  
KITCHEN & RUM BAR

Vienna | Spanish | \$\$

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

1934 Old Gallows Rd, Suite 110 | 703.854.1728  
[www.paladarlatinkitchen.com/locations/tysons-va](http://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](http://pazzopomodoro.com)

WE ARE YOUR NEIGHBORHOOD  
**CATERING**  
 DESTINATION!

WE CATER FOR ALL OCCASIONS

INCLUDING:

HOLIDAY PARTIES

WEDDINGS

BIRTHDAY PARTIES

SCOUTING EVENTS

CORPORATE EVENTS

AWARD CEREMONIES

RETIREMENT CELEBRATIONS

LAST MINUTE – NO PROBLEM!

(703) 938-7777

**Maggio's**

421 MAPLE AVE E  
 VIENNA, VA 22180  
[MAGGIOSVIENNA.COM](http://MAGGIOSVIENNA.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](http://www.peking-express.com)

## PLAKA GRILL

Vienna | Greek | \$

Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka gyro" is available exclusively at Plaka Grill in Vienna. Now in Falls Church at 513 W Broad St.

110 Lawyers Rd NW | 703.319.3131

[www.plakagrill.com](http://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](http://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](http://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](http://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](http://www.crystalsunflower.com)


## PLANNING A HOLIDAY PARTY?

## BAZIN'S | NEXT DOOR

All the excitement of Bazin's on Church is now available for private dining, parties, and intimate gatherings!

Whether hosting a holiday party, rehearsal dinner, retirement party, business meeting, or family celebration, talk to the banquet and catering experts at Bazin's Next Door.

**Book Your Private Event Today.**

Please call us at (703) 255-7212 or email [info@bazinsnextdoor.com](mailto:info@bazinsnextdoor.com)

We'd love to host a great event for you!

111 Church St NW, Vienna, VA 22180  
703.255.7212 | [bazinsonchurch.com](http://bazinsonchurch.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](http://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.woolaekak.com](http://www.woolaekak.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](http://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](http://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](http://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](http://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](http://www.yokosushi1.com)

# DON'T KEEP YOUR ENTERPRISE A SECRET!

You're reading this, like 240,000 others every issue... and we hope you appreciate the caliber of the company we keep and community that we serve. Our readership is within miles of your doorstep. Keeping your name in front of our area's most affluent consumers pays handsome dividends over the years. They're looking for you... Be there for them.

Talk to our marketing strategist on how we can keep your name front and center in print and digital today. Space is limited, hurry!



VIVA TYSONS  
MAGAZINE

VIVA RESTON  
Lifestyle MAGAZINE

(703) 448-7323 | [vivatyson.com](http://vivatyson.com) | [vivareston.com](http://vivareston.com)



# Welcome to Virginia's FOOD REVOLUTION

BY RENÉE SKLAREW

*Virginia has a long history of leadership. Consider America's Founding Fathers—seven men from Virginia signed the Declaration of Independence. Here, in a state full of trailblazers, there's a new revolution going on, and it's happening on a small farm in Loudoun County. This homestead existed long before our country's first Independence Day, and now it's in the process of developing the sweet taste of the future. This is what I learned at CEA Farms, an operation where novel ideas could solve some the world's most pressing problems.*

"I'm trying to get people to change the way they think about food," says Don Virts, owner of CEA Farms in Hillsboro, Virginia. The pastoral landscape that surrounds Virts' farm lies alongside Route 9, formerly a wagon trail running through a gap in the hills of Western Loudoun County.

Hillsboro is a progressive community that was founded in the 1730's by Germans and Quakers seeking religious freedom and fertile land. Virts' ancestors began their family farm in Hillsboro in the 1760's. Two centuries later, Virts sustained the family legacy by working in the fields. After he inherited the land with his brother, Virts built a greenhouse and helped his nephew launch a cattle farm.

One year ago, Virts and his family opened a market and café to showcase his produce and his nephew's meat. At Virts Family Farms market, you can buy local products and order an "All-Loudoun Burger" consisting of beef, onion, lettuce and tomato. The produce comes from Virts' greenhouse and the meat from the family's ranch. The taste of these hamburgers is of pure beef, no seasoning or condiments required.

At first glance, this operation may not look groundbreaking, but behind the rustic facade, there's a rebellion going on. Inside Virts' greenhouse, he employs experimental farming technology, like designer fertilizers, solar-sourced energy and innovative water filtration systems.

"I want to grow my crops in a controlled environment," says Virts. "I want to grow those crops year-round, so I'll have tomatoes in January and February. I want to do it using no chemicals. I will recycle every bit of water we use, and manufacture my own water. All of this is going to run on renewable energy."



Take a walk through the CEA Farms' white-tented greenhouse where rows of lettuce, tomatoes, microgreens, onions and cucumbers are harvested year-round. Virts welcomes visitors and hosts regular tours. I first visited CEA Farms on a cold December day, enjoying the bright warmth inside the greenhouse. Virts pulled two heads of immaculate butterhead lettuce out of his growing flats to take home to my family.

"Look at this lettuce," Virts points. "See how clean it is? No dirt, no grit, no acid rain fell on it, no animals running through it, no birds flying over. You can eat right from here. You don't have to wash it. I've got spicy arugula, radish, char and onion microgreens. Restaurants buy the flat with all the varieties. The microgreens grow on burlap, so there's no dirt. If you keep this burlap moist by watering it once a day, and there's no waste. It continues to grow even after you deliver it."

Five tech companies are investing in Virts' greenhouse. One is supplying an atmospheric water generator to reduce humidity levels, to lessen the need for fungicides. Virts' humidifier system recycles atmospheric moisture he'll use to water his plants. Along with rain water, he processes this recycled water with one-hundred-





percent renewable energies, without the use of chemicals.

Virts is also manufacturing nitrogen fertilizer designed for his unique greenhouse environment. He's running tests in the greenhouse with plots outside in the hay and corn fields to see how it does side-by-side. "The potential is unbelievable," Virts tells me. "We will produce our own fertilizer and raise our own food, with no carbon fuels used at all."

Virts' vision is to install greenhouses on rooftops of buildings and inside communities. Virts explains. "I want to grow food where the people are. I've talked to developers and said, your clubhouse and pool is used a tenth of the year, why not build a greenhouse and create a sustainable community?"

Some governments are listening. From Purcellville to Lebanon, people are intrigued by Virts' greenhouse and its potential to grow food inside neighborhoods, even those challenged by water access. Tech companies have asked him to go global, but Virts thinks there's enough business in the Washington DC Area to keep perfecting his concepts. Recently, data companies discussed building greenhouses on the roofs of their building with him. The enormous quantity of water they use can be recycled and used safely on his plants.

Virts is installing a solar collector that requires minimal land: "I can put this thing in my front yard and not obstruct the view. It's actually pretty. It's round; they call it a smart flower. When the sun goes down, the solar panels close in a circular fashion. In the morning, the panels open and track the sun. It's very efficient and uses a small footprint."

Virts' sister-in-law Linda owns and runs the Virts Family Farms market. This pioneering family loves supporting their fellow farmers, so every product is made or manufactured in Virginia. "Our chicken comes from Joel Johnson's family farm in Purcellville. We sell eggs by Happy Chicks from Waterford, Virginia. We have salsa using my tomatoes. There's local lamb from Hamilton, and on Thursdays, a neighborhood baker brings in pies, cakes and granola. The coffee is roasted in Lucketts."

At Virts Family Farm, you'll be impressed by this small-town farmer's impact on his community, but imagine what these greenhouses could mean to the growing demand for food using methods that won't harm the environment. Virts says he's witnessed global warming personally by watching his pond. It used to freeze hard every year, but now, it's never long enough to skate or play.

Currently, Virts supplies the Loudoun Conference Center and Ford's Fish Shack with his produce, including CEA Farms' robust and flavorful microgreens. He will need additional greenhouses as the demand for his products grows. I've no doubt he will see his vision through. "It's getting back to the way my forefathers got their food. They grew it, or it came from a neighbor," says Virts. "With modern science and technology, we can have fresh, chemical-free food with a very small carbon footprint every day of the year." ♦

**AUTHOR:** Renee Sklarew writes about food, travel and recreation. She leads tours for Smithsonian Associates, and is the author of *60 Hikes Within 60 Miles of Washington DC* and the *Unofficial Guide to Washington DC*. Follow her on Twitter @DCWriterMom

**CEA Farms**  
(304) 261-8596  
15485 Purcellville Rd  
Purcellville, VA 20132  
[www.ceafarms.net](http://www.ceafarms.net)





The personal trainers at Fitness Together Tysons put their heart into every exercise and nutrition program

## PUT YOUR HEART INTO IT

If getting stronger, slimmer, and enjoying a higher level of energy weren't reason enough to workout with your Fitness Together trainer on a regular basis, we have something else to add to your "why I pay to sweat" list.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death for adults, and regular exercise can play an important role in prevention. In fact, it is predicted that by the year 2030, almost 23.6 million people across the world will die from a type of heart disease, whether it be coronary artery disease, high blood pressure, cardiac arrest, stroke, or one of its many other forms.

The great news is, you can do something, starting today, to help prevent heart disease in your own life. Here are 4 Tips to get you started:

### 1. MOVE IT

Exercise is a key component to keeping your heart healthy. Cardiovascular exercise, weight-lifting, stretching, and yoga are all great options for keeping your heart in good shape. However, it's important to talk with your physician as well as your Fitness Together trainer about which exercises would be a good fit for you and your heart health. Your personal trainer can help you determine which exercises your body is ready for.

### 2. EAT WELL

This is where a Fitness Together personal trainer shines, too. Nutrition Together® is our science-based nutrition program created by award-winning registered dietician Dr. Janet Brill. It's not about pills, supplements, or fad diets. It's about sustainable behavioral change. Take time to talk with your trainer about ideas for foods that promote heart health. Learning to grocery shop and cook with your health in mind will help you get and stay healthy.

Learning more about portion sizes also makes a big health difference. Over the past 20 years, the portion sizes in America have increased in both, restaurants and homes. We are consuming more and more calories per day. Your trainer can give you tips on the amounts of each food that would be best for you, as well as meal and snack ideas that promote a heart-healthy diet.

### 3. PARTY LESS

Too much alcohol and any amount of smoking are definite deal-breakers for your heart health. Smoking can raise your blood pressure dramatically, as well as damage your lungs. And more than a drink or two of alcohol per day can cause excessive weight gain (therefore putting more strain on your heart) and can also raise your blood pressure.

### 4. DON'T WORRY

Sure, it's easier said than done, but excessive stress can put unneeded wear and tear on your heart. Even occasional stress can raise blood pressure. And chronic stress exposes the body to elevated levels of the stress hormones cortisol and adrenaline which can put unnecessary strain on your heart.

The bottom line: if you're good to your heart, your heart will likely reward you with a lifetime of health. You don't have to wait until the first of the year to set a goal to make this your best, and healthiest year. Your heart will love you for it! ❖

**PURCHASE 3 MONTHS OF PERSONAL TRAINING TO RECEIVE 6 WEEKS OF OUR NUTRITION TOGETHER PROGRAM FREE!**

**FITNESSTOGETHER.COM/TYSONS**  
**(703) 289-9909**





COLOUR BAR  
STUDIO

# Tysons Premium Hair and Colour Salon

CAPTURE DREAMS | CREATE BEAUTY  
MAKE A DIFFERENCE



A warm and friendly atmosphere with two American Board Certified Haircolorists (ABCH). The mother and daughter duo have created a unique environment with a team of dedicated staff that are passionate about giving each guest a customized aesthetic and memorable experience time after time with each visit.

**Couture Color**  
**Balayage | Extensions**  
**Color Correction | Babylights**  
**Open Tuesday-Sunday**

8100 Boone Boulevard, Suite 115  
Vienna, VA 22182  
**703.848.2000**

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





BY JOHN BYRD

## TWO SUN DESIGN PROJECTS GARNER CHRYSALIS KUDOS

*Firm Tops Category for Best Exterior, Master Bath*

(At Top) **Best exterior.** Sun Design Remodeling has garnered a Chrysalis Award for the “best exterior” in the south Atlantic US. The prize is sponsored annually by *Qualified Remodeler Magazine* and *Kitchen and Bath News*. The remodeler developed a conservatory-style open air rear porch linked to a pergola-topped outdoor kitchen. Rose- and tan- hued limestone gives definition to porch flooring, walkways and other unifying components that integrate with the English-style landscaping style. The porch's conical roof is borrowed from the two-level bay on the right.



The summer is shaping up nicely for Sun Design Remodeling. Last week, the full-service design/build remodeler won two coveted Chrysalis awards for excellence in home remodeling. The winning categories are “best exterior,” and “best bathroom over \$75,000.”

Founded in 1993, the Chrysalis has long been regarded as the remodeling industry's most prestigious peer award. *Qualified Remodeler Magazine* and *Kitchen and Bath News* are among the national media sponsors.

More tellingly, the two prizes were conferred in vastly different categories, an indication of the evolving range and relevance of the firm's design team.

On this point, a closer look at the two top-in-category winners reveals much about homeowner passions and prevailing trends.

### Exterior solution: stand-out house and grounds reconciliation points to higher benchmark

The recently-completed rear elevation to the Leesburg home of Chris and Amber Wooten perfectly integrates an architecturally-appropriate “built” solution with a spacious park-like surrounding that unfurls in over 1.5 acres. The addition's crisply articulated architecture sets the tone for a varied landscaping scheme that explores formal patterns and design motifs, laying the foundation for a garden rife with lavender, wygelia, and other outdoor focal points.



**(At Right) The art of the panorama.**

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

A key to the solution's overall coherence begins with a conservatory-style conical roof that repeats the roof line on the home's two-level bay.

The symmetry lends balance where needed, permitting the somewhat playful landscape design to build visual rhythm. The kitchen's bay window was, in turn, converted into a double slider accessed from the existing kitchen. An door that exits from the family room to the porch was preserved.

"The new elevation perfectly establishes a logical indoor/outdoor continuum," says Roger Lataille, Sun Design's senior design consultant.

With a 12-foot ceiling, and four support columns defining a semi-circular periphery, the porch is zoned for both outdoor dining and a separate conversation arena furnished with all-weather wicker furniture.

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

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

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

The structure is clad in stacked stones; the pergola is constructed from pressure-treated pine. Meanwhile, the limestone in the patio is laid in a diagonal pattern, presenting a compelling textural contrast suitable for a mid-garden venue.

With a fire pit mid-way between the kitchen and the porch, and a table in the midst of the wicker sectional that also function as a space heater, the porch provides a perfect gathering place from early spring to late fall.

## Interior Design Elevates Condo Master Bath to Art

An artfully executed 1,800 square foot master bathroom makeover in a Crystal City condo was judged a category best ("bathrooms above \$75,000") for the entire southeastern US.

Fundamentally, the owners were looking for a more functional space plan and help in exploring some style improvements, but once Sun



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



Design's Katie Coram and Morgan Hutchinson entered the picture an inspired collaboration got underway in earnest.

As Coram recalls:

"In a tight footprint, inches make all the difference and design intended to augment the appearance of space must be particularly well-executed. Professionally, it's exhilarating to design out of the picture the apparent limitations in a room—so that only thing an owner or a guest is aware of is how attractive the space is, and how well it works."

Beginning with a discussion on "style preferences" (the homeowners had stockpiled ideas for close to a year), Coram concentrated on creating a highly functional, visually effervescent elaboration in 220 square feet that could not be enlarged in any direction.

A larger shower replaced an unused soaking tub. A wall-hung toilet (replacing the existing unit) allowed a wider swing radius for the bathroom door. But a still more innovative conceit addressed the owner's interest in gaining a bathroom window.

"The owners showed us a photo of a glass block wall, Coram recalls. "They wanted natural light in the room and liked the glass-block look."



(At Left) **“Best Bathroom Over \$75,000.00”**. Contending with a 220 square foot condo bathroom that could not be enlarged in any direction, interior design Katie Coram found an innovative way to create a natural light effect in a windowless room. A frosted glass pane with black aluminum frame that matches windows other parts of the apartment is illuminated from within by LED lighting. The window motif inspired the glass mosaic tile shower flooring—which is reinforced by wall elevations elaborated in five different ceramic tile designs.

(At Bottom) The walk-in shower replaced a former soaking tub. Shower wall tiling was extended on the rear wall to create a backsplash the floor-to-ceiling window. A foot ledge was installed along with grab bars for added safety.

In a simple-but-attractive nod to the art of illusion, Coram designed a frosted glass window in a black aluminum frame illuminated from within by a light with LED lighting that perfectly emulates the effect of daylight cascading into the room. The window size and shape are borrowed from others used throughout the apartment

The window motif, in turn, inspired the glass mosaic tile that covers the shower floor—which further prompted a decision to elaborate wall elevations in five different ceramic tile designs.

The changes make the room feel substantially larger, no easy feat when walls can't be moved.

An industrial shop light previously mounted over the vanity was re-deployed. Meanwhile, the frameless textured cabinetry and quartz surfaces complement a lively, yet warmly ambient tone.

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. For information visit [www.SunDesignInc.com](http://www.SunDesignInc.com), or call 703-425-5588. ♦

John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com). Send photos of interesting remodeling projects to: [b2b@homefrontsnews.com](mailto:b2b@homefrontsnews.com)







## Discover Dewey Beach's only resort-style condominium community



Situated on the Rehoboth Bay with views of the Atlantic Ocean, residents of Lighthouse Cove are able to enjoy unparalleled amenities, including **public beach access, on-site dining, a fitness center, indoor saltwater pool** and **more**. New construction, 2, 3 & 4 bedroom homes starting in the low \$600's – *Call today to schedule a tour!*



1301 COASTAL HIGHWAY, DEWEY BEACH, DE 19971 | 302-212-0002 | [THERESIDENCESDE.COM](http://THERESIDENCESDE.COM)

SINGLE  
SWIPE  
ENDLESS  
COLOR

**MERLE NORMAN**  
cosmetics

**Plush Lipstick** wraps lips in sensational color with plush texture, supple hydration and a comfy satin-matte finish.

What's your #colorpersonality

**MERLE NORMAN**  
cosmetics

**What's your  
#colorpersonality**

401 Maple Ave E, Vienna, VA 22180

**Phone:** 703-938-6644

**Hours:** 10-5 Monday thru Saturday

@MerleNormanVienna

Merle Norman Cosmetic Studios have been independently owned and operated since 1931.

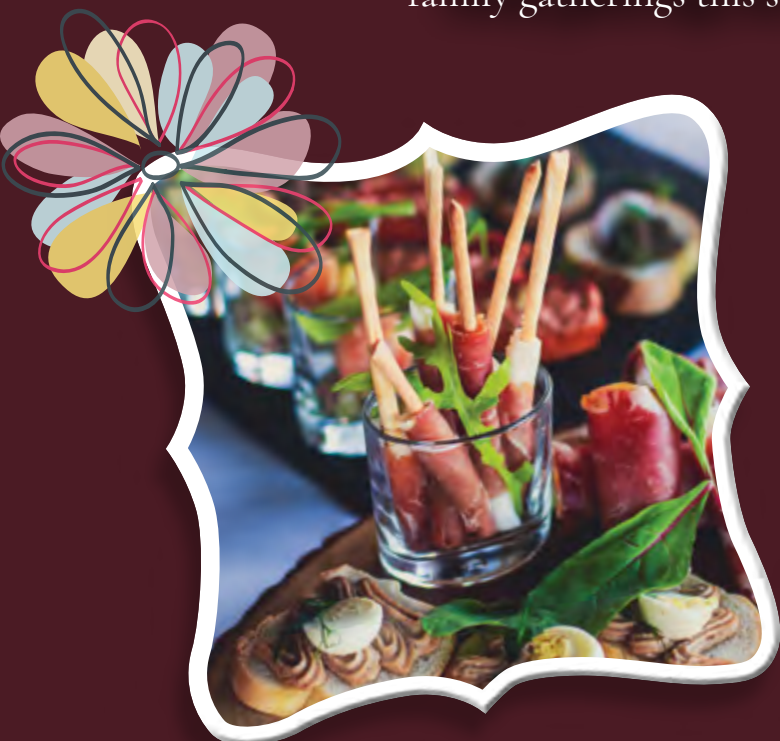
[merlenorman.com](http://merlenorman.com)





# *Delish* HOLIDAY *Delights*

Plan your holiday party while there's plenty of time and allow one of these local caterers to "wow" your guests and make your family gatherings this season memorable ones.



## *Helga's Catering*

Helga's Caterers is the highly acclaimed caterer voted one of Washington's Top 5 Caterers by Channel-9 USA-TV that helps their customers create sensational celebrations that match their unique style and tastes. Whether you're thinking of a cozy gathering at home or a week-long celebration with hundreds of friends and family members, Helga's experienced party planners will help you make everything absolutely perfect. Their more than three decades of catering experience enables them to show you many ideas and options for creating unforgettable dinners and receptions.

703-556-0780

8466-E Tyco Road, Vienna VA 22182

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





## J. Gilbert Wood-Fired Steaks

When you start with the finest ingredients, there's no need to complicate things. Whether at an outdoor BBQ or an intimate, upscale event, the result continues to be the same – your guests will rave about J. Gilbert's delicious food and appealing presentation, which is equally as delightful to the eye as it is to the palate. The details of your event will be professionally coordinated to ensure your function is customized to fit your needs and to make your affair memorable and flawless. J. Gilbert's diverse menu features their award winning beef, along with a variety of delicious options available for every taste and every budget.

703-893-1034

6930 Old Dominion Dr, McLean, VA 22101

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



## Kalypso's Sports Tavern

Kalypso's Sports Tavern has everything you need for your catering and private dining needs. Whether your event is off site or at their beautiful Lake Anne location, they can accommodate you. They offer a range of American and Mediterranean favorites such as hand-held appetizers like spanakopita, mini gyros, sliders, or chicken wings or entrees from their full menu.

Kalypso's professional staff is ready for your next corporate event, holiday party, or family gathering. View their catering menu at [www.kalypsosportstavern.com](http://www.kalypsosportstavern.com) for more information.

703-707-0660

1617 Washington Plaza N, Reston, VA 20190

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



## HoneyBaked Ham of Reston

### *Mission:*

*At HoneyBaked, they celebrate life one meal at a time*

Their mission is what guides their culture, their associates, and their uncompromising commitment to quality products and service for our customers. When the meal really matters, it's why you trust HoneyBaked to provide the food that everyone loves!

*Proudly serving Reston and the surrounding communities, year-round!*

703-733-3860

1480 North Point Village Center, Reston, VA 20194

[myhoneybakedstore.com](http://myhoneybakedstore.com)



## Bazin's on Church

Celebrated Chef Patrick Bazin has been offering contemporary American fare featuring organic and seasonal ingredients in the historic section of Vienna, VA since 2006. Responding to the many requests for catering and private parties, Patrick and Julie opened "Bazin's Next Door" to handle the demand. Today choices for your holiday celebrations are greater than ever and the party planning is a snap. With a team of planners under the guidance of Julie Bazin, you and your guests are assured of a memorable event. Exceptional selections and impeccable service set the stage for a celebration that will keep the town talking for years. Call Julie Bazin to start the conversation and the planning. Testimonials suggest you'll love your party!

703-255-7212

Bazin's Next Door 111 Church St NW, Vienna, VA 22180

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



## Listrani's Italian Gourmet and Catering

Listrani's has been serving Italian-inspired dishes since 2002. With bread baked daily, sauces cooked fresh each morning, and their use of only the prime brand names in Italian meats and cheeses—trust us – you'll taste the difference! Explore their delectable catering menu for all your catering and special event needs.

703-893-9300

6808 Old Dominion Drive, McLean, VA 22101

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



## Sisters 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. Have some of Sisters Thai dishes delivered to your home!

703.280.0429

2985 District Ave, Fairfax, VA

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







## Life at Arleigh Burke

EXCELLENT QUALITY CARE WITH THE RESPECT AND DIGNITY YOU DESERVE

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

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



**VINSON HALL  
RETIREMENT COMMUNITY**

supported by Navy Marine Coast Guard Residence Foundation

**Contact Us Today!**

**703-536-4344**

6251 Old Dominion Dr., McLean, VA 22101 • [www.arleighburke.org](http://www.arleighburke.org)

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



## Receive a \$25 Gift Card

to an area restaurant with purchase of a two-year subscription.\*

Go to [vivatysons.com/subscribe](http://vivatysons.com/subscribe)

\*While supplies last.

# SILVER LINE CHANGING AIRPORT LANDSCAPE



Construction of the future Dulles Airport Metrorail Station and tracks on aerial guideways continues to change the landscape of the airport.

Capital Rail Constructors has taken advantage of the few bright sunny skies this summer to place tracks on guideways and perform inspections while building out station interiors and support facilities.

Soon elevators will be installed in the station and work continues to complete the transformation of a tunnel that will contain moving sidewalks to carry airport users from the rail station being built in front of a parking garage to the airport terminal. This replaces an old tunnel in the same spot that was closed to allow for new moving sidewalks. The new tunnel will reopen in the coming months. ♦

These photos by Phil DeLeon take the reader on a tour of the ongoing work.



▲ Looking to the west along the inbound tracks of the aerial guideway at the Airport Station. Parking garage A is on the right side of the photo. The Airport terminal is off to the left. Approximately over Saarinen Circle.



▲ Aerial guideway just east of the Airport station where the guideway splits for outbound and inbound tracks. The Airport terminal and towers in the background.

◀ Looking east along the outbound tracks into the Airport Station.





◀ Abutment A where the ballasted track (at grade) and the aerial guideway meet in the middle of the DIAAH on the Airport – looking to the south east. Rudder Road highway overpass goes over the ballasted track in the near distance.



▲ The “Walk Down Team” reviewing the aerial guideway between Abutment A and the Airport Station. Checking the gauge of the tracks (distance between the rails), distance from the tracks to the third rail, visual alignment and overall condition. The sixth Walk Down with representatives from CRC, MWAA, WMATA and DRPT.



▲ Looking northerly along the inbound aerial guideway towards Abutment A (where the tracks go aerial into the Airport) along the DIAAH. As you can see from the sign on the right, almost directly above Aviation Drive in the Airport.



▲ Dulles Airport Tunnel



▲ Looking south from the aerial guideway on the outbound tracks. The exit on the DIAAH is below on the left and a portion of Horsepen Lake is to the left.



ALL DONE AT SPRING HILL- Bus stops have reopened after repairs were completed at locations near the Spring Hill Metro Station.

BY MARCIA MCALLISTER

## SOME SILVER LINE-RELATED WORK CONTINUES IN TYSONS CORNER

### Bus stop repairs done, but other warranty projects are ongoing

Yes, there is still construction work related to Phase 1 of the Silver Line happening in the Tysons area.

Some of the warranty work is being done by Bechtel, the contractor which operated as Dulles Transit Partners for the first phase, while the Metropolitan Washington Airports Authority, owner of the Silver Line project, is contracting for other work.

#### Along Routes 7 and 123

Bechtel crews in late summer were working on some underground pipe remediation along Route 7.

And, other crews completed concrete work at bus turnouts along Route 7 near the Spring Hill Metro Station and along Route 123 near the McLean Metro Station. This work had required the temporary relocation of several bus stops.

There also was work to be done on sidewalks, underdrains and driveway entrances to businesses to improve access for those with disabilities. Surveys needed for the work were to begin in August and most of the work is scheduled for completion in late October.

Storm water deficiencies continue and repairs are expected to be done this fall.

Ongoing repairs for Virginia Department of Transportation manholes and related structures will continue through November or early December.

Repairs for the drainage system in the median of the Chain Bridge Overpass for the rail line is pending.

#### Old Meadow Road

The rail project will also fund and execute improvements at the intersection of Old Meadow Road and Route 123 at the main entrance to Capital One because Old Meadow and the entrance are not precisely lined up.

The rail team has prepared a traffic analysis of different options to do this work and a previous plan to do a long-term closing of Old Meadow Road has been nixed because of potential negative impacts on traffic flows in the Old Meadow Road and Colshire Drive area, and along Route 123. Details of scheduling the work are still being worked out, including the impact of ongoing roadwork along Colshire on the work needed to improve the Old Meadow intersection. The rail project staff continues to work with nearby commercial redevelopments, residents of the nearby condo properties, and state and local officials. In addition, several major utilities will have to be relocated before this work can be done. ♦

Photo by Dulles Rail Project staff.



# BRIDGE CLUB

## LOUIE'S BLIND SPOT

♠ A j 8 7  
♥ Q 4  
♦ A 10 9  
♣ J 10 9 5

♠ K Q 10 9 5 3 2  
♥ A 5  
♦ K J 4  
♣ A

West	North	East	South
			1 ♠
pass	3 ♠	dbl	4NT
pass	5 ♥	pass	6 ♠
all pass			

West leads the jack of hearts, and East covers dummy's queen with the king. Plan the play. See page 145 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 58.

## BIDDING QUIZ

### YOU HOLD:

♠ K 5 2 ♥ K Q 3 2 ♦ A 2 ♣ K Q 3 2

You open 1NT, and your partner bids 4NT. The opponents pass. What do you say?

**ANSWER:** If you're past the novice stage, you know that partner's 4NT bid is (in this situation) not the Balckwood ace-asking convention but simply a raise, inviting slam in notrump just as a raise of 1NT to 2NT would invite game. Since you have maximum values for your 1NT opening, you can accept. Bid 6NT.

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

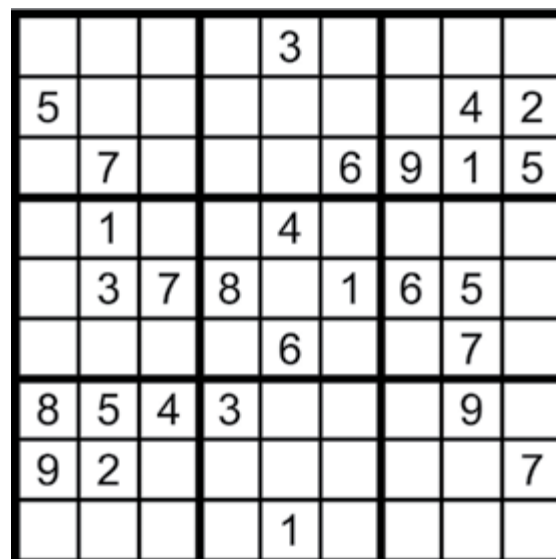
THE LEAST  
PRODUCTIVE PEOPLE  
ARE USUALLY THE  
ONES WHO ARE  
MOST IN FAVOR OF  
HOLDING MEETINGS.

—Thomas Sowell

## HOW TO SOLVE SODOKU PUZZLES

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



THE GREATEST DAY IN YOUR LIFE AND MINE  
IS WHEN WE TAKE TOTAL RESPONSIBILITY FOR  
OUR ATTITUDES. THAT'S THE DAY  
WE TRULY GROW UP.

—John C. Maxwell

## DOG DETECTIVE

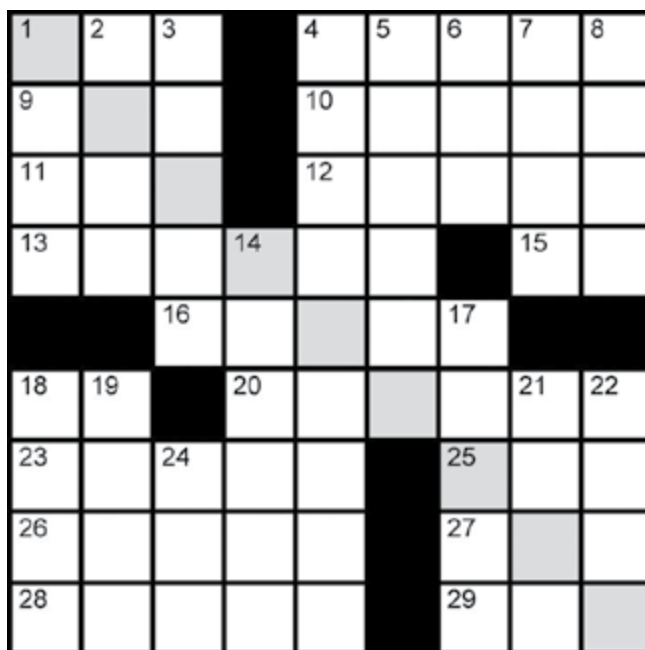
### CROSSWORD CLUES

#### ACROSS

1. Bro's counterpart
4. Prepare for surgery
9. Deed
10. Still in the game
11. Court
12. Burdened
13. Hoity-toity
15. @
16. Tag
18. Fashionable
20. Entrance areas
23. Alternative version of a song
25. Cry from Homer Simpson
26. Came up
27. Gloppy stuff
28. Hebrew letters
29. Nigerian language

#### DOWN

1. Cuts wood
2. Clickable image
3. Bar seat
4. Early New England houses



5. Like a just-used potter's wheel
6. Free (of)
7. Iris holder
8. Crooked
14. Clumsy

17. Pigeon's perch
18. Mideast hot spot
19. Detective Wolfe
21. Cross
22. "Begone!"
24. Floor cleaner

## FAIRFAX COUNTY'S COMMUTER GARAGE



Check out the progress on Fairfax County's commuter garage located off of Sunrise Valley Drive near Innovation Metrorail Station. This is the view looking south from the Innovation pedestrian bridge to the south pavilion.

*(Photo by Phil Deleon)*



### *Cotillion is For Every Child*

Cotillion helps give your child an advantage in life.

- Build self-esteem
- Maneuver social situations
- Learn social dance
- Practice leadership

**Register for a cotillion  
in your neighborhood.**

**Loudoun Chapters** Jean Michie, 540-550-5450,  
jean.michie@gmail.com, www.loudouncotillion.com

**Fairfax and Arlington Chapters** Ann Achiu,  
703-569-6721, ann.achiu@nljc.com, www.nljc.com

**National League of Junior Cotillions**  
www.nljc.com



Photo courtesy of bizjournals.com

## COUNTY PRODUCES \$1.2M FOR DOWNTOWN HERNDON PROJECT

While Silver Line construction of the new Herndon Metrorail construction continues, Reston Now has reported that the Fairfax County Board of Supervisors will contribute \$1.2 million for the redevelopment of downtown Herndon — an effort being led by developer Comstock LLC and the Town of Herndon to create a town center.

The funding commitment is the largest dollar contribution for economic development to date. Funds are drawn from a funding category designed for one-time, seed money for projects that provide direct economic benefits for Fairfax County. Roughly a quarter of \$5 million in available funding has been committed to downtown Herndon.

The almost five-acre site, which is owned by the town, is currently tax-exempt. The new town center would pay real estate taxes and generate additional sales tax from retail elements.

The project includes an 18,000-square-foot arts center, which will serve as the centerpiece of the downtown area. The downtown Herndon project will include almost 300 apartments, 17,600 square feet of ground floor retail and a 761-space parking garage.

Dranesville District Supervisor John Foust, who chairs the praised the contribution. "Activities around the arts create thousands of jobs and hundreds of millions of dollars in economic activity in Fairfax County and contribute to the success of a redevelopment project that will significantly increase the tax base of the town and the county. ♦



Photo courtesy of Herndon Patch



## BRIDGE CLUB SOLUTION

## LOUIE'S BLIND SPOT

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

West	North	East	South
			1 ♠
pass	3 ♠	dbl	4NT
pass	5 ♥	pass	6 ♠
all pass			

Opening Lead: ♥ J

'Do you think glasses might help me play better?' Unlucky Louie asked me in the club lounge.

'Not if you drain too many of them,' I replied.

North felt Louie needed glasses after his costly blind spot on this slam.

When East covered the queen of hearts, Louie took the ace, cashed the ace of clubs, led a trump to dummy and returned the jack of clubs, pitching his last heart. West won and led another heart, and Louie ruffed, took the K-A of diamonds and led the ten of clubs for another ruffing finesse. West produced the king; down onw.

'I'll have another martini,' Louie said drily. 'My chances were more than 75 percent, much better than trying to guess the queen of diamonds.'

How would you play the slam?

After South takes the ace of clubs, he can get to dummy three times with trumps to ruff dummy's remaining clubs. South then exits with a heart, and East must lead a heart, conceding a ruff-sluff, or lead a diamond, guessing the queen for declarer.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 61.

## SODOKU Answers

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

## CROSSWORD Answers

S	I	S		S	C	R	U	B
A	C	T		A	L	I	V	E
W	O	O		L	A	D	E	N
S	N	O	O	T	Y		A	T
		L	A	B	E	L		
I	N		F	O	Y	E	R	S
R	E	M	I	X		D	O	H
A	R	O	S	E		G	O	O
Q	O	P	H	S		E	D	O



"I've found that I can get away with posting nasty comments if I end them with a 'wink' emoticon."

WHEN YOU BELIEVE, THE IMPOSSIBLE BECOMES POSSIBLE. WHAT YOU BELIEVE WILL BECOME WHAT IS TRUE. YOUR OPTIMISM TODAY WILL DETERMINE YOUR LEVEL OF SUCCESS TOMORROW. DON'T LOOK AT YOUR CHALLENGES; LOOK UP AND LOOK OUT INTO THE FUTURE. DON'T FOCUS ON YOUR CIRCUMSTANCES. FOCUS ON THE RIGHT BELIEFS THAT WILL HELP YOU BUILD YOUR SUCCESS.

-Jon Gordon

## HOROSCOPES

# SEPTEMBER

# OCTOBER



**VIRGO 8/23 - 9/22:** Virgos can be picky! This month you'll need take back some independence to make sure things are up to your standards.



**LIBRA 9/23 - 10/21:** Act boldly to cement your sense of confidence as the moon moves into its first quarter on the 15th.



**SCORPIO 10/22 - 11/21:** Resist taking slogans to heart this month as you open your eyes to new ways of thinking.



**SAGITTARIUS 11/22 - 12/21:** Just when you think you are at tilt, someone adds a new pinch of stress. Draw the line somewhere.



**CAPRICORN 12/22 - 1/19:** A resolution to a set of problems may be near. Take some small steps to address the issues. A modest win lifts your spirits.



**AQUARIUS 1/20 - 2/18:** You get energy from a trip to the woods. Leave your phone at home and kick some fallen leaves.



**PISCES 2/19 - 3/20:** Something remembered lifts your spirits. It might be an old tune, a joke, or a family story. Seize the feeling and go with it.



**ARIES 3/21 - 4/19:** Beware of over-commitment this month. Stars say your time is in demand, but don't stretch yourself too thin.



**TAURUS 4/20 - 5/20:** Adventure -- or at least something you haven't tried lately -- is on the horizon for September. Taureans benefit when they take it by the horns.



**GEMINI 5/21 - 6/20:** By the 25th, a disappointment fades and your mood rises with the bright full moon. Take time to realize that all is well.



**CANCER 6/21 - 7/22:** The future is calling. A decision you make this month influences the next 12. A sacrifice yields big benefits by 2019.



**LEO 7/23 - 8/22:** Fear isn't Leo's top problem but a good Lion knows when to back off the chase.



**LIBRA 9/23 - 10/21:** What you need is just around the corner. Don't give up your dreams or plans! Move forward. Won't be long now.



**SCORPIO 10/22 - 11/21:** You may find yourself at cross-purposes with another on an issue you care about. Resist the impulse to strike back when you can score a point.



**SAGITTARIUS 11/22 - 12/21:** Unfinished projects may be annoying this month. But you'll get help at mid-month and, just like that, some of them will be gone.



**CAPRICORN 12/22 - 1/19:** Chances are your super power is not reading the future. Give yourself a break when unexpected challenges occur.



**AQUARIUS 1/20 - 2/18:** Time to work on those personal habits you know hold you back. The last quarter moon on the 3rd gives a chance to triumph by the full moon on the 25th.



**PISCES 2/19 - 3/20:** Get the facts on that health issue. Action now might save plenty of trouble later on.



**ARIES 3/21 - 4/19:** A dispute is in the air. You might be able to win, but consider the cost before the matter becomes a full battle.



**TAURUS 4/20 - 5/20:** Take advantage of the lingering summer warmth. A cold drink in a cool place is the ticket to fun by the end of the month.



**GEMINI 5/21 - 6/20:** The dark night of the new moon on the 8th brings an unexpected lift for your spirits. Indulge!



**CANCER 6/21 - 7/22:** Put the phone down and walk the dog—or cat. Disconnect for a few minutes and know that world can wait.



**LEO 7/23 - 8/22:** By the full moon on the 25th, you begin to feel your personal power. Use it for good.



**VIRGO 8/23 - 9/22:** Leave an i undotted this month and use the time for that certain something you've wanted to do, but haven't had the chance.





# NOSTOS



Award-winning Nostos restaurant has a variety of traditional and new Greek dishes to stimulate your senses. Choose from over 70 wines from several different regions of Greece to pair with food or simply for the pleasure of your palate.

**Voted 100 Very Best Restaurants 2012–2018**  
–Washingtonian

**#1 Restaurant in Tysons Corner**  
–Trip Advisor



Make your dinner reservation today! **703.760.0690**

8100 boone blvd. vienna, VA 22182 | [www.nostosrestaurant.com](http://www.nostosrestaurant.com)



Thinking **invisalign**: the choice is **clear**

- **Board Certified Orthodontic Specialist**
- **Experience** (invisalign over 15 years)
- **Attending Faculty** (teaching invisalign and orthodontics over Washington Hospital Department of Orthodontics)
- **Voted “Top/Best”** orthodontist in Northern Virginia
- **Affordable** – full in-house financing



**Schedule a complimentary  
consultation: (703) 281-4868**



#### Experience

Over 15 years  
of experience  
with invisalign



#### Credentials

Board Certified  
Orthodontist and  
Attending Faculty  
teaching invisalign  
at Washington  
Hospital Center  
Department of  
Orthodontics



#### Personal Care

Voted “Top/Best”  
Orthodontist in  
Northern Virginia



#### Technology

Cutting Edge  
Procedures and  
Equipment



#### Community Outreach

We are proud to  
support our local  
community

[BracesVIP@gmail.com](mailto:BracesVIP@gmail.com)

**[www.BracesVIP.com](http://www.BracesVIP.com)**