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# FEATURES



## WHICH PRIVATE SCHOOL CLICKS WITH YOUR CHILD?

by Linda Barrett and Rick Mundy

Throughout the area are several extraordinary private schools dedicated to superior learning across all grades. Whether your child thrives in an environment of rigorous instruction, more individual attention or specialized programs, there are private schools that offer opportunities that may not be readily available through public schools.

## INN-CREDIBLE VIRGINIA!

by Allison Chase Sutherland

Indeed it's time to slip away—to relax and rejuvenate. Skip the airline reservations, endless lines, and jet lag. Just hop in your car, toss an overnight bag in the back seat, and go—west! This time, venture past the charming and almost irresistible Middleburg and imagine yourself in another world just a few breezy hours away from Northern Virginia, but just a bit further out. Time passes at its own quiet pace out here, in the countryside—of Virginia.



## A CHANGE OF DIRECTION

by Analiese Kreutzer

Whether they are chasing a dream, re-entering the workforce after time off, rebounding from a job loss or seizing an opportunity, people all over our area have launched businesses that have taken their careers—and their lives—in new directions. Following are three such stories and the advice these entrepreneurs offer to others looking to make a change.



## PROST! OKTOBERFEST IS HERE!

by Dani J. Keating

Oktoberfest in Munich, Germany is the largest festival on the planet. In 2015, more than six million people from all over the world attended the 16-day annual celebration, consuming more than 7.7 million liters of the world's best beers. Food, festivities, and fun for everyone makes this one-time royal wedding celebration a bucket list to do. But, if hopping a plane to Germany isn't in this year's game plan, don't worry. There are plenty of activities throughout the region to quench your thirst.





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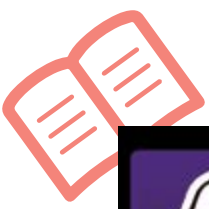
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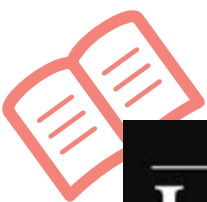
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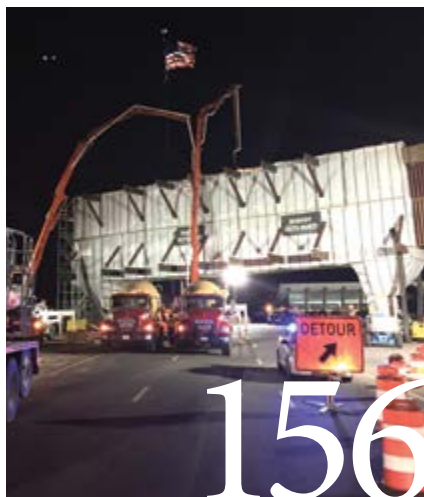


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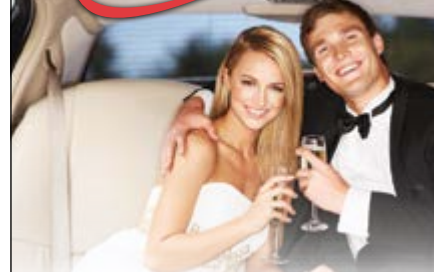



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**PRESIDENT & PUBLISHER**  
**ART DIRECTOR / PRODUCTION MANAGER**

Johnny Hanna  
Mary Jeanne Cincotta

**EDITOR**

Rick Mundy

**GRAPHIC / WEBSITE DESIGNER**

Julie Snee

**MARKETING MANAGER**

Lisa Shapiro

**GRAPHIC ARTIST**

Robin Long

**VIDEOGRAPHY**

Kari Cannistraro

**PHOTOGRAPHIC CONTRIBUTORS**

Sunghye Chon

**ADVERTISING / CLIENT ADVOCATES**

Juanita Baptiste  
Deborah McCallen  
Valerie Portney  
Sarah Fleishman  
Molly Stoopler

**DIRECTOR OF HUMAN RESOURCES**

Christy Jones

**TRAVEL & CULINARY WRITER**

Allison Chase Sutherland

**CONTRIBUTING AUTHORS**

Dr. Dima Ali  
Jackie Allder  
Linda Barrett  
John Byrd  
Dr. Sandy Christmus  
Jeffrey S. Detwiler  
Carole Herrick  
Dani J. Keating  
Analiese Kreutzer  
Keith Loria  
Marcia McAllister  
Rick Mundy  
Amy Schoen  
Molly Stoopler  
Linda Barrett  
Renée Sklarew  
Lauren Simmons

**WINE EDITOR**

**DINING EDITOR**

**FASHION EDITOR**

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

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

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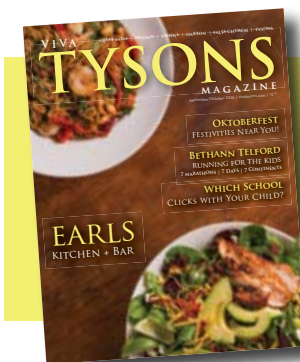
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**Saturday, Sept. 17, 2 p.m.**

### **Welcome The Change of Season Harvest Happenings**

**Saturday, Sept. 24,  
11 a.m.–2 p.m.**

### **Onstage @ The Alden Martha Graham Dance Company**

**Saturday, Sept. 24, 8 p.m.**

### **Onstage @ The Alden Tap Kids**

**Saturday, Oct. 1, 8 p.m.**

### **McLean Traveler Day Trip Harper's Ferry, West Virginia**

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## *It's Tysons* THE NEXT GREAT AMERICAN CITY

Fall has always been my favorite season. The air is fresh and brisk, the festivals, the fall colors, and the anticipation for the holiday season ahead. We just love it! And with so many inns so close by, why not take a drive to the countryside and experience the "Inn-Credible" destinations available to us so close by? Allison gives us some options to explore. It's always a joy to visit the Great Falls Studio Tour in Great Falls just down the street. And do visit Culpeper—"The Heart of the Virginia Piedmont"—Allison takes us into the adventure.

Second careers are nothing new to many of us—especially these days with so many "disruptions" in our respective fields. Analiese Kreutzer speaks to some who have made a change in direction—thanks Analiese.

When I was in college at The University of Maryland, Oktoberfest was a couple of Carling "Black Label" beers at the Varsity Grill. Things have improved. Today Oktoberfest in Munich Germany is the largest festival on the planet. Can't make it to Munich? Not to worry. Read about our area's Oktoberfest celebrations and the craft beer revolution today. Prost! Dani Keating brings us a guide to our area's activities. Thanks, Dani!

So it's back to school and we have some options for the best in private schools in our area. Linda Barrett and Rick Mundy bring us the extraordinary options for learning across all grades. Amazing educational opportunities.

It's getting colder, and I'm getting older—and our area's options for senior living have never looked so good. We have some suggestions.

Read about Golie Miamer. Keith Loria shares the story of her love of travel combined with a passion for art. And please read about our friend BethAnne Telford—a brain cancer survivor, runner and a fighter with a cause she takes to new levels. Extraordinary person—Rick was lucky enough to spend some time with her. Wow.

Renee Sklarew finds "playful food with a conscience" at Earls Kitchen and Bar on the plaza, Molly Stoopler visits Hail and Hog in the new One Loudoun, Keith Loria interviews the group "Widespread Panic," Linda introduces us to the fruit option for winemaking, Lisa Shapiro points us to some spots to celebrate Thanksgiving, Marcia McAllister keeps us on top of the Silver Line and so much more.

The work of our contributing writers and our design team lead by Mary Jeanne Cincotta never fails to amaze me. They do such an amazing job, I could never thank them enough.



*Mike Kosco*

Thanks Mike! My favorite bartender, Mike Kosco, servin' up the the suds and burgers and listening to the heartaches, is retiring after 23 years at Clyde's of Tysons Corner. His last day was officially August 21st ... I'll miss his sarcasm and jokes...Thanks for chats, Mike, and keep in touch.

Kids are back in school and ghosts and goblins are hard to see at night. Please drive carefully. So many of our area's non-profits need our help more than ever before, find one to help. We'll see you in November.

Cheers!





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full armor, marvel at jugglers and magicians, and listen to music and choral groups. Attendees enjoy a variety of fare from more than 40 food outlets and shop at 130 craft shops for stained glass, sculptures, jewelry, pottery, wood-butchery, leather-work, inlay, clothing, and glass-blown creations. Child-friendly activities include free pony rides, a maze, archery, a play area and dozens of games.

### SEPTEMBER 3 LAKE ANNE JAZZ & BLUES FESTIVAL

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### SEPTEMBER 3–4 VIRGINIA SCOTTISH GAMES & FESTIVAL

*Great Meadow, 5089 Old Tavern Rd, The Plains, VA, 9am–6pm \$5–30*

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# Michael T. Gocke, D.D.S.

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**SEPTEMBER 11**  
The Filene Center  
at Wolf Trap



“WEIRD AL”  
YANKOVIC

Courtesy of Wolf Trap

CONTINUED FROM PAGE 16

whole Commonwealth of Virginia. The cornerstone of the event is the Highland Athletic Competition. From the days of the medieval Scottish kings, Highland athletes have gathered to test their strength on the field of honor. The Games will host many of the top-ranked professional athletes in North America to include several who have competed at the recent World Championships. In addition to athletic competitions, the Virginia Scottish Games includes piping & drumming, highland dancing, and fiddling competitions along with sheep-herding demonstrations, an antique car show, a variety of vendors & crafters, clan and society exhibits, a living history encampment, children's activities, live

entertainment and plenty of Scottish food and drink.

## SEPTEMBER 9 ANTIGONE RISING

*Jammin Java, 8pm, \$17-20*

Founding sisters Cathy and Kristen Henderson have always had the same philosophy. Play better than the boys and make sure the fans feel like part of the family. That philosophy, plus writing undeniably catchy songs, has allowed this self-sustained group to maintain their independence and leave an indelible mark on an industry best known for leaving girl (bands) behind. Opening for such acts as The Rolling Stones, Aerosmith, Rob Thomas, Joan Jett & The Blackhearts, and more recently, The Bangles, The Indigo Girls, etc. they were

signed to Lava Records; a lead singer change came next and a rebuilding musically into a more country pop sensibility.

## SEPTEMBER 10 STEVE LAURI (OF THE HOLLIES)

*Jammin Java, 7pm, \$20*

Steve Lauri is a world renowned singer, guitarist, and songwriter. He is currently a frontline member of the sixties hit making group, The Hollies, whose hits include “Bus Stop,” “The Air That I Breathe,” “He Ain’t Heavy He’s My Brother,” “Carrie Ann,” and “Long Cool Woman in a Black Dress” just to name a few. They were inducted into the Rock and Roll Hall of Fame in 2010. Most recently The Hollies have been on a world tour, including England, Ireland, Scotland, Germany, Belgium, Norway, Sweden, Finland, Australia, New Zealand and South Africa.

## SEPTEMBER 10 THE MANTRAS

*Jammin Java, 10pm, \$15-25*

The Mantras are a family of rock; their closely-knit bonds can truly be felt by the crowd while the band performs. This is a critical feature of their community. One can easily tell that the musical pockets created by radical guitar riffs, gut checked bass lines, screeching synthesizers, a complete projection light show and two symbiotic drummers are no accident. The musical conversation on stage is simply beautiful to watch. The feeling is not exclusive just to the members on stage, however. The Mantras’ loyal fan base can testify to the reciprocation of love between performer and attendee and in a scene where it is sometimes difficult to stabilize a fan base and a consistent identity, The Mantras do just that. It has all of the ebbs and flows, peaks and valleys and patterns of constriction and release that can hook someone for life.

## SEPTEMBER 10 LEON BRIDGES LIANNE LA HAVAS

*The Filene Center at Wolf Trap, 8pm, \$30-55*

Lauded as “the second coming of Sam Cooke” (*Rolling Stone*), Leon Bridges transcends time with his cool, retro sound that has already earned him a Grammy nomination for *Coming Home* (2015) and a collaboration with Macklemore.

## SEPTEMBER 10 LEZ ZEPPELIN

*The State Theatre, 9pm, \$22-48*

Lez Zeppelin is a New York City-based all-female tribute band, performing the work of Led Zeppelin. It sounds like too much of a gimmick to be any good; four women get together and form a Led Zeppelin cover band. Maybe good for a laugh or two, but that’s about it. Except these girls rock. Shannon Conley can croon and caterwaul just as well as Robert Plant. Steph Paynes manages to match Jimmy Page’s guitar note for note, not only technically, but passionately as well.

## SEPTEMBER 11 TIFFANY “A MILLION MILES” STORYTELLER TOUR

*Jammin Java, 7:30pm, \$30-40*

Tiffany’s iconic number one hit single, “I Think We’re Alone Now” captured the heart of a nation and catapulted her to pop superstardom. The singer and songwriter’s new full-length album, *A Million Miles*, debuted on March 31, 2016. Tiffany has teamed with the cutting edge entertainment platform, Pledge Music, which allows her fans a unique and personal look into the creation of the album.

CONTINUED ON PAGE 21



# New Property Listings

**SOLD**



2771 Hill Road, Vienna, VA  
Sold at **\$1,359,000**

Stunning Quality Constructed Home sited on 1/2 acre wooded lot! Gourmet kitchen/Granite Counters/island, Main Level 2nd Master Suite or Library, 2 Story Family Room, Wood Flooring, 3 fin lvs walkout LL w/rec rm, media rm, au pair suite. 9'+ ceilings on cul-de-sac near vienna metro.

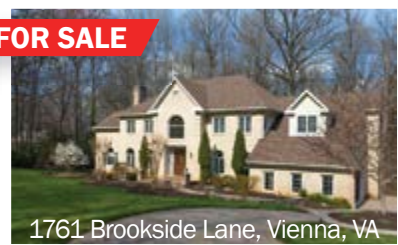
**FOR SALE**



9800 Fox Rest Ln, Vienna, Va  
Offered at **\$839,000**

Fabulous All Brick Home with three finished levels near Vienna Metro. 4/5 Bedrooms and 3.5 Baths. Hardwoods in Foyer, Living Room and Kitchen. Two Fireplaces. Gourmet Kitchen, Walk-in Bay Breakfast area, and Light Filled Family Room. Luxury Bath off Master with Jetted Tub. Finished LL with Rec Room, Den/BR with full Bath. 2-Car Garage with fenced Rear Yard.

**FOR SALE**



1761 Brookside Lane, Vienna, VA  
Offered at **\$1,299,000**

Priced \$25,000 below tax assessed Value! Elegant Colonial on 1.5 Acre lot with 3-car Side Load Gar. Many Upgrades. Custom Baths, Gourmet Kitchen w/Granite Counters, Stainless Steel Appliances. Two Story Great Rm w/Wet Bar & Palladian windows, Finished walkout LL w/ bedroom and bath/In-Law Suite Near Metro, Airport, Shopping & W&OD Trail.

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



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—Bill Madden, CEO & Executive Brewer



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

**Saturday, September 10**

### Beer 101: Brewery Tour & Tasting

Learn all about your favorite craft beers from production to taste characteristics at our Beer 101 class! Experience the Mad Fox brewery tour & tasting with our brewer(s) Bill Madden and Matt Ryan. The \$15 ticket price includes a brewery tour with Q & A, a beer sampler hand picked by the brewers themselves, discussion, and bar snack. 12pm & 2pm

**Saturday, September 24**

### Hoppy Oktoberfest

Join us as we turn the Market Square into an outdoor Biergarten! Enjoy a selection of the region's top IPA and Oktoberfest beers including the tapping of our Hitzig Frau Oktoberfest Lager, grilled fare, and live music at this family-friendly event!

12pm–6pm





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

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





## SEPTEMBER 11 "WEIRD AL" YANKOVIC

*The Mandatory World Tour*  
The Filene Center at Wolf Trap,  
8pm, \$40-65  
Wolf Trap proudly concludes  
our 2016 Season with the  
return of "Weird Al" Yankovic's  
Mandatory World Tour, after  
last season's spectacular sellout  
performance.  
When the hilariously  
irreverent "Weird Al" Yankovic  
takes over Wolf Trap all  
bets are off. Fasten your  
seatbelts and get ready for  
his Mandatory World Tour,  
a wild ride through 30 years  
of pop culture parodies and  
original satire by the four-  
time Grammy-winning artist  
who turns mockery into witty  
modern art.

## SEPTEMBER 17 COLONIAL MARKET & FAIR

3200 Mount Vernon Memorial  
Hwy, Mount Vernon, VA 22121,  
9am-5pm  
The annual Colonial Market  
& Fair at Mount Vernon  
features dozens of America's  
finest craftspeople and plenty  
of family fun!  
Colonial-attired artisans  
demonstrate 18th-century  
crafts and sell traditional  
wares such as baskets,  
woodcarvings, tin and  
ironwork, leather-workings,  
weavings, furniture, and much  
more. "General Washington"  
will be on hand overseeing  
the lively Revolutionary  
War military drills  
and 18th-century  
entertainment including  
music, a balloon launch,  
fire-eating, sword-swallowing,  
puppet and magic shows, plus  
hearty specialty food for sale  
on site.  
Costumed interpreters will  
be demonstrating the 18th-  
century chocolate-making  
process using an authentic  
colonial recipe!

## SEPTEMBER 15 BEAR'S DEN

*Jammin Java*, 7:30pm, \$15-25  
While the band's folk roots  
are still evident, they now  
come cloaked in the lush  
alchemy of '70's and '80's FM  
rock: Fleetwood Mac, The  
Eagles, and in particular, the  
nocturnal ambience of Bruce  
Springsteen's *Darkness On The  
Edge Of Town*, alongside more  
contemporary artists such  
as The National and Sufjan  
Stevens.

## SEPTEMBER 16 2016 WOLF TRAP BALL

**Celebrating 100 Years of the  
National Park Service**  
*The Filene Center at Wolf Trap*,  
Evening, Tables \$10,000-\$100,000  
Your support preserves our  
national treasure now and for  
future generations, and helps  
children and families benefit  
from Wolf Trap's renowned  
arts and education programs.

## SEPTEMBER 17 BEER, BOURBON AND BBQ FESTIVAL

*Village at Leesburg*, 1602 Village  
Market Blvd SE, Leesburg, VA  
20175, VIP Bacon & Whole Hog  
Session Noon-2pm, Regular  
Session 2pm-6pm, \$29-75  
Join us at the festival for a great  
day of beer sippin', bourbon  
tastin', music listenin', cigar  
smokin', and barbeque eatin'.  
Your admission buys you a  
sampling glass so you can enjoy  
an ALL-YOU-CARE -TO-  
TASTE sampling of beer and  
bourbon. Some of the best  
barbeque vendors are on-site  
if you get hungry all while  
enjoying seminars in the tasting  
theater and LIVE music all day.

## SEPTEMBER 17 FALL FESTIVAL AND TASTE OF FALLS CHURCH

*Cherry Hill Farmhouse & Park*,  
312 Park Ave, Falls Church, VA  
22046, FREE, 10am-3pm

Over 7,000 residents and  
visitors celebrate the arrival  
of fall in Falls Church at our  
Fall Festival and Taste of Falls  
Church. This annual event  
includes pony rides and a  
children's tent full of activities  
for young attendees. Local  
restaurants display samples of  
their cuisine that the crowd can  
purchase with "Taste" tickets.  
Over 90 crafters, businesses and  
civic groups set up booths with  
live music and amusement rides  
adding to the picture-perfect  
day in Cherry Hill Park.

## SEPTEMBER 17-18 COX FARMS FALL FESTIVAL PREVIEW

15621 Braddock Rd, Centreville,  
VA 20120, 10am-6pm, \$5-17  
All of those giant slides,  
swings, apples and cider,  
animals, pumpkins are waiting  
for you, and we know you  
have been waiting for them!  
Be here right when they open

CONTINUED ON PAGE 22



8 P.M.

SEPT  
17-18

## 5TH ANNUAL FREDERICKSBURG PET SHOW

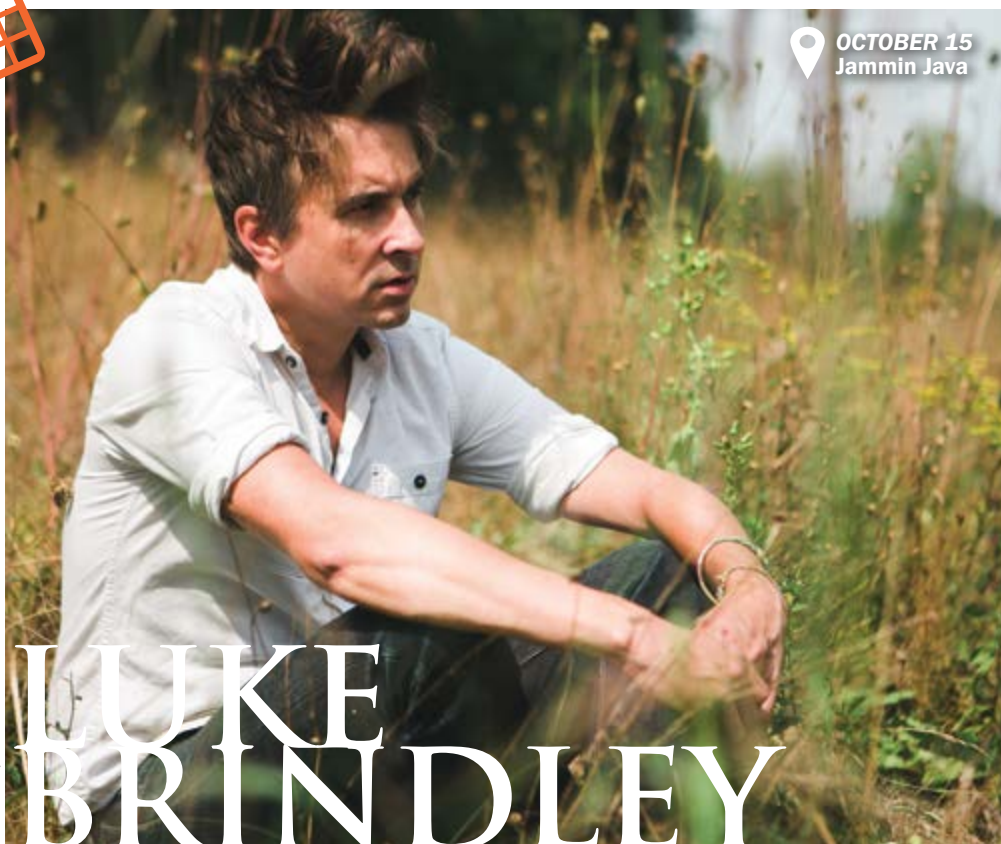
*Fredericksburg Expo & Conference Center*, 2371 Carl D. Silver Parkway, Fredericksburg, VA,  
Sat 10am-5pm, Sun 11am-4pm, \$7-9, children 12 & Under Free

This family fun event brings together pet owners, lovers and enthusiasts with vendors that  
represent all aspects of the pet world. Look for pet related products and services at the show,  
along with hobbyists, clubs, animal rescue organizations, veterinarians and everything in between.





Courtesy of Jammin' Java



OCTOBER 15  
Jammin Java

# LUKE BRINDLEY



\$29-59

SEPT  
17-18

## 41ST ANNUAL VIRGINIA WINE FESTIVAL

Bull Run Regional Park, Special Events Center 7700 Bull Run Drive, Centreville, VA 20121, \$29-59

The Virginia Wine Festival is coming back .. much closer to DC with shuttles from Metro, plenty of free parking, and more! Listen to music, bask in the sun, shop from a wide array of Virginia craft and specialty foods vendors, and enjoy the grand commonwealth tradition that is the Virginia Wine Festival.

### CONTINUED FROM PAGE 21

and be on the first hayride of 2016! Also be on the lookout for Cox Farms Fields of Fear where tickets can be purchased for the Dark Side Hayride, entry to the Cornightmare or The Forest: Back 40 late October. House are 7:30pm-11pm, tickets cost \$13-25.

### SEPTEMBER 19 MAKE AMERICA ROCK AGAIN

*The State Theatre, 6:30pm, \$37*  
Featuring Trapt, Saliva, Saving Abel, Alien Ant Farm, Crazy Town, 12 Stones & Tantric

### SEPTEMBER 21 PORTLAND CELLO PROJECT

*Jammin Java, 7:30pm, \$20*  
Since the group's inception in late 2007, the Portland Cello Project (or, PCP, as their fans affectionately call them), has wowed audiences all over the country with extravagant performances, everywhere from *Prairie Home Companion*, to parties

on loading docks in NYC, to symphony halls from coast to coast, to punk rock clubs. The group has built a reputation mixing genres and blurring musical lines and perceptions wherever they go. No two shows are alike, with a repertoire now numbering over 1,000 pieces of music both expected and unexpected to come from a cello. The Cello Project's stage setup ranges from the very simple (4-6 cellos), to the all out epic (which has included 12 cellos playing with full choirs, winds, horns, and numerous percussion players).

### SEPTEMBER 24 NOT EVEN "REUNION SHOW"

*Jammin Java, 6:30pm, \$15-20*  
Not Even, described by the Washington Post in 1988 as "one of the bounciest pessimist-pop bands this side of the Georgia-North Carolina new wave South," was formed in 1985 by guitarists Ted Ayers and Dave Murphy; bassist Phil Rosenthal; drummer John Greenberg; and singer Jeff Chamberlain. Murphy left the band in 1989 to pursue other opportunities and was replaced by the talented Paul Flynn. Their debut performance was in October of '85 in the Mary Graydon Center at American University; their farewell show was played to a packed house at the legendary Bayou in Georgetown. The intervening years saw them as stalwarts in the DC/Baltimore music scene, rocking such venues as The Grog & Tankard, Ted Lui's, Club 715, Max's on Broadway, the old 9:30 Club and many, many others.

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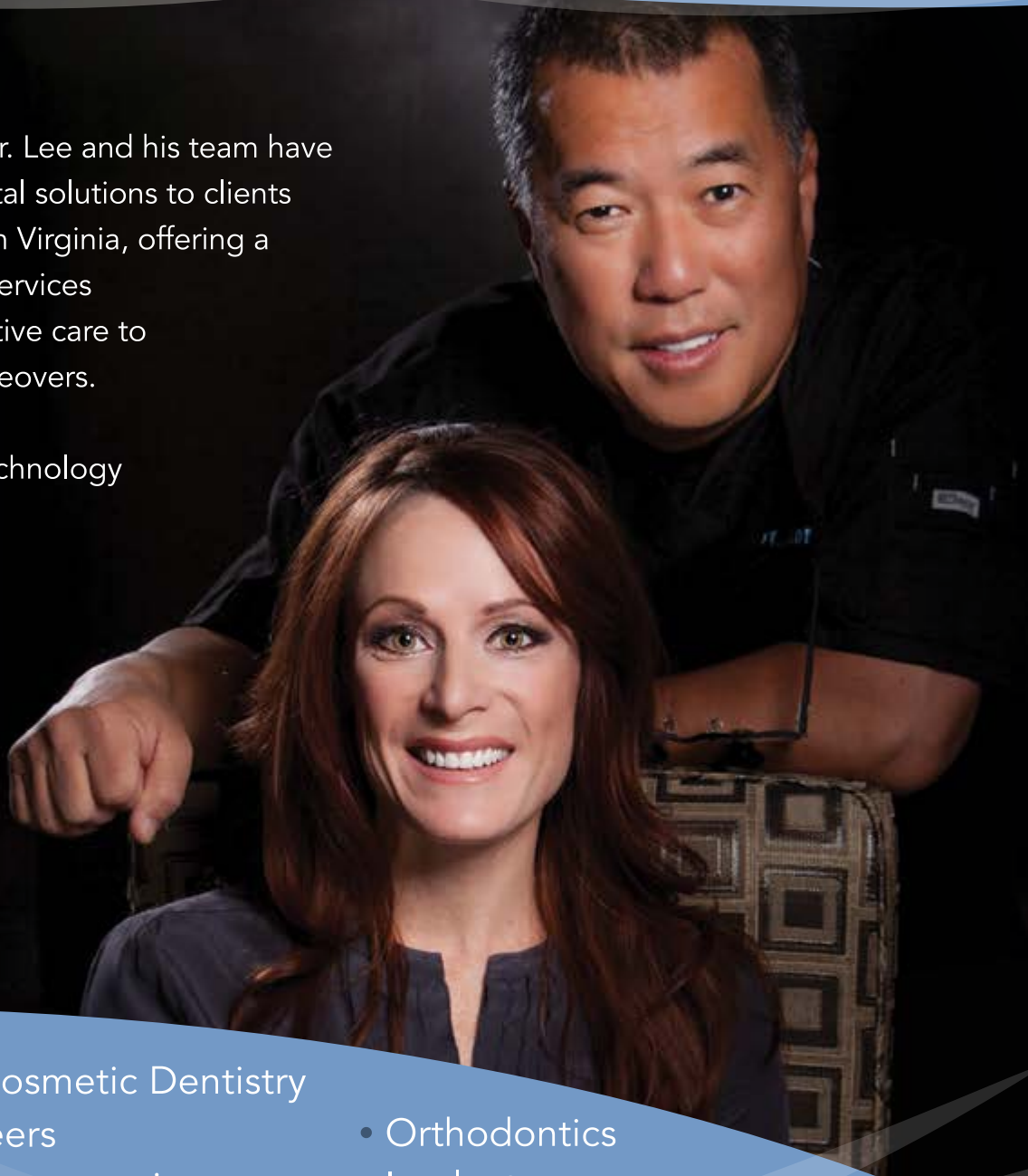


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- Full Mouth Reconstruction
- TMD & Headache Treatments
- Teeth Whitening
- Orthodontics
- Implants
- Sedation Dentistry
- Sleep Apnea Appliances



CONTINUED FROM PAGE 22

## SEPTEMBER 24-25 OCCOQUAN ARTS & CRAFTS SHOW

Downtown Historic Occoquan, 314 Mill St, Occoquan, VA 22125, Sat 10am-6pm, Sun 10am-5pm, Rain or Shine, FREE, Shuttle cost: \$5

This event showcases products like art, dance supplies, ladies apparel, dog products, antiques, beauty services, gifts, food, ladies accessories, wine, and scuba gear, etc. in the gifts & handicrafts industry.

## SEPTEMBER 27 TONY LUCCA

Jammin Java, 6pm, \$30

It is nearly impossible to find a current singer/songwriter between the ages of 20 and 40 who doesn't have a seemingly identical list of influences

as their peers. Whether it's the soul-bearing lyrics of Stevie Wonder, or the gritty folk music of Bob Dylan, the unbridled creativity of Dave Matthews, or the overwhelming truth of Ray LaMontagne, somehow these artists all seem to inform the landscape of this modern singer/songwriter.

## SEPTEMBER 29 CONSTANTINE MAROULIS (FULL BAND!)

Jammin Java, 7:30pm, \$22-30  
New Jersey's own Constantine Maroulis is an accomplished actor, producer, singer and songwriter best known for his Tony-nominated performance in Rock of Ages and his epic run as a finalist during the heyday of *American Idol*. Currently Constantine is developing a number of

creative projects in TV and film, notably having taken on the role of producer for the acclaimed show *Spring Awakening*, as well as recently releasing the singles "Here I Come" and "She's Just Rock N Roll" from his upcoming album. Constantine is slated to co-star in a new play entitled *Friend Art* at the prestigious Second Stage in New York City this Spring.

## OCTOBER 1 SAVED BY THE 90'S—A PARTY WITH THE BAYSIDE TIGERS

The State Theatre, 9pm, \$15-18  
2016 is sooo overrated, but you know what's ALL THAT? The SAVED BY THE 90's PARTY! BOO YA! Hailing from NYC and now active all over the U.S., this party has tons of live 90's music from a totally fresh band (they're da bomb). Get ready for everything from Third Eye Blind to the Spice Girls, from The Backstreet Boys to The Beastie Boys. And after that, we're not leaving you hangin'! As if! Get Jiggy with the DJ spinning dope tunes all night! It's gonna be the raddest thing since your mom!

## OCTOBER 5 TYRONE WELLS "COVER TO COVER" WITH SPECIAL GUEST ANDY SUZUKI

Jammin Java, 7:30pm, \$22-30  
On the Cover To Cover tour, Tyrone will be sharing songs from all of his records, from past to present, as well as debuting his own unique versions of some well known songs. This fall, for this first time in his career, Tyrone Wells will be releasing a covers album with re-imagined and acoustic leaning versions of some of your favorite songs. The covers album will span from old classics to current hits, from pop to rock, with the common thread being the emotional and organic delivery of Tyrone's voice.

## OCTOBER 8 FAIRFAX FALL FESTIVAL

Historic Fairfax City, 10209 Main Street, Fairfax, VA 22030, 10am-5pm, Admission Free, Rain Date October 9

The City of Fairfax would like to invite you to join in celebrating the 40th annual Fall Festival. What started out as a small market for artisans to display their wares has grown to a festival with over 400 arts, crafts, information, food & gourmet food vendors, children's activities and three stages of music and entertainment for all ages. Pets are kindly discouraged at the festival.

## OCTOBER 9 WAYNE KRANTZ AND 2X (SALVATION)

Jammin Java, 7pm, \$25-35  
A world-renowned improviser, Krantz's singular approach to his instrument combines rhythm-centric phrasing with a dynamic attack in a style that is distinctly his own. His cutting-edge status has been further established through his use of unique harmonic vocabularies (which Krantz details in his highly-regarded 2004 instructional book *An Improviser's OS*), and a strong focus on bold group improvisation. All of these elements combined equal a genre-defying artist who is firmly positioned at the vanguard of his craft.

## OCTOBER 15 JAMMIN JAVA'S 15TH ANNIVERSARY PARTY W/ LUKE BRINDLEY & FRIENDS

Jammin Java 6pm \$15  
Luke's been obsessed with writing songs and the guitar for as long as he can remember. He married young, is an adoptive parent, and the son of a preacher man. Putting out a few records as Luke Brindley,



10 AM

OCT  
8

## FARM DAY 2016

Cherry Hill Farmhouse & Park, 312 Park Ave, Falls Church, VA 22046, 10am-3pm, FREE

Enjoy a day of old fashioned fun and activities for the whole family including: horse drawn hayrides, petting farm, pony rides, pumpkin painting, scarecrow making (bring your own long pants and a sleeved shirt), live music, tours of the farmhouse and barn, blacksmith demonstrations, beekeeping and food.



Brindley Brothers, and Native Run, he has never quite fit into "the business." Along with his brothers, Luke runs Jammin Java in Vienna, VA—one of the Top 100 Clubs In The World. (Pollstar)

## OCTOBER 15 EPICURIENCE VIRGINIA

**A Wine & Food Festival 200 Years in the Making**

*The Barn at One Loudoun, 20405 Savin Hill Dr, Ashburn, VA 20147*  
At Epicurience Virginia meet top tastemakers and master winemakers and sample cuisine prepared by celebrated chefs from around the country. For more information visit: [www.epicvirginia.com](http://www.epicvirginia.com).

## OCTOBER 15 ROGER CLYNE AND THE PEACEMAKERS

*The State Theatre, 9pm, \$13-16*  
After landing in the top ten of *Billboard's* Internet Sales Chart for six consecutive albums—all on independent labels and twice at number one—RCPM is poised to lead the charge for a Spanish-infused, roots rock revolution. The band's annual music festival in Rocky Point, Mexico, known as Circus Mexicus, is a testament to their growing fan base. What began as a rooftop show thrown together with extension cords and wooden pallets has blossomed into a pilgrimage that draws thousands of "Peacemakers" to the beach town every June. "There's something about our music that celebrates what's uniting versus what's dividing," says Clyne.

## OCTOBER 15-16 NORTHERN VIRGINIA FALL BREWFEET

*Bull Run Regional Park, 7700 Bull Run Drive, Centerville, VA 20121, Sat Noon-7pm, Sun 11am-7pm, \$10-75*  
Included in the price of adult admission purchased through the BrewFest website or at

the gate you will receive a sampling glass (4.75 oz) and 6 beer sampling tickets. You can use those tickets to purchase beers at the price of 1 ticket per sample and additional tickets can be purchased for \$2 a piece. Sample different beers and enjoy all of the tasty libations, but be careful because some of these are much stronger than what you're used to drinking! Purchase tickets online at: [www.novabrewfest.com](http://www.novabrewfest.com).

## OCTOBER 15-16 & OCTOBER 22-23 2016 TYSONS HARVEST FESTIVAL

*Lerner Town Square at Tysons II 8025 Galleria Dr, McLean, VA 22102, Noon - 5pm Daily*  
Bring the kids for the 3rd Annual Tysons Fall Harvest Festival. Enjoy The Fall Harvest as you stroll through the arts and crafts booths and taste some of the fun flavors of fall. It is all here for the reaping... bring your family and friends and carve out some special memories. This festival is held over two weekends (Oct 15-16 and 22-23).

## OCTOBER 16 SUPREME CHORD + PITCHES BE CRAZY

*Jammin Java, 2pm, \$10-15*  
Supreme Chord is one of the most talented, dynamic, fun-filled a cappella groups in the Washington, DC area. Founded in 2008, Supreme Chord is a group of young professionals who live and work in Maryland, DC, and Virginia, who love to make beautiful a cappella music -- but just as importantly, enjoy spending time with each other doing it. Supreme Chord prides themselves on the quality -- and range -- of their repertoire, with music covers from Darius Rucker to Lorde, from the Indigo Girls to Metallica.

**OCTOBER 21  
TOBY LIGHTMAN**  
*Jammin Java, 7:30pm, \$18-22*  
In a world of auto-tune, Toby Lightman's pure and soulful voice cuts through the noise. She "...oozes spirituality, if not outright womanly sensuality..." (*Billboard*) From her major label debut in 2004 to her current album *Every Kind of People*, Toby has mastered her own sophisticated urban pop. With each song, recording or collaboration, Toby continues to hone, craft and perfect her unique sound.

**OCTOBER 23  
CAPITOL STEPS**  
**A Benefit Performance for the Shepherd's Center of Oakton-Vienna**  
*Oakton High School, 2900 Sutton Rd, Vienna, VA 22181, 3pm, \$30-35*

A delightful afternoon of political humor and laugh-out-loud fun! The event will feature the ever hilarious and always topical humor of the Capitol Steps. For Tickets visit [www.scov.org/fundraiser](http://www.scov.org/fundraiser) or call SCOV 703-281-5038. Founded in 1997, the Shepherd's Center of Oakton-Vienna (SCOV) is a volunteer-based nonprofit organization dedicated to providing opportunities for adults (50+) to seek rewarding lives and to live independently in their homes for as long as possible. The unique approach employed by the agency also allows for mature adults to volunteer their time providing vital services to the more vulnerable seniors needing assistance.

**OCTOBER 26  
70TH ANNUAL  
HALLOWEEN  
PARADE**  
**Platinum Edition**  
**'Jive Back to the 1940s'**  
*Maple Avenue in Vienna, 7pm*  
Kids are invited to walk in the parade in their Halloween costumes. No registration is required; meet at 6:30 p.m. in the parking lot at United Bank,

374 Maple Avenue E. Children must be accompanied by an adult. Each year, the town recognizes parade winners at a town council meeting in November. This year's meeting will be November 7. Judged categories include youth band, float with music, youth performer, antique/classic vehicle, adult band, float without music, and adult performer. The public is invited to attend and find out who won in each category!

## OCTOBER 29 GHOSTS, GOBLINS AND GHOULS 5K

*The Barn at One Loudoun, 20450 Savin Hill Dr, Ashburn, VA, Scarecrow Sprint 3pm, 5K Start 4pm, \$20-40*  
This event will center on the "spooktacular" theme of Halloween and incorporate a costume contest, Halloween themed entertainment, trick-or-treating, Halloween activities, and more! Runners are encouraged to run in costume and enter the costume contest after the race! All runners registered by October 23 are guaranteed to receive a technical long sleeve race t-shirt and a Halloween trick-or-treat bag full of goodies.

**OCTOBER 29  
HALLOWEEN  
CARNIVAL**  
*Falls Church Community Center, 223 Little Falls St. Entrance fee is \$2 per child ages 2 and up, and free for adults and children under 2 years old. 6-8:30pm*

Held yearly, the Falls Church Community Center is transformed into a Halloween Carnival to entertain guests of all ages. Attendees can play carnival games that fill the gym, win candy and prizes, jump in the moon bounce, brave the Haunted House, or marvel at the Creepy Creature show.



## LOCATIONS

### FALLS CHURCH

#### ARGIA'S

124 North Washington Street  
703.534.1033  
www.argias.com

#### DOGWOOD TAVERN

132 W Broad St  
703.237.8333  
www.dogwoodtavern.com

#### IRELAND'S FOUR PROVINCES

105 W Broad St  
703.534.8999  
www.4psva.com

#### PIZZERIA ORSO

400 S Maple Ave  
703.226.3460  
www.pizzeriaorso.com

#### RED, WHITE, AND BLEU

127 S. Washington St  
703.533.9463  
www.redwhiteandbleu.com

#### WYLIE WAGG

7505 Leesburg Pike  
Suite 120A  
703.748.0022  
www.wyliewagg.com

### VIENNA

#### AMPHORA

377 Maple Avenue West  
703.938.7877  
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8332 Leesburg Pike  
703.734.1901  
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703.281.0070  
www.maplewoodgrill.com

#### RISTORANTE BONAROTI

428 Maple Ave E  
703.281.7550  
www.bonarotirestaurant.com

CONTINUED ON  
PAGE 28



MONDAY  
Wine Special

# J. GILBERT'S

## DAILY

### FULL-SERVICE TEA

Sweet City Desserts  
12pm - 5pm

Three tiers of amazing sweets, scones, and savory sandwiches, served with your favorite pot of tea, right in the heart of Vienna! Call to reserve at least 48 hours in advance. Available daily. \$19.99/adult, \$14.99/child.

### \$5 BOTTOMLESS GUACAMOLE

La Sandia | 4pm-7pm | \$5

Experience bottomless guacamole with you and your closest friends for \$5.

## MONDAYS

### 50% OFF WINES AT WILDFIRE

#### Wildfire

Choose your favorite bottle of wine from a select list developed by Wildfire's very own wine and spirits director, Brad Wermager.

### 50-CENT WINGS

#### Dogwood Tavern

Dine in on Monday night at Dogwood Tavern in Falls Church for 50-cent wings, 5pm-close.

### MONDAY WINE SPECIAL

#### J. Gilbert's

Enjoy 1/2 off bottles of wine marked \$100 or less every Monday.

### PRIX-FIXE NIGHT AT ASSAGGI OSTERIA

Assaggi Osteria | 4-6pm | \$34

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. Choose your favorite appetizer, main course, and dessert from their regular menu

## TUESDAYS

### DESSERT TEA SPECIAL

#### Sweet City Desserts

Buy one Dessert Tea at \$9.99, get the second one at 50% off! Dessert Tea consists of two desserts—S'mores Cake, Chocolate Pyramid, Eclair or Cupcake (any flavor)—and a pot of tea. Perfect for you and a friend! Available while supplies last.

### A DANCE FOR EVERYONE

Colvin Run Community Hall | \$12

Ed Cottrell, Gail Crum and the NVA Dance Crew teach a

one-hour class on a different dance each week. The class will start promptly at 7pm and will be followed by "Dance for Everyone" with a variety of DJ'd contemporary and classic dance music including rumba, West coast swing, East coast swing, hustle, shag, Latin, country-western two-step, foxtrot, tango, waltz, and more.

### ½ PRICE WINE AT BRX

#### Brx American Bistro

All wines below \$65 are half price with an entrée.

### \$2 TACO TUESDAYS

La Sandia | 4pm-9pm | \$2

Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken tinga, and carnitas with \$2 Dos Equis to wash it all down.

### KIDS' TUESDAY

#### Pizzeria Orso

Kids 10 and under get one free item from the children's menu for each traditional or house specialty pizza. Not valid with any other special offer or advertised coupon. Not valid for cash. Dine-in only.

CONTINUED ON PAGE 28





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## VIENNA

### SWEET CITY DESSERTS

131 Maple Ave W  
703.938.8188  
www.sweetcitydesserts.co

## MCLEAN

### ASSAGGI OSTERIA

6641 Old Dominion Dr  
703.918.0080  
www.asaggiosteria.org

### BRIO TUSCAN GRILLE

7854L Tysons Corner Center  
703.288.8882  
www.brioitalian.com

### CAFE DELUXE

1800 International Dr  
703.761.0600  
www.cafedeluxe.com

### ENTYSE BAR & LOUNGE

1700 Tysons Blvd  
703.506.4300  
www.ritzcarlton.com

### EVO BISTRO

1313 Old Chain Bridge Rd  
703.288.4422  
www.evobistro.com

### IRIS LOUNGE

1524 Spring Hill Rd  
703.760.9000  
www.irisloungeva.com

### J. GILBERTS

6930 Old Dominion Dr  
703.893.1034  
www.jgilberts.com

### LA SANDIA

7852 Tysons Corner Center  
703.893.2222  
www.richardsandoval.com/lasand-  
iavirginia

### PALM RESTAURANT

1750 Tysons Blvd  
703.917.0200  
www.thepalm.com

### THE VINEYARD

1445 Laughlin Ave  
703.288.2970  
www.thevineyardva.com

### TYSONS PLAZA

1961 Chain Bridge Rd  
703.847.7300  
www.shoptysons.com

CONTINUED ON  
PAGE 30



TUESDAYS  
Osso Buco Night

# ASSAGGI OSTERIA

## TUESDAYS

### SALSA NIGHT

Iris Lounge | 6:30pm

Salsa Night – Maria Fernanda Krupholter teaches the hottest Salsa dance moves! Classes go from 8:30-9pm, then hot salsa dancing until 2am.

### OSSO BUCO NIGHT

Assaggi Osteria | \$19.50

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience.

### TRIVIA WITH ERIK LARSON

Clyde's of Tysons | 7-9pm

Come out to Clyde's of Tysons to enjoy trivia with Erik Larson on the side bar from 7-9pm and enjoy live music from 9pm to close.

## WEDNESDAYS

### 1/2 PRICE WINE NIGHT

Amphora

Join Amphora each Wednesday for half-priced bottles of wine.

## FAMILY PASTA NIGHT

Brx American Bistro

Come out to Brx and experience their famous filet meatballs, seafood pasta, and more!

### CUPCAKE SPECIAL

Sweet City Desserts

Buy two cupcakes, get the third one free! Our luscious cupcake flavors include: Almond, Chocolate Peanut Butter, Red Velvet, German Chocolate, Mocha, and Ube (purple yam). Available while supplies last.

### RISOTTO DINNER

Cafe Oggi

Risotto with fresh Strawberries and a fresh garden salad  
Special Price \$19.95

### PUB QUIZ

Ireland's Four Provinces | 8pm

Test your trivia knowledge at one of the hottest spots in Falls Church. Make sure you bring a group of friends for the maximum trivia experience.

### JAZZ NIGHT

Iris Lounge | 6:30-9:30pm

Join Iris Lounge and 100 of

your closest friends for Live Jazz Night with Jaared Arosemena.

### MUSSEL MADNESS

Argia's

Try our award-winning Solo Mussels Argia or Marinara.

These delectable entrees are just \$9.95 on Wednesdays.

## WINE'D DOWN WEDNESDAYS

Entyse, Wine Bar & Lounge | 5:30pm

Sample Sommelier Vincent Feraud's hand-selected wines by the glass or step up to the Fresh Market Seafood Station where you can create your own tasting of Jumbo Shrimp, Crab Claws, and Fresh Louisiana Oysters prepared right in front of you by our chefs.

### MARTINI WEDNESDAYS

Brio Tuscan Grille

Join Brio Wednesdays for \$5 Martinis.

CONTINUED ON PAGE 30



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1114 Raymond Ave, McLean **\$2,550,000**

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Burke Single Family **\$449,900**

Architectural roof, professionally painted interior, carpet, kitchen granite, ss appliances, vanities & lighting ALL 7/2016. Separate dining room with walk-in bay plus a cozy family room that opens to kitchen. The lower level rec room offers another FPL, half bath, storage & a walkout to the fenced yard. A great starter home or investment property & only 2 blocks to VRE!!



**Kirti Patel**  
703.424.0323  
k.patel@weichert.com  
homesbykirti.com

1919 Kenwood Ave # 304, **\$380,000**

This condo lives like a single family home! Spacious rooms with an easy flow-great for entertaining! Lots of sun throughout the day with floor to ceiling windows! 2 Master Suites, Private Patio, Lots of updates!! Assigned parking and ample of visitor parking!!! Easy commute to DC and Pentagon, Close to Shirlington and Old Towne! Call me for more information!!

**NEW PRICE**

**Bo-Yeon Templer**  
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2701 Bellforest Ct #403, Vienna

**Spacious 2-level light-filled PENTHOUSE w/ 3BR & 3BA!!**

Gourmet kitchen w/ SST appliances. New windows & fireplace, Central A/C, large balcony. 2 Car garage parking & 3 Passes. Located across from Dunn Loring Metro Station.

**SOLD**

**Barbara Farmer**  
571-213-7500  
barbcleo@aol.com

FAIRFAX - Stonehurst Community **\$519,500**

Lovingly updated 3 bedroom, 2 full and 2 half bath townhouse in tranquil tree-lined community. Gourmet eat-in kitchen. Oak hardwoods. Cozy recreation room with wood burning fireplace. Enjoy the landscaped patio. Close to Vienna Metro.



**Dena Conrad**  
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denahconrad@gmail.com

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**SOLD**

**George Lea**  
703.629.3166  
georgedlea@gmail.com

4106 River St, Mclean **\$965,000**

A commuter's dream - 5 minutes - one stop light to DC. Very spacious brick colonial home with large country style kitchen with access to a huge stone patio. 5 bedrooms, master bedroom has fire place, 3 full and 2 half baths, refinished floors, new windows, new lower level rec room and powder room, new heat/AC, 2 car oversized garage. One owner home.

**PRICE REDUCTION**

**Jane Price**  
703-628-0470  
Jane@JanePrice.com  
www.JanePrice.com

Dogwoods of McLean **\$1,125,000**

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1 Stop Light to Chain Bridge, None to GW Pkwy! Fresh and Inviting 4-5 Bedroom Traditional Home in Popular Area w/ Top Schools. Great Updating & Care by Original Owners. 2 Neighborhood Tennis Courts. Private and Convenient!



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# RED, WHITE & BLEU

**THURSDAYS**  
Beer Tasting

piano bar is an "institution" in the area - don't miss it! If you can't go to the Crescent City, then come to the Maplewood Grill on Thursdays.

## SUSHI THURSDAYS

Entyse, Wine Bar & Lounge | 5:30pm

Watch as our expert guest sushi chef creates savory maki, sashimi and specialty rolls for our guests' delight. Enjoy drink specials and the luxury of creating your own sushi experience that will leave guests wanting more!

## THIRSTY THURSDAYS BEER TASTING

Red, White & Bleu | 5pm

Come and join us in our tasting room for our Thirsty Thursday Beer Tastings! Tasting room open from 6-8pm every Thursday.

## MEXICAN NIGHT

Brx American Bistro

Come out to Brx to experience Mexican cuisine and drink specials.

## BOGO THURSDAY

Pizzeria Orso

Buy one pizza, get one 50% off of equal or lesser value. Not valid for cash. Dine in only. Not valid with any other special offer or advertised coupon.

## AFTERNOON TEA

Entyse, Wine Bar & Lounge | 12pm

Enjoy the timeless ritual of afternoon tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

## UNCORKED THURSDAYS

Brio Tuscan Grille

Join Brio Thursdays for 10 wines, \$5 glasses at the bar.

## MCLEAN

### THE VINEYARD

1445 Laughlin Ave  
(703) 288-2970  
www.thevineyardva.com

### WILDFIRE

2001 International Dr  
703.442.9110  
www.wildfirerestaurant.com

## FAIRFAX

### MOSAIC DISTRICT

2910 District Ave  
703.992.7765  
www.mosaicdistrict.com

## GREAT FALLS

### BRX AMERICAN BISTRO

1025 Seneca Rd  
703.433.9050  
www.brxgf.com

### COLVIN RUN COMMUNITY HALL

10201 Colvin Run Rd  
703.435.5620  
www.colvinrun.org

## WEDNESDAYS

### TYSONS FIT CLUB

Tysons Plaza | 5:30pm-6:30pm | FREE

Tysons Corner Center, Crunch Fitness and The North Face have partnered together to bring a culture of fun and fitness to all with our Tysons Fit Club. Exercising Crunch Fitness' No Judgements philosophy, Fit Club helps attendees achieve their fitness goals one class at a time. Wednesday's weekly Powerwave class is taught using Battle Ropes and body weight exercises that combine strength and explosiveness to activate and integrate all the major muscle groups for a complete and total body workout with an emphasis on core stability. Get ready to make some serious waves!

### LOBSTER SPECIAL

Assaggi Osteria | \$22.50

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. You will get a salad and lobster grilled, sautéed, or baked with risotto or pasta.

### HALF OFF PRIMETIME

Palm Restaurant | 5pm-7pm

During PrimeTime, all Prime Bites® are HALF-OFF only at Palm Bar! Try some Calabrese flatbread, dirty shrimp, prime steakburger sliders, or Nova Scotia lobster and bacon fondue.

### WINE WEDNESDAY

Pizzeria Orso | 4pm-9pm

50% discount off all bottles of wine. Not valid for cash. Dine-in only. Offer valid from 4pm to 9pm.

### REINHARDT LIEBIG

Maplewood Grill

7:30-11pm

Reinhardt Liebig, a consummate pianist, is equally at home playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances.

## THURSDAYS

### TERRY LEE RYAN

Maplewood Grill | 8-11pm

New Orleans' own Terry Lee Ryan, pianist and vocalist, plays blues, popular standards and especially N'awlins style funky piano music. Their



## EFI TOVIA EXPERIENCE

Iris Lounge | 8 -11:30pm

From standards & jazz to pop, rock & today's radio hits, Efi Tovia Experience plays everything that makes you wanna dance!

## THURSDAY MORNINGS WITH THE GREAT ZUCCHINI

Jammin' Java

10:30am-11:30am | \$5

The Great Zucchini, Washington's funniest and most magical preschool and kindergarten entertainer, performs a colorful magic show where every child is a star and guaranteed to laugh! Experience the excitement of the children when they get to learn a magic trick at the end of show!

## FRIDAYS

### REINHARDT LIEBIG

Maplewood Grill | 7:30pm-11pm

Reinhardt Liebig, a consummate pianist, is equally at home playing jazz standards, blues, classical and the popular song form with some Broadway tunes thrown into his performances.

### DJ & DANCING

Iris Lounge | 9:30pm -2am

Come out to Iris Lounge every Friday and Saturday for DJ & Dancing and dance the night away with drinks and your closest friends.

## FRIDAY MORNINGS WITH ROCKNOCEROS

Jammin' Java

10:30am-11:30am | \$5

As every family with youngsters in the DC area already knows, Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. "An outstanding mix of folk and rock . . . literate songs . . . poppy approach . . . multi-generational appeal." Best Music for Kids and Families - NPR

## JAZZ FRIDAYS

Entyse, Wine Bar & Lounge | 8:30pm

Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live jazz entertainment, The Christopher Linman Jazz Ensemble.

CONTINUED ON PAGE 32



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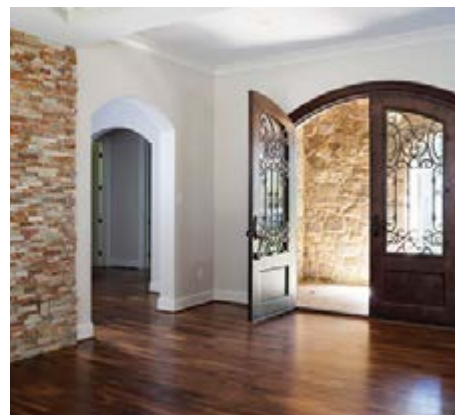
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**SATURDAYS**  
301 Center Street,  
Vienna, VA

# VIENNA FARMERS MARKET

## FRIDAY NIGHT WINE TASTING

**The Vineyard | 4-8pm**

The Vineyard was founded in 2002 with the goal of making it easy to find the perfect bottle for any occasion. At The Vineyard, they believe that it is important to sort out the fodder, be well connected to the best producers, and focus on products with great value.

## FRIDAYS

### FREE WINE TASTING

**Red, White & Bleu | 5-8pm**

Come out to Red, White, & Bleu for a free wine tasting every Friday night.

### AFTERNOON TEA

**Entyse, Wine Bar & Lounge |**

**12pm** Enjoy the timeless ritual of afternoon tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

## MCLEAN FARMERS MARKET

**1659 Chain Bridge Rd, McLean, VA 22101 | 8am-12pm**

The farmer's market offers produce, plants & baked goods from local vendors with Master Gardener Plant Clinic on site to answer questions about plants in your landscape.

## SATURDAYS

### VIENNA FARMERS MARKET

**301 Center St S, Vienna, VA 22180 | 8am-12pm**

The Vienna farmer's market offers produce, meats & small goods from area farms.

### SATURDAY BRUNCH Amphora

Join them for their famous brunch. Don't miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even their Greek Pocket featuring grilled pita topped with scrambled eggs, simmered tomatoes, onions, feta cheese and authentic Grecian gyro made fresh daily.

### TERRY LEE RYAN

**Maplewood Grill | 8-11pm**

New Orleans' own Terry Lee Ryan, pianist and vocalist, plays blues, popular standards and especially N'awlin's style funky piano music. Their piano bar is an "institution" in the area—don't miss it!

### BALLROOM SOCIAL DANCE

**Colvin Run Community Hall | \$15-\$20**

On the 1st and 3rd Saturdays of the month enjoy music and a dance lesson provided by DJ Craig Bukowski or John Jerz. Lesson from 8-9:00pm. Dancing from 9-11:30pm. Price includes the dance lesson and snack bar.

### DJ & DANCING

**Iris Lounge**

Come out to Iris Lounge every Friday and Saturday for DJ & Dancing and dance the night away with drinks and your closest friends.

### LIVE MUSIC SATURDAYS

**Entyse, Wine Bar & Lounge**

**| 8:30pm** Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live music.

### BARBEQUE NIGHT

**Brx American Bistro**

Head out to Brx American Bistro to enjoy some of their famous delicious BBQ beef brisket.

### AFTERNOON TEA

**Entyse, Wine Bar & Lounge |**

**12pm** Enjoy the timeless ritual of afternoon tea served at Entyse Lounge. Treat someone special to this enduring tradition honored in a luxurious setting while being pampered with The Ritz-Carlton hotel's service excellence.

### SATURDAY WINE TASTING

**The Vineyard | 1-6pm**

The Vineyard was founded in 2002 with the goal of making it easy to find the perfect bottle for any occasion. At The Vineyard, they believe that it is important to sort out the fodder, be well connected to the best producers, and focus on products with great value.

### SATURDAY BRUNCH

**Wildfire | 11am**

Gather your family and friends and enjoy Wildfire Tysons' new weekend brunch menu! Enjoy all of your brunch favorites like Lemon Ricotta Pancakes, Oven Roasted Crab Cakes Benedict, and more.

### DJ & DANCING

**Iris Lounge | 9:30pm -2am**

Come out to Iris Lounge every Friday and Saturday for DJ & Dancing and dance the night away with drinks and your closest friends.

## SUNDAYS

### TYSONS FARMERS MARKET

**4800 Westpark Dr & Greensboro Drives | 10am-2pm**

Find some great produce and organic meat along with 'Halftime' gluten free whole food snack bars. Plus enjoy the only real BBQ for miles around!



## SUNDAY BRUNCH

### Amphora

Don't miss the Double Chocolate Pancakes, Bananas Foster French Toast, Tomato Caprese Eggs Benedict and even their Greek Pocket featuring grilled pita topped with scrambled eggs, simmered tomatoes, onions, feta cheese and authentic Grecian gyro made fresh daily.

## ½ PRICE BURGERS

### Dogwood Tavern | 7pm

Enjoy ½ price burgers from 7pm-midnight every Sunday night at Dogwood Tavern in Falls Church. Dine in only.

## ½ PRICE WINE

### Ristorante Bonaroti

Enjoy ½ price wine by the bottle on Sundays at dinner. Sergio Domestici and the Bonaroti family invite you to explore the joy of classic Italian cuisine and their award-winning wines and service.

## SUNDAY BRUNCH

### La Sandia

Every Sunday, feast on Mexican brunch favorites - huevos rancheros, Mexican chocolate waffles, iron skillet breakfast, and more. Make it a lazy morning washed down with Bloody Marias and Tropical Fruit Margaritas.

## FABULOUS BUFFET BRUNCH

### Ireland's Four Provinces

Come to the 4P's for a grand buffet brunch that includes smoked salmon, Eggs Benedict, carved roast beef, homemade omelets, shepherd's pie, corned beef hash, potatoes, sausage, soup, salad, pastries, fruits, and SO much more.

## SMALL DOG MEET & GREET

### Wylie Wagg | 3-5pm

Bring your dogs on Sunday to make some new friends that are the same size! Healthy, happy, and helpful.

## SUNDAY BRUNCH

### Café Deluxe

Can't miss menu items including the Deluxe Benedict—sourdough toast topped with black forest ham, poached eggs and sundried tomato Hollandaise sauce served with a side of breakfast potatoes—and the Brioche French Toast, topped with powdered sugar, cinnamon and fresh fruit.

## SUNDAY BRUNCH

### Cyclone Anaya's

Come out and try the best brunch in the Mosaic. Huevos rancheros, huevos con chorizo, migas, breakfast quesadillas, and even a crabmeat omelet.

## SUNDAY BRUNCH

### Wildfire | 11am

Gather your family and friends and enjoy Wildfire Tysons' new weekend brunch menu! Enjoy all of your brunch favorites like Lemon Ricotta Pancakes, Oven Roasted Crab Cakes Benedict, and more.

## SUNDAY BRUNCH

### Assaggi Osteria | 11am

Come out to Assaggi Osteria to enjoy wonderful food, friends, and a great dining experience. ♦

## TELL US ABOUT YOUR EVENTS

Would you like to tell more people about your November or December events?

Email us at [events@vivatysons.com](mailto:events@vivatysons.com).



## Creating Happy Smiles & Teeth

Sanae Berrada, DDS

Dr. Berrada brings over 18 years of clinical experience and a bright, vibrant personality to her work. She also has a wide variety of up-to-date skills and experience with today's newest technology. Throughout her career, she has had extensive training in orthodontics, dental implants, cosmetic, and general dentistry. She is committed to providing the best possible dental care in our community.

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SEPTEMBER 24  
The Midtown Men



Photo courtesy of the artist

# ARTS & THEATRE EVENTS

THE ALDEN THEATRE • 1ST STAGE IN TYSONS • SIGNATURE THEATRE  
CREATIVE CAULDRON • GEORGE MASON UNIVERSITY CENTER FOR THE ARTS

THROUGH SEPTEMBER 11

## JELLY'S LAST JAM

*Signature Theatre, Times and pricing varies*

Take your seat at the legendary Jungle Inn nightclub for the electrifying, multiple Tony and Drama Desk Award®-winning musical that tells the story of jazz through one of its most notorious entertainers: Jelly Roll Morton. Journey from the back alleys of New Orleans to the dance halls of Chicago to the stages of New York with "he who drinks from the vine of syncopation" in a sizzling memoir of pride, lust and a past denied.

Directed by Matthew Gardiner (*West Side Story*, *Cabaret*), this Washington premiere stars acclaimed jazz pianist Mark G. Meadows (Jazz at Lincoln Center, Kennedy Center, Strathmore), and features the soul-stirring Nova Y. Payton with dazzling, high-energy choreography by Broadway's Jared Grimes. Now that's how you jazz!

SEPTEMBER 8–OCTOBER 9

## LOBBY HERO

**By Kenneth Lonergan, Directed by Alex Levy**

*1st Stage, Thursdays at 7:30pm, Fridays at 8:00pm, Saturdays at 2:00pm*

*and 8:00pm, and Sundays at 2:00pm. Our tickets range from \$15-\$30*  
When Jeff, a luckless young security guard, is drawn into a local murder investigation, loyalties are strained to the breaking point. As Jeff's tightly wound supervisor is called to bear witness against his troubled brother, and an attractive rookie cop finds she must stand up to her seasoned partner, truth becomes elusive and justice proves costly. "A masterpiece. The best drama, the best comedy and the best romance of the year, all rolled into one."  
–*Time Out NY*. Tickets, Subscriptions, and Flex Passes can be purchased online at [www.1ststagetysons.org](http://www.1ststagetysons.org) or by calling the 1st Stage box office at 703-854-1856.

SEPTEMBER 13– NOVEMBER 6

## THE GULF

*Signature Theatre, Times and pricing varies*

Dive into a funny and fierce world premiere comedy that transforms the ARK Theatre into a steamy southern waterway. Betty and Kendra waste away a languid summer day fishing on the Alabama Delta. Suddenly, their lazy afternoon turns to chaos when the motor breaks, stranding the two, and their tumultuous relationship, in the Gulf.

Director of New Works Joe Calarco (*The Flick*) helms this provocative contemporary comedy, starring Rachel Zampelli

### THE ALDEN THEATRE

1234 Ingleside Ave.  
McLean, VA  
703.790.9223  
[www.aldentheatre.org](http://www.aldentheatre.org)

### THE CREATIVE CAULDRON

410 South Maple Ave.  
Falls Church, VA  
703.436.9948  
[www.creativecauldron.org](http://www.creativecauldron.org)

### 1ST STAGE IN TYSONS

1524 Spring Hill Road  
Tysons, VA 22102  
703.854.1856  
[www.1ststagetysons.org](http://www.1ststagetysons.org)

### GEORGE MASON UNIVERSITY

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4400 University Dr., Fairfax  
703.993.1000  
[cfa.gmu.edu/calendar/](http://cfa.gmu.edu/calendar/)

### SIGNATURE THEATRE

4200 Campbell Ave.  
Arlington, VA  
703.820.9771  
[www.signature-theatre.org](http://www.signature-theatre.org)



and Maria Rizzo, by the exciting DC playwright Audrey Cefaly (Maytag Virgin).

## SEPTEMBER 16

### SHENANDOAH RUN

*Creative Cauldron, 8pm, \$18-100*

Like a spirited family reunion, our nine-piece band, Shenandoah Run, welcomes you in and warms your heart. We are a DC-based ensemble and we pay tribute to both vintage Americana and contemporary folk, playing covers and some originals. Expect top-notch musicianship and multi-part harmonies that will lure you in for an irresistible sing-along. Whether we are playing Irish-influenced songs or bluegrass, the members of Shenandoah Run share a desire to keep folk music alive and fresh, and that passion has been the key to our success.

## SEPTEMBER 24

### ARTS BY GEORGE!

**An Evening Celebrating the Arts at Mason to Benefit Student Scholarships and The Great Performances at Mason Season**

*George Mason University Center for the Arts, 5pm, \$275*

Join us for a benefit in support of student scholarships at George Mason University's College of Visual and Performing Arts and the Great Performances at Mason season at the Center for the Arts. The evening begins by showcasing the remarkable talents of Mason students amid an array of spectacular food and beverages, and culminates in the Concert Hall when The Midtown Men (*see below*) take the stage.

## SEPTEMBER 24

### THE MIDTOWN MEN

*George Mason University Center for the Arts Concert Hall, 8pm, \$60-100*

Stars from the original cast of Broadway's Jersey Boys take the stage in this high-octane show, performing many of your all-time favorites from the 1960s. These four vocalists shared the stage in their role as the iconic Four Seasons singing group for more than 1,000 performances in the mega-hit show, which won a Tony Award for Best Musical. Now, Tony Award-winner Christian Hoff, Michael Longoria, Daniel Reichard, and Tony Award-nominee J. Robert Spencer have reunited as The Midtown Men, taking their signature sound and chemistry to audiences everywhere performing classic hits from The Beatles, The Beach Boys, Motown, and, of course, The Four Seasons. Don't miss

this musical tour de force in this a rocking performance that is sure to bring the whole audience to their feet – a delight for all ages. "The Midtown Men sound as crisp as their Rat Pack-inspired suits. Their voices blend together so flawlessly on stage." (*New York Daily News*)

## SEPTEMBER 30

### AQUILA THEATRE: MUCH ADO ABOUT NOTHING

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

Mistaken identity, espionage, and deceptions take center stage in Shakespeare's famous comedy. This classic farce is a tale of matchmaking and romantic

mischief. When the soldier Claudio returns from war to his fiancé Hero, the two conspire to set up the sharp-witted and belligerent Benedict and Beatrice. *Much Ado About Nothing* is one of Shakespeare's last comedies and is considered one of his crowning masterpieces. For their 25th Anniversary season, Aquila Theatre tackles this classic romantic comedy with their signature physicality and remarkable dramatization. This festive play, full of combative wit and melodrama, will leave you rolling in the aisles.

CONTINUED ON PAGE 36



TIMES VARY

## VIRGINIA OPERA THE SEVEN DEADLY SINS AND PAGLIACCI

*George Mason University Center for the Arts Concert Hall, Sat 8pm, Sun 2pm, \$54-110*

Virginia Opera opens its 25th season at the Center for the Arts with a fantastic double bill — the satirical ballet chanté *The Seven Deadly Sins* and Ruggero Leoncavallo's masterpiece *Pagliacci*. The final collaboration between Kurt Weill and Bertolt Brecht, *The Seven Deadly Sins* is a sharp critique of capitalism, exploring greed, desire, and sacrifice in the pursuit of success. Anna, performed by renowned Weill specialist Ute Gferer, embarks on a cross-country journey in search of the American Dream, encountering one of the infamous sins in each of the cities she visits. In *Pagliacci*, a traveling troupe of actors blurs the lines of art and life as their play mirrors their own reality with tragic consequences. It features one of the most familiar of all tenor arias sung by the crying clown, "Vesti la giubba." The renowned baritone Michael Chioldi and the acclaimed soprano Kelly Kaduce appear in these two tales of temptation and vengeance. *Seven Deadly Sins* will be sung in English with English supertitles. *Pagliacci* will be sung in Italian with English supertitles.



7 P. M.

## METROPOLITAN JAZZ ORCHESTRA: TO SWING THROUGH THE SKY

**Conceived by Paul Glenshaw**

*George Mason University Center for the Arts Concert Hall, 7pm, \$28-46*

This exciting original work celebrates the spirit of American innovation with narration, dramatic visuals, lively dance and the swinging big-band sound of the Metropolitan Jazz Orchestra. The intertwined histories of America's two most iconic innovations — jazz and aviation — are explored in this special encore performance. Many fascinating points of connection in the history of each invention are revealed through the key innovators, including Louis Armstrong and Charles Lindbergh, Howard Hughes and Duke Ellington, and many others. This multimedia performance features the dazzling jazz musicians of the Metropolitan Jazz Orchestra led by Artistic Director and alto sax virtuoso, Jim Carroll. Audiences at the Hylton Performing Arts Center were thrilled to enjoy the world premiere of *To Swing Through the Sky*, and now audiences at the Center can experience this incredible ride.

CONTINUED FROM PAGE 35

### OCTOBER 1

#### FAIRFAX SYMPHONY ORCHESTRA: DVORAK'S "NEW WORLD"

**Christopher Zimmerman, conductor**

*George Mason University Center for the Arts Concert Hall, 8pm, \$39-65*

**Dvorak: Cello Concerto,**

Amit Peled, cello

**Dvorak: Symphony No. 9,**

"From the New World"

He has "the flair of a young Rostropovich" (American Record Guide) and "simply a gorgeous sound." (*Baltimore Sun*). Israeli-American cellist Amit Peled, voted by Musical America as one of the most influential musicians today, brings to the FSO season opener the historic Goffriller 1733 cello, once played by the legendary Pablo Casals.

### OCTOBER 4- NOVEMBER 20

#### FREAKY FRIDAY

*Signature Theatre, Times*

*and pricing varies*

When an overworked mother and her teenage daughter magically swap bodies, they have just one day to put things right again before mom's big wedding. *Freaky Friday*, a new musical comedy based on the celebrated novel by Mary Rodgers and hit Disney films, is a hilarious, contemporary update of an American classic in which a mother and daughter really see what it is to be a family and experience first-hand each other's lives, if only for a day. With a score by the Pulitzer Prize-winning composers of *Next to Normal* and *If/Then* and a book by Parenthood's Bridget Carpenter, *Freaky Friday* is a delightfully entertaining world premiere musical for anyone with a perfectly imperfect family.

### OCTOBER 6-OCTOBER 30

#### RUTHLESS! THE MUSICAL

**Book and Lyrics by Joel Paley, Music by Marvin Laird**

*Creative Cauldron, Visit [www.creativecauldron.org](http://www.creativecauldron.org) for more information*

Outer Critics Circle and Drama desk winner, *Ruthless!* is a campy cult favorite. The beautiful and talented 8-year-old Tina Denmark will do ANYTHING to play the lead in the school play.... ANYTHING! *Ruthless!* famously spoofs Broadway musicals such as *Gypsy* and *Mame*, as well as

classic films like *The Bad Seed* and *All About Eve*. *Ruthless!* is a hilarious romp through the world of Broadway, child acting, parenthood, and unbridled ambition.

### OCTOBER 11-15

#### WOODSTOCK CABARET

*Signature Theatre, Times*

*and pricing varies*

Three days of peace, love and music packed into a 70-minute original musical tribute. Signature's favorite groovy singers and musicians reinterpret hits from Janis Joplin to Jefferson Airplane, Sha Na Na, Jimi Hendrix, Creedence Clearwater Revival, The Who and more as we relive the event that changed rock and roll forever.

### OCTOBER 14

#### BILL T. JONES/ARNIE

#### ZANE COMPANY:

#### ANALOGY/DORA:

#### TRAMONTANE

*George Mason University Center for the Arts Concert Hall, 8pm, \$29-48*

A giant in the modern dance world, Bill T. Jones/Arnie Zane Company is known for its remarkable choreography using form to explore identity and social commentary. In this inspiring performance, Bill T. Jones contemplates the amorphous nature of memory in his original work, *Analogy/Dora*: Tramontane, a breathtaking story of a Holocaust survivor. The dancers move between dancing, speaking and singing to tell the story of 95-year old Dora Amelan, a French Jewish nurse and social worker, based on her interviews with Jones. An innovative force in modern dance, Bill T. Jones is recipient of numerous awards, including the National Medal of Arts, MacArthur Genius Award, a Kennedy Center Honors award, and multiple Tony awards. You will be moved by this evening-length work about resilience and humanity as told through brilliant dance.

### OCTOBER 15

#### THE HAVANA CUBA ALL-STARS: CUBAN NIGHTS

*George Mason University Center for the Arts Concert Hall, 8pm, \$30-50*

The joy of the Caribbean pulses through the air as Cuba's most prominent musicians share their rich musical heritage, from the Rumba to the Cha-Cha-Cha to the Habanera.





**NOVEMBER 4-5**  
George Mason University Center for  
the Arts Concert Hall

# SHANGHAI NIGHTS

Journey to the land of white sand beaches, swirling cigar smoke, and swinging Latin jazz with the acclaimed musicians of The Havana Cuba All-Stars. This exciting band brings an authentic Cuban experience, with rhythmic drums and castanets, wailing trumpets, and masterful acoustic guitar. Devoted to presenting the wide tapestry that exists in Cuban music — from Latin dance to soulful ballads — this concert presents the great musical traditions of the Cuban people. “The Asere Friendship Tour” is The Havana Cuba All-Stars’ first-ever U.S. tour and celebrates the new open friendship between the United States and Cuba. Bringing the musical traditions of their forefathers to the States for the first time, the group’s Spanish vocals, traditional songs, and sizzling rhythms will light up the stage and fill the hall with exciting sounds.

**NOVEMBER 4-5**

**Direct from Shanghai,  
The P.R. of China:**

**SHANGHAI ACROBATS OF  
THE PEOPLE’S REPUBLIC  
OF CHINA: SHANGHAI  
NIGHTS**

*George Mason University Center for the*

*Arts Concert Hall, Fri 8pm, Sat 2pm and  
8pm, \$30-50*

Share the thrills with the whole family as trampoline artists and aerial acrobats fly through the air with the greatest of ease, while jugglers, contortionists, and martial artists demonstrate the exacting precision of their skills. Through jaw-dropping feats of acrobatics, impeccably timed stunts, and beautiful costumes, the Shanghai Acrobats of the People’s Republic of China merges the hustle and bustle of contemporary Shanghai with China’s rich cultural heritage to produce this celebration of their native land. They cleverly use acrobatics and circus acts to convey stories of the people of the beautifully complex country of China. This acclaimed company, with more than 100 performers, has won many top awards in international competitions for their outstanding acts, several of which are included in this production. Experience the amazing beauty and thrilling feats of skill direct from Shanghai! ♦

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# Don't Panic:

## WIDESPREAD ISN'T PLANNING ITS FINAL TOUR

As one of the most traveled and popular jam bands for the past three decades, Widespread Panic has been all over the country and enjoys heading back to some of its favorite locales. That will be the case when the Athens, Ga.-based sextet heads to the Warner Theater for two shows, Sept. 6 and 7.

And even though reports came out that Widespread Panic was considering retiring from the road after its current tour comes to a close, frontman John “JB” Bell admitted that things got out of hand with such talk.

“Our plan is maybe to just dial it down a bit and maybe not do as many shows, but we’ll still be out playing from year to year,” he says. “Some of the guys just wanted a little breathing room to enjoy our families and pursue some other non-Panic things that any of us feel drawn to.”

Along with Bell, the band consists of Jimmy Herring on guitar, John “JoJo” Hermann on keys, Domingo S. Ortiz on percussion, Dave Schools on bass and Duane Trucks on drums.

Widespread Panic recently released a new album, “Street Dogs,” in which the band continues pushing the boundaries.

“We don’t follow the rules by trying to create a commercial Top 40 song. We’re not concerned about whether a song is radio-worthy or not,” Bell says. “We wanted to express ourselves the way we wanted to express ourselves and not the way some record company wanted us to be represented. When you put your signature on the album, that’s your album. People listen to it and get a sense of connecting with the band.”

The band first connected in college at the University of Georgia, with the simple intent to have fun and play music they loved.

“We weren’t thinking of writing a big hit record or having a long career. We just wanted to see how long we could stretch out this ‘having fun’ idea,” Schools says. “There were some things we did in the early days that worked—sort of a nod to REM—we wrote songs together and gave

credit equally. We collaborate a lot, and it’s like a team. It seems to really work for us.”

Widespread Panic cut its teeth on the southern bar circuit in 1986 and became known for its incredible live shows and jamming songs. By the late 1990s, the band was a regular at the HORDE Tour, Bonnaroo Fest and other major festivals around the country.

The band went through some hardship with the death of guitarist and co-founder Michael Houser in 2002 from pancreatic cancer, but it has continued to pay tribute to his vision and evolve its sound.

“In the past dozen years, we have had three different guitar players, and bringing in Jimmy seven years ago has been a massive evolution for us,” Schools said. “If you haven’t seen the band in 15 years, you might get a glimpse of the old things, but you’ll experience the new, and bam, get on your feet again and have fun.”

With 30 years behind them in the business, Widespread Panic is still hungry to be the best band they can be, every single night, for their loyal fan base.

Over the band’s impressive run, it has released 12 studio albums and 43 live albums, selling more than 3 million copies as one of the most successful touring acts in the world. It’s also broken attendance records at major venues throughout the country.

To commemorate Widespread Panic’s 25th anniversary in 2011, the State of Georgia’s Senate and House of Representatives passed resolutions honoring the group for its music, service, charity and longevity, while they were also inducted into the Georgia Music Hall of Fame.

“We acknowledge this is a milestone few groups get to achieve,” Bell says. “It’s like Hemingway’s ‘Old Man and the Sea.’ Every time we go out there, we learn more tricks, bring that knowledge with us, and then apply it. We’re way more experienced, focused and to the point, but still willing to stretch out without wandering too much.” ♦

**AUTHOR:** Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he’s not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.



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BY KEITH LORIA



(Top left) Robin Kent 2016 Antarctica. (Above) Lori Goll, pastel. (Far left) Two Lori Goll pastels. (At left) Work of Laura Nichols, founding artist and our long term former president of Great Falls Studios.

# ARTISTS ON DISPLAY

## *in Great Falls*

One of the favorite events of many in the Northern Virginia art community is the Great Falls Studio Tour, which will be held Oct. 14-16, featuring 59 artists representing a wide variety of artistic genres including oil, acrylic, watercolor, pastel and mixed media.

The artists also have a wide range of artistic styles—from classical realism to contemporary and abstract.

"The emphasis of the Studio Tour is on education and demonstrating our creative process and the inspiration behind what we do," says Linda Jones, president of Great Falls Studios. "It is fun for both artist and visitor, providing valuable feedback

for the artist, and providing an understanding of the artistic mind, techniques and process. Our art is also on sale."

Great Falls Studios was founded in May 2003 by a handful of artists wishing to establish a network of artists in Great Falls with the idea of creating an artistic community working with other community organizations. Since then, its membership has grown to approximately 120.

Unlike conventional brick and mortar galleries, the artists work in their own studios throughout the community, and during the event, they are opened to the public.

"Many visitors plan their own itinerary over the three day weekend, choosing particular artists, genres, or an area of Great Falls to explore," Jones says. "Some combine their tour with a visit to Great Falls Park or River Bend Park with the fall foliage."



Jones, a painter specializing in watercolor, acrylic and mixed media, will be demonstrating the different approaches and techniques between her watercolor and mixed media work.

"I will have paintings representing each at various stages of completion, and visitors can look over my shoulder to see how these paintings develop during the weekend," she says. "I love sharing what I do with everyone, explaining my choice of subject, materials, color palette, brushwork etc."

Since Jones has a large studio, she has invited other artists who are unable to display their work in their own creative spaces to join her. This year that includes jeweler Richard Masaniello, weaver Vad Moskowitz, and photographer Jim Diedrich.



Dorothy Emmer, a board member who will be manning the Great Falls Library Studio Tour headquarters all weekend, will also have her quilt work and photography on display.

"It will be my pleasure to talk about the wide variety of artists people could meet on the tour and to give them suggestions of whom to visit based on their interests and time availability," she says. "The October exhibit at the library features the art of participating Tour artists, providing a quick snapshot of the spectrum of art you can expect to encounter."

Leslie Anthony, a painter who specializes in animal images, will have her menagerie—horses, hounds, roosters, cows and maybe a sheep—surrounding her on the walls of her studio.

"Artists have a tendency to hide away in their studios diligently doing what they love best. It is important to present our work to the public, to be appreciated, and communicate what we do, so art lovers might understand what we are about," she says. "There is so much talent abounding in the area with so many artists involved in the tour. It is great fun and so worth the time to travel to the studios and speak with the artists as they are creating new treasures."

Anthony's favorite part of the tour is talking to everyone who stops by to watch her paint.

"Input is welcome and savored. Some of my best mistakes have been made while painting during the tour and my attention is diverted by great conversation," she says. "I have been painting my whole adult

life. Thankfully, after struggling to step through the threshold of realism, I now happily work with a more flamboyant style, very colorful with mostly transparent oils (still animals)."

Photographer Robin Kent will once again be displaying photographic images captured in some of the more remote locations of the world.

"I will be showing images of the landscape and wildlife of the Arctic Circle, including the west coast of Greenland, the Northwest Passage, the Arctic Archipelago and the Northern Canadian Territories," she says. "Very few people have been to these locations, and I hope to provide visitors a glimpse into this wild and fascinating place."

In her mind, the Studio Tour is a unique event that allows the artists to invite the community into their studios and talk about their craft, their techniques, what excites them as artists and why.

"Unlike a museum, gallery exhibit, or online website, visitors can talk directly with the work's creator, examine the artist's tools, and maybe even see actual works in various stages of the artistic process," she says.

Laura Nichols, the Studio's founding artist, a potter, and a long-term former president, will open up her Pig Pen Pottery gallery so visitors can see a working pottery studio.

"They will see the wheel throwing area, the slab building area, three kilns and the glaze room. I will be either throwing on the wheel or demonstrating hand building

and assembly techniques, or discussing some part of the various processes that are involved in transforming clay into functional and decorative stoneware pieces," she says. "The Studio Tour is important to me because I can share my love for and deep knowledge of clay and all the wondrous things one can do with it."

Lori Goll, a pastel artist who works in one of four communal studio spaces in town, will be opening up hers—Art Happens Here, on Walker Road.

"I am a nature painter and work primarily with the magical medium of soft pastels. I will be exhibiting my latest seascapes and beach scenes, a few landscapes, and several bird and animal paintings," she says. "Peacocks are a favorite subject of mine, and I plan to have a grouping of bird paintings."

The Studio Tour is sponsored by Sun Design Remodeling Specialists, Inc., and for the first time is joined by Broadway Gallery, the framing specialists whose store on Seneca Road will be open during the tour.

The event runs each day from 10am to 5pm. For more information and a complete list of artists, visit [www.greatfallsstudios.com](http://www.greatfallsstudios.com). ♦

**AUTHOR:** Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.





# MERGING ART *and* TRAVEL

BY KEITH LORIA



It's not often people can combine their two loves in life and make a career out of it, but that's exactly what fine art photographer and digital artist Golié Miamée has been able to do, combining her fondness of travel with her passion for art.

Originally a painter, Miamée started traveling in 2001, taking photos of interesting things she saw on her journeys, and she started to put together a database of images that she knew one day she would want to do something with.

"In 2010, I left my permanent job and I started applying the digital elements to the photos to create my art," she says. "I wanted to find a way to share all of my photos so people could enjoy them."

Rather than simply display her photos as art, Miamée decided that the world was full of those calling themselves photographers today, with so many cameras and mobile devices that can take photos now, so she wanted to do something different and incorporate art into the photos. Her degree in computer graphics and graphic design came in handy for putting together her digital art.

"It seemed like the logical path to go," she says. "Every piece starts out as a photograph but then it has digital editing applied to it and it becomes a final product of the combination of the two. I travel a lot and 99 percent of my photos come from this traveling."

Over the years, Miamée has been to 26 countries and she tries to add new places she's never been each year. She recently returned from Austria and last





year she hit Ireland, India and China for the first time.

"I take pictures and then come back and pick a few of my favorites for digital editing, and sometimes incorporate other things into it to put it in its final form," she says. "Sometimes I put them on metal, sometimes I put them on illuminated boxes that light up; I try to play with the finishes they appear on."

A Reston resident, Miamee calls herself an "independent artist," although she does participate in a few local and national events, having her work on display in such places as the Grace Gallery in Reston Town Center (where she has an award-winning piece on display currently) and Art Soiree in D.C.

"I also work with a lot of interior designers and art agencies in the Washington, D.C.-Northern Virginia area, and nationally," she says.

Initially, her photos were mostly architectural, but of late she's become more interested in landscapes and is considering breaking into abstract in the year ahead.

Since she is outdoors taking photos, she normally waits until she is back home before applying the digital elements. A finished work can take anywhere from an hour up to a full day.

"After I finish the editing process, I send it out to different places depending on what medium finish I want to put it on, and that typically takes a few weeks to complete," she says.

Miamee uses a professional Canon camera and a Mac as her tools of choice for creating her art. Aside from consulting at her old job one day a week, she is able to make a living doing her art.

"I love what I do because I am combining travel and art," she says. "Also the editing process for me is extremely enjoyable and also the best source of meditation for me. When I sit behind a computer, I just get lost."



Miamee works with several publishers to have her work included in books, and she also works with many retail stores, offering her art for sale. She also hopes to go international in 2017.

"For me, I've always believed that every person needs to leave a legacy behind, and most people do that by having a family but for me, because I don't have any children, I consider my art to be my legacy," Miamee says. "I hope to have it spread around as much as possible so when I'm gone one day, I can be remembered by that."

She had work shown as part of the Mary B Howard Artist Member Exhibition at the Greater Reston Arts Center and participated in the Las Vegas Market; and will be participating in ArtPrize in Grand Rapids, Mich., from Sept. 29-Oct. 9. Visit her studio in Reston or her website at [www.goliephotos.com](http://www.goliephotos.com) ♦

**AUTHOR:** Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.



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# Which Private School Clicks with Your Child?

BY LINDA BARRETT AND RICK MUNDY





# Nysmith School for the Gifted

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Located in Herndon, VA, Nysmith School for the Gifted was founded in 1983 by Carole Nysmith, a teacher of gifted students in Fairfax County's Gifted and Talented Program, who believed that an enriched educational experience that was tailored to each student's individual needs could increase a student's critical thinking and analytical skills. In an environment that motivates students to become their best selves both academically and socially, students learn through a project-based program.

"Gifted means that your child loves to learn and has the capacity, inquisitiveness and interest to learn," explained Ken Nysmith, Head of School. "Because we care about how the children perceive school, we take great care to make school engaging, stimulating and fun. It's not about pushing more information.

"For example," Nysmith continued, "if we're studying social studies, we will engage in hands-on projects that see where the rivers and mountains are, and look at the political structure and the demographics of a country based on geography to take in the human experience rather than just learn 'here are the valley and the capital.'"

Students enjoy active hands-on learning with teachers who are subject area specialists. Their enthusiasm inspires students to love their particular subject area. Methods are lively and engaging and nurture gifted students' innate joy in discovery and learning. Students learn in window-filled, sunny classrooms that change classes with every subject.

Small class sizes with two teachers per class encourage students and teachers to truly collaborate and explore. Nysmith does not believe in rote memorization, classroom repetition or a lot of homework. The curriculum is designed to be entertaining and interactive as well as educational, encouraging academic skills, analytical problem solving, communication and social skills.

Nysmith also provides a generous offering of academic and leisure special activities that include cooking, art, sports, computers and more. "We have about 55 clubs ranging from sports to philosophy, to cursive and creative writing," Nysmith said. "There is something to interest everyone."

"We're looking for children who love to learn, and we will offer them a great experience," Nysmith said. "Here, children can't wait to come back to school the next day."

Many private schools ask for additional funds above the stated tuition and fees, or engage in fund-raising activities. Nysmith does not. Their programs are supported by tuition only. In addition, Nysmith also offers extended care from 7:00 a.m. to 6:30 p.m. to accommodate working parents' schedules. During extended care, children participate in special activities, play outside and enjoy snacks.

Nysmith School was recognized in 2015 as a "Top 10 School in the World" for Academic Excellence by Johns Hopkins Center for Talented Youth, and Iowa Standardized Test scores from 2000 to 2014 show Nysmith students scoring in the top 1% of students nationally. Between 30% and 40% of students are accepted into the Thomas Jefferson School for Science and Technology after they leave, and many others go into private academies throughout the Eastern seaboard.



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

**Boarding:** No

**School Size:** 585 students

**Campus Size:** 13 1/4 acres

**Head of School:** Ken Nysmith

**Motto:** We Make School Fun



**Tuition:** From \$30,000  
**Boarding:** Yes, plus grades 6-8 have a five-day boarding program avail.  
**School Size:** 330 students – 270 at upper school, 60 at middle school  
**Campus Size:** 135 acres  
**Headmaster:** General David C. Wesley  
**Motto:** Knowledge, Leadership, Character

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

Located in the rolling hills of the Shenandoah Valley, Randolph-Macon Academy (R-MA) is a college-preparatory day and boarding military school for grades six through twelve.

“At Randolph-Macon Academy, our focus is on leadership, growth and development in a values-based, academically challenging and structured environment,” explained Jonathan Ezell, Upper School Academic Dean. All of the students in grades 9-12 participate in the Air Force JROTC and the student body performs more than 10,000 hours of community service each year. U.S. Air Force uniforms are worn by the upper school students, while middle school students wear a less formal khaki and polo shirt uniform.

“Our students are not required to attend military school, but some do, coming here to earn entrance into the service academies and earn ROTC scholarships. All students, however, get a first-rate education and have the opportunity and experience in leadership positions.”

Equal opportunities are offered to male and female students, who can earn their way through a hierarchy of leadership positions throughout their career at R-MA. “Those who can demonstrate leadership qualities and earn the respect of their peers and community earn their rank up the ladder into significant leadership roles,” Ezell said. “The hardest leadership assignment they will ever have in life is to be able to lead their peers. With this leadership experience we see our students go on to become CEOs or start their own businesses.”

R-MA’s goal is to prepare students for success in life through academic achievement, integrity, leadership and responsible citizenship, and students abide by an honor code that permeates the school. They are also required to attend a mandatory weekly chapel service for worship or reflection.

“We believe every student is curious and capable,” Ezell said. R-MA students receive personalized attention that makes a difference in the classroom and inspires a student’s curiosity and confidence to learn throughout their personal and professional lives. Class sizes average between 13 and 17 students, with 13 advanced placement courses and 54 college credits available, and after-school tutorial time.

Specialty programs include students working towards their solo or private pilot’s certification, the U.S. Service Academy Prep Track, and the Virginia 91st Air Force Junior ROTC Band.

“We are a remarkably diverse international community, with children from around the world who come here to get the best education, develop leadership skills and go on to U.S. colleges. Our college and university acceptance rate is 100% and over the past five years, and with an average senior class size of about 65-70, we have earned between \$5 and \$8 million in scholarships. As much as 75% of the class receives scholarships,” Ezell said.

Randolph-Macon Academy is accredited by the Virginia Association of Independent Schools and the Southern Association of Colleges and Schools, and is affiliated with and listed by The University Senate of the United Methodist Church.



# Top 10 School In The World



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nysmith.com**





# Fusion Academy

Grades 6-12, co-ed

Tysons opening Fall 2016, other campuses in Alexandria, VA and Washington, D.C

**(866)461-8039**

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

**F**usion Academy is a unique, private middle and high school that creates a “learning ecosystem” offering more than 250 classes for students. It meets students where they are and creates positive relationships to unlock academic potential and open opportunities for personal growth and achievement.

Fusion Academy completely recreated the education model, teaching customized content at each student’s individual pace with a one teacher to one student ratio. Up to 70 full-time students attend each campus, with an additional 100 to 200 students taking Classes for Credit or engaging in tutoring or mentoring. Campuses are located in key metropolitan areas throughout the United States.

“A key reason why Fusion students are happy and successful is because of the one-to-one relationships with their teachers,” explained Lisa Stern, Tysons Director of Admissions. “This consistently engages every student in their content and better equips each teacher to gauge the student’s progress and pace.”

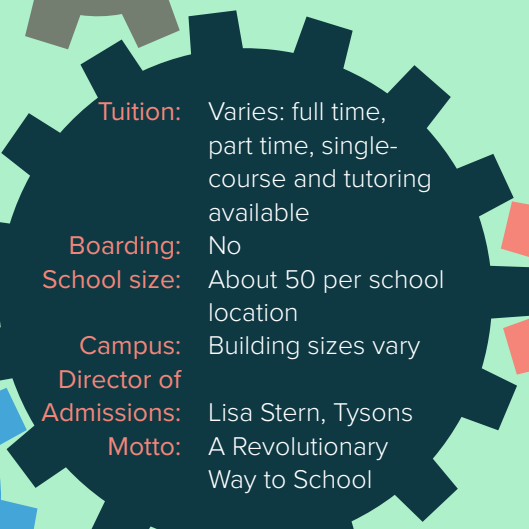
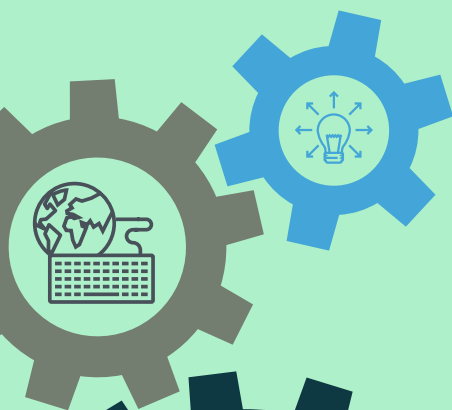
“Our courses aren’t the usual textbook-type courses,” she continued. “While every course meets state standards, classes are self-paced and tailored to each student’s social, emotional and academic needs and goals with teachers who are deliberately trained to be mentors. Compassion, creativity and flexibility steer our method of teaching to each student’s strengths and challenges.”

In addition to core academic subjects, Fusion also offers art, music, Honors and other extracurricular and elective courses, using creativity as a tool to help students connect more deeply with their friends, family, community and themselves.

Additional programs include Classes for Credit for those who need to make up a class or get ahead or for homeschooled students to enrich their learning experience, the Learning Center for subject tutoring, standardized test prep and enrichment classes, the Transitional Program that helps navigate the change to upper grades, and the Homework Café® where students complete their homework under teacher supervision. “We don’t want our students taking homework home; we want our families enjoying that time just being together.”

“Fusion’s learning community is a place of connection, support and real understanding that allows students to turn their potential into reality and create a balance between learning and life,” Stern continued. “Our students come here because they are excelling in public school and want to move faster, or are struggling in the traditional public school setting. Students who need to travel due to equestrian events and sports, for example, or those with health issues also come because of the flexible scheduling we offer. You aren’t allowed absences in public schools.” Heavy focus is placed on regular communication between parents, staff and students to ensure progress in each student’s academic, emotional and social growth.

Each campus also employs teachers trained in working with students with learning disabilities and an SSD coordinator who coordinates individualized education programs. Because each student is on their own customized academic plan, tuition can vary from student to student and school to school. In addition to the new Tysons campus, Fusion also operates academies in Alexandria, VA and Washington, D.C. locally.



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

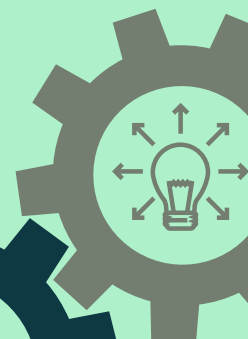
**Boarding:** No

**School size:** About 50 per school location

**Campus:** Building sizes vary

**Director of Admissions:** Lisa Stern, Tysons

**Motto:** A Revolutionary Way to School





# Wakefield School

Grades Junior Kindergarten–12, co-ed;  
Lower, Middle and Upper Schools  
4439 Old Tavern Road, The Plains, VA 20198  
540-253-7500  
www.wakefieldschool.org

Wakefield School, located in The Plains, Virginia is an independent college-preparatory school that provides a rigorous liberal arts education through a challenging, content-rich curriculum and extracurricular activities.

Located in the small town of The Plains, Virginia, Wakefield School believes in broad knowledge, the equal importance of character and intellect, the benefits of hard work, and the unique potential of its students. It prepares students by fostering self-discipline, independence, creativity and curiosity, providing them with the fundamental knowledge and critical thinking skills that will develop capable, ethical and articulate citizens who will make a difference and lead extraordinary lives.

“Our mission is to create capable, ethical and articulate citizens,” said Gray Carr Griffin, Director of Admissions. “We stress a liberal arts education, but it is really a classical education that includes the sciences and math.” Standardized testing and SOLs are not performed. However, students receive course work to prepare for their PSAT exams.

At Wakefield School, each child learns through an independent track that enables them to move at their own pace of learning. “We look very deeply into how each individual child learns; some like to learn verbally, others learn through writing, for example,” Griffin explained. It is important that each child understands why they need to learn something rather than just learn how to do it.

Wakefield also includes a global community education program where students enjoy hands-on experiences within various cultures. More than \$1.2 million in financial aid is available for Wakefield students each year.

Graduation requires a real understanding in four tracks: liberal arts, global studies, STEM (science, technology, engineering, and math), and visual and performing arts. To develop this methodology, Headmaster David Colón spoke with a number of top universities and asked “What are you looking for in quality students in order to gain admission to your university or college?” The universal suggestion was these four tracks.

Extracurricular activities, including track and field, golf and an equestrian team, are deemed important, and are offered during school time. This way, students can be picked up or bused out via shuttles at the end of the school day. Uniforms are required, with a formal school plaid worn on Mondays and a more casual khakis and white shirt uniform Tuesdays through Fridays.

“One of the advantages of an intentionally small school is that students receive one-on-one attention with the teachers. In addition, students from the upper classes become peer advisors and role models to the younger children. In turn, those high schoolers champion that role to become model citizens.” Wakefield also encourages a parent-engaged community, providing opportunities for interaction that fits any parent’s work/life schedule.

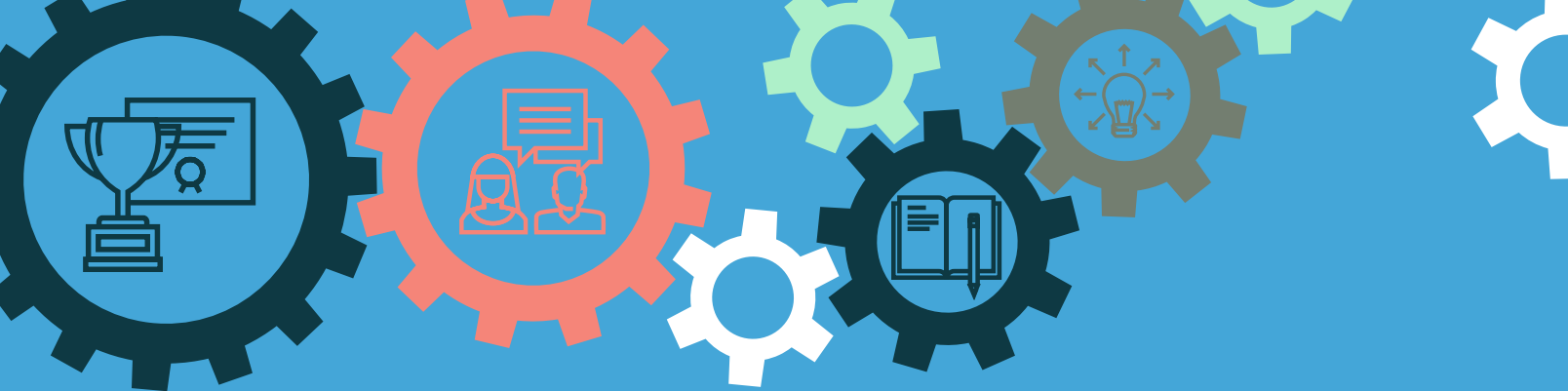
“One hundred percent of Wakefield graduates go to college and 98% of those at universities matriculate in four years; 22% of last year’s graduates got early admission,” Griffin said. Since writing is encouraged at Wakefield, Griffin is proud to report that one student’s application essay to UVA is now used as an example for all UVA students (*see essay on Wakefield website*).



**Tuition:** From \$21,000  
**Boarding:** No  
**School Size:** 320 students  
**Campus Size:** 68 acres  
**Headmaster:** David Colón  
**Motto:** Virtus et Sapientia  
(Virtue and Wisdom)







## BASIS Independent McLean

8000 Jones Branch Drive  
McLean, Virginia 22102  
703-854-1253

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

Pre-K through 12th grade

The curriculum at BASIS Independent teaches liberal arts with an educational focus on the fields of science, technology, engineering, and mathematics. Their courses of study are designed to challenge and inspire; students become scientists, artists, writers, mathematicians, linguists, computer scientists and engineers. Even in the youngest grades, the BASIS

Independent curriculum is designed to help students establish a deep foundation of disciplinary knowledge to fuel critical thinking, problem solving, and creativity.

In every grade, teachers focus on the development of two fundamental competencies: the organization of complex tasks and the productive management of the student's limited time. Great teachers who are selected as masters of their subject content, ignite students' interest in achieving challenges, grasping new concepts, and inspiring a desire for lifelong learning.

BASIS Independent McLean is a new  
Preschool through 12th grade private

school with a nationally-ranked liberal arts, STEM-focused curriculum. Every motivated child can achieve academic success with the right course of study and the help of expert educators.

## Brooksfield School

1830 Kirby Road  
McLean, VA 22101  
703-356-5437

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

Pre-K through 4th Montessori school

Brooksfield was developed to offer a Montessori curriculum enhanced by the power of discovery through the arts and the great outdoors. The Brooksfield philosophy is rich in exciting adventures and opportunities to develop abilities such as self-confidence, independent thinking, risk-taking, and curiosity.

Brooksfield encourages children to be confident in whom they are and whom they are becoming. Every day provides a range of opportunities for children to grow into their potential and to express themselves in a natural, spontaneous fashion.

## Congressional Schools of Virginia

3229 Sleepy Hollow Road  
Falls Church, Virginia 22042  
703-533-9711

[www.congressional.schools.org](http://www.congressional.schools.org)

Infants through eighth grade

Congressional School is a premier independent Infant- Grade 8 school on 40 acres, just minutes from the nation's capital. At Congressional, we encourage independent thinkers and learners by setting high academic standards. Coupled with a rigorous curriculum, we offer opportunities to excel in the fine arts, on the athletic fields and through a multitude of clubs and activities.



Catch up, get  
ahead, or try  
something new!

On your time, at your pace, for fun or for credit.

Join us for a summer semester! Fusion Academy is an accredited school for grades 6 through 12. We provide a comprehensive learning solution for students of all ages, on their terms, fit to their schedule, and crafted to support their unique learning style. We offer academic tutoring, enrichment, and classes for credit - all just one teacher and one student per classroom.

Fusion Washington D.C.  
866.904.4770  
[FusionWashDC.com](http://FusionWashDC.com)

Fusion Tysons  
866.461.8039  
[FusionTysonsCorner.com](http://FusionTysonsCorner.com)

Fusion Alexandria  
866.350.4678  
[FusionAlexandria.com](http://FusionAlexandria.com)

For more info visit: [FusionSummer.com](http://FusionSummer.com)

**fusion**  
A REVOLUTIONARY WAY TO SCHOOL



Through an innovative and accelerated curriculum, the Congressional Schools prepare children to embrace the opportunities and responsibilities they will face as global citizens. The core curriculum is enriched with foreign languages, fine arts and athletics.

Congressional's unique approach to education includes integrating study across disciplines as well as across grade levels, building relationships and a reassuring sense of continuity in their education.

## Dominion Christian School

10922 Vale Rd, Oakton, VA 22124

703 758-1055

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

Kindergarten through Twelfth Grade

Dominion provides a rigorous, college-preparatory, classical Christian curriculum. Promoting an environment of high expectations, each student is supported in the pursuit of his or her fullest God-given potential. Our school strives to equip students with the tools of learning in order that they might be well-prepared to think critically, collaborate with others, and lead the next generation.

Dominion students are college bound, and our program prepares students for admission and success in their colleges of choice and employs the time-tested methods and materials that have produced well-rounded, well-educated generations for thousands of years, including the likes of Thomas Jefferson, Benjamin Franklin, Thomas Edison, and more. Prior to the last

100 years in American education, there were at least three dominant forms of education: basic literacy education, vocational training, and leadership education. The latter form largely focused upon "the making of a man" rather than upon his training, and it is an educational form that has largely been lost today. Dominion sets out to recover this lost form of education, believing it provides an answer to the leadership crisis our nation faces today.

"Believing that thoughtfulness, leadership, winsomeness, and critical thinking are the most important twenty-first century skills, Dominion's faculty is passionate about holistic student formation in the context of a Christian worldview." –Matt Mitchell, Head of School.

CONTINUED ON PAGE 52

## Students soar here.



College-Prep School for Grades 6-12  
with Air Force JROTC for Grades 9-12

Co-ed | Located in Front Royal, VA  
Day & Boarding Programs for All Grade Levels  
5-Day Boarding Available for Grades 6-8

Honors, AP & College Courses | Flight Program  
100% College Acceptance Rate | Chorus  
Drama | Speech & Debate | Band | Art  
Sports Teams for All Grade Levels

## Randolph-Macon Academy

You're invited! Open Houses May 30th and June 12th.  
Or call to schedule a personal tour!

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

**540-636-5484**



## Flint Hill School

Transitional Kindergarten through  
Twelfth Grade  
3320 Jermantown Road (Upper School)  
10409 Academic Drive  
(Lower and Middle School)  
Oakton, VA 22124  
(703)584-2300  
[www.flinthill.org](http://www.flinthill.org)

Flint Hill education focuses on the learner. Within a context of strong relationships, we create developmental experiences that embrace the best practices of traditional and contemporary education.

Different learning styles are recognized and personalized attention given; Learning how to learn, through mastery of critical thinking, problem solving and writing skills, is given as much attention as mastery of subject matter.

The Flint Hill School experience is not merely a stepping stone to college, but one that has lifelong meaning and deep satisfaction. Headmaster John Thomas explains, "Flint Hill's dynamic learning

environment prepares students for success in a rapidly-changing world. Our teachers are committed to inspiring, encouraging and supporting every student to think deeply, engage in substantive interactions, and participate in meaningful conversation. Our students are nurtured toward achieving their personal best while remaining mindful of others and building lasting relationships with their instructors and peers."

## Mason Game & Technology Academy

Ages 8 to Adult  
George Mason University  
Fairfax, Loudoun, and  
Prince William Campuses  
[www.PotomacAcademy.org](http://www.PotomacAcademy.org)  
(Game Design)

The Mason Game & Technology Academy is part of the Mason Computer Game Design Program, and the Virginia Serious Game Institute. MGTA offers age appropriate, on-site, and live (streaming), Virtual Academy classes in 3D Computer Game Design, Creation, & Entrepreneurship; Modeling and Animation; Digital Art; Multi Platform

Mobile App & iOS App Development; Programming and Cybersecurity. Summer, spring, fall classes in Fairfax, Loudoun, and Prince William, plus a summer pre-college residential Honors Program for High School students. Courses are developed and taught by Mason faculty, and advanced Game Design and Computer Science students, many of whom have start up companies of their own!

## Montessori of McLean

1711 Kirby Rd.  
McLean, VA 22101  
703 790-1049  
[www.mcleanmontessori.org](http://www.mcleanmontessori.org)  
Montessori for children 24 months through 12 years old

General objectives of the Montessori program are to: nurture self-confidence, independence, concentration, co-ordination, a sense of order, and an awareness of self, community and the world, to encourage and direct the natural desire to learn, choose and solve; and to provide a carefully prepared environment and personnel to support learning as it moves from the concrete base to greater abstraction.

The Primary (preschool/kindergarten) environment is divided into four main categories: practical life, sensorial exploration, language, and mathematics. The academic program also includes art, music, geography, science, history, foreign language, and physical education.

The rich Elementary curriculum includes mathematics, language, reading, grammar, writing, spelling, geography, history, technology, foreign language, and science.

Co-Head of School Meredith Wood offers, "Our mission is to nurture the whole



## The Montessori School of McLean

PROGRAMS FROM TODDLER THROUGH 6TH GRADE  
NORTHERN VIRGINIA'S ONLY NON-PROFIT, AMS & AdvancED/SACS ACCREDITED SCHOOL

"A CHILD IS A  
DISCOVERER.  
HE IS AN  
AMORPHOUS,  
SPLENDID BEING  
IN SEARCH OF  
HIS OWN  
PROPER FORM."

—MARIA  
MONTESSORI



We look forward to sharing our unique program with you!  
Contact our admissions office to schedule a tour.



AMERICAN MONTESSORI SOCIETY  
education that transforms lives

1711 KIRBY RD | MCLEAN, VA 22101 | 703.790.1049 | [MCLEANMONTESSORI.ORG](http://MCLEANMONTESSORI.ORG)



child and to inspire an enduring love of learning that prepares children to live joyful lives as responsible, compassionate citizens, therefore contributing to a peaceful and benevolent society.”

## Oakcrest School

850 Balls Hill Road  
McLean, VA 22101  
703 790-5450  
[www.oakcrest.org](http://www.oakcrest.org)

Girls' School for Sixth through Twelfth Grades

**O**akcrest educates the whole person. Inspired by the teachings of the Catholic Church and the spirituality of Opus Dei, they weave together a rich liberal arts curriculum, character development, one-on-one advising and service to create a vibrant environment that graduates confident young women who will make a difference in all they choose to do.

Students at all-girls schools report having higher aspirations and greater motivation, being challenged to achieve more, engaging more actively in the learning process, feeling more comfortable being themselves and expressing their ideas, showing greater gains on core academic and life skills, being and feeling more supported in their endeavors.

Oakcrest School helps girls to discover and know themselves, to be unafraid of effecting positive change wherever they go. Each girl is encouraged to blossom, given individualized attention that feeds their mind and soul. Girls develop a strong foundation to grow in wisdom and virtue, ready to face the world.

## Our Lady of Good Counsel Catholic School

8601 Wolftrap Road  
Vienna, VA 22182  
703 938-3600  
[www.olgcschool.org](http://www.olgcschool.org)

Kindergarten through Eighth Grade

**T**he School provides a Catholic education instilled with the spirituality of St. Francis de Sales. It is intended to “make your child’s faith a living, conscious, and active one through the light of instruction.” The integration of religious truth and values with life is the focal point of the curriculum. OLGCS School strives for academic excellence, encourages appreciation of the fine arts, fosters self-respect and respect for all life, and attempts to develop responsibility for the total community. Our Lady of Good Counsel Catholic School has a long standing reputation for excellence in academics and a caring, family environment which facilitates learning and the child’s spiritual, social, emotional



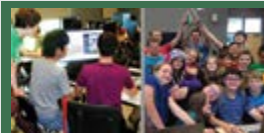
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**MASON GAME & TECHNOLOGY ACADEMY**  
WHERE ART & TECHNOLOGY LEARN & PLAY

**On-Site and On-Line Computer Game Design & Programming Courses for Ages 6 to Adult**

**SUMMER 2016 PROGRAM REGISTRATION OPEN NOW!**



Intro and 3D Game Design (w/ Unity and Unreal4) • Multi Platform Mobile App Development • iOS App Development (Swift and Xcode) • Art & Animation • Concept Art to 3D • Digital Art • Sound & Music for Games • Minecraft Modding • Writing for Games • Programming (Java, C++, C#, Python, Javascript XML) • Cyber Security  
**Plus pre-college Residential option!**

One of the fastest growing and most transformational community programs in the region today, the **Mason Game & Technology Academy** integrates all of the STEM core competencies in a challenging, fun, and engaging way. This program combines both the sciences and the arts, with creative & critical thinking and problem solving skills.

Experience On-Site courses in the Computer Game Design Labs at Mason in Fairfax, Loudoun and Prince William, and/or take On-Line classes from anywhere with our revolutionary new cloud-based mobile education platform **SCRiVB** - engaging in real-time learning and peer-to-peer interaction.

Questions? Contact Director **Vera Lichtenberg** at [vlichten@gmu.edu](mailto:vlichten@gmu.edu) or call 703-993-9889.

**Registration & admin support powered by Mason's Potomac Arts Academy:**  
**[www.PotomacAcademy.org](http://www.PotomacAcademy.org)** (Summer Programs)







## Westminster School

Established 1962

A CLASSICAL EDUCATION FOR THE 21ST CENTURY

Presenting Challenge | Building Character | Instilling Confidence

### ACCELERATED CLASSICAL CURRICULUM INCLUDING:

DAILY P.E. | FIELD TRIPS | JUNIOR GREAT BOOKS  
FRENCH | LATIN | ART | MUSIC | DRAMA

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**LIMITED SPACE AVAILABLE FOR THE FALL  
OPEN HOUSE - OCTOBER 26**



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3819 Gallows Road, Annandale, VA | 703-256-3620

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

and physical growth. Students who successfully complete the course of studies at Our Lady of Good Counsel School are well prepared for academic success in high school and beyond. Our graduates typically choose to attend Bishop O'Connell and Paul VI High Schools, Gonzaga College High School, Georgetown Visitation, Georgetown Prep, and other private and public schools.

## Potomac School

1301 Potomac School Road  
McLean, VA 22101

703 356-4100

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

Kindergarten through Twelfth Grade

The Potomac School prepares students to achieve academically and to live healthy, principled, and successful lives. Potomac faculty truly get to know each child - their interests and passions and what lights their intellectual fire, challenging students with a rigorous program of inquiry and study. Potomac graduates develop a framework for understanding the world and the skills and traits to succeed in it.

Head of School John Kowalik notes, "A Potomac School education is distinctive in many ways. I think immediately of the excellence of our teaching and the beauty of our wooded, 90-acre campus. One of our great strengths is the fact that Potomac is a K-12 school with all grade levels in one location; this creates exciting opportunities for collaboration and contributes to the strong sense of community for which our school is known."

"In addition to academic achievement, Potomac emphasizes character development and excellence in all dimensions of a student's life. This is the promise of our mission—to prepare students to achieve academically, and to lead healthy, principled, and successful lives."

## Westminster School

3819 Gallows Rd  
Annandale, VA 22003

703 256-3620

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

Pre-K through Eighth Grade

## NOW ENROLLING



**EXPANDING  
PROGRAM!**



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the challenges of new **explorations**, the stimulation of  
our carefully designed curriculum and the joys of  
**imagination** and life long **friendships**.

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

**ADVANCED ACADEMIC CURRICULUM  
PRE-K THROUGH 4TH GRADE**



Westminster's academic program is based on the belief that children between the ages of five and fourteen are naturally dominated by curiosity and enthusiasm for life, and want nothing so much as to understand the world around them, discover how they fit into it, and show what they can do. To satisfy and stimulate this appetite for learning and accomplishment, Westminster presents a diverse, challenging curriculum in a purposeful classroom environment which emphasizes thorough mastery of subject, high standards of achievement, good study habits, and personal responsibility.

Westminster provides to students in preschool through grade eight a well-rounded education steeped in the classics, whose fundamental goals are a disciplined and well-informed mind, strength of character, dedication to learning, generosity of spirit, creativity, and joy in the possibilities of life. Accelerated curriculum includes the core subjects, as well as Junior Great Books, French, Latin, art, music, drama, and daily physical education. ♦



**NEW TODDLER PROGRAM!**

**Now Enrolling  
Ages 2 to 6**

A child is like a butterfly in the wind. Some can fly higher than others, but each one flies the best he can. Why compare one against the other? Each one is different. Each one is special. Each one is beautiful.

— Maria Montessori



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



Flint Hill School

**Flint Hill's dynamic learning environment prepares students for the world that awaits them.**

- 1:1 Technology Program
- Apple Distinguished School
- Award-winning Latin, Robotics, Writing, Arts and Athletics Programs
- Robotics and Coding Courses for Python and Scratch
- State-of-the-Art Playground Facilities
- Extensive Bus Service

Register for an upcoming event or schedule a tour at [www.flinthill.org](http://www.flinthill.org), or call 703.584.2314.



*An independent school for students in Junior Kindergarten through Grade 12 in Oakton, VA.*





# BethAnn Telford

## RACING FOR THE KIDS

BY RICK MUNDY

BethAnnTelford is a fighter and a runner. A runner who will “never, never, never give up.” A runner who, even though she calls herself a “leisurely runner,” is scheduled to run seven marathons on seven continents in seven days! Yes, you read that correctly. The World Marathon Challenge, now in its third year, is a grueling event that covers the world in just one week. Oh, and did we mention that BethAnn Telford has had brain cancer for twelve years?

In October 2004, BethAnn was running the Marine Corps Marathon in Washington, DC. She calls it “my marathon” declaring a special love for the military. In fact she moved to the DC area from Pennsylvania following 9/11/2001 to find a way to serve her country. She is an events coordinator with the US Publishing Office. Part way through “her marathon,” she felt a “pop” in her head that did not feel right at all. She managed to finish that race, but went to the hospital right after where she was ultimately diagnosed with brain cancer.

The first year following her diagnosis was a tough year and she became a “mean person.” She turned inward, asking, “why me?” Then one day her neurosurgeon, Dr. Henry Brem, took her on a tour of Johns Hopkins children’s ward and her life was changed forever. “In a way, you have been blessed,” he told her. “Most of these kids will not be leaving the hospital alive.”

“From that day forward,” BethAnn remarks, “I decided to use my athletic ability to fight for children with cancer, especially brain cancer. My father, the biggest influence in my life, would always quote Winston Churchill, “Never, never, never give up.” So with him and my mother, who is my best friend, behind me, I am doing what I can to give back.”

Telford has run countless marathons (including her 16th straight Marine Corps Marathon) and Ironman competitions, all for the kids.

By the end of this year she will have raised over one million dollars to help find a cure for brain cancer. She does it all while she continues a full-time job. She trains four times a day, she gets tired frequently, and she struggles with seizures. How does she stay motivated?

“With the constant support of the people around me,” BethAnn explains. “I am affiliated with Accelerate Brain Cancer Cure (ABC2). They and parents of children with cancer are extremely motivational. I hear from parents all the time and receive hundreds of emails, encouraging me and strengthening me. Parents also will write to me, “My child has brain cancer. What do I do?” I tell the parents to be there on their child’s journey. The kids decorate my marathon shoes – wings, beads, their name, the word “hope” – and I have pictures taken with them. For the World Marathon I want to wear a GoPro® so I can send images back to their hospital rooms.”

### HOW ABOUT THAT WORLD MARATHON?

To do 7 marathons in a year is more than most runners would tackle. To do them on seven continents traveling thousands and thousands of miles is extraordinary. To accomplish it all in 7 days – one week – is phenomenal. To run them while battling the ongoing effects of brain cancer is close to super-human. And only because BethAnn Telford wants to help others.

BethAnn has an overall trainer, a weight trainer, plus nutrition and yoga trainers. She rises at 3:00am, meeting her trainer at 4:00am. From 7:30 – 4:00 she does her day job. On Saturdays she does a long run, Tuesdays and Thursdays are spent running for time, Mondays, Wednesdays, and Fridays are reserved for weight training, and she mixes in yoga as well. ABC2 helped with the \$36,000 entry fee but her goal is to raise lots of money to help find a cure to eradicate brain cancer.

A chartered plane will take up to 50 Challenge runners to the different locations around the globe. The plane will depart Chile on January 17, 2017 bound for Antarctica. The marathon schedule is: January 21—Antarctica, January 22—Chile, January 23—Spain, January 24—Africa, January 25-Dubai, January 26-Australia, January





27-San Francisco. Some of the flights are 12 hours, not leaving a lot of time for rest or recuperation from the last 26.2 mile "jog." She'll read mail from the kids while she's traveling from one continent to the next.

What does BethAnn think about when she's running? Very often it's those kids who are struggling with cancer and how they want her to finish and succeed. Sometimes she thinks about her own childhood and some challenging times growing up with her mother who was struggling with alcohol (now 13 years sober). Lately she's been thinking about her dad who would say, "you gotta do this" while her mom would say, "hell, no."

BethAnn ruminates on her competing, "It's never about me. It's about all of us...as a team, my family, friends, and supporters. Without them, I wouldn't be where I am today. I had a dream to do this epic event and even though it's the World Marathon, it's not the finish. It's not the finish line until we find a cure."

You can bet that BethAnn Telford will never, never, never give up in that effort.

Find out how you can support BethAnn's effort and contribute to the important work being done to cure brain cancer at [www.btwmc.org](http://www.btwmc.org) and [www.abc2.org](http://www.abc2.org). ❖



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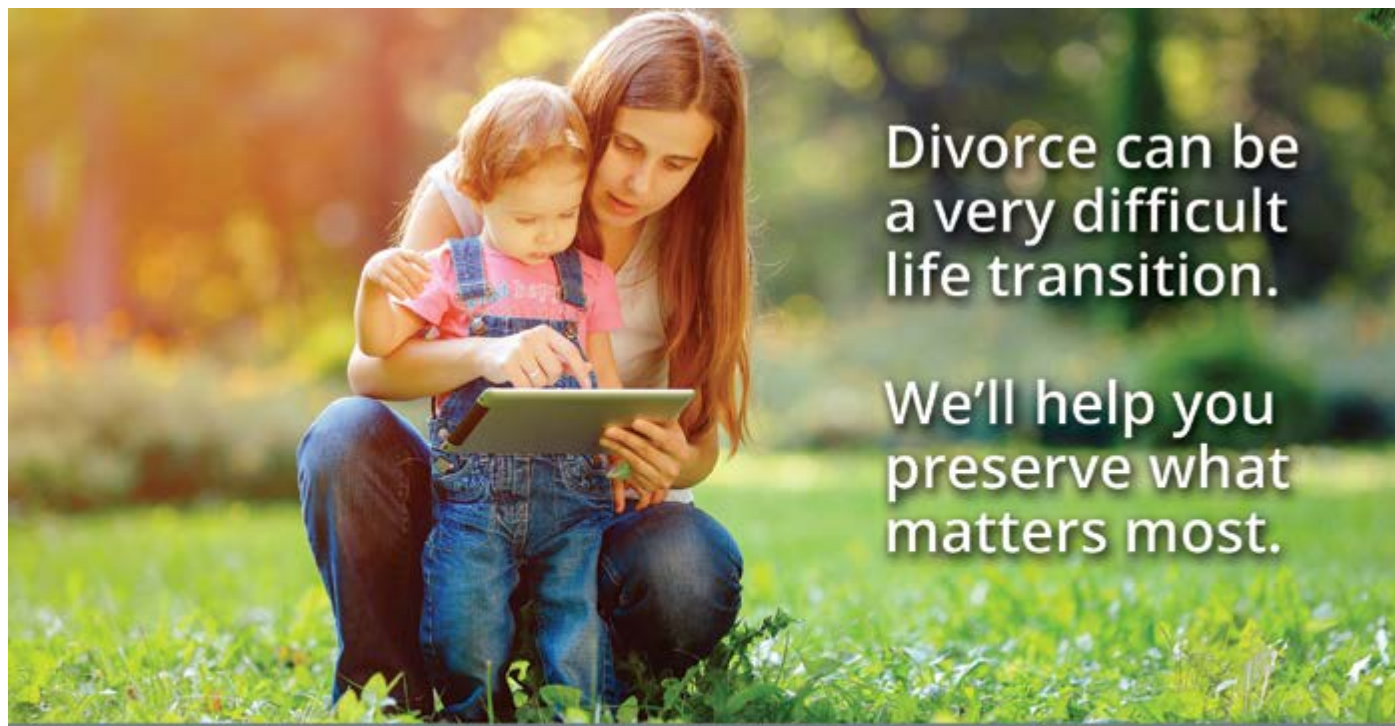
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Time  
to  
Roam

# Inn-credible Virginia!

BY ALLISON CHASE SUTHERLAND

Sneak out the back down Gap Run Road and you'll arrive at the doorstep of *Sky Meadows State Park*, where you can hike trails that connect with the *Appalachian Trail* or sit on rocking chair overlooking the countryside. A dozen wineries are within striking distance. Situated at 1750 feet, *Fox Meadow Winery* in Linden commands a 50-mile view of Blue Mountain on clear days from its perch, but often experiences clouds passing through its unique microclimate, hence one of their wines, the aptly named Blue Mountain Mist. Sitting just above the snow line, they see snow when there is none below. *Phillip Carter Winery*, a beautiful country drive down Leeds Manor Road, in Hume, claims to have produced wines since 1762, even before Thomas Jefferson, in a lovely rolling hillside setting. And make sure to hit *Hunter's Head Tavern* in the little hamlet of Upperville (9048 John S. Mosby Highway) for a cozy fireside pub meal or a succulent steak from nearby Ayrshire Farms.

## The Great Fall Escape - It's Time!

You've been clocking record hours at the office, you've definitely put in the face time with your computer screen, and you've been artfully dodging the orange and white barrels of the Beltway. Now it's time to reward yourself for a job well done. Indeed it's time to slip away – to relax and rejuvenate. Skip the airline reservations, endless lines, and jet lag. Just hop in your car, toss an overnight bag in the back seat, and go –

west! This time, venture past the charming and almost irresistible Middleburg and imagine yourself in another world just a few breezy hours away from Northern Virginia, but just a bit further out. Schedule your weekend getaway during the week if you can, and enjoy lower prices, and, yes, less traffic! You'll be back before they even notice you're gone, but your spirit will attest to the transformation. Time passes at its own quiet pace out here, in the countryside – of Virginia.

## L'Auberge Provençale

Instead of traveling 3,820 miles to la belle Provence this fall, you can travel just 60 miles west of DC as the crow flies to the perfect little French hideaway in the Shenandoah Valley – L'Auberge Provençale. Here you will experience the essence of Provence in the Virginia countryside. Start by shooting out 66 and then, if you wish, start to veer off onto the scenic byways (<http://www.virginiadot.org/travel/maporder.asp>) and really begin to enjoy the drive. After meandering past rolling plowed fields and the vibrant fall foliage of trees against the open sky, you'll suddenly realize you're already there – transported – to France.

Once you step into l'Auberge Provençale, you'll want to cozy up to the warmth of the steady fire in the hearth of the sitting room of this revered historic inn. The rich ochres of the fabrics and faux-painted walls envelop you in Provençal style. After your welcome toast, venture out for a brisk fall walk in the crisp countryside air to heighten the anticipation of the exquisite five-course French dinner which awaits you back at the inn, complemented by meticulously selected fine wines, all orchestrated with attentive, gracious, and delightfully friendly service. This is an inn where expectations are quietly met. For Thanksgiving dinner (noon to 7 p.m.), you and yours may partake in a feast of local wild turkey with roasted chestnuts, quail, and venison.

For those who prefer to cozy up, hibernation-style, the In-room Repast delivered fireside is just the ticket. Enjoy a luxurious aromatherapy steam shower in certain rooms – like visiting the spa without having to step outside your door to let in the chill of the Mistral. And when you finally venture forth – for breakfast – a veritable gourmet feast will send you on your way in a state of complete contentedness, already dreaming of your







On your way to the ever-scenic **Skyline Drive**, don't miss the fifty to sixty million-year-old **Skyline Caverns**, [www.skylinecaverns.com](http://www.skylinecaverns.com), with its very rare anthodite formations. During the earthquake, a group of third graders dubbed it the "coolest field trip ever."

Time  
to  
Roam



Time  
to  
Roam

next visit to our little corner – of France. And isn't it nice to dream? Well, it's even more fun to live that dream – at L'Auberge Provençale. So, bonne nuit et beaux rêves. Good night and sweet dreams, that is.

### Villa La Campagnette, 1890

Meander just three miles from l'Auberge Provençale, past rolling fields edged by black rail fences with graceful grazing horses, on the country roads that lead to the ever-charming and more secluded sister, Villa La Campagnette. Enjoy the sound of gravel under your tires on the pine-lined drive up the shady lawn as you approach the villa. You may be greeted by the dogs, Bernadette, a Bernese Mountain dog, and Phoenix, a Basenji, who are just as friendly as their owners, and a plaque reading "On this site in 1897, nothing happened," attesting to the whimsical nature of the place.



The original wood plank flooring reminds you of the true history of the place. In the parlor, each santon, each rooster, each objet d'art is lovingly and artistically placed. Here again you'll find the rich Provençal ochre hues, from crimson to burnt orange to golden yellow. This sun-splashed villa is illuminated by sunlight – from the terrace by the pool to the skylights in the Provençal-tiled bathrooms.

With eighteen well-tended landscaped acres, horse barns in the back fields, and magnificent flower gardens in the summertime, including the more gently scented white lavender, here you really get to experience the countryside. The journey, of course, is quite nice, but sometimes life is a destination. You may need to frequently pinch yourself. I already know, as with Provence, that I will yearn to return here.

The old-growth maple shades the pool like an Old World tree. How restorative it is to wake up to morning mist over the fields out your window, and to walk and breathe among the old growth trees that have stood the test of time – that have seen history. Hawks fly overhead in poetic synchrony. And in the late afternoon, you might just hear the distant whistle of the train – on its own journey with its own story. Now it's time to make your own.

So that dream you keep having – about taking that trip to France like you've always talked about. Well, now it's just around the corner. So as for that dream – it's time to live it.

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### Pick-your-own-fruit orchards

abound in these fertile hills. From apples and pumpkins in the fall to strawberries in mid-May, cherries in late June, blueberries and raspberries in July, and peaches in August, you have your basket full.

**Stribling Orchard**, [www.striblingorchard.com](http://www.striblingorchard.com), is a sixth-generation orchard just around the bend from Route 66 (or the more picturesque Route 55) just over the train tracks. Just across the way you'll find their cousins' place, **Hartland Orchard**, [www.hartland.com](http://www.hartland.com), with drive-in orchards that lead up to spectacular views overlooking the valley. And finally **Hollins Farm**, [www.hollinsfarms.com](http://www.hollinsfarms.com), offers what may be the most spectacular views of all. The air is so clear here, you can actually think better. "Are you sure this isn't heaven?" I asked Martha, lucky enough to work here. "It's close," she responded.

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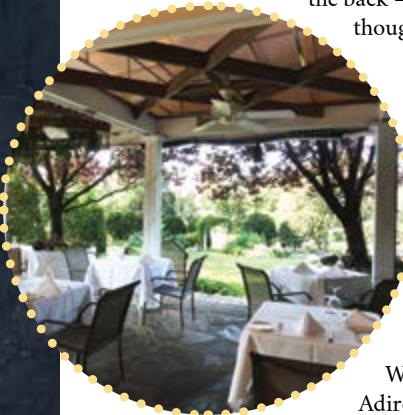
### The Ashby Inn, circa 1829

Each season has its splendor – especially the fall in the valleys of Virginia. After the September hillsides strewn with hay bales or blanketed by goldenrod comes October's regal brocade, ushering in the serenity of winter with its peace and its stillness. If you listen closely, you may hear the call of the raven.



This is the perfect time to really experience the quiet tranquility of the mountains.

And the perfect little hideaway for your escape is the Ashby Inn in Paris, Virginia, which sits on three scenic acres at the end of Federal Street near the crossroads of Routes 17 and 50, also known as John S. Mosby Highway. (The S. stands for Singleton. They might ask to see if you know!) At just 45 miles from Tysons Corner, you might be able to clock it in under an hour – but travel the scenic byways and enjoy every minute of the journey, and more importantly – the utter bliss that is the Ashby. Choose from among 10 meticulously appointed and distinctive rooms. In the Main House, the Fireplace Room harkens back to the 19th century. The Fan Room is particularly inviting, with its petite porch on the back – the Contemplation Nook – where your best thoughts may come to you.



The Settle Room, on the first floor of the pale yellow School House, is a most wonderful find, with original wood-plank flooring and a window seat by the picture window with its flouncy window treatments and pillows, and a wrought iron king bed. Step up the screen door on your own private porch overlooking the surrounding hills and Paris Mountain, and enjoy a Port-style wine from Vint Hill Craft Winery or some Italian spring water from your Adirondack chair. It's definitely time to unwind.

Make it a point to get away to this restful haven. You're allowed – and even encouraged – to do nothing. How nice to be far enough away that you don't have to answer to anybody. Sometimes sketchy cell reception is just what the doctor ordered. You might notice that your gait slows to the pace of yesteryear. Other notable visitors to stop by for a visit include General George Washington and Gen. Stonewall Jackson – and maybe even, well, you. Add your name to the guestbook. It'll surely go down in history – as a great getaway, that is. ♦

### The Ashby Inn

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**AUTHOR:** Allison Chase Sutherland is a restaurant reviewer/travel writer and photographer, author of *Destination: Flavor* international cookbook, multilingual voiceover talent, and foreign language instructor. [www.allivoice.com](http://www.allivoice.com)

## Time to Roam

Pencil in a visit to the world-class, truly state-of-the-art **Museum of the Shenandoah Valley** and its neighboring Glen Burnie, the stately home of the founder of Winchester, with its impressive house and gardens. Just a hop from the inn, literally five minutes, you'll find the **State Arboretum of Virginia** with walking and driving tours. Venture out to the surrounding Virginia wine country, with gems such as **Veramar** with its breathtaking mountain vistas, just outside of Berryville, or possibly explore the nearby **Shenandoah Caverns**. Wherever you turn, you'll find opportunities for cycling, antiquing, golfing, horseback riding, and even hot air ballooning over the beautiful Blue Ridge, if you're so inclined. **The Shenandoah Valley Wine and Music Festival** each autumn at Historic Long Branch will give you an opportunity to discover many a scenic byway. With views like this, it's all worth it. These rolling hillsides and mountain vistas of the Blue Ridge make one wonder why you'd ever leave Virginia...



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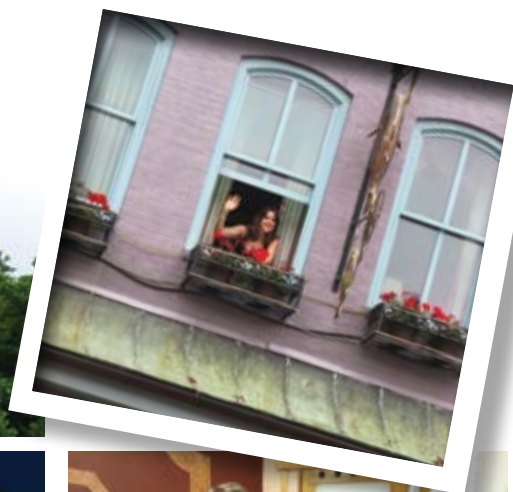
  
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BY ALLISON CHASE SUTHERLAND

## CULPEPER—

# The Sweet Spot of the Virginia Piedmont

### AND YOU'RE RIGHT ON THYME

The Virginia Piedmont is a truly remarkable territory to discover, rich with history and unrivaled natural scenery. And smack dab between Manassas and Madison, or Front Royal and Fredericksburg, depending on your perspective, is the historic and charming little town of Culpeper – the sweet spot, you might say. In the heart of the historic district of this quaint little hamlet, the most charming find of all has to be the Thyme Inn on Davis Street, perched comfortably and conveniently above the Copper Fish Restaurant, which they also own. Check in with the delightful and welcoming owners Connie East and John Yarnall, who will direct you up the back staircase to charming, tasteful rooms with names like Sage, Rosemary, and Thyme, and the impressive Toscano Suite, with its own private terrace.

But behold. The Provincial Suite is nothing short of a romantic Renaissance dream brought to life. Enter to a string quartet of classical music or a Bach sonata for flute piped in for your pleasure. Every detail has been considered here. You can sense the artist with a meticulous eye to detail. Porcelain antique Cavalier King Charles Spaniels, deep-red orchids, a grand wooden armoire, rustic wooden floors.

This authentic wooden theme continues to the doors with gilded knobs that lead to the elegant bath of Italian marble sinks with ornate gold fixtures, an antique Persian rug, intricate mosaics, gold

hand-painted walls lit by an almost medieval-looking chandelier, and a framed map of the Ducatus of 'Bvrgvndia' or the Duchy of Burgundy in old script, just in case you need to orient yourself. True to form, burgundy and gold represent the colors of the realm. A rattan hamper adds texture. A regal brass lion head will hold your towel for you. Even the elegantly painted tissue box has a pedestal. Living in such quarters makes you imagine you descend from royalty. So go ahead, give yourself a title. You deserve it. Then snuggle up in your cozy bathrobe and slippers if you wish, beside the statue of dancing marble muses by the fire. The space is refined, luxurious, captivating. It could act as a set for a period piece. Pick your part. It's your movie, after all.

Drift into a reverie as you gaze out the open window of geranium-filled window boxes overlooking Davis Street with its old-timey painted vintage brick facades, harkening back to a bygone era. Train whistles and church bells paradoxically remind us of the timelessness of it all. And perhaps more so, they are a call to explore.

One can descend from this room by way of one of two staircases, one with your own secret door to the front. It's like your own wonderful maze. Head down the front staircase, beautifully embellished with hand-painted frescoes of Monet's Japanese bridge at Giverny, cross the street (they might even stop to let you cross if you're jaywalking) and visit with the amicable good folks at the irresistible Culpeper Cheese Company – with clever



touches for your picnic and a host of brewing supplies in the back. Select wines right out of the machine, or opt for delicious brews at the counter. Next door is the Frenchman's Corner with its Neuhaus Belgian chocolate, the eclectic Cameleer Aboriginal Art & Handicraft, and the environmentally responsible Green Roost, to name but a few fun finds in town.

Culpeper, a Great American Main Street Award winner, is replete with small-town charm. Meander down Davis Street and pick up some fresh strawberries from the Saturday morning farmers market, which runs from April to October. Discover new ingredients from knowledgeable local growers and farmers, such as garlic scapes, the thin, green curlicues that grow directly from the root of the garlic plant, which can be used like scallions in Japanese and other cuisines. <http://www.smithsonianmag.com/arts-culture/what-heck-do-i-do-garlic-scapes-180951722/#0gupdLX5ylv8M3k1.99>

Stop in at the lovely little Visitor's Center Museum of Culpeper history just across the street at the historic train depot. Get the scoop on upcoming events, such as Hoptoberfest on September 4, which is described as a Gnarly Hops Fall Celebration. Then sit a spell and watch trains go by if you wish, while you eat your sweet spring strawberries on a bench beneath a shade tree. What could be nicer?

This newly thriving historical district has much to offer. "People get Calhoun's country ham and go to Knakel's for the biscuits. I mean this stuff even goes to the White House," according to local singer-songwriter talent, Sharon Dennis. Just down the street, Miss Minerva's Tea Room will transport you back to a quieter, perhaps more civilized era for the afternoon.

Just then, you hear something else. Might that be your stomach growling? This may be interpreted as a call to eat. Walking and exploring builds anticipation for the evening of daughter Joclyn Yarnall's fine European country cuisine at It's About Thyme. It is currently celebrating 20 years, having built a fine reputation over the years by focusing on locally sourced ingredients and friendly service. The owner John still has coffee there every morning, and daughter Jodi runs the front of the house. Waiter Peter Kanaga succinctly described historic Culpeper as a "neat little eclectic shopping village, cultural hub of the tri-county area."

The portobello mushrooms sautéed with tomato and fresh basil in Burgundy wine insist upon being savored. The filet mignon with a maple syrup and coffee glaze are accompanied by smooth and creamy crème fraîche whipped potatoes which are beyond luscious! I exclaimed, "You can't say no to that," to which the quick waiter ricocheted, "You really can't!"

It's About Time will also be offering monthly Artful Conversations where, over dinner and fine wine, expert professors will discuss European cultures, ancient and modern architecture, photography, and film. And for more culture, hit the restored State Theatre for live performances and film screenings. The art deco-style building housing the Library of Congress National Audio-Visual Conservation Center is also here with its vast compendium of America's entire film history to behold on the big screen as well.

Enjoy leisurely European cuisine and impeccable service, and—when it's time—just climb the stairs, sink into the heavenly bed of fine linens and dream some more...

## SOMETHING'S BREWING IN THESE HILLS

The next day, plan to stop in for a great little lunch just next door before escaping into the undulating hills for an afternoon of exploring. Thyme Alley is ever so quaint and breezy beside the Thyme Market if you seek a little more casual vibe. Someone at the next table gushed to her friend, "The pizza is spectacular!" And that's no lie. Asiago cheese, prosciutto, roasted red peppers, and fresh basil is a truly winning combination. Other tempting toppings included fontina, Boursin, Kalamata olives, peppadew peppers, and artichokes. They also have panini and baguette sandwiches, including ham, brie, and Granny Smith apples with Dijon mustard—quite the spot-hitter. Then you're set to discover the surrounding verdant countryside.

Scenery and history abound in this central part of Virginia. Civil War battlefields such as Fredericksburg, Chancellorsville, and Kelly's Ford are just a stone's throw from Culpeper. St. Stephen's Episcopal Church, built in 1821, even served as a hospital during the Civil War, following the Battles of First and Second Manassas, Brandy Station, and Cedar Mountain. They say "something's brewing in these hills," and indeed it is. Belmont Farm Distillery, America's first craft distillery, 13490 Cedar Run Road, (540) 825-3207, is a 20-minute drive from Culpeper past corn fields, hay bales, red barns with rusted tin roofs, and silver silos intermittently punctuating the open sky.

Everybody knows everybody around these parts. Our waiter at It's About Time recounted, "Tim and Tickle and all the guys from the crew were over here yesterday for lunch," referring to Chuck Miller, moonshiner and master distiller at Belmont Farm Distillery and Tim Smith of the Discovery Channel show, *Moonshiners*, which coincidentally was being filmed during my visit to the distillery. Our informative and witty guide assured us it's all legit now. "It was originally a church, so Father Joe came with a Culpeper County cop to prove that it was legal."

Scottish and Irish settlers brought these traditions to Virginia centuries ago. Belmont Farms utilizes a genuine copper pot still distillation process for their tasty Virginia Lightning Apple Pie Moonshine made with apples from nearby Winchester, which goes nicely with sweet iced tea, and was awarded the 2016 Bronze Medal by the American Distilling Institute for Craft Spirit, as well as for their butterscotch, which took the silver, and peach. Their Virginia Lightning Corn Whiskey took the gold! Belmont Farms also handcrafts a Colonial-style Kopper Kettle Dark Chai Spice Rum sweetened with brown sugar, as originally imported by the colonist from the West Indies and grown in the Intracoastal Waterway, and flavored with an intriguing combination of East Indian spices. As they say: come as strangers, leave as friends. Our guide Cheryl says, "We have a good time. We have a really good time."

## SWEET LEGACY

Back in town, you don't want to miss La Bee da Loca with its real honey in its purest form. Enchanted by the fragrant nectar, I selected some creamed orange blossom honey. "Raw honey crystallizes. Just put it on the dashboard of the car or someplace warm and it will return to its liquid state and viscosity."

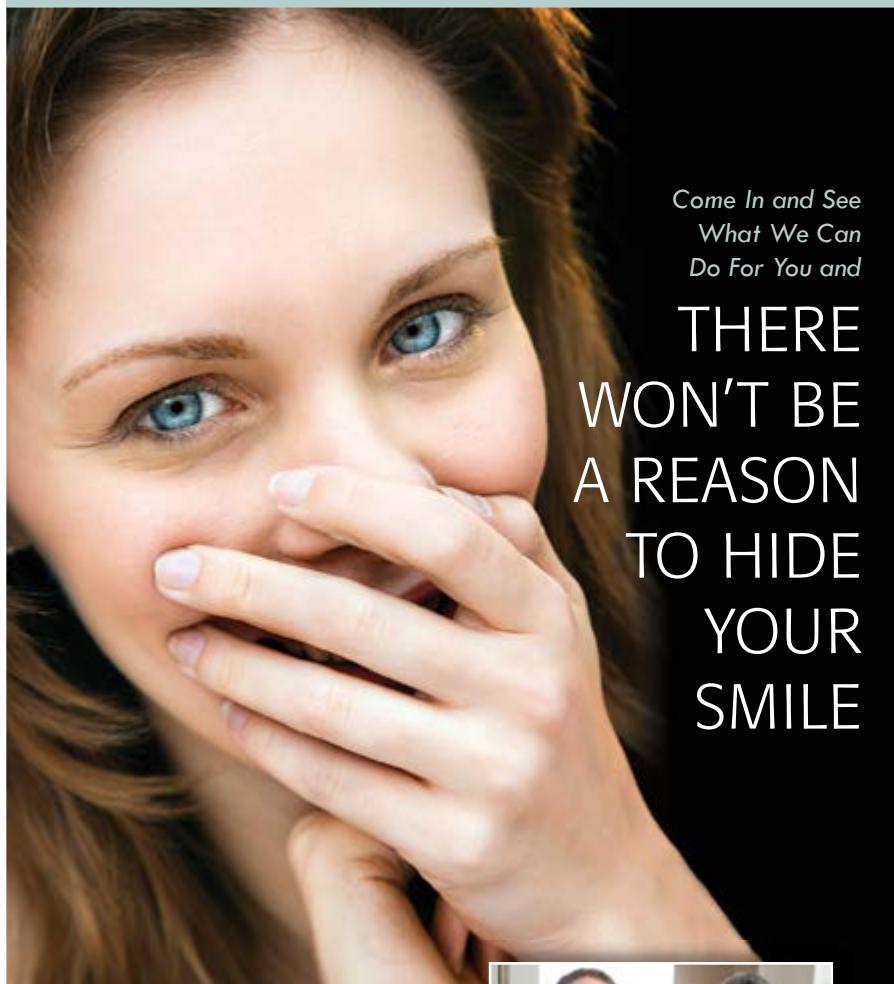
Take the crooked staircase (which reminded me of a Nancy Drew mystery from long ago) upstairs to see the working active

CONTINUED ON PAGE 66



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CONTINUED FROM PAGE 65

hive, queen and all. Owners Felecia Chavez and Keith Price learned about these observation hives while visiting small towns and villages in the Amish country near Lancaster, Pennsylvania.

Their story is most compelling. Felecia worked for thirty years for the Red Cross with U.S. service members in emergency communications during natural disasters. In fact, she has indeed seen a lot, having spent two tours in Iraq and three in Afghanistan at Bagram Air Force Base. She also worked at Walter Reed with the Wounded Warriors. "And I would do it all again."

As I left, I heard Felecia's husband Keith Price, a kindly, informative gentleman who served in the military during their time overseas, mention to a friendly visitor, "I walked by your house the other day and I noticed you have two beehives over there!"

In the downtown historic section of Culpeper, not only do folks know each other; they also help each other...as well as the bees, which, of course, help us all. Appreciative of my interest in her passion to protect these pollinators, Felecia exclaimed, "Rock on, sister. The bees need our help. They're pollinators, and if we have no food, we've got nothing. It is my legacy to my children, to make sure they have a future and that their children have a future." And that is very sweet indeed! ♦

## THE THYME INN

128 E. Davis Street  
Culpeper, Virginia 22701  
540-825-4264  
www.thymeinfo.com

**AUTHOR:** Allison Chase Sutherland is a restaurant reviewer/travel writer and photographer, author of *Destination: Flavor* international cookbook, multilingual voiceover talent, and foreign language instructor. [www.allivoice.com](http://www.allivoice.com)



## BOOK REVIEW

# IDEAS TO REIMAGINE YOUR HOME LIKE YOU'RE ON VACATION

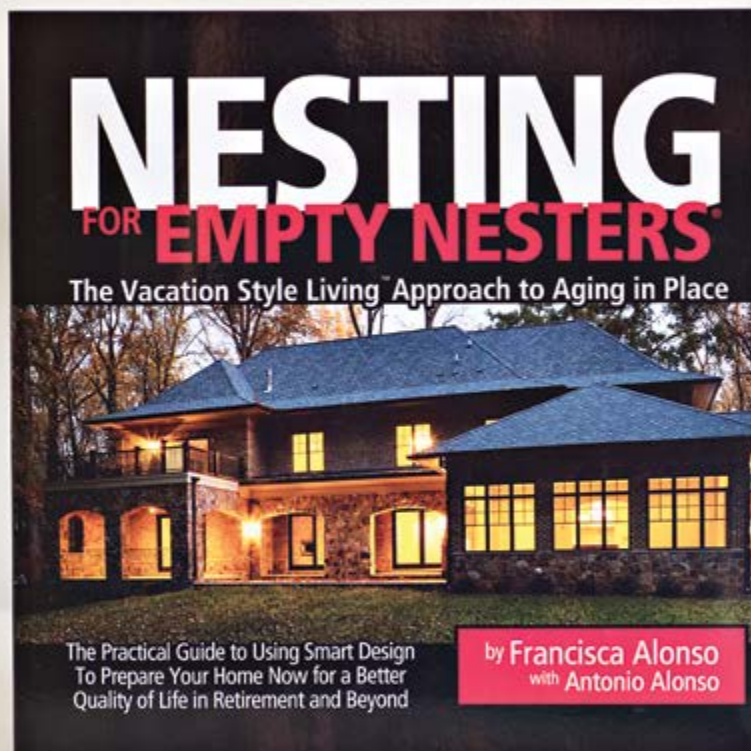
BY HUBIE CRAM



Francisca Alonso, with Antonio Alonso, has many years of design experience. She draws on that exceptional expertise to share innovative strategies to enjoy an improved quality of life in retirement and beyond. The result is an informative guide that takes the reader through the many issues and concerns to be considered when making significant alternations to your favorite living space.

*Nesting for Empty Nesters: The Vacation Style Living Approach to Aging in Place* provides advice and tips in an easy-to-read guide to using smart design to make modifications to your home. Each chapter is short and offers practical tips for planning and creating the perfect updates. From Chapter 14, "As you prepare for life's ultimate vacation – retirement – keep a list of the features, fixtures, amenities, and feelings that made you want your vacations to never end. By incorporating some of these aspects of functionality and style into your home, you can begin to experience Vacation Style Living™."

The authors' goal is to help homeowners approaching retirement take advantage of the time they have to make sure their home is ready as they move into the next stage of their life. As Alonso has learned, 87% of adults aged 65 and older prefer to stay in their home and community, yet the vast majority will procrastinate in making modifications to address anticipated needs and desires of Vacation Style Living.



Using the straightforward advice from *Nesting* the reader can begin to see how their own home could accommodate future concerns for comfortable living that should be as care-free as being on a permanent vacation. Packed with gorgeous photographs to stimulate the creative mind in all of us, along with essays to take you through the planning process, this book will bring new inspiration into your own ideas for retirement in order to experience Vacation Style Living.

Francisca and Antonio Alonso are co-founders of AV Architects + Builders, a 15-year-old Great Falls design and build firm and welcome reader inquiries. [avarchitectsbuilt.com](http://avarchitectsbuilt.com) 703 865-5065

*Nesting for Empty Nesters: The Vacation Style Living Approach to Aging in Place* (Brand Spoken Press) is available for \$24.95 on [amazon.com](http://amazon.com). See the video book trailer at <https://youtu.be/A1yqSC1VosY>. ♦





BY KEITH LORIA



# USING TELEMEDICINE *to Fight Headaches*

Dr. Mahan Chehrenama is a prominent neurologist with subspecialty certification in headache medicine, but the road to her McLean-based clinic—iNeuro Headache Specialist, a hybrid private practice with direct to consumer telemedicine services—was not the usual path.

“I was an adolescent during the Iranian revolution and immigrated to the U.S. in 1979,” she says. “I became very disillusioned by politics rather quickly. I decided that the best way to help people was one on one and directly instead of the promise of policies. Becoming a physician was a natural extension of that experience.”

It was during med school—her very first neuroanatomy class actually—that she realized that neurology would be her calling.

“There is a logical and methodical aspect of neurology that appealed to my scientific side,” she says. “In addition, there is the unknown aspect of the nervous system with so much mystery in the way it behaves. This is where the art of medicine is very much respected.”

As one of only 400 headache medicine sub-specialists in the country, Dr. Chehrenama is the leading provider of direct-to-consumer telemedicine services for care of chronic complex headaches as well as persistent post-concussive symptoms.

Her first use of telemedicine dates back to the mid-'90s when she was a resident at the University of Maryland.

“Our institution was the recipient of a military grant for the first use of telemedicine between remote hospital facilities as well as our shock-trauma center,” she says.

Later, as chief resident, Dr. Chehrenama helped develop the first “BAT CALL,” which stood for “Brain Attack Team” covering telemedicine and emergency department coverage. Over the years, the decision making changed to the neurologist seeing the patient via use of a facility-based telemedicine cart and relaying their recommendation to the emergency department physician for on-the-spot treatment of acute stroke.

“I began to implement the same protocol for use in concussion care. As director of the Headache & Concussion program in Inova, I led the implementation of the first tele-concussion care during the World Police and Fire Games held in Fairfax in 2015,” she says. “Of course, this was only made possible with the teamwork of our athletic trainers and dedicated therapists on location.”

Currently, direct-to-consumer telemedicine services is only offered for the more common primary care medical issues for very brief visits. She is extending that spectrum from acute care to the more chronic and complex scenarios in neurology and in-particular for chronic recurring disabling headaches.

The benefits of doing virtual consultations are myriad for both she and the patient.

“At first, I thought the virtual consultation would just help the access for our patients that have to drive many hours from other regions of the state, or those who are too ill to drive” Dr. Chehrenama says. “However, as I perform more and more chronic care via this virtual platform, I see how it helps patients who are even local or not as disabled. My patient population have commonly seen many other medical providers as well as neurologists, and they have usually performed diagnostic studies and tried numerous medications. This builds in a safety factor for virtual consultations and follow-ups.” Additionally, there are typically only 2 types of visits for this population. They either require in-person hands-on injections such as nerve blocks or neuro-toxin injection or alternatively diagnostic review of tests, planning and strategy, education, as well as lifestyle and prescription management that



can be performed via the video portal. The ability to manage chronic conditions virtually allows better compliance without much intrusion into the patient's life and hopefully improved outcomes.

In these scenarios, the patient does not need to take off from work or juggle childcare plans or battle local traffic. They can obtain a solid strategy and evaluation opinion via a HIPAA complaint video portal. Of course, they can always choose to come to the office for an in-person visit.

Dr. Chehrenama is also an assistant clinical professor at VCU-Inova campus, as well as a board member for safety of use of therapeutic neuro-toxins in adolescents and teenagers. She is an advocate for more research in the field of headache through her work with Alliance for Headache Disorder Advocacy and "Headache on the Hill". Her current project is to aid in bringing the "Miles for Migraine" race to the DC metro area in order to enhance awareness and improve funding for migraine research.

She enjoys teaching about mechanisms and the clinical application of "our basic neuroanatomy and physiology, as this highlights the importance of always looking for a cause." This is also the reason that she sub-specializes in the treatment of post-traumatic headaches as well as post-concussive syndromes.

When not at work, Dr. Chehrenama enjoys hiking and climbing with her husband and teenagers. She also enjoys Tai Chi and Qigong for its medicinal and meditative benefits.

And it's knowing that she has helped so many that has made her so happy with her chosen profession.

"I feel that my ability to assimilate the importance of biomechanics into neuroanatomy has helped numerous patients that were otherwise not helped by the more standard medical therapies," she says. "Given my extensive background in clinical research, I tend to look for both cutting edge medical applications and options as well as being fully aware of their limitations."

To learn more, visit her website at [inhs1.com](http://inhs1.com). Dr. Chehrenama notes she is happy to evaluate patients who have been unsuccessful in their management of chronic headaches, persistent post-concussive syndrome or who suffer from diagnostic dilemmas. ❖

**AUTHOR:** Keith Loria is a freelance writer who writes regularly about sports, business, entertainment, and the arts. When he's not writing, the Oakton work-at-home dad can be found playing with his daughters Jordan and Cassidy.

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# The Fruit *of the* Wine

BY LINDA BARRETT

## Fruit wines celebrate summer's bounty

When you think of wine, you think grapes. It's a natural connection. However, there is a whole orchard filled with other options for fabulous wine making.

Fruit wines are classified as fermented alcoholic beverages created from ingredients other than grapes. They are generally referred to by their main ingredient, such as blackberry or plum wine, and most fruits and berries can be used to make wine. However, because this produce does not contain the balance of sugars, acids, tannins, salts and water that grapes do, they often need to be adjusted or modified to create a pleasant drink.

Tasting a fruit wine is done similarly to grape wine. Note the predominant characteristic, like the aroma or flavor of the particular fruit, and look beyond the fruit to uncover additional layers of complexity and character.



## Peaks of Otter Winery

Danny Johnson, owner of the Peaks of Otter Winery and Johnson's Orchard, is said to have the first all-fruit winery in Virginia. "I started in 1995 with \$1,500 when people told me it would take about \$1.5 million to get into the wine-making business, and produced my first fruit wines in 1996," he said. "I already had the orchard and thought we needed to add a product line to our fruit production."

He began with dry and sweet apple, then branched into pear, plum, peach, nectarine and all the berries, experimenting along the way. "We tried every type of fruit from persimmons to peanuts, but some didn't make the cut," he chuckled. Approximately 75% of his 30 varieties of Fruit of the Farm wines are made from his own produce.

While wine notes often indicate various flavors found in the wine, like honeysuckle or tobacco, in Johnson's opinion, "If you want a wine to taste like blackberries, drink a blackberry wine." His best seller, he says, is his chili dog wine created from 97% apple wine combined with 3% chili pepper wine. His most unusual is the fiery hot Kiss the Devil Chili Pepper wine. One of my favorites is the Chocolate Cherry Bomb wine that tastes like a chocolate covered cherry.

Johnson followed tradition when making his first wines. "My grandmother made elderberry wine at our ancestral home at the top of the peaks across from the lodge," he explained. "She made the wine in the fall of the year and fermented the berries in apple juice to give them more sugar. We still do that with all our berry wines. A typical grape may have 24% sugar, while a berry will only contain about 4% sugar and an apple 12-14% sugar. "You need about 25% sugar to make a good wine."

## Horton Vineyards

"When we started here, we had no idea we'd be making fruit wines ten years in," said Mike Heny, winemaker at Horton Vineyards. The winery now has eight fruit wine offerings through its Chateau le Cabin label including pear, pomegranate, blueberry, strawberry, cranberry and best-sellers blackberry, raspberry and peach. Their pear wine was named "Best of the Southeast" at a recent competition.

"We did a lot of experimentation with our fruit wines in the beginning and discovered how our customers reacted to them," Heny continued. "They do require some manipulation to add sweetness and control acidity. What's unique about our wines is that we have some of our grape wines blended into them like pear with our Viognier, raspberry with our Cabernet Franc." Their alcohol content falls around 11% as compared to their grape wines at about 13-14%.

Neither Johnson nor Heny consider fruit wines as "dessert wines" as they are not quite sweet enough. However, both claim that these wines pair perfectly with food including blackberry wine with steak, or with hors d'oeuvres, cheeses or dessert.

## Other Options for Fruit Wines

Another source for fruit wines is the Hill Top Berry Farm & Winery, with its 15 True to the Fruit wine varieties. This winery was originally a "pick your own" berry farm. Since their wines contain no grapes and are not flavored, you experience the true taste of the fruit.

In addition, on my travels along the area's wine trails, I came across the Great Shoals Winery on the site of Heyser Farms in Silver Spring, Maryland where I tasted, for the first time, sparkling fruit wines created in the traditional Méthode Champenoise style. Their Elderberry Sparkling combines Heyser apples with locally-grown elderberries, while their Pomme Aronia

combines apples with the Aronia berry, each fermented separately before blending. While not offering a strong fruit flavor, they are a refreshing and light alternative to traditional sparkling wines.

My friends and I held an all-chocolate dessert party paired with strawberry and raspberry wines, which provided the perfect complement. We have also enjoyed fruit wines on a hot afternoon with a cheese and fruit plate, and on their own before a roaring fire. Fruit wine may not be your obvious choice when you think of wine, but they are certainly worth giving a try. I can guarantee you'll find a favorite. ♦

## RESOURCES

- Peaks of Otter Winery, Bedford, VA  
[www.peaksofotterwinery.com](http://www.peaksofotterwinery.com)
- Horton Vineyards, Gordonsville, VA,  
[www.hortonwine.com](http://www.hortonwine.com)
- Hill Top Berry Farm & Winery, Nellysford, VA, [www.hilltopberrywine.com](http://www.hilltopberrywine.com)
- Great Shoals Winery, Silver Spring, MD, [www.greatshoals.com](http://www.greatshoals.com)

**AUTHOR:** When wine editor Linda Barrett isn't lifting a glass, she's running All the Buzz, a copywriting firm for websites, blogs, collateral and social media, [www.allthebuzz.net](http://www.allthebuzz.net).







# DINING OUT ON *Thanksgiving*

BY LISA SHAPIRO

Forgo the stress, and let someone else do the cooking for you so you can enjoy your Thanksgiving holiday with your loved ones. With so many amazing restaurants open in the Tysons area for our nation's favorite dinner to give thanks, celebrating Thanksgiving could mean no prep, no dishes, and no mess!

## *Restaurants Open:*

**2941**—Reservations accepted from 11:00 AM to 8:00 PM for Executive Chef, Bertrand Chemel's three-course prix fixe menu at \$68 per person. Vegetarian and children's menus (\$25) available.

**AMERICA EATS TAVERN BY JOSÉ ANDRÉS** Feast like your forefathers at America Eats Tavern. Try Chef José Andrés' special Thanksgiving menu of traditional dishes with modern flair and spectacular ingredients of Virginia. Reservations accepted from 11:00 AM to 7:00 PM \$65 per adult, \$25 per child 10 & under.

**AMERICAN TANDOOR**—Open between 12 & 8 PM serving a special prix-fixe menu serving up Indian favorites and a twist to

the traditional Thanksgiving menu, like Tandoor fire roasted turkey. \$29.95 per adult. \$19.95 per child 12 & under.

**BAZIN'S ON CHURCH**—Bazin's on Church offers a contemporary American menu featuring organic and seasonal ingredients. For Thanksgiving, choose from their special 4-Course Prix-Fixe Thanksgiving menu or from the regular a la carte menu. \$39.00 per person. Kids 10 and under \$18.95.

**CAPITAL GRILLE**—Alongside their full menu, they will be offering the executive chef's take on Thanksgiving favorites, such as slow-roasted turkey with brioche stuffing, French green beans, cranberry pear chutney and mashed potatoes to share. Available Thanksgiving Day from 11AM - 9PM for \$36 per person and \$15 for children.



**CHIMA**—Celebrate Thanksgiving with a full Rodizio menu plus a Thanksgiving traditional menu, including roasted turkey, stuffing, cranberry sauce, mashed sweet potatoes, green bean casserole, and Cornbread. Special hours of operation: 12 - 8 PM.

**EDDIE V'S**—Celebrate Thanksgiving with a Thanksgiving traditional menu, including slice roasted turkey, brioche stuffing, cranberry sauce, glazed acorn squash, baby French green beans with sun-dried tomatoes, and mashed potatoes. For dessert, enjoy Pumpkin Pie with Whipped Cream and Praline Sauce (+8). \$36 per person and \$15 for children.

**FOUNDING FARMERS**—Taste the delicious flavors of Thanksgiving without all the cooking and enjoy a traditional three-course turkey dinner featuring all of your holiday favorites. Enjoy a traditional roast turkey with all the trimmings, but additional deliciously innovative dishes such as Honey Pot Fried Chicken with Maple and Brown Butter to satisfy any craving. Adults \$35, Kids under 12 \$20. 12-8 PM.

**J GILBERT'S**—Enjoy a special Thanksgiving 3-course prix-fixe menu featuring turkey and all the fixings with your choice of appetizer and dessert. 11 AM-9 PM. Adults \$38, Kids 12 & under \$19. Regular menu also served.

**LEGAL SEAFOOD**—It's said that the first Thanksgiving featured shellfish and fish. Serving everything from stuffed turkey to stuffed lobster, the special Thanksgiving menu includes turkey breast with sausage stuffing, mashed potatoes, butternut squash and cranberry sauce (\$21.95 per person and \$7.95 for children 12 and under). Reservations are recommended. 12-8 PM.

**MAGGIANO'S**—Open for Thanksgiving, serving a special family style 4-course Thanksgiving Day menu featuring traditional favorites. For third course, options include Traditional Roast Turkey Breast with Giblet Gravy & Focaccia Sausage Stuffing; Country-Style Baked Nueske Ham with Mashed Sweet Potatoes or Parmesan-Crusted Tilapia with Sage, Lemon & Tomatoes plus sides and pasta.

**WILDFIRE**—Tysons Galleria—Open from 10:30 AM to 8:30 PM serving a Thanksgiving menu served family style for \$45.95/person and \$19.95/children 12 & under. Gluten-free options available. ❖



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### September 16

#### BUSINESS GROWTH WORKSHOP

11:45 AM - 1:00 PM  
Tysons Chamber of Commerce  
7925 Jones Branch Drive  
Suite LL210  
Tysons, VA 22102

Registration is required for this  
no-charge event. Email [admin@tysonschamber.org](mailto:admin@tysonschamber.org)  
for more info.

### September 20

#### TIPS I - LEADSHARING & REFERRAL NETWORKING GROUP

12:15 PM - 1:30 PM EDT  
Fleming's Prime Steakhouse & Wine Bar  
1960A Chain Bridge Road  
McLean, VA 22102  
Lunch \$16.

Email Phyllis Colman-Lacy at [pcl@quantumstudios.org](mailto:pcl@quantumstudios.org)

### October 18

#### EMERGING LEADERS COUNCIL MEETING

8:30 AM - 9:30 AM  
Tysons Chamber of Commerce  
7925 Jones Branch Drive, Conference  
Room, Tysons, VA 22102

Registration is required for this  
no-charge event. Email [admin@tysonschamber.org](mailto:admin@tysonschamber.org)  
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[www.McLeanChamber.org](http://www.McLeanChamber.org)

### September 15

#### REAL ESTATE EDUCATION SERIES

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### October 27

#### SMALL BUSINESS EDUCATION SERIES

co-sponsored by the SBA and Lafayette  
Federal Credit Union  
8:30 AM - 10:00 AM  
McLean Government Center  
1437 Balls Hill Road, McLean, VA

Chamber members \$10  
Future members \$15

## FALLS CHURCH CHAMBER OF COMMERCE

(703) 532-1050  
417 W. Broad St. #205  
Falls Church, VA 22046  
[www.fallschurchchamber.org](http://www.fallschurchchamber.org)

### September 13

#### CHAMBER BOARD OF DIRECTORS MEETING

8:00 AM - 9:00 AM EDT  
Tax Analysts Conference Room

For more information,  
contact Sally Cole at  
[sally@fallschurchchamber.org](mailto:sally@fallschurchchamber.org)

### September 20

#### CHAMBER NETWORKING LUNCHEON

11:30 AM - 1:15 PM EDT  
The Italian Cafe  
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Falls Church, VA

Tickets with reservations for members  
are \$27, for nonmembers \$32. An  
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### October 18

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*By Johnny Hanna*

***"Sooner or later, we will have to recognize that the Earth has rights, too, to live without pollution. What mankind must know is that human beings cannot live without Mother Earth, but the planet can live without humans."***

—Evo Morales

As I was walking through our mudroom in our home earlier this year, I couldn't help but notice how much water we were using in plastic bottles. For just four people the damaging footprint of our water consumption began to concern me. This publication has done numerous stories on how companies are getting "greener" and I thought it may be time for me to "get with it."

As a boater, we have huge concerns for plastic bags on the seas and the damage they present to our bilge systems and the landscape, but the damage today is even greater below the water line.

Just a few facts: There are 50 billion water bottles consumed every year, about 30 billion of them in the US (which means we consume roughly 60 percent of the world's water bottles, even though we're about 4.5 percent of the world population).

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It takes three times the volume of water to manufacture one bottle of water than it does to fill it, and because of the chemical production of plastics that water is mostly unusable.

We use 17 million barrels of oil each year just to produce all of those water bottles. Imagine a bottle of water. Then imagine it ¼ filled with oil. That's how much oil it took to create the bottle. Yikes!

What to do? My friend, Jimmy Audia of Pazzo Pomodoro, to the rescue. Jimmy introduced me to Mark Murphy, managing partner of ECOsmarte water systems who installed a whole house system we just love! Food tastes better, clothes come out whiter, and we can eliminate the need for those plastic bottles.

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It filters out the chemicals used by the municipal water suppliers to sanitize the water which are typically chlorine or chloramines and its by-products. They are removed using a combination of granulated activated carbon and KDF 55 Process Media pre-treatment. (If you're more curious about the specifics, you can Google the components).

The sanitization chemicals used by municipalities are what causes the bad taste and smell, dry skin and damaged hair, as well as the wear and tear on fixtures, the dishwasher and clothes washer. Unlike reverse osmosis, the system allows the minerals that are important to human health to be retained. Once installed, it's self-cleaning so there is zero maintenance required for at least 10 years.

We love it... and we can't believe the quality and convenience we have today—right out of the tap!

For more information on Ecosmarte log on to [www.ecosmarteast.com](http://www.ecosmarteast.com) or call Mark Murphy direct at 323.251.3561. ❖



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# A CHANGE *of* DIRECTION

*Area residents launch new careers*

Kelly Millsbaugh Thompson, owner, Stylish Patina. Photo credit: Greg Powers.



Whether they are chasing a dream, re-entering the workforce after time off, rebounding from a job loss or seizing an opportunity, people all over our area have launched businesses that have taken their careers—and their lives—in new directions. Following are three such stories and the advice these entrepreneurs offer to others looking to make a change.

## Following Her Passion

KELLY MILLSPAUGH THOMPSON

Falls Church native Kelly Millspaugh Thompson traces her love of vintage furniture to her childhood when she would go with her parents to antique shops and estate sales looking for hidden gems. “When I got out of college and was furnishing my own home, I didn’t have a lot of money, so I went to yard sales and garage sales,” she said. “I started painting furniture to give it a fresh look.”

That passion for giving new life to vintage furniture stayed with her and eventually led her to open Stylish Patina four years ago, a retail furniture and home decor shop in Falls Church. “If you were to ask me 10 years ago what I would be doing now, I’d probably say running a company, but not my own company,” she said.

Kelly spent her early career climbing the corporate ladder. She worked for companies such as AOL, AT&T Wireless and Hooked on Phonics, where she was vice president of operations. After the sale of Hooked on Phonics, she started her own business consulting firm. While running that business from her house, she had more time to explore her love of vintage furniture.

She discovered a line of paint called Annie Sloan Chalk Paint that she fell in love with. She saw an opportunity and soon became a distributor of the paint. “I started small. I opened a barn in Frederick, Maryland, and held furniture sales once a month.” After a couple years of holding monthly sales and writing a blog, she built up enough of a following to open a retail store. Many of her customers lived in Northern Virginia, so she looked into opening her shop in her hometown.

Throughout this time, Kelly continued to work as a business consultant. “We are really a dual-income family,” she said, “so it wasn’t an option for me to just follow my bliss.” A couple months after launching Stylish Patina, she opened a nearby warehouse called Rough Luxe to handle overflow merchandise, and she held monthly sales there until last year, when she began opening it every Saturday. About six months after Stylish Patina opened, Kelly closed her consulting firm to focus full time on her new business.

“It’s really been fun. I feel very lucky to be able to do it right in my hometown and to be able to follow a dream,” she said.

Kelly credits her business background with her retail success. “I don’t do anything that’s not profitable,” she said. She’s also quick to seize an opportunity. “One of the things I love about owning my

own business is that you can make changes immediately. If you see something isn’t working in the store, you can make a change right away.”

In addition to running the retail store and warehouse sales, Kelly and a couple of her staff also teach classes once a month on using the line of paints she carries, and they do some furniture makeovers for people who don’t want to do it themselves. Kelly also offers

interior design services, and she recently launched a furniture line featuring vintage pieces with cleaner lines for those who like a less rustic finish.

“A lot of people think, ‘I’m going to have my own business; I can be with the kids; it’ll be great,’ but it can be really stressful. It’s a balancing act,” said the busy mother of 2-year-old twins. “One of the things I intentionally did was keep everything really close by. I live about two miles from the store and the warehouse is less than a mile away.”

Some of the challenges Kelly sees in owning a business are finding good staff, putting in lots of hours and, of course, finances. “Finding good staff can be hard, but once you do, they can make or break your day-to-day operations,” she said. “Finances are always a concern, and can be a strain, and as much as you like to think it’s great that you can set your own hours, you usually work 24/7.”

I started my business because I love furniture, but I probably spend a quarter of my time doing that and 75 percent doing all the other stuff. That’s the reality of being a small business owner.”

Kelly’s advice for others looking to open a business is to be realistic and do your research. “Sit down and talk to other business owners and find out how long it took them to really make a living,” she said. “Financially, know what you need to make in your first year. At the end of the day, that financial component is the most stressful piece, so you need to know what you’re getting into. If you don’t gauge that right, it can be hard on a marriage, hard on a business, and before you know it, you’re back in corporate America doing the same thing over again.”

### Stylish Patina

410 South Maple Avenue, Suite 114, Falls Church  
703-663-8428  
[www.StylishPatina.com](http://www.StylishPatina.com)

## Bridging a Gap

ELLEN GREALISH

Like a lot of women, Fairfax City business owner Ellen Grealish took time off from her career to stay home with her children. When she wanted to re-enter the workforce several years later, she looked forward to putting to use the experience and skills she garnered from her eight years as a sales development and marketing professional with Hewlett Packard, but she wanted a part-time position that would allow her to pick up her youngest child at school.





Ellen Grealish, Gwen Rosener and Sheila Murphy, partners, FlexProfessionals, LLC

"I remember thinking that if a company only knew that I would be willing to negotiate my pay rate and forgo benefits in exchange for a role where I could be home at three, it would be such a great deal for the business and myself," Ellen said. She went online to look for part-time or part-virtual work in her field and found only cold calling or retail jobs.

A conversation with her friend Sheila Murphy revealed that Sheila wanted to find a flexible job as well. They learned about a staffing company in Colorado called 10 til 2 that focuses on part-time jobs for experienced professionals. They looked into opening a franchise, ultimately deciding against it, but they felt they had identified a real need in this area. They began talking to business owners and realized that one of the biggest challenges for a small business is trying to find really good talent when they don't always have the budget to bring in someone with 10 years of experience at a big company.

Ellen and Sheila, along with Gwenn Rosener, co-founded FlexProfessionals, LLC, to build a bridge between businesses and an experienced, talented employment pool who are willing to work at competitive rates with no benefits in exchange for a part-time or flexible role. Originally geared toward mothers looking to re-enter the workforce, FlexProfessionals now includes retirees and people looking to scale back on their hours.

"I didn't intend to switch careers," said Ellen, "but no one was going to hire me. I didn't intend to start a business. It just sort of fell into place, and here we are 6 1/2 years later, and we have built a pretty thriving business." FlexProfessionals has opened a Boston office, has more than 9,000 job candidates in the DC metro area and made \$3.2 million in revenue last year.

"It's a great feeling to look back and see you built something from nothing," she said.

Part of Ellen's mission, and one of her biggest challenges, is getting companies to understand that there is a different way to do things. She and her partners work hard to get in front of business owners to change their mindset, and they practice what they preach.

FlexProfessionals' 13 employees all work part time and part virtually. "We promote these jobs, but at the same time, we're also building and running this company in a part-time, flexible way," said Ellen. "Everybody in our company is empowered to create their own schedule as long as our clients' needs are being met. People can take as much vacation as they want, and nobody has come close to abusing it. As a small company, we couldn't initially pay people what we thought they were worth. If I can't pay you money for your worth, I'm going to give you something of value to you."

As a business owner, Ellen admits it's hard to turn off the work. She tries to keep work and family separate and be 100 percent focused on what she's doing. She advises those who want to change careers to think about where they want their career to go and to focus on which of their skill sets are transferrable.

"If you're a lawyer who wants to get into fundraising, don't highlight all the legal things you don't want to do anymore. Put a summary at the top of your resume to sell yourself and why a company should be looking at you. Think about what skills you gained as a lawyer that can transfer to fundraising, like negotiating."

She also recommends focusing on small businesses when looking to make a change. It's harder for a big company to take a chance on an employee trying something different. "You may have to adjust your pay expectations to get in the door, but you can renegotiate later," she said. "Promote what you can bring to the company that they may be overlooking."

**FlexProfessionals, LLC**

www.FlexProfessionalsLLC.com  
info@flexprofessionalsllc.com  
703-854-1820

## Seizing an Opportunity

CHRISTINE AND MIKE ANGLES

After taking time off from her career to stay home with her two sons, Vienna resident Christine Angles wanted to re-enter the workforce. Previously a software engineer with Deltek, she began doing some website development. When her husband Mike left Deltek in 2011 after 23 years with the company, the couple started doing some consulting work. Then a chance discussion at their son's basketball game took their careers in a new direction.



In July 2012, Great Falls Allstate agent Doug White told them about an agency for sale in Manassas. He couldn't take on another agency at the time, and he suggested that Mike and Christine consider it. "This was a great opportunity," said Christine, "and it was a very good price, but the people were retiring, and they wanted to move quickly. It all happened very fast. Not only did we have to be approved, but we had to get licenses and go through training. It was a little intense."

Once they got settled in and comfortable with their new business, they bought another agency in 2014, this one in Chantilly. Today they have six employees between the two agencies, and four years into their new venture, they are happy they took the chance.

"We like the flexibility of owning our own business. You can make your own hours. You can still be a coach and make it to school events. And if you have ideas, you just implement them. We like having the ability to follow through on ideas and take action because we have full control," said Christine.

For example, seeing the car wash across the street from their agency in Manassas gave Christine a marketing idea. "I thought, what if we say we'll pay for your car wash if you get a quote?" she said. They printed a promotional card that the owner of the car wash agreed to put on the checkout counter.

Ownership also brings with it responsibility and pressure. "Things go up and down with insurance, and we have to keep everything going. Also, we're always open. We have 24-hour support, but we still get calls at weird hours, and we respond because these are our customers, and they're going through a stressful time."

Christine and Mike like the perks that come with having a big company behind their business. Active volunteers, they take advantage of an Allstate Foundation program that gives \$1,000 to organizations where they volunteer. "Each of us can get up to five of these grants per year," Christine said. "These are things we would be volunteering to do anyway, but we like being able to give the groups we're helping that added boost." Organizations that have benefited from the Angles' involvement include local elementary schools, a homeless shelter in Manassas and Volunteer Fairfax.

Some people worry that it would be hard to work with your spouse, but Christine said it hasn't been difficult. "We actually



*Mike and Christine Angles, agents, Allstate Insurance*

never go to the same office. Since we don't see each other at work, we have a Monday morning meeting at home. That was part of our plan. Mike really doesn't like to talk about work after work. He's very good about that."

Christine admits she misses some of the challenges of software development, but she has new challenges now. Allstate has awards and contests, and she's driven to be one of the best in her new field. "If I see something that says only the top 10 percent of agencies get to do this, well, I want to be among that group," she said. She and Mike have received regional and national recognition for being among the top agents for 2013-2015.

Mike and Christine didn't plan to switch careers, but sometimes an opportunity presents itself and sparks a change. "Having our own business was almost easier for me than getting a job after staying home," said Christine. "The technology is all different now. I was looking at my resume, and I hadn't worked in 12 years, so to create a resume was daunting. Running your own business in some ways is easier than looking for a job after being out of the workforce." ♦

### **Allstate.com/ChristineAngles**

9834 Liberia Ave., Manassas, VA 20110  
(703) 330-9400  
christineangles@allstate.com

### **Allstate.com/MichaelAngles**

4229 Lafayette Center Dr. #1675, Chantilly, VA 20151  
(703) 263-7800  
michaelangles@allstate.com

**AUTHOR:** Analiese Kreutzer is a contributing writer for VivaTysons, VivaReston and Le Nouveau Moi. 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 Ana@VivaTysons.com.





BY RENÉE SKLAREW

## PLAYFUL FOOD *with a Conscience*

People in the Tysons neighborhood like to work hard and play hard. Earls Kitchen + Bar will help you master the playing part.

The restaurant's tasteful interior is fluid and bright, with artwork that pays tribute to the DC Area. In good weather, floor-to-ceiling windows are pushed aside, removing the border between sophisticated patio seating and the classic bistro seating indoors. The sound is not overwhelming, even when the bar is busy. Regulars come in for lunch to order their favorite salads and sandwiches. At happy hour, customers order from the discounted bar menu featuring local craft beers and spirits. There's even a separate whiskey and bourbon bar. "Happy hour is a religion here," says Earls' head chef Ryan Spicknell. "Coming from Canada, I would never have thought people would go so crazy for happy hour."

After one meal at Earls, you won't be surprised to learn that the family-owned chain is expanding. At first glance, customers may think Earls is a high-end American chain, but the restaurant brand originated in Canada, where owner Leroy "Bus" Fuller and son Stanley Earl Fuller first opened a beer and burger joint. Eventually, the restaurateurs stepped into finer dining without leaving behind Earls original DNA. The restaurant now specializes in contemporary dishes with international flare; with a menu guided by seasonal produce, and the availability of proteins that are sustainable and humanely-raised.

Back when it first opened in 1982, Earls introduced menu items like calamari and Caesar salads, which were practically unheard of back then, explains Spicknell. "The eclectic menu is inspired by the owners' passion for travel. They want you to be able to get something from all over the world," Spicknell adds. "We have people from all walks of life coming here—from mall goers, families, business people, visiting diplomats, tourists; just so many people come through our door. It's nice to be able to serve them a little something that speaks them, that tastes like home."

Begin your meal with one of Earls' first-rate starters. The most popular item on the menu is Tuna Tostada. Crisp, home-rolled corn tortillas are stacked with avocado and chili rubbed albacore tuna. The muscular slice of fish is tender and firm, topped with crunchy slices of jicama and radish, a potent Anaheim pepper and cilantro aioli. It's impossible to overhype this bite-size bliss. Coming in with a group? Try the tart artichoke and roasted garlic-infused Warm Spinach + Three Cheese Dip. Served with toasted flatbread, it's an ideal dish for sharing.

The entrees change with the season, but hopefully the skirt steak and citrus soy sauce is available, and if it is, order it. The steak is flawlessly prepared and delicately brightened with a



Chef Ryan Spicknell from Earls



tangy, ambrosial sauce you'll want to take home to Mama. It arrives in a cast iron skillet teamed with California or mango sushi rolls, your choice—Earls' version of surf and turf. The Cajun Chicken Cheddar Sandwich is a mile-high mound of cavorting heat, crunch and smooth enveloped in a brioche bun. Earls' Warm Kale Salad literally flies out of the kitchen, thanks to garnishes like roasted brussels sprouts, baby potatoes and grilled chicken—partners in divine.

The menu keeps some of its core items, but showcases different specials depending on what's in season. Thus, what you loved last month may not be there next week. But that's okay, because you can trust Chef Spicknell. In a nod to the popular fire pits on Earls' patio, Spicknell debuts his version of S'mores— a gooey chocolate chip cookie baked in a miniature cast iron skillet, adorned with marshmallows made of spun sugar, vanilla gelato, and shavings of bittersweet chocolate. Every ingredient is made in house, designed by a chef who has been with Earls since he was a fifteen-year-old dishwasher.

"I love the company; it's been great to me." Contributing to his culinary education and a host of moves where he instructs kitchen staff at new Earls locations, the 29-year-old Spicknell says the company's commitment to quality



of life for Earls employees allows him to explore the Washington DC Area. "Earls doesn't feel like a large chain. Every restaurant is developed differently and designed specifically for the area," notes Spicknell. "We build it for people who live in it, from the artists we bring in, patio features, local beers. We want to feel like a family-run, high-end restaurant. We are locals now, and I love it here."

Earls' commitment to buying humanely raised beef, poultry and seafood elevates the food in important ways. For one thing, these products always taste better. For another, knowing this makes people who care about such things (me) feel good. Earls' menu states they are committed to "conscious sourcing from certified sustainable seafood, local chicken, cage free eggs, and 100% certified humane beef." Spicknell explains that the restaurant's culinary team works with Dr. Temple Grandin, an expert in the dignified care and harvesting of animals, and Certified Humane, the largest organization in the U.S. promoting facilities that achieve standards for humane animal treatment. Spicknell says, "We all believe so strongly



in this. The people here take pride in what they do."

Watching the youthful servers as they move gracefully through the restaurant, I see they really do look happy to be here. It's pretty easy to get jazzed about Earls on the Plaza at Tysons. Just steps from the DC Area's most popular shopping center and the Tysons Metro station, it's a great location, despite being harder to access from street level. But don't let that deter you—park at Tysons Corner Mall and walk across the Plaza. Or use the handy valet parking below the restaurant. Whatever route you use, you'll find playful cuisine to elevate your busy day. ♦

**AUTHOR:** Renee Sklarew is working on a travel guidebook, *The Unofficial Guide to Washington DC*, coming out this winter. She's also a regular contributor to Northern Virginia Magazine and The Washingtonian. She and her family love trying new restaurants.



## 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 RESTAURANT

Falls Church | American | \$\$\$

Nestled in a corner of an office building off the Beltway, 2941 offers an upscale casual dining experience in a cozy, open setting. Chef Bertrand Chemel creates succulent dishes with fresh, locally-sourced ingredients.

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 as well as pizza, club sandwiches, burgers, over-stuffed subs, salads and a wide range of entrées. Now serving breakfast on Saturdays and Sundays. Talk to them about any catering or banquet event.

3000 Annandale Road | 703.532.0100

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

### ARGIA'S

Falls Church | Italian | \$\$

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

124 N. Washington St | 703.534.1033 | [www.argias.com](http://www.argias.com)

### BENTLEY'S

Falls Church | American | \$

Bentley's is known throughout Northern Virginia for their breakfasts. Famous Eggs Benedict, omelets, waffles, pancakes, crepes and more are served every day... but still the weekends are the best time. Their banquet facilities accommodate 50 to 250 people and

they offer American, Latin, & 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, and live music on weekends, and a menu with summer favorites like gator tail and jambalaya.

130 North Washington St. | 703.532.9283

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

### DOGFISH HEAD ALE HOUSE

Falls Church | American | \$\$

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

6220 Leesburg Pike | 703.534.3342

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

### DOGWOOD TAVERN

Falls Church | American | \$\$

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

132 West Broad St. | 703.237.8333

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

### DUANGRAT'S

Falls Church | Indian | \$\$

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

5878 Leesburg Pike | 703.820.5775

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

### EDY'S CHICKEN AND STEAK

Falls Church | American | \$

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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

### HONG KONG PALACE RESTAURANT

**Falls Church | Chinese | \$**

Hong Kong Palace offers some of the most authentic Chinese dishes in the area. Dan-dan noodles, tea-smoked duck, and sesame balls with bean paste are some of the items on the menu.

6387 Leesburg Pike | 703.532.0940

### 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 | \$\$**

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

6666 Arlington Blvd. | 703.241.9504  
www.jvsrestaurant.com

### LA CARAQUENA

**Falls Church | Latin American | \$\$**

Chef and owner Raul Claros shares his family's recipes with Latin American flavor. Comfort food in a relaxed atmosphere where diners can take free salsa lessons, enjoy mojitos, and eat Pollo La Caraquena, a Latin-style baked chicken with black beans and white rice.

300 West Broad St. | 703.533.0076  
www.lacaraquena.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. Brunch is served

Sundays, 11am - 3pm  
502 West Broad Street | 703.854.1230  
www.thelockerroomfc.com

### MAD FOX BREWING COMPANY

**Falls Church | American | \$\$**

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

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7155 Leesburg Pike | 703.942.8148  
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Falls Church | American | \$\$

Pancakes, French toast, crepes, waffles, and breakfast and lunch favorites are served at The Original Pancake House. Pancakes are made with old-fashioned sourdough yeast, which is grown in their own kitchens and delivers light and airy pancakes.

7395-M Lee Highway | 703.698.6292

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

## PANJSHIR RESTAURANT

Falls Church | Afghan | \$\$

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

924 West Broad St. | 703.536.4566

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

## PISTONE'S ITALIAN INN

Falls Church | Italian | \$\$

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

6320 Arlington Boulevard | 571.388.3910

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

## PIZZERIA ORSO

Falls Church | Italian | \$\$

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

400 South Maple Ave. | 703-226-3400

## PUBLIC HOUSE NO. 7

Falls Church | English | \$\$

Public House No. 7 serves favorite English dishes including Shepherd's Pie, Lancashire hot pot, fish and chips, and bangers and mash, to name a few. There are also English brews, specialty cocktails, and wines to accompany your

meal or to enjoy during live music on weekends.

6315 Leesburg Pike | 703-942-6383

[www.publichouse7.com](http://www.publichouse7.com)

## SAFFRON

Falls Church | Indian | \$

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

1077 West Broad Street | 703.992.0077

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

## SAIGON CAFE

Falls Church | Vietnamese | \$

Saigon Cafe offers a warm and spacious environment. The restaurant specializes in Vietnamese dishes, including famous appetizers and entrees from the central part of Vietnam. Saigon Café offers a wide variety of pho, noodles, soups, and rolls, as well as a extensive vegetarian menu.

6286-B Arlington Blvd. | 703.237.1899

[www.saigoncafe-va.com](http://www.saigoncafe-va.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



## SWEETWATER TAVERN

Falls Church | American | \$\$

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

3066 Gatehouse Plaza | 703.645.8100

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

## TARA THAI

Falls Church | Thai | \$

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

7501 Leesburg Pike | 703.506.9788

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

## FAIRFAX

## THE AULD SHEBEEN IRISH PUB &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" downstairs portion of the restaurant, Auld Shebeen has everything you need to celebrate any occasion.

3971 Chain Bridge Rd | 703.293.9600

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

## CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883

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

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Fairfax | Italian | \$

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10826 Fairfax Boulevard | 703.385.1226  
[dolceveloce.com](http://dolceveloce.com)

## GREAT FALLS

## BOLLYWOOD BISTRO

Great Falls | Indian | \$

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

9853 Georgetown Pike | 703.865.0450  
[www.bollywoodbistrofairfax.com](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

Great Falls | French | \$\$\$

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

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

## THE OLD BROGUE

Great Falls | Irish | \$\$

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

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

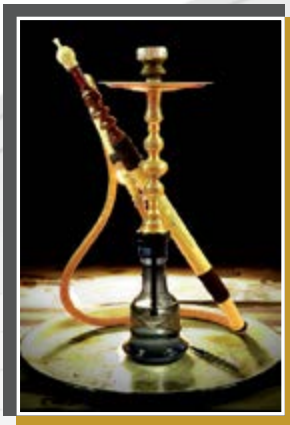
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6671 Old Dominion Drive, McLean, VA 22101 | www.cafeoggi.com

## 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 Zereskh Polo, which is also called "the dish of kings." Amoo's also offers a variety of kabobs and Persian dishes. Carry out is available for larger orders.

6271 Old Dominion Dr | 703.448.8500  
www.amoosrestaurant.com

### ASSAGGI OSTERIA

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

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

6641 Old Dominion Dr | 703.918.0080  
www.assaggiosteria.com

### BARREL AND BUSHEL

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

This contemporary American-style restaurant and bar located on the Plaza level of Hyatt Regency Tysons Corner Center 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

### BENNIGAN'S

**McLean | Irish | \$\$**

Bennigan's is one of the latest restaurants to open in Tysons Corner, offering pub fare with a beer, wine, and cocktail menu. Gourmet burgers, soup and salad combos, and sandwiches make for good lunch or dinner meals.

8201 Greensboro Dr. | 703.288.3232  
www.bennigans.com



## BOULEVARD CAFE &amp; CATERING

McLean | American | \$

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

8180 Greensboro Dr. | 703.883.0557

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

## BUSARA THAI CUISINE

McLean | Thai | \$\$

Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like Ka Pow Chicken and Pad Thai and soups and salads comprise their extensive lunch and dinner menus.

8142 Watson St. | 703.356.2288

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

## CAFÉ DELUXE

McLean | American | \$\$

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

1800 International Drive West | 703.761.0600

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

## CAFÉ OGGI

McLean | Italian | \$\$\$

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

6671 Old Dominion Dr. | 703.442.7360

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

## CAFÉ TATTI FRENCH BISTRO

McLean | French | \$\$

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

6627 Old Dominion Dr. | 703.790.5164

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


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## CAPRI

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

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

6825-K Redmond Dr. | 703.288.4601  
[www.caprimcleanva.com](http://www.caprimcleanva.com)

## EDDIE V'S PRIME SEAFOOD

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

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

7900 Tysons One Place | 703.442.4523  
[www.eddiev.com](http://www.eddiev.com)

## EL TIO

**McLean | Mexican | \$**

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

1433 Center Street | 703.790.1910  
[www.eltiogrill.com](http://www.eltiogrill.com)

## FLEMING'S PRIME STEAKHOUSE AND WINE BAR

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

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

1960 Chain Bridge Rd. | 703.442.8384  
[www.flemingssteakhouse.com](http://www.flemingssteakhouse.com)

## GREENBERRY'S COFFEE CO.

**McLean | American | \$**

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like Sumatra Mandheling and Java Blawan Estate alongside delicious pastries.

6839 Redmond Dr. | 703.821.9500  
[www.greenberrys.com](http://www.greenberrys.com)

## HÄRTH AT HILTON MCLEAN TYSONS CORNER

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

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

7920 Jones Branch Dr. | 703.761.5131  
[www.Harthrestaurant.com](http://www.Harthrestaurant.com)



**J. GILBERT'S****McLean | American | \$\$\$**

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

6930 Old Dominion Dr. | 703.893.1034

[www.jgilberts.com](http://www.jgilberts.com)**JOE'S SIMPLY AMAZING BURGERS****McLean | American | \$\$**

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

6710 Old Dominion Dr. | 703.288.0288

[www.joesburgersmclean.com](http://www.joesburgersmclean.com)**LA SANDIA****McLean | Mexican | \$\$**

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

7852 Tysons One Pl. | 703.893.2222

[www.richardsandoval.com/lasandiaivirginia/](http://www.richardsandoval.com/lasandiaivirginia/)**LEBANESE TAVERNA****McLean | Lebanese | \$\$**

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

1840 International Dr. | 703.847.5244

[www.lebanesetaverna.com](http://www.lebanesetaverna.com)**MOBY DICK HOUSE OF KABOB****McLean | Persian | \$**

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

1500 Cornerside Blvd | 703.992.7500

[mobysonline.com](http://mobysonline.com)**O'MALLEY'S PUB****McLean | Irish | \$\$**

O'Malley's Pub is the perfect place to watch the Redskins games on one of their 12 TVs

and grab a beer with your friends. Diners can snack on pub favorites like spinach and artichoke dip, calamari, chicken tenders, wings, and nachos.

1960 Chain Bridge Rd. | 703.893.2100

[www.omalleyspub.com/tysons](http://www.omalleyspub.com/tysons)**PAUL BAKERY TYSONS GALLERIA****McLean | French | \$**

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

2001 International Dr. 1856G | 571.447.5600

[www.paul-usa.com](http://www.paul-usa.com)**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 # A | 703.821.3736

[www.roccositalian.com](http://www.roccositalian.com)**SEASONS 52****McLean | American | \$\$**

Seasons 52 gives diners a fresh dining experience using natural cooking techniques to let the flavors shine. With all of their menu items being under 475

calories, it's a great place to dine if you're eating a healthy diet. Menus based on the flavors of the seasons, flavorful wines, and delectable mini desserts are a real treat for diners.

7863L Tysons Corner, McLean | 703.288.3852

[www.seasons52.com](http://www.seasons52.com)**SILVER DINER****McLean | American | \$**

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

8101 Fletcher St. | 703.821.5666

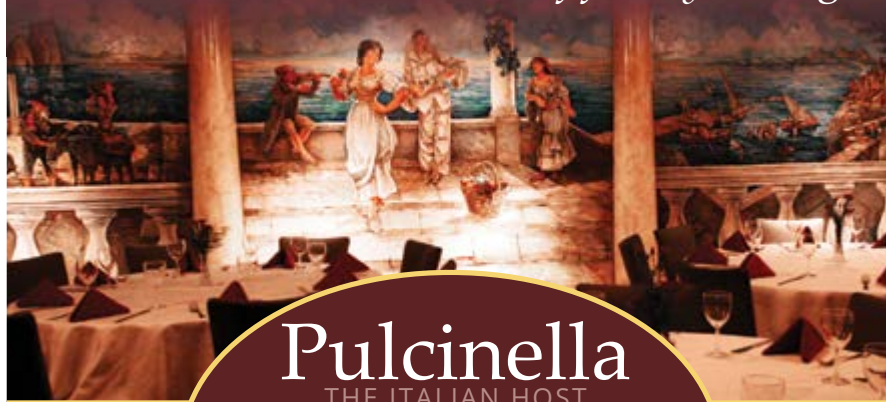
[www.silverdiner.com/restaurants/tysons](http://www.silverdiner.com/restaurants/tysons)**STAR NUT GOURMET****McLean | American | \$**

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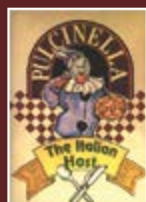
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[www.starnutgourmet.com](http://www.starnutgourmet.com)

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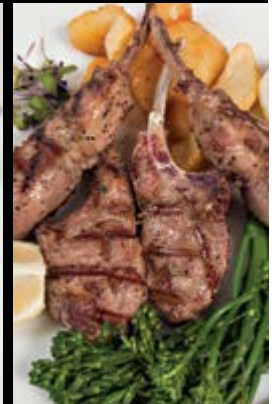


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## THE CAPITAL GRILLE

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 Parmesean Truffle Fries.

1861 International Dr. | 703.448.3900

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

## THE PALM RESTAURANT

McLean | American | \$\$\$

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

1750 Tysons Blvd. | 703.917.0200

[www.thepalm.com/Tysons-Corner](http://www.thepalm.com/Tysons-Corner)

## PADDY BARRY'S

McLean | Irish | \$

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

8150 Leesburg Pike | 703.883.2000

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

## MERRIFIELD

## BLACKFINN AMERIPUB

Merrifield | American | \$\$

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

2750 Gallows Road | 703.207.0100

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

## CYCLONE ANAYA'S

Merrifield | Mexican | \$\$

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

2911 District Ave. Ste. 170 | 703.992.9227

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

## AWARD-WINNING PLAKA GRILL OFFERS AUTHENTIC GREEK CUISINE

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110 LAWYERS ROAD NW, VIENNA, VA | 703-319-3131

PLAKA GRILL | [WWW.PLAKAGRILL.COM](http://WWW.PLAKAGRILL.COM)



# Salute! Opa! Cheers!

## Maggio's

### FAMILY RESTAURANT

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

421 Maple Ave E | Vienna, VA 22180

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

**703.938.7777**

#### 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, and motorcycles and Americana. A relaxed atmosphere with live music and 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.

2750 G 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, Lebneh, 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)

#### SEA PEARL

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

The inspired creativity of Chef Sly Liao and the trend setting design of Studios Architecture create Northern Virginia's most memorable dining experience. Sea Pearl's menu includes seafood, salads, pasta, poultry, steak and more. Treat yourself to



a great brunch on the weekend or early evening offerings during the week.

8191 Strawberry Lane | 703.372.5161  
www.seapearlrestaurant.com

### TED'S BULLETIN

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

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

2911 District Ave | 571.830.6680  
tedsbulletinmerrifield.com

### TRIO GRILL

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

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

8100 Lee Highway | 703.992.9200  
www.triomerrifield.com

### TRUE FOOD KITCHEN

**Merrifield | American | \$**

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

Mosaic District 2910 District Avenue, #170  
571.326.1616 | www.truefoodkitchen.com

## VIENNA

### AMPHORA

**Vienna | American | \$\$**

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

377 Maple Avenue West | 703.938.7877  
www.amphoragroup.com

### ANITA'S

**Vienna | Mexican | \$\$**

This local chain has offered New Mexico style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinner.

521 E. Maple Ave. | 703.255.1001  
www.anitascorp.com

### BAZIN'S ON CHURCH

**Vienna | American | \$\$\$**

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

111 Church St. | 703.255.7212  
www.bazinsonchurch.com

### BJ'S BREWHOUSE

**Vienna | American | \$\$**

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

8027 Leesburg Pike | 703.356.7305  
www.bjsbrewhouse.com

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**www.kilroys.com**

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6641 Old Dominion Dr  
McLean, VA 22101  
(703) 918-0080  
www.AssaggiOsteria.com



**BRIX & ALE IN THE SHERATON****Vienna | American | \$**

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

8661 Leesburg Pike | 703.448.1234  
www.brixandale.com

**CAFÉ RENAISSANCE****Vienna | French | \$\$**

Café Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. Try Escargot Bourguignonne; Medallions of Monkfish with garlic, mushroom & white wine sauce; or Maryland Style Crab Cake with beurre blanc sauce. Visit Café Renaissance for the most romantic dinner in Northern Virginia.

163 Glyndon St SE | 571.938.3311  
www.caferenaissance.com

**CHEF GEOFF'S****Vienna | American | \$\$**

The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free as well as regular menu,

plus a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Businesspeople can be seen dining or enjoying a drink during lunch hour and dinner. Chef Geoff's also offers a Sunday brunch and kid's 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

**CLYDE'S OF TYSONS CORNER****Vienna | American | \$\$**

Clyde's offers authentic American dining with a menu featuring locally grown produce, hormone-free beef, and desserts made in-house. This restaurant, located in an Art deco-inspired setting, features a brunch menu, bar menu, and raw bar.

8332 Leesburg Pike | 703.734.1901  
www.clydes.com/tysons

**I-THAI****Vienna | Thai | \$**

Taste authentic Thai cuisine and sushi,

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

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

**MAGGIO'S****Vienna | Greek-Italian | \$**

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

21 Maple Ave E | 703.938.7777  
www.maggiosvienna.com

**MAPLE AVE****Vienna | American | \$\$**

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

47 Maple Ave W. | 703.319.2177  
www.mapleaverestaurant.com

**NEIGHBOR'S RESTAURANT****Vienna | American | \$\$**

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

262 D Cedar Lane | 703.698.8010  
neighborsrestaurantva.com

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

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

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

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

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

8100 Boone Blvd. | 703.760.0690

[www.nostosrestaurant.com](http://www.nostosrestaurant.com)**PALADAR LATIN KITCHEN & RUM BAR****Vienna | Spanish | \$\$**

Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos such as slow braised duck, roasted pork, or blackened fish. Larger plates include Grilled Skirt Steak Churrasco and "Ocho Hora" braised short rib. And if you like rum or tequila, you've come to the right place! Choose from a selection of 50 rums and 15 tequilas. Paladar also offers mojitos, margaritas, sangrias and more.

1934 Old Gallows Rd., Suite 110 | 703.854.1728

[www.paladarlatinkitchen.com/locations/tysons-va](http://www.paladarlatinkitchen.com/locations/tysons-va)**PAZZO POMODORO****Vienna | Italian | \$\$**

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

118 Branch Road SE | 703.281.7777

[pazzopomodoro.com](http://pazzopomodoro.com)**PEKING EXPRESS OF VIENNA****Vienna | Chinese | \$**

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

103 Center Street N #107 | 703.281.2445

[www.peking-express.com](http://www.peking-express.com)**PLAKA GRILL****Vienna | Greek | \$**

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

Church at 513 W Broad St.

110 Lawyers Rd NW | 703.319.3131

[www.plakagrill.com](http://www.plakagrill.com)**RISTORANTE BONAROTI****Vienna | Italian | \$\$**

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

428 Maple Ave E. | 703.281.7550

[www.bonarotirestaurant.com](http://www.bonarotirestaurant.com)**SAKURA JAPANESE STEAK HOUSE****Vienna | Japanese | \$\$**

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

8369 Leesburg Pike #10 | 703.356.6444

[www.sakurasteakhouse.com](http://www.sakurasteakhouse.com)**SHAMSHIRY****Vienna | Persian | \$\$**

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran.

8607 Westwood Center Dr. | 703.448.8883

[www.shamshiry.com](http://www.shamshiry.com)**SUNFLOWER VEGETARIAN RESTAURANT****Vienna | Vegetarian | \$\$**

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

2531 Chain Bridge Rd. | 703.319.3888

[www.crystalsunflower.com](http://www.crystalsunflower.com)**TYSONS BAGEL MARKET****Vienna | American | \$**

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

8137 Leesburg Pike | 703.448.0080

[www.tysonsbagelmarket.com](http://www.tysonsbagelmarket.com)**WOO LAE OAK****Vienna | Korean | \$\$**

Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Offerings like Bibimbap and Korean barbecue keep diners coming back. Be

sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two.

8240 Leesburg Pike | 703.827.7300

[www.woolaeoak.com](http://www.woolaeoak.com)**OAKTON****LUCIANO ITALIAN RESTAURANT****Oakton | Italian | \$\$**

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | [lucianoitalianrestaurant.com](http://lucianoitalianrestaurant.com)**OLD PEKING****Oakton | Chinese | \$**

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

Hunter Mill Plaza, 2952 Chain Bridge Road

703.255.9444 | [www.oldpeking.com](http://www.oldpeking.com)**SANTINI'S NEW YORK STYLE DELI****Oakton | American | \$**

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

2975 Chain Bridge Rd. | 703.766.6666

[www.mysantinis.com](http://www.mysantinis.com)**TIGRIS GRILL****Oakton | Middle Eastern | \$**

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

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.5950 | [www.tigrisgrill.com](http://www.tigrisgrill.com)**YOKO SUSHI****Oakton | Japanese | \$\$**

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.255.6644 | [www.yokosushi1.com](http://www.yokosushi1.com)





BY MOLLY STOOPLER



# HAIL & HOG

## Kitchen and Tap

The new Hail and Hog Restaurant, located right in the center of One Loudoun, is providing a whole new venue for local residents to bring in the coming football season. Situated just two miles away from the Redskins training facility, Hail and Hog is the first dedicated Redskins restaurant in the area.

This is not a unique endeavor for the owners, however. Great Grille Group, also known as G3 Restaurants, owns several other football-themed eateries, notably one each dedicated to the Colts and Texans, as well as the group's original venture, Eddie George's Grille 27. The restaurant is more than just a place to hang out and watch the game. Open 365 days a year, Hail and Hog is a place that can stand alone on its quality food and upscale but fun atmosphere.

The most noticeable way that Hail and Hog balances its sports bar and family restaurant vibe is by dividing the facility into two floors. The first floor of the restaurant features a centrally located bar, an open kitchen, and a dining area

tastefully decorated in maroon and gold, with Redskins memorabilia scattered throughout. The downstairs layout is intended to provide a more family-friendly, traditional restaurant environment, with TVs for game-watching but a dedication to a more upscale, intimate feel. The upstairs space is a sports fan's dream, featuring wall-to-wall TVs, elevated seating, and a bar open to both the inside and the outside, where a patio overlooking One Loudoun plaza provides the perfect al fresco atmosphere to drink a beer and watch the Skins.

The patio is also front row seating for many of the concerts held at the plaza during the warm summer and fall months. Another unique feature of the layout is the







large garage door-style windows that can be lifted to open the restaurant to the plaza on nice days. Hail and Hog's flexible layout creates a space capable of hosting any kind of an event, also boasting free internet and AV equipment. There are even special packages for those interested in holding a fantasy draft, with customizable dining options as well as a variety of banquet menu selections.

The menu at Hail and Hog has something for everyone. Those in search of upscale but traditional bar food will enjoy appetizers like Lobster Poutine—lobster, cheese curds, and creamy Béchamel over hand-cut fries—and Chesapeake Bay Pretzel—fresh baked pretzels, topped with blue crab, four cheeses, Chesapeake Bay spice, and served with a béchamel dipping sauce. The dynamic menu features more typical entrees, however, such as Coffee Cured Filet Mignon or Faroe Island Salmon, for those who want more substantial portions.

One point of pride is the gluten-free menu, which not only provides those in search of gluten-free food an extensive list of potential offerings, but also uses a completely “separate” kitchen. Gluten-free items are cooked on completely separate



ovens and in different areas to prevent cross-contamination.

For those looking for a good libation, the bar has an extensive list of specialty drinks, many with charming Redskins-themed names like the “Hail” Mary. Drinks like the signature Caipirinha and Cucumber Jalapeno Margarita demonstrate creative twists on traditional cocktails that are sure to satisfy. The restaurant also intends to have a variety of game day food and drink specials when football season starts to encourage a fun atmosphere for fans.

Hail and Hog enjoys a unique and direct partnership with the Redskins, which allows access to guest appearances from the players and cheerleaders. There is even a studio onsite designed specifically for Redskins staff to be able to broadcast television and radio programs. Members of

the Redskins front office, as well as Coach Gruden, have been known to patronize the restaurant, facilitated by the proximity of the practice facilities. There will be a pep rally held at One Loudoun to kick off the beginning of the football season and get the whole family excited for the new Redskins team.

Anyone looking for a unique new place to add to their dining repertoire should consider Hail and Hog. The high quality, locally sourced food sets it apart from a typical sports bar, while still giving any football fan a place to feel at home – all in a modern yet comfortable-feeling restaurant atmosphere. ♦

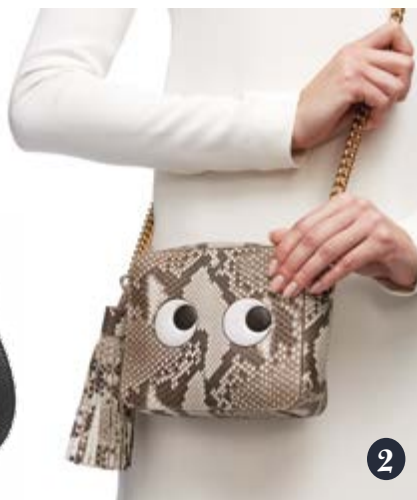
**HAIL & HOG KITCHEN AND TAP**  
20376 Exchange Street  
Ashburn, VA 20147  
(571) 446-4245  
hailandhog.g3restaurants.com





# 2016 SEPTEMBER/OCTOBER STYLE IT'S ALL IN THE BAG...

BY LAUREN SIMMONS



1) 'Nano Drew—Flowers' Crystal Embellished Leather Crossbody Bag—Chloe  
[www.Nordstrom.com](http://www.Nordstrom.com)

2) Anya Hindmarch—Eyes python shoulder bag  
[www.AnyaHindmarch.com](http://www.AnyaHindmarch.com)

3) Fendi Double Micro Baguette  
[www.Fendi.com](http://www.Fendi.com)

4) Embroidered Crossbody Bag  
[www.Zara.com](http://www.Zara.com)

5) Charlotte Olympia Decorative Pandora Perspex clutch  
[www.Net-A-Porter.com](http://www.Net-A-Porter.com)

6) "Lady Dior" Bag  
[www.Dior.com](http://www.Dior.com)

7) Lady Web convertible wallet  
[www.Gucci.com](http://www.Gucci.com)





# GADGETS, GOODIES, AND GIZMOS



GADGETS

BY LAUREN SIMMONS



## Hatching Dinosaur Candle

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

As the wax egg melts away it slowly reveals the world's favorite prehistoric carnivore—a darling baby velociraptor. Not your average porcelain ornament, this triassic treasure is sure to add a little life to your house.

The best part? You have the opportunity to have this little fella imprint you as the pack alpha, ready to follow your every command.



## Natural Teak Serving Stand

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

Add some style to your entertaining presentation. This distinctive serving stand has three tiers of polished, hand-crafted natural teak perfect for serving sweets, cheese, and more.

No two stands will be the same as they're as unique as the wood.



## Peropon Drinking Animal Planter

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

These adorable Peropon Drinking Animal Planters need next to no attention whatsoever. You can reap the benefits of oxygen-giving, sweet smelling miniature plants without lifting a single digit. All it takes is a sip of their tongue and the plants on their backs fill with delicious nourishment. They're completely self-sufficient, unlike those other pesky house plants...so needy.

Choose from four different ceramic critters, each with their own type of plant perched atop their sweet little heads. These stubby-legged pets are ready to brighten up your desk or window sill. Their chirpy faces seem to say everything is going to be all right.



## Bubble Lick Edible Bubbles

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

Transform your favorite drink into bubbly deliciousness, ready to be blown all over the place with the included wands. Add ANY beverage you fancy—lemonade, cola, cold-press coffee, gin, tequila—anything (well, not thick liquids like milk)...screw the lid back on, give the bottle a gentle rock and just like that the perfect addition to cocktails, picnics, festivals and bath-time.

If you thought that trying to catch an elusive bubble was fun before, just wait until these scrumptious orbs are floating around you.



## Tweezy

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

Tweezy will revolutionize the way you paint your nails. This comfy little gadget fits fingers of all sizes and can accommodate every single bottle on the market. Keeping your nail polish bottle snugly in place even if you flip your hand upside-down, so now you can polish your nails anywhere—in the car, sitting in bed, standing up, in a restroom, on a bus, in outer-space, etc., etc.

Once you've finished one hand, just squeeze the convenient tabs on the sides of the finger holes to open them up so you can transfer it to the other hand without messing up your talons. Wave a perfectly-manicured goodbye

to spills, drips and smudges.







BY DANI J. KEATING

Saturdays & Sundays

**OKTOBERFEST AT  
TYSONS' BIERGARTEN**

Starting on September 17th with an Oktoberfest Kickoff party featuring live music, german beer reps and tastings, kids corner, contests, free giveaways and more, every weekend at Tysons' Biergarten will have a different theme ranging from: Local Craft beer festival, German BeerFestival, #OneWorldFestival (beers from all over the world), Bourbon beer and Barbecue festival and more. Check out [www.Tysonsbiergarten.com](http://www.Tysonsbiergarten.com) for more info

**Tyson's Biergarten**

8346 Leesburg Pike,  
Tysons, VA 22182

Oktoberfest in Munich, Germany is the largest festival on the planet. In 2015, more than six million people from all over the world attended the 16-day annual celebration, consuming more than 7.7 million liters of the world's best beers. Food, festivities, and fun for everyone makes this one-time royal wedding celebration a bucket list to do. But, if hopping a plane to Germany isn't in this year's game plan, don't worry. There are plenty of activities throughout the region to quench your thirst.

German-Americans are one of the largest immigrant populations in the US, so it makes sense the tradition has been carried on with much fervor.

Oktoberfest in the tristate area, which begins in mid-September and runs through October, is a great way to be German for a day. Eat and drink authentic German food, beer, and wine. Polka dance to traditional music by bands clad in Bavarian garb or take an Oktoberfest fun run. Activities for kids, parades, and shoppotunities make these celebrations a full blown family affair.

What's more, many of the local communities and businesses donate some or all of their proceeds to support local charities and other alcohol-free events. Some even offer discounted admission for designated drivers. Here are a few of the area's most popular that put community first. Prost!

**Oktoberfest Activities in Maryland, Virginia, Washington D.C. (Listed by date.)**



## ST. BENEDICT'S OKTOBERFEST

Richmond, Virginia, Admission: Free

**Friday - Sunday 16 - 18 September, 300 N. Sheppard Street**

St. Benedict Parish has a strong German tradition; many of the charter members were German brewers. Steeped in tradition, parish members bring authentic food, music, and beverages, and even their own Christkindlmarkt to the community. The three-day event has lots of activities for kids and parents alike, all for a good cause. Proceeds provide direct and indirect scholarships and financial aid to Saint Benedict Catholic School, Benedictine College Preparatory, and Saint Gertrude High School. For more information, visit [stbenedictoktoberfest.com](http://stbenedictoktoberfest.com).

## SNALLYGASTER

Washington, D.C., Admission: \$35 - \$60

**Saturday, 17 September, 1 - 6pm The Yards, 1300 First Street South East**

Enjoy more than 300 of the globe's best craft beers at DC's largest beer fest including local debuts, autumn seasonals, cask ales, and barrel-aged brews. Local food trucks, live music, and fun and games provide entertainment throughout the day. Proceeds benefit [arcadia.org](http://arcadia.org). For more information, visit [Snallygaster.com](http://Snallygaster.com).

## H STREET FESTIVAL

H Street between 4th and 14th Streets, North East

**Saturday, 17 September, 12 - 7**

Hosted by H Street Main Street, a nonprofit dedicated to an H Street renaissance, the H Street Festival is one of the largest neighborhood festivals in the District. Going on its 11th year, the Festival celebrates H Street restaurants, shops, and local artists and musicians who come together for a day of entertainment and fun. Organized by volunteers, this event benefits small businesses on H Street. Check out [hstreet.org](http://hstreet.org) or H Street Festival on Facebook for more information.

## BIERGARTEN HAUS, WASHINGTON, D.C.

Kickoff, 1355 H Street North East

**Saturday 17 September, 12pm**

Being at the Biergarten Haus during Oktoberfest is almost like being at Theresienwiese in Munich. For a taste of Bavaria on Capital Hill all year round, this is the place to go. Oktoberfest at the Biergarten Haus kicks off in conjunction with the H Street Festival. The ceremonial keg tapping Munich style starts things off, along with samples of Marzen brews to go around. Throughout the Oktoberfest season, Biergarten Haus features beers from Munich's Oktoberfest such as Paulaner Oktoberfest, Spaten Oktoberfest, Warsteiner Oktoberfest, Hofbrau Oktoberfest, and Weiherstephan Festbier. Live German music and Oompah bands also make appearances throughout the season. For more information, visit [biergartenhaus.com](http://biergartenhaus.com).

## DAS BEST OKTOBERFEST

Baltimore, Maryland, Admission times and prices vary.  
Designated driver tickets available for a reduced price.

**Saturday, 24 September, 11am - 5pm, 300 Waterfront Street, National Harbor**

Beer, brats, and bands ... but first, run! Das Best kicks off with a 21 and over run—5K or a 1 Mile Beer Run, your choice—and plenty of liquid hops and barley to quench your thirst during and after. Live music, beer games, and competitions will make this a memorable event for years to come. Run registration (\$59) is open until Tuesday, 20 September, or until race capacity is met. A portion of the proceeds go to Spirit of Hope Children's Foundation. For more information, visit [dasbestoktoberfest.com](http://dasbestoktoberfest.com).

## BLUE RIDGE HIGHLANDS OKTOBERFEST & 5K TRAIL RACE

Smith Mountain Lake, Hardy, Virginia Race registration: \$25; \$15 for children 13 and under. Festival admission: \$5; Free for children 13 and under

**Saturday, 1 October, 10:30 a.m., - 5 p.m., 84 Westlake Road**

Kick off your Oktoberfest with a 5K Trail Race at Westlake Towne Center. Afterward, enjoy some special Oktoberfest brews from Sunken City Brewery while eating brats and listening to The Mountain Top Polka Band. All proceeds benefit the Smith Mountain Lake YMCA. For more information, visit [smloktoberfest.com](http://smloktoberfest.com).

Sat., September 24

## HOPPY OKTOBERFEST

Join us as we turn the Market Square into an outdoor Biergarten! Enjoy a selection of the region's top IPA and Oktoberfest beers including the tapping of our Hitzig Frau Oktoberfest Lager, grilled fare, and live music at this family-friendly event! 12pm-6pm

**Mad Fox Brewing Company**  
444 West Broad Street, Suite I,  
Falls Church, VA 22046



## FREDERICK'S OKTOBERFEST, MARYLAND

Frederick Fairgrounds E-ventplex, 797 East Patrick Street Online admission: \$7 adults, \$4 children, 2 and under: free. Same day admission: \$10 adults, \$5 children, 2 and under: free

**Saturday, 1 October, 11am - 10pm Sunday, 2 October, 11am - 6pm**

Partake in bratwurst, festive beers and wines, dancing, music, and events for kids, all in support of Frederick County charities. Spearheaded by the Rotary Club of Carroll Creek and the Rotary Club of Southern Frederick County, this cultural event helps raise thousands of dollars for area non-profits. For more information, visit [frederickoktoberfest.org](http://frederickoktoberfest.org).

## OKTOBERFEST

Vienna, Virginia Admission: Free

**Saturday, 1 October, 11am - 7pm, Historic Church Street between Center and Mill Streets**

Vienna's free, family-friendly Oktoberfest features live entertainment on the town green, a beer and wine garden, plenty of food, a shopper's marketplace, and lots of children's activities. Presented by the Vienna Business Association, proceeds support First Night Vienna, an alcohol-free New Year's eve celebration. For more information, visit [viennaoktoberfest.org](http://viennaoktoberfest.org).

### BARREL & BUSHEL CRAWLERS ARE ON TAP

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**Barrel & Bushel**

7901 Tysons One Place  
Tysons Corner, VA 22102

## ALL YOU CARE TO TASTE

Baltimore, Maryland Admission times and prices vary. Designated driver tickets available for a reduced price.

**Saturday, 8 October, 12 - 6pm, M&T Bank Stadium Lots, 1101 Russell Street**

Baltimore's All You Care to Taste event features more than 150 different international, domestic, and local beers, wines, and Schnapps. Live music, games, and contests are ongoing throughout the day. This event does not cater to children, however a portion of the proceeds go to Spirit of Hope Children's Foundation. For more information, visit [dasbestoktoberfest.com](http://dasbestoktoberfest.com).

## RICHMOND OKTOBERFEST

Richmond, Virginia Admission \$15; \$12 65 & older; \$12 Active military, National Guard & Reserves; \$12 Advance purchase. Free admission for children 15 & under

**Friday, 21 October, 6 - 11:59pm Saturday, 22 October, 3 - 11:59pm. Old Dominion Hall, Richmond International Raceway, 600 E Laburnum Ave**

Come out and celebrate Richmond's 48th annual Oktoberfest, Virginia's oldest, most authentic festival. Eat German food and drink a variety of German and domestic beers. Dance to polkas, waltzes, and American standards. Watch the Grand March and crowning of the Oktoberfest Queen. Plenty of live music, shopping opportunities, and children's activities including crafts, face painting, and games. The Deutscher Sports Club, a German-American social club, helps organize this event to help maintain German customs and traditions in the "new world." For more information, visit [richmondoktoberfestinc.com](http://richmondoktoberfestinc.com).

## OKTOBERFEST AT LEWIS GINTER BOTANICAL GARDENS

Richmond, Virginia Admission: \$13; \$11 for seniors 55 and up, \$8 for children 3 - 12; Free for children 2 and under.

**Saturday, 29 October, 11am - 4pm**

What could be better than viewing the glorious fall colors in a botanical garden while eating local food and drinking beer from the Center of the Universe Brewery? Doing it all while supporting a local charity. Bring canned goods donations to help support FeedMore and you'll be doing more than feeding your Oktoberfest buzz. For more information, visit [lewisginter.org](http://lewisginter.org).





BY RICK MUNDY

## *Paul's Shoe Repair and Leather Accessories*

### DELIVERING SKILLED LEATHER CRAFTSMANSHIP FOR 30 YEARS

When he was as young as five, Paul Sivaslian wanted to come to the United States from his native Armenia. Once, on a train, he was poring over *Time* magazine. A fellow passenger noticed him, and asked if he knew English. Paul indignantly replied, "Of course. If I didn't know the language, how could I be reading it?" He didn't know a word.

Finally, in his 20's and newly married, he and his wife made their way to America. Living in Sterling he noticed there was no shoe repair shop so he started one. (His grandfather had been a cobbler.) Five years later, he opened a second shop in Great Falls. He eventually sold the Sterling shop and expanded the operation in Great Falls to include retailing of leather goods.

In business in Great Falls since 1987, Paul has developed a reputation for quality service. He uses only prime material in his work so his repairs are durable. In fact, even when families leave the area, they often continue to use Paul for their repairs. He receives requests from all over the States including Hawaii, plus England, France and beyond. Clients will send shoes, briefcases, and luggage for repair. Paul quips, "Usually the shipping costs more than the repair itself." He also finds new clients worldwide from his website. "If you have good reviews on the internet, people will come," he adds.

He repairs all leather goods – shoes and boots, bags, belts, anything made of leather.

"I give 100%," he explains. "There are no shortcuts. If you come in to get your soles repaired, we'll charge you just for the soles. But we'll include a free facelift - cleaning, polishing and waterproofing the shoes. We'll also re-dye if necessary. We'll also tell you upfront if a particular shoe is not worth repairing." One time a gentleman brought in shoes completely buckled in half. They had gotten very wet and the man had tried to dry them in the microwave. Those shoes were never repaired.

Paul extends the same quality commitment in his retail sales. "Some merchandise comes with a lifetime warranty and sometimes it's limited lifetime. But then we take over and continue to repair the items free of charge. His retail business includes luggage, briefcases, purses, and more with names like Victorinox, Travelpro, Briggs and Riley, and others.

Paul reflects, "I am fortunate that I came to this country, where I have worked and made my living. I am very happy to be here." His clients are happy he is here also.

Paul's Shoe Repair ([www.paulsleather.com](http://www.paulsleather.com)) is located at 9903 Georgetown Pike, Great Falls. Phone: 703-759-3735 Hours: M-F 9am to 6:30pm, Sat. 9am to 5pm ❖



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# MAC

## DESIGN + BUILD

MAC Design + Build is a new breed of design/build where clients can work with one firm from consultation and design, to construction, to interior decoration for new construction, additions and remodeling.

Specializing in kitchens, bathrooms, additions, bathrooms, decks and patios, as well as custom homes for clients in Northern Virginia and the tri-state area, the talented team at MAC is expert at identifying client needs, designing their vision and managing construction. Since all aspects are controlled under one firm, client projects are delivered on time, within budget and on point with their vision and style.

From the first consultation through the final punch list, clients feel well-cared for, as communication is one of the key elements for success. Homeowners interact directly with one of MAC's owners and are assigned a project manager for each job as a single point of contact. Weekly status reports and calls also update clients on production progress.

"Constant communication is just part of the value we offer our clients," explained Derek Leiter, co-owner and vice president. "We don't want clients sitting at home wondering if someone will show up today." They also provide a 24/7 contact number that reaches a live person.

"We begin with a complete understanding of what the client wants to do, then create preliminary designs, detailed budgeting and a feasibility study, with the architects and designers integrated into everything we do," Leiter said. "It is not unusual for a client not to know exactly what they want or how to get there; that's where our design team can guide them with ideas and solutions." To help clients picture a job, MAC provides 3-D renderings including the smallest details. A design coordinator also assists each homeowner to make design choices such as picking out granite, cabinets, molding, knobs and trim if they are having a kitchen remodel. "That's part of our value equation."

"Because I am the first person each client interacts with, my job is to pair the client with the right design team. Based on style and complexity, and because some clients prefer modern while others like traditional or arts and crafts-style homes, I will match them with the architects and designers who can best fulfill their vision." For additional client comfort, except for specialty contractors, all team members are MAC Design + Build employees and are clad in branded apparel.

"We consider our business relational rather than transactional," Leiter added. "We realize that this is our client's home so it's important to get to know the client first and foremost, and build that relationship and trust. At the end of the day it's the comfort factor – the people factor – that sells us and keeps our clients sending referrals. We've grown because of the relationships we've built and the quality we provide."

With MAC Design + Build, clients can work with one company, one contract and one integrated flow of work. Their unique structure enables them to streamline the process, deliver faster, communicate better and provide more cost-effective results. ♦

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David Stone, owner and president

Derek Leiter, owner and vice president

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BY JOHN BYRD



PERFECT FOR

# Holiday Entertaining

OPEN FLOOR PLAN WITH TRADITIONAL FINISHES

## Presents A Casual-But-Elegant Kitchen Solution

Situated on a one-acre corner lot, and boasting 4,000 square feet of living space, Steve and Melynda Britt's four-bedroom center hall Colonial in Vienna offered considerable charms when the couple purchased it ten years ago.

There was a nicely finished library and living room on either side of the front foyer, a formal dining room and—*piece de la resistance*—a sizable family room in the back half of the house with a 13-foot cathedral ceiling and a stunning view of mature trees.

The home's main shortcoming was the kitchen—accessible from the back of the foyer, yet cut off from the wrap-around family gathering areas by a knee-high serving counter that formed one leg of an "L" with a floor-to-ceiling wall partitioning the kitchen from the breakfast area.

Still more problematic, the builder-grade kitchen cabinets—which owing to a ceiling-flush bulk head—were only 36" high, and a poorly-conceived space plan that became especially dysfunctional when entertaining.

In fact, instead of creating breakfast area privacy or protecting the cooks' work zones, the rear suite room configuration made a promisingly open space feel cramped and closed-in.

"The interior wall was always a problem," Steve recalls. "After a while, we just wanted to make the rooms more current—but weren't sure what to do"

For Melynda, who has worked professionally with interior designers, the larger challenge was developing a kitchen footprint that offered a more efficient work environment, yet was effectively integrated with the surrounding great room and casual dining area.

"I wanted to concentrate the formal rooms in the front of the house while



BEFORE

(Top left) With the new kitchen makeover boasting a stronger visual linkage to the family room, seasonal decorations can be seen throughout the first floor setting a mood that is perfect for entertaining. (Above) BEFORE. A service and clean-up counter between the working kitchen and the family room was mainly an obstruction to circulation in the family entertainment suite. (Right) Sun Design's kitchen solution—which won a "Contractor of the Year" (COTY) award—takes full advantage of a 13' cathedral ceiling with a two-level window wall. Owner Melynda Britt says the space is much better organized, yet more accessible.



converting the rear into an open plan with interactive activity zones and well-defined focal points,” Linda says. “To accomplish this, we needed a better organized kitchen.”

Such programs are, of course, often explored in the current kitchen design literature, but to Sun Design Remodeling’s Craig Durosko: the real starting point is applying the appropriate skill sets where needed.

“Custom built-ins are often the key to an efficient kitchen plan,” says Durosko, who founded his Burke-based full-service remodeling firm over 28 years ago.

“The emphasis here was on making an intelligent use of limited space—even reducing the kitchen foot print—while introducing better defined, better coordinated work spaces.”

Collaborating closely with the Britts, Durosko and team carefully assessed how the kitchen would be used in several scenarios.

As Melynda described it, the existing floor plan had one especially glaring functional

(At right) The coffee bar—midway between the dining room (left) and the breakfast room (right)—contains two different coffee makers.

flaw: critical appliances and workstations were located on all four kitchen walls; with thru-traffic coming from three directions, everyday kitchen activities were subject to frequent disruption.

On the wish list, Melynda wanted: a food preparation island; a dedicated beverage center (one the couple’s preschooler could easily access); a coffee bar (for two different coffee makers); convenient access to frequently-used cooking implements; and much stronger visual unity between the kitchen and the other components in the family entertainment suite.

Finishes should be “traditional”—consistent with the fine detailing in the

home’s front rooms; surfaces and back splashes should be distinctive, even, artful.

Reviewing the solution now, Melynda acknowledges that the new space plan has

CONTINUED ON PAGE 114



All Photo credit: HomeFrontsNews





(Above) The food preparation island protects the cook's workspace. Traffic now flows smoothly from three directions without disruptions.

#### CONTINUED FROM PAGE 113

been a particular revelation on several fronts, as follows:

- The **food preparation island** not only protects the cook's work triangle, but is perfectly positioned for easy service to the family room. This is a great boon during the holidays. Also, the work station now houses the dishwasher and oversized pull-out drawers for large pots and pans
- The **beverage station** is accessible from both the breakfast area and family room, yet works beautifully as a space divider.

- The **coffee bar**—which features custom cabinets for two coffee makers—is comfortably situated between doors leading to the dining room and the breakfast area-- out of the chef's work space.
- The former mosaic tile flooring has been replaced by a refinished **hardwood flooring** that visually unifies the entire suite. White diamond granite backsplashes and surfaces, likewise, set an elegant tone.
- **Forty-two inch Crystal cabinets** with raised panel facings have more than doubled available storage.

"We can now comfortably entertain 20 to 25 guests, Melynda says. "Better yet, the space is really warm and comfortable."

Sun Design Remodeling frequently sponsors tours of recently remodeled homes as well as workshops on home remodeling topics. Headquartered in Burke, the firm also maintains an office in McLean. For information call 703.425.5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com) ♦




**AUTHOR:** John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living* and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. His work has received numerous Press Association awards for excellence in journalism. He can be reached at [byrdmatx@comcast.net](mailto:byrdmatx@comcast.net) or [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com)



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BY CAROLE HERRICK

# PLEASANT GROVE CHURCH

In 1882 the Pleasant Grove Methodist Episcopal Church was founded with seven trustees: Samuel Sharper, John Willard, Elmead Sharper, William Sharper, William Hatcher, William Harris, and William Grayson. Initial services were held in Odrick's School House, which had been built at the junction of Spring Hill and

*(Above) This photo shows the burnt steeple of Pleasant Grove Church after it was hit by lightning in 1992. (Top right) This photo shows Pleasant Grove Church in 1958 with stained glass windows. (Middle) Pleasant Grove Church and adjoining cemetery today.*



Lewinsville Roads in 1879. The trustees later purchased an acre of land along Lewinsville Road from William A. Means for \$140.00 on November 8, 1893, for a church and cemetery. Samuel Sharper died before church construction was finished; he was the first to be buried in the adjacent graveyard. In 1896 members of the Pleasant Grove Church began worshipping in their newly built one-room church.

Services and religious celebrations were held at the Pleasant Grove Church until March 28, 1968, when its declining congregation joined the William Watters Church, which had been founded the prior month on February 11, 1968. Since the Pleasant Grove Church no longer served the needs of its members, it, along with the adjoining cemetery, was turned over to the William Watters Church, along with a building fund of \$416.50. From its inception, the William Watters Church was interracial. While building their church, the William Watters congregation held services at the Spring Hill School for over eight years, followed by a year of worship in the social hall of the McLean Baptist Church. After nearly ten years without a church of their own, members of the William Watters Church began worshipping on May 1, 1977, in their nearly completed red brick church at Swinks Mill and Lewinsville Roads.

In 1980, the Pleasant Grove Church was deconsecrated and sold by the William Watters Church. There was simply a "bill of sale," only the building was sold. The land underneath the church and the cemetery remained with the William Watters Church. The new owner of the building was former Senator Maryon Pittman Allen of Alabama, who had lost her bid for reelection and had ventured into the antiques business. She did not plan on restoring the church, but intended on tearing it down and selling the various parts. She quickly stripped Pleasant Grove of many of its architectural elements, such as the pews, bead board wainscoting, stamped tin ceiling, and stained glass windows. When the community along the Lewinsville corridor realized that the church was in the process of being destroyed, a group known as the Friends of Pleasant Grove organized to save the church. While this group was at the task of incorporating as a nonprofit, a young couple by the name of Sandburg bought the structure with the idea of turning it into a house and living there. However, this did not work out as planned. They gave the building to the Northern Virginia Community Foundation, which turned it

over to Friends of Pleasant Grove once the incorporation process was finalized in 1982.

The William Watters Church officially merged with the St. Luke's United Methodist Church located on Route 7 in Falls Church on November 17, 1981. Thus, St. Luke's became the owner and assumed the responsibilities for maintaining the ground underneath Pleasant Grove Church and the adjacent cemetery. In other words, Friends of Pleasant Grove only owns the building itself, but it retains a 99 year lease with St. Luke's to keep the 1896 church at its present site.

From the beginning, parking was an issue for Friends of Pleasant Grove. It was difficult to host events without adequate facilities for vehicles. This situation was improved in 1992 when RBV-McLean, Inc. began subdividing bordering property to develop McLean Hundred. In exchange for running a sanitary sewer lateral line across the church property, RBV-McLean conveyed a parking easement of a little less than a half-acre (.454 acres to be exact) to Friends of Pleasant Grove for its use.

Friends of Pleasant Grove was instrumental in saving and restoring the building, only to have lightning strike the steeple in July of 1992. The interior of the church was damaged from water used to douse the fire. The steeple was rebuilt the following year and the church's basement was turned into the first African American museum in Fairfax County. Much of the historical memorabilia on display belonged to Frances Moore, a descendent of one of the founding members.

Due to the restoration efforts of Friends of Pleasant Grove, the church is once again a vibrant part of the Lewinsville community. The building no longer holds worship services, but is used for numerous educational and community functions and space can be rented for various activities including weddings and funerals. ♦

Mary Anne Hampton and Doris Langland contributed to this article.

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Fine Homes & Estates



### MCLEAN, VA

\$2,999,900

This elegantly appointed cul-de-sac home in The Reserve has extensive landscaping, an in-ground pool, waterfall and spa on a private, gated rear yard. Main level has hardwood flooring, gourmet kitchen with granite and high-end appliances, family room with vaulted ceiling. Upper level hosts a spacious owner's suite and luxurious bathroom, with 4 additional bedrooms. Lower level offers a walk-out with finished rec room, media, fitness, and 5th bedroom with full bathroom.



# TYSONS *Premier*

SELECTED AREA LISTINGS

## STATELY COLONIAL ON 2 ACRES



**Allie Chamberlain**

Direct: 703.861.7229

Office: 703.938.4200

Allie.Chamberlain@LNF.com



### VIENNA, VA

\$1,250,000

Close to everything! Escape from the hustle and bustle of everyday life in this beautiful light and bright 5 bedroom, 4.5 bath colonial with over 5,400 square feet of living space situated on a private oasis. This home is filled with character and charm. It's traditional floor plan offers open and airy spaces ideal for both everyday living and entertaining and includes an Aupair/In-Law Suite. Hardwood flooring, light filled sunroom overlooking custom decks, large updated kitchen, two-story foyer, stone fireplace, crown molding and skylights are just some of the features that illustrate the rich detailing found in this elegant home. The lower level walks out to a private lot that backs to woods. Located close to Silver Line Metro, down town Vienna and offers access to major commuter routes. Woftrap/Kilmer/Marshall Pyramid.



## IN THE TOWN OF VIENNA



**Ginger P. King**

ginger.king@cbmove.com

Direct: 703.477.8793

Office: 703.938.5600

"When Experience Counts"



### VIENNA, VA

\$1,300,000 (or buy the lot for \$625,000)

Craftsman-Style Home To Be Built just 5 blocks off Maple Avenue. Old house is down; drive by and see the lot. This home will have Finished-in-place hardwood floors, 5 Bedrooms, 4 Full Baths and 1 Half Bath — optional 6th BR & 5th Full Bath on Main Level. There will be a fully finished walkup lower-level with 5th BR and full bath and RR w/FP. A Deck is an option. Bikepath is couple blocks away; stores, restaurants 5 blocks away. Contract now to personalize. Call for details.



# TYSONS Premier

SELECTED AREA LISTINGS

## PRIVATE, 4 ACRES IN GREAT FALLS



**Laurie Mensing**

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

Cell: 703-965-8133

Direct: 703-873-5193

*"Remember, every transaction is treated as if it was my own."*



### GREAT FALLS, VA

\$1,295,000

This 4 BR/5 BA SFH offers charm and unique characteristics throughout, including custom millwork, farm plank flooring, period and reproduction hardware, Master bedroom suite w/expansive sitting area & library. The main level also features "His and Her" dressing quarters, living room with access to side patio/terrace. The kitchen features brick flooring, pounded copper sink, walk in pantry, and morning room. This special property offers a side foyer with access to the rear garden, enclosed garden/mud room, 4 car garage w/breezeway entrance to the house, and a barn that has been converted into an art studio. Enjoy the 4 acres, and the beautiful views this property has to offer. Pool option available. For more information, and for a complete list of details, please visit [www.641senecard.com](http://www.641senecard.com), or call (703) 965-8133!

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

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

Office: 703.242.3975



### GREAT FALLS, VA

\$1,219,000



Welcome to this stunning custom home sited on a gorgeously landscaped lot in the heart of Great Falls! Beautifully updated and ready for its new owners! 3 finished levels with 5 bedrooms, 5.5 baths (including 2 master suites!), shining hardwood floors & decorative moldings throughout, a fabulous gourmet kitchen, a formal dining room, 3 fireplaces, a family room with soaring ceilings, a finished lower level, and incredible outdoor living/entertaining spaces including a large deck and covered front porch! A desirable location offering terrific schools (Langley High School pyramid), easy commuting and easy access to all the amenities of Great Falls, Tysons Corner and Reston Town Center!



# TYSONS *Premier*

SELECTED AREA LISTINGS

## EXCEPTIONAL COLONIAL IN VIENNA GLEN NEIGHBORHOOD



**Steve Wydler**

Steve@WydlerBrothers.com  
www.WydlerBrothers.com  
703.457.9000



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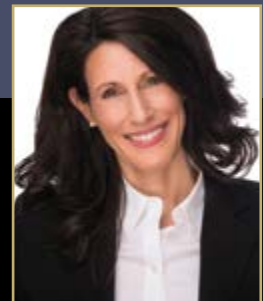


### VIENNA, VA

\$1,245,000

This 5 BR/4.5 BA Colonial is located in the Madison school pyramid and sits on a cul-de-sac with a large front yard and two-car garage. It has been well maintained with great craftsmanship and details throughout and hosts a central vacuum through the entire house. The two-story foyer features marble flooring with a powder room, coat closet, new light fixture and an elegantly curved staircase. Just off the foyer sits the living room with hardwood floors, detailed crown molding, chair railing and a cozy, wood-burning fireplace. Adjacent to the living room is the study with built-in shelving, that opens to the gracious family room, complete with vaulted ceilings and a wet bar. The eat-in kitchen has been updated with granite counters and features a Viking double oven and cooktop, two Bosch dishwashers, display cabinets and an additional staircase to the upper level. A screened-in gazebo with skylights, a ceiling fan and recessed light is accessible from both the family room and kitchen. This home offers easy access to Route 123, Route 66 and the Vienna Metro.

## STATELY COLONIAL IN MCLEAN



**Tracy Williams**

Tracy@WydlerBrothers.com  
www.WydlerBrothers.com  
703.867.4309



Wydler Brothers  
REAL ESTATE



### MCLEAN, VA

\$1,549,999

Located in the center of McLean, the highly sought-after school pyramid of Churchill/Cooper/Langley, this brick Colonial features 5 BR/4.5 BA throughout its three levels of living space. It has been meticulously maintained and features a completely renovated master bathroom, updated kitchen, refinished hardwood floors, detailed crown molding, and chair railing and interior transom windows over the entries to several rooms allowing for sunlight and natural light to fill the home. This turnkey home sits on a beautifully landscaped lot with a three-car garage and large, flat driveway. Conveniently located down the street from the McLean Community Center, Dolley Madison Library and McLean Central Park, it is also minutes from downtown McLean shops and restaurants and is easily accessible to Route 123, I-66, the GW Parkway, the Beltway and the Silver Line Metro.



# TYSONS *Premier*

SELECTED AREA LISTINGS

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**Lilian Jorgenson**

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

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Office: 703.790.1990



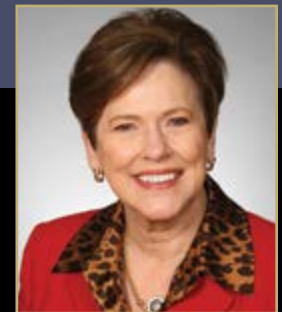
## VIENNA, VA

\$2,480,000

The dimensions of each room reveal its incredible size. One of a kind amenities are sure to surprise, including a "man-cave" or studio, an author's library and glass gabled sun room, loggia with outdoor fireplace, media room and a separate 5th car garage for your prized collectible. This house is beautifully adorned with the best including shimmering mosaic woods, scrolled wrought-iron rails, vast windows, numerous fireplaces, architectural lighting, state-of-the-art electronics and much more!



## VILLAS OF OAKDEN



**Shirley Buford & Associates**

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

Cell: 571-238-7800

Office: 703-790-1990



## VIENNA, VA

\$839,000

Fabulous All Brick Home with three finished levels located in exceptional close in neighborhood near Vienna Metro, and walk to shopping. 4/5 Bedrooms (one of which is Au Pair Suite in lower level) and 3.5 Baths. Two Story Entry Foyer with Sweeping Curved Hardwood Staircase and Carpet Runner. Hardwoods in Foyer, Living Room and Kitchen. Columned Entry from Living Room to Walk-in Bay in Dining Room. Two Fireplaces. Gourmet Kitchen with Granite Counters, Walk-in Bay Breakfast area, and Light Filled Family Room with Fireplace off Kitchen with Double French Doors. Upper Level Boast 4 Spacious Bedrooms with Luxury Bath off Master with Separate Shower and Jetted Tub. Finished Daylight Lower Level with Recreation Room/Game Room area, Den/BR with full Bath. Two Car Garage with Automatic Garage Door Openers and fenced Rear Yard.





## TREND OF LOW INVENTORY

### Continued in Northern Virginia in June 2016

*Median sale prices varied in the region.*

BY JACKIE ALLDER

The month of June continued the trend of low housing inventory for the Northern Virginia region, according to the local reports. The Northern Virginia market includes the city of Alexandria and Arlington, Fairfax, Loudoun and Prince William counties. The reports are based on data provided by Metropolitan Regional Information System and its member associations of Realtors and include residential real estate transactions within specific geographic regions.

Active inventory decreased throughout the Northern Virginia region in June when compared to June 2015. Prince William County saw inventory decline by 30 percent, and in Loudoun County it fell by 20 percent. Alexandria City experienced a 19 percent drop in inventory and in Fairfax County active inventory decreased by 13 percent. Arlington County saw a 9 percent drop in inventory.

Median sale prices varied in the Northern Virginia region, with Arlington County

seeing an increase of 5 percent, followed by Fairfax County with a 4 percent increase. In Prince William County, the median sale price rose by 2 percent, while it fell by 1 percent in Loudoun County and 2 percent in Alexandria City.

In June, the number of homes sold also varied in the region compared to last year. In both Prince William County and Alexandria City the number of homes sold increased by 2 percent. The number of homes sold fell by 2 percent in Fairfax County. The number

of homes sold in Arlington and Loudoun counties fell by 5 percent and 6 percent, respectively.

Homes in the region sold within about a month or less on average, according to June data. In Alexandria City the days on market (DOM) average was 26 days, and Loudoun County had a DOM of 28 days. Fairfax County experienced a DOM average of 30 days, and both Arlington County and Prince William County saw DOMs of 31 days.

"We're more than halfway through 2016, and this year has brought steady improvements to the real estate market across the Mid-Atlantic and Northeast, including in the Northern Virginia region," said Jeffrey S. Detwiler, chief operating officer of The Long & Foster Companies. "Between the low inventory of available homes and the decreased mortgage rates due to Brexit, this summer's market has been brisk. We anticipate that the strong housing market will continue into the fall." ♦

**ABOUT LONG & FOSTER® REAL ESTATE** Long & Foster Real Estate, Inc., is the largest privately owned residential real estate company in the United States. The company is part of The Long & Foster Companies, which also includes Prosperity Home Mortgage, LLC, Long & Foster Insurance and Long & Foster Settlement Services.





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Sunrise Orthodontics provides to our patients the self-confidence needed to make stunning first impressions: a beautiful unique smile. Dr. Calkins provides the finest personal care in the area utilizing advanced digital technologies to customize your diagnosis and treatment plan. The trust bestowed upon us by you, allows us to improve the orthodontic health of your whole family. Let the world experience your smile, self-confidence looks good on everyone!



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**American Academy of Dental Sleep Medicine**  
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# Ask DR. DIMA

## HOW TO PERMANENTLY DESTROY YOUR STUBBORN FAT

BY DIMA ALI, MD

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

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

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

### *What are the desirable benefits of the procedure?*

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

### *What are the common misconceptions about the procedure?*

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

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

### *Who is a good candidate for the procedure?*

A good UltraShape candidate:

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

### *What the procedure entails...*

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



After 3 treatments, despite an 8 pound weight gain



After 2 treatments



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

### *What the recovery is like...*

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

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

—DR. DIMA

WellMedica Aesthetic & Anti-Aging Medicine

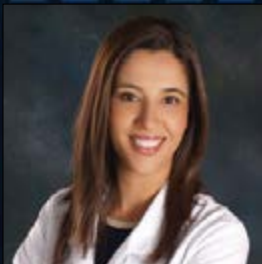
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# *TOP PROFESSIONALS PROFILE PAGES*

Discover our area's finest and learn what sets each apart as a top leader in their field of expertise. The following Greater Tysons professionals are highly trained and known for their quality service.





Dr. Gema Island

## ISLAND CHILDREN'S DENTISTRY

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

### SERVICES

Preventative Dentistry  
Cleaning and X-rays  
Sedation  
Orthodontics  
Special Needs Children  
Emergency Services  
Patient Comfort and  
Cutting-Edge Technology

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1500 Cornerside Blvd., Suite 310, Tysons Corner, VA

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



Rose Price, CFP®, AIF®

## VLP FINANCIAL ADVISORS

Rose is a certified financial planner (CFP) practitioner, a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. Rose works with individual and corporate clients to create well-designed financial plans and investment strategies and is committed to helping local people reach their financial goals and realize their dreams.

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

### SERVICES

Financial Plans  
Investment Strategies  
Advisory Services

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8391 Old Courthouse Road, Suite 203, Vienna, VA

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Dr. Michael T. Gocke

## VIRGINIA ORAL, FACIAL & IMPLANT SURGERY

Dr. Gocke excels in treating patients who need improvement of their dental and facial esthetics. Placing dental implants, bone grafting, facial trauma & reconstructive surgery, facial plastic surgery and corrective jaw surgery are his areas of expertise. Dr. Gocke is Board Certified by the American Board of Oral and Maxillofacial Surgeons and practices in McLean, VA.

### SERVICES

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Corrective Jaw Surgery  
Facial Trauma+  
Reconstruction  
Sleep Apnea Surgery  
Pediatric Oral+  
Facial Surgery

703.388.2805

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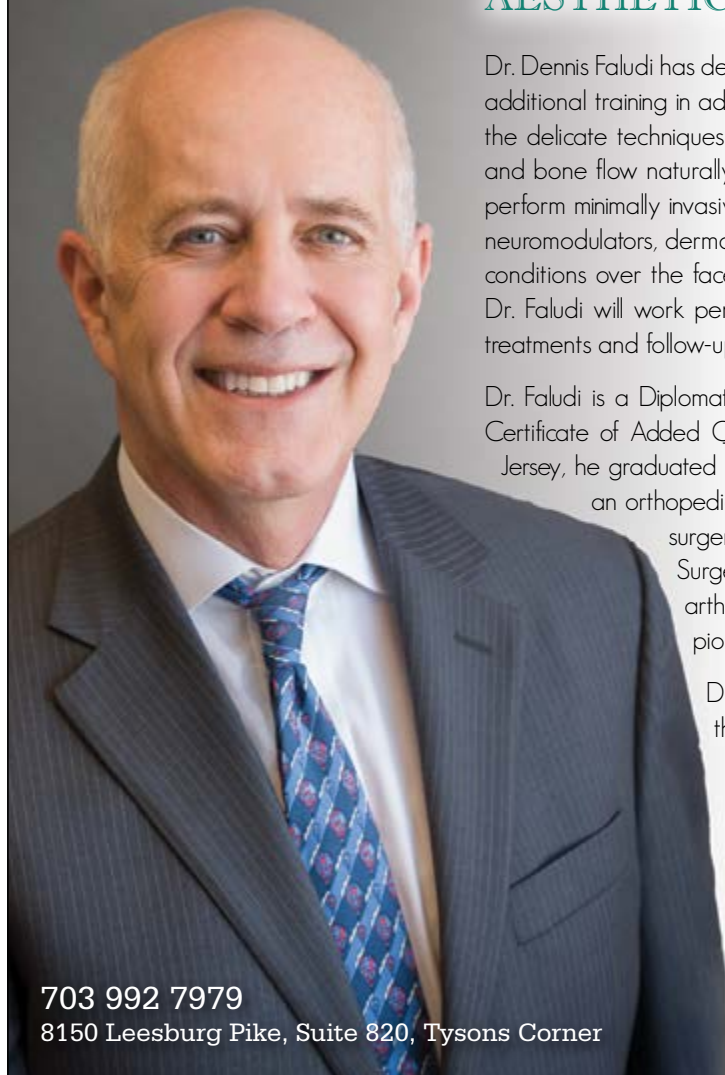


[www.DrGocke.com](http://www.DrGocke.com)



## D. Dennis Faludi, M.D., FABOS

### AESTHETIC MEDICAL CENTER



Dr. Dennis Faludi has decades of experience in reconstructive and microsurgery, with additional training in advanced facial aesthetic procedures. Dr. Faludi's expertise in the delicate techniques required for working with small vessels, nerves, soft tissue, and bone flow naturally into Aesthetic Medicine. He now uses his surgical skills to perform minimally invasive cosmetic treatments, including Botox and other injectable neuromodulators, dermal fillers, and laser therapy for a variety of skin and vascular conditions over the face, hands, and body. To ensure the highest quality of care, Dr. Faludi will work personally with you from your initial consultation through your treatments and follow-up visits.

Dr. Faludi is a Diplomate of the American Board of Orthopedic Surgery with the Certificate of Added Qualifications in Hand Surgery. A native of northern New Jersey, he graduated Albany Medical College with an M.D. degree, followed by an orthopedic surgery residency. He completed fellowships in orthopedic surgery at Johns Hopkins University and the San Francisco Hand Surgery Fellowship, where he trained further in reconstructive arthritic, hand, plastic, and microscopic surgery. Additionally, he pioneered the intraoperative use of lasers in orthopedic surgery.

Dr. Faludi is a member of the American Society for Surgery of the Hand and the American Society of Laser Medicine and Surgery.

#### SERVICES

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Dermal Fillers	TMJ Dysfunction
Facial Rejuvenation	Rosacea
Hand Rejuvenation	Sun Damage
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[www.aestheticmedctr.com](http://www.aestheticmedctr.com)



## Dr. Sanae Berrada, DDS

### TYSONS DENTAL ESTHETICS

Dr. Berrada brings over 18 years of clinical experience and a bright, vibrant personality to her work. She also has a wide variety of up-to-date skills and experience with today's newest technology. Throughout her career, she has had extensive training in orthodontics, dental implants, and cosmetic and general dentistry. She is committed to providing the best possible dental care in our community.

#### SERVICES

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Implants  
Porcelain Veneers  
Orthodontics  
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## Dr. Dima Ali

## WELLMEDICA AESTHETIC &amp; ANTI-AGING MEDICINE

Dr. Dima has a 15 year history of proven excellence in her field and doctors come to WellMedica to learn how to use the latest technological innovations. Dr. Dima, known for treating many of Washington DC's political elite, attended The George Washington School of Medicine, is Board Certified by the American Board of Laser Surgery, a Fellow of the American Academy of Laser Medicine and Surgery and is a Faculty Member of the American Society of Cosmetic Physicians. She is also a key opinion leader for several leading technology companies and is a regular contributor to Life and Style Magazine.

## SERVICES

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## Dr. Lilliana Calkins

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

## SERVICES

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Treatment  
Sleep Dental Medicine  
Jaw Surgery  
Orofacial Myofunctional  
Therapy

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## Dr. Chong W. Lee

## GALLERIA DENTAL AESTHETICS

After receiving his DDS degree in 1983 from the Medical College of Virginia, Dr. Lee pursued his passion for dentistry at the Las Vegas Institute for Advanced Dental Studies (LVI), a world-renowned post-graduate center for aesthetic and neuromuscular dentistry. He won top case for Mac Veneer, and was awarded Mastership at LVI for the exceptional quality of his cosmetic cases. Dr. Lee has been consistently voted Top Dentist by his peers.

## SERVICES

General, Cosmetic and  
Sedation Dentistry  
Porcelain Veneers  
Full Mouth Reconstruction  
TMD Treatments  
Teeth Whitening  
Orthodontics  
Implants

703 448 1020

1600 Tysons Blvd., Suite 120  
McLean, VA 22101[www.LeeOhDDS.com](http://www.LeeOhDDS.com)



Drs. Christopher and Favagehi

## DRS. CHRISTOPHER, FAVAGEHI & TRABOULSI

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### SERVICES

Non-Surgical  
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Dental Implants  
Maintenance  
Gum Grafting  
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Dr. Phillip J. Chang, MD

## AESTHETICA

Dr. Phillip Chang is a Board Certified Plastic Surgeon who specializes in minimally invasive cosmetic procedures of the Face, Breast, and Body. He has created innovations in procedures like the Mini-Facelift, the Mini Scar Breast Augmentation, and the Mommy Makeover. His approach to cosmetic procedures emphasizes natural looking results and reduced recovery times. Dr. Chang's office is in Loudoun County and he is one of the leading providers of BOTOX in Northern Virginia.

### SERVICES

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Dr. Nguyen, Dr. Salumbides, and Dr. Tran

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### SERVICES

General & Restorative  
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Dental Crowns  
Full Mouth & Bite  
Restoration  
Implant Restorations  
Dentures  
Orthodontics

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DENTISTRY



Dr. Adam Filali

**DENTAL BRIGHT**

Dr. Adam Filali is a world-renowned prosthodontist with over 20 years of private clinical practice, focusing on Cosmetic Dentistry, Family Dentistry and Full Mouth Rehabilitation. His practice is an oral health and dental wellness center. He provides complete and exceptional dental care using innovative technology to ensure ultimate comfort & safety, plus quality dental materials for long lasting results. Dr. Filali has been spreading his knowledge and passion for dentistry and Prosthodontics by teaching as a Clinical Assistant Professor at Boston University since 2009.

**SERVICES**

Implant Dentistry  
Kid's Dentistry  
Invisalign  
Dental Cleaning  
Porcelain Veneers  
Teeth Whitening  
Sedation Dentistry  
Root Canals

Dr. Mohammad Filali  
Prosthodontist[www.tysonsdentalbright.com](http://www.tysonsdentalbright.com)**703 942 8442**

8605 Westwood Center Drive, Suite 200, Vienna, VA

Dr. Mahan Chehrenama

**iNEURO HEADACHE SPECIALIST**

Dr. Mahan Chehrenama is a board certified neurologist with subspecialty certification in headache medicine.

As one of only 400 headache medicine sub-specialists in the country, Dr. Chehrenama is the leading provider of direct-to-consumer telemedicine services for care of chronic complex headaches as well as persistent post-concussive symptoms.

She has over 20 years of clinical experience caring for patients with neurologic issues. She also has performed over 90 clinical trials predominantly in the field of headaches, memory loss as well as neuropathic pain.

Her interest in neurology stems from the methodical scientific approach combined with the art of healing in a field that is yet to be fully understood. Her goal is for her patients to better understand their own role in management of chronic and complex neurologic issues, and to arm them with the knowledge required to make the best medical and neurologic choices.

Dr. Chehrenama is also a Fellow of the American Headache Society. She has a special interest in management of primary headaches as well as post-concussive headaches and post-concussive syndrome.

**SERVICES**

Headache Consultation & Care  
Concussion & Head Trauma Analysis  
Injection Techniques  
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Coordination of Care  
Transcranial Magnetic Stimulation (TMS)

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COMMUNITY FOUNDATION FOR NORTHERN VIRGINIA

## 2016 **raise** THE **region** GALA

Honoring Knox Singleton, CEO of Inova, with the Community Foundation for Northern Virginia's 2016 Community Leadership Award

**Friday, October 7, 2016**

**6:30 – 10:00 pm**

**McLean Hilton**

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BY ANALIESE KREUTZER



# LIFE-SAVING DOGS

*Local organization deploys dogs to help countries recover from war*

Landmines kill or maim 12,000 people each year, many of them children. They also kill hundreds of thousands of animals. Worldwide, the most common way of detecting landmines is for people to probe the ground with long pointed sticks at a 45-degree angle to try to find the mine without activating the detonator. If that sounds like a slow and dangerous process, it is. Using this method, a person can search only about 50 square meters per day.

A non-profit organization based in our area has a better way. The Marshall Legacy Institute (MLI), a humanitarian organization headquartered in Arlington, provides highly trained Mine Detection Dogs (MDDs) to war-torn countries to assist with this life-saving task. With their superior sense of smell, dogs can sniff out explosive materials even underground and in plastic or metal containers.

Dogs can cover a much larger area than people alone, approximately 1,500 square meters per day, and using dogs is safer as well. MLI's dogs have helped clear more than 10,600 acres of mine-contaminated land, and none of the dogs has been killed or injured by a landmine.

## A DOG'S LIFE

Dino, an 11-year-old Belgian Malinois, spends most of his days in the MLI offices. Dino worked as an MDD in Afghanistan for eight years before his retirement and adoption by MLI's executive director, retired Army Col. Perry F. Baltimore III. Dino likes to keep busy, so when he's not in the office, he's often visiting schools, scout troops and community organizations with Baltimore to demonstrate his mine detection skills.

Belgian Malinois and German Shepherds are particularly well-suited to the work of mine detection because they are highly intelligent and eager to work. Dogs with longer snouts also have a better sense of smell than other dogs. For example, German Shepherds have 225 million scent receptors compared to 125 million for a dachshund and just 5 million for a human.

The dogs are motivated to work by the strong relationship they have with their handlers. And like all dogs, they are motivated by the rewards they receive after a job well done, such as praise and time with a favorite toy. Things that keep the work fun.





*Handlers working with MDDs in Bosnia Herzegovina.*



*MLI Executive Director Perry Baltimore conducts an MDD demonstration.*

Using dogs for land mine detection does have some limitations, according to Baltimore. "It's too hard for them to work on steep slopes, and if it's too wet outside, the scent of the explosives washes into the ground. If it's too windy, the dogs can't tell where the scent is coming from," he said.

MLI partners with the K9 Global Training Academy for Working Dogs in Somerset, Texas, to obtain dogs for the program from reputable breeders in Europe. The academy's founder, Dan Hayter, and his team travel to the breeders to meet the dogs and can quickly determine which ones might have what it takes for this type of work. The dogs go through an intensive four-to-five-month training program starting when they are 12 to 18 months old.

"They learn to identify approximately 12 different explosive odors," said Baltimore. "They are trained to locate the scent, sit still, stay safe and alert their human partner to mark the spot so the landmine can be removed and destroyed."

After graduating from the program, a dog travels with a trainer to the country of assignment. The trainer works as a field supervisor with the dog and the local handler to help them form a bond, staying on site for at least a year.

The team of dog and handler go through a rigorous certification exam to meet standards set by the International Mine Action Authority. Depending on where the dog is working, additional

CONTINUED ON PAGE 136

## HOW YOU CAN HELP

The Marshall Legacy Institute will host its 19th annual Clearing the Path Gala on October 26 at the Fairmont Hotel in Washington, D.C. For information about the 2016 Gala, sponsoring a dog, sponsoring a survivor or other ways you can help, call 703-243-9200 or visit [www.marshall-legacy.org](http://www.marshall-legacy.org).





*MDD Betsy working with her handler Alden in Bosnia Herzegovina.*



CONTINUED FROM PAGE 135

standards may also be required, and the team must be re-certified annually.

Dogs typically work in the field for six to eight years. Each de-mining organization MLI works with signs an agreement. "They must agree that the handlers will be motivated and dedicated and that they will use the dog only for the purpose the dog was given to them," said Baltimore. "They agree to care for and nurture the dog, provide veterinary support, and that they will not euthanize the dog when its service is done."

Usually, the handler and the dog develop such a close bond that the handler adopts the dog when it retires. In cases where that is not possible, MLI is notified and finds a home for the dog.

## THE MARSHALL LEGACY INSTITUTE

MLI was founded in 1997 to recognize the 50th anniversary of the Marshall Plan, America's economic recovery plan to aid Western European countries following World War II. At the time the newly formed Institute was trying to determine how to help countries recovering from war, Princess Diana was focusing the world's attention on the devastating effects of landmines. She made highly publicized trips to Angola and Bosnia in 1997.

MLI members traveled to Africa to talk to some of the countries there about landmines. "In Eritrea, President Isaias Afwerki told us if we wanted to help, we should get them some dogs," Baltimore said. "President Afwerki had heard about de-mining dogs the U.S. State Department had sent to Rwanda. So we undertook a global assessment to explore the possibilities. We found that there were very few places in the world that trained dogs in mine detection at that time, and many people considered the process of dog detection an art rather than a science."

One of the first places MLI sent dogs was Lebanon. "The Lebanese armed forces and the de-mining organization were skeptical, but they undertook a pilot program with two dogs. They soon requested more dogs, and we sent six more. In another six months, we sent six more," said Baltimore. To date, MLI has sent a total of 32 dogs to Lebanon.

## SPONSORSHIP MAKES THE DIFFERENCE

To acquire, train and deliver a certified MDD costs \$25,000. To date, MLI has donated more than 200 dogs to 11 war-torn countries. The organization relies on donations to support their life-saving efforts.

MLI encourages families, community groups, companies and others to sponsor dogs. Sponsors not only get a tax deductible donation, but they name the dog, receive quarterly updates and photos, receive before and after photos of the land and the de-mining's impact on the community, and donors also have the opportunity to visit and see the dog at work.

Baltimore and his classmates from the U.S. Military Academy sponsored a dog in honor of four classmates who died in Vietnam. They named the dog Nam. "This way, we continue to have, if not boots, then paws on the ground to help," he said.

In 2003, MLI launched its Children Against Mines Program (CHAMPS), an educational outreach program that gets students involved in the effort to rid the world of landmines. Diana Enzi, wife of Senator Mike Enzi (R-WY), introduced the program to Wyoming school children. She thought if each of Wyoming's 80,000 school children gave a quarter, that would be enough money to sponsor an MDD. The effort in Wyoming actually raised enough for two dogs. They named the first one Wyoming. Baltimore would like to get more of the schools in our area involved in the CHAMPS program, especially with the 70th anniversary of the Marshall Plan approaching.

Although MLI is best known for its MDD program, it also is dedicated to helping those injured by mines, especially children, through its Survivor's Assistance Program. The Institute provides medical care, prosthetic limbs and vocational training to mine victims. MLI needs donors to sponsor these survivors.

## AN ONGOING EFFORT

There is no way to calculate how many lives have been saved by MLI's de-mining efforts, but de-mining has an enormous impact on the surrounding community. After the land has been cleared, it can once again be used for farming, pastureland, access to work, markets, water and schools.

"There is more work to be done," said Baltimore "We would like to start a program in Columbia, and Serbia has been expressing interest. Other countries like Armenia and Lebanon have dogs that are ready to retire, and they need replacement dogs." Unfortunately, tens of millions of landmines contaminate more than 60 countries, and more landmines are laid every day.

To learn more or to donate visit [www.marshall-legacy.org](http://www.marshall-legacy.org) or send your email to [info@marshall-legacy.org](mailto:info@marshall-legacy.org) or call (703) 243-9200. ♦

**AUTHOR:** Analiese Kreutzer is a contributing writer and client advocate for VivaTysons, VivaReston and Le Nouveau Moi. 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 [Ana@VivaTysons.com](mailto:Ana@VivaTysons.com).



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[www.vinsonhall.org/memory-support](http://www.vinsonhall.org/memory-support)



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Vinson Hall Retirement Community is a non-profit Life Plan Community on 20 pastoral acres in Northern Virginia. Their active, vibrant community features independent living, assisted living, nursing, and memory care allowing residents and their family members to enjoy peace of mind knowing the continuum of care can accommodate changing needs. Vinson Hall provides apartments for independent seniors who are commissioned military officers, and their immediate family, as well as government workers of an equal rank from select agencies. Arleigh Burke Pavillion provides assisted living and healthcare, and The Sylvestery offers memory support assisted living—residences for which military affiliation is not required. In a maintenance-free environment, residents enjoy life at their own pace and schedule. Residents can enjoy an array of activities including gardening, engaging trips, educational opportunities, art, music, entertainment, and a variety of dining experiences. Physical and spiritual well-being is promoted through fitness programs, health services, and pastoral support.



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**703 531 0781**

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

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

## TYSONS WOODS ASSISTED LIVING HOMES

Tyson's Woods Assisted Living facilities house a maximum of eight residents. Keeping their assisted living communities so small allows the community members to develop close relationships with their caretakers as well as with one another. Smaller communities mean that each individual resident receives personally tailored attention and care. The benefit at Tysons Woods also translates into a more dynamic daily routine that can adapt to the needs of their residents easily, without impacting the schedule of others. Tysons Woods Assisted Living end of life care housing is a good example of their ethos of compassion: personalized care is the goal.

With the phenomenally low staff to resident ratio of 1 to 4, caretakers at Tysons Woods quickly become familiar with the mental and physical health and characteristics of their new residents allowing them to pick up on minor changes that might have otherwise been missed at larger facilities. From medical emergencies to minor discomforts, their staff has the training and resources to address every situation quickly and professionally.

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- Individualized Plan of care for the specific needs of each resident, including Alzheimer's and dementia care.
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[www.paragonhomecare.com](http://www.paragonhomecare.com)

## PARAGON HOME CARE Home Care Agency

Paragon Home Care is a local, private duty home care agency providing non-medical home care services to assist with the activities of daily living, plus offering companionship and concierge services. They serve as an advocate and extended family caregiver to their clients, helping to ensure that they receive the maximum amount of care to enable them to continue to safely and comfortably stay at home. Paragon's core values are summed up in three words: service, respect, and compassion. Their caregivers share those values and care for their clients as they would their own family members.

### Activities of Daily Living (ADL):

- |              |                  |                |
|--------------|------------------|----------------|
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| -Oral care   | -Eating          | Finances       |
| -Walking     | -Dressing        | -Managing      |
| -Shopping    | -Toileting       | medications    |
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- |                  |                    |                   |
|------------------|--------------------|-------------------|
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BY RICK MUNDY

## Mary Drakoulis

### A LIFETIME OF SERVICE AND LOVE

Born in April, 1928, Mary Drakoulis grew up on the Greek island of Naxos. Life was simple with no telephone, radio, stove, or other appliances. For years she saw no home refrigerator, just an icebox. Clothes were washed by hand and firewood was used to cook.

In 1940, the family traveled to Athens because Mary's brother was sick and there was no hospital on the island. World War II broke out. Though Greece said "no" to the invading Italian army and pushed them back, Germany intervened, and without tanks and with little defense, Greece lost the war. Starvation followed. The Germans took everything, even water to supply their troops in Africa.

Mary and all the others were given water just twice a week. The Red Cross soup kitchen offered a meal that consisted of a ladle of thin soup and a slice of stale bread. They supplemented that meager fare with produce from the market that consisted only of garlic, lemons, and the outer leaves of cabbages. That unsatisfactory experience was made even worse, because what cost 100 drachmas on Monday might be 300 drachmas on Tuesday.

The godfather of Mary's sister had a farm outside the town and gave Mary and her sister permission to pick tomatoes. They knew

they had to go early in the day before anyone might see them or the police would arrest them. Unfortunately in their greed they stayed too long and were arrested. Thirteen-year-old feisty Mary barked at the policeman, "Why don't you go get big sharks instead of chasing teenagers?" To which he retorted, "If you don't shut up, I'm going to lock you up." Alas, their tomatoes ended up being sold to the townsfolk.

Greece was liberated in 1944 and in 1947, the Drakoulis family headed for the United States, arriving in New York with \$200. "Yet by God's grace, we never had a day's unemployment, nor ever received, or asked, a dime from welfare," adds Mary proudly. Mary's father was American and a recent law allowed children under 21 to adopt their parent's American citizenship. Her dad's good friends in Washington provided space in their home to stay for a few weeks and another friend at Lincoln Bank helped them buy a home.

When traveling in the Realtor's car to look for houses, they heard their first car radio, and thought the Realtor was singing and that he was drunk. They were desperate to get out of that car! "And when we saw him using tissues to wipe his nose, we felt sorry for him, thinking 'he must be so poor, he cannot afford cloth napkins, instead he is using paper ones.'"

Mary attended an Americanization school because she spoke no English. "The teachers were so caring," she recalls. "They loved for us to learn English." She worked first in a dime store, later a department store. One day a salesperson brought her a shorthand book, and she started evening school learning typing, shorthand, and Spanish.

Mary took the civil service exam and was hired as a secretary/stenographer at the U.S. Department of State in 1956 where she worked for 28 years. She was one of a group of 200 State employees who sponsored 19 Korean orphans in 1963-64. She retired in 1984 as a Foreign Service Reserve Officer.

Thirty-two years later Mary is still busy in retirement. She swims every day but Sunday at Oak Marr in Oakton. She attends Community Bible Study at McLean Bible Church and Oakton Women's Bible Study. She worked as a volunteer answering phones for the 700 Club until 1990 when their Fairfax office was closed. She also makes calls for the local chapter of the Philoptochos Ladies' Auxiliary.

"I like to talk about Jesus with my friends. When I go to the Jacuzzi after swimming I usually find some victim (smiles) to talk to. You might say I'm a Jesus freak," she admits.

However she might be labeled, Mary Drakoulis is one who finds great pleasure in befriending others and sharing her tremendous positive outlook with all she meets. ♦



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BY BRUCE VAUGHN, CFP® AIF®

# ASK AN ADVISOR

## Do I Need a Financial Plan?

Short answer? Yes.

Every adult needs a long term financial strategy. A financial plan is a formalized blueprint of that strategy, taking into consideration your current financial situation and future goals - think of it like a map that can show you how to get where you want to go financially. It can also tell you if you are on (or off) track to meet your goals. A good financial plan will give you confidence and help you understand the steps you need to take to pursue your objectives.

When you are young your plan may be as simple as “save X amount of money” but as you get older and your situation and income change, your goals get more complex, and so do the actions you need to map out to pursue those goals. Financial planning is not a one-time event, so consider it an ongoing process. The plan is a base from which to make financial decisions, but it can and should change over time based upon changes in your personal circumstances.

A good financial planning process considers multiple variables and strategies, covering risk management, asset allocation, tax planning, retirement and estate planning.

## Can I Create My Own Financial Plan?

That depends on you. Obviously the more complex your financial situation is the more you can benefit from professional help, but it is also important to identify your financial planning approach.

There are three distinct approaches that people take about their long-term finances:

- Do-it-yourselfer—you feel confident about your knowledge of investments and financial planning, and spend time learning about your options and creating your strategy.
- Delegator—you have very little interest in your finances and would much rather have someone you trust manage your assets and guide your financial decisions.
- Collaborator—you are somewhere in between, you understand that you can benefit from professional help, but also want to be involved in the process.

I have worked with all three types of clients and each one benefits from having professional input when constructing their financial plan.

Do-it-yourselfers often benefit from having a second opinion especially when they are approaching retirement and are usually surprised at the detail a good Advisor's financial plan will cover. Delegators also benefit from having a plan done for them, I've had many tell me how much confidence it has given them to have someone they trust planning for their future and helping them make decisions. Collaborators often find the planning process to be very rewarding and get excited about the knowledge and insight they receive.

Keep in mind that a good financial planner takes an objective look at your situation, without emotional restrictions. The Advisor is able to focus on your unique financial needs and use advanced planning systems to forecast growth and distribution effects, something most individuals find very beneficial.

## How Much Should a Financial Plan Cost?

The complexity of your situation usually determines the cost of having a financial plan created by an Advisor. Most Advisors charge an hourly rate and a financial plan can take anywhere from 3 to 20 hours to complete so the cost can vary quite a bit. After briefly reviewing your documents, most Advisors can give you a cost estimate based on your situation. ♦

**AUTHOR:** Bruce Vaughn, CFP® AIF® is the founding partner of VLP Financial Advisors. He believes that strategic planning is the key to creating, protecting, and growing wealth.

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*CHHR staff includes Atieh Bakhtiar, COO, Dr. Kavian Milani, and Alhan Ataiefar, Patient Liaison.*

Virginia. The Center includes a network of doctors and specialists, and because the doctors see the patients in their own offices, the Center can operate with minimal overhead. The non-profit arm is supported by the doctors' regular practices, using the same staff, same resources, and same software used to treat all their patients.

Patients arrive with both small issues and major issues, with references now coming from the county as well as the community. "We are a grassroots organization in a growth mode," says Milani. "CHHR is hearing from people all over the country and we are hoping to take it nationwide. That plan is under development as we work to perfect what we're doing locally before we begin to replicate our work on a much larger scale."

COO Atieh Bakhtiar adds, "When we started, one of our goals was to increase awareness of our program. The people we were trying to reach were usually very uncomfortable seeking free help or they waited until a medical issue got really bad. However once people were introduced to the concept of a center designed specifically to accommodate their situation, they found the process more comfortable and even started referring their friends. Several of the patients even started reaching out as volunteers which is so essential to a grassroots organization like ours."

Recently the Center for Health and Human Rights has held two

## CENTER FOR HEALTH AND HUMAN RIGHTS

### *Committed to health care for all*

Most all doctors do something to assist in delivering medical care for those who are uninsured and can't pay for treatments. "This is the mission of medicine in general," explains Dr. Kavian Milani, a local doctor practicing in Fairfax and Tysons. "It has been my goal to develop an entire organization to deliver that medical service in a more comprehensive way."

Thus, in 2011, Milani, consulting with other doctors in the area, put together the Center for Health and Human Rights, providing medical services to the uninsured without expectation of payment but with the intention of improving the health of the community across Northern

successful fundraisers targeted to an individual who has breast cancer. They raised more than \$30,000 which not only provided for her treatment, but also provided enough funds for 500 mammograms for other individuals.

As the Center grows, they are starting to focus more on increasing fundraising activities. Those interested in supporting the important work of the Center for Health and Human Rights, can learn more at their website, [www.HealthAsRight.org](http://www.HealthAsRight.org). Donations of all sizes are welcome and greatly appreciated. ❖



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BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*



## DEAR COACH AMY,

I am a professional divorced woman in my mid 50's who is very active and in good shape. I don't have any kids living with me. I met a really nice guy on the internet and we have had 3 wonderful dates. We have a lot in common and appreciate what we both bring to the table. Our relationship goals seem to be aligned on wanting a committed and monogamous relationship. Overall he has everything I am looking for and he has said the same of me. We text and email during the day, however, we can only meet and spend time with each other on the weekends because of his busy work schedule and mine. He gets off work late in the evening and we live one hour from each other. Up until now there has been no red flags or deal breakers. The recent problem

is that at the last minute he broke our fourth date. I was very disappointed.

How do I handle this disappointment when you plan a date with someone and they cancel at the last minute? How do you not feel rejected? Also, do you hold the person accountable because you rearranged your schedule to make time for the date? Is it appropriate to feel upset or feel like your feelings were not considered or your time is not important? And, should you move on because this may become a trend? By the way, I did call him to express my disappointment and he said he would like to see me again this coming weekend to make it up to me. I am not sure I handled this correctly or my feelings are valid. I'd love your insights.

*Baffled in Ballston*



## DEAR BAFFLED,

The good news is that he seems to be very interested in you and you have had a couple of good dates. However, something very important came up that caused him to change his plans in the last minute. Unfortunately, you didn't share why he had to cancel his plan. Perhaps he never told you. Honestly, I wouldn't bail on this relationship just yet, since it's important to check out your assumptions before you walk away.

If you can, seek first to understand. It seems that he has stepped on a core value for you — reliability! It seems that sticking to your plans and being reliable are very important to you. And yet he was for your first three dates. Perhaps he is a single dad and an issue came up with his kids. Or he had a work emergency. There seems to be a communication breakdown when he canceled his date. It would have been best if he shared the reason he had to cancel so you could feel it wasn't about you!

Most importantly, how one communicates with a potential partner can determine if a relationship moves



forward or gets derailed. Much can be misunderstood. Did he cancel in a text? Did he call you and leave a message? I see that you called him and you talked about your disappointment. (Note: I would be careful about how you do so. Men want to feel successful so make sure you do so from a positive place: "I was so looking forward to seeing you again. Now I have to wait 5 whole days to be with you!" And you want to come from an understanding place the first time this happens). I do believe in giving someone the benefit of the doubt.

I am also a big believer in seeing that his behavior is consistent. If he cancels again, then this may be a valid problem. Of course, you don't want to put up with men canceling dates with you. And no one wants to feel taken advantage of. Some people are just not good time managers or they get overwhelmed. We don't know why he canceled—yet.

There is some self management of feelings when this happens. Do make it about him and not a reflection of anything you did wrong. The other thing you can do is get steeped in who you are and what you have to offer to a relationship—for you to have a strong belief in WHY someone would want to be in a relationship with you. This will keep the rejection gremlins away and is very effective exercise I do with my clients.

From my vantage point, it looks like this is a one time aberration. However, if his work is demanding, (or there are children in the picture) this may happen again. As a couple you need to work out a strategy that demonstrates he values your relationship and allows you to be okay when plans change on a dime on occasion.

Or if this is something you can't live with, you may just have to move on. It does seem that he is a keeper so I would work on finding the solution that works for both of you.

Intentionally yours,

*Coach Amy* ♦

**AUTHOR:** Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time—How to Find and Keep Your Ideal Romantic Relationship*. She helps marriage-minded individuals to find and keep committed, loving relationships. [www.MotivatedtoMarry.com](http://www.MotivatedtoMarry.com).



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# SHOULD I BE WORRIED ABOUT TOXOPLASMA?

*Dear Doctor Christmas:*

*I've read a lot about Toxoplasma in the news lately. Should I be worried?*

*—Bobbie Mass, Oakton, VA*

I've also seen some news articles zipping around the web concerning Toxoplasmosis. A recent study appears to show that Toxoplasma may cause neurologic changes in people, causing thoughts of suicide or even schizophrenia. Unfortunately, every article I saw made it appear that people are infected directly by cats. Thankfully that's not quite true. Read on to learn more.

Toxoplasma gondii is a microscopic parasite with a very interesting life cycle. Cats are the definitive host, which means Toxo needs them to be able to reproduce and spread. The oocyst (fertilized egg) of the organism is excreted in cat feces. This egg shedding occurs a few days to a few weeks after infection, and it lasts for one to three weeks. The cat has already recovered from the infection by the time

it sheds oocysts. Most importantly, it takes at least 24 hours for the oocyst to become infective outside the cat. Any warm-blooded animal can be infected by Toxoplasma, but the organism can be directly spread only by cats.

Infection typically causes a mild, barely noticeable infection. In people it can cause flu-like symptoms, but in animals, most wouldn't be perceived as being ill at all. Unfortunately in very young or immunocompromised animals, it can be fatal, because of the cellular damage it causes in multiple tissues. In the vast majority of cases, though, the immune system stops the infection and the organism hides by forming microscopic cysts. These cysts last for years in the tissues and can possibly even last a lifetime.

It is these cysts that have generated some press lately.

If the cysts are in muscle tissue, they cause no problems for the animal. Unfortunately, the cysts prefer to be in neuronal tissue, such as the brain and spinal cord, where they can cause behavioral changes and other problems. It's been shown that rodents infected with Toxoplasma lose their fear of cats and thus are caught and eaten more readily, thus spreading the organism. Once an animal has been exposed to Toxo and survived, it is immune for life. This fact is very important to remember when I talk about your risk later in the article.

The most common way animals, including humans, are infected by Toxoplasma is by ingesting tissue cysts of infected animals. People are most commonly infected by eating undercooked beef and pork.

This is a typical cycle: a cat lives on a farm helping control the rodents; the cat is infected by ingesting Toxo from the environment or by eating infected vermin;



the cat spreads Toxo in his stool; the cow or pig ingests Toxo while eating off the ground; cysts form in the animal's tissue; and people eat the cysts in undercooked meat. The organism is killed if exposed to temperatures over 152°F or below 9°F, so if you eat any fresh beef cooked less than medium-well, you are at risk for Toxoplasmosis. If the meat has been frozen or is cooked to a temperature above 152°F, then Toxo is not a concern.

As disturbing as it is to consider, the other way animals are infected is by ingesting items contaminated with cat feces. Humans can ingest it from eating fresh vegetables grown in a garden where an infected cat has eliminated. It can occur when we're less than hygienic and don't wash our hands after touching cat stool. It can happen when the dog eats cat stool and then licks our face or hands. We can be infected when we garden without gloves and don't wash up thoroughly afterwards. Thankfully Toxoplasma oocysts are killed rapidly by soap, so washing your hands before eating and after gardening and washing fresh veggies with soap and water will eliminate the risk. If using soap on your vegetables sounds offensive to you, try an all-natural fruit and vegetable wash, such as Fit, which is available in most supermarkets in the produce department. I haven't been able to confirm that Fit kills Toxo, but it does include sodium laureth sulfate (among other ingredients), which is the main surfactant in soap.

The concern most people think about when they hear about Toxoplasmosis is the risk of fetal birth defects, when a pregnant woman is infected. It is a serious concern, but it's a problem only for pregnant women who aren't immune and who become infected during their pregnancy. If the woman is already immune, there's no concern with Toxo.

The common thought is that living with cats increases a person's risk of infection. This assumption is just not true.

- If your cat hunts outdoors, it's very possible that the cat has already been infected and is immune now, thus no longer shedding oocysts. Once he's been infected, it's rare that a cat ever sheds any oocysts again.
- If your cat stays indoors and doesn't eat raw or undercooked meat, raw eggs or raw milk, then the likelihood is almost zero that he will be infected.

He'll have to eat an infected rodent that enters the house.

- If you're living with a cat that has been infected with Toxoplasma, it's possible that the people in the house are already infected and immune. In this case, there's no risk to the fetus, because Mom can't get re-infected—she's immune.
- Because it takes at least 24 hours for oocysts in feces to become infective, cleaning the litter box once daily almost eliminates the risk of infection to the person doing the cleaning, whether or not the person wears protective gloves.

Here are my recommendations for minimizing risks of Toxoplasmosis infection in cats and people:

1. Cook all meat, especially beef, pork and venison, to a minimum temperature of 160°F.
2. Don't eat uncooked eggs or raw milk or feed any of these items to your cats.
3. Wash hands, utensils, countertops and cutting boards with soapy water after touching raw meat.
4. Wash fruits and vegetables with soapy water or a commercial fruit and vegetable wash.
5. If you are pregnant, avoid contact with garden soil, sandboxes and raw meat.
6. If you are pregnant, do not clean litter boxes (although if they are cleaned daily, the risk is tiny).
7. Clean the litter box daily and don't put the waste in compost piles or in the garden.
8. Keep cats indoors to prevent them from hunting outside.
9. If you are planning to get pregnant, get tested for immunity to Toxoplasma. If you are immune, there's no risk to the fetus. If you are not, then focus on minimizing the risks by following the guidelines listed above. ❖

**AUTHOR:** Sanford Christmus, DVM practices veterinary medicine at Oakton-Vienna Veterinary Hospital in Vienna, Virginia. To learn more about Dr. Christmus and the hospital, visit [OVVHpets.com](http://OVVHpets.com). Please e-mail questions to [askthetvet@ovvhpets.com](mailto:askthetvet@ovvhpets.com).



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## MAKING WAY FOR THE BORO

The Enterprise Building, part of the 18-acre campus of SAIC, which was located at 8301 Greensboro Drive is now making way for The Boro, a 4.2-million-square-foot urban-style development that will include five apartment buildings, three office towers, a hotel, a movie theater, a public library, seven parks and retail space, including a Whole Foods grocery store. The first phase of construction of The Boro is scheduled to begin in September according to the Washington Business Journal. The first phase of the 1.7 million square foot development is expected to open in 2018. ❖



## DC NAMED 2ND MOST WALKABLE CITY IN AMERICA ... THANKS IN PART TO MCLEAN

A new study by The George Washington University School of Business, has ranked Washington, D.C. the second most walkable city in the United States. The rankings were based on the number of "walkable urban places," or WalkUPs. WalkUPs are basically areas with lots of office and retail space, as well as a strong "walk score," meaning how necessary having car is to getting around the area.

The report indicated that Tysons Corner Center in McLean was a prime example of the 7th category of WalkUPs named "Redeveloped Drivable Sub-urban," or "places originally developed as strip commercial and/or regional malls that have since urbanized." And Reston Town Center exhibited a good example of the 8th category of WalkUps, "Greenfield or Brownfield" which are described as "WalkUPs developed on undeveloped land or reclaimed land, mainly former industrial uses." Both Tysons' and Reston Town Center's scores helped Washington, DC's overall rating. D.C. has a lot of people who walk to work: 12.1 percent, to be exact, behind only Boston. You can read the full report at [www.smartgrowthamerica.org/documents/foot-traffic-ahead-2016.pdf](http://www.smartgrowthamerica.org/documents/foot-traffic-ahead-2016.pdf). ❖



## NEW BUSINESSES



**Northside Social, coffee & wine— Coming Soon**  
3211 Wilson Blvd, Arlington, VA 22201

Northside Social will open its second location in the old Blue and Gray building in Falls Church. The historic building will be restored, and the restaurant opened in mid to late fall.



**Oklahoma Joe's—Now Open**  
2670 Avenir Pl. Suite O, Vienna, VA 22180

Oklahoma Joe's, a family-owned BBQ restaurant, recently opened a new location near the Dunn Loring Metro Station. Go on down to Oklahoma Joe's to savor their one of a kind burnt ends, slow smoked ribs or their world famous pulled pork. You be the judge and experience first hand what BBQ competition judges believe is the best of the best.



**Harris Teeter—Now Open**  
301 West Broad, Falls Church, VA 22046

Harris Teeter opened its newest location on July 27 in Falls Church at 301 West Broad. West Broad is a mixed-use development featuring 285 apartment homes and additional ground-floor retail. ♦



## NEW & NOTABLE

Brazilian steakhouse and perennial provider of food coma Fogo de Chão will open its second D.C.-area location at 1775 Tysons Blvd. in Tysons. Fogo is known for its style of service, which features a rotating cavalcade of meats brought to guests who use a small indicator with "yes" or "no" sides to declare if they're too full to go on.

The restaurant will anchor the ground-floor retail of the 17-story office building from Lerner Enterprises that is home to EY (formerly Ernst & Young) and federal contractor CSC. No opening date was provided. ♦

## LOCAL ARTIST WINS SECOND PLACE

Filmmaker Mark Byrne (*VivaTysons*, November/December 2013) has won 2nd Place in the Sci Fi Feature category at the 2016 Indie Gathering International Film Festival for his latest work, *Subconscious Reality*. His third award at the festival follows *Taste of Desperation* with 1st Place in the 2010 Drama – Crime Category and 2nd Place for *Small Fish Small Pond* in the 2013 Drama Category. Local actors appearing in the film include Donna Byrne, Paul Horning, Jim Lynch, Marvin Kennedy, JP Andrews, Liza Hoang, Tim Vanech, Brian Thompson, Manuela Costescu-Maier, Shaun van Steyn, John Maier, and Mark Byrne. ♦



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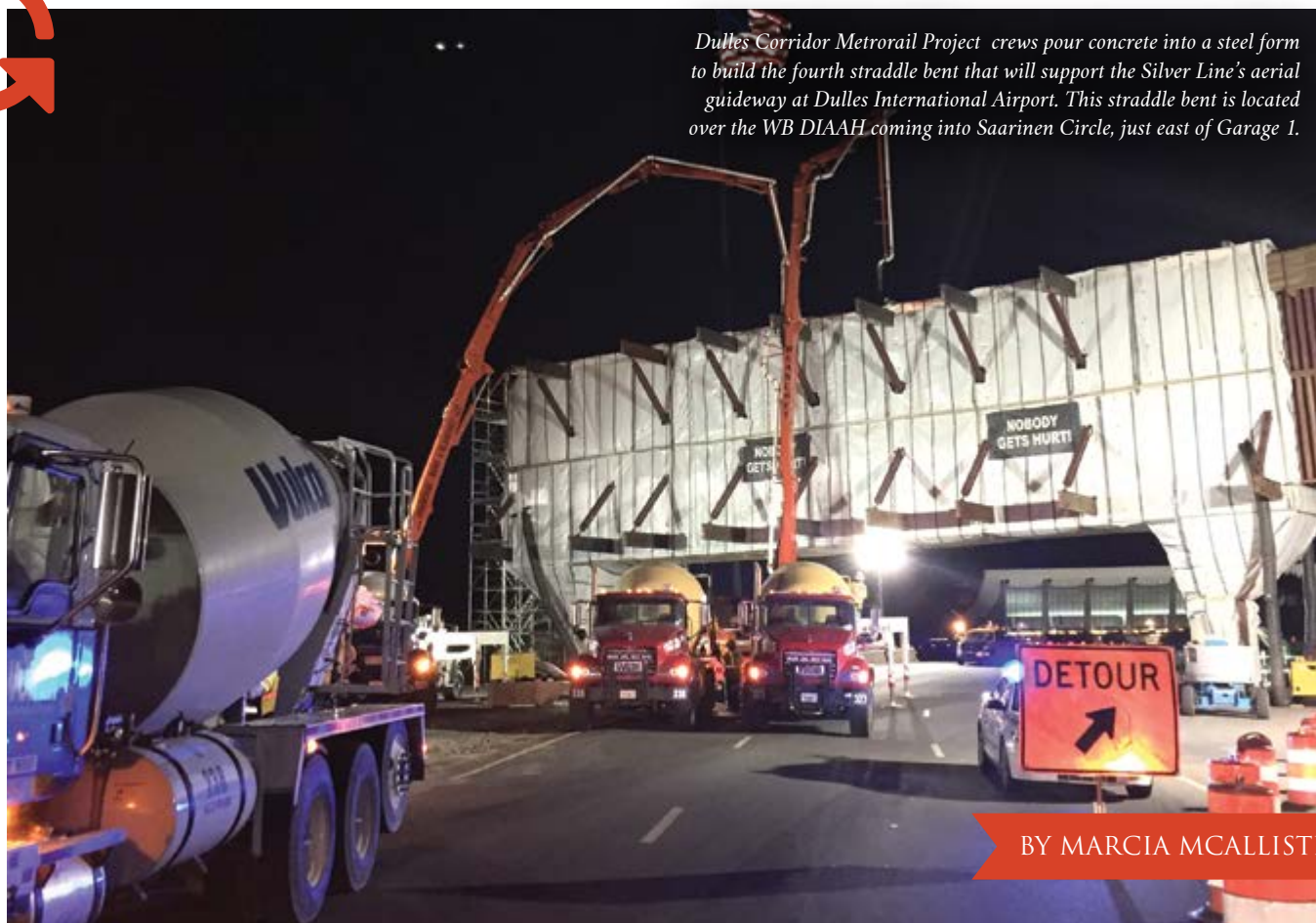


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*Dulles Corridor Metrorail Project crews pour concrete into a steel form to build the fourth straddle bent that will support the Silver Line's aerial guideway at Dulles International Airport. This straddle bent is located over the WB DIAAH coming into Saarinen Circle, just east of Garage 1.*

Photo by: Korey Young, Capital Rail Constructors

BY MARCIA MCALLISTER

## SILVER LINE'S AERIAL GUIDEWAY: SILVER PHASE 2 CONSTRUCTION CONTINUES

Construction of entrance pavilions, wayside facilities, paving, girder installations, aerial road crossings start as Dulles Airport, Reston, Herndon, and Loudoun Gateway work intensifies.

Construction of Phase 2 of the Silver Line has hit the 24 percent mark and design is virtually complete, according to information supplied by the Dulles Rail Project team to the Federal Transit Administration in mid- July.

Work continues at station sites and at 10 of the wayside support facilities such as traction power substations and train control rooms and mass excavation is ongoing at the Loudoun Gateway Station site.

Here's a list of other work expected to be done in the next six to eight weeks:

- Track wall, storm pipe, and 34.5kV duct bank (which will feed power directly to the trains) work will be ongoing.
- Work at six of the nine pavilion sites will include drilled shafts,

footings, duct bank, utilities and clearing.

- Lane shifts, paving and striping continue along the Dulles Toll Road/ Airport Access Highway and Dulles Greenway.
- Concrete foundation pours and concrete barrier wall construction continue at the Reston Town Center Station.
- On-going steel erection at the Innovation Center Station continues.
- Assembly of the Innovation Center Station pedestrian bridges starts.
- Pre-cast erection at the Herndon Station is ongoing.
- The final pier shafts for the aerial guideway at Dulles will be drilled in early August.

■ 34.5kV duct bank work continues along Rudder Road and moves to Autopilot Drive and the cargo area.

■ Work on the four straddle bents over the Dulles Greenway will begin.





- Storm pipe and 34.5kV duct bank work continues in the median of the Dulles Greenway.

Here's what happening at and near the Dulles Airport Station:

- Station column construction continues.
- Cross girder installation will be ongoing.
- Precast erection will begin.
- Fiber support steel will be installed.
- Removal of the pedestrian tunnel roof will start.

- Girder installation and deck construction is scheduled to return to Autopilot Drive at the airport and continue south through the cargo area.

- 34.5kV duct bank work continues along Rudder Road and moves to Autopilot Drive and the cargo area. ❖

Aerial photo by: Capital Rail Constructors' Mega Murphy



*Dulles Corridor Metrorail Project crews pour 330 cubic yards of concrete to form the fourth aerial guideway straddle bent for the Silver Line at Dulles Airport. Photo by: Jennifer Alcott*



BY STACEY DABALDO

## GREEN LIGHT FOR SILVER LINE CROSSING THE DULLES GREENWAY

During recent months, four giant straddle bents have been constructed to support the aerial guideway for the future Silver Line trains leading into Dulles Airport from Innovation Station.

As the remaining forms are being stripped and final inspections take place, Capital Rail Constructors (CRC) crews are preparing to embark on the final four straddle bents; but this time, it's over the Dulles Greenway. Because putting a pier in the middle of a highway is out of the question, straddle bents work as the unsung hero supporting unusually heavy loads when a traditional support is not possible.

"The eight large straddle bents are a critical component of the Silver Line's aerial guideway," said Brad Williamson, CRC's Structures Project Manager. "With an average of 410 cubic yards of concrete and 27 tons of rebar in each one and a very technical post-tensioning process, a single straddle bent takes approximately eight weeks to build from start to finish."

Inside the "belly" of the straddle bent, multiple tension cords allow for ever so subtle pressure and weight fluctuations due to weather and travel, such as that of a rail car.

John Kearney, Construction Manager of the Dulles Corridor Metrorail Project, says that in order for the Silver Line to reach Loudoun Gateway Station, crossing the Dulles Greenway is a necessity not only because of topography and right of way, but also so that the guideway can 'spiral'.

At high speeds, the track must 'spiral', or avoid sharp turns, in order to ensure rider safety and provide an optimal ride quality for passengers onboard, Kearney said.

Since each straddle bent is unique, it must be poured in place rather than being precast. Lane and road closures will be necessary to ensure drivers' safety and traffic will be temporarily diverted when construction over the Greenway begins.

Specific dates have not been set yet.

"Our crew is working in close coordination with the airport and Dulles Greenway staff to build these labor-intensive elements with as little disruption as possible," Williamson said.

Project officials report that any major closures will be done during the night and should not have any effect on rush hour commutes.

To stay informed on upcoming closures, sign up for project-specific traffic alerts at [www.dullesmetro.com](http://www.dullesmetro.com).

For concerns and emergencies regarding construction, call the project hotline toll free at 1-844-385-RAIL (7245).

CRC is the project's design-build contractor. The project is being built by the Metropolitan Washington Airports Authority and will be turned over to the Metropolitan Washington Area Transit Authority (WMATA) when it is completed in 2019. WMATA will set the opening date, now expected in 2020. ❖



# RESTON TOWN CENTER STATION WORK



## TWO TOWERS FOR RESTON STATION

A second tower crane at the site of the Silver Line's future Reston Town Center Station will provide support for the construction of the station in the median of the Dulles International Airport Access Highway. The tower crane's reduced footprint in relation to mobile cranes and its ability to move materials across a large, narrow construction site makes it ideal for heavy construction in the median. *(Photo by Capital Rail Constructors).*



*Another day on the Project at Innovation Station. This large machinery is known as an excavator and helped lift the concrete pictured on site.*



*Construction continues underway with the Phase 2 Silver line extension at Innovation Station located in the median across from Exits 10-11 for Herndon/Chantilly and Fairfax County Parkway. In the background, the Center for Innovative Technology can be spotted as the determining landmark for the placement of Innovation Station.*



*Excavation is happening! Construction work continues on the TPSS 13 Station located west of the Herndon Monroe Park & Ride for the Phase 2 Silver line extension.*

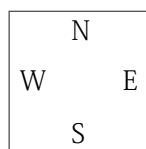
Photo by: Lisa Sheffer, Dulles Corridor Metrorail Project on June 30, 2016



# BRIDGE CLUB

## SWEPT AWAY

♠ Q J 9 7 3  
♥ A Q 6 4  
♦ 9 5  
♣ J 10



♠ 8 2  
♥ K 3  
♦ K J 6 4  
♣ 9 7 6 4 3

West	North	East	South
pass	pass	pass	1 ♥
pass	3 ♥	pass	6 ♥
all pass			

West leads the deuce of diamonds. Plan the defense. Answer on page 160.

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 21.

## BIDDING QUIZ

### YOU HOLD:

♠ A K 10 ♥ J 10 9 8 5 ♦ A Q 3 ♣ K Q

You open one heart, your partner responds one spade, you jump to 2NT and he next bids three clubs. The opponents pass. What do you say?

**ANSWER:** Bid four spades, promising strong three-card support. Partner almost surely has five cards in spades. If he's interested in slam, your jump will reassure him about the quality of your trumps. A bid of three spades would suggest a hand such as

♠ J 9 5 ♥ A K J 7 3 ♦ K 10 ♣ A Q 3

Excerpt taken from: *Frank Stewart's Bridge Club*. Page 24.

WHEN IT IS OBVIOUS  
THAT THE GOALS  
CANNOT BE REACHED,  
DON'T ADJUST THE  
GOALS, ADJUST THE  
ACTION STEPS.

Confucius: Chinese philosopher

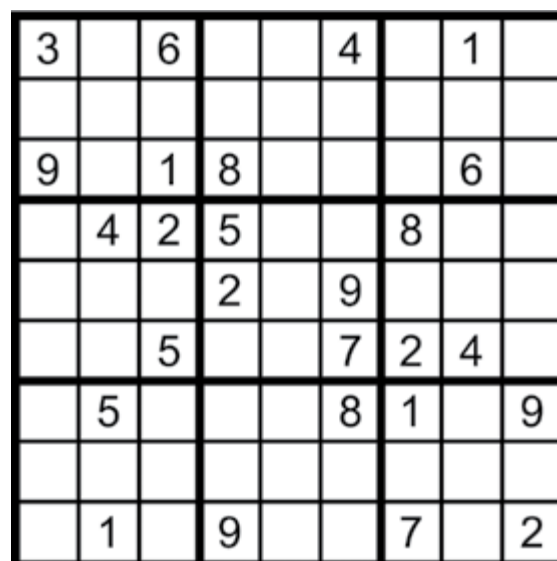
## HOW TO SOLVE SUDOKU PUZZLES

To solve a Sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty on this puzzle is medium.



BEING DIFFERENT AND THINKING DIFFERENTLY  
MAKE A PERSON UNFORGETTABLE. HISTORY DOES NOT  
REMEMBER THE FORGETTABLE. IT HONORS THE UNIQUE  
MINORITY THE MAJORITY CANNOT FORGET.

Suzy Kassem, author of *Rise Up and Salute the Sun*

## TEACHERS KNACK

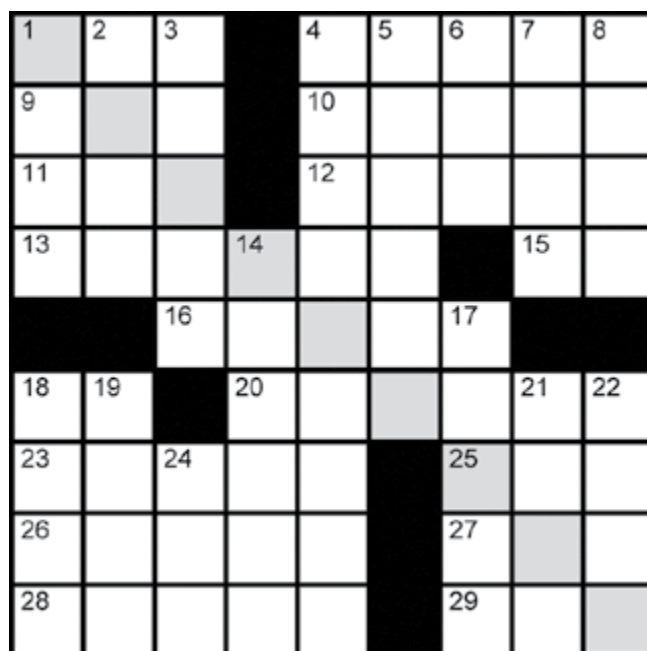
### CROSSWORD CLUES

#### ACROSS

1. Grade A item
4. Bitter
9. Rx watchdog
10. Inclined
11. Ancient cross
12. Pound pieces
13. Matched up
15. Commercial
16. Blue eyes or baldness, e.g.
18. Exist
20. Stellar
23. Cousin of a raccoon
25. U.N. workers' grp.
26. Big hybrid cat
27. Bill's partner
28. Argot
29. Barbie's beau

#### DOWN

- |                    |                           |                        |                     |
|--------------------|---------------------------|------------------------|---------------------|
| 1. New newts       | 6. Howard of "Happy Days" | tal crust              | 21. Balm ingredient |
| 2. Aussie greeting | 7. Ancient Peruvian       | 17. Ruse               | 22. "Crazy" bird    |
| 3. Scrawny         | 8. Act                    | 18. Book before Romans | 24. ___ Khan        |
| 4. Assuaging       | 14. Stable continen-      | 19. Churn              |                     |







# BRIDGE CLUB SOLUTION

## SWEPT AWAY

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

West	North	East	South
pass	pass	pass	1 ♥
pass	3 ♥	pass	6 ♥
all pass			

Opening Lead: ♦ 2

Something had to give when our new member Wendy the Feminist cut Cy the Cynic at rubber bridge. Wendy can enjoy a man's company only if he owns it, while Cy swears some women think their work is done after they sweep down the aisle.

Cy, West, led the deuce of diamonds against South's slam, and Wendy's king lost to the ace. South then let the jack of trumps ride, and Wendy pounced with the king and almost split a fingernail returning a diamond. South produced the queen and claimed.

Wendy gave Cy a look that could have stuck four inches out of his back. 'Even a man should know to cash an ace against a slam—or to lead a higher diamond; the deuce promised an honor.'

'I had one,' Cy said shortly.

'Why didn't you tell Wendy it was all her fault?' I asked Cy later.

'You can't tell her anything,' Cy shrugged. 'She has a soundproof head.'

Wendy must play the jack on the first diamond. South is marked with the ace, but Wendy can find out who has the queen.

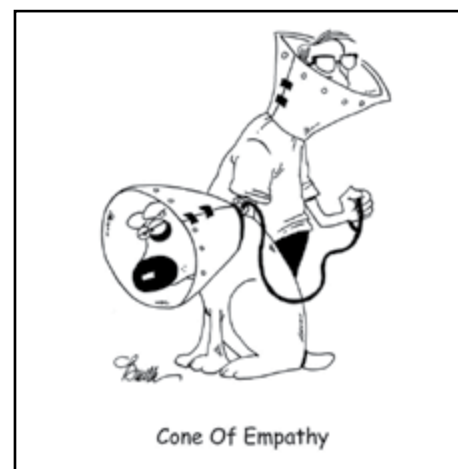
Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 24.

## SUDOKU Answers

3	2	6	7	5	4	9	1	8
5	8	4	6	9	1	3	2	7
9	7	1	8	3	2	4	6	5
7	4	2	5	1	6	8	9	3
8	6	3	2	4	9	5	7	1
1	9	5	3	8	7	2	4	6
6	5	7	4	2	8	1	3	9
2	3	9	1	7	5	6	8	4
4	1	8	9	6	3	7	5	2

## CROSSWORD Answers

E	G	G		A	C	R	I	D
F	D	A		P	R	O	N	E
T	A	U		P	E	N	C	E
S	Y	N	C	E	D		A	D
			T	R	A	I	T	
A	M		A	S	T	R	A	L
C	O	A	T	I		I	L	O
T	I	G	O	N		C	O	O
S	L	A	N	G		K	E	N



Cone Of Empathy

MAN CAN LIVE ABOUT FORTY DAYS WITHOUT FOOD,  
ABOUT THREE DAYS WITHOUT WATER, ABOUT EIGHT MINUTES  
WITHOUT AIR, BUT ONLY FOR ONE SECOND WITHOUT HOPE.

Author unknown



# TRIVIA TEASER

1. Who made his debut playing James Bond in the 1987 movie "The Living Daylights"? a-Daniel Craig, b-Roger Moore, c-Timothy Dalton, d-Pierce Brosnan.
2. What was the highest charting song on the Billboard pop chart, reaching #4 in 1979, for the Electric Light Orchestra? a-"Mr. Blue," b-"Sweet Talkin' Woman," c-"Hold On Tight," d-"Don't Bring Me Down."
3. What former football player sang the number one country songs "Leave the Light On" and "Take Your Time"? a-Tim McGraw, b-Sam Hunt, c-Mike Reid, d-Terry Bradshaw.
4. What is the maximum weight for a boxer in the lightweight division? a-120 lb., b-125 lb., c-130 lb., d-135 lb.?
5. What sitcom starred Judith Light as a working mom? a-"Step by Step," b-"Who's the Boss?," c-"She's the Sheriff," d-"Growing Pains."
6. Who wrote the classic poem "Charge of the Light Brigade"? a-William Blake, b-Sir Walter Scott, c-Alfred, Lord Tennyson, d-Henry David Thoreau.
7. Beethoven's "Moonlight Sonata" was written for what instrument? a-Violin, b-Cello, c-Piano, d-Glass harmonica.
8. "Ray of Light" was a 1988 hit song for what singer? a-George Harrison, b-Linda Ronstadt, c-Gloria Gaynor, d-Madonna.
9. Tom Hiddleston stars as what legendary country singer in the 2015 movie "I Saw the Light"? a-Hank Williams, b-George Jones, c-Johnny Cash, d-Merle Haggard.
10. What is the surname of the family that visits the Isle of Skye in the Virginia Woolf novel "To the Lighthouse"? a-Ramsay, b-MacDowell, c-Nichols, d-Andrews.
11. A hussar was a light cavalryman of the 15th century, originally from what country? a-Scotland, b-Hungary, c-Italy, d-India.

1-c, Timothy Dalton  
2-d, "Don't Bring Me Down"  
3-b, Sam Hunt  
4-d, 135 lb.  
5-b, "Who's the Boss?"  
6-c, Alfred, Lord Tennyson  
7-c, Piano  
8-d, Madonna  
9-a, Hank Williams  
10-a, Ramsay  
11-b, Hungary

ANSWER TO TRIVIA



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## SEPTEMBER OCTOBER



**VIRGO:** At the Harvest full moon Sept. 16 heralds a change of season for the Earth and you. You find yourself doubting people you respect. No good can come from confrontation. Examine your doubts to find a new insight later in the month.



**LIBRA:** The last thing you want is confrontation, but the harmony you seek seems out of reach in September. This is temporary. By the New Moon September 30, you'll regain your sense of balance.



**SCORPIO:** Two people make your acquaintance: One chatty, one silent. While you may be inclined to prefer the silent one, listen closely to the other. The chatty person has something to tell you.



**SAGITTARIUS:** Relax this month. You'll see through someone's game strategy, but, in the end, it will make no difference to your plans.



**CAPRICORN:** Go ahead and make your plan for your project. A detail might put you off, but ignore it and move forward. Later you will see how to sew it up.



**AQUARIUS:** Your world-view is challenged by the most trivial matter. You may need to adapt and, if you do, there is mission that awaits.



**PISCES:** You are of two minds on an issue that affects your life. By the end of the month, you get clarity. Watch for stop signs.



**ARIES:** At the last quarter of the moon on Sept. 23, you take a new direction. Your natural leadership style will bring along the people you care about.



**TAURUS:** At mid-month, look for the results of your recent efforts. A little elbow-grease pays off in ways you didn't expect.



**GEMINI:** Just when you think you have your ducks in a row, new information comes your way at the beginning of the month that changes everything.



**CANCER:** A loved one gives some worry this month, but remember worries come and go. Your love and warmth are the only superpowers you need.



**LEO:** This month, look for an unexpected solution to a longstanding problem. What doesn't seem obvious at first, can turn out to be just the ticket.



**LIBRA:** You can stew in your faults or you can leave them behind. You make new, fond memories this month.



**SCORPIO:** Enjoy the first signs of Fall when you take a drive this month. You find energy and peace in the beauty of the Earth.



**SAGITTARIUS:** The Sagittarius archer sends you cupid arrows this month and your mind turns romantic. Take your partner to dinner and enjoy.



**CAPRICORN:** You worry about the news this month. Before you get too serious, focus on your work and family, two areas where you actually can make a difference.



**AQUARIUS:** Time to pivot to your personal life. Some delights await you if you put some energy into a relationship.



**PISCES:** An unexpected expense changes your short-term plans. Maintain your natural calm; it all turns out well by the end of the month.



**ARIES:** Reconsider a charitable act for now. By the full moon, Oct. 9, your generosity will be understood and welcome.



**TAURUS:** Build your quiver of arrows with facts and data. By mid-month, be ready to move.



**GEMINI:** You take a certain luxury for granted, but at the New Moon, Oct. 1, you have to decide how much you care about it.



**CANCER:** Worry won't change your loved one. Neither will acceptance. Stick to your standards and wait.



**LEO:** Old friends come into your life. The stars are with you this month as you reestablish friendships.



**VIRGO:** Music is in the air. You'll feel it before you hear it. All things go your way after the last quarter moon phase, October 22.





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