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MAGAZINE

HOLIDAY
EVENT GUIDE

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DAVID
BALDACCI

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HOLIDAYS
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752 Boehms Court, Great Falls \$1,799,900



7050 Martha Jane Street, McLean \$1,799,000



316 River Bend Road, Great Falls \$1,699,900



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



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FEATURES



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◀ DAVID BALDACCI'S NEIGHBORHOOD

By Kathleen McDonough

You know him as a best-selling author of page-turning thrillers, with over 130 million books in print. But it might surprise you to learn that David Baldacci lives, works and plays in in our community.

2018 HOLIDAY EVENT GUIDE ▶

There are plenty of activities and outings this year to get you in the holiday spirit! Be sure to check this event guide each week to find the craft shows, concerts or 5k events that put the "ho-ho-ho" in the holidays.



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◀ WHAT'S NEW IN KITCHEN AND BATHROOM DESIGN FOR 2019

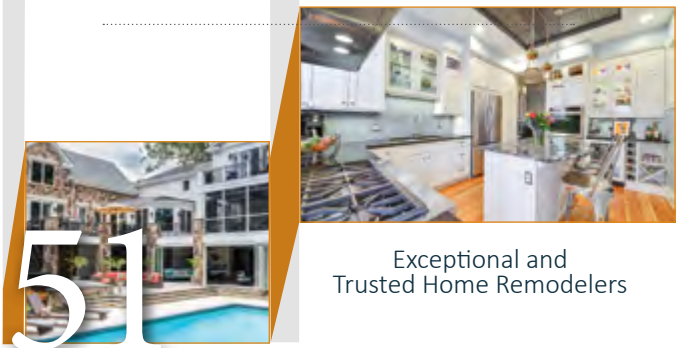
By Analiese Kreutzer

If you're planning a kitchen or bathroom remodel next year, consider some of these emerging trends in color, materials, technology and design to create your dream space.

HOME AND DESIGN SHOWCASE ▶

Just in time for the holiday "spruce ups" and ultimate gift-giving (a new kitchen for her, a man cave for him...) we're pleased to present some of the area's top designers, remodelers and contractors.

HOME & DESIGN SHOWCASE



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DEPARTMENTS

State

**Jim Norton
Live!**

Sunday November 11th

The Clock Reads
w/ Dear Creek

Friday November 16th

The Nighthawks
W/ The Billy Price Band!

Friday November 23rd

Poultry In Motion
A Most Fowl Burlesque!

Saturday November 24th

TEDxTYSONS

Exploring "Legacy"

Friday November 30th

Stillbrave Presents...

**Rockin'
Renegade 5**

Saturday December 8th

Rockapella

Saturday December 15th

**Hollywood
Nights**

A Tribute To Bob Seger!

Saturday January 12th

The Smithereens

w/ Special Guest Vocalist Robin

Wilson Of The Gin Blossoms!

Friday January 18th

Lez Zeppelin

All Girls, All Zeppelin!

Saturday January 19th

**Bruce In The
USA**

A Tribute To Springsteen!

Friday February 8th &

Saturday February 9th

The Stranger

A Tribute To Billy Joel!

Friday February 15th

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Dining Reservations Available For Most Shows



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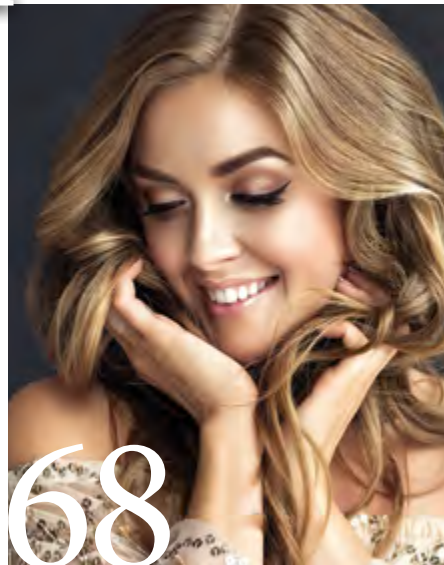
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—Hard Water Hair Repair



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It's the season for RED (and metallic and animal prints)!

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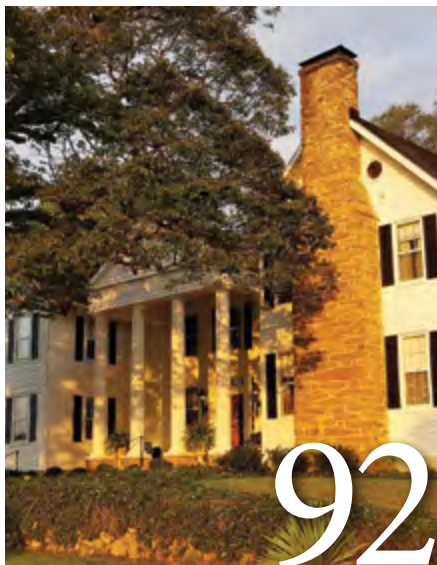
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A romantic couple is shown in a close embrace, sleeping peacefully in a bed. The woman is in the foreground, her head resting on the man's chest. The man is behind her, his arms wrapped around her. They are both wearing light-colored, casual clothing. The bed has white pillows and a light-colored, textured blanket. The overall mood is warm and intimate.

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All I Want for Christmas is a Good Night's Sleep

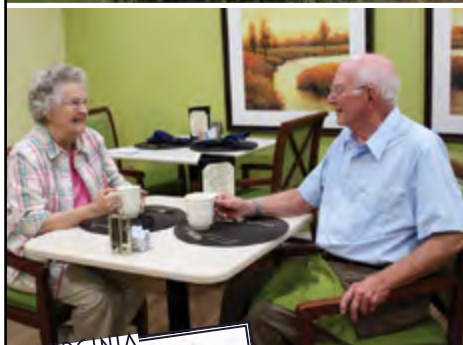
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 Slow down Father Time and maintain your healthy glow.

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ON THE COVER:

Best selling author—and neighbor—David Baldacci. Read more on page 26.

Photo credit: Alexander James



Happy Holidays! As the festive season approaches in America's Next Great City, we are all holding our breath in hopes of robust sales for our merchants and service providers and few traffic problems as shoppers rush home with their treasures. Let's keep our fingers crossed.

Our friend, neighbor and best selling author, David Baldacci is releasing his new blockbuster, *Long Road to Mercy* in November. We thought this would be the perfect time to send our writer Kathleen McDonough to talk books and new characters with the author.

Great interview by Kathleen, and a highly anticipated bestseller—available just in time for gift giving! Thank you Kathleen.

MJ Cincotta and our editorial staff have put together some great holiday events, gift ideas, and party planning options for your consideration this season. Michael Evans of Helga's Caterers asks What's Your Party Style? and shares some great ideas. Thanks Michael!

Linda Barrett brings us A Taste of Cider and some selections for our seasonal consideration and enjoyment. Cider's back!

What's new in kitchen and bath design? We sent Analiese Kreutzer to find out... and we name some of the area's best contractors.

Interesting story from Amanda Socci on how Fairfax County Schools are Igniting Student Success, and Financial Advisor Dan Lash shares thoughts on Special Needs Planning which should be helpful for families thinking ahead for their children with special needs.

Our Allison Chase Sutherland is back on the hunt for those special getaway spots close by. And she's found one in Virginia's Hunt Country. Read about The Black Horse Inn and dream about booking your own ultimate Hunt Country escape. Thank you Allison.

Not sure why, but suddenly ramen is all the rage. Ramen houses are popping up everywhere and we couldn't be happier! Rene Sklarew reviews Jinya Ramen Bar in the Mosaic District and loved it! Try it—you'll love it, too!

What's an Amberg IMS 5000? Amanda Scarangella of the Metro Dulles Corridor Project will tell you in her Tysons Update article on the amazing progress of the Silver Line.

Every other month is simply not enough to get you all the news you need to know—there's just too much going on around us. Early in November, and in an effort to keep up with Tysons many changes and opportunities, we'll be launching **TysonsToday.com**, a thrice-weekly email to keep our readers informed, engaged and closer as a community. You can subscribe at www.tysonstoday.com. Stories, updates, personalities, restaurant deals, fun, contests and conversations on what's next in America's Next Great City. We would love to have you join us!

As we do every year, we ask that you please consider our local merchants and service providers when making your holiday gift selections this year. Those dollars spent locally go a long way in supporting our local economy and the tax base that provides so many of the important services we receive and rely on. Our local merchants need our support today more than ever—let's be there for them this year!

And while we're on the subject, we have added a link on **VivaTysons.com** should you chose to donate this giving season to the American Red Cross in their efforts to help the many ravaged areas across the country. Every little bit counts.

As we celebrate our 10th year of publishing, please know how much all of us at Viva! appreciate your readership and support. This adventure has been amazing. Tysons! How lucky are we?

Finally, from all of us here at Viva!, please accept our warmest wishes for a safe and wonderful holiday season and best wishes for good health and prosperity in for the coming year!

Cheers!





DECEMBER 1
RED BARAAT
The Barns at Wolf Trap

LOCATIONS

THE BARNS AT WOLF TRAP
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703.255.1900 | www.wolftrap.org

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THE STATE THEATRE
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WEDNESDAYS

TYSON'S BOOT CAMP

Tysons Corner Center, 3rd floor, AMC Movie Theaters 1961 Chain Bridge Rd, Tysons, VA 22102, 7-8am, Free

Come join a more mature fitness enthusiast population at this bootcamp-style class that uses a combination of body weight and dumbbell based exercises to help increase strength and cardiovascular endurance of attendees. FREE! (Not held on holidays)

MONDAYS-FRIDAYS

MORNING STROLLER STRIDES

(Through December 26th), Tysons Corner Center, 9:30-10:30am

StrollerStrides® is a total fitness program that moms can do WITH their babies that includes power walking/jogging and intervals of strength and body toning exercise using exercise tubing, your stroller, and

the environment. Taught by certified fitness instructors with specialty training in the pre and post natal woman, it is a great workout for ANY level of exerciser. Songs and activities are woven into the routine designed to engage and entertain baby, while moms are led through a series of exercises specific to her role as Mom. First class free. For more information visit: www.tysonscornercenter.com/Events.

WEDNESDAYS

TYSONS FIT CLUB POWERED BY CRUNCH FITNESS : POWERWAVE

Tysons Corner Center, 5:30-6:30pm, Free

Wednesday's weekly Before shopping, after work or during your travels, burn off those holiday calories with Tyson Fit Club, powered by Crunch Fitness. Each Wednesday join a series of classes, demonstrations and

events that work your body and mind. Powerwave class is taught using Battle Ropes and body weight exercises that combine strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Classes are free, appropriate for all ages and fitness levels, and all equipment is provided, but please do not forget your water! Note: there will be no Fit Club on Nov. 21st, Dec. 19th and Dec. 26th due to the Thanksgiving and Christmas holidays. Held on level 2 between American Girl and Bloomingdales.

NOVEMBER 3

TCHAIKOVSKY & BEETHOVEN

Christopher Zimmerman, conductor

GMU Center for the Arts Concert Hall, 8pm, student ticket \$15

CONTINUED ON PAGE 16

We've checked
the list twice...

*She's Been
Nice.*

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NOVEMBER 16
The Barns at
Wolf Trap

Photo courtesy of Wolf Trap

MAGGIE ROSE

CONTINUED FROM PAGE 14

Voted by Musical America as one of the most influential musicians today, renowned cellist Amit Peled returns to share his artistry with the historic 1733 Gofriller Pablo Casals cello. He has been described as having "the flair of a young Rostropovich."

NOVEMBER 4

TOM GREEN

The State Theatre, 8pm, \$25-28
Tom Green exploded on MTV with the groundbreaking comedy show "The Tom Green Show." Before reality TV, YouTube and social media existed, Tom Green's man-on-the-street pranks changed television forever. Don't miss this insanely hilarious evening of stand up.

NOVEMBER 6-7

THE LONE BELLOW Triio Acoustic Tour

Special Guest Naia Izumi
The Barns at Wolf Trap, 8pm, \$25-35
Known for transcendent harmonies, serious musicianship, and raucous live performances, this Americana trio makes "earnest and magnetic folk-pop... built to shake the rafters" (NPR).

NOVEMBER 7

WASHINGTON DC CAREER FAIR

DoubleTree Crystal City, 300 Army Navy Drive, Arlington, VA 22202, 11am-2pm, Free
Live recruiting/hiring event! Ready for a new career? Meet future employers and find your dream job! Register at eventbrite.com.

NOVEMBER 7

KOO KOO KANGA ROO

Really Really Sweaty Tour

Jammin Java, 7pm, \$15-25

Koo Koo Kanga Roo is the dance-a-long comedy show from Bryan and Neil, two friends who set out to experiment with live music and make it more fun. Armed with nothing more than an iPod, two mics, one giant rainbow and some gold sneakers, Koo Koo Kanga Roo puts on an all-ages dance party that invites everyone to join in.

NOVEMBER 8

JOHN LLOYD YOUNG

The Barns at Wolf Trap, 8pm, \$35-45

Earning a Tony Award for originating the role of iconic singer Frankie Valli in *Jersey Boys* on Broadway, John Lloyd Young is a master of singing the classics with a "disciplined one-in-a-million high tenor shading into falsetto that he can direct through the stratosphere" (*The New York Times*).

NOVEMBER 9

A NIGHT OF GRANDER MUSIC

Featuring Molly Nuss, Audrey Mormann, Michelle Ann, Nick Cirillo

The State Theatre, 7:30pm, \$27-30

A Night of Grander Music represents the premiere of Grander Music LLC featuring four amazing artists making their debut. The songs will be presented with unique multimedia and other visual accompaniments to provide an unforgettable musical journey. Follow Grander Music on Facebook - [/grand4him](https://www.facebook.com/grand4him), Twitter - [@GranderMusic](https://twitter.com/GranderMusic), and Instagram - [grandermusic](https://www.instagram.com/grandermusic)

NOVEMBER 9

INTRO TO DJEMBE DRUMMING AND DRUM CIRCLE

The Old Firehouse 1440 Chain Bridge Road, McLean VA 22101, 7-8:30pm, \$12/\$8 for MCC tax

district residents

Back by popular demand! Join in a creative (and de-stressing) Friday evening master class for families. Participants will learn the elements of Djembe Drumming from artist Kofi Dennis and then use those skills in a group drum circle. This class is designed for those eight and up, and it is recommended that families participate together. Children under 14 must have a parent register with them. Fee includes admission and drum rental.

NOVEMBER 9-10

RONNIE SPECTOR & THE RONETTES

The Barns at Wolf Trap, 8pm, \$50-55

Few groups in history are capable of defining an entire era in pop music. With hits like "Be My Baby" and "Baby, I Love You," Rock & Roll Hall of Famers Ronnie Spector & The Ronettes are one of those groups: the embodiment of the heart, soul, and passion of '60s female rock and roll.

NOVEMBER 10

CARGO AND THE HEAVY LIFTERS

Jammin Java, 8pm, \$15-25

"With groovy guitar licks and bursting soulful lyrics, Cargo & The Heavy Lifters provide an exemplary look at what American music sounds like. With covers and originals, the group focuses on the old school aspects of blues, rock and even country." -*On Tap Magazine*

NOVEMBER 11

TYLER RAMSEY

Jammin Java, 8pm, \$13-15

Praised by NPR, Stereogum, WNYC, and *The Huffington Post*, Tyler Ramsey is a multi-instrumentalist equally at home playing guitar, piano, keyboards, bass, and percussion, but is best known as a talented fingerstyle guitarist and singer-songwriter in the burgeoning western North Carolina music scene.

NOVEMBER 11

2018 TASTE OF GREATER SPRINGFIELD

WaterfordReceptions, 6715 Commerce Street, Springfield, VA 22150, 3pm-6pm, \$10-30

Now in its sixth year, Taste of Greater Springfield features local restaurants providing samples of their favorite dishes. Several Virginia breweries and wineries will showcase their finest offerings.

NOVEMBER 13

ADRIAN LEGG

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

Globally acclaimed by critics and fans alike for his unique acoustic and electric fingerstyle guitar playing, Adrian Legg masterfully blends diverse musical styles, influences and inspirations to create a distinctive sound all his own. With multiple awards and accolades spanning four decades, Legg has been heralded as a "guitarist of astonishing virtuosity, (whose) imagination and melodic invention seem unbounded," (*Q* magazine)

NOVEMBER 14

NICOLE ATKINS

The Barns at Wolf Trap, 8pm, \$22-27

After making her Wolf Trap debut opening for The Avett Brothers this summer, Nicole Atkins returns for a more intimate performance at The Barns. "When Nicole Atkins sings, she sounds like Roy Orbison, Patsy Cline and Janis Joplin all rolled into one voice." (*NPR*)

NOVEMBER 15

THE SCENE AESTHETIC

Jammin Java, 8pm, \$15-25

The elusive duo of Andrew de Torres and Eric Kimberlin are returning to the stage to reconnect with those who've followed them through multiple projects and paths. This tour celebrates over 10 years since The Scene Aesthetic's release of their landmark, self-titled album.

NOVEMBER 6-7
The Barns at
Wolf Trap

THE LONE BELLOW

Photo courtesy of Wolf Trap

NOVEMBER 15

ALAN DOYLE WHITNEY ROSE

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

Alan Doyle chalks up a lot of where he is right now—with both his third solo album and his second book released in October 2017—to luck. And yet, one listen to *A Week at The Warehouse* makes it plainly clear that there's a lot more than luck at play in this decades-long, awards-studded career. Don't miss this chance to see one of Canada's greatest (and luckiest!) artists rock The Barns at Wolf Trap stage with country-tinged, radio-ready tunes.

NOVEMBER 16

MAGGIE ROSE

The Barns at Wolf Trap, 8pm, \$22-27

Blurring the lines between country, pop, and rock with shades of Aretha Franklin, Grace Potter, and Janis Joplin, musical star on the rise Maggie Rose blows audiences away with super-sized vocals and award-winning songwriting.

NOVEMBER 16

BLUE WATER HIGHWAY

Jammin Java, 8pm, \$15-25

Blue Water Highway comes from the working class,

coastal town background that has informed the work of so many of rock's greatest writers and artists. They take their name from the roadway that links their hometown of Lake Jackson, Texas to Galveston, where folks work hard and play hard. Blue Water Highway's music is the soundtrack for their lives.

NOVEMBER 17

FAMILY FUN WITH FOLEY

Led by Recent Cutbacks

The Old Firehouse, 1440 Chain Bridge Rd., McLean VA 22101, 2-3:30pm, \$12/\$8 for MCC tax district residents

Foley (or the creation of sound in film and on stage) is one of the most creative and fun ways

CONTINUED ON PAGE 18



8 PM

HOT RIZE
40TH ANNIVERSARY TOUR

The Barns at Wolf Trap, 8pm, \$45-60

"One of modern bluegrass music's most accomplished and influential acts" (*Rolling Stone*) returns to The Barns to celebrate their 40th Anniversary Tour.

NOV 17

Photo courtesy of Wolf Trap



CONTINUED FROM PAGE 17

to play with storytelling. In this workshop, families will explore the sounds we can make with our voices and with everyday objects to imitate sounds of the world. With a mix of demonstration, trial and error, and games, this hands-on workshop explores the ways sound is made. This class is designed for those 8 and up, and it is recommended that families participate together. Children under 14 must have a parent register with them.

NOVEMBER 17

"HOLD ON TO YOUR BUTTS"

A Recent Cutbacks production

The Old Firehouse, 1440 Chain Bridge Rd., McLean VA 22101, 6pm, \$19/\$14 MCC tax district residents

Sixty-five million years ago, dinosaurs ruled the earth... Twenty years ago, Jurassic Park, a movie about dinosaurs came out that ruled the box office. Now, two actors and two Foley sound effects artists perform a live, "shot-for-shot" remake that was named a Critic's Pick and Top 10 Comedy Show of 2014 by TimeOut NY. Running time: 60 minutes.

NOVEMBER 17

ANTI-SOCIAL CLUB ALBUM RELEASE PARTY

Derd Berner + Spectrums

Jammin Java, 10pm, \$12-20

The DC-area alternative rock band, Anti-Social Club, features a sometimes brooding, sometimes soaring, and often infectious blend of compelling melodies and hooks, all swirling rhythmically around a core of poignant lyrics and heartfelt vocals.

NOVEMBER 18

MC LARS

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

MC Lars is the creator of post punk laptop rap and lit hop, which he has extended and powered into a fusion of rap, punk, rock, ska, pop, and other genres. He speaks to and for people of all ages, lifestyles, and perspectives, and is a storyteller, covering love, life, loss, confusion, and hope.

NOVEMBER 21

HOT DUB TIME MACHINE

The State Theatre, 9pm, \$10-13

Since first launching his time-travelling, 'dance-through-the-decades' audio-visual party concept in 2011, Sydney's Tom

Loud has grown his project into an absolute monster. Hot Dub showcases songs from every decade and genre of music—60s rock, 70s disco, 80s cheese, 90s house, noughties electro, 2018's radio hits—and winds and weaves it into one expansive, electrifying, music history lesson. Each song is played in chronological order—mixed live on turntables—and complemented with archival concert footage/music videos on massive screens (narrated by a virtual spaceship air hostess), led by Hot Dub's own rapturous MCing and hugely animated antics.

NOVEMBER 23

THE NIGHTHAWKS WITH BILLY PRICE

The State Theatre, 9pm, \$20

Washington's favorite bad boys, the Nighthawks, are masters of electric Chicago Blues and the kings of sh*t kicking roadhouse rock. They're not called America's Best Bar Band for nothing!

NOVEMBER 24

JANIS JOPLIN & JIMI HENDRIX TRIBUTE

The Barns at Wolf Trap, 8pm, \$25-29

DC's finest musicians come together for one evening

honoring two of rock's most legendary immortals with renditions of their smash hits, career bests, and much more. Featuring performances by Patty Reese, Kelly Bell, Jonathan Sloane, Tommy Lepson, Mama Moon, Deletta Gillespie, Mary Shaver, Jeff Hall, Kristie Dilascio, Scott Ambush, Chuck Underwood, Michael Andre Aubin, Deren Blessman, Robbie Cooper, Andy Hamburger, Sonny Petrosky, Bill Starks, Vince McCool, and Wayne Sulc.

NOVEMBER 25

JOHN EATON

George Gershwin & Friends

The Barns at Wolf Trap, 2pm, \$25-27

Wolf Trap favorite and "Washington legend" (The Washington Post) John Eaton returns to The Barns for an afternoon filled with piano renditions of the best of George Gershwin, Harold Arlen, Leonard Bernstein, Ann Ronell, Jerome Kern, and practically everyone else!

NOVEMBER 29-23

A CIVIL WAR CHRISTMAS

1st Stage Tysons, \$15-39

It's 1864 and Washington, D.C. is settling down to the coldest Christmas Eve in years. "History lessons and holiday warmth sit cozily alongside each other" (The New York Times) in this pageant of carols by Paula Vogel, the Pulitzer Prize-winning writer of "Indecent." Stories of many intertwining lives—spanning from the battlegrounds of Northern Virginia to the halls of the White House—demonstrate that the gladness of one's heart is the best gift of all. This "rich and moving play with music" (Variety) is a treat the whole family will enjoy.

CONTINUED ON PAGE 20



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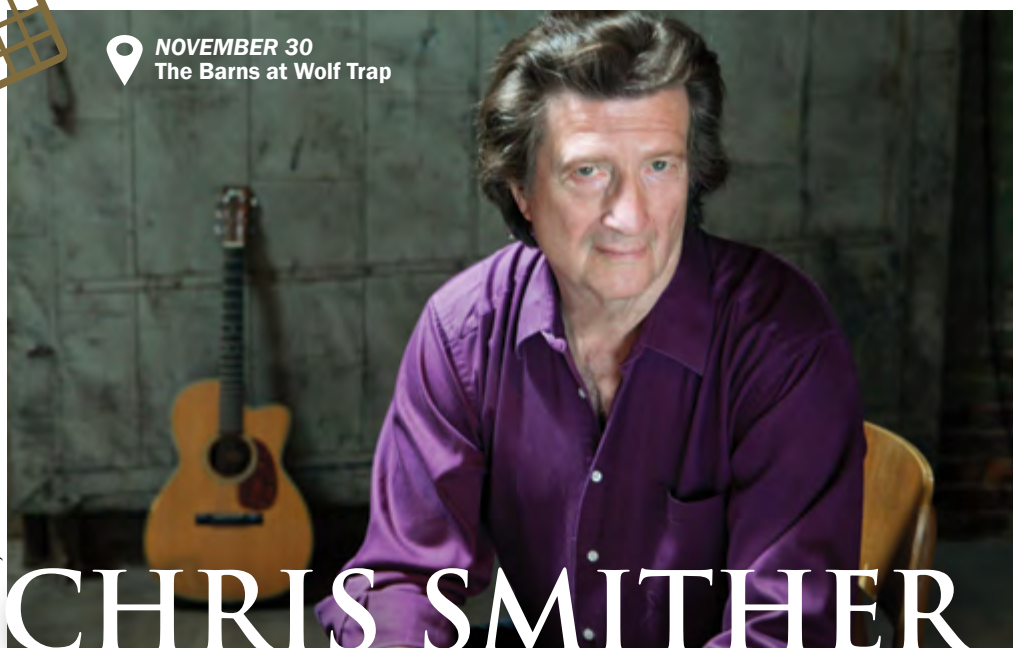
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NOVEMBER 30
The Barns at Wolf Trap



CHRIS SMITHER

CONTINUED FROM PAGE 18

NOVEMBER 30

CHRIS SMITHER

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

A profound songwriter, Chris Smither draws deeply from the blues, American folk music,

modern poets, and philosophers. Reviewers continue to praise his dazzling guitar work and gravelly voice.

NOVEMBER 30

Hordestock Presents

HORDE TIMES AND WEIRDNESS FEAT.

BIG O AND DUKES & HTAW LIVE

Jammin Java, 8pm, \$20-25

In the early 2000s the Big O and Dukes show was forged in the fires of 99.1WHFS and continued to grow in popularity as they took on other radio markets from Baltimore, MD

to Phoenix, AZ. In 2007, the boys found themselves back at the one station that they both had always dreamt being on, the talk superstation 106.7 WJFK in Washington, DC. Unfortunately, the ever changing world of radio found the once beloved talk radio station flip to sports in 2009 and the Big O and Dukes show seemed lost in the ether forever. A Big O and Dukes live show at Jammin Java is an event not to be missed. Chad and Oscar will bring their unique comedic style to the stage for a recording of their podcast, only with hundreds of your soon to be closest friends in attendance.

DECEMBER 1

RED BARAAT

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

"Imagine a New Orleans street band playing Indian Bollywood tunes with a go-go beat — you can't? Then just listen, because your day is about to get better.

CONTINUED ON PAGE 22

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mhuling@cbmove.com

Heather Huling

703.901.7471

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7819 Old Centreville Rd | Manassas, VA 20111 **\$514,999**

Colonial, 5 bed, 4 bath with in-law suite. Gourmet Kitchen with stainless steel appliances, Updates complete in 2018. New roof, central AC, granite counter tops, soft close cabinets, ceramic tile, hardwood flooring, updated bathrooms, fixtures & lighting. 3 garage, suitable for RV, has bonus room with hardwood floors, heat/ac and a 1/2 bath. Main level Bedroom & 5K closing cost.



Lisa Moffett

703.517.6708

lmoffett@cbmove.com



11576B Cavalier Landing Ct #901-B | Fairfax, VA 22030 **\$405,900**

Seller will credit buyer \$6,000 towards closing costs for paint & carpet! End unit with lots of natural sunlight! 3 bedrooms, 2.5 baths! Neutral paint, spacious master suite with soaking tub, separate shower, and 2 walk-in closets. Open and flowing floor plan, with 1,900 finished square feet. Kitchen opens to large dining room and living room with 2 sided gas fireplace and a 1 car garage. Close to 50/29/66!



Nesha Khargie

703.867.0259

nkhargie@cbmove.com



5811 Fitz Hugh St | Burke, VA 22015 **\$799,000**

This home has a stunning renovated main level with a high-end gourmet kitchen, hardwood floors throughout. Open Floor plan that's perfect for entertaining. Home has a large, private backyard with mature trees! Great brick patio and hot tub. This beautiful split level boasts 4 bedrooms, 3 updated bathrooms, and a one car garage. Within walking distance to the VRE!





Photo credit: Mel DiGiacomo

📍 **DECEMBER 2**
The Barns at Wolf Trap



EILEEN IVERS



11AM-2PM

DEC
3

ARLINGTON JOB FAIR

DoubleTree by Hilton Hotel Washington DC - Crystal City, 300 Army Navy Drive, Arlington, VA 22202, 11am-2pm, Free
Open the doors of opportunity when you meet and interview with hiring managers at companies ranging from small local businesses clear on up to Fortune 500 corporations This career fair will allow you to learn about the businesses that are hiring and what their hiring needs are. Tired of sending your resume over the web to get no responses back? By attending this event, you will be able to meet directly with the hiring managers and get instant feedback on your resume and possibly even GET HIRED ON THE SPOT!

CONTINUED FROM PAGE 20

It's a crazy blast of fun" (NPR). If you missed Red Baraat last year, this is the one show to make this season.

DECEMBER 2

EILEEN IVERS

A Joyful Christmas

The Barns at Wolf Trap, 3pm and 8pm, \$27-32

Recalling the roaring hearths and roars of laughter that make up Christmas in Irish families, virtuoso fiddler Eileen Ivers interweaves age-old Wren Day songs, beloved American carols, and even a jigging Bach in An Nollaig: An Irish Christmas. With her signature warmth, Ivers invites listeners in for a tuneful, soulful celebration capturing the true spirit of the season and telling the story of Christmas through music and dance.

DECEMBER 9

JENNY & TYLER

There Will Be A Song Album Release Tour with Special Guest Taylor Leonhardt

Jammin Java, 2:30pm, \$12-35

Jenny & Tyler is a folk/pop

act hailing from Nashville, Tennessee. Drawing influence from Simon & Garfunkel, Glen Hansard, & Alison Krauss, Jenny & Tyler have found their place in today's landscape of singer/songwriter folk/pop.

DECEMBER 9

DOE PAORO: SOFT POWER TOUR

Jammin Java, 8pm, \$15

Transforming pain into transcendence is the genius of many pop artists, but Doe Paoro brings an entirely new depth to that process.

DECEMBER 14-15

DRINK THE DISTRICT: WINE WINTER EDITION

La Maison Française at The French Embassy, 4101 Reservoir Rd NW, Washington, DC 20007, Friday 6-9pm, Saturday 1-4pm and 6-9pm, \$59-99

The winter edition of the Drink the District Wine Festival is "holiday themed", with a wide variety of wines to choose from. While you're tasting your way through the festival or nibbling on cheese, you can get some shopping done, too. Why not travel to France in the Winter? General Admission ticket includes: unlimited sampling of more than 50+ wines, access to the culinary demonstrations where you can learn how to sip and cook like a pro, Etsy "In Real Life" artisan market featuring local small businesses, and a commemorative festival cup. Live music and entertainment all day, specialty cheese and charcuterie packages available!

DECEMBER 15

ROCKAPELLA

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

Since the early '90s when they first achieved national television fame on PBS's "Where In The World Is Carmen Sandiego?", they've toured the globe and provided a funky powerful soundtrack to several

generations of vocal music fans, while keeping it all fresh along the way. With buckets of catchy original pop songs, and complete contemporary revisions of sparkling Motown, pop, and soul classics, this group has always been the one to watch. No instruments, no tracks, no mirrors...but never lame.

DECEMBER 22-23

Jammin Java Presents
Todd Wright's Sixteenth
Annual

SANTA CLAUSTER-F@%! CHRISTMAS SPECTACULAR

Jammin Java, 8pm, \$15-30
(Saturday show is seated, Sunday
show is standing.)

Tis the third and the second
nights before Christmas
When Santa Claus gathers
some sixty musicians
To play holiday songs
without ever rehearsing
Making music and magic
with minimal cursing

And before all this holiday
dust starts to settle
There'll be polka, folk, rock
and the heaviest metal
So get tickets now or you'll be
out of luck
And you won't get to say that
you got "Clauster...."

JANUARY 2

DOYLE (OF THE MISFITS)

Jammin Java, 7pm, \$16-25

Legendary Ex-Misfits
guitarist Doyle Wolfgang Von
Frankenstein has broken new
ground with his solo project,
"DOYLE", a horror based
hardrock/metal band of epic
proportions that captures the
beauty of the dark side. DOYLE
cranks out music as scary as
the Misfits, as doom laden as
Black Sabbath, and has the
same hard-hitting in your face
style of metal as Motorhead or
Slayer. ❖



NOVEMBER 9-10
The Barns at Wolf Trap



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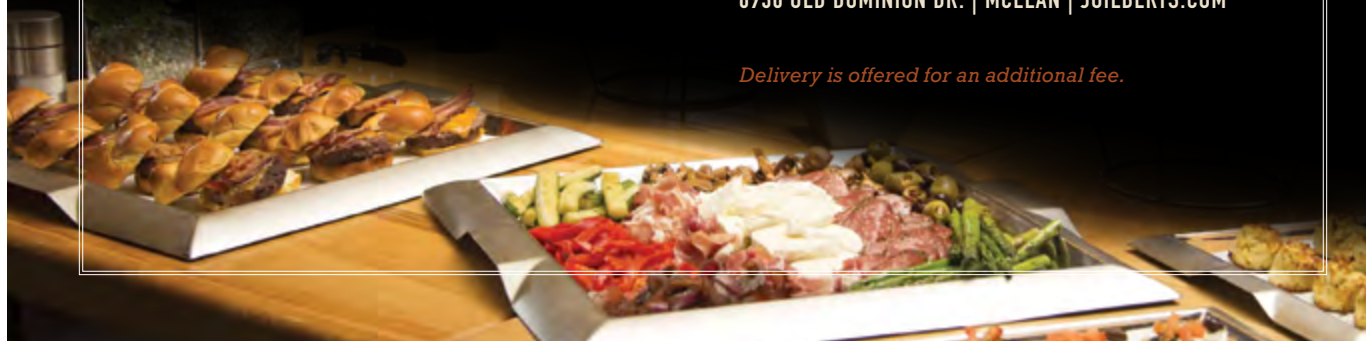
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BY KEITH LORIA

HEY, HEY, IT'S A MONKEE!

As a member of the Monkees, Michael Nesmith was beloved by the teens of the late '60s and early '70s, the popularity of the TV show and band began to rival the Fab 4 (the band the show was paying homage to), selling more than 75 million records worldwide.

Nesmith shocked many in the entertainment industry when he walked away from The Monkees and his bandmates in 1970 to start The First National Band, fusing country music with rock n' roll.

That band scored an early hit with "Joanne," but then had trouble reaching the charts again, eventually fizzling out.

Over the ensuing years, Nesmith has taken part in numerous Monkees reunions, and more recently has turned his attention to getting The First National Band back together.

Earlier this year, while he was out on tour with former Monkee, Micky Dolenz,

Nesmith suffered congestive heart failure, which required a quadruple bypass and some badly-needed time off.

But he's back to full strength and recently played the Birchmere in Alexandria, VA. Afterwards, he took some time to talk with Viva Tysons about his legacy and future.

LORIA: First off, hope you're feeling better. Can you update your fans on the state of your health?

NESMITH: My health is much improved and each day that passes things continue to improve.

LORIA: Tell me about the band you're playing with now. Do you feel the spirit of the original First National Band guys when playing these songs—especially (original collaborator) O.J. "Red" Rhodes?

NESMITH: Yes—all of these guys have a resonance with the FNB—and even Red's fairy dust still lays over everything.

LORIA: How do you feel songs like "Silver Moon" and "Little Red Rider" hold up today?

NESMITH: That is a hard question and I'm not sure I or anyone could give you a reasonable answer. Somethings just seem to affect the public in a way that makes them popular and sends them out into the collective consciousness with a special spin. I have never done that on purpose—and frankly don't know anyone who can.

LORIA: The band was heralded later on as being very influential, even though the albums didn't sell huge. What does it mean to you to know that people look back on the music fondly?

NESMITH: It's a nice acknowledgement. And really more and more the kind of reactions I depend on.

LORIA: I think many people are always going to remember you as a member of The Monkees first; reflecting on your career, what does that label mean to you—to know you were a part of something that touched so many (and still does)?

NESMITH: It remains the centerpiece of my professional life—it was a lot of fun—and I will always treasure being a part of it.

LORIA: I understand your sons are both involved in music—what advice have you given them and did they listen?

NESMITH: I gave them no advice. They are natural players and play what they love and want to hear.

LORIA: What do you enjoy about being on stage in 2018 and how does it compare to 50 years ago?

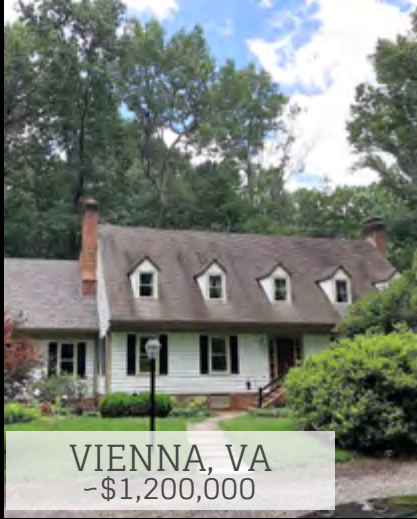
NESMITH: The tech makes all the difference—great mikes, speakers and mixing boards—lights and all the other production are elements that have really improved over the years and make it a real joy to play live.

LORIA: What else are you working on? Anything you want to promote or let people know about?

NESMITH: I am focused on the First National Band for a while. It is a rich mine with lots more to give. ♦

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BY KATHLEEN MCDONOUGH

David Baldacci's Neighborhood: WHERE THE NEXT THRILLER PLOT IS JUST AROUND THE CORNER

You know him as a best-selling author of page-turning thrillers, with over 130 million books in print. But it might surprise you to learn that David Baldacci lives, works and plays in our community. A native Virginian, he and his wife of nearly 30 years, Michelle, are long-time residents who have raised their two children in the area. It

was a distinct pleasure, therefore, to have the opportunity to meet this well-known “neighbor” at his Reston office, which is equal parts writer’s retreat and literary power hub, a book-lined reader’s paradise that exudes the serene charm of a beloved bookstore. We spent our time together talking about storytelling, creative inspiration and his newest release, *Long Road to Mercy*.

A Writer’s Life

With 37 novels for adults and six books for younger readers published to-date, you might conclude that David Baldacci has been writing all his life, which isn’t far off the mark. Baldacci recalls fondly that his mother gave him his first writer’s notebook when he was just a boy in Richmond. A way to record the stories that seemed to constantly spring from his imagination, as well as observations about the world around him, the habit of filling that notebook ignited a spark of creativity that helped the budding writer to emerge.

By the time Baldacci had graduated UVA Law School and moved to Washington, DC to practice law, he had turned his hand to writing screenplays, even securing an agent in Los Angeles, but failed to catch the attention of Hollywood. “I suppose my stories were ahead of the trend when it came to the types of movies studios were interested in producing at the time”, Baldacci says, “so I switched from screenplays to novels.”

While he continued to practice law, he surreptitiously worked on his first novel, which was written, rewritten and polished over three years. It was a story that sprung from an observation: “I was practicing law in DC and worked near the White House, where I would occasionally see the presidential motorcade and secret service agents, which, of course, gave me an idea.”

The finished manuscript was submitted to the (then) dozen or so publishers of note, with a cover letter promising them a read they wouldn’t be able to put down. Sent as much in the belief that his work was as good as any thriller on the shelf, it was also a bold challenge to the editors

he was sure would relish the opportunity to prove him wrong. It was Baldacci who was right—they couldn't put it down—with every publisher vying for the rights to his first novel, *Absolute Power* (later to become a major motion picture starring Clint Eastwood).

With one book and a young family, Baldacci wasn't completely sure he'd be able to make a career out of writing, so stayed with his "day job" at the law firm for another year before he finally took the plunge and became an author, full time.

Twenty-four years on, Baldacci says he's never regretted the decision to seize "the chance to do the job I love", where, for him, work is play.

The Making of a Storyteller

As to how his skills as a storyteller really developed, Baldacci readily points to his grandmother who lived with the family in Richmond and mesmerized him from an early age with stories of her home in Southwest Virginia. Also, it helped, he says, that his was an Italian family, full of colorful tales of their own, which further underscored storytelling as an integral part of everyday life and which he credits with helping to launch him and his siblings into professional and creative careers where good story telling informed and elevated their endeavors.

If the best attorneys are also good storytellers, then his years practicing law only helped him to further hone his writing skills, teaching him to be organized and disciplined and to take a long term approach to the process. For Baldacci, there's no perfect place or time to write. Unlike authors who rely on regimented rituals and routines to get their words on the page, Baldacci is constantly writing in his head, finding source material all around him. As he explains, "Some mornings all I have to do is open the blinds to find a story." Great if you're a prolific writer of best sellers, but given his proclivity for action-packed thrillers, it might make his neighbors a bit nervous if they knew.

"Inspiration comes every day," Baldacci says, helped along, no doubt, by being an avid reader and a man with many interests and endless curiosity about what's going on in the world. He recognizes that breadth of knowledge is important to

a writer, not only because it feeds the creative flame but because he's repeatedly found that the most surprising of obscure facts can end up being useful in the most surprising of ways (and are often to be found sprinkled throughout his books).

Baldacci believes that it's important to write what you know, but argues it is absolutely vital to write about what you would like to know. "It's the natural curiosity and reach for knowing that has fueled storytelling since the cave man; it's what lifts and makes buoyant the prose and plotting of the best books," he says. From the outset of his literary career his novels have touched on important topics, because he's a man who wants to inform and believes his stories should have a point, but his readers can always count on the boy in Baldacci to deliver a ripping good yarn.

For him, writing isn't a hobby, or even a job, but a lifestyle that influences every aspect of his day-to-day life. "I'm happiest," Baldacci acknowledges, "when I'm in the middle of writing a book. When I'm finished, I can't wait to start the next one."

The Power of Place

As to the strong sense of "place" present in his stories – with so many of his books set in our own back yard of Washington DC and the surrounding Metro area – Baldacci explains, "It's impossible to live in this area and not be struck by the vitality and energy that's unique to it. This is a place that attracts some of the brightest people, people with ideas and agendas, with the wish, and very often the power, to make things happen." And because this is the nation's capitol, where actions have worldwide impact, the stakes are higher, making it the perfect setting for the thrillers Baldacci is most famous for writing.

As a life-long resident of Virginia, Baldacci finds that his Reston office and nearby home, just a stone's throw from DC's seats of power, serve not only as his family anchor but also as the source of ongoing literary inspiration.

Indelible Characters

With compelling plots and dynamic settings drawn from the surrounding milieu, his stories require no suspension

Quick Take Aways from David Baldacci:

HIS FAVORITE BALDACCI BOOK

"I'm used to telling interviewers it's whichever book I've just finished, as that's the book you'll find me most excited about at the moment, but to be completely honest, *Wish You Well*, my novel based on my grandmother's life in the very rural Dickenson county in Southwest Virginia, is the book that has meant the most to me."

THE REACTION BY READERS TO A BOOK SERIES THAT HAS SURPRISED HIM MOST

"Whenever I'm at appearances or speaking engagements, there are always *Camel Club* fans wanting to know when the next book in this series will appear (good news: there'll be at least one more to come). There was one appearance where I spotted a particularly ardent "fan" among the crowd who had duck-taped a stuffed camel to the top of a pole, using it to urge me from the rear of the room, in his uniquely passionate way, to deliver more tales of the 'Club'!"

of belief. It seems only natural that many of Baldacci's protagonists hail from the worlds of espionage or national and international policing. Likewise, his peripheral characters just as believably are journalists, policy wonks and local law enforcement officers. No contrivances necessary, these are the people indigenous to our unique metropolis. Baldacci excels at creating charismatic characters that drive his stories and whose motivations, strengths and weaknesses consistently connect with readers.

In order for these characters to come to life on the page, however, Baldacci must be part fiction writer, part journalist. He researches, digging deep to discover who these characters are and what makes them

authentic. But he's no Wikipedia writer, happily glued to a computer. Instead, he does his own legwork, meeting and interviewing the real-life prototypes of his characters, trying to do what they do, to better understand how these people react when under pressure. Baldacci stresses, "I interview dozens of people for each book and make it a point to travel, if at all possible, to the places that I write about. But mostly, I just listen to people—that's where the real stories are."

Long Road to Mercy

Baldacci's newest book, and the start of his seventh novel series, *Long Road To Mercy*, (which debuted on November 13th), is yet another challenge the writer set for himself to keep his storytelling fresh and timely. Featuring his first female sole lead character, Baldacci explains that, "This book comes from my sincere desire to recognize and honor the

powerful women in my life—my mother, grandmother, wife, daughter, and female colleagues." It also fulfills a long-held interest by setting the novel in the American Southwest.

The story introduces readers to FBI agent Atlee Pine, a strong woman in a traditionally masculine role, who finds herself not only the lone federal agent for hundreds of miles, but struggling with a personal past of loss and unanswered questions.

Women have always played a prominent, although not main, role in Baldacci's novels, but whether as part of an organic evolution of character, or as a direct reaction to current trends that are moving women from the margin to the middle, Baldacci emphasizes that he "knew the time was right to portray a strong woman and for a forceful female character to take on the role of leading my newest series of thrillers."

From his earliest days as a lawyer Baldacci observed "female colleagues with far more talent and intelligence, losing out to the men," and knew they deserved better. To hear Baldacci speak about Atlee Pine, it's clear that, in her, he has brought to life a female character eminently capable of surviving in a man's world. This is someone that resonates with the writer, a reaction he's confident his readers will share.

A large portion of *Long Road to Mercy* was written in his Reston office, although Baldacci admits that research for the book, coupled with a busy schedule that often included guest teaching, along with speaking engagements and book signings, left him writing, as is so frequently the case, "wherever the day and mood finds me."

But that doesn't worry the author, for, as David Baldacci likes to say, "How can I survive without writing?" ♦



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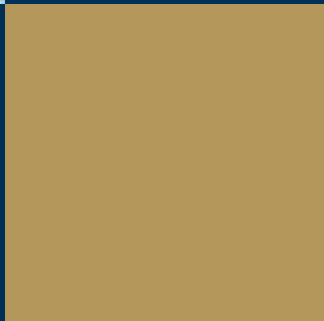
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2018

Holiday EVENT GUIDE

There are plenty of activities and outings this year to get you in the holiday spirit! Be sure to check this event guide to find the craft shows, concerts or 5k events that put the “ho-ho-ho” in the holidays.

NOVEMBER 10-
DECEMBER 24

SANTA HQ OPENS AT TYSONS CORNER CENTER

Tysons Corner Center

Starting on November 11th, Tysons Corner Center and HGTV's Santa HQ are open for the season: Guests are invited to make a reservation to explore the immersive, engaging Santa HQ, the digitally enhanced visit with Santa presented by HGTV.

Reservations to visit the experience can be made in advance www.santa-hq.com.

NOVEMBER 14-17

OAKTON CHURCH OF THE BRETHREN CHRISTMAS CRAFT SHOW

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

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

For more information, see www.oaktonbrethren.org, or call 703-281-4411. The event is a fundraiser for church projects.

NOVEMBER 15

TYSONS TREE LIGHTING CEREMONY

Tysons Corner Center Plaza, 6-8pm

Join Tysons Corner Center on Thursday, November 15th at 6pm for the annual Tree Lighting Ceremony emceed by Lance Bass from "NSYNC," located on The Plaza at Tysons Corner Center.

NOVEMBER 17

HOLIDAY BAZAAR BY LIVING SAVIOR WOMEN'S MINISTRY

Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station, VA 22039, 10am-5pm, Free

A variety of vendors and home crafters will be selling their wares along with baked goods and a Silent Auction occurring during the event. Admission is free.

NOVEMBER 17-18

FAIRFAX HOLIDAY CRAFT SHOW

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

The 33rd annual Holiday Craft Show will be held on November 17-18 at Fairfax High School. There will be artisans from all over the United States displaying their wares. Come explore many wonderful holiday gift choices. Take a break from shopping and enjoy a hot lunch.

NOVEMBER 17-JANUARY 6



MEADOWLARK'S WINTER WALK OF LIGHTS

Meadowlark Botanical Gardens

9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required (online purchase at winterwalkoflights.eventbrite.com) \$14 adults, \$8 children ages 3-12, Children under 2 are free

Bring your family and friends to be dazzled by the magical Winter Walk of Lights at Meadowlark Botanical Gardens in Vienna, Virginia. Every year from mid-November until just after New Year's Day, the garden is transformed into a half-mile, walk of lights. Revisit perennial favorites

CONTINUED ON PAGE 32

NOVEMBER 9-11

NORTHERN VIRGINIA CHRISTMAS MARKET

Dulles Expo Center, South Hall, 4368 Chantilly Shopping Center, Chantilly, VA 20153 Friday & Saturday 10:00 - 6:00, Sunday 10:00-5:00, \$8 for adults (children under 12 free) Receive \$.50 off admission by bringing a canned food donation for the Capital Area Food Bank

It's Northern Virginia's grand opening celebration of the holiday season! This spectacular, award-winning holiday show features more than 250 fine artisans from more than 20 states. Artisans offer a diverse selection of fine arts, pottery, jewelry, stained glass, wood, photography, fiber arts, vintage re-creations as well as thousands of one-of-kind Christmas collectibles. Taste of the Holidays specialty food vendors will offer gift-packaged gourmet fare. These tasty homemade goodies are ideal for creating wonderful gift baskets, loading up Santa's stockings, and gathering those hard-to-find executive gifts.

A major food drive benefiting the Capital Area Food Bank is held during this event each year by offering 50 cents off admission to attendees donating cans of non-perishable food.

NOVEMBER 23-DECEMBER 16

MOUNT VERNON BY CANDLELIGHT

3200 Mount Vernon Memorial Hwy

Mount Vernon, VA 22121, Fridays and Saturdays, 5pm-8pm, \$25 adult (12 and up); \$17 youth (ages 6-11); Kids 5 and under are free

Come join the estate for the candlelit, character-guided tour and learn more about holiday traditions in 18th-century Virginia. Guests will see the Washingtons as they prepare for a festive celebration with friends and family, a favorite holiday activity at Mount Vernon.

In the Mansion, Washy Custis has just arrived home from school, and Martha Washington is admiring an impressive array of desserts in the New Room, including a reproduction of her Great Cake. Some of the hired and enslaved servants are busy inspecting bills in the study, discussing the family's culinary preferences in the kitchen, and moving furniture in the New Room and hanging greens over doorways. Guests will also stop at the Slave Quarters, the Blacksmith Shop, and the Greenhouse where they will be able to participate in 18th-century dancing.

CONTINUED FROM PAGE 31

such as the animated Lakeside Lights, the Fountain of Lights, and the Holiday Nature Walk, and look for new displays each year. Put on your walking shoes and bring the family to experience a Northern Virginia festive tradition. Round out your visit by roasting marshmallows and sipping on hot beverages by the fire. (Available for purchase at Light Refreshments concessions).

NOVEMBER 18

VIENNA TURKEY TROT

Vienna Volunteer Fire Department
400 Center Street South, Vienna, VA
7am Registration, 8am Kids Fun Run,
8:30am 5K/10K, \$20-45

The James Madison High School Band will be hosting the 16th Annual Vienna Turkey Trot 5K/10K and Fun Run. All proceeds benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race

and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

NOVEMBER 21-JANUARY 6



THE BULL RUN FESTIVAL OF LIGHTS

7700 Bull Run Drive, Centreville, VA
20121, Monday - Thursday 5:30- 9:30 pm,
Friday - Sunday and Holidays 5:30-10:00 pm
(Holidays include November 22, December
24, 25, 31, and January 1), \$20-25/vehicle
Every year from Thanksgiving until
just after New Year's Day, you can
experience the Bull Run Festival of
Lights, 2.5 miles illuminated by holiday
light displays. Drive the festival route

from the comfort of your car; turn out your headlights and just follow the magical glow. After viewing the lights, bring your family and friends to the holiday village to enjoy rides, refreshments, and of course, photos with Santa Claus (holiday village open select nights). The festival happens annually at Bull Run Regional Park in Centreville, Virginia. Want to avoid the crowds? Fridays, Saturdays, and Sundays are our busiest nights. Please take advantage of the Monday through Thursday discounted price and avoid a long wait. Bull Run Festival of Lights is located just off of Interstate 66 in Centreville, on Rt. 29 (Lee Highway), just 3 miles from historic Manassas Battlefield Park. Visit www.novaparks.com/events/bull-run-festival-of-lights for more information.

NOVEMBER 22

ARLINGTON TURKEY TROT

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

Attracting runners, joggers, walkers and strollers, the 13th Annual Turkey Trot is a beloved holiday tradition for many in our area. The first Turkey Trot in 2006 raised \$4,200 for charity, growing to over 4,000 registered runners in 2017. Lace up your holiday running shoes and help Arlington residents who need a "hand up."

NOVEMBER 23



HOLIDAY PARADE, TREE LIGHTING AND SING ALONG

Reston Town Center, 11900 Market Street, Reston, VA 20190, 11am-10pm
Reston Town Center launches the festive season at the 28th annual Reston Holiday Parade at 11:00 a.m. with Macy's-style balloons, musicians, dancers, antique cars, characters, community groups, dignitaries, special guest emcees, and much more. Voted as #4 in the nation's top 10 holiday parades by USA Today readers, the one-of-a-kind, one-hour, half-mile parade along Market Street also welcomes the arrival of Santa and Mrs. Claus in a horse-drawn carriage. Since 1991, rain or shine, the parade has been an annual tradition on the day after Thanksgiving. Before the parade begins, thousands of jingle bells are handed out to spectators along the route. After the parade, enjoy visits and photos with Santa and Mrs. Claus, plus Mini-Train rides until 4:30 pm and street entertainment. The Clauses will return for the Fountain Square Tree Lighting and Sing Along at 6 pm. Afterwards, on Market Street, horse-drawn carriage rides continue from 6:30 until 10 pm. Proceeds for the photos and rides benefit local charities. The acclaimed Ice Skating Pavilion is open all day and every day from November until March.

NOVEMBER 23-25

THANKSGIVING ART AND CRAFT SHOW

Vienna Community, Center 120 Cherry St SE, Vienna VA, Fri 10am-5pm, Sat 10am-5pm, Sun 11am-4pm \$5, Return Free, Parking Free

This terrific show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting; fused, etched, painted and stained glass; ceramics and pottery; hand-painted silk; woodworking; handweaving; photography; paintings and drawings; clothing and functional textiles; jewelry; and much more. All of the artists and artisans will be on hand to answer questions and talk about their work.

NOVEMBER 24

A CHANTICLEER CHRISTMAS

George Mason University
Center for the Arts, 8pm, \$33-55
Begin your holiday season with a gorgeous concert of seasonal favorites and classical standards performed by "the world's reigning male chorus" (The New Yorker), Chanticleer. This award-winning male vocal ensemble is often called "an orchestra of voices," because of its seamless blend of 12 singers ranging from soprano to bass. Chanticleer's impressive repertoire includes Gregorian chant, Renaissance polyphony, and Romantic art songs as well as popular music, jazz, spirituals, and world music. The group has sold over one million albums and has received two Grammy Awards®. "Precise, pure and deeply felt singing," The New York Times raves, and The Los Angeles Times gushes, "Chanticleer fascinates and enthralls for much the same reason a fine chocolate or a Rolls Royce does: through luxurious perfection."



NOVEMBER 30-DECEMBER 2

FREDERICKSBURG HOLIDAY CRAFT SHOW

2371 Carl D. Silver Parkway

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

NOVEMBER 26

CHURCH STREET HOLIDAY STROLL

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

Ring in the holiday season at this fun annual event along Church Street. Following his arrival at 6:15 p.m. on a fire truck, Santa will greet children at the historic Freeman Store and Museum and help the mayor light the holiday tree at 6:20 p.m.

Various local musical groups perform throughout the evening.

Marshmallow-roasting stations and hot chocolate add to the festive atmosphere.

Historic structures that will remain open include the Freeman Store and Museum, Little Library, Caboose, Train Station, Knights of Columbus (formerly First Baptist Church), and Vienna Presbyterian's Old Chapel. Merchants along Church Street will remain open for holiday shoppers.

NOVEMBER 30

HOLIDAY OPEN HOUSE ON THE LAWN

Historic Manassas, 5-8pm; all ages; free
Enjoy music, entertainment, the glow of holiday lights, the arrival of Santa by VRE train, the City Tree Lighting at 6:15 p.m., and cookies in the courtyard. Get a start on holiday shopping at Echoes, the Museum Store, and enjoy a 10% discount.

Don't miss the 73rd Annual Greater Manassas Christmas Parade on December 1 at 10am.

NOVEMBER 30-DECEMBER 16
(Fridays through Sundays)

HOLIDAY MARKET

3999 University Drive, Fairfax, Fridays 5-8pm, Saturdays 12pm-6pm, and Sundays 12pm-4pm

Attend the 2nd Annual City of Fairfax Holiday Market in Old Town Square. Come and shop at the market of craft vendors as you enjoy Old Town Square, in the heart of Historic Downtown Fairfax, covered in holiday lights. The festival will include live holiday music, hot drinks, gourmet treats, and more!

The Holiday Market will be open the first 3 weekends of December on Friday, Saturday and Sunday. Craft vendors will vary each weekend.

DECEMBER 1

GREATER MANASSAS CHRISTMAS PARADE

Downtown Manassas, 10am
Kick-off the holiday season with the Prince William SPCA at 10:00am on Saturday, December 2, 2017 as the P.A.W. Express rolls through Old Town Manassas!

DECEMBER 1

FESTIVAL OF LIGHTS AND CAROLS

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

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

DECEMBER 1

THE ENCHANTED FOREST MERRY AND BRIGHT BASH

Sheraton Tysons Hotel, 8661 Leesburg Pike, Tysons, VA 22182, 8pm-11pm, \$90

This 21+ only event includes a silent auction of beautifully decorated trees and wreaths, open bar and hors d'oeuvres, live DJ and dancing, and an exclusive auction and raffle featuring: a Taylor Swift autographed record album, a Star Wars Episode IV movie poster signed by the original cast, and a NHL hockey puck signed by Washington Capital captain Alex Ovechkin. Dress is black tie optional. Proceeds support the Junior League of Northern Virginia's community and leadership development programs.

DECEMBER 1-2

THE ENCHANTED FOREST

Sheraton Tysons Hotel, 8661 Leesburg Pike, Tysons, VA 22182, Sat 9am-5pm, Sun 9am-1pm, Tickets \$10+

The weekend-long festivities at The Enchanted Forest features The Junior League of Northern Virginia's Kids

DECEMBER 1-2

CITY OF FALLS CHURCH HOLIDAY GIFT AND CRAFT SHOW

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

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

in the Holiday Kitchen, visits with Santa, crafts for children, and live entertainment from The Great Zucchini, Ukulele Phil and the Hula Kids, and more! General admission tickets valid both days; some special activities require additional ticketing. Children's General Admission tickets includes a holiday craft ticket. Children under 2 years do not require a ticket. For more information visit: www.jlnv.org/tef.

DECEMBER 2-17

GINGERBREAD DECORATING CLASS

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102, 10am-1pm
After exploring their life-size gingerbread house, learn to make your own at the Ritz-Carlton's Gingerbread House Decorating Class, taught by their Pastry Team.

DECEMBER 2

"A CHRISTMAS CAROL"

Ford's Theatre, 2pm (performance is 2 hours with a 15 minute intermission)
\$175/\$135

Join your friends and neighbors for a special outing to experience a DC holiday tradition: "A Christmas Carol" at Ford's Theatre. McLean Community Center will provide transportation and parking, theatre tickets, and Alden staff members to act as your personal concierges; you just show up and enjoy. Limited to 20 participants.

Transportation departs from and returns to Dolley Madison Library. As per Ford's Theatre's regulations "No one under the age of 5 will be admitted to mainstage performances.

All patrons regardless of age must have a ticket." Leave from and return to Dolley Madison Library 1244 Oak Ridge Ave., McLean VA 22101.

DECEMBER 15

Quantico Single Marine
Program Volunteer Event

WREATHS ACROSS AMERICA

The Old Post Chapel on Ft Myer, 204 Lee Ave, #335, Fort Myer, VA 22211, 8:30am-12:30pm, Free

Join us on National Wreaths Across America Day. Help place Veterans' Remembrance Wreaths on the graves of our American heroes buried at Arlington National Cemetery on Saturday, December 15, 2018. The mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,200 additional locations in all 50 U.S. states, at sea, and abroad. Register at www.eventbrite.com.

DECEMBER 2

HOLIDAY ARTS AND CRAFTS SHOW

Herndon Community Center, 814 Ferndale Ave., Herndon, VA, 10am-4pm, Free admission and parking. Additional parking at the Herndon Centennial Golf Course.

Over 80 artisans and craftspeople will exhibit and sell their work at this annual arts and crafts show sponsored by the Town of Herndon Department of Parks and Recreation. A variety of handcrafted items and fine art will be on sale including wreaths, jewelry, Christmas ornaments, decorations, original artwork, photography, stained glass, and more.

DECEMBER 2

BRUNCH WITH SANTA

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102, 10am
Rejoice in the holiday season with an

early visit from Santa Claus and an extensive breakfast buffet for you and your loved ones to enjoy. Capture a cherished moment when you take a photo with Santa for display at home during the holiday season.

DECEMBER 2

EILEEN IVERS

A Joyful Christmas

The Barns at Wolf Trap, 3pm and 8pm,
\$27-32

Recalling the roaring hearths and roars of laughter that make up Christmas in Irish families, virtuoso fiddler Eileen Ivers interweaves age-old Wren Day songs, beloved American carols, and even a jigging

Bach in An Nollaig: An Irish Christmas. With her signature warmth, Ivers invites listeners in for a tuneful, soulful celebration capturing the true spirit of the season and telling the story of Christmas through music and dance.

DECEMBER 22

CHRISTMAS IN FAIRFAX

The City of Fairfax Band, The Fairfax Choral Society

Fairfax High School, 3501 Rebel Run, 7pm-9pm, Tickets are free, but reserve yours early for this annual capacity-crowd event. We once again join with the City of Fairfax Band, under the direction of Robert Pouliot, to present an annual tradition and one of the area's most popular concerts. We'll take you on a musicological journey through the Twelve Days of Christmas. Bring the kids and enjoy the free concert—our gift to the people of Fairfax. Be sure to arrive early to visit with Santa!



DECEMBER 2



BREAKFAST WITH SANTA

Tysons Corner Center, 8am

Come enjoy breakfast with Santa at Tysons Corner Center on Sunday. Stay for the holiday performance by Those Funny Little People as well as holiday festivities and crafts. Guests are encouraged to participate in Help Through Holiday Giving by bringing an unwrapped toy to Santa Breakfast or at the Santa HQ Set from Thursday November 9th until Christmas Eve, Sunday December 24th to be donated to Second Story (formerly Alternative House) (501-c3)

DECEMBER 2

CELEBRATION OF LIGHTS

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

Celebrate the beginning of the season with our Great Falls Village Centre's annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children's choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck. Event held rain or shine. Visit www.celebrategreatfalls.org/celebration-of-lights for more information.

DECEMBER 6

MCLEAN WOMAN'S CLUB HOLIDAY HOMES TOUR

10am-3pm, see page 88 for more details.

A 52-year tradition of the McLean Woman's Club, the event will focus this year on four large, elegant homes in conventionally varied styles on large lots in four sought-after neighborhoods – Langley Forest, River Oaks, Odrick's Corner (off Lewinsville Road) and McLean Hamlet. Each home will have been decorated with the holidays in mind and to highlight family life in McLean. Parking is easily available near the four homes.

DECEMBER 7



VIENNA BOYS CHOIR

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

One of the most revered boy choirs in the world returns to the Center with their popular holiday concert. They capture the joy and wonder of the holiday season with their exquisite performances of classical masterpieces and contemporary favorites. This choir, composed of talented boy sopranos and altos between 9 and 14 and representing 31 countries, is lauded for its heavenly voices, harmonic purity, and endearing charm. Performing for well over 500 years, the choir's membership has included some of history's most distinguished composers, including

Haydn and Schubert who were themselves choristers. Today, the Vienna Boys Choir regularly tours Europe, Asia, Australia, and the Americas performing for almost a half million people each year, affirming its reputation as a leading international choral ensemble. "The angelic voices of this most famous vocal group are ageless" (The Salt Lake Tribune). Gather the whole family for this delightful holiday treat.

DECEMBER 7

SANTA, STARS, & S'MORES

Runnymede Park in Herndon, 6-7:30pm
Santa comes to Runnymede Park! Follow the luminaries to the campfire and Santa. He'll be here to chat with each child, plus we'll have storytelling and holiday music. Dress for the outdoors. S'more kits available for sale. In case of inclement weather, event will be held

Sunday, December 10 at same time.
Inclement weather line 703-435-6866.
Register at www.herndon-va.gov.

DECEMBER 8

Natalie MacMaster and Donnell Leahy

A CELTIC FAMILY CHRISTMAS

Concert Hall at George Mason University

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

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

DECEMBER 8

AMERICAN FESTIVAL POPS ORCHESTRA HOLIDAY POPS: SONGS OF THE SEASON

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

Deck the halls with boughs of holly! It's time to celebrate with the American Festival Pops Orchestra at their annual holiday concert, a cherished tradition at the Center. This uplifting evening includes favorite classics like Leroy Anderson's "Sleigh Ride" and "A Christmas Festival," the ever-popular carol sing-a-long, and fun musical surprises. Special guest artists join conductor Anthony Maiello as he leads Northern Virginia's very own pops orchestra in a treasured holiday celebration. It is a surefire way to

put everyone in your family—even a scrooge—into the holiday spirit.

DECEMBER 9-17

THE NUTCRACKER TEA

The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102, 10am-1pm
Delight in a contemporary twist on the beloved holiday classic while you enjoy afternoon tea with festive winter petite sandwiches and pastries. All children will go home with a nutcracker doll and pictures to remember their day.

DECEMBER 9

MASON SYMPHONY ORCHESTRA & JAZZ HOLIDAY CONCERT

George Mason University Center for the Arts
Concert Hall, 7pm, \$5-20

Celebrate the holidays with the Mason School of Music in a concert sure to make the season bright. The Mason Symphony Orchestra is comprised of outstanding string, wind, and percussion players from throughout the School of Music.

DECEMBER 16

THE NUTCRACKER, THE FAIRFAX BALLET

GMU Center for the Arts Concert Hall,
4pm

Experience this timeless holiday classic with the FSO and the Fairfax Ballet—a holiday tradition your family will always cherish. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. It's the perfect holiday treat for the entire family!

DECEMBER 23

THE WASHINGTON CHORUS FAMILY CHRISTMAS

George Mason University Center for the
Arts deLaski Performing Arts Building A101,
2pm, \$33-66

Celebrate Christmas with The Washington Chorus! Bring the whole family and enjoy your favorite holiday tunes, a fun sing-along, and a visit from Santa! ❖

DECEMBER 21

MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER

George Mason University Center for the Arts Concert Hall, 4pm and
8pm, \$28-175

Celebrate this Christmas with the experience taking North America by storm! Marking the 25th Anniversary Tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. Gather the family and see why the press is raving "Knock Out!" – New York Times "Christmas Cheer!" – LA Times. Get the best seats today and memories for a lifetime at Moscow Ballet's Great Russian Nutcracker!.

Groups get the best seats at the best prices! Call Bobbie at
1-800-320-1733 to reserve your seats today.



HOLIDAY CELEBRATIONS

What's Your Party Style?

BY MICHAEL EVANS

It's the most wonderful time of the year. But, we know that, sometimes, entertaining for the holidays can be stressful! If you're hosting family and/or friends for a get together this year, continue reading for some tips and tricks for how to pull off a memorable holiday celebration with minimal stress, regardless of if you're a DIY fan or if you've called in the professionals for some back-up!

Do-It-Yourself

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

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

Drop Off Service

Another alternative for hosting the holidays is to hire a caterer for drop-off service. This is a great option for those who want help with preparing the food, but want

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

Full-Service

If you've called in for some back up and have a full-service caterer helping to make

your holidays memorable (and alleviating some of the pressure on you!), you have a few additional options for service styles. First, you could plan to do **food stations**. Food stations are a fun, interactive alternative to buffets that allow for increased flexibility and menu options, but provide your guests with even more opportunity to customize their meals and to promote mingling. Multiple stations are set up, usually with a common theme at each station. For example, you may find a DIY potato bar with all the fixings at one station, whereas at the next station you would find a variety of sushi and sashimi, and other asian favorites. Food stations are also a great way to provide an additional dimension to your reception. Depending on how elaborate you want to get, food stations can give chefs a great opportunity to have more facetime with guests while providing interactive food displays as they prepare some of their signature dishes made-to-order!

Finally, a tried and true option for an elegant holiday celebration is the **sit down dinner**. Sit down dinners typically consists of a multi-course meal in which each course is often plated and served individually to guests. This option allows your guests to feel pampered, and is traditionally used for more formal affairs. Drawbacks to the sit down

dinner include a more focused menu, as well as greater expense due to the increased staffing requirements to adequately serve your guests. However, formal sit down dinners can be quite regal and beautiful!

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



Michael Evans is chef-owner of Helga's Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area.

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BY LINDA BARRETT

Light Up the Holidays

Brighten your home for the holidays with professional outdoor decorating.

It's holiday time again. And time to think about how you're going to decorate the outside of your home this holiday season.

Drive through any neighborhood and you'll delight in the festive holiday décor on a number of homes—houses are that are tastefully outlined in lights and glow with holiday enthusiasm. And although you could decorate your home yourself, creating one of those enviable homes is easy with the help of a professional holiday decorating company.

Homeowners love the turnkey service of a design professional that includes design, installation, maintenance and service, post-season removal, packing, and offsite storage of holiday decorations. They no longer have to get on a ladder or find room to store all those lights.

"Our aim is to make decorating as stress-free and easy as possible, year after year," said Dave Dolak, owner of Christmas Décor of NoVa, Inc., serving Tysons, McLean and nearby neighborhoods.

"The core things we recommend to enhance a home's exterior include LED lighting and decorations," Dolak explained. "For lighting, outline the roof and windows, trees and shrubbery, and

provide ground lighting for beds and walkways. These different levels of lighting give homes a symmetrical look. Place custom-designed wreaths on doors and/or windows and decorations like tin soldiers near the front door."

Using a professional decorator enables coordination of décor elements and colors for a cohesive look—even with white lighting. Who knew there was a difference between warm white and cool white lights!

Tips on Hiring a Holiday Decorator

- ✓ Look for someone knowledgeable in the industry who will be around year after year.
- ✓ Ask whether they are bonded and insured.
- ✓ Request to see a portfolio of work.

A professional's knowledge can also protect your home. "Our installation practices do not damage the house: we use plastic brackets on gutter lines, specific magnets on metal roofs, and removable adhesive stickers on windows. There are no nail holes, staples, or drilling needed," added Victor Tirondola, CEO of Holiday Decorating by Manor Works Painting, serving homeowners from Reston to Leesburg and beyond.

Both companies are affiliated with Christmas Décor, and utilize their design tool, professional-quality lighting and decorations not available in stores, and warranties for all products.

Homeowners submit a photograph of their home, which is loaded



into the custom design application where the elements of an outdoor holiday design can be applied and reviewed. They can see exactly how the finished décor will look on their home. Design professionals can also visit the home to provide an estimate, if needed.

"An average-sized home (2,000-3,500 sf) can take up to 14 hours to install and seven hours to remove decorations," Tirondola said. Do you really want to spend all that time yourself? A professional's fees are all-inclusive and payment can often be done in installments or on a monthly basis.

Creative. Beautiful. Spectacular. That's what your friends and neighbors will say when they see your home shining through winter's darkness. Whether you decorate your own home or hire a professional holiday decorator, celebrate the season in lights. ♦

Newest Trends in Holiday Lighting


- Colored lights—and team colors
- RGB lighting—lights programmable to change colors
- Lighting for other seasonal holidays





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BY LINDA BARRETT

A Toast To Cider

Virginia Cider is an Ideal Complement to Any Holiday Celebration

During the holiday season, many people begin to contemplate which wine or champagne they are going to serve for holiday meals and celebrations. As an alternative, why not consider one of Virginia's fine ciders? It can be as dry as wine, slightly bubbly like champagne and as refreshing as beer. Virginia cider offers a charming way to celebrate with style. Like wine, cider styles range from dry to sweet, still to sparkling, simple to complex. It pairs well with foods or can be enjoyed simply by itself.

"Cider is equally as food friendly and beautiful as wine when paired with the right food, and can make the whole experience better," said Sarah Showalter, co-owner of Old Hill Cider. "And there are so many options for cider, depending on what you're serving."

She recommends her Farmhand cider with its full body and tannins to pair with poultry, and her Yesteryear cider, a bright and sharp cider, with maple-glazed ham or salmon. End the meal with their Season's Finish, an ice-style dessert cider that pairs ideally with desserts, cheeses and dried fruits.

Showalter's is one of the few cideries with its own orchards and farmstand market where people can purchase apples. Some apples are specific to cider making,

while others, like the heritage apples Old Virginia Winesap, Jonathan, Stayman, Albemarle Pippin and Black Twig serve as dual purpose: eating or cider. A new variety of dessert apple is GoldRush.

FUN CIDER FACTS

- ☛ Cider is fermented like wine
- ☛ Apples must be ground before pressing prior to fermentation
- ☛ Artisan ciders are created by blending different apples
- ☛ Many cider apples are not ideal for eating
- ☛ In Virginia, hard apple cider can contain up to 10% alcohol by volume without capitalizing (adding sugar). Above 10%, it must be labeled as "apple wine."
- ☛ Hard apple cider making is the fastest growing segment in the alcohol business

Cider's History in Virginia

Once the daily drink in early Colonial America, cider was popular with people like George Washington, John Adams and Thomas Jefferson. Jefferson created a champagne-like cider made with Hewe's Crab apples that was his "table drink," and throughout the 19th century, cidermaking took place in every community.

"Cider was the beverage of choice in Virginia for many years before wine or beer, during a time when water was considered unhealthy. And since the first Thanksgiving celebration was held here in Virginia, why not bring the cider back to Thanksgiving as an alternative to wine?" said Courtney Mailer, owner of Blue Bee Cider, Virginia's first urban cidery.

Sadly, throughout our history, with the Industrial Revolution and the changing tastes of the growing immigrant population, cider fell out of favor and beer became a more popular drink of choice. Prohibition dealt another blow to the cidermaking industry.

Cider is making a comeback here in the United States, however. Today, Virginia is the 6th largest apple-producing state by acreage and is enjoying a renaissance of artisanal hard ciders as evidenced by the growing number of cideries and the availability of ciders in restaurants and bottle shops.

Blue Bee Cider has been planting its own orchard to help bring back from extinction the prized Colonial-era heritage apple varieties used for their own ciders. They have the largest orchard producing Harrison apples in the world.

“Cider apples are different from table apples, just as wine grapes are different from table grapes,” so you can select a cider to match any cuisine, Mailer explained. For traditional Virginia fare and salty hams, she recommends her Charred Ordinary cider, and for poultry, the Mill Race Bramble, with its berry notes. For December holidays, enjoy the Firecracker, a dessert cider made with apple brandy from Catoctin Creek Distillery that is rather like an apple Port-style wine. And for a nice (and less expensive) alternative to champagne, try the Aragon 1904.

What is Cider?

The Virginia Tourism Corporation describes cider as “fermented apple juice just as wine is fermented grape juice. The best cider, like the best wine, is carefully crafted from fruit chosen for cider making.”

Cider involves no grain and it is not cooked; it is pressed from apples specifically selected for their tannin, acid and sugar levels.

The term “cider” is considered “hard cider.” However, it has a lower alcohol content than wine due to the lower sugar level in apples as compared to grapes. You may see cider in the refrigerated section at your grocery store, but that is merely unfiltered apple juice with no alcohol content. Outside the United States, the word “cider” refers exclusively to alcoholic drinks.

Cider pairs particularly well with many foods, often better than wine. A dry cider with heavier tannins can substitute for a red wine and pair with meat dishes. A crisp cider with a higher acid level works well with rich, buttery dishes. Off-dry cider goes with smoke and spices, and works well with grilled vegetables. Sweet cider pairs brilliantly with vinegary or spicy foods like barbeque or Thai. Dessert ciders go with anything.

This holiday season, why not include several of Virginia's fine ciders with your celebrations? You just might make a new tradition of your own. ❖

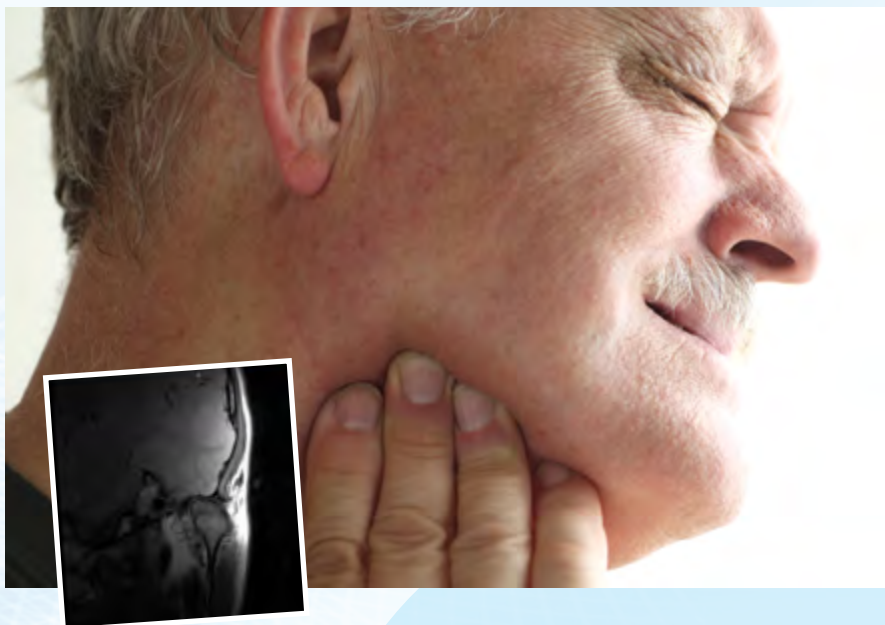


CIDER WEEK VA: NOVEMBER 9-18, 2018

In September 2012, Virginia's Governor Bob McDonnell established a week dedicated to hard cider in order to both celebrate the tradition of crafting hard cider in Virginia and raising awareness about its popularity throughout the Commonwealth. Virginia was the first state to do so. The week-long celebration, November 9-18, 2018, features special tastings, pairings, dinners, events and workshops, including the Alexandria Cider Festival held at the Lloyd House in Old Town on Saturday, November 17th. Learn more at www.ciderweekva.com.

VIRGINIA CIDERIES

- ❖ Albemarle Ciderworks, North Garden
- ❖ Big Fish Cider, Monterey
- ❖ Blue Bee Cider, Richmond
- ❖ Blue Toad Hard Cider, Roseland
- ❖ Bold Rock Hard Cider, Nellysford, Charlottesville, Crozet
- ❖ Bryant's Cider, Roseland
- ❖ Buskey Cider, Richmond
- ❖ Castle Hill Cider, Keswick
- ❖ Chateau Morrisette, Floyd
- ❖ Cobbler Mountain Cellars, Delaplane
- ❖ Corcoran Vineyards and Cider, Waterford
- ❖ Courthouse Creek Cider, Maidens
- ❖ Coyote Hole Ciderworks, Mineral
- ❖ Fabboli Cellars, Leesburg
- ❖ Foggy Ridge Cider, Floyd
- ❖ Halcyon Days Cider, Natural Bridge
- ❖ Hilltop Berry Farm and Winery, Nellysford
- ❖ Hinson Ford Cider & Mead, Amissville
- ❖ Life is Hard Cider, Mt. Jackson
- ❖ Lost Boy Cider, Alexandria
- ❖ Mt. Defiance Cider & Distillery, Middleburg
- ❖ Mountain Cove Vineyard, Lovingson
- ❖ MountainRose Vineyard, Wise
- ❖ Old Hill Cider, Timberville
- ❖ Potter's Craft Cider, Free Union
- ❖ Scott County Cider Co., Dungannon
- ❖ Sly Clyde Ciderworks, Hampton
- ❖ Tomahawk Mill Vineyard, Chatham
- ❖ Wild Hare Cider, Leesburg
- ❖ Winchester Ciderworks, Winchester
- ❖ The Winery at Kindred Point, Mt. Jackson



MRI DIAGNOSTICS FOR TMJ DISORDERS IN CHILDREN AND ADULTS

Significant improvements in diagnostic imaging have come about in recent years, making it much easier for physicians of all sorts to more accurately diagnose a wide range of diseases and disorders.

Temporomandibular joint (TMJ) diseases and disorders are no exception.

Exactly what is TMJ, and how serious can it be?

As stated above, TMJ stands for temporomandibular joint. You have likely heard of it in reference to a disorder, which really is called TMD - temporomandibular (joint) disorder.

According to the nifty little slideshow on WebMD (<https://www.webmd.com/oral-health/ss/slideshow-tmj-tmd-overview>) about 12% of adults have it, and it's more common among women than men.

Your jaw's joints (one on each side) are actually the most complex of all the joints in your body. Not only do these sliding hinges allow you to open and close your mouth, the joints also allow forward-back and side-to-side movement. No other joint in your body

is designed to move on three axes!

There is a small disc of cartilage that acts as a cushion in these joints, between your lower jaw (mandible) and sides of your skull near your temples (hence, the 'temporo' part).

When there is a problem in the functioning of the joint on one or both sides - if you experience pain when you move your jaw, pain in your ears or face and neck, or other similar issues—you could have TMD.

There are many causes, and various treatments, but you should see your doctor or dentist as soon as possible to prevent long term damage.

Stress, leading to clenching your jaw or grinding your teeth—even in your sleep, is frequently the culprit. However, it may not be the only cause. A misaligned bite is also a common cause of TMD, in both children and adults. Even infants can be affected, but it usually begins showing up in children from about six years old up.

Only through clinical exam and diagnostics can the cause of your specific

issue be determined, though, and the correct treatment applied. This is especially true for children.

(Yes, any reasonably intelligent person can self-diagnose TMD. But if you don't know the cause, you can't successfully self-treat.)

Due to the improvements in diagnostic imaging mentioned in the first paragraph, precise causes of TMD can be identified and appropriate treatments applied.

All forms of imaging have some positive value, but magnetic resonance imaging (MRI) is the most sensitive, according to a study done by a team of maxillofacial surgeons in India in 2012 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3513803/>).

It used to be that plain old x-rays were the only tool available, and the team found they are fine for detecting changes or damages to the bony structures. The team also found that ultrasonography¹ is good for diagnosing disc derangement, and computed tomography (CT)² scans were excellent for detecting the shape and condition of the bones (whether diseased or healthy).

For the most detailed picture of the TMJ's, American maxillofacial surgeon and researcher Dr T. A. Larheim says:

"Magnetic resonance imaging (MRI) may depict joint abnormalities not seen with any other imaging method and thus is the best method to make a diagnostic assessment of the TMJ status." —Larheim, TA; Cells Tissues Organs. 2005;180(1):6-21. (<https://www.ncbi.nlm.nih.gov/pubmed/16088129>)

This level of excellent imaging is especially necessary in the diagnosis of childhood and adolescent TMD. Many factors can contribute to the development of TMD in children, sometimes as young as 5.

Macrotraumas—usually trauma to the chin (so common in the toddler and pre-school years) can contribute to TMD in very young children.

Microtraumas—from parafunctional habits such as Bruxism, clenching, hyperextension, and other repetitive, habitual behaviors are a contributor for some children.

Anatomical factors of the teeth, jaw and skull, nervous tension, head-and-neck posture, and psychosocial elements, as well as connective tissue diseases are additional

factors in the development of TMD in children, adolescents and adults alike.

Because effective treatment depends upon accurate diagnosis, it is highly recommended that if you or a loved one are affected by possible TMD you ask for an MRI for the best possible view into the cause of the issue.

It costs more, yes. But it can save you time, money, and physical pain compared with ineffectively treating TMD based on a lesser detailed diagnostic image. ❖

SOURCES:

Efficacy of plain radiographs, CT scan, MRI and ultrasonography in temporomandibular joint disorders <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3513803/>

National Journal of Maxillofacial Surgery. 2012 Jan-Jun Role of Magnetic Resonance Imaging in the Clinical Diagnosis of the Temporomandibular Joint <https://www.ncbi.nlm.nih.gov/pubmed/16088129>

Cells Tissues Organs. 2005 Guideline on Acquired Temporomandibular Disorders in Infants, Children, and Adolescents http://www.aapd.org/media/Policies_Guidelines/G_TMD.pdf American Academy of Pediatric Dentistry

¹ Ultrasonography is an examination with a transducer that both sends the sound waves into the body and receives the echoing waves. When the transducer is pressed against the skin, it directs small pulses of inaudible, high-frequency sound waves into the body.

² Computed tomography, or CT, refers to a computerized x-ray imaging procedure in which a narrow beam of x-rays is aimed at a patient and quickly rotated around the body, producing signals that are processed by the machine's computer to generate cross-sectional images, or "slices", of the body.



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2019 WHAT'S NEW IN KITCHEN & BATHROOM DESIGN

By Analiese Kreutzer

If you're planning a kitchen or bathroom remodel next year, consider some of these rising trends in color, materials, technology and design to create your dream space.

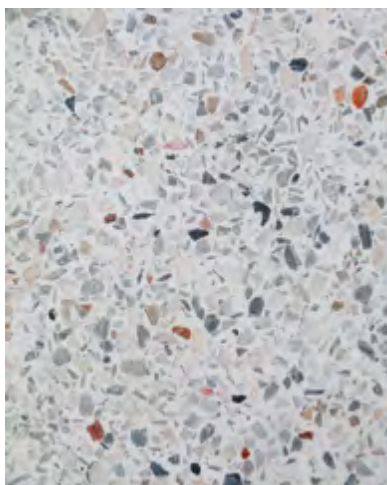


Technology SMART APPLIANCES

Technology in the kitchen, such as smart appliances, has been around for a number of years, but appliance apps still get mixed reviews. You might want to rely on a smart speaker like Alexa or Google Assistant to help out in the kitchen. These devices can look up recipes, set cooking timers, order groceries and more.

Cabinets < INJECTING VIBRANT COLOR

One of the biggest trends in kitchen design is color. All-white kitchens have dominated for quite a while, but now cabinets in blue, green and gray are increasing in popularity. If you opt for white cabinets or open grain wood, you can inject vibrant color through your appliances. Bosch refrigerators are available in bold colors and Viking offers its ranges and refrigerators in a variety of exciting colors.



Tile < TERRAZZO

Terrazzo—a composite of marble, quartz, glass and other materials—isn't new. In fact, it has been around since ancient times, but it has been making a comeback this year, a trend you can expect to continue into 2019. In the bathroom, use it for decorative accents or on walls, shower floors or countertops. In the kitchen, terrazzo spices up a backsplash, counters, walls or floors. It comes in an array of colors, and the new porcelain terrazzo is available in polished or matte finishes.

High Tech BATHROOM

Interesting and helpful high-tech for the bathroom includes motion-detecting faucets, automatic temperature regulators and mirrors with built-in LED lighting or integrated touch screens that control lighting or let you check the day's weather forecast or your schedule as you get ready for the day.



Vintage OR CONTEMPORARY

Although classic designs never go out of style, the main trends in bathroom design now lean toward either vintage or contemporary. To get the vintage look, use antique mirrors and light fixtures and repurpose an old dresser or other piece of furniture as a vanity.

If contemporary is more your style, go for clean lines and warm tones like grays, whites and earth tones as well as seamless shower doors and large tiles for a sleek look.



Fixtures

Homeowners have a variety of metal finishes to choose from for cabinet hardware, faucets, light fixtures and more. Matte sheens remain popular, according to Peters. Brass has been trending for more than a year. If you're looking for a newer trend, go with golden brass, darker bronzes and matte black finishes. Mixing metals also is popular. To mix metals, consider choosing an element such as a pendant light or faucet as an accent in a different metal such as rose gold.



Aging IN PLACE

According to Katie Peters, project designer with Bowers Design Build, another trend is toward timeless materials combined with practical elements that allow homeowners to age in place. Peters says the plumbing industry has begun to respond. One manufacturer has come out with a line of handheld shower assemblies that double as grab bars.



Counters < QUARTZ

Quartz countertops have been trending for a while and don't seem to be waning in their popularity. According to the 2018 U.S. Houzz Kitchen Trends Study, "Engineered quartz overall beat out granite 43 to 34 percent among homeowners updating countertops." Especially popular are quartz countertops that look like marble. Quartz is durable and requires less maintenance than granite.



Water Spaces

< OPEN SHOWER

Open shower spaces have expanded to incorporate both a bathtub and a shower, often with a simple glass barrier separating the water space from the rest of the bathroom.



photo credit: www.ajmadison.com

Cool Kitchen APPLIANCES

If you've ever been frustrated by limited space in the refrigerator or freezer compartment of your fridge, you'll be happy to hear that more brands are offering the flexibility of column units. These stand-alone appliances mean you don't even have to place your refrigerator and freezer next to each other. Refrigerators come in 24, 30 and 36-inch models and freezers are available in 18, 24, 30 or 36-inch options.

The concept of cooking directly on your countertop may be hard to imagine, but that's just what hidden induction units allow you to do. Induction cooking uses electromagnetism to heat pots and pans very efficiently while remaining cool to the touch. The units can be mounted beneath your counter, and when you're not using the area for cooking, you can use it as you would any other area of your countertop.



Open STORAGE

In both kitchens and bathrooms, open shelving is replacing some of the cabinetry. This can be tricky to keep neat and aesthetically pleasing, but it has the advantage of keeping essentials accessible and is perfect for dishes or towels that are uniform in shape and color, which helps keep the look neat and organized.

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

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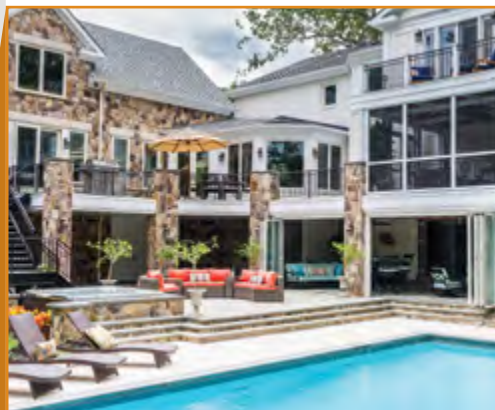
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BY JOHN BYRD

(Above) **KITCHEN TABLE ISLAND REAR VIEW** By re-purposing adjacent back rooms to 50-year-old Arlington home, Sun Design Remodeling accommodated a gourmet kitchen 40 percent larger than its predecessor. The plan segues to a new screened-in porch linked to a grilling deck.

(Below) **BEFORE KITCHEN** The former galley kitchen was too narrow to allow more than one cook at a time. The owners had considered building an addition, but Sun Design's Craig Durosoko showed the couple how to accomplish their goals while staying within the envelop of the existing home.



Repurposed!

Revised Rear Elevation Floorplan Allows Substantial Kitchen Enlargement Within Existing Walls

An interior remodel and screened porch addition to a fifty year old home in north Arlington generated a lot of buzz this past September when locals had a chance to view the makeover for the first time courtesy of an Open House sponsored by Sun Design Remodeling.

The changes to rear elevation rooms incorporate a new gourmet kitchen almost 40% larger than the previous galley design. The revised space, in turn, segues to a screened-in porch and grilling deck that features garden views and an *al fresco* dining venue with rotating fans, a skylight and even a pizza oven.

Chris and Cynthia Heimann, who have occupied the home for 16 years, have found the new plan a boon to everyday life—and perfect for entertaining.

According to Craig Durosoko, Sun Design's founder and chairman, the Heimanns initially considered building a new addition, but the remodeler asked them to also look at an alternative approach which would entail re-configuring living space within the envelop of the existing home.

"The Heimanns had actually upgraded the kitchen a few years ago, but the stairwell connecting the first and second floor took up over 12.5 square feet of front-to-back floor space restricting the kitchen's width to about ten feet," Durosoko recalls.

(At Right) KITCHEN FLOORPLAN

The floorplan called for eliminating an office in the home's southwest corner and relocating the powder room to a newly-designed corridor situated between the kitchen and a sitting room. The rear door was moved to the kitchen for better access to the dining porch and grilling deck.

The home's southeastern corner, however, was occupied by a mostly unused home office accessible via a short hallway with a powder room off to one side. These rooms absorbed over 100 square feet of floor space and (importantly) did not abut the staircase.

Measurements in hand, Duroske and team saw an option of relocating the kitchen to the opposite side of the rear elevation.

"There were lots of infrastructure considerations, but—as a space plan—the move made sense," the remodeler recalls.

Searching to better rationalize the home's first level, lead designer Clare McCaffrey saw early-on that achieving the scale and symmetry appropriate for the new dining porch would entail moving the rear access door to a spot in the middle of the rear elevation.

This in mind, McCaffrey developed plans for a corridor between the sitting

**(At Right) KITCHEN WITH ART**

DISPLAY Specialty designer Morgan Hutchinson's interior emphasizes softly muted tones while exploring design details from the home's existing architecture. By replicating an elliptical arch used in several front-facing rooms, Hutchinson created a niche for art display that borrows front-room colors for background.



room and the new kitchen which would also accommodate the relocated powder room.

With a course of casement windows assuring abundant natural light, and custom-designed built-ins displaying art books and collectibles, the hallway is a natural adjunct to the sunny reading room that formerly provided a rear access door.

Moreover, aesthetically, the new room is entirely compatible with the more nuanced and articulate interior design scheme that is explored throughout.

Homeowner Cynthia Heimann, who is a commercial architect, was especially pleased with the collaborative input of both McCaffrey and specialty designer Morgan Hutchinson.

"They were exceedingly aware of what's on the market and what would work in relation to our developing interior design scheme,"

(At Left) SITTING AREA Perfect for reading, the revised sitting area is steps away from a corridor (rear door right) designed to display art books and other collectibles.



(At Left) DINING PORCH, SPACE HEATER

With both rotating overhead fans and a space heater (right) the Heimanns can enjoy outdoor dining for about eight months of the year.

(Below) NEW REAR ELEVATION A course of box bay and casement windows along on the re-designed exterior assures natural light in all rear rooms. The grilling deck includes a free-standing pizza oven.

(At Bottom) DINING PORCH TO GRILLING DECK The leafy backyard and garden views add to the distinct pleasures of al fresco dining.

(Inset) BEFORE. The rear access door was previously on the far right side of the rear elevation

the homeowner recalls. "The proposed box bay window in the kitchen, for instance, required only a two foot cantilever, yet provided critical storage and clean-up space, and opened-up a really beautiful backyard view that brings the room to life."

The food prep island and dining counter, which includes a cook-top range, a sink and seating for three also provides cabinetry for china and crystal ware. The frameless acrylic cabinets in combination with gray wall paint further reinforce understated elevations in which small variations in color and texture stand-out.

An eye-catching pattern in the Avalon marble that surfaces the island was cut out of a larger slab specifically for this application. Likewise, the honed granite surface around the sink helps anchor the color scheme.

On a related note, Hutchinson makes a reference to the elliptical archways in the home's front rooms via the unique niche she created for displaying a framed poster the couple had purchased in France many years ago.

"It's the personalization that makes the whole feel so much like home," Cynthia Heimann says. "On that score, Morgan and Clare were quite personable, and very easy to work with."

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



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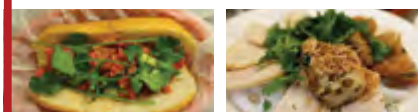
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Fairfax Schools Ignite Student Success

by Amanda Socci

As the largest school district in the state of Virginia and the 10th largest in the United States, Fairfax County Public Schools (FCPS) is constantly striving to provide quality education to its nearly 190,000 students through innovative advancements in education and technology. One such advancement began in 2013, when FCPS teachers, principals, and school board members convened special meetings with parents and local community leaders for one year to discuss a new ideology. In 2014, FCPS formalized that ideology by adopting the Portrait of a Graduate program, a modern roadmap with specific guidance to help students achieve success in life by learning 21st century skills in the classroom.¹

Ohio-based non-profit Battelle for Kids originated the Portrait of a Graduate program locally sometime before 2013. In November 2017, Battelle for Kids acquired EdLeader21,² and in February 2018, created a national movement, 21By2021, encouraging at least 21% of the school systems in the United States to adopt the Portrait of a Graduate program.³

Though the exact origins of the Portrait of a Graduate program are unknown, FCPS has clearly been at the forefront of this movement, being one of the first school districts to adopt this model of education. Interestingly, the major influencer of FCPS adopting the Portrait of a Graduate program was then-superintendent, Karen Garza, Ph. D., who went on to become the new CEO of Battelle for Kids and is now hoping to copy the success of FCPS in more school districts across the United States.

As per Dr. Garza, “the Portrait of a Graduate [program] served as the foundation...” for the FCPS 2015-2020 strategic plan, aptly named ‘Ignite,’ because it seeks to ignite, or set in motion, discrete goals including that of student success.⁴ With input from the community, FCPS curated a tailored version of the Portrait of a Graduate program to help students acquire specific skills: communication, collaboration, ethical and global citizenship, creative and critical thinking, and the ability to become goal-directed and resilient individuals.

Instructional Technology Integration Division at FCPS

In keeping with the spirit of the FCPS strategic plan and preparing students to reach their highest potential through Portrait of a Graduate, FCPS created an entire division, Instructional Technology Integration, to meet the growing demands of supplying its students and educators with appropriate technology to help with classwork and computer access at home.

Instructional Technology Integration (ITI), a vital component of the FCPS Department of Information Technology, is extremely busy in its day-to-day work, ensuring that all schools and offices can use digital tools, including FCPS 24-7 Learning (a.k.a. Blackboard), FCPS eCart (electronic Curriculum, Assessment, and Resource Tool), the Google suite for education, and Technology@Home, to name a few.

ITI has also begun work on providing equitable access to technology to all students. FCPS calls this equitable access FCPSON because it is 'on a journey' to enhance student learning by providing students access to technological devices on a 1-to-1 basis. According to the Coordinator of Instructional Technology Integration, Derek Kelley, "FCPSOn [is in the beginning stages and] provides equitable access to technology and to instructional practices that lead to Portrait of a Graduate outcomes for ALL students." Though some schools have already implemented FCPSON during the 2016-2017 school year, FCPS estimates completing its journey with FCPSON and securing 1-to-1 devices for its K-12 students by 2023.⁵

Incorporating Technology in Instruction

While ITI does not dictate the frequency or consistency of technology within classrooms, it supports the decisions of instructional staff in determining the best usage to teach students. As per Derek Kelley, "When teachers plan, they consider which tools and approaches will best support student learning. Sometimes, technology is the best option. At other times, traditional tools work best." Kelley also explains that technology decisions may be influenced by subject matter, in which specific areas including mathematics and social studies require implementation of additional digital resources whereas other subject matters do not.

FCPS balances the integration of technology in instruction through its implementation of digital citizenship. In society, the concept of digital citizenship requires technology leaders to help its Internet users become well informed and responsible in the ways they use information technology. In the school setting, FCPS has expanded the concept of digital citizenship by making the responsibility a shared one among students, school administrators, instructional staff, and even parents.

FCPS views digital citizenship as a meaningful way to prepare students to enter a society full of technology. ITI helps support best practices in digital citizenship to help students "... in developing healthy and responsible technology habits," notes Kelley. ❖

¹ In 2014, FCPS adopted Portrait of a Graduate - <http://battelleforkids.org/learning-hub/learning-hub-item/a-shared-aspiration-for-all-students>

² Acquisition of EdLeader21 - <http://edleader21.com/index.php?pg=33&id=73>

³ 21by2021 - <https://portraitofagraduate.org/movement>

⁴ FCPS 2015-2020 strategic plan - [https://www.boarddocs.com/vsba/fairfax/Board.nsf/files/AQKHVY4A6721/\\$file/FCPS%20Strategic%20Plan%202015-20_December_2016_rev6.pdf](https://www.boarddocs.com/vsba/fairfax/Board.nsf/files/AQKHVY4A6721/$file/FCPS%20Strategic%20Plan%202015-20_December_2016_rev6.pdf)

⁵ FCPS - implementation of FCPSON - <https://www.fcps.edu/node/36104>



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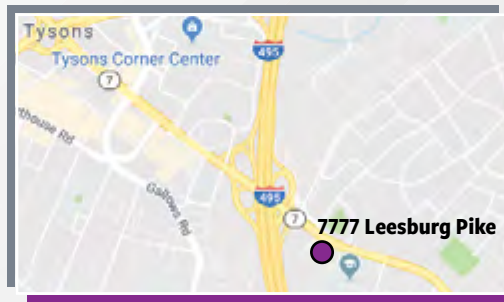
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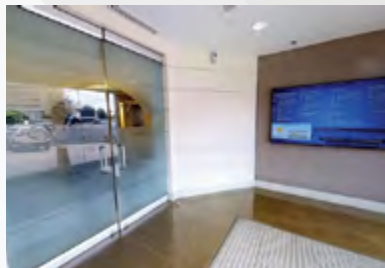
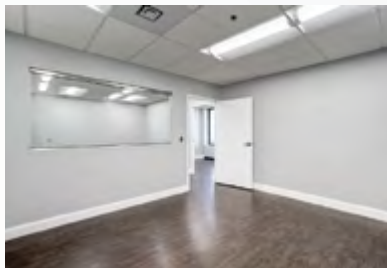


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BY DAN LASH CFP® AIF®

ASK AN ADVISOR: SPECIAL NEEDS PLANNING

All parents worry about their children's futures – it's part of the job. Parents of children with special needs may face more uncertainty. Some of the biggest concerns special needs parents have are financial. Mapping out your child's financial future can seem like a daunting task, but having a plan in place can help ease your fears.

There are complex legal and governmental issues surrounding disability so planning for the long term can be tricky. The wrong decision might create a tax burden or render a child with special needs ineligible for government benefits. Having a strategic plan that maps out your vision for your child's future can lessen some of the uncertainty. Below are three things I recommend parents of children with special needs do to secure their future:

- **Create a letter of intent**—No one knows your child better than you do. If something were to happen to you, how can you express your wishes for your child's future and share all the facts about your child's wants, needs, and care? While not a legally binding document, a Letter of Intent will serve as a guide for future caregivers and cover topics such as: daily schedule, medical history, education, benefits received, and your vision for your child's future.
- **Create a special needs trust**—Work with an attorney to create a special needs trust. Such trusts are an important part of your child's long-term financial plan. The trust will serve to benefit your child in two ways: A trustee that you identify in the trust document will manage the assets inside the trust for the best interest of the beneficiary and limit the beneficiary's access based on the trust document's stipulations (i.e., The funds can't be used to buy a sports car, but can be used for food and lodging). The second benefit of having the assets in a trust will preserve the beneficiary's eligibility for public benefits, such as Medicaid and public housing. You should work with an experienced Financial Advisor and a Trust Lawyer to establish and fund the trust.

■ **Name a trustee**—The trustee is the individual or institution that is responsible for administering the trust in accordance to your trust document. A trustee is usually not the same person that is named as a guardian. A trustee can be a close friend or family member or an institution, such as a bank or trust company. The trustee controls the money and is responsible for investing the assets and dispersing them as necessary. They should also serve as a partner to a future caretaker to help make and be the voice of reason when tough financial decisions need to be made.

A great place to start planning for the financial future of your child is with your Financial Advisor. You are planning for two generations—yourself and your child. Your Advisor will help you organize and prioritize your personal financial goals and wishes and help you create a long term financial plan for your child. They will also be able to refer you to the appropriate attorneys, accountants, and other service organizations that would be of help. Having a team by your side is easier than going at it alone. ♦



Daniel P. Lash, CFP®, AIF® is a Financial Advisor and Partner at VLP Financial Advisors. Dan works with his clients to help them plan for their family's financial future. He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: www.vlpfa.com.

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BY RENEE SKLAREW

Bellafill: The Smile Enhancer

With the rise of the Kardashians's fascination with plastic surgery, now older and younger patients are considering medical options for enhancing their appearance. Magdalena Jones is only 35, but she's a huge fan of Bellafill. Four years ago, after her wedding, she was looking through her wedding pictures and was disturbed by the wrinkles around her mouth. "I noticed deep lines in those pictures. After I got my album all finished up, I thought, 'I should do some kind of filler,'" says Jones, adding, "I don't expect perfection. But my face could be a little bit softer."

Prevention and Enhancement

Jones says that millennials like her believe in prevention rather than attending to skin care problems after they've been around for a while, "People would say that I looked so young, but those lines bothered me, and that's what matters." A few months passed, and Jones asked plastic surgeon, Dr. Ravi Dahiya, "Should I get more?" Dr. Dahiya explained to her that the Bellafill process is unique. After a month, your body breaks down Bellafill, but then it starts making its own collagen in the same area. Over time, your body uses the microspheres in Bellafill to create a "scaffold" onto which a person's own natural collagen develops. This collagen forms a foundation that adds volume to creases, acne scars, jowls and marionette lines, reducing their impact.

People who wish to avoid the expense and discomfort of regular visits to their doctor, should definitely consider Bellafill. It's a cosmetic



Dr. Ravi Dahiya has a passion for the creative challenges posed by both cosmetic and reconstructive surgery. By focusing this interest and energy into the area of facial and neck procedures exclusively, Dr. Dahiya can bring that focus to your chosen procedure.

procedure that's designed to last—FDA studies indicate that it can smooth lines around the mouth for up to five years.

With most fillers, the body breaks the material down, and in about six months, patients will likely see a return of their deeper wrinkle lines explains Jones. "For people who hate injections, they won't have to worry about getting them over and over again."

Jones's Bellafill treatment was in 2014, and four years later, she's not added any extra syringes. "I like that I look natural. When you touch the areas, they're soft, like my tissue. My smile is simply softer and looks more natural," says Jones. "My face looked very natural right from the beginning. I ended up going out with my friends that evening. No swelling or bruising."

Where to Find Bellafill

It's important to verify that your surgeon is well-trained, since this is a long-term commitment. Dahiya is an international trainer in the use of Bellafill and was recognized by Bellafill's manufacturer Suneva as one of the top 1% of injectors in the country. He is board certified with the American Academy and American Board of Facial Plastic and Reconstructive Surgery, the International Society of Hair Restoration Surgery, and principle physician at Dahiya Facial Plastic Surgery & Laser Center in Rockville, Maryland. Dahiya serves as medical director at Sechoir Beauty Bar in the Mosaic District in Vienna, Virginia where

he offers facial consultations, injectables and follow ups.

When considering Bellafill you should include preparation and post-procedural planning. It may not be best to have big plans the evening and day after. Jones said she only dealt with mild redness after her procedure, but some patients experience bruising and swelling.

Dahiya's team takes before and after pictures to show their patients the changes over time.

They strongly recommend patients stay away from blood thinners like ibuprofen (Advil, Motrin) and avoid drinking alcohol for a few days before. The doctor will usually give you a skin test before injecting Bellafill to check for allergies or reactions. The average cost for one syringe is \$950.

Post procedure, you'll want to ice the treatment areas. Homeopathics like Bromoline, which can diminish the appearance of swelling, and Arnica, which can reduce bruising, are healing options for patients too. Since you can't predict how you're going to react, it's a good idea to discuss these issues with your medical team in advance. Dahiya has his patients return six weeks after the procedure to check their results.

Dahiya has administered the product, which is made in San Diego, for nine years, and has seen it improved and reformulated. The experienced provider personalizes his treatment for each patient, but his general philosophy is, "To achieve that subtle look. I'm conservative with volume, because I want it to look very natural."

People who seek a fresher, younger look should not wait until the aging process is difficult to reverse. The best approach to maintain a youthful look is to have procedures like botox and fillers before the aging process is too far along. "When someone comes in at age 65, and says they want to look like their friend Jenny, and Jenny has been my patient for the last ten years, it's a lot harder to achieve those same results," says Dahiya. ♦

Dahiya Facial Plastic Surgery & Laser Center

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DUST OFF YOUR RESOLUTIONS FROM 2018

Why wait until January 1 to become focused on your health and wellness goals? Believe it or not, now is as good of a time as any to dust off your resolutions that you made at the beginning of 2018 and make sure you complete them before the year comes to a close.

If you've found the busyness of work, family, and life obligations have gotten in the way of your healthy objectives for the year, stop — right now — and take the steps to change course.

Here's how to do it, today ...

Book Your Workouts

Call your Fitness Together personal trainer and recommit to your regular weekly (or more) sessions. Get those training sessions scheduled on the calendar a month in advance, so that you can work on building strength, mobility and cardiovascular health to help you feel amazing. If you're already working with your trainer regularly, then add an extra session each week to up your game for the rest of the year.

Tell Others and Find a Healthy Buddy

While your Fitness Together trainer will be there to help you stay motivated during your workouts, it's also great to find another friend who wants to recommit to being healthy throughout the remainder of the year (and beyond, of course). Find someone who wants to try out healthy restaurants and let those around you know you're focused on exercising and eating mostly healthy food, so they can support you and try not to steer you off course.

Toss The Junk

Rid your pantry and work snack drawer of junk. While you can't control what other people are eating, you can control what you're eating. If there are chips, candy and inviting unhealthy sugar-laden treats in your own home, car, bag or desk, then today is the day to get rid of it all. Put it all in the break-room for others to eat, donate it to a food bank or just accept it all needs to be gone and toss it all in the trash. Once it's gone, don't buy it again.

Write Down Your SMART Goals

Did you say "I want to lose weight" this year as a goal? How about switching up that statement to be a SMART goal that you can strive for through the end of the year, with a measurable result. Try this ... "I want to work out for 45 minutes four days a week, every week, through the end of December 2018." Even though this goal doesn't talk about weight loss, it is tangible, and you can attack it head on. Try writing down just 2-3 SMART goals for the rest of the year and pin that paper up on your fridge, mirror and computer screen.

While you don't need to be perfect in your effort, it's important to make small changes in the right direction. And won't it feel good going into the new year on track to make 2019 your healthiest year yet? With these steps, you can set yourself up for success right now to be a healthier and happier you this year and next. Good luck!

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Jen du Plessis

Name and occupation.

Jen Du Plessis

Author of LAUNCH! How to Take your Business to New Heights. International Speaker. Podcast Host. Acceleration Coach. GLAM-MA to 3 grandchildren!

What is your biggest beauty splurge ?

Eye cream. I see so many younger women with "crow's feet." Start early, day and night.

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

Mac Powder foundation

What did you formerly do that you realized wasn't was worth it?

Eyelash extensions. I'm allergic to all of the types of glue.

What is your workout pick?

Dancing of course! I'm a competitive Ballroom, Swing and Latin dancer. I'm at the studio 4-5 times a week. For strength training I use Kettlebells with a personal trainer for maximum results.

What is your view on diet?

I don't diet. I eat well from the start. My father used to say "Eat like a King in the morning, a Prince in the afternoon, and a Baron in the evening." Most people starve themselves throughout the day and when they get home eat way too much, way to late. I also hydrate well.
No caffeine.

What's your spa fix?

Facials and Massages. With all my traveling, this provides me the best down-time while keeping my face fresh and my body healthy.

Salon O Tony

Hair by Vidal at Salon o Tony

Makeup by Mona Amirian at Rodi Salon



BY DIMA ALI, MD

YouTube



Ask DR. DIMA ABOUT A SOLUTION FOR PAINFUL SEX

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

What is Geneveve?

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

What to expect?

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

Is there any downtime?

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

What does Geneveve treat?

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

What makes Geneveve different?

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



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Geneveve uses clinically-proven cryogen-cooled monopolar radiofrequency (CMRF) to uniformly deliver gentle volumetric heating while cooling delicate surface tissue which treats incontinence as well as, vaginal laxity, dryness, sexual dysfunction and more.



You Tube

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

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ASK AN EXPERT

By Olga Solovienko
Medical Laser Technician at
Astoria Laser Clinic & Med Spa



Banish Acne Scarring With Fractional Laser Or Microneedling!

If you're disappointed with your skin and feeling like you could never be as confident as you'd like putting your best face forward, then rest assured that there are treatments available that address many mild to severe skin concerns.

Your face is the first thing you put forward, and acne scars can leave you feeling insecure and less confident. Years of mild to severe acne can take a toll on your skin, and over time you may see subtle or more obvious scarring leaving your skin looking uneven and pigmented. In recent decades, Laser technology and Microneedling has advanced incredibly far to be able to provide safe treatments that effectively address textural skin concerns. Regarding acne scarring, Fractional laser technology or Microneedling with product infusion has proven itself the optimal choices in lessening obvious signs of scarring, fine lines and enlarged pores for skin that's brighter, smoother and naturally younger looking.

Fractional Laser is a very versatile system that works safely by puncturing the skin with tiny microscopic holes, leaving patches of skin between these holes untouched. The intact skin then works quickly and efficiently to rebuild the skin affected by

the laser and encourages it to resurface smoother than before. Depending on the skin's type, condition and concerns, each treatment is customized in strength and severity. Those with more apparent or deeper scarring may need more aggressive sessions which in turn require more downtime.

The Microneedling technology with product infusion uses multiple needles that vertically pierce the skin with an automatic vibrating function. When moved across the skin's surface it stimulates natural collagen reproduction, while allowing fine channels to be created in the skin. The channels can carry up to 80% more topical nutrients, allowing for treatment delivery deep into the skin's fibroblasts to feed the underlying cells found in the dermis and basal layer. This increased absorption of active ingredients into the skin creates stimulated repair and faster resurfacing results.

Which is the best choice for a person will be determined when seeing the clinician and talking about all concerns. The clinician begins preparing her patients by covering the treated area with a numbing cream for approximately one hour to make the procedure more comfortable. Although these treatments are tolerable, some patients may feel mildly uncomfortable. With the Microneedling there will be downtime of 3 to 4 days, with the Fractional laser depending on the intensity of the settings, any swelling or redness of the skin will last between 2 to 7 days with the skin feeling mildly rough and flaky. This is all a normal part of the healing process which should not be interfered with. We live in a time where no one needs to walk around with scar tissue or discoloration. ❖



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How To Deal With Hard Water Hair

By Danielle Emig



If you've noticed a sudden change in your hair but are still loyal to your go-to products, it could be time to take a look at your water. Water hardness differs from state to state and may be to blame. Read on to learn what hard water is, how it affects hair, and how to get your hair back to its roots.

Where you live doesn't need to ruin your hair. There are several things you can do at home to bring it back to its natural state.

What Is Hard Water?

Water that contains a large amount of minerals, especially calcium and magnesium, is called hard water. It forms as water passes through limestone and chalk. While hard water isn't harmful, the buildup of minerals can change the texture and feel of hair.

Not sure if hard water is causing your hair troubles? Check the showerhead for any buildup that looks like white chalk, or notice if glassware comes out of the dishwasher looking cloudy. In addition, shampoos that aren't lathering that much could be interacting with the minerals in hard water.

How Does Hard Water Affect Hair?

The dissolved minerals in hard water coat hair, which can make it feel rough and dry. While one study found that hard water doesn't affect hair strength or elasticity, the buildup can make styling more difficult and cause color-treated hair to fade quicker. Since hair feels more straw-like and knotty, it's also be more difficult to brush.



INSTALL A SHOWERHEAD WATER FILTER

The filtration system removes excess minerals. Showerhead filters vary in price and can start at \$100, but could be less expensive than loading up on clarifying products.



ADD CLARIFYING SHAMPOOS TO YOUR ROUTINE

Strip away buildup with a deep-cleaning shampoo. Combat the drying effects by following up with a deep-conditioning.



TRY AN APPLE CIDER VINEGAR RINSE

Mix 1/3 cup apple cider vinegar and 1 quart of distilled water. Shampoo, rinse, and finish with the apple cider mixture, leaving it on for a few seconds before rinsing. It'll remove buildup and add bounce and shine back to hair.



FINISH WITH ARGAN OIL

Apply pure argan oil to damp hair to restore moisture. Focus on the ends and avoid the roots to prevent hair looking greasy.

The Truth Behind Clarifying Shampoos

Chelating shampoos, also known as clarifying shampoos, use ingredients that bind to minerals and other buildup. When you rinse the shampoo out, the minerals and gunk from styling products go with it. Clarifying shampoos are drying because they also remove natural oils, so it's best to limit their use to once a week or once a month, depending on how dry your hair is. Always follow up with a deep conditioner to combat any drying effects.

HOW TO RESTORE COLORED HAIR

If hard water has dulled your dye, you don't need to increase the damage with frequent touch-ups. Instead, ask your stylist for a glaze or gloss which adds shine and pigmentation on strands. The drugstore beauty aisles are also packed with at-home formulas that aren't damaging, as long as you follow the instructions.

Glazes and glosses differ slightly. A glaze is a temporary formula that can be clear or have slight pigment to add shine. It does not use peroxide or ammonia to deposit color into cuticles, but instead sits on top of strands. A glaze can last one to two weeks and is primarily used to boost shine.

A gloss is a semi-permanent, transparent formula that smooths the surface by filling in strands. It adds a protective layer for shine and color longevity. A gloss can last three to four weeks and is best if you're looking to maintain your current color.

On the Other End of the Spectrum: Soft Water

Soft water contains only small amounts of minerals. With soft water, it can feel difficult to rinse out all the shampoo and conditioner, and hair may feel limp and greasy. Try volumizing products to prevent limp hair, and use only a small amount of conditioner on the ends to prevent weighing down the roots. As with hard water, a clarifying shampoo in your routine can help remove product buildup.

Conclusion

Before you change your routine, determine if you have hard or soft water. If you're worried your water is doing a number on your hair, get tips from your stylist. He or she should be able to suggest products or methods based on your hair texture.

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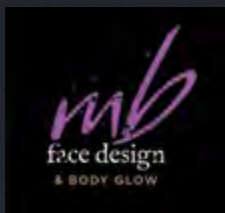
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Anti-Aging Beauty Secrets

By Marta Bota

www.mbfacedesign.com

We're all bombarded with images of beautiful women in magazines, on the runway, and in social media. It can make even the most secure female feel a little rattled. In our obsession with youth culture anyone over the age of 35 can end up feeling like a "has been". But that is so far from the truth!

We, as women, need to embrace all that comes with maturing. Life experience, depth, maturity, wisdom, independence, and the feeling of empowerment in our choices! Age doesn't mean that we have to give up looking beautiful. Age shouldn't define or limit you. A woman who has "come into her own" is the most beautiful creature of all and, with some simple anti aging routines, you can slow down Father Time and maintain your youthful glow!

Here are some of my own personal anti aging tips!

Hydration

Drinking water throughout the day not only flushes out toxins, keeping you healthy, but it hydrates the skin from the inside out. H2O is one of the best beauty treatments on the planet!!! Use the 8 x 8 rule by drinking 8-eight ounce glasses of water to stay hydrated!

Sun Protection

We all love the sun! It's rays provide Vitamin D and being outdoors promotes a healthy lifestyle! Sun exposure without adequate skin protection, however, causes premature aging. Be sure to use a sunscreen with a high SPF to protect your skin from the sun's harmful rays. Sunscreens have chemicals that can cause irritation, allergic reactions, and cancer. I recommend using organic sun-care products. My favorite product line is Limelife by Alcone. I love their products because of the natural ingredients. Limelife by Alcone Perfect Sunscreen has an SPF 30 and will protect without any harmful ingredients! It doesn't get any better!

Beauty Sleep

There is no truer statement than this! Getting proper rest with a good night's sleep not only feels great but this is the time that the skin repairs itself. Sleep is necessary to maintain your beauty.

Exercise

Staying fit is truly the fountain of youth! As we age we lose muscle and our body fat redistributes itself. Working out with weights helps keep our muscles tone and body fat down. Remember to check with your doctor before starting any exercise routine and modify it according to your age and health issues.



Healthy Diet

A well balanced, healthy diet keeps our mind and body working efficiently, lowers our risk of getting diseases, and keeps us looking great! It's the best defense when it comes to anti aging! Each of us has different health concerns, different needs, different metabolism, therefore it's best to check with a nutritionist for your ideal dietary plan!

Get Social

As humans we are social creatures. As we age our social circle gets smaller as we experience more losses in our lives. We may be retiring, experiencing the empty nest, as well as other life changes. It's vital for our mental health, well-being, and our overall health to stay connected to others. Being connected on social media outlets is a great way to reconnect with old friends and family members who may live far away. Joining social groups and/or staying active in church or other religious gatherings helps us stay connected to our faith as well as community! This has proven to keep you mentally healthy and even extend your life!



Lady in Red

(and Metallic, Animal Print, Leather)

BY JULIE HOLLAND

***Yesss! Hello yummy months!
The season of feasts, bubbly,
glitz and glam.***

A red dress is an obvious choice during the holiday season, but which red dress is the question. Of course, if you want to veer away from this classic color and branch out a bit, there's never been a better time to slip into leather, animal print and metallics (and all things shiny and ornate). Maybe even all of the above worn at once. Or maybe you're not quite that adventurous, but could be convinced to work these elements in with a coat, shoe or accessory.



Forever21 Flounce Trim
Maxi dress by Xtaren \$42

If you're looking for that wow factor red dress, give these a try:



▲ SimplyDresses.com Maxi bow back dress; \$149



▲ Nordstrom Lace Sheath Dress; \$129



▲ Revolve ruffle Marisa Maxi Dress; \$299



▲ Ted Baker Ruffle pocket detail; \$245



▲ ShowPo Off the shoulder high-low dress; \$77

Happy holidays and glamifying with these animal prints:



▲ ASOS black and white leopard print dress, \$72



▲ ASOS animal print cape coat by Lavish Alice, \$118



▲ ASOS animal print dress, \$92



◀ J.Crew leopard print pumps, \$198



▲ Anthropologie Leopard Trench Coat, \$218



And if you're feeling bold, with a hint of sass, have a strut in items like these:



◀ ASOS metallic high neck long sleeved bodycon; \$60



◀ Evesaddiction.com Black leather choker necklace, \$28



▲ Lulus Leather Studded dress, \$54



▲ Talbots Leather skirt, \$249



▶ Lulus Gold beaded clutch; \$37



▲ Revolve Sequin long sleeved dress; \$258



▲ Macy's Betsy & Adam bronze sequined sheath dress; \$259



▲ BCBG Leather (pleather) asymmetrical dress, \$268



▲ Revolve Silver Metallic twist front dress; \$89



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AROUND TOWN



Photo credit: Rassi Borneo

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

VIP'S TURN OUT FOR THE SHEPHERD'S CENTER OF OAKTON-VIENNA Annual Volunteer Appreciation Luncheon



(Center) Michelle Scott, Executive Director SCOV and cast members from the afternoon's entertainment provided by Vienna Singing Princesses.



Photos courtesy of SCOV

(Left to right) Alex Robbins, Congressman Gerald E. Connolly's Office; Michelle Scott, ED, SCOV and Bill Farrell, SCOV Board Chair. Mr. Robbins presented a Certificate from the US House of Representatives as entered in the Congressional Record in recognition of the 20th Anniversary of the Shepherd's Center of Oakton-Vienna.

BY IRMA GENNARO

The Shepherd's Center of Oakton-Vienna (SCOV) recently hosted their annual Volunteer Appreciation Luncheon at St. Mark Catholic Church where SCOV had the opportunity to thank the many volunteers that play a significant part in the success of the charity's mission.

The event was supported, in part, by Bright View Senior Living/Great Falls.

The SCOV Pin Award for outstanding service was presented to volunteers Leigh Banducci; Bill Grove; Mary Harrigan; Marta Linares; Scott

Schroth; Ann Streb and Jayne Young. In addition, SCOV chose this opportunity to recognize the continued support of Delegate Mark Keam by presenting him with the SCOV Certificate of Appreciation. ♦



BY LAURA SHERIDAN

Virginia State Senator Barbara A. Favola poses with event organizers Kay Van Hoven, co-chairman (left), and Carol Scott, chairman (right)

McLean Woman's Club Holds Wine-and-Cheese Event to Preview December Homes Tour

PLANNING FOR TOUR UNDERWAY SINCE FEBRUARY

On September 20 the Woman's Club of McLean held a festive wine and cheese reception to preview its annual Holiday Homes Tour on December 6th. The gathering at McLean's historic Pleasant Grove Church included principals involved in the tour, club members and leaders, local officials, tour house homeowners, advertisers and sponsors and special guest Virginia State Senator Barbara A. Favola, honorary 2018 Homes Tour host.

This year's tour will be the 52nd mounted by the McLean Woman's Club, with all proceeds benefitting numerous local charities and nonprofits, such as Share, Inc; Second Story, the McLean Project for the Arts, Claude Moore Colonial Farm and Fisher House, as well as funding scholarships and education.

The four houses to be on December's tour are located in Langley Forest, River Oaks, McLean Hamlet and Odrick's Corner (off Lewinsville Road). Each home will be decorated with the holidays in mind and will highlight family life in McLean. In addition, one or two homes will host a boutique and an auction of chances on a variety of merchandise and services.

Woman's Club members have been working on the tour since February, when they solicited ads for the tour brochure. During the summer, they selected the homes, prepared the brochure and began publicity.

Tour tickets are available to the public at Mesmeralda's Gifts of McLean, Karin's Florist of Vienna and Great Dogs of Great Falls, or may be obtained on tour day at the featured homes. ❖

www.mcleanwomensclub.org

MPAartfest Brought Art, Music, Food and Fun to McLean Central Park

By Bethany Nguyen

On October 7, 2018 McLean Central Park came alive once again as MPAartfest, now in its 12th year, offered something for guests of all ages. Selected by Sunshine Artist Magazine as one of the Top 100 Fine Art and Design Shows in the USA, the festival featured the work of nearly 40 selected artists, creative interactive experiences, new food vendors, expanded musical offerings and more.

A one-day juried fine art show and sale, MPAartfest featured the work of visual artists showcasing a wide variety of media and styles—from painting to woodturning, jewelry, contemporary ironwork, and more. McLean Central Park 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. Along with the artists' tents and food from local restaurants, MPAartfest featured the best of DC's musical artists performing in all genres, from jazz to world-music and beyond. MPAartfest also offered a variety of arts and STEAM (STEM+Art) activities to engage creative minds and captivate art-lovers of all ages.

Building on the success of last year's diverse musical offerings, MPAartfest offered a full day of lively and varied musical performances featuring everything from Go Go and jazz to world-music and a 15-piece big band. This year's performers include Project Locrea, Cecily, The Dave Kline Band, The JoGo Project, Rose Moraes, Little Red & The Renegades, and Blues Alley Youth Jazz Orchestra.

MPA's STEAM Village was filled with a variety of STEAM (STEM+Art)-based learning stations dedicated to involving guests in Art+Engineering, Art+Math, Art+Architecture, Art+Nature and Art+Sound activities. Other art highlights include the Children's ArtWalk, an awe-inspiring open-air gallery displaying teacher-selected artwork from students representing local public and private elementary schools. And teens and adults in attendance were invited to sketch live models in MPA's Open Air Art Studio.

On the food front, MPAartfest 2018 featured the much-loved Café Beret, where guests enjoyed wine and beer provided by The Wine Outlet. The event also offered food from a variety of eateries, including Taco Bamba, Rocklands Barbeque and Grilling Company, Assaggi Osteria and Pizzeria, Red Hook Lobster Pound, Big Cheese, Sweetbites Café and Bakery, Crepe Love, and Zinga Frozen Yogurt.

MPA is grateful to the many long-standing and new sponsors who support this community-wide celebration of the visual arts: MPA's lead community sponsor the McLean Community Center, event co-sponsors Fairfax County Park Authority and TD Bank, along with committed members of our community including TTR Sotheby's International Realty, COMPASS Realty, Freedom Bank, BOWA, The Langley School, Deirdre Maull Orthodontics, McLean Community Foundation, McLean Properties, Kathleen Murphy, Nancy & Steve Perry, Debbie & Leo Jardot, Montessori School of McLean, Vinson Hall Retirement Community, Crushed Cellars, Fairfax Woman Magazine, and additional supporters including: ARTSFAIRFAX, Virginia Commission for the Arts, and The National Endowment for the Arts. ❖



BY CAMILLE CINTRÓN DEVLIN



Steven Golsch and Anne Bolger

THE 13TH ANNUAL ARTS BY GEORGE!

FEATURED A GALA PERFORMANCE BY JAZZ-POP SENSATION THE MANHATTAN TRANSFER WITH THE AMERICAN FESTIVAL POPS ORCHESTRA

Plus student showcases, food and beverage stations, auctions, and more!

George Mason University's College of Visual and Performing Arts presented its 13th annual ARTS by George! benefit on Saturday, September 29, 2018. The philanthropic event raised support for student scholarships in visual arts, dance, music, theater, computer game design, film and video studies, and arts management, as well as for the Mason Community Arts Academy, the Green Machine Ensembles, and the Great Performances at Mason series. "This event has become one of the premier nights on the artistic and social calendars of Northern Virginia because there is, quite literally, no other evening like it anywhere," shared Rick Davis, Dean of the College of Visual and Performing Arts. He continued, "our patrons saw brilliant student performances and interactive exhibitions up-close; met faculty, staff, and students (and each other!); partook of first-class food and drink; and placed bids on one-of-a-kind items in both silent and live auctions—all before gathering in the Concert Hall to see a world-class headliner. It was a non-stop feast for all of the senses, including the heart, mind, and soul."

On site alone, the event raised more than \$50,000! Overall, the benefit garnered more than \$140,000 in support of CVPA student scholarships and community arts programs, which include the Great Performances at Mason series at the Center for the Arts, Green Machine Ensembles, and the Mason Community Arts Academy.

Inside the 10 open studios and rehearsal halls, guests enjoyed behind-the-scenes access and sneak peeks of upcoming student productions, such as *Big River: The Adventures of Huckleberry Finn*. This year's event also featured first-time showcases by the Mason Community Arts Academy and the Green Machine Ensembles. As guests traveled from one showcase to the next, they were treated to scrumptious cuisine and beverages from local purveyors, including Catering by LT and Bonefish Grill, among others. The ARTS by George! benefit event would not have been complete without the Silent and Live Auctions, where guests bid on a chance to win an array of exclusive arts-related items and experiences. The highlights of this year's auctions were: an orchestra

conducting experience, including dinner with Anthony Maiello, CVPA faculty and conductor of the American Festival Pops Orchestra, and the opportunity to guest conduct at a concert during the orchestra's 2019/20 season at the Center for the Arts; and, a luxurious weekend in Virginia's wine country with two nights in a suite at The Rooms Up There in the charming village of Marshall, plus private car service and dining at a myriad of fine restaurants, wineries, and eateries, such as Red Truck Bakery, Field & Main, The Front Porch, Whole Ox, Miracle Valley, Naked Mountain, Three Fox, Blue Valley, and Cobbler Mountain. Bidding kiosks were set up throughout the deLaski Performing Arts Building and staffed by CVPA students throughout the event.

The evening's festivities culminated with a Gala Performance by multi-Grammy Award®-winning vocal sensation The Manhattan Transfer. Since the early 1970s, this legendary quartet has revolutionized vocal jazz with its impeccable harmonies and crisp interpretations of classics. They gained mainstream popularity with the



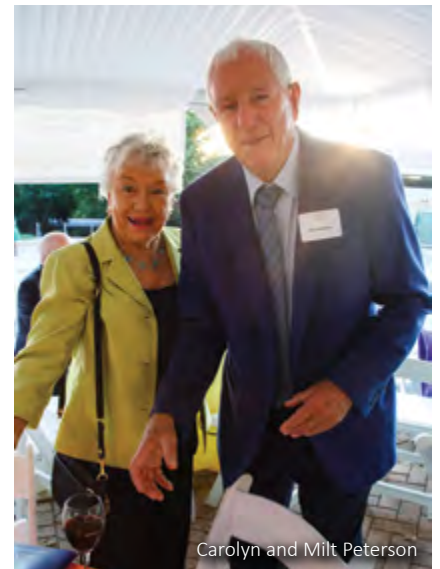
Merrill and Mark Shugoll
and grandson

release of their hit single “Operator,” as well as the remake of their signature song “Birdland.” Most recently, The Manhattan Transfer joined a cappella group Take 6 in the PBS Special, The Summit: The Manhattan Meets Take 6, which was released this past spring. Also, in 2018, the celebrated quartet released its first album in a decade, entitled The Junction. For this concert, they joined the American Festival Pops Orchestra and its Artistic Director/Founder Anthony Maiello to present a dynamic evening of vocal and instrumental swing, doo-wop, jazz, and pop. The orchestra appeared under the batons of both Maestro Maiello and The Manhattan Transfer’s Musical Director of 39 years, Yaron Gershovsky.

The Mason Jazz Vocal Ensemble made a special appearance, directed by Dr. Darden Purcell, CVPA Director of Jazz Studies/Jazz Voice. This award-winning student group performed “Dreams” and their tour de force, “No More Blues,” a piece custom-arranged for them by AFPO Composer/Arranger-in-Residence, Bryan Kidd. In a joint statement, Jay Speer and Donn Smith shared: “we were thrilled to be co-chairing this year’s ARTS by George! and feel proud to support the stellar work being done by students, faculty, and staff in George Mason University’s College of Visual and Performing Arts and Center for the Arts. Their creativity, passion, and talents inspire us as individuals and elevate us as a community.” ♦



Steering Committee chairs Donn
Smith and Jay Speer



Carolyn and Milt Peterson



Delegate Eileen Filler-Corn and Bob Corn



House 1



House 3

BY LAURA SHERIDAN

MCLEAN'S 52ND HOLIDAY HOMES TOUR SET FOR THURSDAY, DEC. 6TH

Preparations for this year's annual Holiday Homes Tour are now complete, with the Tour set for Thursday, Dec. 6th from 10 a.m. to 3 p.m. A 52-year tradition of the McLean Woman's Club, the event will focus this year on four large, elegant homes in conventionally varied styles on large lots in four sought-after neighborhoods – Langley Forest, River Oaks, Odrick's Corner (off Lewinsville Road) and McLean Hamlet. Each home will have been decorated with the holidays in mind and to highlight family life in McLean. Parking is easily available near the four homes.

In addition, the Tour house in River Oaks (Arbor Lane) will host a Holiday Boutique, including sales of jewelry and accessories, handmade wreaths, gift baskets and donated new commercial products. This will be in addition to a silent auction there of gift certificates from First Stage, J. Gilbert's, Ruth's Chris Steak House, Clyde's, Fleming's, Smith's of Bermuda, The Village Grill, The Lebanese Tavern and other local businesses.

All proceeds from the Tour will benefit local charities and nonprofits, such as Share, Inc; Second Story (formerly Alternative House), Capital Caring, The McLean Project for the Arts, Claude Moore Colonial Farm, Fisher House and the McLean Volunteer Fire Department, as well as underwriting scholarships and education.

Ticket booklets are on sale at Mesmeralda's of McLean, 1339 Chain Bridge Road; Karin's Florist, in Vienna, 527 Maple Ave., East; and Great Dogs of Great Falls, 9859 Old Georgetown Road. Tickets will also be available at the tour houses on Dec. 6th. Cost is \$30 before Dec. 6th (the day of the tour) and \$35 on Dec. 6th. The ticket booklet contains addresses and detailed descriptions of each house, along with an area map.

TOUR HOUSES

House 1 (Langley Forest). This 6,800-square-foot brick Colonial (on a 0.82-acre lot) was built in 1986 and has had several additions.

The home has five fireplaces, six bedrooms, five full baths and one half-bath. It has a large attached garage, a wood deck, a 512-square-foot pool and an open porch. The lower level walk-out contains a theater room, an exercise room and wet and dry bars. The two-story home reflects excellent construction quality, according to county listings.

House 2 (River Oaks). This residence, custom-built in 2014, sits on a flat, half-acre lot in an area known for its pastoral environment and convenient location. The 10,000-square-foot home has an open floor plan with two kitchens, a morning room and a formal living room. There are 10-foot ceilings on the main level and 9-foot ceilings on the second and lower levels. The home has six bedrooms (four ensuite), a multifunction lower level and an oversized deck and screened patio.

House 3 (Odrick's Corner). This home's site has a historical connection to an 1872 farm in the area owned by Alfred Odrick, a former slave and namesake of the adjacent park. This massive, multigabled home was built in 2003 as the model for the Bellmeade subdivision off Lewinsville Road. It has seven bedrooms and six-and-one-half baths. Visitors will enter through handmade, bronze double doors to white marble flooring and four chandeliers in the foyer and dining room. The house will be extensively decorated, maintaining both family and Christmas traditions.

House 4 (McLean Hamlet). This lovely traditional brick Colonial lies at the end of a long cul-de-sac in McLean Hamlet, a neighborhood of 507 homes in various styles along tree-lined, winding streets. Since it was built in 1967, the home has been altered, redecorated and upgraded numerous times by the present owners, who have lived there since 1981. They created a master bathroom suite, added a bedroom, bathroom and play room and built a sun room that overlooks a landscaped backyard with patio. The home has four bedrooms, three baths, one half-bath, three fireplaces, a spacious lower level and an attached garage.

For more information: 703-556-0197 or www.mcleanwc.org. ❖



Photo by: Phil DeLeon

Installation of the first escalator in Phase 2 of the Silver Line is now complete at Innovation Center Metrorail Station. This will be the first escalator to the pedestrian bridges and public restrooms, and will connect the mezzanine level to the track platform. There are a total of 20 escalators in the second phase.

VIVATYSONS: “DID YOU KNOW?” FACTS

- The Innovation Metrorail Station's roof has been completed and all protective wrappings removed.
- Installation of the first escalator in Phase II of the Silver Line now complete at Innovation Center Metrorail Station in August 2018.
- Metals producer Arconic has signed a lease with Lerner Enterprises for their new headquarters located at Tysons II.
- On July 31, the Fairfax County Board of Supervisors approved the Reston Gateway project including offices, apartments, hotels and retail at the north entrance to the Reston Town Center Metro Station.
- Seven new restaurants signed on at Tysons megaproject, The Boro, located near the Greensboro Metrorail Station.
- San Diego-based analytics firm BigBear, Inc has opened its Reston office as of August 2018.
- Peter Lawrence Cos. in conjunction with MRP Realty has applied to redevelop Isaac Newton Square into a mixed-use residential, retail and office space including “Willow Oak Park” open space and an athletic field.
- Walmart Labs has revealed plans to double its workforce at its Reston office, which would mean adding 100-plus jobs. Walmart Labs includes software engineers, data scientists, designers and product managers within Walmart working to improve customer experiences and business operations.



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BY LINDA BARRETT

YOU VS. YOUR HOMEOWNER'S ASSOCIATION

How to best interact with your HOA when you have a dispute.

Here in Northern Virginia, it's difficult to purchase a property in a community that doesn't have a homeowner's association. In many townhome, condominium and single-family neighborhoods, the association rules define residents' relationships with each other.

What is a Homeowner's Association?

A homeowner's association (HOA) is "an organization in a subdivision, planned community or condominium that makes and enforces rules for the properties within its jurisdiction," according to Investopedia. "Those who purchase property within an HOA's jurisdiction automatically become members and are required to pay dues, known as HOA fees."

Homeowner's associations are most often created by the real estate developer of a planned community containing multiple single-family homes or units like condos. Most HOAs are incorporated and subject to state laws. An HOA also differs from a

"community association," a non-governmental organization that may serve as a social club, service organization, or other intentional grouping.

HOAs or condominium associations are governed by an elected board of directors enforcing and overseeing the HOA's governing documents including the Articles of Incorporation, the Declaration of Covenants, Conditions and Restrictions (CC&Rs) and By-Laws. They may restrict or define what is allowed or not allowed in a community, like the color of paint, fencing, or landscaping. They also set penalties for nonconformance and violations that can include fees, forced compliance, or in some cases, litigation.

Having a Dispute with Your Homeowner's Association or a Neighbor?

"If you have a dispute, the first thing to do is review your copy of the governing documents, including the Declaration of

Covenants, Amendments, By-Laws, Articles of Incorporation, Architectural Guidelines, rules and regulations," recommends John Cowherd, a local construction and real estate attorney with Cowherd PLC. "Those governing documents function as a binding contract between the homeowner, the HOA, and other neighbors in the community."

"One topic that gets a lot of attention is architectural restrictions. These may dictate what kind of mailbox you must put on your property and whether you can build an addition or convert your garage into living space, for example." Common homeowner mistakes include making improvements to the property without first considering HOA architectural restrictions. An owner may need to ask permission of both the HOA and the city or county before breaking ground. A homeowner might construct an addition without checking whether they need to first apply for permission from an architectural review committee. However, if the homeowner inadvertently overlooks a legally-enforceable

requirement, they may later be required to tear down the improvement and start over. "It is easier to get approval ahead of time rather than deal with a rude awakening with a notice of violation and requirement to attend a hearing," Cowherd said. "To complicate matters further, HOAs sometimes overstep their enforcement authority or misinterpret their own governing documents. An owner should not be forced to comply with requests that aren't well founded."

If you receive a letter from your HOA, consult the governing documents to ensure the rule they are trying to enforce actually exists or was not changed through an amendment, and whether the HOA actually has the authority to enforce the rule.

Bear in mind any deadlines to respond referenced in the notice letter. Failure to attend a hearing or meet a response deadline can discredit your claim and enable the HOA to push through their enforcement, whether or not they are in the right. The governing documents or state law may impose other deadlines that may not be referenced in the letter but nonetheless apply.

Try to maintain a positive relationship with your board members. Often they are trying to do the right thing and want to enforce the rules uniformly. You don't want to create a perpetual war, either with the governing body or your neighbors. "If disputes are not approached with an eye toward achieving an amicable settlement, they can become so acrimonious that the board and owner, or neighbor and neighbor, go on fighting over things as long as they are living there," Cowherd said. "You want to avoid that. Realize that if a dispute arises, the owners' best interests is usually to settle it so that everyone can live peacefully together."

When Do You Need An Attorney?

"Often the time to call in an attorney is when things have gotten to the point where you have tried everything, and the dispute persists," Cowherd continued. "I'm often called in when the owner's letter, email or phone calls haven't worked. That's when it's necessary to see what legal options are available." Bringing an attorney in early in a dispute ideally helps to avoid escalation into what may seem to be an intractable conflict or waiver of property rights.

In the initial consultation, an attorney will review the governing documents, and determine whether a forensic engineer must be brought in for a professional opinion. "Many times it is less expensive to fix the problem rather than spend the money to retain an attorney," Cowherd advised, since most attorneys charge by the hour.

What Can An Attorney Do?

An attorney can prepare a lawsuit, file it and take it to trial. When selecting an attorney, look for one with specific experience in resolving disputes of this kind. Ask "Have you ever handled a case of this kind?" "How many?" and "Do you have a plan for how we should investigate and pursue this?" If they don't have a strategy, it may not be a good fit. Ask the attorney, "Are there any deadlines imposed upon us legally that we need to file to preserve our claim?" A qualified attorney will know these answers. Homeowners should be aware that most of the attorneys with experience in community association law ordinarily represent the boards of directors in these kinds of disputes.

When disputes arise, emotions become involved. "These issues touch people very deeply, and emotions can be overlooked," Cowherd said. "People often feel like their life is under siege, and it only takes a few months before it becomes an incredible strain on someone's time, budget and health. Most people do not have familiarity with the legal and construction technicalities to negotiate with their board or neighbor from an informed position. This can add frustration. Property owners may struggle to find the contractor, engineer or attorney that is a good fit for tackling their dilemma. Yet, consultation with qualified professionals working for the property owner may be essential to charting a path to an amicable resolution or success in court."

Hopefully, you will never have a dispute with your homeowner's association. After all, living peaceably in a community is the goal for everyone. ♦



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BY ALLISON CHASE SUTHERLAND

The Black Horse Inn

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- * Horseback Trail Riding for Two at Marriott Ranch in Hume
- * \$50 Gift Certificate for Dinner at a local upscale restaurant
- * After-dinner "Cookie Night Cap" tray—November 15-April 15: \$649

The Black Horse Inn is—in a word—exquisite. A mere 40 miles from Tysons, The Black Horse Inn rests comfortably in the rolling, bucolic Virginia Hunt Country near Old Town Warrenton—a mecca for horse lovers—where the Warrenton Hunt was established in 1883 and the first running of the Gold Cup took place in 1922.

Dating from 1850, the historic main house served as a hospital during the Civil War. The inn houses 10 elegantly appointed rooms and suites, meticulously decorated with an artistic and whimsical flair, many with four-poster canopy beds, Jacuzzi tubs, and fireplaces.

The fabled *Fox and the Grapes* exudes character, with its own private entrance down the stairs at the back of the house, reminiscent of a charming Hobbit dwelling. You will be welcomed at the entrance by white roses and baby's breath. A fox statue sitting atop an authentic Bordeaux wine barrel surveys the realm—a hunting horn, equestrian boots. Golden grapes hang from the ceiling. Let's heed Aesop's cautionary tale and not touch them. Just head up to the main house for a glass of wine if fancy strikes. The fieldstone walls with recessed wooden windows filtering the light through lattice-climbing English Ivy, hand-hewn wooden beams, and a wrought-iron bed are straight out of a fairy tale.

Another remarkable design, the *Room with a View* has a unique attic architecture with Palladian windows overlooking the countryside. The handsome *Jeffersonian Room* displays many a fine touch. And the spacious *Hunt Box Suite* adjoining the barn is where you will encounter, among other fine horses, the sleek black stallion Dante, mascot of the Black Horse Inn.

Awaken to a gourmet country breakfast in your fanciest pajamas, including the signature scones. Partake in Hunt Country Tea in the afternoon with sherry or port in the library or back sun porch. Sip wine and nibble on a cheese platter on the patio by the footbridge over the pond fountain. Roam the 20-acre estate and revel in being one with nature.



An equestrian center, the Inn also accommodates horses in their hunt stables for overnight visits, providing the ultimate convenience for owners of equine guests. “We’re equestrians and we want our guests to enjoy the horses.”

Great Falls readers may wish to take their horses on a little getaway. Fortunately for those of us who can’t actually bring our own horse, the Inn kindly offers several enticing equestrian packages for fall.

Hunt Country Fox Hunting

The Inn also offers opportunities for experienced riders interested in participating in an authentic day of fox hunting. They will coordinate hirelings and transport you to hunts.

Owner/Expert Equestrian Lynn Pirozzoli and her fiancé Peter are up at the crack of dawn for fox hunting with the Loudoun Fairfax Hunt near the little hamlet of Hamilton. Their fine steeds are a Gypsy Vanner/Thoroughbred cross and a Clydesdale/Cleveland Bay, like the Queen’s horses. The horses clip-clop down the lane and then they’re off into the fields of singing grasshoppers, tail-wagging beagles howling in delight.

“On early fall mornings, the mist comes off the field and steam comes off the horses. It’s just very magical to me,” describes Lynn.

“I’ve been riding since I was knee-high to a grasshopper – jumping, 3-day eventing. When I came to Virginia, I went fox hunting and fell in love with it—the camaraderie with the people and the genuine good fun. What could be better than letting the horses do what they do naturally—run in a herd.”

Linda Devan, Joint Master of Fox Hounds, notes, with up to three hunts per week, “this is the heart of hunt country in the United States.” The fox hunters follow a strict protocol and are “very respectful of the property of the friendly landowners.”

Lynn recounts unforgettable equestrian adventures while on riding holiday, galloping on the beach bareback and swimming on horseback in Ireland with Willie Leahy, Master of the Galway Blazers, one of the most renowned fox hunting groups in Ireland.

“Unlike in Ireland and England, in Virginia we just enjoy the fox chase and the countryside—time and time again. It’s just such a natural thing to do in Virginia.”

Hunt member Christine Vitkus points out, “There are places and vantage points you can’t get to any other way.”

Mimosas and Gin Richardson’s Maple Bacon Bites are always a hit at the tailgate, a hunting tradition.

The Inn is also a much-acclaimed wedding destination, with its opulent formal ballroom The Gilded Fox. Just outside, flagstone terraces back to the tranquil countryside and mountains beyond. The dashing Peter in his scarlet coat and top hat escorts the bride who rides side-saddle on horseback. Very regal.

The Finest Train Station Fare

Atmosphere abounds at Claire’s at the Depot, www.claresrestaurant.com. Enjoy contemporary American cuisine in a charmingly restored 100-year-old historic railroad depot. The Beet and Goat Cheese Organic Baby Greens features goat cheese, croutons, yellow and red beets, dried cherries, and poppy seed dressing. Veal Scaloppine with porcini and shiitake mushroom madeira sauce, pappardelle, shaved parmesan, arugula, and grilled zucchini is succulent. Voted Top



100 Most Romantic Restaurants in America, Claire's at the Depot is sure to please.

The Front Porch, The Plains

For an elegant yet casual dinner in another historic railroad house, continue your countryside meanderings 15 miles to the Front Porch, www.frontporchtheplains.com.

Their authentic Portuguese Kale Soup transported me straight back to Lisbon. Truffle mushroom ravioli was a flavorful spot-hitter. Locally sourced seared pork tenderloin was expertly infused with a hint of apple bourbon sage butter. Reserve an upstairs table and step into another era as depicted in the vintage movie poster of Anita Ekberg and Marcello Mastroianni. Park out back and be welcomed through the back



door by the effervescent Christophe Michaux and friendly, knowledgeable servers. As they say in Virginia, "Slow down and set a spell." And of course, savor the flavor.

Better yet, savor the whole experience. It might just be impossible not to. ♦

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L'Auberge Provençale is a one of a kind classical French Provence style country inn and restaurant. Available to acquire for the first time since its founding nearly 40 years ago, this represents a striking opportunity for the bed and breakfast investor/operator to take over the mantle from its discerning founders, and take it to the next level. The farm to table award-winning restaurant, La Table Provençale, features a dining room in the original manor house, plus upper and lower tier dining rooms with a coat check nook, rest room and office. The substantial, full commercial kitchen is a master chef's dream. No expense has been spared in fitting it out to ensure that extensive menus are comfortably accommodated for a very discerning clientele. The inn has grown from its early days, 37 years ago, when it had just four guest rooms, to a total of eleven suites today.



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"WHEN EXPERIENCE COUNTS"



Creamy Vegan Ramen

Righteous Ramen in the Mosaic District

It would not be a stretch to say diners in the DMV are hopelessly in love with ramen. Consequently, when Jinya Ramen Bar opened up in Mosaic District, there was a lot of excitement. Of course, many restaurants enjoy a buzz when they first open, but with Jinya Ramen Bar, it's fair to say that the enthusiasm has not worn off. Stop in for a weekday lunch, and virtually every seat is taken. Diners eat at the bar, and give their names to wait for a table. So, what's all the fuss about?

I asked Maxine Poole, assistant manager at South Moon Under, a women's clothing boutique located one block away from Jinya what she thought of Jinya Ramen Bar. Poole says she loves to go there and always orders the Old Skool Ramen, "It's really nice when you can eat outside, and they have interesting cocktails and sake. You can even create your own bowl with ingredients you choose. I guess ramen is super popular right now."

Located between Alta Strada and Matchbox, near the Angelika Film Center, Jinya is smack in the middle of the beating heart of this growing neighborhood. The Mosaic District's restaurants and stores are attracting customers from local office buildings, people living among the jumble of condominiums, and those pursuing a lively place to shop and eat. And despite all the excellent choices here, Jinya has definitely amped up this community's lunch game.

"When JINYA Ramen Bar's Founder Tomonori Takahashi arrived in the United States in 2010 from Tokyo, he realized that the ramen available in this country lacked the traditional taste and flavor of ramen. It's then that he decided to open JINYA," explains Avinesh (Nash) Rana, Ramen



Spicy Chicken Ramen

Bars's executive chef at the Mosaic District location, in an email. "The tare, the sauce, and the broth are all {his} family recipes."

Jinya Ramen Bar is beloved by soup enthusiasts for the signature stocks made from whole pork bones and vegetables. They add bonito, dashi and kombu to make it a little thicker than your average homemade soup, but not too thick. "We incorporate ingredients imported from Japan, including our spices and peppers, dried seaweed and fish shavings," Rana adds. "The noodles are made daily and are meticulously aged for three days to maximize their flavor. We offer thick, thin and spinach noodles."

What should you know about ramen? Ramen is considered Japanese comfort food. Though, the soup originated in China, it has become one of the most popular dishes in Japan and Taiwan. Ramen is usually budget friendly, and offers a number of variations including vegetarian versions.

Ramen is typically served with ingredients like Chashu, or fatty slices of roasted pork. But there's also Kakuni, or braised pork belly.



Mini Tacos

Bamboo shoots, called Menma, give ramen its salty flavor. You'll rarely see ramen without Negi, or chopped green onions, although some people swap onions for leeks. Moyashi are the raw and cooked bean sprouts which give ramen its crunch. Tamago, or boiled eggs, are commonly added, along with seaweed called Nori or Wakame.

There are multiple kinds of broths too. Shoyu is a soy-sauce-infused broth usually made from chicken, and that is what you'll find in Jinya's "Old Skool" ramen. Shoio is a salty, clear chicken broth, while Miso broth is flavored with soybean paste. Miso is typically thicker, with a rich complex flavor. Tonkotsu is cloudy white broth made from pork bones and pork fat. "The Tonkotsu Spicy and Tonkotsu Black, both made with our signature pork broth and simmered for over 10 hours, are JINYA's most popular ramen," Rana states.

Along with traditional Japanese ramen, Jinya also serves modern Japanese dishes and beverages. Their small plates include fried tempura-battered vegetables; my favorite side is Jinya's Brussel sprouts. I can't get enough of those crispy cruciferous treats. The shareable pork Gyoza are crisped in a pan and served with gyoza sauce, which is traditionally made from rice vinegar, soy sauce, ginger, garlic, chili flakes and sesame oil—a combination that renders it both tangy and sweet. Another standout is Takoyaki, a common street food in Japan. The Instagramable appetizer consists of battered and fried diced octopus on a stick, served over egg tartar with colorful toppings—fried tempura noodles, kewpie mayo and smoked bonito flakes.



Takoyaki Octopus Balls



Wonton Chicken Ramen

For those seeking lighter selections, Jinya offers tasty salads like the Jinya Quinoa Salad, Spicy Tofu Salad and Seaweed Salad. The menu also features Jinya's mini-tacos, which contain salmon poke, pork Chashu with kimchee, and spicy tuna, all encircled in a crispy wonton shell.

Other satisfying choices, on days you don't feel like slurping, are Jinya's rice bowls. These contain an assortment of ingredients including chicken, beef and seafood garnished with egg, onion, spinach and sesame seeds. Jinya's Tokyo Curry Rice Bowl is comprised of ground chicken in a spicy curry sauce. Jinya offers decadent crispy chicken tenders during happy hour. The white meat chicken is encased in crunchy batter with Ponzu sauce on the side. You can accompany their sake cocktails with a bowl of wasabi peas or salty edamame. My favorite snack is the Jinya Bun, pork Chashu with baby greens wrapped in a spongy roll.

Jinya Ramen Bar is truly a festive experience, but prepare to wait unless you get there early. Happy slurping! ♦

ARLINGTON

METRO 29 DINER

Arlington | American | \$

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

4711 Lee Highway | 703.528.2464 | metro29diner.com

FALLS CHURCH

2941

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

ANTHONY'S RESTAURANT

Falls Church | Italian | \$\$

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

3000 Annandale Road | 703.532.0100

www.anthonysrestaurantva.com

ARGIA'S

Falls Church | Italian | \$\$

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

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

BENTLEY'S

Falls Church | American | \$

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

6654 Arlington Boulevard | 703.532.4100

www.bentleysfallschurch.com

CELEBRITY DELLY

Falls Church | American | \$

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

7263-A Arlington Blvd. | 703.573.9002

www.celebritydeliva.com

CLARE AND DON'S BEACH SHACK

Falls Church | American | \$

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

130 North Washington St. | 703.532.9283

www.clareanddons.com

DOGFISH HEAD ALE HOUSE

Falls Church | American | \$\$

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

6220 Leesburg Pike | 703.534.3342

www.dogfishalehouse.com

DOGWOOD TAVERN

Falls Church | American | \$\$

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

132 West Broad St. | 703.237.8333

www.dogwoodtavern.com

DUANGRAT'S

Falls Church | Thai | \$\$

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

5878 Leesburg Pike | 703.820.5775

www.duangrats.com

EDY'S CHICKEN AND STEAK

Falls Church | American | \$

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

5420 Leesburg Pike 703.820.5508

ELEPHANT JUMPS THAI RESTAURANT

Falls Church | Thai | \$\$

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

8110-A Arlington Blvd. | 703.942.6600

www.elephantjumps.com

HAANDI FINE INDIAN CUISINE

Falls Church | Indian | \$\$

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

1222 West Broad St. | 703.533.3501

www.haandi.com

IDYLWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

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

2190 Pimmit Dr, Unit B | 703.992.0915

www.idylwoodgrill.com

IRELAND'S FOUR PROVINCES

Falls Church | Irish | \$\$

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

105 West Broad Street | 703.534.8999

www.4psva.com

JV'S RESTAURANT

Falls Church | American | \$\$

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

6666 Arlington Blvd. | 703.241.9504

www.jvsrestaurant.com

LITTLE SAIGON RESTAURANT

Falls Church | Vietnamese | \$

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

6218-B Wilson Blvd. | 703.536.2633

www.littlesaigoncuisine1.com

THE LOCKER ROOM SPORTS BAR AND GRILL

Falls Church | American | \$

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

502 West Broad Street | 703.854.1230

www.thelockerroomfc.com

MAD FOX BREWING COMPANY

Falls Church | American | \$\$

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

444 West Broad St. | 703.942.6840

www.madfoxbrewing.com

PANJSHIR RESTAURANT

Falls Church | Afghan | \$\$

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

924 West Broad St. | 703.536.4566

www.panjshirrestaurant.com

PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

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

6320 Arlington Boulevard | 571.388.3910

www.pistoneitalianinn.com

PIZZERIA ORSO

Falls Church | Italian | \$\$

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

400 South Maple Ave. | 703-226-3400

www.pizzeriaorso.com

SAFFRON

Falls Church | Indian | \$

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

1077 West Broad Street | 703.992.0077

www.saffronfc.com

SWEETWATER TAVERN

Falls Church | American | \$\$

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

3066 Gatehouse Plaza | 703.645.8100

www.greatamericanrestaurants.com

TARA THAI

Falls Church | Thai | \$

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

7501 Leesburg Pike | 703.506.9788

www.tarathai.com

FAIRFAX

THE AULD SHEBEEN IRISH PUB & RESTAURANT

Fairfax | Irish | \$

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

3971 Chain Bridge Rd | 703.293.9600

theauldshebeenva.com

CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883

www.chutzpahdeli.com

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703.385.1226 | 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—this original Old Town Fairfax location is a local cult favorite. 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 in 2014. 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

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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

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www.dadomenicova.com

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

6671 Old Dominion Dr | 703.442.7360
www.cafeoggi.com

CAFÉ TATTI FRENCH BISTRO

McLean | French | \$\$

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

6627 Old Dominion Dr. | 703.790.5164
www.cafetatti.com

CAPRI

McLean | Italian | \$\$

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

6825-K Redmond Dr. | 703.288.4601
www.caprimcleanva.com

EDDIE V'S PRIME SEAFOOD

McLean | American | \$\$\$

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

7900 Tysons One Place | 703.442.4523
www.eddiev.com

EL TIO

McLean | Mexican | \$

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

1433 Center Street | 703.790.1910
www.eltiogrill.com

DA DOMENICO

RISTORANTE ITALIANO

McLean | Italian | \$\$\$

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

1992 Chain Bridge Rd | 703.790.9000
www.dadomenicova.com

FLEMING'S PRIME STEAKHOUSE
AND WINE BAR

McLean | American | \$\$\$

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

1960 Chain Bridge Rd. | 703.442.8384
www.flemingssteakhouse.com



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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 20 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/lasandia/virginia/

LEBANESE TAVERNA

McLean | Lebanese | \$\$

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

1840 International Dr. | 703.847.5244

www.lebanesetaverna.com

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

1750 Tysons Blvd. | 703.917.0200

www.thepalm.com/Tyson-Corner

PADDY BARRY'S

McLean | Irish | \$

Brendan Barry has opened an authentic Irish Pub in the heart of Tysons—classic Irish fare and hospitality, TV's to watch the game, and of course, classic Black and Tans.

8150 Leesburg Pike | 703.883.2000

www.paddybarrys.com

MERRIFIELD

BLACKFINN AMERIPUB

Merrifield | American | \$\$

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

2750 Gallows Road | 703.207.0100

www.blackfinnameripub.com

CYCLONE ANAYA'S

Merrifield | Mexican | \$\$

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

2911 District Ave. Ste. 170 | 703.992.9227

www.cycloneanaya.com

FOUR SISTERS RESTAURANT

Merrifield | Vietnamese | \$\$

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

8190 Strawberry Ln. | 703.539.8566

www.foursistersrestaurant.com

MATCHBOX VINTAGE PIZZA BISTRO

Merrifield | American | \$\$

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

2911 District Ave. | 571.395.4869

www.matchboxmerrifield.com

OPEN ROAD GRILL AND ICEHOUSE

Merrifield | American | \$\$

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

8100 Lee Highway #300 | 571.395.4400

openroadmerrifield.com

PASSION FIN ASIAN BISTRO & SUSHI BAR

Merrifield | Asian | \$\$

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

2750G Gallows Rd. | 703.204.2969

RAOUCHE CAFE

Merrifield | Middle Eastern | \$\$

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

2839 Gallows Road | 703.205.9099

www.raouchecafe.com

SISTERS THAI

Merrifield | Thai | \$\$

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

2985 District Ave | 703-280-0429

www.sistersthai.com

TED'S BULLETIN

Merrifield | American | \$\$

A family restaurant in the heart of Merrifield, Ted's Bulletin offers conventional and classic American fare, including breakfast all day. Great bakery items to go, especially the pop tarts. The latest from the Matchbox Food Group.

2911 District Ave | 571.830.6680

tedsbulletinmerrifield.com

TRIO GRILL

Merrifield | American | \$\$

A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine list.

8100 Lee Highway | 703.992.9200

www.triomerrifield.com

TRUE FOOD KITCHEN

Merrifield | American | \$

With a wide selection of vegan, vegetarian and gluten free options, everyone can enjoy True Food Kitchen. The basis for the anti-inflammatory diet they advocate is to make you feel better, live longer and be happy while enjoying the salads, pizza, seafood entrees, and those to-die-for "Natural Refreshments."

Mosaic District 2910 District Avenue, #170

571.326.1616 | www.truefoodkitchen.com

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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





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703.204.0233

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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

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3345 14th St, NW, Wash, DC 20010
202.450.5620

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-Providence Journal, Rosslyn H. Marilly

café oggi

For Reservations, Please Call (703) 442-7360
6671 Old Dominion Drive, McLean, VA 22101 | 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

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.comMAGNOLIA DESSERT
BAR & 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

MAPLE AVE

Vienna | American | \$\$

Maple Ave Restaurant serves eclectic American cuisine in the heart of Vienna, blending American with Asian, Latin American, and French flavors and techniques. Ranging from fresh-grilled Bronzini to homemade carnival funnel cake served with vanilla bean ice cream.

47 Maple Ave W. | 703.319.2177

www.mapleaverestaurant.com

NEIGHBOR'S RESTAURANT

Vienna | American | \$\$

A great place to watch soccer, football, or basketball games. Featured games can be seen on their huge screen, visible from just about any seat in the restaurant. Enjoy karaoke on Friday and Saturday nights. The restaurant's ambiance is relaxed and the service is professional, bringing the best Persian and American cuisine experience possible.

262 D Cedar Lane | 703.698.8010

neighborsrestaurantva.com

NEISHA THAI**Vienna | Thai | \$\$**

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

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

NOSTOS**Vienna | Greek | \$\$**

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

8100 Boone Blvd. | 703.760.0690
www.nostosrestaurant.com

PALADAR LATIN KITCHEN & RUM BAR**Vienna | Spanish | \$\$**

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

1934 Old Gallows Rd, Suite 110 | 703.854.1728
www.paladarlatinkitchen.com/locations/tysons-va

PAZZO POMODORO**Vienna | Italian | \$\$**

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



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PEKING EXPRESS OF VIENNA

Vienna | Chinese | \$

Peking Express offers outstanding selections for lunch and dinner. Combination platters include egg rolls and choice of soups, authentic appetizers, chicken, shrimp, beef, and pork selections, plus the fried rice or lo mein is to die for!

103 Center Street N #107 | 703.281.2445

www.peking-express.com

PLAKA GRILL

Vienna | Greek | \$

Established in 2007, the award-winning Plaka Grill offers authentic Greek cuisine in a cheerful cozy setting. Chef/Owner Peter Drosos along with his enthusiastic staff prepare several Greek specialties which are all made in-house from the finest, freshest ingredients available. The made-from-scratch signature "Plaka gyro" is available exclusively at Plaka Grill in Vienna. Now in Falls Church at 513 W Broad St.

110 Lawyers Rd NW | 703.319.3131

www.plakagrill.com

RISTORANTE BONAROTI

Vienna | Italian | \$\$

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy.

There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com

SAKURA JAPANESE STEAK HOUSE

Vienna | Japanese | \$\$

Steak, seafood, and sushi are the name of the game at this Japanese steak house. The hibachi grill produces seafood, chicken, and steak entrees and sides. There is a separate section for those only ordering sushi. For a traditional Japanese steakhouse experience, go here.

8369 Leesburg Pike #10 | 703.356.6444

www.sakurasteakhouse.com

SHAMSHIRY

Vienna | Persian | \$\$

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

8607 Westwood Center Dr. | 703.448.8883

www.shamshiry.com

SUNFLOWER VEGETARIAN RESTAURANT

Vienna | Vegetarian | \$\$

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

2531 Chain Bridge Rd. | 703.319.3888

www.crystalsunflower.com


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111 Church St NW, Vienna, VA 22180
703.255.7212 | 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

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.woolaek.com

OAKTON

LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | lucianoitalianrestaurant.com

OLD PEKING

Oakton | Chinese | \$

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

Hunter Mill Plaza, 2952 Chain Bridge Road

703.255.9444 | www.oldpeking.com

SANTINI'S NEW YORK STYLE DELI

Oakton | American | \$

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

2975 Chain Bridge Rd. | 703.766.6666

www.mysantinis.com

TIGRIS GRILL

Oakton | Middle Eastern | \$

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

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.5950 | www.tigrisgrill.com

YOKO SUSHI

Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles, and other Japanese staples. Their lunch and dinner menus offer a huge sushi selection, plus appetizers, tempura, teriyaki, katsu, and more.

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.6644 | www.yokosushi1.com

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BY AMANDA SCARANGELLA

TESTING, TESTING ALL ALONG THE TRACKS

WHAT IS AN AMBERG IMS 5000?

Workers constructing Phase II of the Dulles Corridor Metrorail Project recently rolled out a strange-looking piece of equipment called an Amberg IMS 5000, not exactly a name that rolls off the tongue or alludes to any visual inference.

The tool, which somewhat resembles a yellow scooter, has been employed by the Metropolitan Washington Airports Authority (MWAA) and purchased by the Washington Metropolitan Area Transit Authority (WMATA) to survey and assess project data on Phase 2 of the Silver Line.

The equipment was manufactured in Switzerland by Amber Technologies AG. One person maneuvers the three-wheeled trolley along the track alignment as a multidimensional scanner and computer system mounted on top records the position of an object based on pre-determined orientation points.

In unofficial terms, it tells you how the location of one object compares to the location of another object. And then another object. And another. The process continues until all relevant object locations have been assessed to produce a report comparing the location of one object, such as a metrorail train car, to another object, such as a wall or a hanging sign.

On the Dulles Corridor Metrorail Project, these orientation points have been placed by Capital Rail Constructor crews on track walls, safety walk troughs and other stable locations.

"This equipment will provide detailed reports about the project to better guarantee a safe environment," said John Kearney, construction manager for the Dulles Corridor Metrorail Project. "For example, the equipment has the ability to tell us that the metrorail train car will pass safely underneath an overhead

road sign, through a station or past a train moving in the opposite direction."

Transportation enthusiasts should start gearing up for more project accomplishments. This is one of the early steps in the process that will allow the project to begin placing railcars on the track for testing, project officials said.

WMATA is the first institution in the United States to obtain the Amberg IMS 5000 for surveying railways and surrounding structures. Permission to geek out granted! ♦





◀ Loudoun Gateway Station

At the Loudoun Gateway Metrorail Station is Loudoun County's parking garage under construction just west of Lockridge Road. (Photo by Phil DeLeon)



◀ Along the Dulles Greenway

Facing east from the transit connector bridge at the trackway in the median along the Dulles Greenway. (Photo by Phil DeLeon)



◀ Along the Dulles Greenway

Facing south of the pavilion at the east end of the Loudoun Gateway Station is the roof platform along the Dulles Greenway. (Photo by Phil DeLeon)

HOROSCOPES

NOVEMBER DECEMBER



SCORPIO 10/22 - 11/21: Inspiration strikes! Don't let the idea pass. It will be crucial in coming days.



SAGITTARIUS 11/22 - 12/21: Travel on your mind? A friend won't say but would love to go along.



CAPRICORN 12/22 - 1/19: You find a happy groove by the light of the silver moon on the 24th. You have a chance to make a deeper connection with a friend.



AQUARIUS 1/20 - 2/18: Your energy is on the rise by mid-month, just in time for planning family gatherings.



PISCES 2/19 - 3/2: Some around you may be heading off a cliff. You'll have to decide if you will follow them. Examine your heart.



ARIES 3/21 - 4/19: It's a promising month for career and relationships. But diffuse tension with a well-timed joke.



TAURUS 4/20 - 5/20: You may hear financial news this month. If you are worried at first, relax. All will resolve to your benefit.



GEMINI 5/21 - 6/20: A mere sliver of the full moon is missing on Thanksgiving, the 22nd, but the night (and your heart) feel full.



CANCER 6/21 - 7/22: Your plans near completion as the stars align to bring opportunity.



LEO 7/23 - 8/22: The New Moon on the 7th will bring a dark night, but the day threatens to be fabulous. Enjoy.



VIRGO 8/23 - 9/22: The family will be visiting, but why break the bank on new furniture? Perfect cleanliness and flowers fit into the budget.



LIBRA 9/23 - 10/21: A little something extra comes your way this month. It may sparkle or clink but don't judge.



SAGITTARIUS 11/22 - 12/21: You might find yourself over-committed or burdened by mid-month. Sort out racing thoughts by turning to silence.



CAPRICORN 12/22 - 1/19: Holidays take a happy turn this year with unexpected guests or gifts. A surprise is in the works.



AQUARIUS 1/20 - 2/18: If the holidays leave you brooding instead of celebrating, take time to reflect on your own power to make the life you want.



PISCES 2/19 - 3/2: Holiday spirit overtakes you this year, whether it be Hanukkah on the 2nd or Christmas on the 25th. Simple cheerfulness goes a long way with loved ones.



ARIES 3/21 - 4/19: The first quarter moon on the 15th leaves you thinking about home. Dignity is critical for you this month in public places.



TAURUS 4/20 - 5/20: News this month might rattle you at first, but stars say you can use some information to your advantage. You have the necessary skills.



GEMINI 5/21 - 6/20: The topic on your mind is investment. In money, think protection. In love, think energy. In time, think the future.



CANCER 6/21 - 7/22: As the last quarter moon of the year peeks out on the 30th, you review your fortunes. Have you been lucky in the past year, or strategic?



LEO 7/23 - 8/22: Put your mind to work on a problem that has dogged you this year. Visualize the problem and the solution and get to work.



VIRGO 8/23 - 9/22: Thoughtful is one thing for holiday gifts, but obsession is another. Give something beautiful and relax.



LIBRA 9/23 - 10/21: You may be considering a personal sacrifice for another. This could end up immensely kind or destructive. Clearly assess the situation first.



SCORPIO 10/22 - 11/21: The New Moon on the 7th finds you dwelling on a relationship or problem. Stay optimistic. Everything resolves by the end of the month.



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