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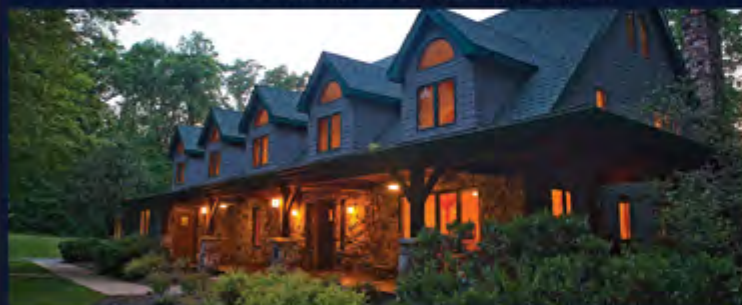
10603 Creamcup Lane, Great Falls \$3,199,000



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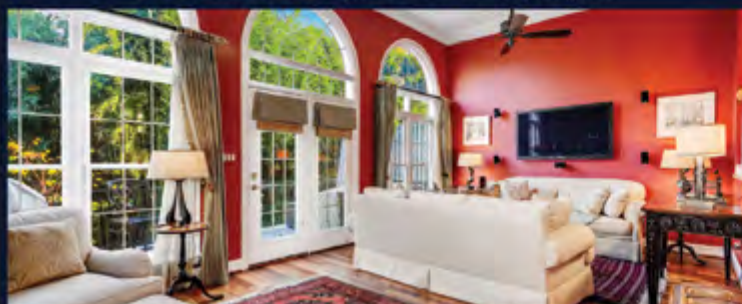
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# FEATURES



## < SEVEN-DAY DETOX WEIGHT LOSS PROGRAM

*By Allison Chase Sutherland*

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## BEST OF BEAUTY >

*By The Beauty Experts*

Discover the area's top: cosmetic surgeons, doctors of aesthetic medicine, hair salons, and beauty businesses offering today's most innovative treatments and solutions for image-conscious consumers in the Editor's Picks of VivaReston's Best of Beauty for 2019.



## < NEW YEAR, NEW YOU

*By Kathleen McDunough*

If you're like most Americans, the word that best describes the past few months of holiday merry-making is "indulgent." Which was great fun while it lasted, but the arrival of 2019 serves as a reminder that it's time to shift to healthier habits while offering the perfect opportunity to hit the refresh button on mind, body and spirit. So how do you get back on track after the holiday hiatus and actually make your motivation—and your resolutions—go the distance?



## SUMMER CAMPS >

*By Patricia Lee Hall*

Summer may seem like a long way off, but it will be upon us soon enough. To help you plan some fun, enriching experiences for your children, we've put together a list of summer camp options to consider, ranging from day camps that encourage them to move or explore their creativity to learning experiences that enrich their minds and lives.





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# DEPARTMENTS

**State**

**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

**The Legwarmers**  
Dc's Biggest 80's Dance Party!  
Fri 1/25 & Sat 1/26

**Bruce In The USA**  
A Tribute To Bruce Springsteen!  
FRI 2/8 & SAT 2/9

**Randy's Cheeseburger Picnic**  
Feat. Randy From Trailer Park Boys!  
Thursday February 21st

**Corey Smith**  
Great Wide Underground Tour!  
Friday February 22nd

**The British Invasion Years**  
Saturday February 23rd

**Broken Arrow**  
A Tribute To Neil Young!  
Saturday March 9th

**America's Got Talent Finalist Tape Face**  
Sunday March 24th

**Kick**  
The INKS Experience  
Friday May 17th

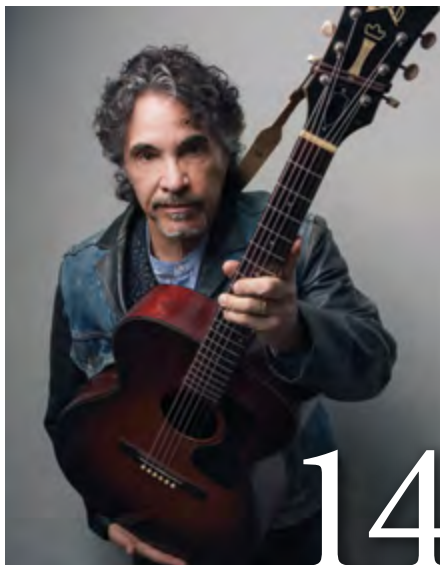
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(next to Maplewood)  
The Virginian Restaurant  
Vienna Inn  
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Foster's Grill

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Peking Express  
Caffe Amouri  
Plaka Grill  
Bazin's on Church  
Artful Gift Shop  
The Community Center  
on Park Avenue  
The Greek Grill  
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Katie's Coffee Garden  
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Lake Anne Coffee Shop  
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Nostos Restaurant  
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May Jewelers  
Lost Dog Café  
West Falls Church Metro  
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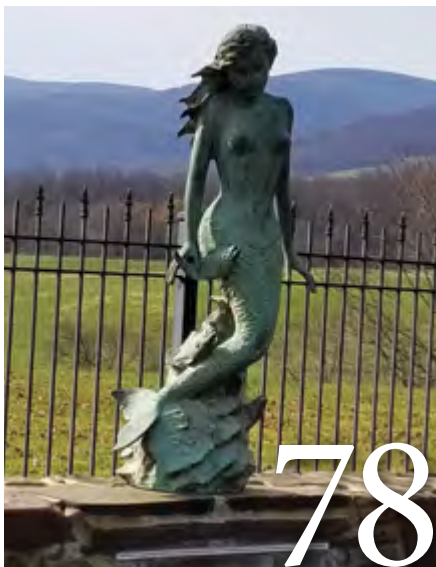
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JANUARY/FEBRUARY 2019

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## ON THE COVER:

Style Writer Julie Holland and  
personal trainer Tim Carroll from  
Custom Kinetics.





**Happy New Year!** I hope your 2018 ends joyously and leaves you as excited for 2019 as we are here at *VivaTysons Magazine*. 2018 was truly an amazing year—one filled with anticipation of new companies coming to the region (Amazon, Apple, so many more) and changes and opportunities which they are sure to bring. Our promise to you—we will do our best to keep you as up to date as possible.

To that end, we have launched a thrice weekly web portal [www.TysonsToday.com](http://www.TysonsToday.com) in which we can provide our local businesses and service providers more ways to keep you in the loop of the new services, restaurants, and infrastructure. We hope it helps keep you up to date with the developments in our new city.

It's a new year, and as usual, it's a good time to work on those changes you're looking for. Kathleen McDonough has given us some great options towards achieving some healthier habits for 2019. Great read, thanks Kathleen!

A better look for the coming year? Our editors found some of the area's top beauty experts with world class services to bring you the look you've been dreaming of.

Read about the new Aria MediaSpa, Yoga & Wellness Center by Allison Chase Sutherland. World class—Thanks Allison.

Valentine's Day is just around the corner and Kathleen McDonough has some interesting thoughts on diamonds. Jewelry is always a great choice.

We love JV's in Falls Church! What a great spot to hear some super talent live. Read about the legendary spot and Lorraine Campbell's story. And pop in for some great shows. It's "Ageless Charm without Yuppie bastardization." Written by Orrin Konheim.

Our wine expert Linda Barrett shares some New Trends for Wineries where beer and wine lovers can now enjoy tastings together.

Important Financial Resolutions by Belle Schneider of VLP is a great read and addresses some issues to help you achieve your financial goals. Thanks Belle!

Holidays are especially hard on those trying to put down the glass. Luckily, there's help for anyone with addictions at the Unity Club in Falls Church. Such a gift for those in need of help.

Love it or List It. Linda has some ideas for you—especially in these apprehensive times in the Real Estate Industry.

Celebrity Chef and our friend Patrick Bazin is becoming the Gluten Free King of the culinary industry. Right here in Vienna, VA! Renee Sklarew spent some time with Patrick. We hope you enjoy the article. And while your taste buds are still dancing, read about POKE: "A Taste of the Tropics in a Bowl."

Now's the time to plan for Summer Camps and Patrica Lee Hall brings us some of the best options for your consideration. Thanks, Patrica.

More on the Music and Art scene from Keith Loria, Home improvement stories by John Byrd, Updates on the Dulles Corridor Metrorail Project and Fun!

Our efforts to be a resource and enjoyable read for you continues on the web, hope to see you there! Again, please accept our warmest wishes for a healthy and prosperous 2019.

Cheers!







**JANUARY 26**  
**BUMPER JACKSONS**  
The Barns at Wolf Trap

## LOCATIONS

**THE BARNs AT WOLF TRAP**  
1635 Trap Rd., Vienna  
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## JANUARY 7

### MIND AND MEDITATION WORKSHOP

3536 Schuerman House Drive,  
Fairfax, VA 22031, 7:30-8:30pm,  
Free

Start the new year with an exploration of the elegant mind-breath-body connection, and how to consciously use breath and mindfulness to manage emotions, release stress and bring clarity to the mind, be present in the moment and live a healthier and happier life. Workshop takes place 1st Monday of every month. Each session will include a brief discussion followed by a guided group meditation. Light yoga and breathing exercises may be included as time permits.

## JANUARY 11

**ARNAUD  
SUSSMANN, VIOLIN**  
**PAUL  
NEUBAUER, VIOLA**

## DAVID FINCKEL, CELLO

### Chamber Music At The Barns

The Barns at Wolf Trap, 7:30pm, \$40  
Three commanding players guide the audience through three chamber masterworks by Beethoven, Dohnányi, and Mozart.

## JANUARY 12

### THE VERVE PIPE

The Barns at Wolf Trap, 8pm \$22-27  
With a reputation for spectacular live performances, this multi-platinum alternative rock band is recognized worldwide for the No. 1 smash single "The Freshmen" and radio hits "Photograph," "Hero," "Happiness Is," and "Never Let You Down."

## JANUARY 12

### JENN GRINELS

Jammin Java, 8pm, \$20  
Reviewer Kenneth Fish has called Grinels, "a rock and roll temptress conjuring musical spells that no one can resist. Whether quietly purring into the microphone or seriously

belting out a tune, the audience was hanging on every note and lapping up every well crafted phrase...her performance was nothing short of amazing."

## JANUARY 14-15

### AUDITIONS FOR "WINNIE THE POOH"

The Alden, 7-9pm

Youth actors will work with The Alden's team of theatre professionals to bring this story to life with full sets, costumes and technical elements on The Alden's stage. Students between the ages of 10-16 who live in the McLean Community Center Tax District will be considered. To schedule an audition time, please email Danielle. VanHook@fairfaxcounty.gov with your date and time preference: 7pm 7:30pm, 8pm or 8:30pm. Please specify your age and address in your email.

CONTINUED ON PAGE 16



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a woman looks  
at her ring  
a million  
times...”

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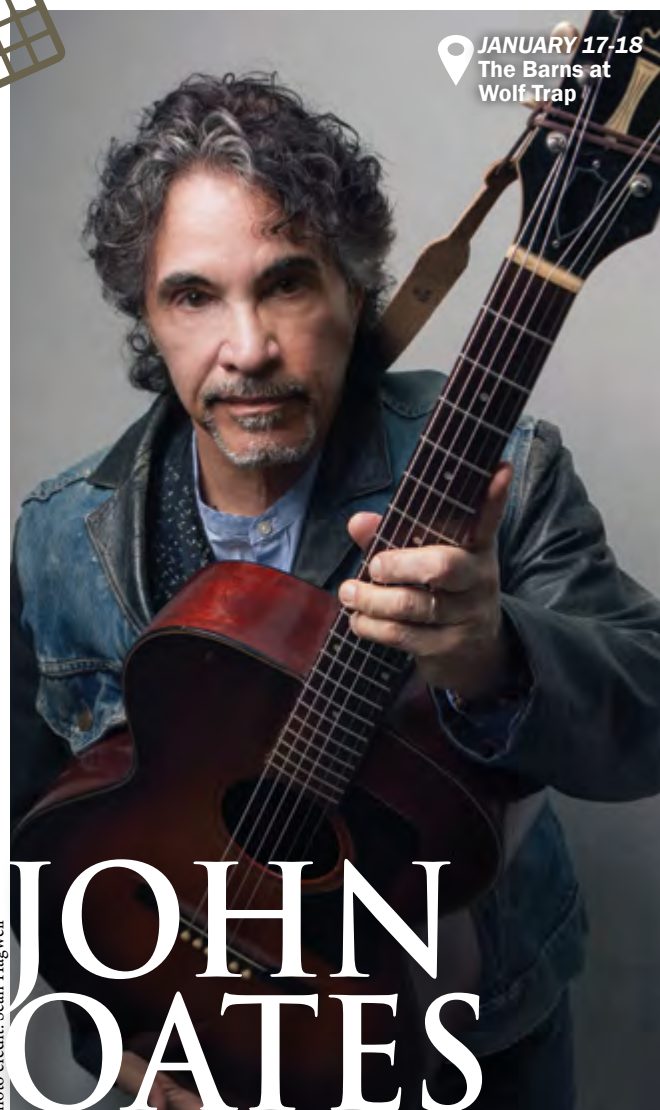
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**JANUARY 17-18**  
The Barns at Wolf Trap

Photo credit: Sean Hagwell



**JOHN OATES**

CONTINUED FROM PAGE 14

## JANUARY 17-18

### WINTER ONE-ACTS

Langley High School Auditorium, 7pm, for tickets and more information visit [saxon-stage.com](http://saxon-stage.com)

Students at Langley High School present their annual one act plays, including their Virginia High School League competition entry. Chosen works are student directed and will include a newly published one-act to be directed by the playwright.

## JANUARY 17-18

### JOHN OATES WITH THE GOOD ROAD BAND

The Barns at Wolf Trap, 8pm, \$42-47  
John Oates is one half of the best-selling duo of all time,

Hall & Oates, as well as an accomplished solo artist. An inductee into the American Songwriters Hall of Fame as well as the Rock & Roll Hall of Fame, Oates performs songs from throughout his career including those from his most recent roots-focused solo project, *Arkansas* (2018).

## JANUARY 19

### EVENING OF INDIAN DANCE

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

Enjoy a rich and innovative program from IDEA (Indian Dance Educators Association) showcasing a variety of dazzling Indian dance.

## JANUARY 19

### BACHAPALOOZA HERNDON

Jammin Java, 12:30pm, \$5

Bach to Rock students in the area know how to rock it—and then some! Dozens of student bands will take the stage at Jammin Java for a Bachapalooza concert, performing to throngs of delighted fans and parents. Come see how Bach to Rock's nontraditional approach to music education brings out both talent and "fun," successfully teaching students of all ages—from early childhood through high school and beyond—by uniquely turning music into a team sport that creates student bands that learn to play sets, record in a studio and perform in public.

## JANUARY 20

### MARTIN LUTHER KING JR. DAY CELEBRATION "LINER NOTES"

McLean Community Center, 2pm, \$25/15 MCC tax residents

You will collide with music's past and present through jazz standards, hip-hop samples and actual liner notes from musicians of the civil rights movement in this multimedia concert experience.

## JANUARY 22

### BE A BOSS! 10 SECRETS OF A MEGA EA (PLUS MASTERMIND)

by Christy Belt Grossman

Keller Williams Realty McLean, 6820 Elm Street, McLean, VA 22101, 9am-3:30pm, \$137-167

Interested in a career as an Executive Assistant? Learn the difference between an "Average Assistant" and an "Ops Boss"! Start 2019 STRONG! Learn how to up your game. Propel your team and your career to higher heights. Find out the difference between having a job and building a career! And how the Ops Staff can power up a team! This class is especially geared for Executive Assistants and operations

staff. Rainmakers should come WITH their assistants! Unlike any other assistant class, this class is taught by someone who has performed in the role at a high level for 20+ years. This is not a basic "how to" class with checklists, rather a higher level, higher minded class meant to expand your horizons.

## JANUARY 25

### SARAH BORGES AND THE BROKEN SINGLES

Jammin Java, 8pm, \$15

Sarah Borges has spent the last decade touring, learning and transforming from Americana chanteuse to American music journeywoman. Her sound remains as eclectic as ever, representing what Borges likes to call "the sum total sound of my record collection": a little bit twangy, some kind of cowpunk and a whole lot of heartfelt rock and roll.

## JANUARY 25

### LINDA EDER

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

Vocal powerhouse Linda Eder returns to The Barns to showcase her diverse repertoire spanning Broadway, standards, pop, country, and jazz. "Who needs a Broadway show when you've got Linda Eder?" (*Chicago Tribune*).

## JANUARY 26

### BUMPER JACKSONS

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

Reimagining roots and Americana music by mixing in street jazz, early blues, and country swing, the DC-based Bumper Jacksons bring audiences into the center of a party where the dancing never stops.

## JANUARY 26

### BACHAPALOOZA MCLEAN

Jammin Java, 1pm, \$5

Bach to Rock student bands come together for their 2nd annual Bachapalooza concert featuring student s ranging from Elementary to High



Schoolers. Come check out the buzz!

## JANUARY 30-31

### INTERNATIONAL GUITAR NIGHT

*The Barns at Wolf Trap, 8pm, \$27-30*  
Four global guitar masters come together to create two exhilarating evenings of entertainment. Luca Stricagnoli, Italy's explosive contemporary showman, returns by popular demand, joined by two of France's acclaimed young prodigies, swing guitarist Antoine Boyer and Flamenco guitarist Samuelito, and the ground-breaking Turkish fretless guitarist Cenk Erdogan.

## JANUARY 31-FEBRUARY 24

### THE BROTHERS SIZE

*1st Stage Tysons, \$15-39*  
This absorbing and emotionally resonant drama is set in the bayou country of Louisiana and is loosely based on West African myths and Yoruban poetry. Telling the story of two brothers, the critically acclaimed play imaginatively blends West African storytelling, music and movement with a contemporary tale told in African-American vernacular. Seamlessly intertwining ancient techniques with modern themes, the result is an unique and compelling theatre experience.

## FEBRUARY 1

### LUKE BRINDLEY WITH SPECIAL GUEST SCOTT MULVAHILL

*Jammin Java, 8pm, \$18*  
Prolific songwriter, musical artist and—along with his brothers, Daniel and Jonathan—owner/operator of Jammin Java (consistently ranked by Pollstar Magazine as one of the Top 100 Club Venues in the world), Luke Brindley gets back to his musical roots with a home-town performance to feature some of the fingerstyle guitar instrumentals showcased on his recent album release, "invitation



Photo credit: Shane A. Tegarden

# MASTERS OF HAWAIIAN MUSIC

to Joy." He will be joined by Scott Mulvahill, award-winning songwriter and bass guitarist for Rickey Skagg's Kentucky Thunder band.

## FEBRUARY 1

### ST. LAWRENCE STRING QUARTET

**Chamber Music at the Barns**  
*The Barns at Wolf Trap, 7:30pm, \$40*  
The St. Lawrence String Quartet returns to the Barns after more than a decade to explore the rich relationship between Haydn and Mozart.

## FEBRUARY 2

### THE WIZARD OF OZ

**Vital Theatre Company**  
*McLean Community Center, 2pm, \$15/10 MCC tax residents*  
Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as the ytravel through the eclectic world of Oz.

## FEBRUARY 2

### THE DUSTBOWL REVIVAL & HOT

## CLUB OF COWTOWN

### The Great Divide

**A Celebration Of The 50th Anniversary Of The Band**  
*The Barns at Wolf Trap, 3pm and 8pm, \$32-37*

Honoring the 50th anniversary of The Band—the seminal roots-rock group that famously toured with Bob Dylan—two of America's defining roots groups join in a celebratory outpouring of song. Eclectic LA octet Dustbowl Revival mashes up traditional American music into a time-bending, genre-hopping dance party, while Austin-based Hot Club of Cowtown delivers hot jazz licks and Western swing on a wild and woolly ride.

## FEBRUARY 8-9

### THE FOOD OF LOVE: ROMANTIC RENAISSANCE MUSIC

*Washington National Cathedral, 8pm, \$20*

As a prelude to Valentine's Day, Folger Consort offers The Food of Love, a magnificent buffet of romance and poetry with chansons and madrigals on food, drink and passionate love by

French and Italian Renaissance composers such as Janequin and Marenzio. Canoodle and swoon as you take in enchanting "table music" for strings, including selections from Schein's Banchetto Musicale (Musical Banquet), composed as dinner music for the sophisticated courts of Germany. This Washington National Cathedral performance features vocal ensemble Les Canards Chantants and viol consort Arcadia Viols.

## FEBRUARY 9

### CASINO NIGHT 2019

*The Columbus Club of Arlington, 5115 Little Falls Road, Arlington, VA 22207, 8-11:30pm, \$89-15,000*

Support the Arlington Soccer Association at this adult night out on the town featuring a band, dj, open bar (including signature cocktails!) and lots of gaming tables. Plan to game and dance the night away—the Columbus Club of Arlington is conveniently located an easy Uber ride from most of Arlington!



# LUCA STRICANOLI

 **JANUARY 30-31**  
The Barns at  
Wolf Trap



6-9 PM

**FEB  
23**

## THE 19TH ANNUAL GALA OF THE VIRGINIA BLACK HISTORY MONTH ASSOCIATION

WITH KEYNOTE SPEAKER LAZ ALONSO

Hilton McLean Tysons Corner Hotel, 7920 Jones Branch Drive, McLean, Virginia 22102, 6-9pm, \$25-1,450

Our Key Note Speaker is Lazaro "Laz" Alonso entrepreneur, Howard Grad, and Television and Film Actor who has starred in such films as the This Christmas, Jumping the Broom, Avatar, Detroit, and Spike Lee's Miracle at St Anna just to name a few. Guests of Honor include the Reverend Wheeler Parker Jr who the cousin of Emmett Till and the last surviving eyewitness. Guest of Honor is journalist and author Jesse J. Holland who wrote the book which became the background for the movie, "The Black Panther." Guest of Honor is author, retired television producer Dr. A'Leleia Bundles. Dr. Bundles is also the great-granddaughter of entrepreneur Madam CJ Walker who developed hair care products for women of color which are still on the market today. Final Guest of Honor is author and prison reform advocate Anthony Ray Hinton. After spending more than 30 years on death row for a crime he did not commit, Mr. Hinton has emerged as the distinguished author of the book "The Sun Does Shine." His amazing story has caught the attention of Oprah Winfrey and now his new book was selected for Oprah's 2018 Book Club.

CONTINUED FROM PAGE 17

## FEBRUARY 9

### 6TH ANNUAL 50-MILE KENNEDY WALK

C&O Canal National Park, Anglers Parking Lot (across from Old Anglers Inn), 10790 MacArthur Blvd, Potomac, MD 20854, Registration 3am/Walk 3:30am-9pm, \$125, [www.kennedy50.org](http://www.kennedy50.org)

Join the FreeWalkers, a long-distance walking group, and test your mettle with this unique physical and mental winter challenge: a 50-mile one-day walking event honoring Robert F. Kennedy's famous 1963 trek from Great Falls, MD to Harper's Ferry, WV. Participants gather at 3am for check-in and event briefing and then proceed along the tow path of the C&O Canal National Park for a day of natural beauty and fellowship with other walkers. Six support stops will be offered along the route, ranging from water/electrolyte/powerbars to full breakfast and lunch stops, with an aim to get walkers to the end, or as far as they can go. There's also extended support services such as shuttle transportation between start and finish sites, pre- and post-buffets and more! See website for complete info on training walks, full schedule, support services and registration.

## FEBRUARY 9-10

### MARTIN LE VIN HERBÉ

The Love Potion

Wolf Trap Opera

Washington Concert Opera

Chamber Music At The Barns

The Barns at Wolf Trap, Sat

7:30pm, Sun 3pm, \$35-75

Wolf Trap Opera and Washington Concert Opera are thrilled to co-present a rare modern retelling of the classic Tristan and Isolde story. In its more than 6-year history, Swiss composer Frank Martin's Le vin herbé (based on Joseph Bédier's novel Tristan and Iseult) has enjoyed countless concert performances and several staged productions. In recent years, it has been seen in Zurich, Paris and Berlin. This performance at The Barns will be a concert staging. The cast will feature ten Wolf Trap Opera alumni, and will feature Ian Koziara as Tristan and Shannon Jennings as Isolde.

## FEBRUARY 9-10

### SWEETHEARTS & PATRIOTS GALA

The French Embassy, 4101 Reservoir Rd NW, Washington, DC 20007, 7pm-12am, \$115-165

Sweethearts and Patriots is a charity gala that benefits organizations in support of veterans. In 2019, the beneficiaries will be Disabled American Veterans and Terre Fraternité. The evening will be a celebration with a French and American patriotic theme including heavy hors d'oeuvres, open bar and dancing. The event is open to all, and sponsored by the District of Columbia Society of the Sons of the American Revolution.

## FEBRUARY 14-15

### 1964 THE TRIBUTE

The Barns at Wolf Trap, 8pm, \$38-42 Beatlemania is back at The Barns with the "best Beatles tribute on Earth" (Rolling Stone).

CONTINUED ON PAGE 20





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# CHERISH THE LADIES

CONTINUED FROM PAGE 18

## FEBRUARY 14-16

### TARTUFFE

Langley Theatre, for more information visit [saxon-stage.com](http://saxon-stage.com)

Tartuffe, or *The Imposter*, one of Moliere's most provocative and hilarious comic farces helmed by DC actor and director Dan Crane.

## FEBRUARY 16-17

### MASTERS OF HAWAIIAN MUSIC

The Barns at Wolf Trap, 8pm, \$25-30  
Performing in a traditional Hawaiian style, the Masters of Hawaiian Music bring "folklore and cultural memory into a performance that...[unfolds] as breezy entertainment" (*The New York Times*).

## FEBRUARY 19-20

### CHERISH THE LADIES

The Barns at Wolf Trap, 8pm, \$25-30  
Consistently creating "thoroughly engaging performance[s] brimming with spirit, precision, wit and soul" (*The Washington Post*), this Irish-American supergroup returns with Grammy-nominated music and stepdancing that has earned great acclaim.

## FEBRUARY 22

### WU HAN AND FRIENDS SCHUBERTIAD

Chamber Music At The Barns

The Barns at Wolf Trap, 7:30pm, \$40

An all-star group of musicians presents an evening of Schubert including his E-flat

piano trio, several beautiful Lieder, and the beloved Trout Quintet.

## FEBRUARY 22

### THE BAND BATTLE—FINALS!

Jammin Java, 7pm, \$10-20

Following 4 "elimination" rounds in January, see which band will win the grand prize of \$2,000 cash and the chance to headline a show at the Band Battle Finals. All battles will be judged by regional music industry professionals and touring bands!

## FEBRUARY 23

### THE OKEE DOKEE BROTHERS

McLean Community Center, 1pm., 4pm, 6:30pm, \$20/15 MCC tax residents

The Grammy® Award-winning Okee Dokee Brothers mix their passion for the outdoors with American Folk music to create songs that they hope will inspire children and their parents to get outside and get creative.

## FEBRUARY 24

### AUTHOR WALTER MOSLEY

The Alden at McLean Community Center, 2pm, Free, Pre-registration required

NAACP Image Award-winning writer of mysteries and crime fiction, in 2016 Mr. Mosley was named Grand Master by the Mystery Writers of America (Edgar Award).

## FEBRUARY 24

### THE A BRIDAL SHOW—METRO DC'S WEDDING SHOW

The Virginian Suites, 1500 Washington Blvd., Arlington, VA 22209, 1-4pm, \$12-38

Meet some of the best wedding vendors in Metro DC all under one roof while you sample wedding cake, savor cuisines, get great reception table designs ideas, see the most talented entertainers and so much more including \$15,000 in coupons & prize giveaways.

## MARCH 1

### ELLIS PAUL RECORD RELEASE

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

Though some may refer to him as a folksinger, he is more—a singular storyteller and a musician—whose words reach out from inside and yet also express the feelings, thoughts and sensibilities that most people can relate to in one way or another, regardless of age or upbringing.

## MARCH 2

### WINE AT WOLF TRAP

The Barns at Wolf Trap, 6pm, \$500-15,000

Wine at Wolf Trap is an intimate evening of extraordinary wines and cuisine, including a five-course dinner with perfect wine pairings and a curated tableside tasting experience by expert sommeliers. This exquisite gastronomic experience begins with cocktails and creative hors d'oeuvres, provides a lively silent auction featuring rare wines and unique travel and dining experiences, and concludes with music and dancing. Wine at Wolf Trap is a much-anticipated springtime tradition that sells out each year, with reserved seating for only 150 discerning wine aficionados. Proceeds from Wine at Wolf Trap benefit Wolf Trap's arts and education programs including its Institute for Early Learning Through the Arts.



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BY KEITH LORIA

## A RECIPE OF LOVE AND SPECIAL SAUCE

If the name Garrett Dutton is unfamiliar to you, perhaps you know him better by his musical moniker as lead singer of G. Love & Special Sauce, which brought songs like “Cold Beverage” and “Baby’s Got Sauce” to mainstream music in the early ’90s.

“My goal was to be an acoustic solo performer but when I met my band, we got this sound going and it was really exciting for me,” G. Love says. “Special Sauce was my first real band, and I got really spoiled playing with those guys. It’s been 20 years and a pretty amazing ride.”

During the last 25 years, G. Love has been entertaining crowds with his rapping skills, harmonica playing and bluesy guitar, combining them all in genre that’s unique.

On January 31st, G. Love & Special Sauce will stop at The Hamilton in D.C., as part of its 25 year anniversary, with a tour entitled,

“The Sauce Tour: A Celebration of 25 Years.”

Joining G. Love are Jim Prescott (a.k.a. Jimi Jazz) on bass, and Jeffrey Clemens (a.k.a. Houseman) on drums. The trio has been gathering a faithful tribe of acolytes for a quarter of a century with their joyously off-kilter performances and love of all things funky.

G. Love began his musical career performing on the streets of Philadelphia and termed his style as “hip hop blues.”

“When I started, I was playing the Delta blues but I grew up listening to Run D.M.C. and the Beastie Boys and that sort of music was always in me, I just didn’t do it when I played out,” he says. “One night I was playing out by South Street, working on this guitar riff and I just started rapping the lyrics to this old Eric B. and Rakim tune called ‘Paid in Full.’”

Lost in the sound, G. Love realized that this is what he should be playing.

“I remember thinking, ‘I’m like the only white boy sitting on the street with an acoustic guitar rapping over it,’” he says. “No one was really doing this at the time.”

Not long after, he teamed with Clemens on drums and Shanko and G. Love & Special Sauce has gone pretty much unchanged over years with only Mark Boyce on keyboards coming and going.

At the Hamilton show, the hits will be played along with a good selection of songs off their last album, and even a few covers mixed in.

These days, G. Love likes to stay close to his fans on social media sites and uploads videos and songs regularly to sites like Twitter and YouTube.

“They give you a platform to be as creative as you want,” he says. “You can do something different than what you do on stage or in the studio, and it happens so fast, you don’t have to talk to your manager first. It’s something I have fun with and let’s me know what my fans want to hear, what they like and what they don’t like.”

Making a connection to his fans has always been of utmost importance to the singer.

“It’s essential. Ever since I started writing songs when I was 15, I had this knee jerk reaction to want to record them and perform them in front of people,” he says. “I have to perform. I love being on stage and making the people feel good. Something different happens with your whole psyche and you have to prove it to yourself every night and be wide open and pull something out.”

G. Love has never had a problem with that and can’t wait to be in D.C. with his signature “Special Sauce” recipe of fun.

“It’s a really fun show and we’re really interested in keeping it loose and funky right now,” he says. “When people are paying their hard-earned money to see you, you always play what people want to hear. They are the one’s playing you at home, in the car, at the dinner table, at the barbecue. You know, you’re a part of their life and we want to keep it that way.” ♦



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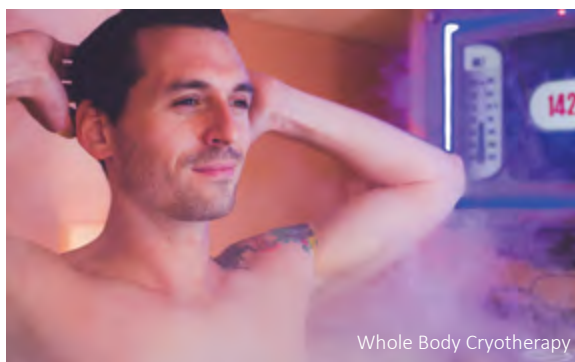


# Aria MediSpa, Yoga & Wellness Center

by Allison Chase Sutherland

Aria MediSpa, Yoga & Wellness Center provides an authentic European spa experience right here in Northern Virginia. Unique and effective treatments will take you on a fascinating journey of discovery to optimal health. Fresh orchids welcome you at the entrance. From the soothing Serenity Zone to the Himalayan rock salt-walled heated yoga studio, you will embark on a tranquil and simultaneously energizing experience. Themed objets d'art are inspired by lotus flowers to elephants to giraffes to Russian nesting dolls and Buddha statues. Mint tea or citrus-infused water await you at every turn. Nibble on high antioxidant mix and apples. Drift off to the sounds of a fountain. This Zen-like space will recalibrate your entire being.

Here's how it works. Aria MediSpa, Yoga & Wellness Center offers a fully comprehensive 1-day Rejuvenation, 3-day Energy Balance, and 7-day Detox Weight Loss Program, based on the concept of natural detoxification and deep cleansing of the body using new methods in a multi-prong approach in order to lose weight, lose toxins naturally, eliminate fat, and encourage the lymphatic system to remove toxins from fat cells through our core treatments and spa treatments, resulting in restoring the natural metabolism and balancing energy circulation. Keeping up to date with the latest technological advancements allows them to offer scientifically based body treatments with the most effective new products, devices, and procedures available for achieving dramatic results.



Throughout life, the body continues to accumulate toxins – from such everyday sources as the food we eat, the water we drink, and the air we breathe. Consequently, it is impossible for the body to effectively process these numerous toxins and therefore ends up storing them in the body, causing people to have difficulty with their weight loss goals.

**The Detox Program** is comprised of a three-step process whereby they: 1) start to remove toxins from the body through core treatments, 2) eliminate toxins ingested from food through a customized meal plan of 1,500 calories maximum of low-calorie, organic food per day, and 3) develop a new gently balanced lifestyle.

You will arrive at Aria's sleek, contemporary, state-of-the-art facilities in Sterling, Virginia, for a day visit, or for a three- or seven-day stay in your own luxurious private suite, decorated in muted tones such as seafoam green and taupe—with amenities such as a spacious modern bathroom with a rainforest showerhead, desk, and TV—just what you need and nothing you don't. They recommend you pack a bathing suit for the steam room, comfortable clothing for Thai massage, a tracksuit, and running shoes. Guests may have breakfast and lunch in their bathrobe; however for dinner in the charmingly chic café, casual-elegant attire is requested. After a refreshing shower upon arrival, you will slip into your robe and slippers and head down to be greeted at the first floor reception desk.



Flotation Therapy



### Initial Evaluation/ Nutritionist Consultation

One of the most important steps when staying at Aria MediSpa is the initial evaluation, which allows them to make an accurate assessment of your current state of health—mental and physical—in order to customize a specific treatment program that will fit your requirements. First, you will undergo a full-body densitometry, which will provide full information about the proportion of fat, muscle, and bone in your body. Also we will measure your body proportions and weight. This will inform the type and duration, as well as the menus selected for your personalized treatment plan. We offer a selection of light, tasty nutrient-rich food prepared by a chef with fresh seasonal produce, following a bio-light food philosophy.

You will have a consultation with a nutritionist to develop a personalized dietary lifestyle with regard to the biological clock, selection of food, and food combinations. You will be empowered to make nutritious healthy food choices that will increase your energy, help you experience weight loss, healthy glowing skin, and decreased anxiety—naturally increasing your vitality for life.

Next, you will have an appointment with a clinical director, who will review your well-being history, specifically regarding body conditions, in order to develop an appropriate treatment plan for you based on your own particular well-being and health profiles. Then you are ready to start the detoxification process.

## CORE TREATMENTS



### Detox Hydrotherapy Caracalla Treatment

During this 20-minute treatment, the client will lay down in a tub of water where the body will experience the pulsating impact of powerful computer-driven jets emanating from 350 nozzles which produce a wave of movement along the body, having the effect of naturally loosening the fat cells in the body to a depth of 1/4 inch across the entire surface of the body.



### Seaweed Jouvence Wrap Dry Float

Guests enjoy relaxing music during this 20-minute treatment where they are covered with seaweed in the form of a mud mask, wrapped in a seaweed wrap, and gently lowered onto a soft cushion which floats in a tub. The tub is heated to a balmy temperature of 96°F, under which conditions detoxification is enhanced, as fat is released as one loses liquid through the perspiration process.



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The powerful Jet Sharko Shower projects water under high pressure from a shower-like device from a distance of 8.5–10 for an extra strong massage over the patient's entire body. It uses a pressure of 1.5–5 atmospheres with water at a temperature of 90–96°F. This activates the metabolism, improves blood and lymph circulation, produces a relaxing effect on the nerves, eliminates headaches, and improves sleep quality. It is also useful for the

# ARIA

MediSpa, Yoga & Wellness Center

## Detox Weight Loss 7-Day Program

During your stay, you will be guided through a series of core treatments:

**Caracalla Treatment**  
(20 min, 7 sessions)

**Jouvence Wrap Dry Float**  
(20 min, 7 sessions)

**Sharko Jet Shower**  
(10–15 min, 7 sessions)

**Drainage Massage with Cupping**  
(60 min, 7 sessions)

**Kneipp Contrast Therapy**  
(10 min, 7 sessions)

**Float Therapy** (60 min, 3 sessions)

**Salt Room Therapy** (7 sessions)

**Vibration Therapy** (10 min, 7 sessions)

In addition you will experience a suite of spa treatments:

**Sauna with Snow Infusion**  
(30 min, 5 sessions)

**Sauna with Herbal Venik**  
(30 min, 2 sessions)

**Aroma Steam Therapy**  
(30 min, 7 sessions)

**Organic Body Scrub** (1 session)

**Thai Massage** (60 min, 1 sessions)

**Organic Facial** (1 sessions)

**Zerona Body Contouring**  
(45 min, 6 sessions)

**VelaShape Body Shaping**  
(45 min, 6 sessions)

**Whole Body Cryotherapy**  
(3 min, 3 sessions)

**Hot/Warm Yoga** (60 min, 3 sessions)

**Meditation** (30 min, 7 sessions)





Aroma Sauna with Hydrotherapy

prevention and correction of cellulite. This method combines the process of reducing fat cells more quickly with massage to release the liquid with toxins. This process continues to loosen and soften fat cells and prepare the body for myofascial lymphatic drainage massage.



### Drainage Massage with Cupping

A form of massage following the flow of the lymph system, this technique is based on deep, rhythmic pressure. The massage therapist will open up the lymph nodes to allow the powerful lymphatic system to carry and remove toxins from the body. Additionally, vacuum suction in the form of cupping will increase the detoxification process. Additional benefits of lymphatic drainage are that it strengthens the immune system, relieves muscle spasms—which can also cause widespread muscular pain—and promotes tissue regeneration.



### Kneipp Contrast Therapy

Gradually pass through a series of four contiguous showers with colored synchronized lights and alternating cold water from the overhead and hot water from below, which encourages the metabolic system to increase the process of removing toxins from the body. Contrasting therapy should be a standard part of detoxification weight loss treatment and any technique for stimulating tissue without stressing it. Contrast hydrotherapy is used to prevent and treat acute and chronic conditions. This treatment strengthens immune defenses, stimulates the circulatory and nervous systems as well as the metabolism, and invigorates the body.

Former Miss Iowa USA and HSN Beauty Expert and blogger Shawn Marie Diddy



Couples Massage in the Himalayan Salt Room

was impressed by the suite of services she enjoyed, including Cryotherapy, which she thinks everyone should try. “My favorite part of the spa experience was the people—the practitioners. The spa treatments were wonderful, however the way the staff attended to us was exceptional. I like relaxing treatments because—like many people—my life is often hectic. I think my favorite moments were in the Aromatherapy Sauna with Russian Herbal Venik. I also enjoyed the experience of the Himalayan Salt Room because it was great for my mind and body. As far as the Hot Air Drift and Snow Infusion, as a former Miss Iowa USA, I know snow, and I recommend you go to Aria for their spa experience. Just thinking of it makes me smile. It was also great timing for me as I had been on several long flights. The stimulation of the treatments really made me feel better and more able to enjoy my trip.”

The team at Aria MediSpa is committed to your ongoing health and well-being goals, providing exceptional experiences to truly nourish, educate, and inspire. Their goal is to not only introduce new lifestyle choices, but to give you the knowledge to take home from

this health retreat into your day-to-day life, so as to make lifelong changes on your path to a happier, healthier you. They seek to find the best possible solutions to assist you reaching your personal health, well-being, fitness, weight loss, and lifestyle goals. Recent Aria guest Camille Barry of Great Falls, Virginia, expressed her unequivocal enthusiasm upon completing the 7-day body detox/weight loss program at Aria. She attested that the 8 pounds she lost while at Aria indeed stayed off. “I’m ecstatic! The weight I lost were pounds I had struggled to lose for several years. I can now wear clothes that hung in my closet during my ‘overweight period’ unused. Needless to say, I am quite pleased with the dramatic results.” Embark on your own health discovery journey today. ❖

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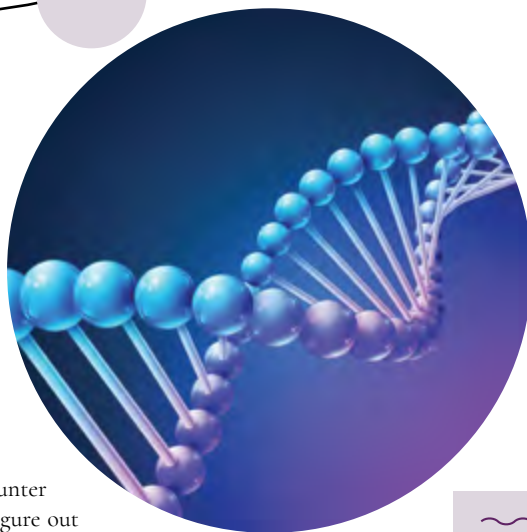
# GLOWING

By Analiese Kreutzer

### REALLY PERSONALIZED SKINCARE

If you've ever had a beauty counter consultation or filled out a form to figure out what skincare products are right for you, you know that sometimes the answers to the questions aren't as simple as picking A, B, C or D. Maybe you have dry skin and are concerned about signs of aging, but you also tend to get breakouts. The typical diagnostic tools tend to take you down one path or another without addressing all of your concerns. DNA-guided personalized skin care solutions promise to put a stop to hit or miss product searches.

A simple cheek swab gives scientists what they need to examine your skin's DNA and prescribe the best skincare ingredients for you. Home test kits, such as the HomeDNA Skin Care Testing Kit from DNA Diagnostics Center, return a detailed report that covers topics such as skin sensitivity, sun protection, collagen quality and fine lines and wrinkles. For better or worse, the report does not list specific brands or products or give you tips about how or when to apply them. Instead, it tells you what ingredients in products will be most effective for your skin. It will help guide you in your purchases, but you will still have to do some legwork to find products to meet your needs.



### BEAUTY IS INDEED ONLY SKIN DEEP,

but that doesn't mean you shouldn't pamper it. After all, healthy, beautiful skin is the best tool you have in your makeup bag for looking good. Lucky you, the beauty industry spends a lot of time and money developing products to address skin's problems and enhance its assets. Following are some of the newest products and procedures developed to help you achieve and maintain healthy, radiant skin.

### PRODUCTS WITH NATURAL INGREDIENTS

Cosmetics colored with fruit and vegetable extracts instead of chemical dyes and skincare with natural oils from fish and plants are the result of a trend in natural beauty products and cosmetics combined with consumers' desire to know and feel good about what's in the products they use. Some of the latest ingredients from nature to look for in skincare products include oils derived from salmon, a fatty acid called willow bark that is used to treat skin inflammation and plant-based products containing algae, kale and spinach.





## NEXT LEVEL BODY CONTOURING

This one's not exactly about skincare, but you'll want to show off more skin when you look and feel better about your more toned midsection. You may have heard about non-invasive fat-reduction procedures like CoolSculpting that freezes and removes fat cells and SculpSure that uses heat to melt fat cells, but the newest option, called Emsculpt, takes body shaping a step further. Emsculpt uses high-intensity focused electromagnetic energy to cause powerful muscle contractions that break down fat cells while building muscle. The Food and Drug Administration cleared Emsculpt for the improvement of abdominal tone, strengthening of the abdominal muscles and the development of a firmer abdomen. Emsculpt also is approved for strengthening, toning and firming the buttocks. Emsculpt should be used along with—not in place of—a healthy diet and exercise. With no downtime and the only discomfort being equated with the muscle soreness of a vigorous workout but with better results, Emsculpt can help you trim fat, tone muscle and make you love the skin you're in.



## CRYOTHERAPY FOR MORE THAN INJURY RECOVERY

Cryotherapy isn't just for athletes anymore. It can help with weight loss, psoriasis, stimulate collagen production, reduce inflammation and more. Cryotherapy uses very cold temperatures to stimulate the blood vessels, causing them to constrict. The extreme cold also stimulates your body to burn calories and produce collagen. If you want all-over skin benefits or some of the other body benefits of cryotherapy, then you need to go in a cryotherapy chamber, which uses a fine nitrogen mist to cool your body to sub-zero temperatures for a very short time.

You can also use cryotherapy to treat just your facial skin. No need to go in a chamber, the technician will spray your face with subzero air. It removes the outer layer of dead skin cells, promotes even and smooth distribution of new cell growth, reduces pore size, decreases wrinkles and lines, lightens dark spots and improves blood flow and collagen production, which all adds up to fresher, younger-looking skin.



## MASKS

Masks are not new, but they are having a moment right now. Stop into any beauty supply store or walk down a facial care aisle in a drugstore and you'll see masks of all kinds. Masks aren't just for your face, either. You can find them to treat your hands, feet, hair, décolleté and under your eyes. The number and variety of different masks can be overwhelming, but since you usually can purchase them in inexpensive single-use packets and they should only be used two or three times a week, you can try out different masks without making a big commitment.

Masks come in different formulations to address different skin concerns. In general, you put the mask on and relax for about 10 minutes while it

goes to work. Then, depending on the type of mask, you rinse, tissue or peel it off.

- ✿ Clay masks detoxify skin by drawing out impurities from your pores.
- ✿ Cream masks contain moisturizers and oils that hydrate and replenish skin.
- ✿ Gel masks soothe and cool sensitive or irritated skin.
- ✿ Exfoliating masks remove dead skin cells and often include ingredients to brighten and give skin a nice glow.
- ✿ Sheet masks may be infused with products to tone, clarify, moisturize or brighten skin. You lay the sheet over your face, pat it down, wait for it to work its magic, remove it and gently work any remaining product into your skin.

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





## Presenting the Editor's Picks of VivaTysons' Best of Beauty for 2019

Discover the area's top cosmetic surgeons, doctors of aesthetic medicine, hair salons, and beauty businesses offering today's most innovative treatments and solutions for image-conscious consumers.



## Aria Medispa, Yoga & Wellness Center



ARIA Medispa, Yoga & Wellness Center provides the ideal destination to escape the pressures and demands of city life – whether for a weekend stay or a full week of rejuvenation. The facilities at ARIA Wellness Center include private spa areas and lounges, steam rooms, exceptional change facilities, a beautiful guest dining room, and peaceful relaxation areas to ensure that you can unwind at every turn.

ARIA offers a wide selection of body treatments, massages, facials, aromatherapy, laser and eMatrix treatments, and weight loss regimens. Each guest is cared for from the moment they arrive, making the experience one of pure relaxation. The facility caters to all your beauty and wellness needs.



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Steamroom  
Body Contouring/Shaping

### Detox Weight Loss

Yoga Studio  
Whole body Cryotherapy  
Salt Room Therapy  
Float Therapy

## Colour Bar Studio



To capture dreams, create beauty, and make a difference in people's lives is what the artists at Colour Bar Studio base their designs on. A satisfied client is this salon's number one priority, as well as to providing them with the utmost care and attention. The highly-skilled specialists at Colour Bar Studio challenge themselves every day to create fresh, new looks for their clients while pampering them for the ultimate experience. They pride themselves with having such a talented staff of hair designers, colourists and make-up artists to represent this highly-respected studio.

At Colour Bar Studio, hair color is their specialty. They are able to design an individual look by enhancing the shine of your hair, adding dimension and depth, or covering grey. These professionals are all licensed in Virginia and trained on the most advanced techniques. They are composed of different levels of expertise to ensure the client's full satisfaction.



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## Salon Tony



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## Rodi Salon



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# RODISALON

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



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Brazilian Blowout

Treatments & Texture  
Special Event Updos  
Shiatsu Massage Chair



## Plastic Surgery Associates



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### Plastic Surgery Associates, PC

(703) 790-5454

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McLean, VA 22101

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

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## Salon Daniel



Daniel Bechara, owner of Salon Daniel has made quite a name for himself in the beauty field. As a master hairstylist he is not only well-loved among his local clientele, he has garnered a reputation as the stylist to the stars.

Clients return regularly for the fabulous beauty services Salon Daniel provides, and for the way they are treated. "It's all about the customer experience," Bechara emphasizes. "I want my customers to have the best experience every time." The salon is known for its stellar customer service that Bechara requires from every employee. And clients enjoy the little extras, like mimosas, cookies and fruit that make the day fun.



(703) 893-5000  
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McLean, VA 22101  
[www.salondaniel.com](http://www.salondaniel.com)



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Use Marta's contact page on  
[www.mbfacedesign.com](http://www.mbfacedesign.com)

### Specialties and Services

Professional makeup  
and organic spray  
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# Dr. Bahar Bahrami

**Name and occupation.**

Dr. Bahar Bahrami  
Owner at Tysons Elite Dental

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

A hot shower, daily moisturizer, and a good night sleep

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

Concealer

**What is your workout pick?**

There's nothing better than a good run that starts from home and ends at home.  
I also enjoy Yoga.

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

Eyelash extensions

**What is your view on diet?**

I believe in moderate eating, I love cooking fresh meals at home for the family.  
Also a fruit/vegetable cleanse every now and then makes me feel good.

**What's your spa fix?**

Monthly facials are a must in the line of work I do. They make my skin feel fresh.

## RODISALON

**Hair** by Rodi Bechara at Rodi Salon

**Makeup** by Merle Norman







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## THE POWER OF ACCOUNTABILITY: WORKING WITH A PERSONAL TRAINER

It's January, and that means many people are looking forward to a fresh start in 2019. If you're like half the population, you are probably looking forward to accomplishing New Years Resolution success. According to Statistic Brain Research Institute, in 2017, 21.4% of the population decided to lose weight and eat healthier in the new year. The average person loses sight of reaching their resolution goal by February, so how can you avoid becoming one of those people? How do you stay on track and get that summer bod you've always wanted? The answer: hire a personal trainer.

Working with a personal trainer certainly has its advantages. As a client, you'll receive exercise recommendations that are specific to your goals, help on form and ensuring you're performing exercises correctly, and, also guidance on what to eat. However, there's something else that a personal trainer provides that might be even more important than all of these things: accountability.

Many of those that lose sight of their weight loss and fitness goals do so because they aren't held accountable. You have a lot of momentum and motivation at first, but it slowly starts to fade. Life happens. It's cold out, you get sick, you aren't seeing results fast enough, and before you know it, you've given up. Here are some reasons why hiring a personal trainer might help you reach your goals:

### WHEN WORKING WITH A PERSONAL TRAINER, YOU'RE MUCH LESS LIKELY TO SKIP YOUR WORKOUTS.

Once you have committed to someone, you're more obligated to show up. If you don't, you'll have to answer to your trainer! Obviously, you can get this kind of accountability from a good workout partner, but your trainer has a vested interest. Not only do you want to see results, but your results are a direct reflection on your trainer's skills and expertise. This is their job, their livelihood, and if you succeed, your trainer succeeds.

### SPENDING MONEY IS A GREAT MOTIVATOR.

You pay for your trainer's knowledge and expertise because you want to reach a personal fitness goal. If money is involved, are you going to slack off? Most likely not! Why pay for something that you don't plan on taking full advantage of?

### ACCOUNTABILITY DURING YOUR WORKOUT.

Exercising is tough. It's tiring. Not only can a trainer make sure your programming is aligned with your fitness goals, but they hold you accountable while you're working out. There will be no skipped reps when you have a trainer by your side motivating you along the way! They will ensure you do the right exercises, even the tough ones, with the right amount of weight to reach your goals.

### IF YOU FALL OFF TRACK, YOU'LL HAVE TO ANSWER FOR IT.

Your trainer will track your progress. If you skip workouts or eat unhealthy foods, they will know. It will show in your results!

Fitness Together Personal Trainers are here to help you reach your goals. Our trainers will push you, motivate you and elevate your routine so that you can get the results you want. Our trainers know their stuff! They hold degrees, certifications and real-world fitness training experience. Our fitness program includes an analysis of your individual fitness needs, customized planning to help you reach those needs and results measurement. Most importantly, they demand ACCOUNTABILITY. Success is our business. All we need you to do is show up and be ready to work!

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# NEW YEAR, NEW YOU

By Kathleen McDonough

If you're like most Americans, the word that best describes the past few months of holiday merry-making is "indulgent." Which was great fun while it lasted, but the arrival of 2019 serves as a reminder that it's time to shift to healthier habits while offering the perfect opportunity to hit the refresh button on mind, body and spirit. So how do you get back on track after the holiday hiatus and actually make your motivation—and your resolutions—go the distance?

First, the good news: Research proves that those who make New Year's resolutions are 10 times more likely to successfully alter a behavior than they would if there was no start-of-the-year vow. Which is perhaps why 45 percent of American adults still ring in the New Year with a resolution.

But will they keep it?

According to statistics, almost half will give up on their goals within six months. Avoid being one of them. If you've vowed to look better, feel better and live healthier in 2019, these eight tips from the experts will help you achieve your goal. Little things can make a big difference, and these small changes are no exception.





## 1. STOP DIETING



A perennial resolution chart-topper, year after year many of us make the same old plans to slash our caloric intake. There's evidence, however, that restrictive dieting doesn't lead to weight loss, and instead typically leads to long-term weight gain. If you have pounds to shed and need the structure of a formal "diet", consider the DASH diet, a flexible and balanced lifetime eating plan proven to lower blood pressure and cholesterol, reduce the risk of depression and manage weight. This Mediterranean-inspired eating plan has been highly praised by researchers and ranked "Best Diet" 8 years in a row by US News and World Report. The simplest approach of all, however, and one that all experts favor, is just eating "real food"—meaning reducing and/or eliminating prepared and processed foods from your everyday meals—and keeping track of your portions.

## 2. EAT YOUR VEGGIES



It's probably not news that eating fruits and vegetables is a must for good health. What you might not know is that the more researchers learn about the relationship between the gut and the brain, the more

evidence there is that nutrition is a key factor in your mental health, too. People who consume more fruits and vegetables don't only have more beautiful bodies, but also lower levels of depression than those who eat less of the "good stuff". Low in calories, high in vitamins, minerals, phytochemicals, and fiber, 6 half-cup servings of vegetables and 1 ½ to 2 cups of fruit per day is the target, which means you should be enjoying at least a couple of servings at each and every meal.

## 3. MOVE YOUR BODY



It doesn't matter if you're walking around your neighborhood or running a marathon—any sort of movement is going to help you. And as if weight reduction wasn't benefit enough, exercise is one of the most effective ways of improving your heart health, upping your sex drive, improving your sleep, boosting your mood and maintaining cognitive function. Adhering to an exercise plan, however, can be hard. This new year, aim to identify the exercise you find enjoyable, that gets you out socializing, and that allows you to build competence as these are the activities and routines you're most likely to stick with.

To provide motivation to actually get out of bed and complete your daily workout, walk, run, or swim, experts suggest working towards a goal (like a race), training with a friend, or adding in an element of competition. Adding new activities to your routine, like hiking and mountain biking, can elevate your fitness while getting you more connected with the outdoors. And during these winter months, activities like sledding, cross country skiing and ice skating—even snowball fighting and building a snowman—can burn anywhere from 340 to 450 calories an hour.

It's important to remember that the gym is not the be-all and end-all when it comes to exercise. You can get in a workout virtually anywhere. Do push-ups and leg lifts at your kitchen counter while waiting for coffee to brew. Get in your cardio with a brisk lunch-hour walk or an afterschool dance party with your kids. Do sit-ups during TV commercials. If you make yourself active during all of your extra minutes, you'll stay on track for a stronger, fitter you. And injecting movement into packed calendars by exercising in short bursts can be just as beneficial for your health as one long session, says research from Arizona State University in Phoenix. For example, the free 20-minute yoga or Pilates workouts on FitnessBlender.com are not only easy to squeeze into your schedule, but have the added benefit of being restorative exercises that help you decompress from a stressful day while keeping you moving.

## 4. BUY A REUSABLE WATER BOTTLE



Water is essential to good health, yet most of us fall short of the "8 glasses a day" rule. Drinking water encourages better digestion and blood flow, improves skin tone and texture, and keeps your body from hoarding fat by regulating body temperature. Along with a push for increased physical activity in 2019, make sure you're upping your water intake to cover the extra fluid loss. And while you're hydrating, help the planet by opting for a reusable water bottle, which can translate into personal savings (the average American wastes about \$266 a year on bottled water, according to the Earth Day Network) as well as planetary savings since the average American uses 167 disposable water bottles yearly, but only recycles 38. Who knows, you just might find yourself showing off that stylish reusable bottle at the gym a bit more often.



---

## 5. BREATHE



It sounds counterintuitive to remember to breathe, but it really is so important. Proper breathing is essential during exercise. During aerobic activities, such as running or swimming, a good breathing pattern ensures that your working muscles will continue to receive the oxygen they need to keep contracting. According to researchers at the University of New Mexico, proper breathing is also central to nonaerobic forms of exercise, including weightlifting, yoga, tai chi and Pilates. Even taking a few meditative deep breaths throughout your day can help you relax and find more presence and peace, especially in tough situations.

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## 6. REDUCE SCREEN TIME



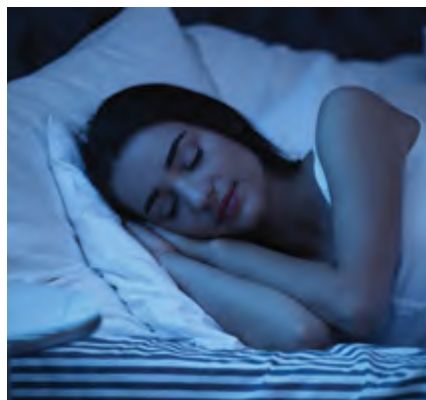
For most of us, a large part of our day requires us to look at a screen of some

description. Excessive screen time not only affects posture, mood, and sleep quality, but potentially can cause eye damage as well. Unfortunately, many favorite leisure activities such as TV binging, movie viewing and gaming can also add to the amount of time spent passively watching a display. While it's impossible to completely escape our devices, large or small, there are ways to reduce the time you place your eyes and brain under the screen strain. Reducing screen time is one answer. This may be the year to put yourself on an occasional device "diet". Use the time away to cook a meal, get in a workout, or do some reading. In 2019, make sure your screen time is part of a happy life, not a substitute for it.

*Note:* When you do use your devices, put them to work helping you follow through on your resolutions in the form of apps and services that can help build, manage and motivate personal fitness, nutrition or meditation plans.

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## 7. CATCH SOME Zzzzzzzs



Have you ever thought that sleep can help your exercise routine? The answer is YES! There is a proven correlation between sleep and exercise, with each one impacting the other. When you don't get adequate sleep, it can result in poor exercise performance and even weight gain. Conversely, there's evidence that sleeping well can result in more productive exercise, as well as exercise helping to improve sleep quality. The research is clear: you really can't get by on just a few hours of

sleep—the vast majority of us need an average of eight hours a night. Make this the one to get right in 2019 because getting enough sleep makes it easier to avoid cravings for unhealthy foods, keep off excess weight, and maintain your best emotional health.

---

## 8. TAKE CARE OF YOURSELF



This year make a shift in your concept of "me time". This is the moment to stop resisting what your mind may tell you is just being "lazy" and finally do the things that are just for you and contribute to your wellbeing. It's easy to get caught up in the whirlwind of work emails, after-school carpool schedules and life's countless obligations. Spending at least 10 minutes daily on quality, mindful "me-time"—such as reading for pleasure, meditating or playing with a pet—allows you to focus not only on feeling good, but also reduces stress and improves your well being. Make self-care a priority in 2019.

So this year, after the champagne is drunk and the confetti cleaned up, get ready to begin your "new you" adventure by staying committed, celebrating the small successes and going easy on yourself, for self-forgiveness in the face of failure (we're only human, after all) re-ignites our motivation to try again.

Good luck and have a great year!



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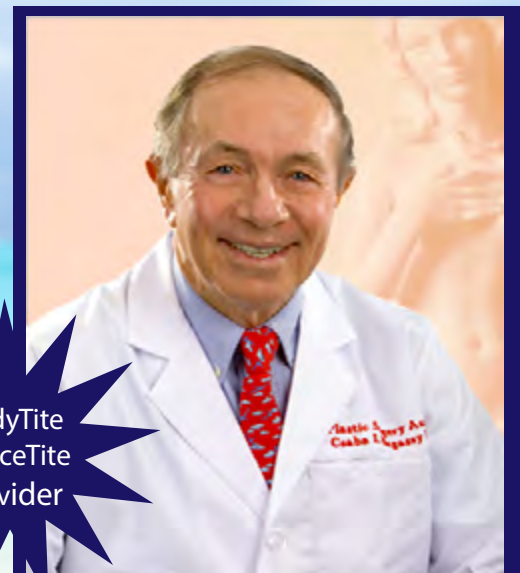
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# Ask DR. DIMA

## COOLSCULPTING V. ULTRASHAPE

BY DIMA ALI, MD

There is a saying in medicine: "if you ask 10 doctors you'll get 10 different answers." I often get asked my opinion about the most effective non-invasive technologies, both by patients and by colleagues. We're all pretty opinionated about our beliefs but sometimes I take the extra time to convince people about one technology over another. Whether to get CoolSculpting or UltraShape Power is one such instance. I have a lot of experience with both, including having had both treatments myself. Here are the main reasons I favor UltraShape Power over CoolSculpting for non-invasive body sculpting.

### What are the main differences in how these two technologies work?

Both technologies are categorized as non-invasive body contouring treatments but they do have significant differences that are worth considering. As the name implies, CoolSculpting uses freezing to target fat cells that are destroyed and eliminated by the body over several weeks. UltraShape uses ultrasound technology to essentially do the same thing.



CoolSculpting: the handpieces are placed and you are left alone for an hour per area.



this side effect began a few days after treatment with CoolSculpt and took weeks to resolve.

### Are both technologies safe and painless?

Here is where I have a somewhat unyielding opinion. Whereas UltraShape is completely painless, CoolSculpting is uncomfortable but, more importantly, I think CoolSculpting has residual side effects that warrant closer evaluation. It has been documented in the medical literature that CoolSculpting can have a very painful residual side effect that resembles neuropathic pain. I personally suffered from this after an abdominal treatment. It was debilitating to say the least and ultimately required anesthesia just to get me through the day. On the other hand, Ultrasound technology can distinguish between different kinds of tissue. Freezing cannot. Freezing fat also freezes blood vessels and nerves which, in



UltraShape: the procedure is performed by the doctor or a highly trained technician and takes 15-45 min.



my opinion leads to the neuropathic pain that some patients experience after this treatment. With UltraShape, there is no damage to surrounding tissue and hence no discomfort or recovery.

### Can CoolSculpting treat my arm fat or bra bulge?

Simply put, no. Ultrashape can target hard to reach areas that CoolSculpting cannot. For example, the back of arms and fat around the knees.

### How long do these procedures take and how long will it take me to see results?

You need a much longer time commitment when getting CoolSculpting treatment. Expect to spend up to 6 hours or more depending on the body areas being targeted vs. an hour to an hour and a half with UltraShape Power. Another advantage of Ultrashape is that results are visible much faster than with CoolSculpting—just a few weeks vs months and the results I've seen are far better with UltraShape Power.

—DR. DIMA

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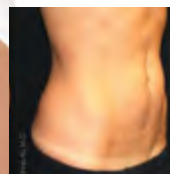


# SLIM DOWN

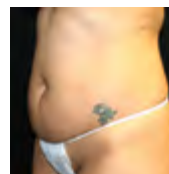
**PERMANENT FAT REDUCTION:  
3 TREATMENTS, 2 WEEKS APART**



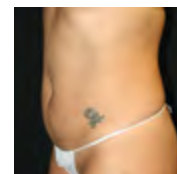
BEFORE



AFTER 2 TREATMENTS



BEFORE



AFTER 3 TREATMENTS

#### **How does UltraShape permanently destroy fat?**

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



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# ASK AN EXPERT



By Nuha Handoush  
Medical Laser Technician at  
Astoria Laser Clinic & Med Spa

## How To Turn Back Time with the Right Skin Care

I am a Clinician with years of experience working with patients who keep getting skin treatments done at Med Spas on a regular basis but do not necessarily take the important steps to use proper skin care at home. Most people buy skin care over the counter at different times without consulting with their Clinician first. These at home products may be counterproductive in achieving a desired goal, if the skin care does not compliment the treatments done at their Med Spa.

Clearly, throughout my time in this industry, I have seen and continue to see how prescription strength skin care from a doctor's office extends the effects of any treatment provided in office, whether it is a laser, radio frequency or needling treatment. To reverse the signs of aging and correct any skin issues, three to six treatments with four-week increments are recommended. It requires then only a few treatments each year due to the natural aging process. I have had great success in mixing either needling treatments with radio frequency or laser treatments with needling. These procedures speed up the renewal process of aging cells, build new collagen, brighten dark spots and helps tighten the skin.

Proper skincare is important because our skin is the largest barrier against infection and aging that we have. Keeping our skin healthy and moist helps keeps this barrier strong. When the skin gets dry and irritated by harsh soaps or wrong products, skin cracks can occur and this makes us more prone to infection. Skin care is the range of practices that support skin integrity, enhance its appearance and relieve skin conditions. It is just as important to wear a sunscreen in the winter than it is in the summer. It also protects you from the sun's rays—specifically ultraviolet light—that can damage cells. The correct skin care is necessary when being exposed to the winter weather. Having healthy skin also helps your body keep its temperature at a constant level. ♦



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# Love is in the Wear

BY JULIE HOLLAND

These cold months are perfect for slipping into flirty layers and finding yourself hand in hand with your beau in a cozy locale. Here are a few suggestions for looking stylish while taking advantage of the many unique date spots the Tysons/D.C. area has to offer.

## Try these date spots this winter:

- Warm up with a yummy latte at Classic Bakery (that is also a work of art and almost too cute to drink) while nibbling on a s'mores croissant, for a more laid back date. (Photos taken at the Tysons/Corner location)
- Cozy up to your date and enjoy beautiful jazz music in the dimly lit room of Sotto (D.C.).
- Enjoy an atmospheric lunch or dinner at the artfully decorated Russian themed Mari Vanna restaurant in D.C.
- Join hands to glide across the ice at one of the many rinks open in the area (Tysons Corner Ice Rink on the Plaza, Georgetown's Washington Harbour Ice Rink, the National Gallery of Art Sculpture Garden ice rink to name a few.)
- Visit an exhibit at the National Building Museum or the Renwick Gallery. Past visits include happily "swimming" in what looks like a kid's ball pit at the "Funhouse" exhibit at the National Building Museum, and feeling like a kid next to a giant colorful mushroom at the Renwick Gallery's "Burning Man" exhibit.

Stay entertained by an interactive exhibit at Artehouse (D.C.)

Work together (but also show off your skills, of course) to solve the mystery at an Escape Room Live (locations in Alexandria, VA and Georgetown, D.C.)

Dine in a winter wonderland "Winter Igloo" at the Watergate Hotel in D.C. (runs through the end of February)

Photo by local influencer, Kit Stanwood (KitStanwood.com), taken at Classic Bakery in Tysons Corner



# Date Night Style

## Men's watches

the larger the watch face, the better!

▼ Daniel Wellington Sheffield 40mm watch \$229



▼ Unique-Vintage wool and red ribbon bowler hat \$44



◀ Free People "Petty Tee" (Don't do me like that) \$68



## Casual meets glam

laid back graphic t-shirts paired with dressy skirts

## Vintage inspired hats

to tie in more of that retro elegance while standing out from the crowd



◀ Free People "Living the Dream" t-shirt \$68

▲ Unique-Vintage mustard yellow beret \$24

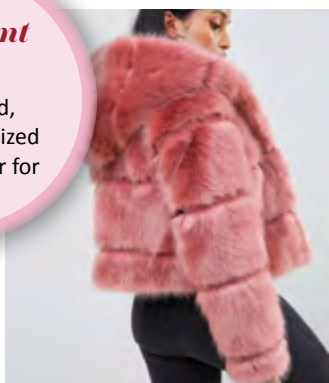
▶ Zooshoo Jay Velvet Ankle Bootie \$34



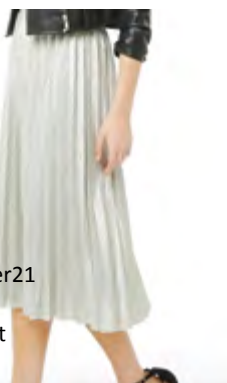
## Statement coats

bright, bold, ornate, oversized or colorful fur for the win

▶ ASOS hooded faux fur coat \$103



▶ Forever21 metallic midi skirt \$35



## Silver or velvet (or both) ankle boots

grab his attention or put a smile on your face every time you look down



## Midi or ankle-length skirts

for a retro elegance and class (may need to get yourself a pair of warm tights!)

▲ Banana Republic black pleated tulle midi skirt \$119



▲ ASOS red ruffle skater coat \$119



▲ Zooshoo Metallic Ankle Bootie - \$20



◀ JORD "Frankie" wood watch \$189

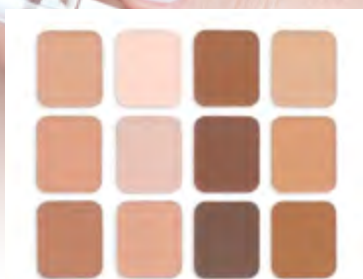




# Makeup Essentials

As a makeup and organic airbrush tan artist it's no secret that I'm a beauty product junkie! I try anything and everything regarding makeup and skin care! Not only does that keep me on top of my A game, but it allows me to make genuine recommendations to my clients based on my own personal experience!

Most women get overwhelmed when they walk through the cosmetics department, or cosmetics stores like Ulta or Sephora because of all the brands and products available to them. Having so many choices is so wonderful, but can be confusing. Here's my list of makeup essentials for your own personal kit! I make some brand recommendations, but this is more of a guide of what basic products you should have in your arsenal!



## Brushes

Having the right tools will make your makeup application flawless! The rule of thumb is to have a brush that's in proportion to the area you are using it for. For example, larger brushes are for face powder and blush, smaller brushes are used for areas that require precision (eyes, lips). Natural hair brushes are for powder products and synthetic brushes work well for cream based products. There are great synthetic brushes that feel like natural hair, for cruelty free, vegan options. I recommend getting a basic brush set and always remember to clean your brushes AT LEAST once a month.

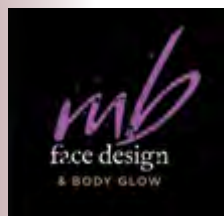
## Concealer/foundation

This by far is my favorite cosmetic product! If I were stranded on a deserted island I wouldn't want to be without some cover up. My all time favorite products for both foundation and concealer are **Limelife by Alcone Perfect Foundation and Perfect Concealer**. Their botanical products are all natural with a high percentage of pigment so a little goes a long way! You can build up coverage for a flawless effect and the finish looks like skin, not makeup.

## Blush

Adding a hint of color to your cheeks pulls your whole look together! Blush is available in creams and powders. For dry skin types or older skin I like using a cream blush, either in a pot or stick. It gives a more luminous youthful effect. Apply it to the "apple" of your cheeks and blend it in for a natural effect. One of my favorites is **Milk Makeup Blush & Lip Tint**. This product goes on seamlessly and gives a beautiful healthy glow, doubling as cheek AND lip color. It's vegan, cruelty free, gluten free, soy and talc free. I love the color choices too!





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



## Eyeliner/Mascara

Hands down, eyes are where it's at when it comes to giving yourself that pop! Brows are the framework of your eyes and should be groomed and filled in with the right touch of makeup application. You can use a pencil, powder, or gel and don't forget to brush it into your own brows for a natural effect. **Anastasia of Beverly Hills** has amazing brow makeup products.

Eyeliner defines your eyes and gives you the illusion of fuller lashes. It also allows you to open up your eyes and/or slightly adjust your eye shape. Pencil, dry/wet powders, gel, and liner pens give you great options for making the most of your eyes. Some of my favorite eyeliner products are **Inglot gel liner**, **Thrive Causemetics** retractable pencil (for water line) and **Limelife by Alcone Perfect Eyeliner Pen**.

Mascara is another product that has endless options. You can get volume, length, the list goes on. I'm a huge fan of **Thrive Causemetics** mascara. It has built in fibers that add volume and length, giving the effect of thicker, fuller lashes. You'll think you're wearing lash strips!



## Lip Color

There's nothing like the pop of lip color to lift your spirits! A little color goes a long way for a pick me up. Today there are endless options of colors and textures for any look that you want to achieve. Whether you choose a red lip or nude lip or anything in between you will still be on trend. I say try them all! Like shoes, you can never have enough lipsticks in your collection. Some of my favorite lipsticks of all time are **Mac Ruby Woo** and **Honey Love**, both classic red and nude lip colors that look great on all different skin tones. When it comes to lips the sky is the limit! I love sheer tints and mattes and glosses, lip stains, full coverage lipsticks. Don't be afraid to experiment, you can't go wrong with different looks.

Well there you have it! The basics for your personal makeup kit, a great "foundation" that you can build upon!

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

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

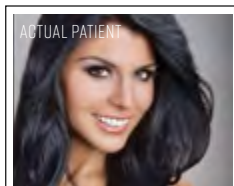


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—CHRISTINE KLIEN, NEWSCASTER FOR ABC7



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# ALL YOU NEED IS LOVE

*(But a little jewelry never hurts!)*

By Kathleen McDonough

As St. Valentine's Day draws near, its status as *the* romantic holiday remains strong, but times are changing and now many people are coming to regard February 14th as more of a "love"—rather than an "in love"—holiday, choosing to recognize all their most affectionate relationships, including family and friends.

Amidst the scramble to find creative gifts for Valentine's Day, the truth is, no matter the recipient, you can never go wrong with a beautiful bauble. Because in a world of disposable items, fine jewelry stands out as an exquisite ornament that can be worn and appreciated for years to come. It's the perfect present to give everyone on your Valentine's shopping list as it's not only a beautiful accessory but also a personal and public expression of the recipient's personality, often a remembrance of life's milestones, and always a reminder of the giver.

Gifters can be assured that fine jewelry and diamonds will always "fit" and there's always room for more. "I have enough jewelry", said no one, ever.



*"I have always felt a gift diamond shines so much better than one you buy for yourself."*

—MAE WEST

If you like the idea of giving gifts of fine jewelry, there are plenty from which to choose, from chic vintage-inspired to contemporary; dangerously glamorous to timelessly classic. Fine jewelry (as opposed to fashion jewelry) is made from precious metals such as gold or platinum and often features diamonds and/or gemstones. So if you really want to impress this Valentine's Day, diamonds and gemstones are great ways to do it, and can be found in every price range. This is the gift that will be cherished forever.

Here are some of the best reasons why this is the year to give diamonds and fine jewelry – simple or extravagant – on Valentine's Day:

- ✱ **Because she's like a sister:** A delicate chain with one or more small diamond drops or petite diamond hoop earring are the pieces that can be worn everyday with almost any outfit, from business suit to T-shirt.
- ✱ **Because he's your best friend:** An 18K gold dog-tag necklace personalized with his name, yours, or your names together. Or if he's a real free spirit, how about a single diamond stud for his ear?
- ✱ **Because you've been dating a year:** You can keep it casual, but very personal, with jewelry that has a sweet message or personalized charm, like your initials combined or a symbol of a shared experience. For a bigger statement of love, look for jewelry pieces with breathtaking gemstones or diamonds. Just imagine her reaction when you light up her wrist with a gift every woman secretly craves...a diamond tennis bracelet!
- ✱ **Because you've made it 15 years:** Consider commemorating your love and partnership – how far you've come together, the hurdles you've overcome and the adventures you've had – with a diamond or gemstone eternity ring.
- ✱ **Because your mom deserves it:** Show her how much she means to you with a diamond pendant necklace that will be worn close to her heart.

✱ **Because it's a timeless heirloom:** Start a family tradition of giving children a fine piece of jewelry—perhaps engraved with their name and age or begin building a charm bracelet—to create a jewelry wardrobe that they can cherish for years to come.

For the most meaningful Valentine's Day gift, choose a piece of jewelry that matches his or her unique style. But as with any major purchase, educating yourself is key to choosing something that you'll love giving and a gift that will be cherished forever.

Although buyers often hope to discover a great Internet deal when it comes time to shop, sometimes that "online bargain" can turn into a nightmare. Consulting and shopping with a reputable local jeweler, therefore, is always to be recommended. By shopping on-site you will be able to determine actual quality by examining each piece closely to determine the color and sparkle of diamonds or gemstones as well as overall workmanship. When you buy from a local jeweler, you have the advantage of understanding the true quality of each piece of jewelry.

The jewelry store experience should be relaxed and fun. The best jewelers are passionate about their craft and love sharing their knowledge with customers. The education and expertise you gain in the jewelry store will guide you in choosing the perfect gift for a lifetime of wearing pleasure. By choosing quality from the very beginning you'll have beautiful, well-made jewelry that can be passed down for generations.

*"If you don't know jewelry, know the jeweler."*

—WARREN BUFFET

An added plus of establishing a relationship with a local jeweler is that they will be there for your future purchases, repairs or custom design needs.

So whether to acknowledge a friendship, new beginnings or endless love, the gift of fine jewelry carries deep emotional meaning in a swipe-right world where things are increasingly fast and artificial. Valentine's Day is a terrific time to celebrate the one(s) you love. Show your appreciation for him or her with an unforgettable gift of fine jewelry.

Chocolates get eaten and flowers die, but fine jewelry is forever! ♦



## PRINCESS JEWELERS:

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For more than three decades, the area's most discerning buyers have made Princess Jewelers their trusted family jeweler. Its loyal clientele comes back year after year, always returning for the same reasons: unsurpassed quality, extraordinary service and exceptional value.

With the inventory of a large company, coupled with the warmth and welcoming feel of a small boutique, Princess Jewelers is a perennial favorite on local lists as the best place to buy jewelry in the Metro area. They offer a fabulous array of exquisite diamond and gemstone bracelets, earrings, necklaces, rings and brilliant "milestone" pieces, with a GIA-certified gemologist and master goldsmiths on site to assist in the design of truly unique, custom jewelry.

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**PRINCESS JEWELERS**  
529 Maple Ave. W.  
Vienna, VA 22180  
703-255-5050



# SUM CAMPERS ER

## Editor's Picks for Best Schools and Camps

By Patricia Lee Hall





It's winter, it's cold, and the kids still have many months left in the school year. But as many parents know, this is the time of year when many families look ahead to summer months and how the kids will spend it. It may seem like it's far in advance, but since some of the most popular camps fill up quickly, it's never too early to book a spot. Camps are about more than just providing childcare during the weeks off from school and giving the kids something to do. Day camps of modern times are enriching experiences that expose students to new experiences, hone their talents, or challenge them to go beyond their limits.

In Northern Virginia, there are hundreds of options for summer camp. The variety alone is dizzying: locally, kids can choose from multi-purpose or general camps where they can do a little bit of everything (often with fun themes changing each week) and strengthen their

academic skills, or specialty camps focused on activities they love. Among the specialties, children can spend a week, several weeks, or even a couple of months enjoying camps specific to music, dance, drama, visual arts, sports, language arts, gymnastics, horseback riding, outdoor and adventure, martial arts, cooking, or science, technology, engineering, and mathematics (STEM).

For parents, this means the problem is not finding camp options but selecting the very best for their children. To help with this decision-making, we present our Editor's Picks for Best Schools and Camps. We selected our list based on the reputation of the school or organization, the strength of the programs offered, and the quality of instruction. We also include some specialty camps on the recommendation of local parents.

## GENERAL/MULTI-PURPOSE CAMPS

### FAIRFAX COUNTY PARK AUTHORITY

*Camps for ages 3-15*

Multiple locations in Fairfax County

(703) 324-7329

[www.fairfaxcounty.gov/parks/camps](http://www.fairfaxcounty.gov/parks/camps)

For variety, value, and flexibility, Fairfax County Park Authority is a great choice for camps. With nearly 2,000 offerings through the expansive Fairfax County, parents get plenty of options. At historic sites, schools, recreation centers, nature centers, and more, campers can take camps in STEM topics, team and individual, sports, arts and crafts, dance and performance, nature, boating and aquatics, outdoor adventures, and more. Parents can choose from half-day and full-day camps for weekly and full summer sessions, and some programs offer extended hours.

### LOUDOUN COUNTY PARKS

*Camps for kindergarteners through eighth-graders*

Multiple locations in Loudoun County

(703) 777-0343

[www.loudoun.gov/1186/Summer-Camps](http://www.loudoun.gov/1186/Summer-Camps)

Loudoun County Parks, Recreation, and Community Services offers a good value for camps, with low fees, extended hours, and varied programs. Weekly activities include science and nature, arts and crafts, sports, group games, music and drama, cooking and more. There are also weekly swimming trips and field trips, plus parties and celebrations.

### BEANTREE LEARNING

*Camps for ages 5-13*

Chantilly and Ashburn, VA

(571) 223-3110

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

Beantree Learning's large, beautiful, and modern campuses offer great activities for young children. In 2019, the Ashburn campus will have camps dedicated to sports such as soccer, cooking, STEM programs, and more. The Westfields campus in Chantilly plans to offer a multi-purpose camp with different activities including visits to local parks and water parks plus other field trips.

### LOUDOUN COUNTRY DAY SCHOOL

*Camps for preschoolers through eighth graders*

Leesburg, VA

(703) 777-3841

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

Loudoun Country Day School (LCDS) is an accredited and award-winning private school for kids in preschool through eighth grade students in Northern Virginia. Its summer programs (available for full-time and half-day) offer 10 weeks of fun and learning through specialty camps as well as theme camps and sports camps.

### RESTON MONTESSORI

*Camps for kids age 3 months to 5 years*

Reston, VA

(703) 481-2922

[www.restonmontessori.com/summer-camp/](http://www.restonmontessori.com/summer-camp/)

Young children at Reston Montessori enjoy a full-day or half-day program (with extended hours available) that allows plenty of time for free play. Each week, fun themes explore subjects that are educational but highly enjoyable to kids, including animals, earth sciences, space, gardening, and healthy eating.

### THE GODDARD SCHOOL

*Camps for preschoolers through sixth graders*

Tysons, Herndon, Chantilly, Ashburn, and other locations, VA

(800) GODDARD

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

The founding principle of The Goddard School's curriculum is that children experience the deepest, most genuine learning when they have fun. The school's summer camp puts this philosophy into action by fostering play-based learning opportunities inside and outside the classroom. Its STEAM (STEM plus art) programs provide hands-on experiences for children from preschool through sixth grade (depending on location).

### CONGRESSIONAL SCHOOL

*Camps for children ages 4-14*

Falls Church, VA

(703) 822-452

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

Congressional School hosts the "Congo Camp" each summer for children through the early teen years on its 40-acre campus. Its diverse programs include day camp, specialty camps, and even travel camps. Children can participate in a multitude of programs including studio art, crafts, swim and water games, outdoor adventures, music, team sports and games, archery, drama, martial arts, cooking, and more.

### BASIS INDEPENDENT MCLEAN

*Camps for preschoolers through middle schoolers*

McLean, VA

(703) 854-1253

[mclean.basisindependent.com](http://mclean.basisindependent.com)

Welcome to BASIS Independent McLean's Summer Program where kids can get messy, play hard, and make friends all summer long. We believe summer is a time for exploration and hands-on fun so our camps and classes are designed to get children involved and making both mental and social connections.

### GREEN HEDGES SCHOOL

*Camps for kids ages 3-7*

Vienna, VA

(703) 938-8323

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

The Montessori-guided Green Hedges School in Vienna provides a child-centered environment where kids feel confident to participate, discover, and grow. Each week young children will discover children's literature from around the world along with a focus on a theme, be it arts and crafts, science, sports and games, outdoor play, music and drama, or even a Maker Faire. Parents can choose from half-day or full-day camp with options for extended hours in the morning and afternoon.



**BROOKSFIELD SCHOOL***Camps for kids ages 3-10*

McLean, VA

(703) 356-KIDS (5437)

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

Brooksfeld offers a unique Montessori experience cultivating a love for learning for young children. This philosophy extends to its summer camps (for kids ages 3-5 or 6-10) where they enjoy learning through outdoor play. Campers ages 3-5 enjoy swimming lessons tennis each week along with field trips. Campers ages 6-10 go off-campus for weekly field trips to enjoy activities such as hiking, archery, canoeing, lake swimming, farm visits, nature programs, horseback riding and horsemanship, ra opes courses, indoor rock climbing, and more.

**EASTERN RIDGE SCHOOL***Camps for toddlers through first-graders*

Great Falls, VA

(703) 757-7900

[easternridgeschool.org](http://easternridgeschool.org)

Eastern Ridge makes good use of its "outdoor classroom" with children and teachers being outside most of the day enjoying uninterrupted play, exploration and child-inspired projects. The full-time summer camp program (with extended morning and afternoon hours available) give students the chance to work in the gardens, explore natural habitats, and enjoy singing, storytelling, and art.

**CRÈME DE LA CRÈME***Camps for kids ages 5-12*

(800) 374-5715

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

At the state-of-the-art Crème de la Crème, summer camp students enjoy an integrated program with a variety of activities to stimulate learning through fun and recreation. Weekly camp themes can include STEM, animals, drama and puppetry, art, outdoor summer fun, and water and water parks, cooking, and even a "TEAM USA" patriotic session.

**WESTMINSTER SCHOOL***Camps for kids age 3-14*

Annandale, VA

(703) 256-3620

[www.westminsterschool.com/practice\\_areas/camp-griffin.cfm](http://www.westminsterschool.com/practice_areas/camp-griffin.cfm)

With a mission to "experience, explore, and create," Westminster School's Camp Griffin taps into children's curiosity and creativity. Younger campers enjoy enrichment programs in sports, science, technology, art, cooking, and more, while students in fifth through eighth grade get additional experiences through the school's travel and specialty programs.

**FAIRFAX CHRISTIAN SCHOOL***Camps for kids in grades K-12*

Dulles, VA

(703) 759-5100

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

Fairfax Christian School, now in a new 50,000-square-foot, state-of-the-art campus on 15 acres in Dulles, offers a variety of camps for students of all ages. Its summer camp programs include sports and athletics, academics, adventure, and social skills. It offers its camps in partnership with YMCA of Metropolitan Washington/Fairfax County Reston.

**THE LANGLEY SCHOOL***Camps for kids in preschool through middle school*

McLean, VA

(703) 356-1920

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

There truly is something for everyone at the Langley School's Summer Studio, with dozens of classes on a multitude of subjects. With nearly 100 classes, the summer program offers sessions on science, food and cooking, sports and games, visual and performing arts, technology and robotics, design and engineering, travel and the environment, and more.

**EDLIN SCHOOL***Camps for kids in kindergarten through eighth grade*

Reston, VA

(703) 438-3990

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

Whether exploring the school's five acres of lush woodland and fields or experimenting in a lab, exploration is limitless at Edlin School. The summer camp's options include opportunities for these and more, with weekly sessions on nature and exploration, STEM subjects, art and animation, history, sports, and more.

**MADEIRA SCHOOL***Camps for kids in elementary through high school*

McLean, VA

(703) 556-8200

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

This girls-only academy (day and boarding school) provides summer camps for students from kindergarten through high school levels (options vary by camp). Set on 376-acre campus overlooking the Potomac, Madeira has broad summer offerings cover athletics and special interests. Depending on their grade level, students may choose from weekly programs in STEM/STEAM, chess, horseback riding, sewing, Minecraft and other game design, and more.

**CORTONA ACADEMY***Camps for kids in (rising) grades 5-12*

Herndon, VA

(703) 464-0034

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

Cortona Academy seeks to spark imagination through a STEM-heavy summer program of academics and fun. In the morning, students focus on academics, selecting focus areas such as math, algebra, and geometry; reading and writing; PSAT and SAT test preparation; biology, and more. In the afternoons, they can choose from fun educational experiences including culinary 3-D printing, furniture painting and design, wearable electronics and fashion design, knitting and sewing, LEGO robotics, or drama, music, and dance production.

**RANDOLPH-MACON ACADEMY***Camps for kids age 10-18*

Front Royal, VA

(540) 636-5215

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

Randolph-Macon Academy (RMA), a renowned boarding and day school in the beautiful Shenandoah Valley, has summer programs for tweens and teens. The Middle School day camp (grades 5-8) includes sports, swimming, community service, conservation projects, games, and other activities. Evenings activities include bonfires, movie trips, bowling, mini golf, and more. The overnight camp (grades 6-8) includes activities and trips on the weekends, or returning home on the weekends. The theme for Summer Camps 2019 is Space Exploration & Investigation, with history, science, and reading and writing focused on the topic. A Summer School option (for high school credit) offers more than 20 enrichment courses such as SAT Prep, Creative Writing, and Study Skills. And teens ages 13-18 can enroll in





Randolph-Macon's Flight Camp, with first-class instruction both in the air and on the ground with a Cessna 172.

### CHILDREN'S LEARNING ADVENTURE

*Camps for preschoolers through elementary-school age*

Ashburn, VA

(571) 510-7700

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

Summer camp at Children's Learning Adventure involves many STEAM activities to sharpen students' academic skills in a fun environment. At this large, modern, beautiful campus, campers enjoy cooking classes in a professional kitchen, an art studio, performing arts opportunities, traditional and high-tech games, a television production studio, and amenities such as basketball courts and a bowling alley. There are also field trips each week.

### NOVA PLAY LABS

*Camps for children ages 5-14*

Chantilly, VA

(571) 250-7719

[www.novaplaylabs.com/summercamps](http://www.novaplaylabs.com/summercamps)

NoVA PlayLabs offers a well-rounded mix of fun and academics, relaxation and active play. Campers spend their time on STEM projects, reading and writing, nature walks, fitness activities, art, and even cooking classes.

### RESTON COMMUNITY CENTER

*Camps for preschoolers through high-schoolers*

Reston, VA

(703) 476-4500

[www.restoncommunitycenter.com/summer-camps](http://www.restoncommunitycenter.com/summer-camps)

For children of all ages and all kinds of interests, Reston Community Center provides good choices in its camp offerings. The program offers recreation, adventure, creativity and fun for children from preschool through high school. Campers may enjoy sports, archery, rock climbing, performing arts, visual arts, and more.

### FAIRFAX COLLEGIATE

*Camps for kids in (rising) grades 3 through 9*

Multiple locations in Fairfax and Loudoun counties, VA

(703) 481-3080

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

Fairfax Collegiate offers more than 110 courses at 10 summer locations, for a great variety of programs that are educational and engaging. Students can enroll in programs for art and design, writing and test preparation, science and mathematics, filmmaking and animation, debate and public speaking, or robotics, programming, and engineering. The emphasis of its programs is to offer creative activities that stimulate a love of learning.

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

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### Small Classes 1:9 Ratio

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

Nysmith  
SCHOOL FOR THE GIFTED

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



## SPECIALTY CAMPS

### SPORTS AND ATHLETICS

#### THE NZONE

Camps for kids ages 5-14  
Chantilly, VA  
(703) 266-0118

[thenzone.com/camps/summer-camp](http://thenzone.com/camps/summer-camp)

The all-sports camps at The nZone are not just for athletes but for elementary and middle-school students who love to move, play, and stay busy. The camps here also do not focus just on one sport at a time but provide participants the chance to experience all kinds of games. Sports campers enjoy at this indoor large venue can include soccer, kickball, Wiffle ball, dodgeball, capture the flag, flag football, noodle hockey, sharks and minnows and a variety of other fun games.

#### HIGHKICKS TAEKWONDO

Camps for kids ages 4-12  
Multiple locations in Fairfax and Loudoun counties  
(703) 378-1000 (Chantilly)  
[highkicks.org/summer-camp](http://highkicks.org/summer-camp)

More than for physical fitness and self-defense, a solid martial arts training provides personal development skills. Highkicks Taekwondo is a leader in our area for martial arts training, with locations in Chantilly, Herndon, Fairfax, South Riding, Sterling, Ashburn, Clifton, and Centreville. Its summer camp is filled with martial arts instruction and sports, plus arts and crafts, games, field trips, and more. The program offers parents flexible hours from early morning to evening, and both full- and half-day options are available all summer long.

#### EVERGREEN SPORTSPLEX

Camps for kindergarteners through eighth-graders  
Leesburg, VA  
(703) 777-7800

[www.evergreensportsplex.com/camps](http://www.evergreensportsplex.com/camps)

Active kids can learn new skills and stay busy all day at Evergreen Sportsplex. Here, kids can test their multi-sport ability, learn a new skill, tap into their artistic side, and explore and learn more about nature. Older kids (ages 8-14) also can enjoy an adventure camp with a ropes course and zip line.

## OUTDOOR AND ADVENTURE

#### ADVENTURE LINKS

Camps for children ages 7-13  
(571) 281-3556  
[www.adventurelinks.net](http://www.adventurelinks.net)

Adventure awaits at Hemlock Overlook Regional Park in Clifton for children seeking to make the most of summer in the great outdoors. With several pickup locations throughout Northern Virginia, Adventure Links takes campers Hemlock, where they can enjoy numerous activities in an all-natural environment. Camp activities may include kayaking, navigating a challenge course, enjoying a ropes course and zip line, caving, river tubing, paddling and learning about outdoor living skills.

#### MULFORD RIDING CAMP

Camps for children ages 6-16  
Centreville, VA  
(703) 991-1257

[www.mulfordridingschool.com/summer-camps](http://www.mulfordridingschool.com/summer-camps)

Young horse lovers can bond with their favorite animals over the summer at Mulford Riding School. The program includes horse education, riding instruction, general horsemanship, and how to play games on horseback. Kids learn how to work with the animals and care for them through feeding and grooming. They also learn about horse psychology, horse management, and barn maintenance. During breaks, campers also can enjoy the swimming pool. Extended camp hours are available.

#### HIDDEN HILLS FARM

Camps for children ages 4-15  
Warrenton, VA  
(703) 626-3006

[www.hiddenhillsfarmva.com/summer-camp](http://www.hiddenhillsfarmva.com/summer-camp)

Riding camp at Hidden Hills Farm provides children introductory and expanded horseback riding skills. Campers receive a daily riding lesson, daily stable management lesson, and enjoy horse-themed arts and crafts and water activities. Full-day camp is available for children ages 6-15, and half-day options exist for kids ages 4-6. Before and after care options are available.

## PERFORMING ARTS

#### MOUNT VERNON COMMUNITY CHILDREN'S THEATRE (MVCCT)

Camps for children in (rising) first through third grades  
Alexandria, VA  
(703) 360-0686

[www.mvctt.org/camp](http://www.mvctt.org/camp)

MVCCT camps stretch kids' imaginations, nurture their creative energies, and build skills through dramatic action. Whether they want to be front and center on stage or learn about the behind-the-scenes work on a production, campers get experience putting on a show from start to finish. Participants learn techniques designed to exercise their minds, bodies, voices and imaginations.

#### ACTING FOR YOUNG PEOPLE (AYP)

Camps for kids ages 5-18  
Fairfax, VA  
(703) 554-4931

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

AYP provides actors of all ages with professional-level training in a supportive and fun environment. The school is affiliated with George Mason



University and its faculty is made up of working professionals in the industry, including actors, directors, and teaching artists. At AYP camps, students develop acting skills and build self-confidence while learning about the theater and film industries, all leading up to a final production of their own.

## STEM

### CHILDREN'S SCIENCE CENTER

*Camps for kids in first through fourth grades*  
Fairfax, VA

(703) 648-3130

[childsci.org/events-programs/in-the-lab/camp](http://childsci.org/events-programs/in-the-lab/camp)

The Lab by the Children's Science Center at Fair Oaks Mall is a beautiful, modern space where young explorers can discover the wonders of science through exciting, hands-on activities. Campers in first through fourth grades will learn about STEM topic and how they are a part of, and impact, our daily lives. Camps offer fun themes and a new curriculum each summer and sessions for different grade levels.

### NOVA SYSTEMIC

*Camps for children in grades 3-12*

Multiple locations in Fairfax, Loudoun, and Prince William counties

(703) 323-3000

[www.nvcc.edu/systemic/camps.html](http://www.nvcc.edu/systemic/camps.html)

Northern Virginia Community College's NOVA SySTEMic camps focus on hands-on, project-based science and technology learning for third- through twelfth-graders (depending on the specific course). The programs enable students to begin exploring STEM fields their educational and workforce opportunities. Courses include robotics, coding app design, cybersecurity, aerospace topics, and more.

### STEM AND FLOWER

*Camps for kids ages 3-14*

Chantilly, VA

(703) 203-1979

[www.stemandflower.com/camp-themes](http://www.stemandflower.com/camp-themes)

STEM and Flower runs STEAM camps that combine science and technology with art.

All projects, experiments, and crafts are hands-on and follow a theme. On the science side, kids will learn about engineering, astronomy, chemistry, and biology, while for the art portion they work on painting, music, theatre, and more.

### IDEAVENTIONS

*Camps for kids ages 6-17*

Reston, VA

(703) 860-0211

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

Ideaventions offers hands-on, small group, STEM camps that are taught by professional and experienced educators, scientists and engineers. Camps combine lab work, outdoor exploration and computing and robotics around different themes for the youngest students, while those grades 7-9 participate in research academies building or doing experiments each day on advanced topics. High schoolers can take summer courses in language arts, test preparation, and history.

### MAD SCIENCE

*Camps for kids in first through sixth grades*

Multiple locations in Fairfax County

(301) 593-4777

[dc.madscience.org/campexperience.aspx](http://dc.madscience.org/campexperience.aspx)

Mad Science camps offer a daily combination of in-class discovery and exploration, outdoor games, and physical activities, with hands-on applications of the scientific principles presented.

Using simple, real world science

techniques that allow even the youngest of campers to enjoy the learning environment, campers see science in action. Weekly camp topics include robotics, rockets, forensic science, and more.

### STEM EXCEL

*Camps for kids in kindergarten through sixth grade*

Multiple locations in Fairfax, Loudoun, and Prince William counties

(571) 349-0048

STEM exCEL supports STEM enrichment programs and summer camps at more than 80 schools across Fairfax, Loudoun, and Prince William Counties. Its summer camps cover a broad range of topics including 3D printing, programming, electronics, robotics, website design, fashion illustration, game design, comic book illustration, digital art, graphic design, Minecraft modding, and Minecraft chess.

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

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# JV's Ageless charm without yuppie bastardization



Few bars in Northern Virginia have as long a history as JV's. Located in what might be the oldest standing strip mall on the Virginia side of the beltway where Annandale Road intersects Arlington Boulevard in Falls Church, JV's was founded in 1947 by owner Lorraine Campbell's father George Dross and his brother Bill.

The pair founded the restaurant (then known as "Jefferson's") after serving in World War II for Greece and because of the family's military heritage, the restaurant has a long tradition as a haven for military veterans. Under Campbell's direction, the bar is continuously raising money for homeless and wounded veterans, and launching drives to mail care packages for troops in Iraq. She also is passionate about suicide prevention for patriots and others. She has assisted the U.S. Veteran's Affairs Department with distributing informational pamphlets to veterans. And if you're not sure how to donate, you can always throw money in the donation box.

A lot of the tradition was started by George. During World War II, George and Bill relied on international co-operation to get through

the war. George assisted British paratroopers and hosted American troops while stationed in Greece and was rescued by American troops during his two stints as a prisoner-of-war. In that same spirit, George and Bill would always welcome other veterans at their establishment and do what they could to welcome camaraderie.

"He was very thankful to be alive and be free and thankful to the U.S. military and that's where the camaraderie came from. His whole family felt that way. They would hide the American soldiers during the war and nurse them back to health," explained Campbell.

Lorraine took over operations in 1985 upon the death of her father with her sister Pauline Anson-Dross as a silent partner. She has continued the tradition of welcoming

veterans. On Memorial Day Weekend, JV's has been an unofficial home for Rolling Thunder's Ride for Freedom since its inception. During the weekend, JV's throws a free buffet for the veterans and for people who want to honor them.

The other claim to fame for JV's is their live music. Lorraine and Pauline grew up with Hank Williams, Chubby Checker, Elvis, Fats Domino and swing as their primary influences and Lorraine curates a roster of artists that consists primarily of classic rock, blues, country, and bluegrass. She used to play there with Roy Dixon.

In the past year, JV's musical has expanded both their floor space and their calendar. Since 1990, the establishment has had live shows seven days a week. Another difference



is that the bookings have gotten a lot easier on Lorraine.

"Now, the talent comes to me, they know who we are and it's a lot more nationally-known artists," said Campbell.

Guests who have come to JV's include the Clintons, Chicago Mayor Rahm Emmanuel, with performers that have included bluegrass legend Tony Rice, actor Dan Aykroyd, Allman Brothers band member Michael Allman, and Johnny Rawls. Additionally, 1950s pop singer Eddie Fisher (best known as part of the love triangle between Debbie Reynolds and Elizabeth Taylor and as Carrie Fisher's father) used to stop by daily and have his breakfast with George when he was stationed at Fort Myer in the 1950s.

One of the highlights for Lorraine is sister Pauline Anson-Dross who performs regularly at JV's in the six-member women's band "Wicked Jezabel" with wife Davi Anson-Dross.

For Lorraine, however, the most rewarding guests are the long-time clients who have watched her grow up along with the restaurant through multiple generations of management. She went to college for computer science but feels, because she is a "people person," that this restaurant is her version of "the American dream."

The restaurant's unofficial slogan is "Ageless charm without yuppie bastardization" and Campbell is careful to note that that distinction is not an attack on any age group.

"It doesn't have to do with people. It's just who we are. It's more of a corporate thing. We're not like a Ruby Tuesdays or Chilli's or Applebee's. We're the real deal," she said.

Whether it's as a place where younger veterans can glean the wisdom of older veterans or as a musical scene where people of all ages can appreciate oldies, Campbell believes JV's thrives as a place where multiple generations come together.

More information about JVs can be found at [www.jvsrestaurant.com/index.php](http://www.jvsrestaurant.com/index.php). ♦



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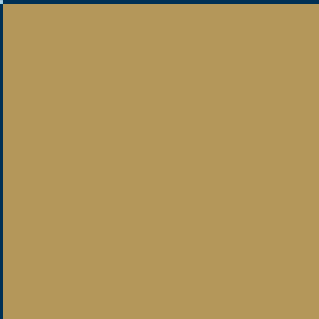
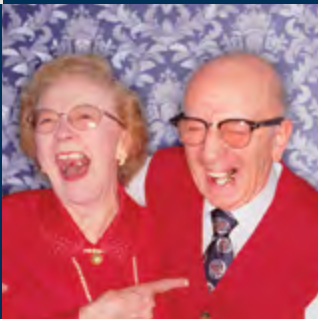
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BY LINDA BARRETT

# New Trends for Virginia Wineries

## Wine Lovers and Beer Lovers Can Now Enjoy Tastings Together

Love wine? Love beer? Love both? Check out the new trends in Virginia's wine community that are opening up the industry to even more people, opportunities...and animals.

### Breweries and Wineries Side By Side

One trend we're starting to see is Virginia wineries offering a selection of craft beer and wine on the same premises, thanks to a ruling change. Three local favorites are already on board: Hillsborough Winery, Brewery & Vineyard; Barrel Oak Winery and the Barrel Oak Farm Taphouse; and Quattro Goomba's Winery and Brewery, now licensed as farm breweries as well as farm wineries. This means they can serve both wine and beer in their tasting rooms.

"In 2014, the General Assembly passed the law allowing the new licensing designation for farm breweries; before that, they were commercial and had to have separate facilities," explained Brian Roeder, founder/proprietor at Barrel Oak, one of the people behind the law change, and the first to get the farm brewery license.

"Prior to this law change, you had to have separate ABC licenses," added Kerem Baki, General Manager of Wine Production at

Hillsborough. "If I had my farm winery license posted in my winery tasting room, I couldn't have a brewery license as well. Now the law allows co-inhabitation of two different licenses and that wine and beer can be served and enjoyed side by side in the tasting rooms."



Virginia's Department of Alcoholic Beverage Control (ABC) reported in 2018 that Virginia now had 352 wineries and 262 breweries. Sixty two distilleries were also recorded.

### Newly Opened Hillsborough Brewery

Since licensing laws also require that production be done on site for a farm brewery license, Hillsborough dedicated a separate building for its brewery, opening it in October 2018. The brewery and winery are run by two brothers: Kerem and Tolga Baki. Kerem is the winemaker who creates hand-crafted wines from grapes grown on the property, while brewmaster Tolga produces unique craft beers in the brewery located just down the hill from the original tasting room. The Hillsborough brewery currently offers five beer varieties: Pilsner

Lager, Farmhouse Ale (aged in wine barrels), English-style IPA, Brown Ale, and Belgian Blonde.

Once a month, Hillsborough offers a guided tour of the winery and brewery, along with a different educational seminar and opportunities to meet with the winemaker and brewmaster. (Reservations recommended.) "We get about 30-40 people each day," Kerem Baki said.





A new Virginia law, effective January 1, 2019, requires that when a brewery licensee retails brands of beer that the brewery owns, at least 20% of that volume of beer sold for on-premises consumption in that calendar year be manufactured on premises.

Tastings of beer or wine (no mixed flights) are held in the historic tasting room, and beer and wine dinners are planned, along with a beer club to accompany the wine club.

## Barrel Oak Farm Taphouse

"Our goal is not to become a big brewery, but rather, to provide customers with an enhanced experience when they come here," Roeder said. "I wondered if the clientele would be fundamentally different and would clash, but it doesn't clash at all...they love it. It expanded our customer base and was very well received."

To qualify as a farm winery or farm brewery, a percentage of the ingredients for the product must be grown on the property. With Virginia's climate, the most-often grown crop for brewing is hops, which visitors can see along with grapevines. "Coming to a winery gives you an entirely different experience than going to a town brewery," he continued. "Here, you enjoy the land and the beautiful views, and see where the hops and vines are grown."

Barrel Oak features a 10-barrel brewery and serves a Kölsch, IPA (Gold Award winner), Winter Amber, Irish Red, Saison, Belgian Dubbel and more. The brewery is located underneath the taproom, build right into the hillside, and beer runs up refrigerated lines right to the taproom. Barrel Oak also offers clubs for its wine and beer lovers.

Quattro Goomba is the third winery with a brewery on site. Its brewery opened with a commercial license that required wine and

beer to be consumer in separate locations. After their licensing change, they can now offer enjoyment of their craft beers and wines in both tasting rooms.

## Dogs Allowed

As of July 1, 2018, new legislation states that companion dogs are now allowed in ABC-licensed distilleries, wineries and breweries in Virginia. This was another rule change initiated by Brian Roeder and is good news for those who enjoy traveling with their four-footed friends.

The existing law, Section 3.2-5115 of the Code of Virginia, was amended to state that while dogs are still not allowed in areas where their presence is likely to result in contamination of food, food contact surfaces or food packaging materials, they will be allowed within a designated area inside of or on the premises of a winery, brewery or distillery. The tasting room must be separated from the food preparation areas, and manufacturing and storage areas must be enclosed and separate.

This new legislation does not, however, require an establishment to allow dogs, with the exception of service animals. The previous law stated that no animals were allowed in areas used for food manufacturing, with the exception of guard or guide animals.

As Virginia's wine and beer industries continue to grow, they also continue to evolve, offering more and more options for wine and beer lovers alike. ♦



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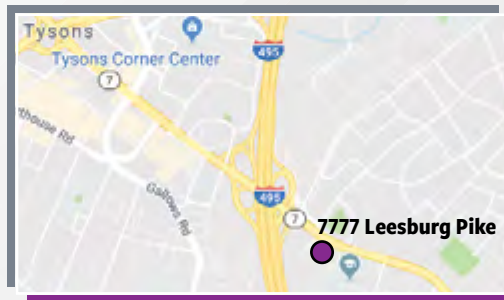


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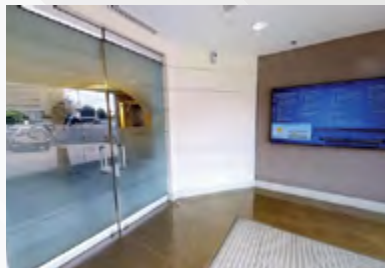
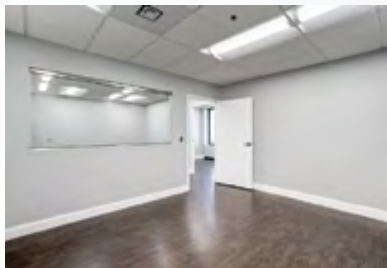


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BY BELLE SCHNEIDER CFP® AIF®

# ASK AN ADVISOR

## ABOUT NEW YEAR'S RESOLUTIONS

### What Are the Most Important Financial Resolutions I Should Have for 2019?

Everyone has different priorities but here are the top four I recommend:

#### PREPARE FOR THE UNEXPECTED

**Create an emergency savings account.** The best line of defense against unexpected events is to have a liquid cash fund that can cover at least six months of living expenses or any large, unforeseen bills that are too high to pay out of your regular monthly income.

**Evaluate your need for Long Term Care, Disability, and Umbrella insurance.** Emergencies do happen, and your financial well-being could be undermined by outsized costs that might accompany an illness or injury, job loss, or even a storm that does major damage to your home.

#### PROTECT YOUR ESTATE

**Review and update your estate documents.** The primary purpose of a will is to ensure that your assets are distributed to whomever you choose, in the amount and manner that you choose. You may also want to consider establishing a living revocable trust. A trust is an agreement between the grantor (the person who establishes and funds it) and the trustee, who administers it. If you have a living trust you can leave all of your assets to the trust when you die, which can then be doled out by your terms through the trustee. A trust avoids

the probate process and allows the heirs access to the trust assets more quickly.

**Check your credit report.** A more recent development in protecting your estate is monitoring your credit report for fraud and identity theft. You can retrieve a free report from [www.annualcreditreport.com](http://www.annualcreditreport.com) from all three agencies once a year. You may also want to consider hiring a company to monitor your credit and notify you if there are any changes.

**Review your Life insurance needs.** If something were to happen to you (or your spouse) how would it affect your dependents? Make sure you have appropriate coverage and that the beneficiaries are up-to-date.

**Change your passwords.** It's a good idea to change your financial account passwords periodically to avoid identity theft and fraud.



## OPTIMIZE YOUR PORTFOLIO

**Consolidate your accounts.** Do you have several 401(k) accounts from old employers? Multiple bank accounts? Consolidation can make maintenance and analysis easier and help lessen the risk of identity theft.

**Review your Investments.** Review your investments and make sure you have the proper investment mix and appropriate diversification that aligns with your goals and risk tolerance. Your Financial Advisor should be able to review your portfolio with you, or if you do not have an Advisor, many online investment accounts have built in tools for evaluating portfolio risk.

**Evaluate your fees.** Choosing low-cost investments and being aware of how much you are paying in fees can go a long way toward reducing the amount you pay to invest.

## CREATE A FINANCIAL PLAN

The key to long term financial success is having a plan. A financial plan provides a road map from your current financial situation to reach your future financial goals. A good financial plan will give you confidence and help you understand the steps you need to take to achieve your objectives.

A detailed financial plan includes multiple variables and strategies, covers risk management, asset allocation, tax planning, retirement and estate planning. If you have a large estate creating a financial plan can be confusing and time consuming. We recommend working with a good Financial Advisor who can help you navigate the process and keep you on track. ♦

**Author:** Belle Schneider CFP® AIF® is an Advisor at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

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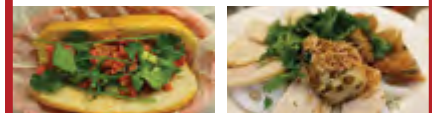
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BY RENEE BOYLE

Falls Church-McLean Children's Center, a nonprofit high-quality, preschool dedicated to giving young children from low- and moderate-income, working families the early education they need to start school ready to succeed, is seeking businesses interested in sponsoring their 7th Annual Teddy Bear 5K & 1K Walk/Run in September 2019.

The public event that attracts 250-300 runners of all ages from across the national capital area is slated for the morning of Sunday, September 29, near the Children's Center, which is located between Falls Church City and Tysons Corner.

## SPONSORSHIPS NEEDED FOR 7TH ANNUAL TEDDY BEAR 5K & 1K WALK/RUN

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Sponsorship offers companies a variety of marketing opportunities including the chance to have your company's logo on the Children's Center field trip bus that travels throughout the metro area. For details, call 703/534-4907 and ask for Renee Boyle or send an email to [ReneeBoyle.FCMLCC@gmail.com](mailto:ReneeBoyle.FCMLCC@gmail.com)

Founded in 1969, Falls Church-McLean Children's Center is celebrating its 50th year of providing an affordable,

comprehensive, full-time, early childhood education. With the community's support, the program is able to give all children, regardless of their family's financial resources, a strong foundation on which to build the rest of their lives. For inquiries call 703/534-4907 or go to [www.fcmlcc.org](http://www.fcmlcc.org).







## THE WORKHOUSE ARTS CENTER 2018 GALA RAISED OVER \$200,000 FOR THE ARTS

The Workhouse Arts Center 2018 Gala began inside Building W-2, future home of the Lucy Burns Museum, and the adventure continued into the quad, completely redesigned earlier this year in partnership with Fairfax County, and the Rizer Pavilion, home of incredible concerts and events.

The Workhouse Board and Staff were inspired by poignant remarks of the evening's several speakers. Michael Kaiser, the recipient of Arts Angel Award for Distinguished Service congratulated founders, board, donors and staff for exemplary planning which ensured that programming thrives and noted that "the Workhouse name became synonymous with achievement" and for having the "vision and foresight to take a prison and make something beautiful."

Ava Spece, President & CEO of the Workhouse, highlighted several of many stories that touched lives of our community members. She noted, that "Art is a powerful, powerful healing tool... We see this in the hearts of those we serve, from veterans and their families, to young people in need, to seniors with fixed incomes. Every person needs a place where they can find self and self expression, a place where they can belong, a place where they can feel important and valuable. And for many that place is the Workhouse."

The event raised over \$200,000 which will allow the Workhouse to continue to fulfill its mission of providing this important healing resource and to grow as a dynamic, widely-recognized destination of choice that provides engaging arts and cultural experiences like no other.

Of course, while doing something so incredibly important as raising money for the arts and history, all enjoyed a full evening of fun. Entertained by Detective Poirot himself, with devious Rachel around, and fabulous Workhouse Cabaret performers who turned out to be the murders, the crowd truly celebrated the Workhouse and all it has to offer by dancing the night away to the 1930s tunes provided by Doc Scantlin band and the fabulous Chou Chou.



Photo credit: Steve Hibbard

Guests Don Schultz of Fredericksburg, Va., Trey Austin of Brittany, Va., Betsy Austin, and Mary Schultz.



The open bar during the cocktail reception.



Singers perform "Wash That Man Out of My Hair."

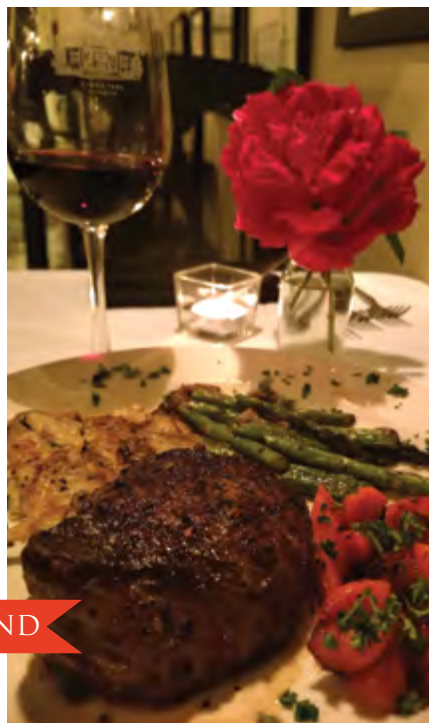


Guests Joy Quinn of Woodbridge, Lucrician Booth-Hamilton of Fairfax Station, and Ralph Altman of Lake Ridge.





BY ALLISON CHASE SUTHERLAND



## *Glen Gordon Manor*

### *The Epitome of Rustic Elegance*

The exquisite Glen Gordon Manor, reminiscent of a French Provincial estate, will transport you to another realm the moment you roll up the gravel drive. Encompassing 45 acres of rolling countryside near Shenandoah National Park in Rappahannock County, this is a place where your spirit can truly soar.

Tracing its roots back to 1833 as a Wells Fargo stagecoach stop, the manor exudes that familiar feeling of nostalgia, which will make you want to linger just a little longer.

Enter the Houndstooth Restaurant and absorb the subtle hues of greens and blues. Regale in a gourmet breakfast of poached pears drizzled with balsamic vinegar, accompanied by Greek yogurt with honey from the inn's own apiary, garnished with a sprig of fresh mint. Country scones with a powerful crunch factor combine lusciously with flavorful, fruity raspberry preserves.

Time to get outside and breathe some of that fresh mountain air - any time of year. Ask the kitchen for a small bucket of carrots to take out to the family horses in the stables or the fields. The distinct personalities of the horses quickly emerge. La Tache stamps his

hoof impatiently in an attempt to expedite the carrot-feeding process by novice city-dwellers, as Exo and Petrus patiently await their turn. Shaggy winter-coated Shetland ponies Penny and Tucker trot up eagerly, bursting with enthusiasm at the prospect.

Fancy-crested chickens cavort in the yard, hence the supply of farm-fresh eggs. A trail will loop you back around to the serene pool, whose graceful mermaid enjoys a backdrop of Virginia's undulating Blue Ridge. Sit a spell in the gazebo.

While away the afternoon in an overstuffed armchair, sipping Lady Grey tea by the hearth in the oak-paneled, timber-ceilinged Hunt Room to the smooth classics of jazz in anticipation of your delectable 5-course dinner. Murals of lively beagles and the handsome family of the manor on horseback

grace the walls. Imagine live music emanating from the minstrel gallery in the alcove above as in bygone days.

Resident celebrity Chef Dayn Smith has been an executive chef at restaurants in the US, Puerto Rico, and Switzerland. Both he and his son Lindell studied at the Culinary Institute of America in Upstate New York. This is where culinary innovation meets classic cuisine -- all with the freshest ingredients from local organic farms.

Back in 2006, Chef Dayn and his wife "fell in love with the beauty and serenity" of the place and decided to make it their very own. Lindell adds, "Our home is so magical we just wanted to invite people to share it."

The spacious professional kitchen and accompanying pantry are simultaneously rustic and state-of-the-art. On a winter





morning, while snowflakes swirl in the glacial air, you may encounter Lindell hauling firewood over to the kitchen hearth -- the traditional center of the home and of life itself. The place of gathering, the place of revelry.

Vision plus preparation results in a veritable culinary celebration. You can sense the exhilaration of sheer invention. The candle-lit tablecloths of the intimate Houndstooth Restaurant await.

Start with a refreshing baby beet salad Montrachet with microgreens, caramelized pecans, and aged balsamic paired with a Villa Viva Côtes de Thau 2017 from Languedoc-Roussillon, followed by a velvety Carrot Ginger Soup with Crème Fraîche Espuma and roasted coconut. Next up, ahi tuna ceviche adorned with fried plantain and wasabi ice cream, paired with an André Brunel Domaine de la Becassonne 2015 Côtes du Rhône.

As the guest celebrating her birthday wished everyone at dinner, "I hope you all had good days." A nice sentiment indeed. Places such as these engender such conviviality. Indeed, I hope all of you have good days too.

She raved about the carrot-ginger soup, an opinion which everyone shared. "This is so good, I wish I could bathe in it!" she gushed.

After dinner, follow the bookcase-lined hallway back to that oh-so-inviting great room. Dana, Michelle, and Kenny will keep the fire going. Tales abound fireside. You may hear of Transatlantic voyages, harrowing adventures, and rockstar encounters. And the honor bar is just steps away. Or select a bottle of wine by tablet from the acclaimed wine cellar below.

Elements of stone, wood, and metal set a natural tone throughout. Eclectic art refreshes your gaze at every turn. Intricately designed paper flowers adorn the ceiling of the glass-enclosed Fox Den, which was transformed for Meryl Streep's brother's wedding.

The regal and romantic Wallis Suite is aptly named after Wallis Simpson, who visited with King Edward VIII of England when the historic estate served as a hunting retreat for the royal family. The opulent Albert Room overlooks the enchanting pool and scenic vistas. And the elaborately tiled floral shower in the Montejurra Room is a sight to behold.

In addition to the main house, the Glencroft Cottage houses the two-story Wakefield Suite, featuring a vintage clawfoot bathtub. And to gaze upon the mountains from the bath of the Windsor Suite is most restorative. Wrap yourself in the plush robes. Engulf yourself in the most luxurious scented linens.

Perched atop the hill sits the Mews Cottage, a spacious private retreat with a covered porch overlooking fields and rock walls. Meander along and abandon your every care as you swing on the wooden swing under the stately oak tree on the expansive front lawn.

For even greater indulgence, the Tack Room Spa provides a relaxing massage experience adjacent to the horse stables for a true country getaway.

Guest Sandra Valledon Souza's eyes brighten as she describes her singular experience. "Everyone you meet here is welcoming, warm, and attentive. It is a sophisticated atmosphere in a nonchalant kind of way. This is a peaceful escape where you can really drift away between dreams and reality."

In essence, Glen Gordon Manor is a place that makes you want to stop time. And with a little imagination, you might just be able to. ♦

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BY KEITH LORIA



## UNITY CLUB PROVIDES OPEN DOOR FOR SUPPORT

For more than 30 years, the Unity Club in Falls Church has provided an important and vital meeting place for those in Northern Virginia, who need a little help to get through their days.

Located at 116B West Broad St., the Unity Club offers a home for Alcoholic Anonymous and other 12-Step recovery programs, with a wide variety of meetings that take place from 6 a.m. to 8:30 p.m. daily, 365 days a year.

According to Karl E Hoffman, the Unity Club's executive director, this 501(c)(3) organization provides the newly recovering alcoholic a safe, comfortable, sanctuary while offering more established 12-Step followers a variety of meeting types and schedule convenience.

The non-profit partners with The City of Falls Church, Fairfax County, and Arlington County, in addition to local substance abuse treatment centers

and mental health facilities, to provide a reliable facility to introduce patients and clients to the long-term recovery techniques embodied in Twelve-Step fellowships.

The meetings are there to provide support, knowledge and information about recovery from compulsive disorders through discussion groups and lectures, as part of a voluntary mental health care program.

With 120 12-Step meetings per week—20 programs being offered, for everything from eating disorders to sex & love addicts to survivors of incest—the Unity Club is there to help anyone with recovery and has experts on hand to make sure that no one needs to go through this pain alone.

The complete list of fellowship consists of AA (Alcoholics Anonymous); ACA (Adult Children of Alcoholics); CLA (Clutterers Anonymous); EDA (Eating

Disorders Anonymous); NA (Narcotics Anonymous); SIA (Survivors of Incest Anonymous); ADA (Affective Disorders Anonymous); CoDA (Codependants Anonymous); FA (Food Addicts in Recovery Anonymous); OA (Overeaters Anonymous); SLAA (Sex & Love Addicts Anonymous); AI (Anon/AlaTeen); DA (Debtors Anonymous); MA (Marijuana Anonymous); SCA (Sexual Compulsives Anonymous); and WA (Workaholics Anonymous).

As one recent attendee said: "Broke and new to recovery, I came to my first meeting on Saturday. An hour-and-a-half later I was still broke, but had an experienced sponsor, a Big Book, and hope. I surely had some hope."

Following the holidays, those involved with Unity Club know that it can be a lonely or difficult time for many, and invite anyone who feels like they need some help, want to talk, or just want to listen to come on by as their doors are open. ♦





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BY LINDA BARRETT

# LOVE IT OR LIST IT?

**Should you improve your current home  
or look for a new one?**

**Y**ou love your neighborhood, your neighbors, and the school district, but something about your house just doesn't suit your family any more. Is it time to move to a new home? Or are there things you can do to make your existing home work?

If you've ever watched the popular HGTV television show "Love It or List It," you've seen couples facing this same decision. In the show, couples are presented with two situations: to find a new home with real estate agent David Visentin, or trust interior designer Hilary Farr to renovate their existing space. After renovations are completed, the homeowners are given a tour of their current home to see what Farr was able to do within their budget. Then they are asked to either "Love It," meaning they will stay in their current home, or "List It," meaning they will

sell their house and purchase one of the homes Visentin has shown them.

Homeowners here in Northern Virginia face the same dilemma. They may love where they are, but the house is older and doesn't fit what they need now. Here are some of the benefits of renovating.

"Some of the unforeseen costs of moving include: hiring a realtor and paying both sides of the transaction (possibly 6% of the sales price), fees for selling and closing on a home, moving costs and taxes. By the end of it all, you're looking at 8-9% of the sales price to move. For a \$500,000 house, this can add up to around \$45,000 in costs," explained Graham Pruitt, Senior Loan Officer at MVB Mortgage. "This is in addition to the fact that you must start over with a new neighborhood and neighbors, the hassle of moving, and time you have to take off from work."

"This is money you don't have to spend on moving," Pruitt continued. "You can put that same money into a brand new kitchen, bath, cabinets, appliances or flooring, for example, or take out a construction loan using the equity in your home to renovate or expand the footprint with an addition."

Your mortgage loan officer will review your credit, what you owe currently, and the value of your property after the renovation. This helps determine how much can be loaned and how much cash the homeowner must have on hand. Once the numbers are determined and conditions are met, the loan is closed and construction begins.

Under a construction loan, the lending institution creates the milestone and payment schedules for the builder. "This helps protect homeowners—and our investment—against the builder not performing the way they should, materials costing more, the job taking longer, or the homeowner not being happy with the work. We won't release money to the builder if the job isn't up to standards," Pruitt said. "It also protects the homeowner from being taken advantage of by the builder."

With a construction loan, you are essentially looking at a refinancing of your current mortgage, with the exception that construction loan fees are much lower than a standard refinance. For example, there are no mortgage recording fees. It will slightly increase the mortgage amount going forward, but saves the homeowner from having to use cash from a savings or retirement account.

If the house is already paid off, the homeowner can take out a mortgage or a home equity line of credit (HELOC) to do the job. "If



it is a large project, the HELOC can be risky because the interest rate on that money is not fixed—it is variable. And its interest may not be deductible as it is on a mortgage,” Pruitt advises.

“People buy a home because of location, and want to stay there because they like their community, church, neighbors, commute, and proximity to the city,” said Deirdre McSorley, Business Development Manager of Schroeder Design/Build. “It may be cheaper to stay in their house now with what is left on the mortgage, and forego the increased costs of starting over with a new, possibly more expensive mortgage. And when people move to a new home to meet their needs, they may get some of the needs of their wish list, but not all of them. If you stay in your home and customize it, you’ll definitely get what you want and need.”

“We’re seeing a lot of homeowners adding space to allow additional loved ones to move in. They are renovating their area above a garage or downstairs, or creating an addition,” McSorley said. “One big trend is to take out walls to create an open floor plan for entertaining, centering the home around the kitchen instead of having segregated rooms. We’re also seeing people turning decks and screen porches into four-season rooms.”

“There are a lot more possibilities than people think, and it may not cost as much as they assume because we may have a creative solution. Don’t throw in the towel too soon,” McSorley recommends.

The least expensive renovation, according to McSorley, is an interior remodel as opposed to adding to the footprint and dealing with foundational issues. “Ideally, we want to ask ‘What is the function you want’ and ‘What is not working,’ as opposed to ‘What do you want to do?’ As a true design/build firm, we can find a solution.”

Other options for renovations include creating an area that can be converted to income-producing property; adding luxury features into kitchens, baths, closets and master suites; or creating cool spaces for exercise or gaming.

When facing the question of “love it or list it,” think about how you can redesign your home, and how you can create just what you want and need without having to move right away. A home renovation will not only improve your living space, it will also increase the resale value of your home should you wish to list it in the future. ♦



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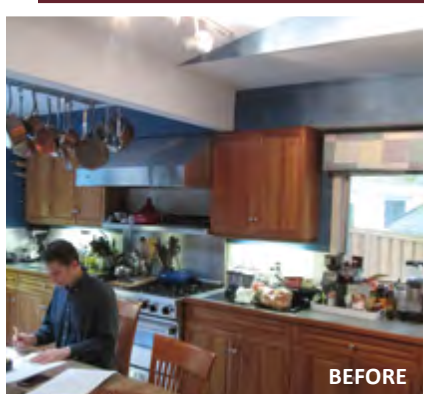




BY JOHN BYRD

(Above) **STARR KITCHEN** While the kitchen footprint is the same size as before, the remodeler's well-conceived space plan accommodates a 42 inch refrigerator/freezer, an appliance that substantially supports the owner's passion for cooking. Incorporating the overhead micro-laminated beam into the design and adding functional lights was also sun design proposal much appreciated by the owners.

(Below) **BEFORE KITCHEN** Dave and Amy Starr's 25 year old kitchen was dark and clutter-prone. Although the couple wanted stronger visual linkage from the kitchen to a well-landscaped backyard that includes a pool, the kitchen sink located on the rear elevation limited any serious consideration of enlarging the rear window.



BEFORE

## Cook's Choice

### Integrated Indoor/Outdoor Solution Perfect for Entertaining In Every Season

An indoor/outdoor solution that seamlessly integrates a mid-1960's split level to its leafy half acre lot with pool has handily satisfied the dual entertainment requirements of a Falls Church couple keen on gourmet cooking and partying with friends and family.

The remodeling to the home of Dave and Amy Starr reconciles a regimen of space-planning, interior design and functional considerations that had materialized as the home aged, and the owner's needs became more refined.

"Our 25 year old kitchen was too dark and cramped," says Dave Starr, 60, who has occupied the house since the early 1990's. "Also, the outdoor kitchen adjacent to the pool had deteriorated to the point where we weren't really using it."

Among the more glaring problems:

- Owing to limited storage, the original 160 square foot kitchen was too

cramped and cluttered—which made meal preparation cumbersome;

- Sightlines from the kitchen to the pool via windows above the sink were seriously truncated; the kitchen was usually quite dark;
- Service to a front-facing formal dining room five linear feet from the kitchen was not well-conceived;
- While the in-ground pool was a featured attraction, surrounding patios and walkways were no longer level in many places;
- The outdoor kitchen which centered around a gas grill had fallen into disrepair;
- Guests could not enter the pool area directly from the kitchen, but had to circuit through an adjacent family room;



(At Right) Relocating the sink to a custom-designed food prep island allowed designers to replace the rear wall with an eight foot sliding glass door that dramatically increases natural light while setting-up sightlines to the backyard. The island surface is Bordeaux granite; the base is Arizona cypress.

■ Similarly, limited service options to the family room restricted its usefulness as a place to entertain.

In search of a more functional and aesthetically-pleasing environment, the Starrs turned to Sun Design Remodeling, the firm that had previously executed three large-scale improvements to their home starting with a redesigned front elevation ten years ago.

The makeover subsequently won a "Contractor of the Year" (COTY) Award ("Best Addition under \$250,000.00")

The Starrs next hired the firm to upgrade the home's lower level and design and install a new adjoining staircase.

"We've followed a slow-but-steady whole house renovation course" Dave Starr says. "Sun Design has been consistently sensitive to our budget, and finds solutions my wife and I could not have discovered on our own. Since we knew this recent project would entail a lot of challenges, we were confident that the high-quality collaboration we had enjoyed earlier would continue and didn't feel a need to talk to any other remodelers."

Among the critical design issues, Starr wanted to better rationalize the kitchen's tight footprint without adding-on; he also envisioned a more fluid relationship between the kitchen and poolside setting.

"The outdoor kitchen was not being used much," Starr recalls. "Because my wife and I love cooking and entertaining, we wanted a plan that would fluidly interact with several rooms in the rear of the house."

To keep the project on track, Sun Design tapped Erica Williams—one of their top lead designers—to direct the process.

"The primary goal was to create a stronger visual and physical connectivity between the house and grounds," Williams observes. "This meant introducing an appreciably open plan in the rear of the house. The advantage of transitional style is that it employs textures, colors and design elements to help to highlight activity zones...reducing the need for gratuitous walls. This sharpens sightlines from room to



room while preserving the fundamentals of what makes a quiet spot feel private."

On this score, Williams' plan called for relocating the kitchen sink on the home's rear elevation and replacing a pair of small windows with a 8-foot wide sliding glass door that directly accesses the pool.

A 6' x 4' granite-topped food prep island equipped with sink, microwave drawer and dishwasher was introduced mid-kitchen; the custom built-in is integral to a new work triangle that brings the cooktop range and a 42" wide Sub-Zero refrigerator into close proximity.

Meanwhile, by rerouting HVAC ducting and deleting some bulkheads, Williams was able to replace existing 36" cabinetry with taller 42" units surfaced in natural maple.

The reconfigured kitchen floorplan allocates the space needed for a tea and coffee center a few feet from of the breakfast table.

Removing a refrigerator on the left side of the old kitchen sink, in turn, freed-up the wall space needed to form a "pass-thru" that now unifies the kitchen and the family room.

Eliminating a small mid-house closet, likewise, allowed Williams to introduce a dry bar which now functions as a serving station for the formal dining room. The built-in provides cabinetry for linens and stemware, and accommodates a wine refrigerator.



To better incorporate an intrusive mid-kitchen micro-laminated beam, Williams clad the exposed support in Arizona cypress (the same wood used on wall surfaces) and wired-in LED lights for added illumination.

Outside, the plan called for a welcoming spot to barbecue and converse with guests.





(At Left) **NEW WALKWAYS** The new walkway routes traffic from the front drive to the backyard entertainment area. The owners have hosted outdoor gatherings for as many 40 guests since the project was completed.

Situated on a flagstone platform, the new outdoor kitchen features a pizza oven, a gas grill and a three-stool dining counter.

The oven's cladding is stacked stone veneer; counter surfaces are Dakton, a synthetic material designed for outdoor use.

Changes to the rear elevation have radically improved the accessibility of the outdoor cooking facility from the kitchen. Dave Starr says he is able to use the outdoor grill and oven most of the year—even in the winter.

The plan is especially useful for smoking meats, roasting vegetables and, particularly, making pizza and other baked goods.

In all, a great place to spend quality time—in anticipation of an early Spring

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. FOR INFORMATION visit [www.SunDesignInc.com](http://www.SunDesignInc.com), or call 703/425-5588. ♦

John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com) or [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com). Send photos of interesting remodeling projects to: [b2b@homefrontsnews.com](mailto:b2b@homefrontsnews.com).



(Below) **OUTDOOR KITCHEN WORKSTATION** 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) **OUTDOOR KITCHEN ACCESS FROM HOUSE** Changes to the rear elevation have radically improved the accessibility of the outdoor cooking facility from the kitchen. Dave Starr says he is able to use the outdoor grill and oven most of the year—even in the winter. The plan is especially useful for smoking meats, roasting vegetables and, particularly, baking pizza and other specialties.







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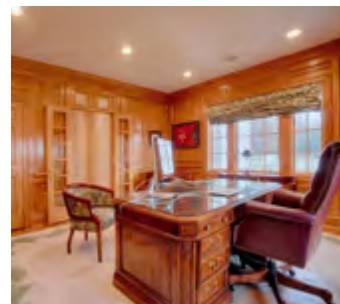
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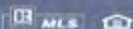
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**T**he newest George Sagatov Home. Very rare flat 1.24-acre lot in Langley Forrest, River Oaks This Stone and Hardy Classic, boast elegant molding, built-ins and Pan-eled Library with hidden room. Custom Handcrafted Cabinets with two tone design heavy molding and fine details. Huge mudroom off 3 car garage. All the tile work is right out of Architectural Digest. The back yard can fit a pool, tennis court and a de-tached 2 car garage. Home has a covered porch with Fireplace. Lower level features Bar, Exercise Room and Media Room. Along with guest suite with private bath. Upper level features 4 large bedrooms all with suite baths and a large laundry room.

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BY RENÉE SKLAREW

**Roasted Asparagus Salad**  
mushroom ragu, poached egg, Bulgarian feta, balsamic

## You Never Knew Gluten Free Tasted So Good Until You Tried Bazin's

Bazin's On Church has been a fixture on the restaurant scene for thirteen years, and it ranks as one of the neighborhood's most beloved places to gather for special occasions and to meet friends at the restaurant's lively bar. Patrick and Julie Bazin opened their Fairfax fine dining restaurant to rave reviews, winning best new restaurant in 2010 from *Northern Virginia Magazine* and serving a menu of American classics with signature flourishes and Instagram-worthy presentations.

Patrick Bazin has been cooking since he was sixteen, when he began his career in his family's restaurant business. He moved to Washington D.C. to open the restaurant Red Sage and later became head chef at the Occidental. Eventually, he and his wife decided to debut their own restaurant in Fairfax County—Bazin's on Church—on Church Street in Vienna, Virginia.

For years, Patrick had been swallowing antacids every day, while he dealt with a sometimes severely upset stomach. He didn't investigate further until a colonoscopy eight years ago, which turned up a shocking diagnosis. The celebrated chef had Celiac Disease.



**Chef Patrick Bazin**

No one likes to give up foods like pizza, bread and pasta, but for Patrick's long-term health, he needed to cut out all wheat, barley and oats from his diet. Celiac is a gluten-sensitive enteropathy, or an immune reaction to eating the protein found in wheat, barley and rye. Eating gluten products when you have Celiac affects the small intestine, making it impossible to gain the nutrients from those foods. It often causes bouts of diarrhea, fatigue, weight loss, bloating and anemia. In children, gluten allergies can affect growth and development. In adults with gluten sensitivities, they may experience rashes, mouth ulcers, headaches and loss of bone density.

Patrick took the situation very seriously and eliminated all gluten products from his diet. While he felt much better, he missed the sensation of crunchy, chewy and crispy he found in foods on his verboten list. "People with Celiac are dying for a crunch, so I started to experiment with different flours. Now I use rice flour, gluten-free panko crumbs, and pasta made with corn and gluten free breads," Patrick explains. "My veal Parmesan holds up well with these new flours."

Bazin's on Church has a private dining venue next door to the restaurant where they host corporate events, wine dinners and theme nights. He purchased dedicated fryers and eliminates gluten contamination to host a monthly gluten free dinner in this elegant space. "For these monthly dinners, people with gluten allergies really gravitate to me," says Patrick. "These people trust me because I have street cred. They believe in me since I've been gluten free myself for so long."



In the meal, Patrick found ways to make spring rolls that are gluten free using rice flour. "It's fantastic," Patrick tells me. "It's really good, crunchy and super crispy. I keep coming up with recipes using this flour." He makes his signature dish, Broccoli Frito with rice flour batter and then fries it so it comes out with the texture of Tempura. "People usually don't get to eat fried foods when they're gluten free, because most fryers are cross contaminated with gluten products. We have a dedicated fryer for that."

Bazin's also hosts a Mexican dinner once a month, and most of those dishes are gluten free. "I've always gravitated to Mexican, and it was probably because they don't have much gluten in their dishes, like mole, corn tortillas. I never got sick eating that. Bazin's Mexican night has six appetizers and five entrees. Before we prepare the food, we scrub down the kitchen."

Patrick has seen a positive response to these dinners, and he is moved by it. "People have been thanking me. They say, 'No one else is doing this,' and they come to me with smiles on their faces. They ask me to talk to their kids when they're first diagnosed with Celiac. I would eventually like to teach these techniques so other people can do it at home," says Patrick.

One big problem Patrick sees is that most kids aren't learning to cook for themselves. They mostly eat at fast casual restaurants, which seldom offer gluten free options. "They're forgetting what real food is. All that gluten is mixed in, so you can go out and eat, and then get really sick."

This is especially true once you've eliminated gluten from your diet for a while; people become highly sensitive to gluten when it's out of their diet. It's a serious situation when it's hidden in some foods. Patrick says he became extremely ill on his birthday, because he didn't realize gluten was in something he ordered. "It scared my wife and kids to see me so sick," he remembers. One of the most effective ways to avoid allergic reactions to gluten, like vomiting and diarrhea, is to learn to cook yourself. "I advise people to learn to cook to better understand their condition."

For Patrick's Pop Up Nights, he's busy cooking, but because it's an open kitchen, many people come up to ask him what is safe to eat. "People ask me questions all the time. I tell them bone broth is really good for us. I make it with turkey, beef shank and chicken, then I add porcini mushrooms for that umami. I let it cook about 48 hours. You can do so much with it, like stew, soups and tea. I make this French Onion soup with braized short ribs and Parmesan cheese. It has so much depth."

Patrick says there are many new products available for people with a gluten allergy. "It used to be you got a piece of meat or fish on a salad, but now that the condition is mainstream enough that people are more aware of it than ever before. There are 40 million people with gluten intolerance, and if you eat gluten, it hurts your other organs." One reason he thinks this sensitivity to gluten has become more common is the increasing amount of genetic modification in products we eat. People have a hard time digesting it, he believes.

Does life change a lot when you've cut gluten from your diet? The chef says he used to drink bold red wines, but now he has a taste for lighter vintages like Pinot Noir. As a trailblazer in the gluten-free arena, he's taken on this challenge and is helping others who struggle to make



**Maple-Miso Chilean Sea Bass**  
wasabi mashed potatoes, baby spinach, tamari-ginger sauce



**Butternut Squash Soup**  
Coconut milk, spicy crème fraîche, chives

changes in their diet. It's important to meet with a nutritionist to help you make good choices. Researchers at Mayo Clinic report that only 20% of those with Celiac Disease get a definitive diagnosis. But once they do, it's a lifelong commitment.

"The more you do it, the more you get used to it," Patrick explains. "I want to teach people who don't understand food as well as I do. They need help simplifying life. They can feel overwhelmed." Patrick invites me to his next Gluten Free Dinner event so I can try the foods. "You're going to love it," he assures me. ♦

### BAZIN'S ON CHURCH

(703) 255-7212  
111 Church St NW, Vienna, VA 22180  
[www.bazinsonchurch.com](http://www.bazinsonchurch.com)





Poké from Lei'd Hawaiian Poké

# POKÉ:

## A TASTE OF THE TROPICS IN A BOWL

I was standing behind a superhero. He was four feet tall and could barely see over the counter. “I like shrimp in my bowl,” he told the server at PokeHub. His mom suggested he try kale, but the superhero refused. “I’ll take seaweed,” he said. His mother looked pleased.

Maybe you love it. Maybe you haven’t tried it yet, but one thing to know about Poke (pronounced Poh-Keh) is this healthful bowl of ingredients is like a taste of the tropics in a bowl.

Poke’s origins are distinctly Hawaiian. The islanders have eaten some form of it for centuries. The pre-Colonial seafood dish literally means “to cut crosswise into pieces.” They prepared their fresh catch of the day—usually octopus or small reef fish—by slicing, salting and then serving it with seaweed. Other additions might be algae and candlenuts—both are indigenous to Hawaii. With the ocean’s bounty on their plate, Hawaiians ate some form of poke on a regular basis. Today, they often choose from 20 different versions of poke at grocery stores, surf shacks and gas stations. Seafood is typically sold by the pound, and rice costs extra. Then they put it in a cardboard box for you to take to the beach, work or home.

The classic poke proteins are octopus or raw ahi tuna, marinated for at least one hour in soy and sesame (although today in America, salmon is the most requested). The poke movement in mainland America began on the West Coast, especially coastal cities like San Diego and Los Angeles. Then, poke restaurants began turning up in urban areas around the country. At this



Wall treatment at Lei'd Hawaiian Poké



Poke Hub

writing, Northern Virginia has 11 restaurants dedicated to poke, but you will see poke dishes on restaurant menus as well.

Chloe Lee and her husband Brendan Lee own PokeHub in Reston Town Center. The Lee’s are from Orange County, California, where they had a popular poke restaurant before most East Coast residents had ever heard of poke. Chloe wanted to live near her mother in Fairfax County, and the Lee’s felt Northern Virginia had excellent schools and was an ideal place to raise their kids. They sold their restaurant in California and opened up PokeHub about 18 months ago.

PokeHub is not the typical fast-casual poke place. The Lee’s want people to come in several times a week, so they offer an extensive variety of possibilities for enjoying their poke. You can even have chicken and tofu. For your base, choose from white or brown rice, tortilla chips, salad mixes or a burrito version—your selections are wrapped in seaweed like a sushi roll. There’s even a kid’s bowl, for your superhero.

Chloe is a fresh food fanatic, so she prefers to serve her seafood raw, rather than marinated in advance. “I don’t like the seafood to get





Poké from PokeHub



mealy,” she says. The line staff takes the ingredients you choose for your poke bowl and mixes them together with the sauces of your choice before serving them. PokeHub has far more seafood choices than most poke restaurants. Select from ahi tuna, seared Albacore tuna, salmon, eel, scallops and shrimp. “We cut each fish as needed, so they stay fresh,” says Chloe. I watched them clean up at the end of lunch. Nothing sits, and the kitchen looked immaculate.

Chloe says that there are poke places all over California, but only the really good ones survive. She tried to sell the concept of poke to several developers when she first moved to the DC Area, but found them skeptical. “When we asked the people of Reston Town Center, they were familiar with the product, and agreed,” Chloe says. PokeHub was one of the first in Northern Virginia, and it fits in well with the modern lineup of dining options. The Lee’s are opening additional locations in Oakton and near the Capital One Center.

A wide variety of toppings awaits diners at PokeHub. I adored the pickled cucumbers and the Masago (fish eggs), sweet crab, wasabi and furikake—a combination of dried seaweed, sesame seeds and dried fish. Several of these ingredients cost extra, so don’t add them haphazardly. I tried the traditional sauce—Yuzu Ponzo and Sesame Shuyu, but spice-lovers might prefer the wasabi mayo or PokeHub’s custom-blended hot sauce. “We make all our sauces in house,” Chloe adds.

On another afternoon, I stopped at Lei’d Hawaiian Poke Shop next to Tysons Corner where I found a steady stream of customers. For the base of Lei’d’s poke, choose from white or brown sushi rice, soba noodles,



Chloe and Brendan Lee from PokeHub



Servers from Lei'd Hawaiian Poke

Matcha edamame rice and nachos. Then build your bowl with proteins, either salmon, tuna or shrimp in pre-marinated sauces like Gangnam style, Sea Salt Limu (lime), Red Volcano and some conventional sauces like Siracha or Yuzu.

Select a few toppings—I recommend the diced mango and Hot Cheeto Crunch. There are lots of combinations, but sometimes too many toppings can obscure the star of the dish—raw fish. But I’ll leave that to you to decide.

With its growing popularity, Hawaiians are enjoying the enthusiasm for their regional dish, but some experts worry about the sustainability of featuring fish at a fast-casual restaurant. And although it’s not customary to add pineapple and avocado, it makes your bowl look infinitely more Instagrammable. Hawaiians like to say the poke we eat in the U.S. is California Poke, not Hawaiian Poke. Either way, this healthy, flavorful meal in a bowl just might make you feel like a superhero. ❖

**LEI'D HAWAIIAN POKÉ**  
8032 Leesburg Pike suite D  
Vienna, VA 22182  
(703) 972-1070  
[leidpoke.com](http://leidpoke.com)

**POKÉHUB**  
11990 Market St  
Reston, VA 20190  
(703) 787-0035  
[www.mypokehub.com](http://www.mypokehub.com)



## ARLINGTON

### METRO 29 DINER

Arlington | American | \$

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

4711 Lee Highway | 703.528.2464 | [metro29diner.com](http://metro29diner.com)

## FALLS CHURCH

2941

Falls Church | American | \$\$\$

Named one of The 10 Most Beautiful Restaurants in Washington DC" by Only in Your State, 2941 has floor to ceiling windows providing incredible views of their gorgeous grounds and stunning lake at this French-meets-American destination with a contemporary setting,

2941 Fairview Park Dr | 703.270.1500

[www.2941.com](http://www.2941.com)

### ANTHONY'S RESTAURANT

Falls Church | Italian | \$\$

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

3000 Annandale Road | 703.532.0100

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

### BENTLEY'S

Falls Church | American | \$

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

6654 Arlington Boulevard | 703.532.4100

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

### CELEBRITY DELLY

Falls Church | American | \$

Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and homemade potato knish. Chuck Rossler knows his corned beef. Look for genuine New York-style deli sandwiches, half-

done pickles, Dr. Brown's sodas, and Fox's

U-Bet syrup. The Real McCoy.

7263-A Arlington Blvd. | 703.573.9002

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

### CLARE AND

### DON'S BEACH SHACK

Falls Church | American | \$

Located next to the State Theatre in the

heart of the City of Falls Church, Clare

and Don's brings the beach to landlocked

Northern Virginia. This hot spot offers

trivia on Wednesdays, live music on

weekends, and a menu with summer

favorites like gator tail and jambalaya.

130 North Washington St. | 703.532.9283

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

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**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

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## 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.

114 East Fairfax Street | 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 &amp; RESTAURANT

Fairfax | Irish | \$

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

3971 Chain Bridge Rd | 703.293.9600  
theauldshebeenva.com

## CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883  
www.chutzpahdeli.com

## DOLCE VELOCE

Fairfax | Italian | \$

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

10826 Fairfax Boulevard | 703.385.1226  
dolceveloce.com

## SISTERS THAI

Fairfax | Thai | \$\$

Sisters Thai offers the best authentic Thai food in the area—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

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Vienna, VA  
(703) 268-5481



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

### DANTE RISTORANTE

Great Falls | Italian | \$\$\$

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

1148 Walker Rd. | 703.759.3131  
[www.danterestaurant.com](http://www.danterestaurant.com)

### L'AUBERGE CHEZ FRANÇOIS

Great Falls | French | \$\$\$

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

332 Springvale Rd | 703.759.3800  
[www.laubergetchezfrancois.com](http://www.laubergetchezfrancois.com)

### THE OLD BROGUE

Great Falls | Irish | \$\$

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

760 Walker Rd | 703.759.3309  
[www.oldbrogue.com](http://www.oldbrogue.com)

## MCLEAN

### AMOO'S RESTAURANT

McLean | Persian | \$\$

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

6271 Old Dominion Dr | 703.448.8500  
[www.amoosrestaurant.com](http://www.amoosrestaurant.com)



# Maggio's

## FAMILY RESTAURANT

*"The Taste of Elegance"*

**Greek and Italian cuisine with American favorites.**

421 Maple Ave E | Vienna, VA 22180

**[www.maggiosvienna.com](http://www.maggiosvienna.com) | 703.938.7777**





**ASSAGGI OSTERIA****McLean | Italian | \$\$**

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

6641 Old Dominion Dr | 703.918.0080

[www.assaggiosteria.com](http://www.assaggiosteria.com)**BARREL AND BUSHEL****McLean | American | \$\$**

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

7901 Tysons One Pl | 703.848.6340

[www.barrelandbushel.com](http://www.barrelandbushel.com)**BOULEVARD CAFE & CATERING****McLean | American | \$**

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

8180 Greensboro Dr. | 703.883.0557

[www.boulevardcafecatering.com](http://www.boulevardcafecatering.com)**BUSARA THAI CUISINE****McLean | Thai | \$\$**

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

8142 Watson St. | 703.356.2288

[www.busara.com/ty-main](http://www.busara.com/ty-main)**Café DELUXE****McLean | American | \$\$**

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

1800 International Drive West | 703.761.0600

[www.cafedeluxe.com](http://www.cafedeluxe.com)**CAFÉ OGGI****McLean | Italian | \$\$**

For over 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](http://www.cafeoggi.com)**CAFÉ TATTI FRENCH BISTRO****McLean | French | \$\$**

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

6627 Old Dominion Dr. | 703.790.5164

[www.cafetatti.com](http://www.cafetatti.com)**CAPRI****McLean | Italian | \$\$**

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

6825-K Redmond Dr. | 703.288.4601

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

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

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



**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

**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

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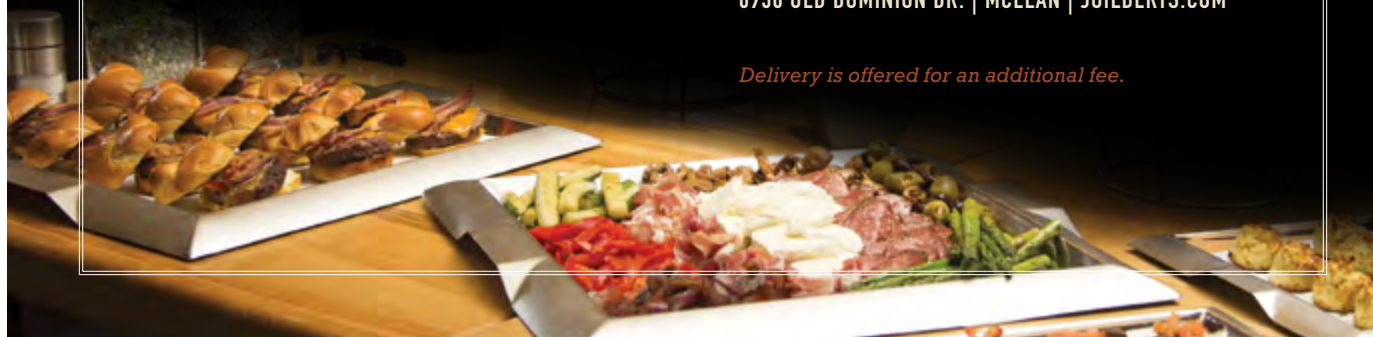
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*to me*

Let us cater your next party, meeting or holiday gathering...winter is a season of celebrations. Offered family style or boxed individually, we'll make hosting effortless with the impeccable care and inspired dishes you've come to expect from J. Gilbert's.

To schedule your next catering order or private event contact:  
Dorna M. Palani | 703.893.1034 | eventsmclean@jgilberts.com

6930 OLD DOMINION DR. | MCLEAN | JGILBERTS.COM

*Delivery is offered for an additional fee.*





## 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

mobyonline.com

## O'MALLEY'S PUB

McLean | Irish | \$\$

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

1960 Chain Bridge Rd. | 703.893.2100

www.omalleyspub.com/tysons

## PAUL BAKERY TYSONS GALLERIA

McLean | French | \$

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

2001 International Dr. 1856G | 571.447.5600

www.paul-usa.com

## PULCINELLA

McLean | Italian | \$

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

6852 Old Dominion Drive | 703.893.7777

www.pulcinellarestaurant.com

## ROCCO'S ITALIAN RESTAURANT

McLean | Italian | \$\$

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

1357 Chain Bridge Road, Suite A | 703.821.3736

www.roccositalian.com

## SEASONS 52

McLean | American | \$\$

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

and delectable mini desserts are a real treat for diners.

7863L Tysons Corner, McLean | 703.288.3852

www.seasons52.com

## SILVER DINER

McLean | American | \$

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

8101 Fletcher St. | 703.821.5666

www.silverdiner.com/restaurants/tysons

## STAR NUT GOURMET

McLean | American | \$

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

1445 Laughlin Ave | 703.749.9090

www.starnutgourmet.com

## THE CAPITAL GRILLE

McLean | American | \$\$\$

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

1861 International Dr. | 703.448.3900

www.thecapitalgrille.com

## THE PALM RESTAURANT

McLean | American | \$\$\$

The Palm is 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/Tysons-Corner

## PADDY BARRY'S

McLean | Irish | \$

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

8150 Leesburg Pike | 703.883.2000

www.paddybarrys.com

## 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

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this great place to meet with friends, family, or coworkers.

2750 Gallows Road | 703.207.0100

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

### CYCLONE ANAYA'S

**Merrifield | Mexican | \$\$**

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

2911 District Ave. Ste. 170 | 703.992.9227

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

### FOUR SISTERS RESTAURANT

**Merrifield | Vietnamese | \$\$**

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

8190 Strawberry Ln. | 703.539.8566

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

### MATCHBOX VINTAGE PIZZA BISTRO

**Merrifield | American | \$\$**

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh

ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft.

2911 District Ave. | 571.395.4869

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

### OPEN ROAD GRILL AND ICEHOUSE

**Merrifield | American | \$\$**

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

8100 Lee Highway #300 | 571.395.4400

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

### PASSION FIN ASIAN BISTRO & SUSHI BAR

**Merrifield | Asian | \$\$**

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

2750G Gallows Rd. | 703.204.2969

### RAOUCHE CAFE

**Merrifield | Middle Eastern | \$\$**

Don't be fooled by the store front, this is one of the best restaurants if you are a Middle

Eastern dining enthusiast. grape leaves, lebeh, falafel, just about everything is terrific. One our favorite spots—(a favorite for grape leaves!) Say "hi" to Hussein!

2839 Gallows Road | 703.205.9099

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

### 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](http://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](http://tedsbulletinmerrifield.com)

## Ristorante Bonaroti

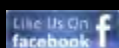
Est. 1982



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

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

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



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







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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

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

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*The Italian Restaurant in McLean*

"...many tempting creations to please the palate..."  
-Providence Journal, Rosslyn H. Marilly

*café oggi*

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

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

## VIENNA

## AMPHORA

Vienna | American | \$\$

For over 40 years Amphora Restaurant, a landmark in Vienna, has been serving an extensive menu featuring authentic European and American flavors and offerings along with award-winning desserts and pastries. Open 24-7, you can enjoy breakfast, lunch, and dinner any time of day as you comfortably meet with friends, family, or coworkers.

377 Maple Avenue West | 703.938.7877

[www.amphoragroup.com](http://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](http://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](http://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

## 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

## I-THAI

**Vienna | Thai | \$**

Taste authentic Thai cuisine and sushi, where quality is never compromised at i-Thai in Tysons West. I-Thai has a delicious selection of Thai dishes served in a buffet-style format. Their talented chefs' extensive knowledge and expertise are able to transform each dish into a delightful experience with the boldest and most genuine flavors possible using the perfect blend of herbs and spices.

8607 Westwood Center Dr. | 703.992.7921  
www.i-thairestaurant.com

## MAGGIO'S

**Vienna | Greek-Italian | \$**

Specializing in Greek and Italian cuisine with American favorites, Maggio's offers award winning Mediterranean selections such as Greek festive rotisserie chicken, classic gyros, souvlaki, moussaka, pita wraps, and falafel, as well as their popular marinated flame broiled lamb chops, and Italian specialties. Committed to healthy eating, they use only the freshest, high quality ingredients and cooking methods.

21 Maple Ave E | 703.938.7777  
www.maggiosvienna.com

## MAGNOLIA DESSERT BAR & COFFEE

**Vienna | 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

## 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

## PAZZO POMODORO

**Vienna | Italian | \$\$**

Now open in the Danor Plaza in Vienna. Pazzo Pomodoro Pizzeria Cantina offers a Neapolitan inspired menu of made-from-scratch dishes that represent a modern, but traditional cuisine. In the words of Executive Chef Raffaele Mastromarino, "Pazzo Pomodoro represents a different concept offering more authentic Italian meals."

118 Branch Road SE | 703.281.7777  
pazzopomodoro.com

## PEKING EXPRESS OF VIENNA

**Vienna | Chinese | \$**

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

103 Center Street N #107 | 703.281.2445  
www.peking-express.com

## PLAKA GRILL

**Vienna | Greek | \$**

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

110 Lawyers Rd NW | 703.319.3131  
www.plakagrill.com

## RISTORANTE BONAROTI

**Vienna | Italian | \$\$**

Warm and romantic, Bonaroti's is a favorite of Italian fine dining patrons. Enjoy an extensive wine list and culinary creations made of the freshest and finest ingredients from Italy. There is everything from calamari to antipasti dishes and entrées of seafood, veal, and lamb.

428 Maple Ave E. | 703.281.7550  
www.bonarotirestaurant.com



## SAKURA JAPANESE STEAK HOUSE

**Vienna | Japanese | \$\$**

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

8369 Leesburg Pike #10 | 703.356.6444  
www.sakurasteakhouse.com

## SHAMSHIRY

**Vienna | Persian | \$\$**

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

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

## SUNFLOWER VEGETARIAN RESTAURANT

**Vienna | Vegetarian | \$\$**

Sunflower Vegetarian Restaurant has two locations: Vienna and Falls Church. This award-winning restaurant offers vegetarian and

vegan entrees, sandwiches, soups and salads as well as Asian-style dishes.

2531 Chain Bridge Rd. | 703.319.3888  
www.crystalsunflower.com

## TYSONS BAGEL MARKET

**Vienna | American | \$**

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a 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 barbecue keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two.

8240 Leesburg Pike | 703.827.7300  
www.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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www.dadomenicova.com

**Valentine's Day**  
Thursday, February 14





## TYSON'S CORNER AT THE EPICENTER OF THE INTERNET

The origin of Tyson's Corner at the epicenter of the internet dates back to the Civil War when the Union took advantage of the heightened elevation (Tyson's is among the highest points in Fairfax) to construct a lookout tower. The army took timber from nearby farms for its construction. A century later, the US military would use the elevation advantage to build a radio tower in the same space for sending and transmitting messages during the Cold War. This satellite tower, decked in white and red, can still be seen today at the intersection of Chain Bridge Road and Leesburg Pike adjacent to the water tower.

However, the birth of the internet as we know it occurred in a far less conspicuous segment of the landscape: An office building at 8100 Boone Boulevard that is now obscured by a McDonald's. At one point 25 years ago, half the internet's traffic ran through there.

In the early '90s, the connection of computers to one another in an intranet configuration was relatively common but leveraging that technology towards a world-wide reach was a different matter. At the time, those pathways were strictly regulated by the government and only used by a select few: Mostly the academic world, selected scientific communities, and sectors of the government and military.

The problem was mainly that of infrastructure which was, again, controlled by the government (specifically the National Science Foundation). Steven Feldman, who had worked linking networks for a company called MFS Datanet, had to use existing phone lines. When he worked in Northern Virginia, Feldman and some colleagues from competing companies—including MFS's former landlord Sprint—decided to join forces to create their own infrastructure using the tower nearby.

Tech writer Andrew Blum wrote in his book "Tubes":

"Each of these networks operated independently, but they knew full well that they were useless without one another... The growth trend was clear: for the good of the internet—really if there was to be a functioning nonacademic internet at all—the networks had to act as one."

The business partners created Metropolitan Area East. The new platform got a boost from a 1991 Congressional initiative called the "High Performance Computing and Communication Act" which was created amidst an internet arms race with other electronics superpowers such as Japan. The bill acknowledged the need to transfer the development of the internet from government to industry and set forth steps to strengthen the existing infrastructure.

A year after being constructed in 1993, MFS got the funding and expanded with data nodes in suburban Philadelphia, San Francisco and Chicago. Despite covering a huge share of the world's circulated information, the operation managed until 1996 in just one floor of the 8100 Boone Boulevard. However, the increasing spatial demands of cramming so many fiber cables started to become too much. The operation moved next door into a control center carved out of a parking garage in 1919 Gallows Road.

MAE-East closed off to new customers in 1998 and the original mainframe was shut down in 2001. In 2009, many of the original service providers (including AT&T) migrated to a competing firm in Ashburn.

Some sources such as the Internet Exchange Map suggests MAE-East is, in fact, no longer an active part of the internet's existence. At the same time, MAE-East's growth must be partially credited with Tyson's Corner's status as one of the largest economic hubs in the country.

Meanwhile, the senator who proposed the 1991 Act that gave MAE-East its leg up in the market and its ability to put Tyson's on the map, was none other than Al Gore. While his role in the bill (dubbed "the Gore Bill") would lead to backlash of exaggeration in his presidential campaign nine years later, it's difficult to think of any lawmaker who did more to realize the internet's potential. Much of his time in the Senate would be spent pushing forth technocratic legislation and while he didn't coin the term superhighway, he would popularize it in the early 90s. ❖





# UPDATES ON THE DULLES CORRIDOR METRORAIL PROJECT



## ◀ Innovation Center

Looking north at the Innovation Center south pavilion, pedestrian bridge and the Station. At the bottom left is the beginning of the bus bays along Carta Way.

## ▼ Dulles Airport

The westerly end of the Dulles Airport Station platform. Parking Garage B is in the background.



## ▲ Herndon Station

Looking north at the Herndon Station. The south pavilion is on the left with the pedestrian bridge. The lower portion is the existing bus bay canopy at the Fairfax County parking garage.

## ▶ Herndon Station

Looking from the Herndon South Pavilion towards Reston. The crane in the foreground is working on the stair tower and elevator at the pedestrian bridge connection from the pavilion to the existing parking garage.



All photos were taken by Phil DeLeon.



# BRIDGE CLUB

## SAVING PARTNER

♠ Q J 10 5

♥ Q 9

♦ Q J 8

♣ A Q J 8

N	
W	E
	S

♠ 8

♥ K 5 2

♦ A K 10 4 2

♣ 10 7 6 2

West	North	East	South
	1 ♣	1 ♦	1 ♥
pass	1 ♠	pass	3 ♥
pass	4 ♥	all pass	

West leads the three of diamonds. Plan the defense. See page 113 for the answer.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 32.

## BIDDING QUIZ

### YOU HOLD:

♠ A Q 9 8 5 ♥ Q 6 ♦ A 9 7 ♣ 9 7 3

Your partner opens one heart, you respond one spade and he then bids 1NT. What do you say?

**ANSWER:** Partner has a balanced 12 to 15 points. Since your hand is worth 13 points and your distribution is also balanced, bid 3NT. It's true partner may have three cards in spades, giving you an eight-card 'fit.' Still, you've no reason to think four spades would be a superior spot.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 34.

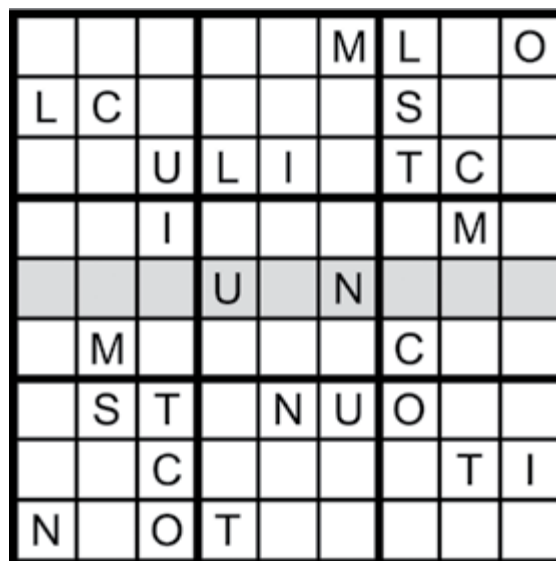
I'D LIKE TO LIVE AS  
A POOR MAN WITH  
LOTS OF MONEY.

—Pablo Picasso

## HOW TO SOLVE SODOKU PUZZLES

No math is required to solve a sudoku. You only need logic and patience.

Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



I WILL TELL YOU THE SECRET TO GETTING  
RICH ON WALL STREET. YOU TRY TO BE GREEDY  
WHEN OTHERS ARE FEARFUL. AND YOU TRY TO  
BE FEARFUL WHEN OTHERS ARE GREEDY.

—Warren Buffett

## "TO MY BIGGEST FAN"

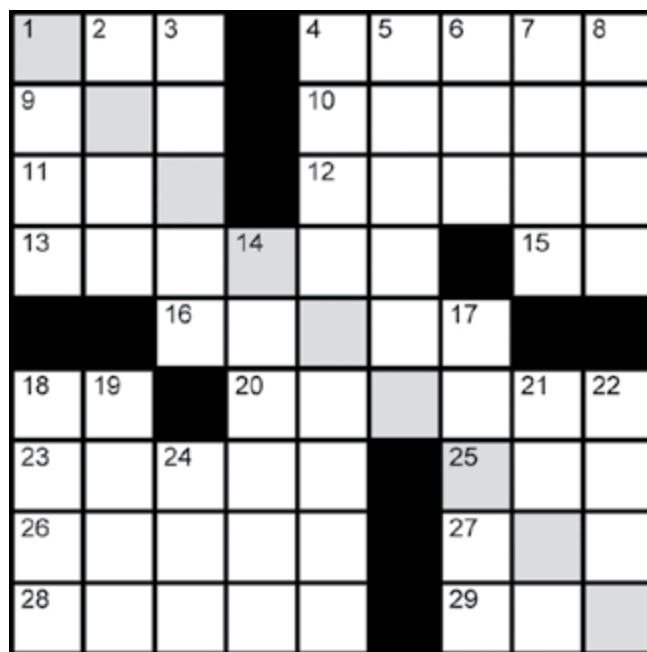
### CROSSWORD CLUES

#### ACROSS

1. Mamie's man
4. Gives the cold shoulder to
9. Lennon's lady
10. Blender button
11. Took place
12. Flair
13. At the summit
15. You and I
16. Nostrils
18. Bell or Barker
20. Sunni counterpart
23. Non-studio film, briefly
25. Plead
26. Flora's partner
27. Formal vote
28. Deluge
29. What Leary tripped on

#### DOWN

1. Hawkeye State
2. Sack starter
3. Red dye
4. Lead an attack



5. Cell centers
6. WWW address
7. Boy friend
8. Hardens
14. Vegas attraction
17. Delphic diviner

18. Tick off
19. Like a control freak
21. Golfer's bagful
22. "Good grief!"
24. Batman and Robin, e.g.



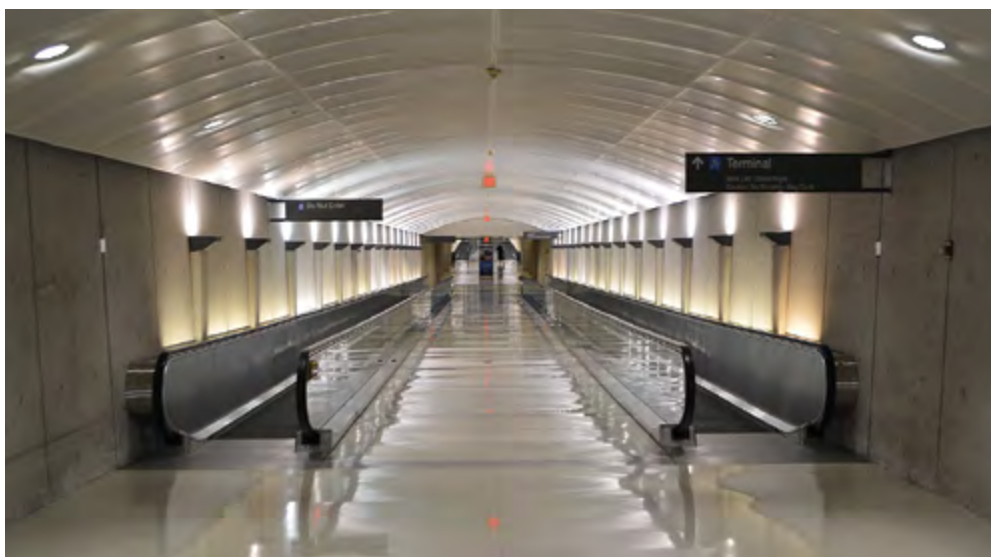


# UPDATES ON THE DULLES CORRIDOR METRORAIL PROJECT



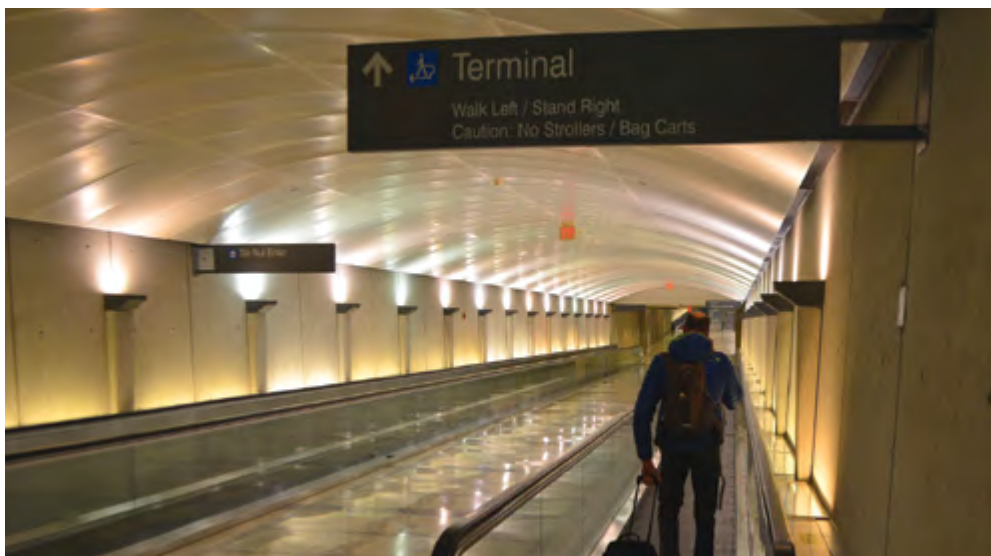
## ◀ Bio Retention Pond

Completion of the first storm water BMP facility, a bio retention pond adjacent to Traction Power Substation #14 which is located between the Dulles Toll Road and Sunrise Valley Drive just east of the Innovation Center Station.



## ◀ Dulles Airport

Pedestrian tunnel at Dulles Airport



## ◀ Dulles Airport

Pedestrian tunnel at Dulles Airport



## 113



## HOROSCOPES

# JANUARY



**CAPRICORN 12/22 - 1/19:** You might be looking for more out of a relationship. Stars say by the 20th, it will be time to ask for what you want. All answers will move you forward.



**AQUARIUS 1/20 - 2/18:** The full moon on the 21st heralds the beginning of a new building effort. Could be wood and wire or heart and home. Give it your all.



**PISCES 2/19 - 3/20:** You have a hunch that could serve you well if you bet cautiously. Now isn't the time to bet the farm.



**ARIES 3/21 - 4/19:** Not every comment is criticism but when you are frustrated, it might seem like it. Beware of impulsive words this month.



**TAURUS 4/20 - 5/20:** Some Taureans miss the comforts of home this month. It won't be forever. Stars advise gathering the herd. Change is coming.



**GEMINI 5/21 - 6/20:** Your wit and vision inspire new ideas. Tread carefully with the most cautious around you. It takes time for them to see.



**CANCER 6/21 - 7/22:** Travel is on your mind. Bargains await the Cancers who look at all options. A patriotic choice is attractive.



**LEO 7/23 - 8/22:** Get away from the crowd to follow an idea the rest might not understand. By the 19th, your natural magnetism draws some to your side.



**VIRGO 8/23 - 9/22:** For Virgo, the clear way is usually the best. Cut through the cacophony of voices, to find the right route. Stars guide you on the 20th.



**LIBRA 9/23 - 10/21:** When everyone knows what is best for you, consult your own intuition. Ask yourself if you have the courage to face the best and worst outcome.



**SCORPIO 10/22 - 11/21:** Spend some energy on yourself this month after a hectic giving season. Puzzles are on your mind.



**SAGITTARIUS 11/22 - 12/21:** Balance honesty and discretion this month in an expected encounter with a person important to you. Discern what is truth and what is your opinion.

# FEBRUARY



**AQUARIUS 1/20 - 2/18:** Of course, some Aquarians always get the flowers at the office. But, don't parade around with tokens of your good fortune in love. Stars say a friend is trying to be brave.



**PISCES 2/19 - 3/20:** Beware of making assumptions about an acquaintance or distant relative. They are more than they seem to be. Assuming otherwise could be embarrassing not to them, but to you.



**ARIES 3/21 - 4/19:** Carve out time to be with a friend or loved one, even if it is just listening to music. An older person needs you.



**TAURUS 4/20 - 5/20:** Changes are afoot that might be permanent. Do what you can to influence the outcome, but remember change is the nature of life.



**GEMINI 5/21 - 6/20:** Questions linger by the new moon on the 4th. A bit of silly gossip contains something false and something true. Remain above it.



**CANCER 6/21 - 7/22:** A child may be on your mind by the full moon on the 20th. Stay calm, close, and loving. Your time is most important.



**LEO 7/23 - 8/22:** Tackle it now. By the first quarter moon on the 12th, take steps to accomplish one goal of your heart. What you start this month has benefits by the end of the year.



**VIRGO 8/23 - 9/22:** You didn't see it coming, but here it is. Surprise events require your heart, head, and effort. Don't shy from the challenge.



**LIBRA 9/23 - 10/21:** You've waited a long time, but a long process is coming to an end. Take a deep breath. Whether the outcome is good or bad, it is what it is.



**SCORPIO 10/22 - 11/21:** Affairs of the heart, or lack thereof, are on your mind in the month of hearts. Take stock of what you have offered and what you can offer.



**SAGITTARIUS 11/22 - 12/21:** A invitation for a volunteer effort comes your way. You will get more than you give, if you can find the time.



**CAPRICORN 12/22 - 1/19:** Time to look into your crystal ball. Where do you want to be in 15 years and, with your current lifestyle, where will you probably be?





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