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# FEATURES



#### < HOLIDAY EVENT GUIDE

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

# TYSONS TOP PICKS FOR HOLIDAY CATERING >

Need to find a way to handle the guest list you've compiled for this year's holiday gathering? Take a look at these caterers that aim to please any palate.



# THE RELEASE FRANCE OF THE PROPERTY OF THE PROP

#### EVERYBODY ENJOYS DINNER OUT

Don't have a clue what to get for your sister this Christmas? Well, everybody enjoys a great dinner out! Here's a list of Tysons restaurants whose gift certificates will be a much welcomed treat.

#### WINTER GETAWAYS >

by Reneé Sklarew

After the vivid colors of fall are gone, and days have grown short, it's not time to hibernate. No, it is time to recreate. And nowhere is more cheering than heading to the mountains, where snow makes a welcome appearance. So bundle up and visit two resorts where winter may be the best season of all.



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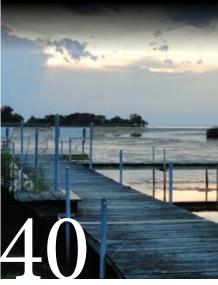
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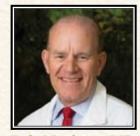
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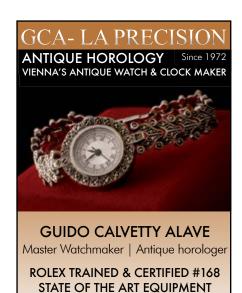


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#### ON THE COVER:

The Christmas Tree at The Ritz-Carlton Photo credit: Bonnie Stephens

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### Here's What's Happening at MCC

#### The Okee Dokee **Brothers**

Sunday, Nov. 6, 1 and 4 p.m. \$15/\$10 MCC district residents

#### **McLean Antiques Show & Sale**

Saturday, Nov. 12, 10 a.m.-5 p.m. Sunday, Nov. 13, 11 a.m.-4 p.m. Admission: \$10, Admission price is good for both days

Dallas Children's Theater "Mufaro's Beautiful Daughters"

Saturday, Nov. 19, 2 p.m. \$15/\$10 MCC district residents

#### **McLean Holiday Crafts Show**

Friday, Dec. 2, 11 a.m. - 7 p.m.; Saturday, Dec. 3, 10 a.m. - 6 p.m. Sunday, Dec. 4, 11 a.m. - 4 p.m. Adult: \$5 Admission price good for all 3 days! Children: Free (12 years or younger)

#### **Holiday Gingerbread House Workshop**

Thursday, Dec. 8, 6:30-8 p.m. \$45 per house/\$35 MCC district residents. **Activity No. 1272.215** 

**Vital Theatre** "Fancy Nancy: Splendiferous Christmas"

Sunday, Dec. 11, 1 p.m. \$15/\$10 MCC district residents

#### John Eaton's Holiday Songbook

Saturday, Dec. 17, 2 p.m. \$35/\$20 MCC district residents.

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Tappy Holidays! The season is upon us **▲ L**and we love the holiday celebrations in our town. So many concerts, shows, and decorations surround us. It's looking like a world class city—and we've just begun.

As we appreciate what we already have, our heads are turning to what's ahead. A new 1,500 hundred seat auditorium, the possible and proposed "Tysons Circle" for Route 7 and 123, more luxury living choices, 15 new movie screens coming to Tysons, Bikeshare, new parks and the new and exciting "Boro" under construction. And more dining choices everyday!

We hope you'll stay tuned for more details on these developments and more. We will do our best to keep you posted. We promise.

Our Holiday Event Guide is packed with options and ideas for friends and family this season. We hope you'll take some time to discover the craft shows, concerts and other venues.

Our Top Picks for area catering is always a hit with our readers, as is our guide to Restaurant Gift Cards—you can't go wrong giving the gift of a delightful meal with a loved one or friend.

How about some skiing after the festivities? Renee has a few places she thinks you'll enjoy. Music by Art Garfunkel and Griffin House? Sure. A little history about the Tysons area from Mike Berger and Historic Vienna, Inc? You bet. Jill's House is celebrating six years of helping families—and is striving to reach more. Read about this incredible gift. Analiese Kreutzer shares the story—Thanks,

Dinner at a friend's house? Well, almost... here are some of your neighbors' favorite recipes. Enjoy.

Gifts for him, gifts for her, gifts for those in need. Give if you can-our nonprofits need you help more than ever. Linda Barrett's "The How-Tos of Wine" is especially helpful this time of year. Thanks, Linda.

You don't send me flowers? No excuses— My Florist in Tysons should be everyone's florist. Rick tells you why.

And more from Renee Sklarew, Lauren Simmons, Jan King, Dr. Dima, Allison Chase Sutherland, and of course, Marsha McAllister and Lisa Sheffer from the Dulles projects.

As we close another year of publishing, please know how much we appreciate the support, letters and company of our readers and advertisers. We are humbled to be among so many wonderful people.

A big thank you to our staff who is always diligent in their efforts to bring you what we feel you would enjoy and do it with a grace and style that never ceases to amaze me. You Rock!

Have a safe and healthy new year. See you in 2017!

Cheers...









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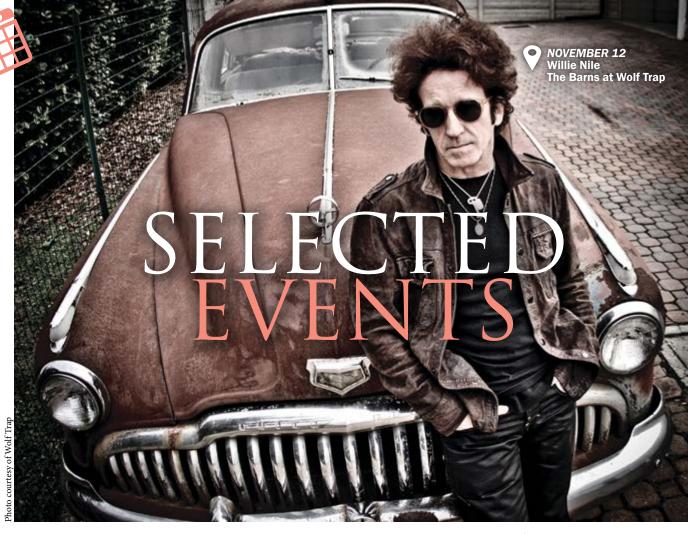
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#### NOVEMBER 3 ENTER THE HAGGIS

The Barns at Wolf Trap 8pm \$28-34 Delighting with memorable Celtic folk-rock performances,

#### LOCATIONS

THE BARNS AT WOLF TRAP 1635 Trap Rd., Vienna 703.255.1900 www.wolftrap.org

JAMMIN' JAVA 227 Maple Ave E, Vienna 703.255.566 www.jamminjava.com

THE STATE THEATRE
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inspired songwriting, and musical proficiency, "no one can anticipate the level of energy with which ETH throws down" (*The Washington Post*).

#### November 3

### THE HACKENSAW BOYS

The State Theatre 8:30pm \$13-16 Charismo is the Hackensaw Boys record you've been waiting to hear. The 11-track album feels like the zenith release of the band's 17 years, gathering their diverse life experiences and myriad of roots influences, and crystallizing them into a magnum opus on the Hackensaw way of being. Traditional Appalachian and Delta music lay the groundwork, but it's injected with a heavy dose of the contemporary, good-times-roll kind of spit and vinegar the

band has become known for over the years.

# NOVEMBER 4 BOURBON, BOWTIES, AND BLUES

The Barns at Wolf Trap 7pm

\$250-5,000 Wolf Trap Foundation invites you to an unforgettable evening showcasing the beverage that has been hailed as America's national spirit: bourbon, Bourbon, Bowties, and Blues will feature tastings from a variety of fine bourbon and scotch purveyors, plentiful gourmet bourbon-inspired BBQ cuisine, hand-rolled cigars, and music by one of DC's best Blues bands, all in the beautiful setting of The Barns at Wolf Trap. A silent auction includes unique experiences, luxury goods, and of course rare bottles to add to your spirits collection. Break out your dapper bowties and

cocktail-chic attire in support of a wonderful cause—Wolf Trap Foundation's arts and education programs.

#### NOVEMBER 4 Donna the Buffalo

The State Theatre 9pm \$17-20 Distinctive, groove-heavy, and danceable, Donna the Buffalo is a band for the people. One of the most dynamic and determined bands continuously touring America since 1989, Donna the Buffalo has created a community environment at their shows through their distinctive, groove-heavy, and danceable music. Donna the Buffalo is a band for the people that is accessible, positive, and memorable. With roots in old time fiddle music that evolved into a soulful electric American mix infused with elements of cajun/zydeco,

CONTINUED ON PAGE 18



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CONTINUED FROM PAGE 16

rock, folk, reggae, and country, Donna's music often contains social and moral responsibility as core beliefs, and they are just simply fun to get out and celebrate life with.

# NOVEMBER 6 MON LAFERTE

The State Theatre 8pm \$25-30 Monserrat Bustamente Laferte, better known as Mon Laferte, began her musical career at a very early age. She studied music at the Conservatory of Vina Del Mar (Chile), and began performing early on at Valparaiso, thanks to her participation in a nationally recognized and acclaimed music program.

In 2012, Laferte decided to move to Mexico City, and quickly adopted Mexico as her home. Since then, she's continued writing music, performing, and has been quite successful within the country.

Her melancholic sound, her uniquely heartbreaking voice, and her energetic shows have catapulted her career, making her one of the most popular artists across digital platforms. Her growing popularity led her to play the 2015 edition of Vive Latino, where hundreds of fans from all over the world overflowed the tent where she was playing and showed no sign of moving until the music stopped.

#### NOVEMBER 6

#### ACOUSTIC SUNDAY MATINEE W/ Callaghan + Jimmy Landry

Jammin Java 3pm \$18

Come celebrate the release of Callaghan's new studio album A History of Now. Callaghan plays piano and guitar and delivers a stunning vocal which earns frequent comparisons with artists like Sarah McLachlan and Emmy Lou Harris. Jimmy Landry has an illustrious history, playing with many musical icons, from Stevie Ray Vaughn to David Crosby to Richie Havens to David Wilcox, John Gorka, and Patty Larkin.

#### NOVEMBER 6

#### THE HANGTOWN Two with Eric Brace & Karl Straub

Jammin Java 7:30pm \$15 Eric Brace & Karl Straub, playing songs from their folk opera Hangtown Dancehall, along with tunes from their bands Last Train Home, The Graverobbers, The Karl Straub Combo, and other surprises...

#### November 9–10

SHEILA E.

The Barns at Wolf Trap 8pm \$55-70 Performing to the beat of her own drum, this musical powerhouse and Prince protégée makes her Barns debut.

#### NOVEMBER 9–10 TRACE BUNDY + SUNGHA JUNG

Jammin Java 7:30pm \$24 Internationally-acclaimed guitar virtuoso Trace Bundy must be seen to be believed, using harmonics, looping, and multiple capos to confound even the most accomplished music lovers as to how one person can do all that with just two hands and ten fingers. Born in 1996 in South Korea, Sungha Jung began playing the guitar at the age of 10 and learned his guitar skills solely from watching other musicians on the internet. Since its opening in 2006, his YouTube channel has garnered a mind-blowing 1.2 billion views with 4 million subscribers. The phenomenal

response made him one of the most sought-after young musicians in the world today.

#### NOVEMBER 10

#### RANDY & MR. LAHEY

The State Theatre 8:30pm \$25-30
The Randy and Lahey show is a silly, sexist, drunken hour and a half of songs and skits, audience participation, profanity,
Shakespeare, and general hilarity. Over the past eight years it has developed into the fastest moving two-man show in the known universe.

#### NOVEMBER 11 CRISTINA PATO

The Barns at Wolf Trap 8pm \$25-30 "A virtuosic burst of energy" (The New York Times) and member of Yo-Yo Ma's Silk Road Ensemble, Pato is the first female gaita (Galacian bagpipe) player to release a solo album and has lit up major stages around the world.

#### NOVEMBER 11 FACE THE FISH: "GOES TO ELEVEN TOUR"

Jammin Java 8pm \$11 7-piece rock'n rhythm ignition (drum,drum, bass, guitar, guitar, killer keyboardist, front man)... perhaps a cosmic cousin of the likes of Little Feat and the Neville Brothers? A sizzling, glistening, uneasy listening band sporting a powerful mix of original songs and back-catalog B-side covers. Songs way too long for radio play but leaving true music lovers begging for more. A force for good and a friend of the righteous-card carrying members of the rock n' roll justice league. A vivid parade of razor-edged original lyrics camouflaged in songs about damsels, doubt and desire ... untangling topics so knotted ... these troubled times melt away for one enchanted evening.

CONTINUED ON PAGE 21

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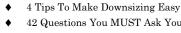


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CONTINUED FROM PAGE 18

#### NOVEMBER 12 WILLIE NILE

The Barns at Wolf Trap 8pm \$22-25 With legends like Bono, Bruce Springsteen, Pete Townshend, Lou Reed, and Lucinda Williams singing his praises, it's no surprise Willie Nile is often referred to as "one of the most gifted singer-songwriters to emerge from the New York scene in years" (The New York Times).

#### NOVEMBER 12 LUCY KAPLANSKY

Jammin Java 6:30pm \$25 Lucy Kaplansky is a rare vocal talent, "a truly gifted performer...full of enchanting songs" (The New York Times). Blending country, folk and pop styles, she has the unique ability to make every song sound fresh, whether singing her own sweet originals, covering country classics by June Carter Cash and Gram Parsons or singing pop favorites by Lennon/ McCartney and Nick Lowe.

#### NOVEMBER 12 SLOW CLUB

Jammin Java 9:30pm \$15 From the cute indie-folk of their 2009 debut Yeah So, to the wonky-pop of its follow up Paradise, two years later, to the sophisticated, polished soul of 2014's Complete Surrender, this is a band that have never stood still, going out of their way to present a new version of themselves on every release, while maintaining the spirit, the warmth and the chemistry that has marked their music since they formed in 2006.

#### NOVEMBER 13 **SWEET YONDER**

Jammin Java 3pm \$15 Sweet Yonder formed in 2014 after discovering their particular blend of music gave them a signature sound—a

sweet touch with a gutsy attitude. Sweet Yonder delivers a soulful punch in every tune, including straight up instrumental attitude and truly inspiring vocal harmonies. The band's set list includes new arrangements of popular folk, bluegrass, and Americana classics as well as fresh original songs with familiar feel.

#### NOVEMBER 13

#### AN EVENING WITH MELISSA FERRICK

Jammin Java 7:30pm \$25 Melissa Ferrick's 12th original album is a coming home. Ferrick has given us a simple, eloquent, and honest acoustic album with an undeniable level of maturity. For long-time fans, this will be a welcome new arrival. For those who are just discovering Ferrick, this is a superb way to be introduced. A completely solo effort in its process, creation, and release, Melissa Ferrick is marking the middle of her career with a perfect return to songwriting, and to herself.

#### NOVEMBER 15

#### Daniela Andrade

Jammin Java 7:30pm \$18 Daniela Andrade is a singersongwriter based out of Toronto & Montreal. Known for her stripped-down acoustic covers and originals on YouTube, her music and videos have accumulated over 300 million streams/plays, leading to a worldwide following of over 1 million YouTube subscribers with songs featured on TV shows Suits, Supergirl and more.

#### NOVEMBER 16

#### BRENDAN JAMES

Jammin Java 7:30pm \$18 Brendan James' new album, Simplify, is also his most elegant and emotionally direct album to date. The album's title track and first single is a melodically driving jam that American Songwriter calls "a piano-fueled pop/rocker that

feels like a mission statement for the entire record." "The process of evolution, especially technological evolution, is occurring at such blinding speeds these days that we must take collective moments to breathe together, find calm together," Brendan explains of the song, "or we will forever leave behind our real essence as animals in paradise."

#### NOVEMBER 17 CATIE CURTIS AND MAIA SHARP

Jammin Java 7:30pm \$22 Catie Curtis' eleventh recording, Stretch Limousine on Fire delivers some of the finest material of her career: ten original songs that push at her own musical boundaries and explore "the difficult edges of passing events" in life, harsh realities that are tempered

with moments of fleeting beauty. That vibe is spirited, unique, and best embodied by the album's title track.

Sharp is a communicator, blessed with a broad vocabulary, verbal and musical. She writes conversationally, with an ear for finding poetry in direct expressions of emotion. Her latest album, Change the Ending adds up to the most comprehensive portrait to date of this vital singer, writer, producer, arranger and instrumentalist. "I don't have one style of instrumentation that's always right," Sharp insists. "I love to incorporate some new, signature sound that maybe you didn't hear on the last song. Could be strings, horns, piano, organ, just some new color every time."



### **ERIC BURDON &** THE ANIMALS

The Barns at Wolf Trap 8pm \$75–85 "The House of the Rising Sun" to "Don't Let Me Be Misunderstood," Eric Burdon & The Animals have been a staple in the rock scene since the British Invasion.



NOVEMBER 18 THE FABULOUS DIALTONES ROCKIN **ACOUSTIC PARTY** 

Jammin Java 8pm \$15 The Fabulous Dialtones are

The Barns at Wolf Trap

8pm \$25-27

and Indian music.

really two bands in one: a 10-member classic rock with horns band that cranks out covers of the great classic rock tunes of a super era of music (plus a few originals, too), AND a softer, kinder,

gentler 7-person group that focuses on the great acoustic songs of the same period.

#### NOVEMBER 19

#### ZOSO THE ULTIMATE LED ZEPPELIN **EXPERIENCE**

The State Theatre 9pm \$17-20 ZOSO - The Ultimate Led Zeppelin Experience formed in 1995 to perform the most accurate and captivating Led Zeppelin live show since the real thing. For Zoso, it's much more than just being a tribute. It's about touching a golden era in music. Zoso embodies Page, Plant, Bonham and Jones in their spirit, tightly-wound talent and authenticity.

November 25

#### NIGHTHAWKS AND SKIP CASTRO Band

The State Theatre 8pm \$20 Washington's favorite bad boys, the Nighthawks are masters of electric Chicago Blues and the kings of sh\*t kicking roadhouse rock. They're not called America's Best Bar Band for nothing... The Nighthawks history is

extensive, beginning in the '70s when the band criss-crossed the country playing clubs and colleges then dominated by the sounds of country rock and disco. The band spread their version of roots rock, soul, rockabilly, and blues that was hardly the standard fare. In addition, the Nighthawks were considered touring pioneers, since only a handful of Chicago blues stars were touring nationally, and the west coast blues bands stayed on their side of the Great Divide.

#### NOVEMBER 25 **IOHN EATON** THE FABULOUS '40S

The Barns at Wolf Trap 8pm \$25-27 Explore a treasure trove of tunes from the 1940's with one of its principal interpreters as he plays selections on the piano. Album release show!

#### November 26

#### LAUREL CANYON: **GOLDEN SONGS** OF LOS ANGELES 1966-1972

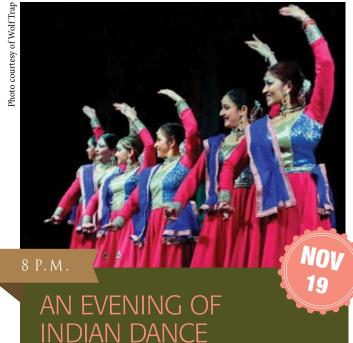
The Barns at Wolf Trap 8pm \$25-29 Celebrating the musical brilliance of more than a dozen legendary bands and creators of the Los Angeles sound including The Mamas & The Papas, Crosby, Stills & Nash, Joni Mitchell, and The Doors.

#### NOVEMBER 27

#### GARNET ROGERS

Jammin Java 4pm \$18 "A brilliant songwriter. One of the major talents of our time." (Boston Globe) "The greatest interpreter and vocalist performing in the contemporary folk scene." (Sing Out)

CONTINUED ON PAGE 24



Enjoy a rich and innovative program from IDEA (Indian

Dance Educators Association) interpreting poems through

six different Indian classical dance styles set to American













NEW HOMES ADDITIONS KITCHENS BATHROOMS **OUTDOOR SPACES** 

# EXPERIENCE The MAC Difference

MAC's approach to your project starts with one company, one contract, and one integrated flow of work. Design+build allows us to streamline the process, deliver faster, communicate better, and provide more cost-effective results for you.







#### NOVEMBER 27

#### **JAMMIN YOGA**

Jammin Java 11am \$10 Down Dog Yoga, South Block Juice, and Jammin Java have joined forces to offer Jammin Yoga—brand new, epically rocking pop-up yoga classes held on the last Sunday of every month, with proceeds benefitting Music Makes Life Better! Flow center stage to deep beats and rhythmic grooves, as DDY yoga instructors lead you through

8 P M

ART GARFUNKEL:

art garfunkel: In close-up

The Barns at Wolf Trap 8pm \$80–90

The pop icon who "still sings so beautifully he can bring a whole room to its feet" (The Telegraph) returns to The Barns for three rare and intimate performances.

a powerful, invigorating, musical journey that will set your spirit free! BYOM (Bring your own mat)

#### November 27

#### AN EVENING WITH RICHARD SHINDELL

Jammin Java 7:30pm \$22 Shindell's songwriting is truly eclectic, ranging from lighthearted ballads and adulterous love songs, to dirges and diatribes that skillfully skewer politics, prejudice, war and religion. He has a unique ability to morph into the soul of the many and varied personalities he casts as narrators in certain songs--songs that are veritable novellas framed in haunting acoustic melodies, sometimes including cryptic, revelations through the eyes of a woman.

#### NOVEMBER 30 THE BALLROOM THIEVES + PAPER BIRD

Jammin Java 7:30pm \$16 Stylistically, the Thieves find a captivating mélange of acoustic styles on the album, exploring the basic constructions of folk and pop music while almost wholeheartedly rejecting its restrictions at the same time. It mirrors the band's sharp awareness of its surroundings that equates to a rare form of musical intelligence. "Paper Bird is a band that possesses a sound that's more than the sum of its parts," effuses world-renowned musician, singer and songwriter John Oates. "It's the coming together of two perfect trinities. It has three distinctly unique female lead singers whose harmonies blend together as one...united with an inventive, cohesive rhythm section trio. I loved their sound from the first time I heard them and they just keep getting better. They are a true musical family united by a unique and pure artistic vision...a rare quality in this day and age of so much disposable and less than original music."

# DECEMBER 2 THE SWINGLES YULE SONGS

The Barns at Wolf Trap
7:30pm \$38
"Whether performing with
the National Symphony
Orchestra or in a cappella
settings, The Swingles were
never less than dazzling" (The
Washington Post).

# DECEMBER 2 BIG O AND DUKES

Jammin Java 8:30pm \$15 In the early 2000s the Big O and Dukes show was forged in the fires of 99.1WHFS and continued to grow in popularity as they took on other radio markets from Baltimore to Phoenix. In 2007, the boys found themselves back at the one station that they both had always dreamt being on, the talk superstation 106.7 WJFK in Washington, DC. A Big O and Dukes live show at Jammin Java is an event not to be missed. Chad and Oscar will bring their unique comedic style to the stage for a recording of their podcast, only with hundreds of your

soon-to-be closest friends in attendance.

# DECEMBER 3 TAYLOR DAVIS

Jammin Java 8pm \$20 Taylor Davis is a classically trained American violinist, arranger and composer, whose passion for video game and film music led her to launch her widely popular YouTube channel "ViolinTay" in 2011. Five years, over 125 videos, and 100-million views later, she has become one of the fastest rising stars in the digital world. Taylor has released 5 full-length game, anime and filmthemed albums, a full-length Christmas album, and most recently a self-titled original album that debuted at #10 on the Billboard Classical Charts.

# DECEMBER 8 TOM RUSSELL: SOLO SONGS/

READINGS/ART

Jammin Java 7:30pm \$30 Tom will perform new and old songs and requests in a rare solo format - and also will read from several of his books, essays, and works in progress - and show prints and originals of his new art.

# DECEMBER 17 DRIFTWOOD

Jammin Java 9:30pm \$15 From the Binghamton, New York music scene comes Driftwood, a band with a rock 'n' roll soul and a folk art mind. Carving out a name for themselves with electrifying live performances, they bring one of the most unique, raw sounds to the Americana/roots music scene. Incorporating upright bass, banjo, acoustic guitar and violin, the ghost of traditional American folk music lives in their palette. But the melodies, the harmonies and the lyrics are something else entirely.







# 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 www.amphoragroup.com

#### CLYDE'S OF TYSONS

8332 Leesburg Pike 703.734.1901 www.clydes.com

#### MAPLEWOOD GRILL

132 Branch Rd SE 703.281.0070 www.maplewoodgrill.com

#### RISTORANTE BONAROTI

428 Maple Ave E 703.281.7550 www.bonarotirestaurant.com

CONTINUED ON PAGE 28



#### 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, countrywestern 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,

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.

#### 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 BUCCO NIGHT

#### Assaggi Osteria | \$19.50

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

CONTINUED ON PAGE 28

# CaseyMargenau

— Over \$2.7 Billion Sold — Fine Homes & Estates



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8611 Georgetown Pike, McLean, VA 22102 Offered at \$6,250,000

All brick stone and pre-cast new home by award-winning builder, M&A Custom Homes. Gated with circular drive, motor court and 5-car garage on 2+spectacular acres. Stunning entry with curved staircase and cast iron rail.

The foyer, living room and dining room light fixtures are all of the highest quality, featuring Austrian crystal. All lighting throughout each home is of exceptional design, including pin spots and recessed lighting in all bedrooms. Electrical outlets and central vacuum outlets in the base trim on the main level and central vacuum are standard.

The entry foyer features detailed plaster mouldings, as shown on the cover photo. The formal areas off the main foyer also feature moulding with plaster details designed for the most discerning client.

Lower level is finished with the highest quality, including 10ft ceilings, 5 piece crown moulding, hardwood floors or carpet and columns. When needed, a full kitchen, bedroom, full bath, powder room, media room, exercise room, recreation room and billiards are options.

If you choose to finish your lower level while building your custom M&A home, it will include a full kitchen/bar with stainless steel refrigerator, range, dishwasher, microwave and granite countertops. Choose from custom cabinets, under counter lights and pendent lights.

The Wine Cellar is an elegant stone-and-wood design, with floor-to-ceiling cherry wood wine cabinets which are excellent for storing your collection of fine wines.

This exquisite M&A Custom Home includes every amenity imaginable, including a 3-stop elevator that provides easy access to all levels as well as to the finished lower level with bedroom and recreation room.

Enjoy watching your favorite motion picture in the theater room, which is dedicated space that can be centrally optimized to reproduce cinema quality picture and sound.









#### 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/lasandiavirginia

#### PALM RESTAURANT

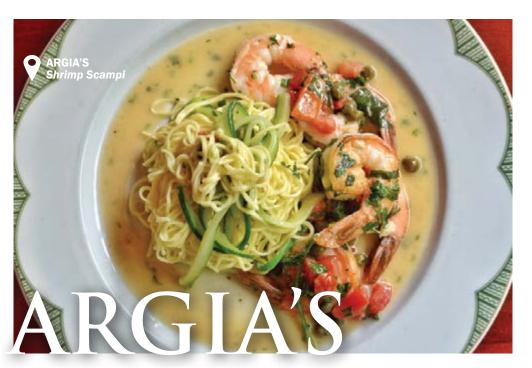
1750 Tysons Blvd 703.917.0200 www.thepalm.com

#### 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

#### 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.

#### **IAZZ NIGHT**

#### Íris 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.

#### 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!

CONTINUED ON PAGE 30



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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

#### 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. Dinein 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'awlin's style funky piano music. Their 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 sushichef creates savory maki, sashimiand 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.

#### 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 . . . multigenerational appeal." Best Music for Kids and Families – *NPR* 

#### IAZZ 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.

# 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.

#### FREE WINE TASTING

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

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

CONTINUED ON PAGE 32



AV ARCHITECTS + BUILDERS IS AN AWARD-WINNING FIRM HELPING HOMEOWNERS "LOVE THEIR HOME AGAIN" BY OFFERING UNIQUE INTEGRATED DESIGNBUILD SERVICES TO CREATE HOMES THAT EXUDE LUXURY VACATION STYLE LIVING ALL YEAR ROUND.

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#### **FRIDAYS**

#### 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.

#### **SATURDAYS**

#### 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 areadon't miss it!

#### BALLROOM SOCIAL DANCE

#### Colvin Run Community Hall | \$20

On the 1st and 3rd Saturdays of the month enjoy music and a Foxtrot, Merengue, Viennese Waltz or Samba 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.

#### DI & 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.

#### DI & 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

#### 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.

#### 1/2 PRICE BURGERS

#### Dogwood Tavern | 7pm

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

#### 1/2 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 awardwinning 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 & GREETS

#### 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

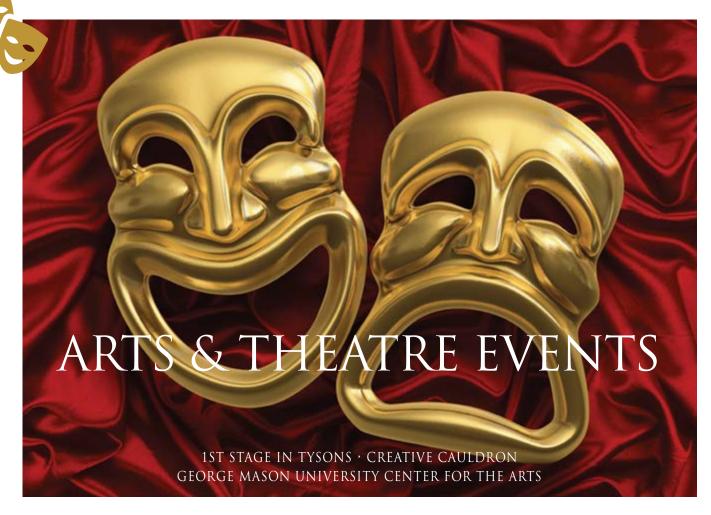
#### Assaggi Osteria | 11am

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









#### LOCATIONS

### THE CREATIVE CAULDRON

410 South Maple Ave. Falls Church, VA 703.436.9948 www.creativecauldron.org

#### 1ST STAGE IN TYSONS

1524 Spring Hill Road Tysons, VA 22102 703.854.1856 www.1ststagetysons.org

#### GEORGE MASON UNIVERSITY

Center for the Arts 4400 University Dr., Fairfax 703.993.1000 cfa.gmu.edu/calendar/

#### NOVEMBER 4–20 OLIVER TWIST

#### A Learning Theater Production Adapted and Directed by Laura Connors Hull, Music by Matt Conner

Creative Cauldron \$11-16 Fridays and Saturdays 7:30pm, Saturdays and Sundays 2pm, Sundays 7pm
Told through the lens of a contemporary graphic novel, the Learning Theater Ensemble revisits our 2012 original adaptation of this classic Dickens tale, shedding new light on a story that has captured the imaginations and pierced the hearts of audiences for over two centuries.

#### NOVEMBER 10 – DECEMBER 18 Broadway Bound

#### **By Neil Simon**

#### **Directed by Shirley Serotsky**

Ist Stage Tysons, Adults \$30, Seniors \$27, Students and Military \$15

Thursdays 7:30pm, Fridays and Saturdays 8pm, Saturdays and Sundays 2pm

Part three of Simon's autobiographical trilogy finds Eugene and Stanley trying to break into professional comedy writing. When their material is broadcast on the radio, the family is upset to hear a thinly-veiled portrait of themselves played for laughs. "The best play of the decade." (*Time*)

#### NOVEMBER 17-20

#### MASON'S SCHOOL OF THEATER PRESENTS A MIDSUMMER NIGHT'S DREAM

#### by William Shakespeare; Directed by Mia Amado; A Studio Series Production

George Mason University Center for the Arts TheatreSpace, \$10-20, November 17-19th 8pm, November 19-20th 2pm

Shakespeare's celebrated comedy follows three couples as their stories intertwine with the artistic pursuits of the "rude mechanicals" and the domestic dispute between Titania and Oberon, which has shocked the fairy world. Few can resist the power of dreams, or the pranks of young Puck, but if chaos is ever to be restored—in the fairies' world or ours—the lovers must wake up to each other and forgive.

A Talk Back/Q&A with the cast will take place after the first Friday performance of each production.

#### DECEMBER 1 - 20

#### A CHRISTMAS CAROL MEMORY

A World Premiere, adapted from A Christmas Carol by Charles Dickens Conceived and Directed by Laura Connors Hull, Book by Jennifer Clements Creative Cauldron \$18-30 Thursdays, Fridays and Saturdays 7:30pm, Saturdays and Sundays 2pm, Sundays 7pm, Monday the 19th and Tuesday the 20th 7:30pm

A young orphan girl being raised by a warm but eccentric aunt is spending a tender first Christmas without her parents. While searching the attic for ornaments to decorate her aunt's tree, she discovers a theatrical trunk once used by her puppeteer grandfather. When the extended family gathers on Christmas Eve, the contents in the trunk reawaken memories and spur the renewal of a long-forgotten family tradition – the reenactment of Dickens' A Christmas Carol.

#### DECEMBER 3-4

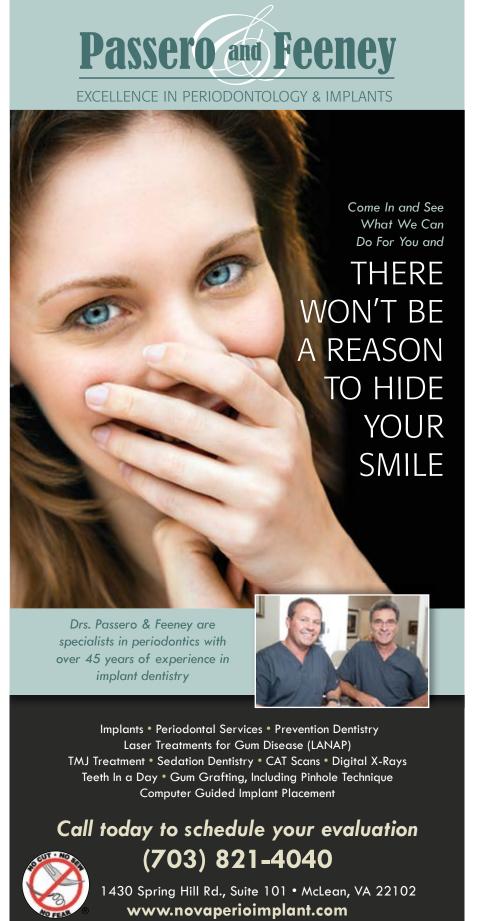
#### VIRGINIA OPERA: The Barber of Seville

George Mason University Center for the Arts Concert Hall, \$54-110, December 3rd 8pm, December 4th 2pm

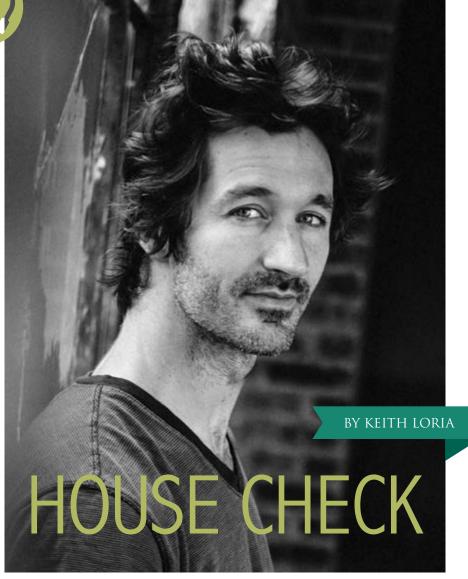
Virginia Opera presents the world's most popular comic opera in this delightful production of Rossini's perfect opera buffa. Full of comical high jinks, mistaken identities, and longing lovers, The Barber of Seville recounts the tale of Count Almavira, a love-sick noble man who is prohibited from seeing his beloved Rosina by the curmudgeon who is her guardian. So Almavira enlists the help of Figaro, the town's barber and all-around problem solver. The two scheme, concocting tricks and hoaxes, to gain access to the lovely Rosina, and hopefully unite Almavira with his beloved. The iconic score of this work contains some of the most recognizable tunes in all of music, including "Largo al factotum," "Figaro's Aria," and "Una voce poco fa." Michael Shell directs this production for Virginia Opera and Virginia native Will Liverman plays the clever Figaro. Don't miss this performance filled with exquisite voices, wit, and charm.

Performed in Italian with

English supertitles. �







There was a time in Griffin House's life when it looked like he would be earning paychecks on the links, but following a Troy Bolton-esque storyline (ask your kids about "High School Musical" if you don't get the reference), the gifted golf star happened into a starring role in his high school musical, and he discovered a natural talent for singing.

House proceeded to turn down a golf scholarship to Ohio University to follow his new dream of becoming a musician. He bought a guitar, taught himself to play and enrolled at Miami University to learn how to craft his music.

"I was just ready to try something new with my life," he says. "Sometimes in life maybe we have to be fed up before we're willing to make a change and I just got fed up. And music was the door that was waiting to open when the other one closed."

It wasn't long before House began writing and recording and issued his first independent release, "Upland," in 2003.

"It just made me feel really alive I suppose," he says. "Powerful and inspired and in touch with emotions and spirituality. It was a great release for my mind."

His music attracted attention from Nettwerk, a Vancouver-based management company and record label, and House partnered with the label's American branch to issue the critically acclaimed "Lost & Found" in 2004. Over the next decade, he would release a series

of popular recordings on his imprint label, Evening Records.

The hardest part of his journey has been getting out of his own way.

"I'm a hard worker, but often times maybe a little too high of expectations and hard on myself. Today I feel really lucky to be right where I am," he says. "Being able to make a living doing something that I love and being my own boss is everything I could have wanted."

His latest album, *So On and So Forth*, came out earlier this year and was dedicated to his grandfather, the man he says "taught me about storytelling."

"A lot of the album is about recognizing the ego in one's self and letting it die, or at least allowing it to start to become right sized," House says. "I've gone through a lot of personal life changes in the last five years or so and a lot of that is reflected in these songs."

On Nov. 6, House will be playing many of his new tunes at The Hamilton in D.C. He'll mix in tunes from his other albums as well, and looks forward to returning to the venue for the second time this year.

"For the person singing these songs, holding on to one's own individuality in order to remain special or important in the world has started to become far less important than being content with being a good, decent, and loving person," he says. "But old habits die hard."

Although it is still relatively early in his career, House already feels as if he has "made it" in what can be a tough music industry, and he aims to get better and go on to bigger things.

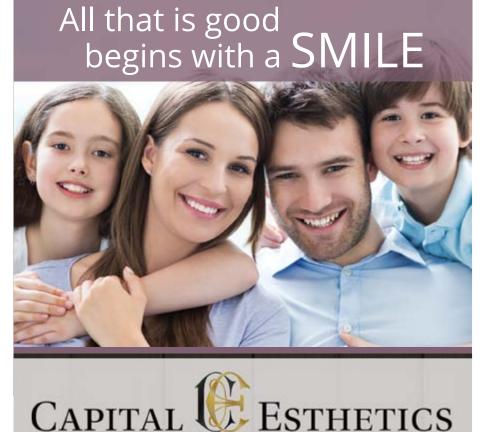
"I think even when people know they 'made it' they naturally want to do the next thing. People that have a Grammy or a hit song want another one," he says. "I would love to grow even more in making music and reach even more people, but most days I just feel really lucky to have been able to do as much as I already have."

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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## Rajenara C. A PROLIFIC ARTIST OF GREAT PASSION

Rajendra K.C. is a modest man who allows his brushes to deliver most of his expression. An outdoor or "plein air" watercolorist, he can be found at the Falls Church Farmers Market many Saturdays during the year or at many other locations around town. Wherever he paints, a crowd gathers to admire his craft.

Growing up in Nepal, Raj enjoyed playing in the beautiful Kathmandu Valley which he later chose to paint. The green valleys and the mountains were awe-inspiring – he says that "nature is the first art teacher." In fact he says he is a self-taught artist with no academic art credentials.

As a high-schooler, Raj loved to paint but was unsure of his ability. After Raj graduated from high school, his younger brother

entered a school contest, surreptitiously submitting one of Raj's paintings as his own – and won first prize, 300 rupees! At that point Raj started to believe he might have some talent. He took a two-year course from Sirjana Contemporary Art Gallery in Kathmandu where he later exhibited a number of times. In fact Raj has been a part of numerous exhibitions around Nepal, India, Japan and beyond.

At 35, Raj and his new wife, Shanti, took their young family (daughter Sara, then 5, and son Sheraj, then 3) to America traveling on a diversity visa and arriving in Falls Church. His first priority was surviving in this new environment so he worked full-time but painted when he could for he truly "wanted to contribute to the art field." Still somewhat insecure about his painting being accepted, he recalls painting quietly at Great Falls National Park hidden by the trees. Two couples discovered him and stayed for more than an hour, fascinated by his work. It was time to make his passion a career pursuit in this country.







Taking the advice of Sally Cole, Falls Church Chamber Director, he sought out Falls Church Arts which he credits with launching his local success. "Thanks to Falls Church Arts, they provided a really good opportunity to present my work to the public, establishing a great platform for me. This is my dream. People come to this country with big dreams of success but it is not that easy. You have to work very hard, be tenacious and present yourself to the public well."

Over time Raj has become more and more a fixture and a favorite in the city, participating in FCA artist exhibitions where he has won the 2012 Plein Air first prize, Plein Air People's Choice award for 2013, 2014, 2015, and 2016, Plein Air Second Prize for 2014, 2015, and 2016, as well as the 2016 Artist's Choice award.

Rajendra recently spent a month back in Nepal where he met with senior artists and art students delivering his Interaction program. During his presentation he explains how people can come to the United States but the transition is not easy and there is "no money tree." He impresses upon the group his mantra of hard work, tenacity, and establishing "a good image."

Ever humble about his art ("I hope I'm doing well"), he is extremely grateful to

Falls Church Arts especially Barb Cram and Joe Wetzel, as well as the people of Falls Church who have accepted him and his art. In fact he always insists on taking a photo with each person who buys his work.

Raj loves to paint outside whenever he can, but he also maintains a studio at Tom Gittens' Art and Frame as one of the Jefferson Street Artists. He tries to paint at least two to three hours a day if he can. He now thinks of his art as his full-time work while his other job is just part-time.

He has just wrapped up an FCA class in Intermediate Watercolor at the Falls Church Community Center. Students there learn how to use color and how to make landscape paintings from one of the area's best.

Perhaps one of his Nepali colleagues describes him best. In 2007 Madan Chitrakar wrote, "Rajendra's ability to capture the mood and the environment of a given spot has remained his main forte. He is one of the very few in today's generation of landscapists who is so adept in its treatment and fully aware of the transparent quality of the [water color] medium. In view of his continued dedication and confidence in the medium, a lot more excellent landscape works can be expected of him in the future."



#### THE INN AT HUNTINGFIELD CREEK -

## Invigorating to the Sout

BY ALLISON CHASE SUTHERLAND

Rock Hall. 1707. Known as the Pearl of the Chesapeake, this precious little gem of a fishing village was also historically an important tobacco port-of-call, as well as a key ferry terminal for colonists crossing the Chesapeake Bay, including, of course, George Washington. Good call, George. Quaint and quiet Rock Hall and the more bustling St. Michaels to the south are virtually equidistant from the Bay Bridge, yet if you'd really like to rediscover life on the Eastern Shore the way it used to be, to encounter a true, close-knit sense of community—population 1,310 at the 2010 census—then set out for a few hours from Northern Virginia and take the National Chesapeake Scenic Byway north to this pristine peninsula. Or navigate your way by sail into sheltered Rock Hall Harbor and its many marinas.

Just outside town on a gently winding country road, you'll find the inimitable Inn at Huntingfield Creek. Your gracious inn owners and hosts Jim and Joanne Rich invite you to discover their 70-acre waterfront farm, forty of which are planted with soybeans. Select from among five cozy inn rooms and seven upscale cottages scattered about the property. Just past the rock sculptures, you will arrive at the Zen Cottage, awash in earth tones of beige, sage, and tawny yellow. Take a deep breath. You're home.

The Zen den is perfectly appointed with natural bamboo floors, recessed lighting, and a leather sofa that converts neatly to a futon. Also enjoy the contemporary two-sided fireplace from the oversized spa bath. Just add some Hydro Therapies moisturizing aromatherapy fragrance, such as peppermint eucalyptus or rosemary citrus, and wash away the day. As the innkeepers like to say, this is a place that is "invigorating to the soul."

The fully equipped kitchen has everything you need—and nothing you don't. Fire up the Smoky Joe barbecue grill, and relax in the

Adirondack chairs on your own secluded deck backing to farm fields. Steps away, beside the inn, let your cares drift away on the wind from the nostalgic rope tree swing or Pawley's Island hammock—and begin to dream.

This is a place that reveals itself little by little, and lets you do the same. Linger in one of my favorite spaces at the inn – the quirky, cool, laid-back reclaimed cherrywood-paneled (even the ceiling) porch library. Books abound. Clearly the owners are bibliophiles! Refresh with a beer or a Cabernet Franc Carmenère from Chile under a ceiling fan and while away the afternoon or usher in the dusk. An amiable hound may stop in to check on you. Or you may wish to lounge outside by the trickling fountain on an enchanting evening and count the stars. One by one by one. There's time.

Welcome the morning after some rewarding shut-eye in a kingsized bed of cumulus effect, and stroll the grounds past fields of sassafras and sunflowers. Take a moment to appreciate the woodside pond and pergola garden. Then wander back over to the elegant main house, complete with fine art and grand piano, for a hearty communal breakfast served up with a heaping helping of hospitality and garden-fresh fare, and you just might pick up some great travel tips from other friendly guests.

I like to think of it as luxury summer camp. Find your inner explorer. It doesn't take long. Meander down the grassy path between the soybean fields and continue through the pine stands past the blue bottle tree until you reach the dock at secluded Huntingfield Creek. We were even startled by a tiny baby snapping turtle along our way!

Greet the dawn, grab a kayak at the edge of the marsh, and take to the water. Be serenaded by graceful seabirds as you glide over kelp beds along this inlet that leads right into the Chesapeake Bay. You might even see fishermen tossing crab pots out of their boats, as Rock Hall is a working harbor with an active fleet of commercial watermen. Return in the evening to hear a full orchestra of the waterside nature sounds of the night.

They have two great cruising bikes you can ride too, in the shed with the old sign

that reads Huntingfield Manor from long ago. Right beside the shed is the Crystal Barn, which is adorned with chandeliers and opens up to lavender fields. In the fall, they surround the fire pit just outside with hay bales, so grab a marshmallow and settle in. But for now,

take a spin past vast cornfields with the breeze blowing through your hair. You might just be up for a refreshing dip in the saltwater pool upon your return. It's just behind the white-picket-fence-enclosed organic garden with its rainbow zinnias, heirloom tomatoes, cucumbers, and blackberry bushes for Joanne's Very Berry Breakfast Bread Pudding. And when your serene retreat is complete, you will not want to leave. But you can always find your way back. It will be just as you left it – except for maybe a few unexpected and whimsical surprises. Come back and find out for yourself.

THE INN AT HUNTINGFIELD CREEK

4928 Eastern Neck Rd Rock Hall, MD 21661 410.639.7779 www.huntingfield.com

Not to be missed is Blue Crab Chesapeake Charters, which leaves from Sharp Street Pier at Waterman's

Crab House, www.bluecrabcharters.com, 410-708-1803. Capt. Mark Einstein and First Mate Suzanne will take you out on the bay in one of their sailing sloops for a day sail, sunset cruise, full moon cruise, or on a romantic getaway to an overnight destination on

the *Crab Royale*. "She's a beauty," beams the amicable Capt. Mark, aptly describing the fine vessel. And \$35 for a 1½ hour sailing tour (gratuity appreciated) with up to six guests per boat has to be the best deal on the bay, especially with one drink included. You don't

even need binoculars to spot cormorants and osprey in their nests on the pilings as you take the helm or just relax if you wish. Starting in 2017, Capt. Mark is soon to take to the high seas on his *Island Girl*, running charters out of St. Thomas to St. John, Jost Van Dyke, Norman Island, and Virgin Gorda. Smooth sailing, Captain.

All this sea air is sure to work up an appetite. Four Sirens Restaurant, 5757 Main St., 410-639-9400, is a local place in town featuring the fresh produce of the many surrounding Maryland farms and the bounty of the Chesapeake Bay. The name hails from chef/owner Jay Reed's beautiful family, including his wife and three precious young daughters. Perhaps his little son may become Triton. Try a pan-fried rockfish sandwich, delicately balanced with house-made roasted red pepper aioli.

"Don't mess with rockfish," says Chef Jay, who has a respect for the inherent

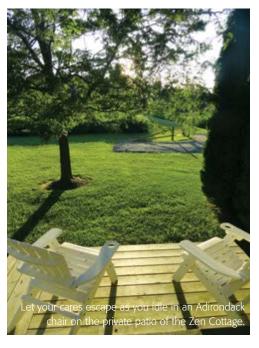
flavor of the ingredients. Similarly, Chef Jay could be considered a crab cake purist. His crab cakes include little more than crabmeat and the egg needed to bind it together, ideal for those seeking the purest rendition of this Maryland classic, as well as those

on the search for gluten-free options. A showcase of Maryland's ingredients is on display in his Pan-seared Rockfish with Corn and Tomato Relish. Panseared Salmon over Grits with balsamic reduction is yet another tempting offering. Savory are the grits flavored with salt, pepper, butter, mozzarella, and Monterey Jack. Other favorites include pan-seared scallops and tuna steak. Afterwards, maybe head next door to the Mainstay, a happening spot for live music set in a 100-year-old building.

Bay Wolf, 410-639-7434, is the rustic tavern restaurant just past the only blinking light in town. Replete with European charm, the main room still retains the original stained glass windows from its former existence as a chapel. Chef Larry Sunkler met his wife Hildegard (Hildy) when he was at culinary school in her native Salzburg, Austria, hence the authentic Austrian specialties on the menu, which include the much-

acclaimed Wiener Schnitzel, as well as Schweinbraten mit Knödel, pork with dumpling, complete with sauerkraut. Larry and Hildy run their respected establishment with efficiency and warmth.

CONTINUED ON PAGE 42





#### CONTINUED FROM PAGE 41

Duck salad is a standout, and if rockfish is on the menu, Chef Larry—who has a commercial fishing license—caught it himself. Desserts reflect the Old World as well with apple strudel, German Black Forest cake, and blackberry cobbler. Guten Appetit!

The welcome sign to Rock Hall declares, "Nice People Live Here." Another sign in town near Waterman's displays the nature of the townspeople with a witty twist on the slogan with this jestful sentiment. "Be nice or go home."

"Rock Hall is a very special place. It's one of the only places I know where people arrange playdates for their dogs!" giggles jovial Rock Hall resident Marti Maxwell. This good-humored mindset generates a steady conversion of weekenders to permanent residents.

And events throughout the year continue to lure visitors who long for the water. Rock Hall was voted "Best of the Bay" for its Fourth of July fireworks and festivities. The Pirates & Wenches Fantasy Weekend—one of the more popular draws-was started by Capt. Mark and his wife Suzanne. The committee meets in the legendary Crow's Nest at harbor's edge to organize this multi-day event which takes place each August. According to the Ship's Log & Chart, you can partake in rum tasting at the Inn at Osprey Point, where they serve up gumbo and other grub, or perhaps a Sea Shanty Sing-Along, the Buccaneer's Ball, or a favorite of many-like longtime locals Marti and Chris Maxwell-the Caribbean Beach Party with music from the Island Vibes. This weekend of raucous and spirited festivities for adventurers of all ages looks to celebrate ten swashbuckling years this summer. Come decked out as a buccaneer and you may well impress the judges and pick up some very fine bling as ransom, even for those over 13. Trust me. It could happen.

Fall Fest, on October 7-8, brings forth music and crafts, and also coincides with the fundraiser for St. Martin Ministries, of which Joanne of Huntingfield Creek is the retiring chair of the board. They assist with the largest operation of food

distribution to those in need on the Eastern Shore as well as a women and children's residential program to help them move forward on a positive new footing.

Photo credit: Kathleen Broadwater







Next up. Ring in the new year with the Rock Hall Crawl & Fireworks Display on December 31. The hardier among us even venture forth like polar bears to the icy water to participate in the Rock Hall Dip on New Year's Day, proceeds from which benefit the local firehouse. Once again, all for one and one for all in Rock Hall. Bravo!

Just five miles due south is the Eastern Neck National Wildlife Refuge, an important nature tourism destination and impressive land-use model within the Chesapeake Bay watershed through its sustainable agriculture, and wetland restoration. Directly on the migratory path of snowy egrets and tundra swans, and peregrine falcons, the refuge is also home to the great blue heron, Canada goose, revered southern bald eagle, and 237 other bird species. But who's counting?

Situated at the confluence of the Chester River and the Chesapeake Bay, this island refuge encompasses 2,285 acres and provides exceptional opportunities for hiking, biking, and birdwatching. The Bayview Butterfly Trail leads to discover intricately patterned butterflies such as the protographium marcellus, or zebra swallowtail. The Bayscapes Garden utilizes conservation landscaping with native plants to create diversity, provide natural habitat, and conserve that allimportant resource-water-which here is collected from barrels on the roof of the original Cape Chester House. Keep an eye peeled for the electricity-generating wind turbine and solar renewable energy panels, further decreasing the carbon footprint, protecting the earth for future generations. Explore the seven unique trails which lead through brackish tidal marsh, natural ponds, upland forest, and grassland, all part of this remarkable nearby environmental sanctuary-a treasure for today and many tomorrows. \*

#### EASTERN NECK NATIONAL WILDLIFE REFUGE

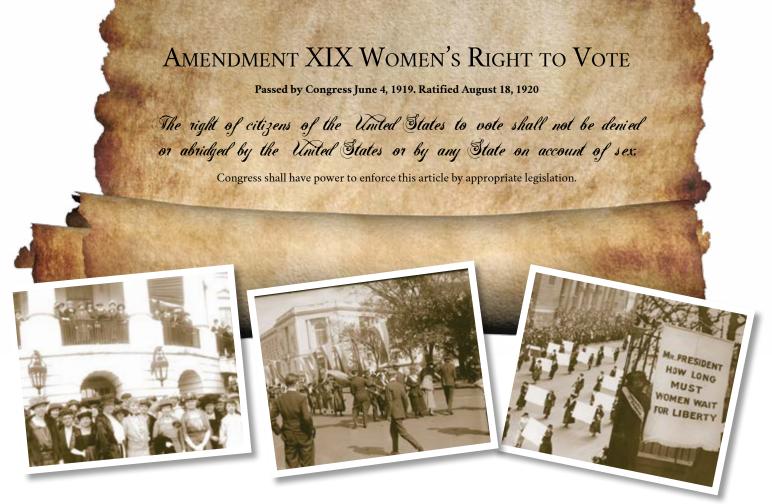
1730 Eastern Neck Road Rock Hall, MD 21661 410-639-7056 EasternNeck@fws.gov

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









#### ROCKIN' THE VOTE

#### Suffragist memorial honors women's struggle

By Rick Mundy

In 2016 when the country has been considering a female presidential candidate (and who, as you read this, is either President-elect Clinton or former Democratic nominee Clinton), it can be difficult to grasp that less than 100 years ago, the women of this country could not even vote.

Starting with the 1848 Seneca Falls Convention pushing for women's rights, the movement for equality for women continued for over 70 years, until efforts greatly intensified in the early 20th century. Then on March 5, 1917, the evening before the second inauguration of Woodrow Wilson, thousands of women picketed in front of the White House to make their case for the right to vote. Scores of women were arrested and unjustly charged with obstructing traffic.

Those arrested were hauled off to a prison in nearby Occoquan where they were kept in inhumane conditions, brutally beaten, and force-fed, simply for taking that stand for women. As word leaked out of their plight and their abhorrent treatment, this situation became a turning point in the women's struggle for suffrage. An

embarrassed Wilson, the one responsible for their arrest, was forced to go to Congress asking for the passage of the 19th amendment giving voting rights to women.

That brief two-paragraph history does not do justice to the injustices heaped upon those brave women. At the same time, it is more information than most people have ever known about the plight of the American woman through the 18th and 19th centuries. Women were considered property of the men they married, could not own property, could not vote, and even today typically do not receive equal pay for equal work.

To help bring the history and the unending equality struggle to light, Turning Point Suffragist Memorial will be a garden-style

memorial designed to honor those who fought and suffered for their beliefs. To be located at Occoquan Regional Park, adjacent to the site of the detention, the memorial will depict the events that led to the passage of the 19th amendment and the critical role that the Washington, D.C. demonstrations played in forcing the issue. The memorial is slated for completion by August 2020, the 100th anniversary of the ratification of the 19th Amendment. The design of the memorial is "donated by renowned architect Robert Beach who painstakingly researched the suffragist movement to ensure his creation, "Empowerment," captured the significance of the collective achievement of the thousands of suffragists."

Members of the Turning Point Suffragist Memorial Association are as passionate as their predecessors about the need to keep spreading the word and fighting for equality for all. As Executive Director Pat Wirth explains, "Young women need role models. In 1980, the National Women's History Project determined that less than 3% of the content in history books contained information about women. Even now it's up to just 5%."

The Turning Point Institute will be an educational platform to educate and empower students on "topics such as leadership, public speaking, political candidacy, social awareness responsibility, civil rights, fiscal acumen, equal rights and more as they apply to present and future generations." Coming from all parts of the country, these students will use the suffragists as role models to emulate the skills they employed. The programs will "serve as turning points in the lives of the scholars and empower them with the confidence they need to become successful in life."

TPSMA is seeking funds to build the memorial. Those who are interested in supporting this important project can donate by going online to suffragistmemorial.org. One can also mail a check, payable to Turning Point Suffragist Memorial Association, to TPSMA, 5400 Ox Road, Fairfax Station, VA 22039. Donations of \$1000 or more will be recognized on the Donor Wall and a number of donor levels and sponsorship opportunities are presented on the website. For more information go to www.suffragistmemorial.org, or email at turningpoint@suffragistmemorial.org. •>

Excerpted text from TPSMA brochure

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CELEBRATES SIX YEARS OF HELPING FAMILIES

#### **Evening in December Concert to Benefit** Jill's House

A concert for women will be held on December 4th at 7:30 p.m. in the McLean Bible Church main auditorium at 8925 Leesburg Pike in Vienna. The evening will feature an opening message by Ellie Lofaro and special musical guest Point of Grace. Tickets \$15 in advance and \$20 at the door. For tickets, call 703-639-5658.



Since opening its doors in October 2010, Jill's House has given parents of intellectually disabled children aged 6 to 17 overnight respite while providing the children with top-quality care and a fun experience. Hundreds of families in our area benefit from the unique and vital services Jill's House provides.

Located just outside Tysons on Leesburg Pike in Vienna, Jill's House is a nonprofit organization that relies on the support of individual and corporate donations to provide its services. "No one else is doing what we're doing," said Andrew Krispin, director of advancement at Jill's House. "Other organizations focus just on the kids or just on the parents, but we focus on providing an awesome experience for both the kids and the parents.

"The overnight component is the key. Research shows the impact of respite for one overnight is greater than the impact of an entire week during the day. No matter how we grow and expand, that's going to be the key for us, providing that overnight care."

#### **Striving to Reach More Families**

In its first weekend, Jill's House hosted six children with a staff of 10 to 12 employees. Today, it includes almost 600 families on its roster, some on a waiting list, and the staff has grown to more than 120 full- and part-time employees, but the administration is careful about how it grows, putting a high priority on its quality of care.

One of the biggest challenges facing Jill's House is finding qualified caregivers. "We have very high standards, and that's what enables us to earn the parents' trust," said Krispin. "We get people who, in some cases, are overqualified to make sure that every aspect of what we do is overwhelming these families with the excellence and love that we're able to give."

In 2012, Jill's House began its Weekend Adventures program, offering camp outings in locations across the country. "We were trying to figure out how we could quickly start meeting the needs of families elsewhere, and the camp model came up," Krispin said. "Our metrics show that the impact on family stress is almost identical to our program here, so it's really enabled us to reach more families at a quicker rate."

Jill's House rents out camp facilities and partners with local churches to provide dropoff sites. The camps host 8 to 10 children at a time and offer the same high-quality care and activities as the main Jill's House. Camps currently are offered in Blue Ridge, Virginia, Indianapolis, Austin, Phoenix, and Los Angeles. A sixth location in Seattle, will open in December.

In addition to the weekend stays, Jill's House offers a weeknight program for children who attend one of the Fairfax County schools it partners with. On days the program is offered, the Jill's House bus picks the children up at school, they spend the night at Jill's House and after breakfast the next morning, they are taken back to school.

Jill's House provides many support services for families including informational seminars, summer day camp, family retreats, a parent Facebook page, coffees and a catered Friday night dinner for parents after they check their child in for a weekend stay. Parents get to connect and share resources with each other, and the Jill's House staff uses these opportunities to get to know the families on a deeper level and learn about their needs.

"We have parents that come in and tell us they haven't been on a date in 15 years," said Deonne Snare, Jill's House family support coordinator. "They have not been alone without their child because they don't trust anybody. When they come here, we're not just babysitting for them and the child just sits in a room. The kids are swimming, they're playing air hockey, they're on the computer, and they're singing songs."

#### Growing Through Professional Development

In 2013, Jill's House launched its internship and fellowship programs to expand its reach through professional training. The summer internship program gives undergraduate college students hands-on experience as caregivers. They go through a full training program, shadow a caregiver and then work as caregivers themselves.

The fellowship program lasts for a full year and is aimed at students about to graduate from college with a degree in a relevant field such as nursing, social work, child psychology or special education. Participants learn about all aspects of the organization to get a full picture of what a facility like Jill's House entails.

"We want to change the face of disability ministry in America," said Krispin. "And we can't do that by ourselves. We want to inspire people to create programs similar to ours. One of the best ways to do that is through our fellowship program, where we bring top academic students from different fields that really match up well with the kind of talent we need. When they finish their fellowship, the idea is they go back to wherever they call home, and hopefully they will be motivated and inspired to get involved."

#### **Supporting a Good Cause**

Donations and volunteers provide the lifeblood of any non-profit organization. Jill's House accepts individual and corporate donations throughout the year and holds several events to raise money and awareness, including a fall golf tournament and a spring gala.

Volunteers are always welcome at Jill's House and are needed throughout the week

or on weekends for as much or as little time as they can give. "We try to leverage as many volunteer hours as we can to give families more respite. The volunteers enable us to do so much more than we could with just our staff," said Krispin.

Jill's House provides a one-day training program for volunteers who work with the children, and volunteers always work along with a caregiver. Other volunteer opportunities include front desk support or food preparation help, but some people volunteer to share their talents with the children during their stays. They perform music or plays, bring therapy dogs or offer training programs, such as a life skills seminar. One volunteer is getting certified as a lifeguard so he can volunteer at the pool.

"The growth and success of Jill's House is a testament to the community, to the people who have invested in it either financially or through their time," said Krispin. "We would not be here through our own effort. We have benefited immensely from the generosity of others." \*

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.



# 2016 COUNTY EVENT GUIDE

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

## Movember 11 Veterans Day Wreath Laying Ceremony

Memorial Amphitheater, Arlington
National Cemetery, 10:30am, Free
About 5,000 visitors attend each of
the two major annual remembrance
ceremonies in the Memorial
Amphitheater. They take place on
Memorial Day and Veterans Day and
are sponsored by the U.S. Army Military
District of Washington. Many military
organizations also conduct annual
memorial services in the amphitheater.

In addition, organizations also host memorial observances and events at Arlington. All ceremonies and special events are free and open to the public. Call (877) 907-8585 for details.

#### Movember 12 Concert to Honor Veterans

St. Francis Episcopal Church,

9220 Georgetown Pike, 4pm,
Donations accepted
A concert to honor veterans featuring
music for choir and brass will be
presented at St. Francis Episcopal

Church. Ensembles performing under the direction of Larry Vote will include the St. Francis Choir, The St. Mary's College of Maryland Chamber Singers, the vocal ensemble PING and a brass choir which includes students, faculty and current or retired military bandsmen. The program will feature John Williams' Hymn to the Fallen, and John Rutter's Gloria among other pieces. The concert is free and open to the public. A free-will offering will be taken to support veterans afflicted with Post Traumatic Stress Syndrome.

#### Movember 11-13 Northern Virginia

CHRISTMAS MARKET

Dulles Expo Center, South Hall, 4368 Chantilly Shopping Center, Chantilly, VA 20153 Friday & Saturday 10am -6pm, Sunday 10am-5pm, \$8 for adults (children under 12 free) Receive \$1 off admission by bringing a canned food donation for the Capital Area Food Bank More than 300 juried artisans from across the country offer fine art, functional & decorative pottery, handcrafted jewelry, glass, photography, woven baskets, furniture, decorative arts, collectible dolls, wearable art, and much more. Specialty food vendors offer gift-packaged gourmet fare such as steamed puddings, almond pound cakes, party dips, sparkling cider, and fruit cakes. Events Management Group, Inc. works with the Capital Area Food Bank helping needy families during the holiday season by collecting donations of canned goods. Receive \$1.00 off admission by bringing a canned food donation for the Capital Area Food Bank. Call (757) 417-7771 for details.

#### OAKTON CHURCH OF THE BRETHREN CHRISTMAS CRAFT SHOW

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

Come browse and find unique presents and stocking stuffers, cards and gift bags, seasonal decor, kitchen accessories, baby and children's items, scarves, hats, and other attire; jewelry, pillows and linens, ceramics, fresh baked pies and cakes, and much more at this three-day event featuring a wide variety of handmade items and craft supplies for purchase, plus a soup and sandwich lunch and bake sale. The church is located where Courthouse Rd. intersects Rt. 123 near Oakton. For more information, see www.oaktonbrethren. org, or call 703-281-4411. The event is a fundraiser for church projects.

#### Movember 13-Ganuary 3 Meadowlark's Winter Walk of LIGHTS

Meadowlark Botanical Gardens

9750 Meadowlark Gardens Court, Vienna, VA, 5:30pm-10pm, timed tickets required \$14 adults, \$8 children ages 3-12, Children under 2 are freeVisit Meadowlark's Winter Walk of Lights from November 20 – January 3rd to experience over 500,000 LED lights and displays that bring Meadowlark Botanical Gardens to life! Imagine the beauty of Meadowlark's renowned gardens transformed into a winter wonderland, including a flowing stream of softly glowing lights. Marvel at the two-story animated fountain, stroll past the Gingerbread Village, and explore the beauty of nature like you've never seen it. This event is sure to be the highlight of your holiday season! Call (703) 255-3631 for details.

## Movember 18 Tree Lighting Ceremony

Tysons Corner Center, Tysons
On The Plaza featuring Kris Allen
(American Idol) kicking off Winterfest.
Approximate time will be 6:30pm/7pm
but check tysonscornercenter.com/
events for more information and details.

#### Movember 19-20 FAIRFAX HOLIDAY CRAFT SHOW

Fairfax High School, 3500 Old Lee
Highway, Fairfax, Saturday 10am-5pm
and Sunday 10am-3pm, \$5, \$8 for 2-day
pass, children under 18 are free
Enjoy handmade crafts including
baskets, dolls, floral items, jewelry,
paintings, photographs, pottery, clay,
wood items and more from artisans
from all over the United States, including
many local artists.

#### November 22

#### Vienna Turkey Trot

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

The James Madison High School Band will be hosting the 13th annual Vienna Turkey Trot 5K/10K and Fun Run Proceeds will benefit the JMHS "Pride of Vienna" Band and the Vienna Volunteer Fire Department. Join us for a great run, super music, fun prizes, refreshments after the race and the Finish Line Festival! Visit www.viennaturkeytrot.org for more information.

#### Movember 24 Arlington Turkey Trot

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

The 11th annual Arlington Turkey Trot takes place on Thanksgiving Day 2016 and was founded by the Christ Church of Arlington. With 5,000 registrants in 2015, net proceeds generated \$100,000 to help Arlington residents who need a "hand up."

#### Movember 25-27 THANKSGIVING ART

#### THANKSGIVING ART AND CRAFT SHOW (FORMERLY VIENNA ART AND CRAFT SHOW)

Spring Hill RECenter 1239 Spring Hill Road, McLean, Virginia 22012
Fri 10am-5pm, Sat 10am-5pm, Sun
11am-4pm \$5, Return Free, Parking Free This terrific show-- running for more than 30 years-- is moving to the newly renovated Spring Hill RECenter in McLean, VA! The show features some 80 juried artisans offering original, handmade arts and crafts, including decorative painting, fused, etched, painted and stained glass, ceramics

CONTINUED ON PAGE 50

#### 2016 *Gloliday* Event Guide

#### CONTINUED FROM PAGE 49

and pottery, hand-painted silk, woodworking handweaving, photography, paintings and drawings, clothing and functional textiles, jewelry and much more. All of the artists and artisans will be on hand to answer questions and talk about their work.

#### Movember 25-26 HORTON VINEYARDS THANKSGIVING OPEN HOUSE

6399 Spotswood Trail, Gordonsville, VA 22942 10am-5pm \$10/person includes glass, tastings and cellar tours
Join Horton Vineyards for hot soup and and Horton Norton Chili. Browse for gifts for the wine lover. Take a stroll through the vineyard and walk off some of that Thanksgiving feast. Stock up on wine for the loliday season with special discounts on their award winning wines. Call 540-832-7440 for more information.

#### Movember 26 Sons of Serendip: Christmas: Beyond The Lights

George Mason University Center for the Arts Concert Hall, 8pm, \$33-55 Begin celebrating the holiday season with the inspiring sounds of this original new ensemble. Gorgeous vocals accompanied by harp, cello, and piano sing in the season as the Sons of Serendip perform their lovely interpretations of popular holiday favorites. Through serendipity, these four friends from graduate school found themselves on America's Got Talent for the 2014 competition where they wowed audiences and judges alike. They quickly earned recognition for their signature sound with unique interpretations of popular works, and their stunning vocals and brilliant instrumentation. This concert includes songs from their album Christmas: Beyond the Lights, featuring the most

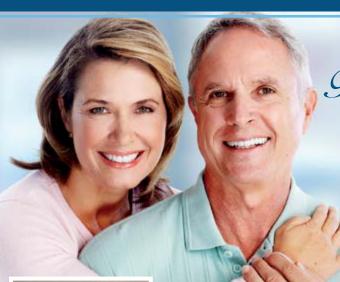
beloved Christmas songs and carols performed with their singular style that invokes peace and serenity. In their first performance at the Center, the Sons of Serendip are sure to be an inspirational start to your holiday season.

#### Movember 28 Church Street Holiday Stroll

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

Santa will arrive and greet children at the historic Freeman Store and Museum and then help the mayor light the holiday tree at 6:20 pm. All merchants along Church Street will remain open for holiday shoppers. Enjoy fun family friendly activities including a petting zoo, free hot chocolate and roasting marshmallows at supervised bonfires. Holiday entertainment will be provided throughout the evening.

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#### December 2-4 MCLEAN HOLIDAY **CRAFTS SHOW**

McLean Community Center, 1234 Ingleside Ave, McLean Friday, 11am-7pm, Saturday, 10am-6pm, Sunday, 11am-4pm | \$5 for adults and free for children under the age of 12

Enjoy a wide variety of arts & crafts and holiday music by local school groups.

#### December 3 **WOLF TRAP** HOLIDAY SING-A-LONG

Wolftrap Filene Center, 4pm, FREE Kick off the holiday season with family and friends at Wolf Trap's 2016 Holiday Sing-A-Long! This annual musical celebration hosts a performance by the United States Marine Band and a Sing-A-Long of Christmas carols and Hanukkah songs with choir and vocal groups from the

metropolitan Washington area. Wolf Trap will be participating in Toys for Tots by collecting new, unwrapped toys at the entrance to the Filene Center before the Sing-A-Long. Donations are strictly voluntary and not a requirement. Admission is free, and no tickets are required. Parking is free, but limited, so please plan on arriving early. Bring a candle and join the tradition of exiting the Filene Center with a candlelight processional during the last verse of "Silent Night." There will also be a "Jing-A-Long" during the singing of "Jingle Bells." so remember to bring a candle, a bell, and a new, unwrapped toy! Go to www. wolftrap.org for more information.

#### December 3-4 CITY OF FALLS CHURCH HOLIDAY GIFT AND CRAFT SHOW

Falls Church Community Center, 223 Little Falls St. Sat 9am-4pm, Sun 11am-4pm

\$1 All-Weekend Shopping Pass. Children under 12 receive free admission.

Deck the halls during the holiday season with special gifts from the annual Holiday Gift and Craft Show. More than 50 crafters and merchants show their wares selling unique handmade items, baked goods, and more.

#### Docombox 4

#### CELEBRATION OF LIGHTS

Great Falls Village Centre Hill, 4:30 pm to

Celebrate the beginning of the season with our 26th annual Christmas Tree Lighting. Drink hot cider or cocoa next to the fire as you listen to our local children as choral groups sing seasonal music. The petting zoo and pony rides will keep your kids busy until Mr. and Mrs. Claus arrive by antique fire truck. Event held rain or shine.

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

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#### 2016 Moliday Event Guide

## December 4 HERNDON HOLIDAY ARTS AND CRAFTS SHOW

Herndon Community Center 814 Ferndale Avenue, Herndon, VA 10am-4pm, Free

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

## **December 3**Annual Tree Lighting and Sing-Along

Herndon Town Hall Square, 5-6pm

Get into the holiday spirit with the Towne Square Singers as they usher in the season with holiday music both old and new! The Herndon Towne Square Singers, sponsored by the Town of Herndon Parks and Recreation Department, numbers 25 strong for the upcoming concert. Many members hail from the Town of Herndon and others come from surrounding communities in Fairfax and Loudoun counties. Call 571-323-5304.

## **December 9**FAIRFAX SYMPHONY ORCHESTRA: THE NUTCRACKER

Christopher Zimmerman, conductor Tchaikovsky: The Nutcracker

Featuring the Fairfax Ballet

Margaret Virkus, Artistic Director George Mason University Center for the Arts Concert Hall, 8pm, \$39-65 Experience this timeless holiday classic with the FSO and the Fairfax Ballet – a holiday tradition your family will always cherish. Enjoy a winter wonderland of dancing snowflakes, sugar plum fairies and epic battles between heroic toy soldiers and mischievous mice. It's the perfect holiday treat for the entire family!

## **December 10**AMERICAN FESTIVAL POPS ORCHESTRA: HOLIDAY POPS: SONGS

OF THE SEASON

George Mason University Center for the Arts Concert Hall, 8pm, \$33-55
Just hear those sleigh bells jingling ring-ting-tingling, too. It's time for the holidays at the Center as the American Festival Pops Orchestra comes home for Christmas with their annual decking of the concert hall. The orchestra's glorious music fills the air, spreading holiday cheer to audiences of all ages. Join us for this popular family tradition, complete with holiday favorites and a





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lively carol sing-along-- always a concert highlight. Conducted by founder and Artistic Director Anthony Maiello, this pops orchestra brings together the most talented musicians from the metro area to perform the best of the season, including Leroy Anderson's "Sleigh Ride," "Christmas Festival," and other treasured classics. It's our way of wishing you and yours a happy holiday.

## December 11 MASON SYMPHONY ORCHESTRA HOLIDAY CONCERT

Featuring the University Singers and Chorale

George Mason University Center for the Arts Concert Hall, 7pm, \$5-20
Rapsodia Sinfonica, featuring Dr. Linda Apple Monson (piano) —
by Joaquin Turina
The Three Cornered Hat, Suite No. 1 —
by Manuel de Falla

....plus other Spanish-influenced and

holiday pieces! Followed by <mark>a rece</mark>ption in the lobby.

#### December 17 Christmas, Candles, and a Chorus

The City of Fairfax Band The Fairfax Choral Society Conductor: Robert Pouliot Guest Host: John Lyon Guest: Santa Claus

**Sponsor: Gingrich Foundation**Fairfax High School, 3501 Rebel Run,

7:00pm

Tickets are free, but reserve yours early for this annual capacity-crowd event
The Fairfax Choral Society once again joins the CFB for this local celebration of the Christmas season, presented as our annual gift to the community. Featured on this program is the world premiere of Randol Alan Bass's setting of "Hodie Christus Natus Est", commissioned by the City of Fairfax Band Association for

this performance with the Fairfax Choral Society. The program also features music from Giancarlo Menotti's "Amahl and the Night Visitors", and selections from "The Nutcracker", along with some familiar holiday classics. Visit from Santa!

## **December 17**A CANADIAN BRASS CHRISTMAS

George Mason University Center for the Arts Concert Hall, 8pm, \$36-60
The world's best-known brass ensemble returns to the Center with their lively Christmas concert to ring in the season with holiday classics and brass standards. Canadian Brass is renowned for their unique combination of virtuosic playing and heartwarming humor, and their Christmas concert is a particular favorite of audiences worldwide. Their engaging stage presence, rapport with audiences,

CONTINUED ON PAGE 54



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We've checked the list twice...







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#### 2016 *Gloliday* Event Guide

#### CONTINUED FROM PAGE 53

and incongruous white running shoes have helped make this iconic quintet a household name; but it is their music -- performed with utmost dedication, skill and excellence-- that rightly earns the most superlative accolades. They were the first chamber ensemble to solo on the main stage at Carnegie Hall, and today they have gained worldwide recognition through their extensive touring, regular television appearances, and a discography that includes more than 130 albums. This is a Christmas treat that you and your family will remember for years to come.

#### December 18

#### VIENNA BOYS CHOIR: CHRISTMAS IN VIENNA

George Mason University Center for the Arts Concert Hall, 4pm, \$33-55 Celebrate the holidays with these extraordinarily talented young Austrian choristers in concert as they perform sacred hymns, holiday pop favorites, and Christmas carols. These gifted boys are known the world over for their glorious harmonies, pristine tone, and extensive repertoire. Without question, the Vienna Boys Choir has stood the test of time, performing continually since 1498 for the Sunday Mass in Vienna's Imperial Chapel. The choir has been associated with the world's greatest composers from Mozart to Bruckner, and Franz Schubert was even a chorister. They have been recorded extensively, and regularly tour throughout Europe, the Americas, and beyond. "The angelic voices of this most famous vocal group are ageless" (Salt Lake Tribune). Bring the whole family for an enchanting afternoon right at the height of the Christmas season.

#### December 18

#### WORDS & MUSIC DECEMBER CONCERT

St. Francis Episcopal Church, 9220 Georgetown Pike, Great Falls, 5pm, \$15-25

"Star of the Morning" Words & Music's annual candlelight program celebrating

Advent, the Solstice, Christmas, and the coming of the New Year features music and readings reflective of the season. This quiet hour is an opportunity to pause, reflect, and enjoy a moment of peace during this holiday season. For information and tickets visit www.words-music.org or email info@ words-music.org.

#### December 19-20 Moscow Ballet's Great Russian Nutcracker

George Mason University Center for the Arts Concert Hall, 7pm, \$28-175

The biggest Christmas experience of the year! The original, direct from Russia, Moscow Ballet's Great Russian Nutcracker! "Knock Out!" raves the *The New York Times*. Enchant the whole family with larger than life magical props, a 60 foot growing Christmas tree and spectacular Russianmade costumes and sets. A must-see event, witness the world's best dancers on stage in Fairfax!

#### December 22-23

JAMMIN JAVA PRESENTS TODD WRIGHT'S 14TH ANNUAL SANTA CLAUSTER-F@%! CHRISTMAS SPECTACULAR

Jammin Java Thursday 7:30pm (seated), Friday 8pm (standing) \$15

Tis the third and the second
nights before Christmas
When Santa Claus gathers
some sixty musicians
To play holiday songs
without ever rehearsing
Making music and magic
with minimal cursing
And before all this holiday dust starts to settle
There'll be polka, folk, rock and the
heaviest metal
So get tickets now or you'll be out of luck
And you won't get to say that you got
"Clauster..."

#### December 30-31

MELODIME ANNUAL NEW YEAR'S EVE PARTY! WELSHLY ARMS + THE GALLERY (NIGHT ONE) FIREKID + STEVE

**EVERETT (NIGHT TWO)** 

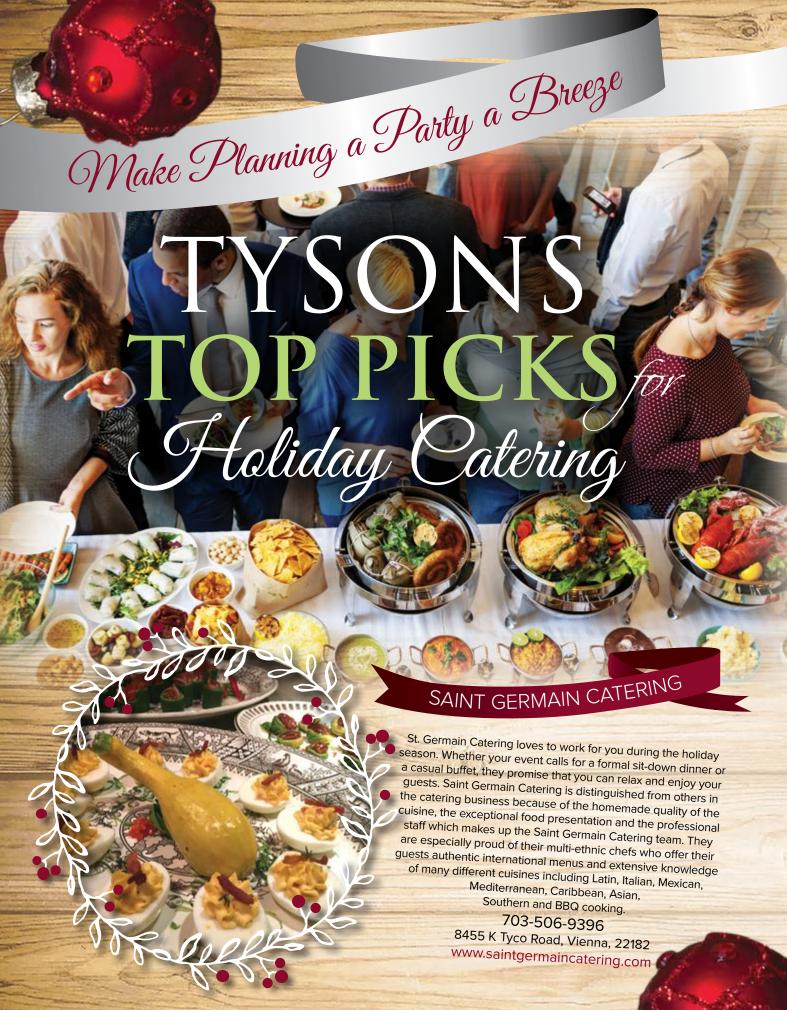
Jammin Java 8pm \$35-45

Melodime's Americana-flavored songs merge a slight country twang with rock and roll, successfully blending stunning piano melodies with catchy guitar riffs and singalong choruses. Melodime's latest single, "Little Thing Called Love," has received a great response from both fans and critics alike. The Boot describe the track as "catchy, lyrically strong- and perfect to listen to with the windows down during the summertime months," while Tune Collective describes the track as a "fun song bursting with vibrant uplifting energy." •

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#### HELGA'S CATERING

Helga's Caterers is the highly acclaimed caterer voted one of Washington's Top 5 Caterers by Channel-9 USA-TV that helps their customers create sensational celebrations that match their unique style and tastes. Whether you're thinking of a cozy gathering at home or a week-long celebration with hundreds of friends and family members, Helga's experienced party planners will help you make everything absolutely perfect. Their more than three decades of catering experience enables them to show you many ideas and options for creating unforgettable dinners and receptions.

703-556-0780 6710 Old Dominion Dr, McLean, VA 22101 www.helgascatering.com

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www.bazinsonchurch.com

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## COOKUP Officer Favorites (AND CATER THE REST)

Submitted by:

Julie Snee

Centreville

#### PERFECT PUMPKIN PIE

(MAKES 2)

#### Ingredients:

- 1 1/2 pints vanilla ice cream, softened 3 eggs
- 1 3/4 cups pumpkin puree
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 2 9-inch unbaked pie crusts

#### Directions:

Preheat oven to 425 degrees F. Place ice cream near oven to soften.

In a large bowl, whisk together eggs. Stir in pumpkin puree, sugar, salt, cinnamon, ginger and nutmeg. Mix in soft ice cream until smooth.

Pour filling into (2) 9-inch pie shells

Bake for 15 minutes in preheated oven. Reduce temperature to 350 degrees F and bake additional 30 to 40 minutes or until filling is set. DO NOT STIR!

### CRANBERRY PISTACHIO BISCOTTI

Ingredients:

1 1/3c dried cranberries (approx 1/4 lb)

2 1/2c unbleached all-purpose flour

1c sugar

1/2t baking soda

1/2t double acting baking powder

1/2t salt

3 lg eggs

1t vanilla

1c shelled natural pistachio egg wash-beat 1 egg+1 ts water

#### Directions:

In a bowl combine the cranberries with enough hot water to cover them and let them soak for 5 minutes. Drain the cranberries well and pat them dry with paper towels. In the bowl of an electric mixer fitted with the paddle attachment blend the flour, the sugar, the baking soda, the baking powder, and the salt until the mixture is combined well, add the eggs and the vanilla, beating until a dough is formed, and stir in the cranberries and the pistachios.

Turn the dough out onto a lightly floured surface, knead it several times, and halve it. Working on a large buttered and floured (or parchment paper lined) baking sheet, with floured hands form each piece of dough into a flattish log 13 inches long and 2 inches wide. Arrange the logs at least 3 inches apart on the sheet and brush them with the egg wash. Bake the logs in middle of preheated 325 degree oven for 30 minutes and let them cool on baking sheet on a rack for 10 minutes. On cutting board cut the logs crosswise on the diagonal in 3/4 inch slices. Bake for 6-8 minutes on each side. Store in airtight container when completely cooled - Will keep for long period of time. Can be made well in advance.

Submitted by:

Para Bunjon

Baltimore



3 Tbsp red wine

1 tsp Italian-style seasoning

(I use Good Seasons Italian dressing mix)

1/4 cup grated Parmesan cheese

34 cup shredded Cheddar cheese

½ tsp pepper

2 dashes hot sauce

#### Directions:

Preheat oven to 350. Clean and remove stems from mushrooms, set aside a couple ofcaps. Heat olive oil in a large skillet until it shimmers, preferable with high walls. Sauté mushroom caps until soft. Add garlic, and green onions and sauté another minute or two. Remove from heat and allow to cool until easily handled. Chop up the couple mushroom caps set aside earlier. In a medium bowl, mix together chopped mushroom caps, cream cheese, wine, Italian seasoning, Parmesan, Cheddar, pepper, and hot sauce. Stuff caps with mixture (there will likely be leftover filling). Arrange on baking sheet and bake 20 to 25 minutes. The mushrooms will give up their liquid, it will seem messy, but it's normal! Allow to cool and serve hot or cold. Extra filling is great on crackers.



#### MAPLE WALNUT PIE

#### Ingredients:

- 1 9-inch pie shell, frozen for at least 30 minutes
- 2 cups roughly chopped walnuts
- 2 eggs, beaten
- 1 cup maple syrup
- 1 Tbsp dark rum (optional)
- 1/2 teaspoon vanilla extract
- 2 Tbsp melted butter
- 2 Tbsp all purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon of ground nutmeg

## Submitted by: Molly Stoopler O Silver Spring

#### Directions:

- 1 Preheat oven to 375°F. In a bowl, mix together the beaten eggs, maple syrup, rum (if using), vanilla extract, melted butter. Sprinkle with flour, salt, cinnamon and nutmeg. Whisk until smooth.
- 2 Spread the chopped walnuts over the bottom of a prepared pie shell. Pour the maple syrup egg mixture over the walnuts. Place in the preheated oven on the middle rack. Place a cookie sheet on the rack underneath to catch any drippings from the pie crust.
- 3 Bake at 375°F for 40-45 minutes. After about 20 minutes (about halfway through the baking), you may want to tent the pie crust edges with foil, or use a pie protector, so that the edges don't get burnt.
- 4 Remove from the oven and let cool completely before serving.

## Submitted by: Kevin Dublynn Fairfax VA

### HOMEMADE IRISH CREAM

#### Ingredients:

1 can 14 oz sweeten condensed milk

1 pint heavy cream

1/3 tsp almond extract

1/4 tsp instant coffee

1 tsp chocolate syrup

3 eggs

8 oz rye

#### Directions:

Mix all ingredients in blender and enjoy!



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PROPER FORM."

-MARIA MONTESSORI

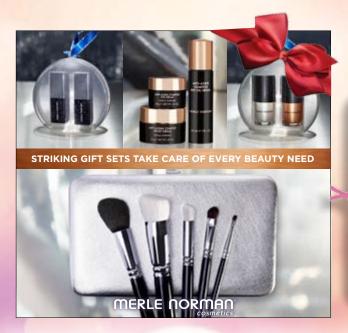


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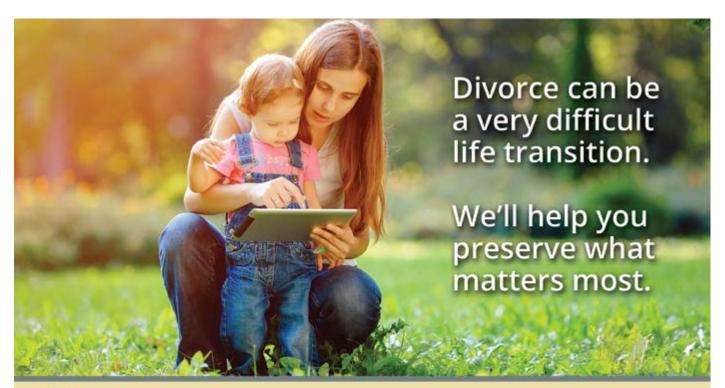
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Dr. Berrada brings over 18 years of clinical experience and a bright, vibrant personality to her work. She also has a wide variety of up-to-date skills and experience with today's newest technology. Throughout her career, she has had extensive training 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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## HOLIDAY GIFTS for him



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See our Listing of Restaurant Gift Certificates on page 66.

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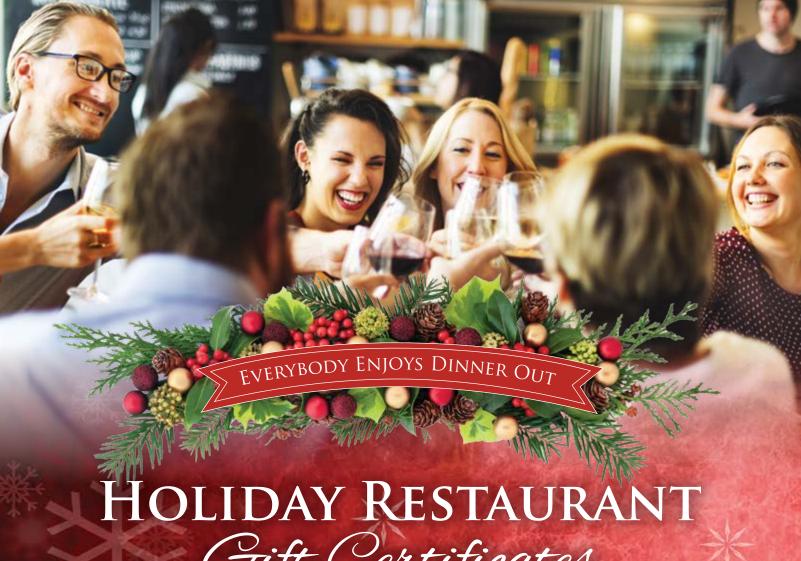


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"When Experience Counts"



## Gift Certificates

Your thoughtfulness will be appreciated when you give a gift certificate to their favorite restaurant. Or maybe there's a place they've been wanting to try. Now you can make that happen for them. Here's a selection of some of the great local restaurants that can make your holiday shopping easier.



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

#### SISTERS THAI Sisters Thai offers the best authentic

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

good ol' days.



703-281-7550 428 Maple Ave E Vienna, VA www.ristorantebonaroti.net

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703-255-7212 111 Church Street Vienna, VA www.bazinsonchurch.com

#### **BAZIN'S ON CHURCH**

Bazin's evokes an old bistro, yet possesses a contemporary twist in its open kitchen, brick walls, vaulted wood beam ceilings and subdued lighting. The team of Chef Patrick Bazin and wife Julie offers a contemporary American menu featuring organic and seasonal ingredients. The wine bar features a collection of wonderful wines from around the world, with an emphasis on California.



703-707-8559 8130 Watson St, McLean, VA www.jrsbeef.com

#### JR'S **STOCKYARDS INN**

Enjoy the warm welcome of this Northern Virginia landmark. J.R.'s Stockyards Inn is known for delivering a rich heritage of outstanding cuisine and wine, all in an authentic Post and Beam building replete with mahogany walls, Tiffany, and stained glass. This blend combines to provide a perfect venue for your rehearsal dinner.

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www.nostosrestaurant.com

#### **NOSTOS**

Through Nostos, the owners wish to share their past with you and stimulate your senses with a variety of traditional and contemporary Greek dishes. Nostos presents a fresh, modern take on Greek culinary culture. Enjoy a wide variety of fresh fish and exciting vegetarian dishes, which are staples of the Mediterranean diet, as well as a select variety of Greek cheeses.



703-759-3800 332 Springvale Rd, Great Falls, VA

#### www.laubergechezfrancois.com

703-281-7777 118 Branch Road SE Vienna, VA www.pazzopomodoro.com

#### PAZZO POMODORO

Pazzo Pomodoro, "The Crazy Tomato," is a Cantina-style concept born by locals Jimmy Audia and Bill Hicks with great support and influence from Italian native, now distinguished local, Nicky de Chiara. Always fresh, we deliver quality meals at affordable prices featuring seasonally fresh ingredients, like Involtini di Vitello (veal stuffed with prosciutto, fontina cheese, wild mushroom, in a marsala wine sauce). Now in Ashburn, VA and Clarksburg, MD in addition to our Vienna location.



703-847-1870 7902 Tysons One Place, Tysons Corner VA www.earls.ca

#### **EARL'S**

Earls Tysons' chefs prepare fresh, made-from-scratch dishes inspired by international cuisines and locally sourced ingredients with a nod to regional tastes. Earls offers premium seafood, Marine Stewardship Council Certified Sustainable, and Creekstone Farms Certified Humane Raised and Handled® Angus beef.



703-938-3311 163 Glyndon St SE, Vienna, VA

#### CAFÉ RENAISSANCE

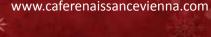
Cafe Renaissance is an elegant restaurant in the true sense of Parisian tradition that is Vienna's most sophisticated dining experience. Often described as "the most romantic dinner in Northern Virginia," you have your choice of the finest entrees imaginable, like Carré d'Agneau (roasted rack of lamb with potato puree, English peas, and mint jelly) or Crêpe a la Renaissance (filled with English peas, mushrooms, spinach, shrimp, crabmeat, sea scallops, and saffron bisque). Bon appétit!





#### ASSAGGI OSTERIA

"Assaggi means tastings in Italian," explains chef/owner Domenico Cornacchia. "Therefore, the concept of my menu is based on a variety of items that can be ordered in smaller portions and on the same plate." Whether you opt for one of the creative daily specials or an extraordinary presentation from the lunch or dinner menu, like orecchiette with Italian sausage, broccoli rabe, and pecorino cheese, you will be delighted.





As we revel in the joy and wonder of the holiday season that is upon us, many of us often look outside our immediate world to consider the challenges that our neighbors throughout Northern Virginia may face. There are so many worthwhile groups doing super work to help the marginalized around us.

The needs are numerous and great and people already have favorite causes or projects to support, especially at their church, Toys for Tots, or the children's school efforts. However if you are looking to do more, here are some organizations that have a significant and far-reaching mission to accomplish in this area that can really use your help.

You will note that every organization listed has opportunities to donate AND to volunteer and more. It's not only funds that are needed but your time that can make a huge difference.



Donate food, donate funds, volunteer

Hunger exists in every single area in the region. The Capital Area Food Bank partners with 444 community organizations in Virginia, DC, and Maryland and helps over

a half-million people each year get good and healthy food. That's 12% of our region's mothers, fathers, sisters, and brothers. More than 90,000 people in Northern Virginia are living in poverty and 30% are children.

CAFB provides incredible programs through those food assistance partners such as weekend bags of groceries for children, senior brown bags – monthly groceries for income-qualified seniors, nutrition education, mobile markets, summer lunches for children, kids after-school meals programs, farmers market-style distribution of produce and bread, and so much more.

You can help by donating with a one-time contribution, becoming a sustaining donor, running a food drive, and donating through United Way or the Combined Federal Campaign (CFC). You can also volunteer as an individual or group at either the DC or Lorton warehouse to help sort and pack thousands of pounds of food distributed to partners and neighbors.



#### Donate funds, donate supplies, Adopt a pet, Purchase animal-friendly license plates

Each year more than 5000 domestic animals arrive at the Fairfax County Animal Shelter and costs exceed what the shelter can afford. The Friends group, an all-volunteer organization, raises money to help these animals. Donors make possible emergency medical treatment, equipment and supplies, food, additional staff training, special adoption events, and much, much more.

The FFCAS mission is to provide additional resources and aid to the shelter, to promote adoption of homeless domestic animals, and to educate the community on the importance of spaying and neutering pets.

Opportunities to help include donating money on a one-time or recurring basis, including CFC. You can also attend special FFCAS fund-raising events. The shelter maintains a donation wish list at fairfaxcounty. gov/animalshelter/donations.htm. Many may choose to help by adopting an animal. Other support options include purchasing animal friendly license plates, shopping for FFCAS logo gear, and designating FFCAS as your AmazonSmile charity.



#### Donate funds, Join a giving society, Volunteer

More than 181,000 (16%) of Fairfax County residents live in or just above poverty. More than 52,000 children (more than 25%) who attend Fairfax County Public Schools qualify to receive free or reduced-price meals.

The families served by Britepaths (formerly Our Daily Bread) are working several jobs to make ends meet, but an illness, car repair or other crisis, coupled with the high cost of living in our area, can quickly put them on the brink of hunger and homelessness. Through their programs such as Stabilize Families, Food Bridge, financial assistance, financial literacy, the Naomi Project, and much more, Britepaths helps families with critical short-term needs while guiding toward long-term self-sufficiency.

There are numerous ways you can help including monetary donations, by volunteering for events or food raisers or offering your talents as attorney, financial planner, or mentor. You can even organize a drive or host your own benefit event.



Donate blood, Donate funds or in-kind products and services, Volunteer, Host a blood drive

Inova Blood Donor Services supplies lifesaving blood and blood products to different hospitals in Northern Virginia and the Washington, DC, metro area. For a different but important way to give, consider being a blood donor. It's free and you will help save lives, whether donating whole blood or blood components through apheresis.

Other giving opportunities include monetary donations and in-kind donations from businesses. Again there are opportunities to volunteer including donor registration, monitoring, and recruiting, and administrative support.

Inova Blood Donor Services (IBDS) collects approximately 60 to 70 percent of its blood from local blood drives. If you would like to sponsor a blood drive at your business, church, or community, you could make a big difference in helping IBDS reach its donation goals. Contact the center for more information.



#### Donate funds, Volunteer, Donate to Wish Lists, and Much More

When we think holidays, we think children. Beyond the toy drives like local giving trees, another organization serves children every day by providing a place for families to be together when a child is sick in the hospital – Ronald McDonald House. A non-profit organization that relies on the generosity of donors and volunteers, the Ronald McDonald House Charities of Washington, DC also operates a mobile clinic for underserved children in Washington, as well as the RMH Family Rooms at Inova Fairfax and Children's National Medical Center.

Your monetary donation supports all three programs and helps ease the suffering of very sick children. You can also raise money or collect items for the Wish List at your own events. And don't forget to drop your change in the RMHC donation boxes at the local McDonald's restaurants. Go to their website for more details. ❖

## NTACT INFO

#### **CAFB**

www. capitalareafoodbank.org 4900 Puerto Rico Avenue NE Washington, DC 20017 202.644.9800

6833 Hill Park Drive Lorton, VA 22079 571.482.4770

#### **Britepaths**

www.britepaths.org 4080 Chain Bridge Road Massey Annex Fairfax, VA 22030-4080 703.273.8829

#### **FFCAS**

www.ffcas.org PO Box 2321 Centreville, VA 20122 571.212.9858

#### Inova Blood Donor Services

www.inova.org/getinvolved/blood-donorservices Locations in Annandale, Centreville, Sterling, Alexandria See website for addresses and hours 866-256-6372

#### **RMHCDC**

www.rmhcdc.org 3312 Gallows Road Falls Church, VA 22042 703.698.7080







After the vivid colors of fall are gone, and days have grown short, it's not time to hibernate. No, it is time to recreate. And nowhere is more cheering than heading to the mountains, where snow makes a welcome appearance. So bundle up and visit two resorts where winter may be the best season of all.

## Primland: Embrace Nature



Primland is a Forbes Five Star resort that honors tradition and nature while celebrating luxury and innovation. The resort is located in a rugged, mountainous region of untouched wilderness deep into southern Virginia.

Driving down the scenic Blue Ridge Parkway, you'll pass charming Appalachian towns, until you reach Primland Lodge, a rustic architectural masterpiece with a lustrous silo that sparkles in the sunshine. The 26 rooms in Primland's Lodge are enormous, with fireplaces, large living rooms, and floor-to-ceiling windows. For families and groups, Primland also features the roomy Fairway Cottages and Mountain Homes—all pinnacles of elegant craftsmanship.

Primland was originally founded as a sporting lodge by Didier Primat, a French businessman who relished the wide-open spaces he found in Virginia. His deep respect for the environment led him to choose ecoconscious building materials and sustainable resources. Primland's farm-to-table restaurants showcase ingredients like fish from their streams, grains from local mills, and vegetables from their organic gardens.

Voted a top ten resort in the world by CondeNast Traveler in 2015, Primland's staff stands ready to facilitate every guest's desire. Whether that's a multicourse meal served in the treehouse suites, personalized instruction in off-road driving, or demonstrating the artistry of skeet shooting,

Primland staff makes the utmost effort to satisfy their guests.

Along with performances by local bands and instruction into Native American culture, Primland offers yoga, afternoon tea, as well as distillery tastings. And while it's tempting to indulge in creature comforts, the ravishing vistas beckon you outdoors to explore.

So along with hiking, mountain biking and carriage rides around the 12,000 acres of wilderness, guests can make s'mores by the fire pits and participate in stargazing. Most evenings, Primland's visitors huddle in the Observatory under wooly blankets as the silo's roof slides open, and a telescope reveals the mysteries of the Milky Way. With Primland's altitude and unusually clear skies, the stargazing experience allows guests to see celestial bodies millions of miles away.

The resort also nourishes you. Primland's tranquil spa is an uplifting, soothing space with hydrospa, steam room and sauna used by guests enjoying signature treatments. Primland's Spa is distinctive for the spiritual teachings provided by American Indian advisors. At the end of your massage, while luxuriating on a lounge sipping tea, your therapist hands you a book. You are told how to find your spirit animal, and to embrace and incorporate nature into your daily life. Good lessons to live by, even when it's cold outside.

Five hours from Tysons Corner

## Nemacolin Resort: Treat Yourself to Fun

emacolin Woodlands Resort is located on 2,000 panoramic acres in the rolling mountains of the Laurel Highlands in West Central Pennsylvania. In 2015, CondeNast readers ranked Nemacolin one of the top three resorts in the Mid-Atlantic. While the whole of the resort is a wonderland, Falling Rock, Nemacolin's posh boutique hotel, also holds the prestigious AAA Five Diamond Award.

Falling Rock's unique design elements pay tribute to Frank Lloyd Wright's organic architecture. The American architect designed three nearby homes including his legendary Falling Water, which is just minutes from Nemacolin. Both interior and exterior landscapes of Falling Rock are stunningly beautiful, and the pampering starts from the time you arrive, with champagne, cookies at turndown, as well as aromatic baths drawn by your personal butler.

The original hotel at Nemacolin Woodland Resort was the handsome Bavarian-style Lodge built in 1970 for the Hardy family's first visitors. The Hardy family founded this exclusive property and continuously adds new attractions and activities. The Lodge is connected to Chateau Lafayette, a sumptuous hotel inspired by the Ritz in Paris. The hallway that connects the two properties contains a notable collection of fine art and upscale shops.

With a commitment to promoting wellness, Nemacolin opened the Holistic Healing Center, which offers acupuncture and yoga sessions. The Asian-themed Woodland Spa and Fitness Center features natural and state-of-the-art exercises and treatments that leave guests transformed, detoxed and glowing. Even children and teens can luxuriate here at Nemacolin's kids' spa, The Grove.

You could just relax in all this comfort, but you would miss so much. Thrill seekers will adore Nemacolin's dog sledding experience, where a team of Alaskan huskies pulls you across the snow at high speed. There's also skiing and snowboarding, snowshoeing, snow tubing, cross country skiing, horseback riding, sledding and skeet shooting.

Rather stay indoors? Then try paintball, bowling and arcade games at Nemacolin's Adventure Center. For something equally engaging, sign up for the Paint & Sip art class, or The Wildlife Academy to meet Nemacolin's incredible menagerie of animals.

Along with discriminating accommodations and an abundance of entertaining activities, what stands out about Nemacolin is its staff. They are hospitable, warm and without pretension. Each person seems genuinely dedicated to making guests happy. And that may be the perfect cure for the wintertime blues.

Three hours from Tysons Corner \*

AUTHOR: Renee Sklarew is a food and travel writer who published The Unofficial Guide to Washington DC in 2016 and is currently writing 60 Hikes Within 60 Miles of Washington DC, a book about hiking the region's best trails. Reach her at reneesklarew@gmail.com

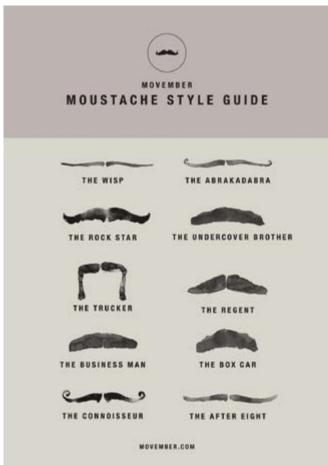












Men's health worldwide is in jeopardy. Across the world, men die 6 years younger than women on average. One man dies by suicide every minute, or 510,000 a year. By 2030, over 1.7 million men will have contracted prostate or testicular cancer, but will only survive it if detected early and treated. And more than a third of all men in the U.S.—over 56 million—will die early from heart disease, diabetes, and respiratory illnesses due to unhealthy lifestyles this year alone.

The good/tragic news is that most of this is preventable. Your local Movember team, the Admirals Club, needs your help to stop men from dying too young.

Taking our cue from successful efforts by Komen and other women's health groups each November we seek to raise money for Movember. The Movember Foundation funds research programs to improve testicular and prostate treatment outcomes and develop cures. It donates to the Prostate Cancer Foundation and LiveStrong to fund their research, treatment and detection access, and quality of life programs for diagnosed men and their families. It funds grassroots mental health and suicide prevention programs reaching men who would otherwise never seek treatment. It runs wellness and fitness campaigns getting men outside and active, helping them to eat better and avoid smoking.

The best part is that nobody has to wear pink. (Not that there's anything wrong with pink. But, by the end of October, everyone's a little pinked out.)

No, instead of wearing a color, the Admirals Club and other Movember fundraisers grow mustaches.

#### Why a mustache?

Mustaches are fun and all too rare. Most of the smartest and best men in the world (Ghandhi, Martin Luther King, Jr., Albert Einstein) had one. And without the **mo**ustache, **Mo**vember would just be November—a cold, snowless month barely salvaged with a turkey dinner.

Growing a mustache is also a little bit of sacrifice. While everyone likes the idea of a mustache, they take a long time to grow out of the awkward middle school phase. Most Admirals Club members shave off perfectly fashionable beards to start the month clean-shaven in solidarity with men who lost their own scruff to cancer treatments. And not all of our wives or girlfriends are completely onboard with a mustache.

#### WHY DO IT AT ALL?

Because as soon as you start growing a mustache—and only a mustache—people, especially men, notice. They'll ask, "What's with the mustache?" If they're not so nice, they'll ask, "Why do you look so ... seedy lately?" Either way, that's an opening to discuss mustaches, Movember, why men's health is in trouble, family medical history and, "How are you feeling lately?"

In the past six years, I can attest that every conversation I've had about my Movember mustache has led to at least one story about cancer in someone's family, some recent medical test or recent efforts to eat better or exercise more. The mustache is the second greatest conversation-starter about physical and mental health for men. (Sports is still a runaway first.)

How do mustaches and conversation raise funds for cancer research, mental health treatment and global wellness initiatives?

Each member of the Admirals Club maintains an online Movember page, where we provide updates on our mustache's development, our latest adventures, people we've met and our daily exercise throughout the month.

While tracking our progress, visitors can donate money sort of like adopting a whale. Or a walrus.

We also host events every weekend in November. Except Thanksgiving weekend, of course—that's for guilt-tripping our families. These are opportunities for friends to see our mustaches in the wild, be social and, in some cases, get a little exercise. (For a full listing of events, please see our Movember page listed below.)

The Admirals Club is composed entirely

of volunteers. We pass all funds directly to the Movember Foundation. Over the past three years, we've raised \$3,000, contributing to the over \$20.2 million dollars raised in the U.S. in 2014 alone. Of that, Movember donated 80 percent—\$16.2 million—to health programs designed to help change men's languishing life expectancy rates. In total worldwide, Movember has raised \$710 million over the past 11 years from small donors like you.

As your local Movember representatives/ weirdos, the Admirals Club needs your support. Please visit our Movember page today to join the fun, and please come to an event. Fair warning, though: it doesn't take long for a mustache to grow on you. (About 30 days, actually.) ��

WEB SITE: http://moteam.co/the-admirals-club FACEBOOK: https://www.facebook.com/ MovemberAdmiralsClub



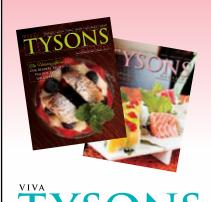


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# Something you probably don't know about the greater Tysons Area

The area once

occupied by U.S.

than 100 private

homes and has

been divided by

Occidental Drive,

Pepperdine Drive,

and Depaul Drive.

Army soldiers now

encompasses more

During the Korean War, when concerns arose of a threat from Soviet long-range bombers, the Washington, D.C. area was given the number one priority for U.S. Army air defense. In 1951, Army Anti-Aircraft (AAA) units were concentrated in Maryland and Virginia to surround the city with a ring of battery firing positions. By 1953, all units were manned at all times, ready to respond instantly to an attack. The sites were initially equipped with 120mm or 90mm antiaircraft guns. Later many were converted to Nike-Ajax surface to air missiles.

One site was located in Vienna, VA on the East edge of the town limits on leased

land bordered by the current Bowling Green Drive, Cottage Street, and Cedar Drive (now Cedar Lane), immediately opposite the present Cedar Lane School. The site, which was operational from 1951 approximately housed a battery of the 71st AAA Battalion, a battery of the 125th AAA Battalion, and the headquarters of the 125th AAA Battalion, and was equipped with Nike-Ajax missiles. The site was open and relatively flat along a hilltop. An access road

ran into the site from Cottage Street and continued to a point just opposite the Cedar Lane School (the school was apparently constructed circa 1958, about the time the missile site was inactivated).

The area once occupied by U.S. Army soldiers now encompasses more than 100 private homes and has been divided by Occidental Drive, Pepperdine Drive, and Depaul Drive.

No photographs are known to exist of this former military installation.

A similar missile site was located at Langley Corners in McLean on the grounds of what was then the Bureau of Public Roads but became the Central Intelligence Agency in 1962. The exact location of the site is unknown, but it was likely in the vicinity of the present day Claude Moore Colonial farm.

A third site in the immediate vicinity was located near the former village of Lewisville, probably near the junction of Chain Bridge Road and the Dulles Toll Road (which was

built around the time the site was inactivated). A nearby subdivision is called Hunting Ridge. The site was probably near the hilltop where Westgate Park and Scott Run Stream Valley Park are currently located, or slightly to the east where an apartment complex called the Commons has been built.

The fourth nearby site was in Annandale, on 19 acres of lease land located between Travis Parkway, Thornton Street and Gallows Road. All evidence

of this site has disappeared with only one structure remaining, a cinderblock building that was converted into a two-car garage. ❖

#### SOURCES:

Site descriptions–Study by the U.S. Army Center for Military History.

AUTHOR: Mike Berger is a Member of the Board, Historic Vienna, Inc.

# Ask Dr. Dima about OltraShape

#### BY DIMA ALI, MD

Welcome to the new generation of Ultrashape! Ultrashape Power, the NEW high tech device that painlessly eliminates fat. Ultrashape Power is number one in the industry with an FDA approval of 32% fat reduction – with treatments now taking as little as 30 minutes per session.

Over 350,000 UltraShape treatments have been performed worldwide. Patients trust UltraShape Power 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.

#### Why you should want this procedure—the benefits

UltraShape Power 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.

#### Common misconceptions or FAQs about the procedure

UltraShape Power'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). Because being the shape that you want to be shouldn't have to hurt.

- The Ultrashape Power procedure has an excellent safety record
- Over 350, 000 patient treatments have been safely performed world-wide
- · 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 Power procedure

#### Who is a good candidate for the procedure

A good UltraShape Power candidate:

- Has a BMI under 28
- Can pinch an inch of soft subcutaneous fat
- Maintains a healthy lifestyle/diet
- Has realistic expectations

#### What the procedure entails...

- An UltraShape Power treatment lasts as little at 30 minutes
- For best results, we recommend a series of three treatments two weeks apart



Non-Surgical Abdomical Sculpting After 2 treatments despite an 8 pound weight gain



After 2 treatments



- The UltraShape Power procedure is performed during a convenient, "walkin, walk-out" session at an authorized UltraShape Power treatment center
- The UltraShape Power 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 Power treatment you should:

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

#### -Dr. Dima

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Parents are a key factor in ensuring their children's success throughout their school years. By providing the right resources and support, you can help your children flourish in school.

The U.S. Department of Education, Office of Communications and Research provides the following tips for parents to motivate students in and out of the classroom.

If you think about it, although school is very important, it does not really take up very much of a child's time. In the United States, the school year averages 180 days; Clearly, the hours and days that a child is not in school are important for learning, too. Here are some things that you can do to help your child to make the most of that time:

#### Encourage Your Child to Read

Helping your child become a reader is the single most important thing that you can do to help the child to succeed in school—and in life. The importance of reading simply can't be overstated. Reading helps children in all school subjects. More important, it is the key to lifelong learning. Here are some tips on how to help your child become a reader.

Start early. When your child is still a baby, reading aloud to him should become part of your daily routine. At first, read for no more than a few minutes at a time, several times a day. As your child grows older, you should be able to tell if he wants you to read for longer periods. As you read, talk with your child. Encourage him to ask questions and to talk about the story. Ask him to predict what will come next. When your child begins to read, ask him to read to you from books or magazines that he enjoys.

Make sure that your home has lots of reading materials that are appropriate for your child. Keep books, magazines and newspapers in the house.

Show that you value reading. Let your child see you reading for pleasure as well as for performing your routine activities as an adult—reading letters and recipes, directions and instructions, newspapers, computer screens and so forth.

#### Talk with Your Child

Talking and listening play major roles in children's school success. It's through hearing parents and family members talk and through responding to that talk that young children begin to pick up the language skills they will need if they are to do well.

Think of talking with your child as being like a tennis game with words—instead of a ball—bouncing back and forth. Find time to talk anyplace.

It's also important for you to show your child that you're interested in what he has to say. Demonstrate for him how to be a good listener:

When your child talks to you, stop what you're doing and pay attention. Look at him and ask questions to let him know that you've heard what he said: "So when are you going to help your granddad work on his car?"

When your child tells you about something, occasionally repeat what he says to let him know that you're listening closely: "The school bus broke down twice!"

#### Monitor Homework

Let your child know that you think education is important and so homework has to be done. Here are some ways to help your child with homework:

Have a special place for your child to study. The homework area doesn't have to be fancy. A desk in the bedroom is nice, but for many children, the kitchen table or a corner of the living room works just fine. The area should have good lighting and it should be fairly quiet. Provide supplies and identify resources.

Set a regular time for homework. Having a regular time to do homework helps children to finish assignments.

Remove distractions. Turn off the TV {and other electronics during homework time.]

Don't expect or demand perfection. When your child asks you to look at what she's done—from skating a figure 8 to finishing a math assignment—show interest and praise her when she's done something well. If you have criticisms or suggestions, make them in a helpful way.

#### Monitor TV Viewing and Video Game Playing

American children on average spend far more time watching TV or playing video games than they do completing homework or other school-related activities.

Limit the time that you let your child watch TV.

Limit the amount of time your child spends playing video games. As with TV programs, be aware of the games he likes to play and discuss his choices with him.

#### Encourage Your Child to use the Library

Libraries are places of learning and discovery for everyone. Helping your child find out about libraries will set him on the road to being an independent learner. Here are some suggestions for how to help:

When you take your child to the library, introduce yourself and your child to the librarian. Ask the librarian to show you around the library and tell you about the services it has to offer.

Help Your Child Learn to Use the Internet Properly and Effectively

The internet has become an important part of how we learn and of how we interact with others. Here are some suggestions for helping your child learn to do so properly and effectively:

Spend time online with your child. If you don't have a computer at home, ask your





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202.244.0639 FusionWashDC.com librarian if the library has computers that you and your child may use.

Help your child to locate appropriate internet websites. At the same time, make sure that she understands what you think are appropriate websites for her to visit. Point her in the direction of sites that can help her with homework or that relate to her interests. You might consider using "filters" to block your child from accessing sites that may be inappropriate. These filters include software programs that you can install on your computer. In addition, many internet service providers offer filters (often for free) that restrict the sites that children can visit.

Teach your child rules for using the internet safely. Let him know that he should never do the following:

- tell anyone—including his friends—his computer password;
- use bad language or send cruel, threatening or untrue e-mail messages;
- give out any personal information, including his name or the names of family members, home address, phone number, age, school name; or
- arrange to meet a stranger that he has "talked" with in an online "chat room."

# Encourage Your Child to Be Responsible and to Work Independently

Taking responsibility and working independently are important qualities for school success. Here are some suggestions for helping your child to develop these qualities: Establish rules. Every home needs reasonable rules that children know and can depend on. Have your child help you to set rules, then make sure that you enforce the rules consistently.

Make it clear to your child that he has to take responsibility for what he does, both at home and at school. For example, don't automatically defend your child if his teacher tells you that he is often late to class or is disruptive when he is in class. Ask for his side of the story. If a charge is true, let him take the consequences.

Work with your child to develop a reasonable, consistent schedule of jobs to do around the house.

Make your child responsible for getting ready to go to school each morning—getting up on time, making sure that he has everything he needs for the school day and so forth.

#### Encourage Active Learning

Children need active learning as well as quiet learning such as reading and doing homework. Active learning involves asking and answering questions, solving problems and exploring interests. Active learning also can take place when your child plays sports, spends time with friends, acts in a school play, plays a musical instrument or visits museums and bookstores. ❖

\*\*\*Please note: We refer to a child as "him" in some places and "her" in others. We do this to make the booklet easier to read. Please understand, however, that every point that we make is the same for girls and boys

Excerpted from "Helping Your Child Succeed in School." For the full booklet go to ed.gov/parents/academic/help/hyc.html

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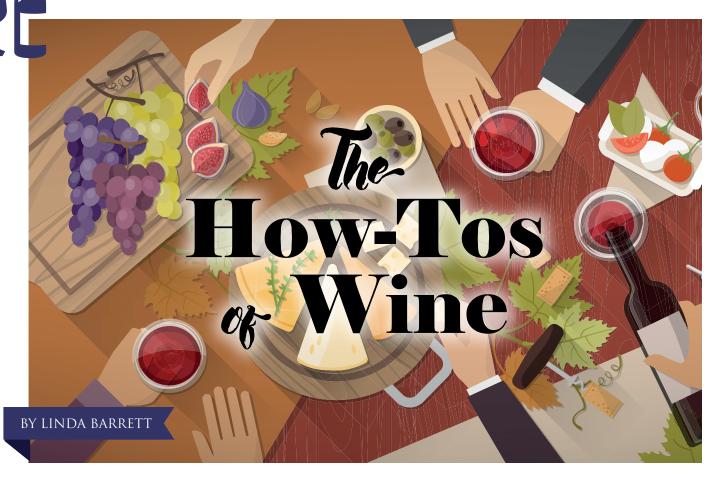












Even if you have years of experience with wine, it's always good to review the basics. Here, we offer some of the essential "how-tos" of ordering, opening, serving and enjoying your wine of choice.

#### How to Open a Bottle of Champagne

Remove the foil wrap and untwist the wire cake, keeping your hand on the cork. Hold the cork in a kitchen towel and support the base of the bottle against your mid-section. Twist the cork while holding it and wiggle it out of the bottle, opening it gently.

If you want to make a splash, you could pop the cork dramatically by shaking the bottle vigorously, then use your thumb to push the cork up from the bottom. DO NOT point the bottle at any friends or valued objects.

#### **How to Chill Wine**

Contrary to popular belief that red wines should be served at room temperature, they actually taste better when chilled. As a rule of thumb, red wines should be served at an optimal 60- to 68-degree temperature, while white and rosé wines are best served at a temperature between 49 and 55 degrees. To cool reds, refrigerate them for approximately one hour before serving.

#### **How to Decant Wine**

You decant wines to aerate them, or add air. This is especially beneficial for high-tannin red wines as it will smooth out the flavor. If you have the time, decant your red wine up to two hours in advance. To speed up the aerating process, decant from container to container several times to increase the air/wine ratio. To aerate just one serving, pour your reds through a Vinturi Wine Aerator directly into your glass.

#### **How to Keep Wine Fresh**

According to the pros at Wine Enthusiast, the best way to preserve unused wine is to replace the cork properly, inserting the stained side into the bottle. Refrigerate your wine; the cooler temperature will retard exposed wine from breaking down. Plan to drink it within a day or two.

Air pumps and seals are also available, like the Vacu Vin that sucks the air out of the bottle, or tasteless, odorless gas like Private Preserve that can be sprayed into the bottle to replace the air. Or invest in a Corvin<sup>TM</sup> wine extractor tool which allows you to enjoy your wine by the glass without pulling the cork.

#### How to Taste a Wine

To properly taste a wine, first look at its color, then its opacity. Tip the glass to see how the wine thins out near the rim; a thin wine will look pale and watery near the edge. Swirl the glass by its base on a flat surface to

release the aroma compounds, and look for "legs" that indicate more alcohol and glycerin content, and a bigger taste and greater mouth-feel.

Hover over the glass to sniff the wine, looking for recognizable aromas like floral, herb, fruity or earthy tones and to detect faults. Taste the wine, noting texture, acidity and tannins, mouth-feel or fullness, and the length of taste from the beginning to the finish. Experience how the flavors can change.

#### How to Recognize Bad Wine



If you experienced a wine that tasted like vinegar, you received a bottle that spoiled. Like many products, wine has a shelf life, especially when opened. Indications of a wine that's gone bad include a

cloudy appearance, a film in the bottle or around the cork, a color change or "browning" effect, or tiny bubbles. Using your nose, you can detect a sharp, sour or medicinal smell. If the wine makes it past these senses but tasted vinegary or gives a burning sensation to the nostrils, toss it out.

#### **How to Expectorate Wine**

so the wine does not dribble down your chin.



When you attend a tasting serving dozens of wines, you cannot be expected to swallow them all and still make it home. Believe it or not, the polite thing to do is spit it out. Some sommeliers recommend carrying a paper cup for spitting, and for discretely expectorating your wine. Use a bit of force when spitting

#### **How to Handle Corkage Fees**

While some restaurants allow diners to bring their own bottle of wine to the meal, many charge corkage fees, or a surcharge for opening and serving the wine.

To avoid embarrassment, call the restaurant ahead of time, or at the time of reservation ask about their corkage policy and fees. Expect that fees could run \$20 or more per bottle. Bring your bottle in a nice wine carrier, not a paper bag.

#### How to Impress a Girl

To impress a girl (or a guy), learn the basics of wine, like the various varietals and how to pronounce them. This way you will seem knowledgeable when ordering in a restaurant. If you don't know how to order or want to avoid revealing the price to your companion, simply point to the wine you want. The sommelier will understand. When the wine arrives, don't sniff the cork. Swirl your glass to aerate the wine, and take a sip. Look at your server and confidently say, "That will be fine."

Most of all, wine is to be enjoyed, whether in solitary or amidst the company of others. In the words of Napoleon Bonaparte, "Wine is inspiring and adds greatly to the joy of living." \*

AUTHOR: Wine Editor Linda Barrett wishes everyone a safe and happy holiday season.



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# MY FLORIST Should be Everybody's Florist

Sometimes you can skip the business school, the how-to books, and the mentoring advice. Occasionally the innate talent and intuition of the owners simply create the right "arrangement" for entrepreneurial success.

My Florist based in Tysons grew out of a business idea that Brad Parker used while in college. He started a home basement business he called Exclusively Roses to pay his tuition bills. He was studying International Relations but when he graduated he knew this "funky business" was doing quite well. At that point Brad thought, "What the hell. Maybe this'll work." So in 1989, Brad and Penha (pronounced pān-ya), got married, signed a one-year lease at their current location, and began their marriage and their business.

"It's been a wonderful thing and we have worked very well together. Our skill sets complement each other," Brad says. Penha adds, with a twinkle in her eye, "He worries about the business and I get to play with the flowers."

When they first started, Brad suggested that Penha should go by the name, Pam, because it might be easier for people calling the shop. "I didn't like that," exclaims Penha, "it didn't feel right to me," so she remained Penha. Since the beginning, their business has evolved and changed constantly, making major changes about every two years. Brad always imagined that they could do for roses what Domino's did with pizza. "Unfortunately people eat a helluva lot more pizza than buy flowers," Brad laments. In fact, around 1991-92, the Parkers determined that Exclusively Roses was no longer the right approach, and they became My Florist, a full-service florist focusing on corporations and busy professionals as clients.

"We firmly believe that our business is as much about service as it is about product. Our job is to make it easy for the customer," Brad explains. "While price is ALways important, our service and quality are equally or more important. Our commitment is to the client, to top–notch service, to the whole package.

"It is a big commitment. There are a lot of knockoffs and fraudulent businesses on the internet especially targeting the customer who is looking for quick and cheap. We pursue the educated consumer who values quality, extraordinary service, and experience. Their floral gifts reflect back on them and that's who we work to protect."

Penha points out that, "Guys come into the shop and want something beautiful. They're not buying flowers, they're buying beauty. They may not know how to tell exactly what they want, but that is our job. We need to 'know' what they want. Our customers trust us."

"Flowers are an expression of love, or sympathy, or joy—expressions of the heart. Our work is to honor those expressions and it is an extension of our own values and principles," adds Brad.

Their flower inventory comes from around the world—Holland, South America, California, Hawaii, and beyond—a variety that almost no one has. When the flowers arrive at Tysons, they take a day to drink and refresh, a practice that many other florists don't take the time to allow. That makes for beautiful, vibrant arrangements.

At one point, My Florist had four retail locations, D.C., Burke and Gaithersburg, in addition to the McLean store. The industry started relying heavily on the internet by the late 90's and one-third of florists, more than 12,000, have gone out of business in the last fifteen years.

Of those 25,000 florists who have survived, My Florist ranks highly, being named one of the Top 50 by Teleflorist every year since 2005. It is no surprise that when My Florist takes an order for remote delivery, they vet the florist at the other end if they are unfamiliar with it. "Half of the florists out there are wonderfully committed," says Brad. "the other half are ethically paralyzed."

The florist business is driven by holidays, most notably Valentine's Day. Brad laughs (now) about one year in the early 90's when they were still a rose-only shop. Knowing the huge spike was coming on February 14, he took a chance on a courier company for the extra deliveries. What a mess. A thousand orders didn't get delivered. As of 5pm, customers were streaming into the shop to try to get flowers that were simply not available. If that weren't bad enough, around 8:00pm that evening the courier returned with hundreds of non-delivered flowers, by that time useless for sale. "That was a year of many refunds, letters of apology, and free flowers." Many years later, My Florist is always ready for the big day and orders are delivered as promised on that day and every day.

My Florist is located at 1984 Chain Bridge Road McLean VA and serves the entire DC Metro area including DC, Maryland and Northern Virginia with a fleet of delivery vans. Orders may be placed at 703-442-8203 or via their website at www.myflorist.com. ❖





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# NANDO'S PERI PERI Where Chicken Comes First

"Good food made by good people." That's how Colleen Lally, assistant principal of Falls Church High School describes Nandos Peri Peri in the Mosaic District. Her school partnered with the restaurant during the opening weekend in April 2016.

Consider yourself lucky that Nandos Peri Peri chose the Washington DC Area to open the country's first Nandos restaurants, and they're right here in our backyard. Because of our diverse, multicultural and well-traveled population, the iconic South African restaurant chain selected the DMV to establish another pack of Nandos fans.

Headquartered in the United Kingdom, Nandos Peri Peri is as ubiquitous in parts of Britain as Starbucks is here, explains Jason Louis, general manager at Nandos in the Mosaic District. Currently, Nandos has multiple locations in Northern Virginia, including Woodbridge, Falls Church, Old Town Alexandria, Ashburton, Falls Church, and most recently, Ballston.

Tucked back in the corner of the Mosaic District's brilliant collection of shops and restaurants, Louis says that he frequently hears how his

customers encountered Nandos during their travels and were thrilled to find one close to home. Nandos may be an international sensation, but when they open a new restaurant, the company develops and cultivates partnership within each community.

During Nandos debut in the Mosaic District, the restaurant donated all of its proceeds from Saturday and Sunday sales to Falls Church High School—a whopping \$22,000 for the school. The students got behind the project and waved signs and shook pompoms to encourage visitors to dine at the restaurant. "We were blown away by their sincere generosity. It's one of their true values—helping the community they're in," says Lally. Nandos has since become the community's restaurant and has hired several students from the high school.

When the Ballston location opened, players from the Washington Capitals hockey team got behind the grill to cook and welcome diners.



At their Woodley Park location, they had the DC United, Washington's professional soccer team, grilling Nandos' chicken.

The interesting history of the restaurant goes back to two Portuguese friends from South Africa who opened up Chicken Land in 1987. Later, they adopted one of the owner's names, Fernando, and opted to showcase what made their chicken so popular—the Birds Eye Chili pepper, known as Peri Peri (pronounced pity-pity), a spice that gives this chicken its gusto.

Nandos' vice president of marketing, Sepanta Bagherpoura, explains the restaurant's popularity, "The cuisine is not something made up in a boardroom or with focus groups; it is authentically southern African. It is an old world fusion of Portuguese and South African cooking." Bagherpoura adds, "When the Portuguese settled in the southern part of Africa, the Swahilis introduced them to the peri peri." The pepper became popular with Portuguese explorers, because it helped to preserve food and prevented scurvy among sailors traveling between continents. Bagherpoura notes that you'll probably see chicken like this all over South Africa, Mozambique or Angola. "It is basically street food that's incredibly tasty, vibrant and actually quite simple."

The peri peri pepper is used in all of Nandos chicken marinades and sauces, but with different degrees of heat—mild, medium, hot and extra hot. Nandos only serves fresh, natural chickens that are marinated for 24 hours and then cooked to order on a flaming grill. The chicken is served with a variety of side dishes, from the creamy Macho Peas, to the roasted butternut squash, grilled corn and seasonal Brussels sprouts; so vegetarians have lots of choices here. The garlic bread and sandwiches are made on Portuguese rolls;

the colorful rice has chunks of red peppers and herbs, and the red skin mashed potatoes are rich with garlic and cream.

Most of the menu items are quite healthful, and Nandos offers a robust selection of salads, including their Quinoa Salad-roasted squash, avocado slices and cherry tomatoes tossed with black quinoa. The greens are lightly dressed with a tangy, honey sherry dressing and topped with crumbled goat cheese and roasted seeds.

At Nandos, you order at the counter, and then your food is delivered to your table. The menu items are reasonably priced for such

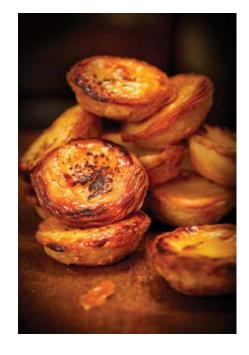
high quality ingredients, attractive décor and dishware, as well as enthusiastic service. You can get in and out fast, or savor your dining experience by ordering the mango peach sangria and nibbling on some nuts and olives before you get to the main course.

Nandos Peri Peri restaurants are not all the same either. "Each of our restaurants is bespoke," states Begherpoura. "They are adorned with South African contemporary art. In fact, Nandos is the largest buyer of southern African art in the world." The restaurants all have their own artwork, fixtures, paintings and textiles. "So no two look the same," says Louis. "Everything is different, but you know it's Nandos." \*

AUTHOR: Renee Sklarew researches and writes about the DMV's restaurants and attractions. She recently completed The Unofficial Guide to Washington DC and is currently working on 60 Hikes Within 60 Miles of Washington DC. Contact her at reneesklarew@gmail.com







#### ARLINGTON

#### METRO 29 DINER

#### Arlington | American | \$

When two families came together to open a New York style diner in Arlington, the result was a delicious success. Metro 29 began serving its immense portions of American favorites in 1995. The idea was to create a menu that offered something for everyone, and an ambiance that welcomed families and couples, friends and colleagues. The mission continues to focus on providing quality food, prompt service and a warm, easygoing dining experience. 4711 Lee Highway | 703.528.2464 | metro29diner.com

#### **FALLS CHURCH**

#### 2941 RESTAURANT

Nestled in a corner of an office building succulent dishes with fresh, locally-sourced

2941 Fairview Park Dr. | 703.270.1500 | www.2941.com

#### ANTHONY'S RESTAURANT

#### Falls Church | Italian | \$\$

For 40 years, Anthony's has offered real, homestyle cuisine. They offer Greek, Italian and American specialties 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 | 703.532.010 www.anthonysrestaurantva.com

#### ARGIA'S

#### Falls Church | Italian | \$\$

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

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

#### BENTLEY'S

#### Falls Church | American | \$

Bentley's is known throughout Northern Virginia for their breakfasts. Famous Eggs Benedict, omelets, waffles, pancakes, crepes and more are served every day... but still the weekends are the best time. Their banquet facilities accommodate 50 to 250 people and they offer American, Latin, & Southwest Asian cuisine and accompanying services. 6654 Arlington Boulevard | 703.532.4100 www.bentleysfallschurch.com

#### CELEBRITY DELLY

#### Falls Church | American | \$

Founded more than 38 years ago, this New York-style deli offers an extensive menu with triple-decker sandwiches, subs, and homemade potato knish. Chuck Rossler knows his corned beef. Look for genuine New York Style deli sandwiches, halfdone pickles, Dr. Brown's sodas, and Fox's U-Bet syrup. The Real McCoy. 7263-A Arlington Blvd. | 703.573.9002

www.celebritydeliva.com

#### CLARE AND DON'S BEACH SHACK

#### Falls Church | American | \$

Located next to the State Theatre in the heart of the City of Falls Church, Clare and Don's brings the beach to landlocked Northern Virginia. This hot spot offers trivia on Wednesdays, 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

#### 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

#### DOGWOOD TAVERN

#### Falls Church | American | \$\$

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

132 West Broad St. | 703.237.8333 www.dogwoodtavern.com

#### **DUANGRAT'S**

#### Falls Church | Indian | \$\$

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

5878 Leesburg Pike | 703.820.5775 www.duangrats.com

#### EDY'S CHICKEN AND STEAK

#### Falls Church | American | \$

Edy Durnovsek's secret recipe combines

#### Falls Church | American | \$\$\$

off the Beltway, 2941 offers an upscale casual dining experience in a cozy, open setting. Chef Bertrand Chemel creates ingredients.



Pizzeria • Cantina

Hometown Favorites: Zuppa di Pesce, Agnolotti Carmela, and Capellini Al Pomodoro.



118 Branch Road, Vienna, VA 22180 | 703.281.7777 | pazzopomodoro.com



flavors of Thailand with those of Peruvian rotisserie spices to create a delicious chicken. The Peruvian Chickens, Steak a la brasa, and sandwiches are just a few items to try on the menu.

5420 Leesburg Pike 703.820.5508

#### ELEPHANT JUMPS THAI RESTAURANT

#### Falls Church | Thai | \$\$

Elephant Jumps offers an extensive menu with more than 100 dishes including croissant green curry chicken sandwiches, burrito satay chicken, and crispy salmon salad. Diners are sure to find classic as well as hard-to-find Thai dishes. 8110-A Arlington Blvd. | 703.942.6600 www.elephantjumps.com

#### HAANDI FINE INDIAN CUISINE

#### Falls Church | Indian | \$\$

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

1222 West Broad St. | 703.533.3501 www.haandi.com

#### 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

#### IV'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 | \$\$

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

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

#### THE ORIGINAL PANCAKE HOUSE

#### 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



703.372.5161 • seapearlrestaurant.com • 8191 strawberry lane • falls church, va



#### PANISHIR RESTAURANT

#### Falls Church | Afghan | \$\$

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

924 West Broad St. | 703.536.4566 www.panjshirrestaurant.com

#### PISTONE'S ITALIAN INN

#### Falls Church | Italian | \$\$

Pistone's is an area landmark and full service Italian restaurant. They have been in business since 1974. Chef/Owner Telemaco Bonaduce focuses on nutricious local foods and authentic preparation - a "rustic yet elegant" style that fits all occasions. They also offer first-rate entertainment. Check out the bar lounge where you are invited to sing with talented pianists and vocalists from the area. 6320 Arlington Boulevard | 571.388.3910 www.pistoneitalianinn.com

#### PIZZERIA ORSO

#### Falls Church | Italian | \$\$

This casual, family-friendly restaurant features a handmade volcanic brick oven by Forno Napoletano, where pizzas are made in the traditional Neapolitan style. 400 South Maple Ave. | 703-226-3400

#### 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.publichouseno7.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 handground spices. Check out their menu for dine-in, carry-out, and catering options. 1077 West Broad Street | 703.992.0077

#### SAIGON CAFÉ

#### 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

#### SWEETWATER TAVERN

#### Falls Church | American | \$\$

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

3066 Gatehouse Plaza | 703.645.8100 www.greatamericanrestaurants.com

#### TARA THAI

#### Falls Church | Thai | \$

The word "Tara", commonly found in Thai folk literature, means water. Thus, the restaurant offers a unique and relaxing atmosphere, featuring a variety of underwater art for your dining pleasure. The menu consists of authentic Thai cooking, using family recipes that have been handed down for generations. 7501 Leesburg Pike | 703.506.9788 www.tarathai.com



#### **FAIRFAX**

### THE AULD SHEBEEN IRISH PUB & RESTAURANT

#### Fairfax | Irish | \$

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

3971 Chain Bridge Rd | 703.293.9600 theauldshebeenva.com

#### CHUTZPAH DELI

#### Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883 www.chutzpahdeli.com

#### DOLCE VELOCE

#### Fairfax | Italian | \$

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

10826 Fairfax Boulevard | 703.385.1226

#### SISTERS THAI

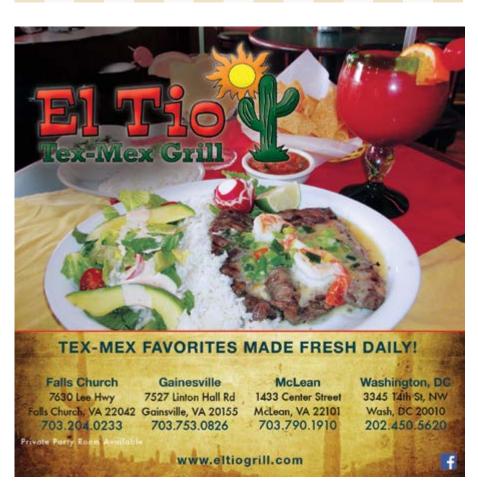
#### Fairfax | Thai | \$\$

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

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







#### **GREAT FALLS**

#### **BOLLYWOOD BISTRO**

#### Great Falls | Indian | \$

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

9853 Georgetown Pike | 703.865.0450 www.bollywoodbistrofairfax.com

#### DANTE RISTORANTE

#### Great Falls | Italian | \$\$\$

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

1148 Walker Rd. | 703.759.3131 www.danterestaurant.com

#### L'AUBERGE

#### Great Falls | French | \$\$\$

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

332 Springvale Rd | 703.759.3800

www.laubergechezfrancois.com

#### THE OLD BROGUE

#### Great Falls | Irish | \$\$

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

760 Walker Rd | 703.759.3309 www.oldbrogue.com

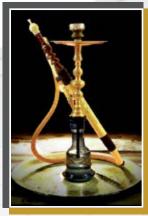
#### **MCLEAN**

#### AMOO'S RESTAURANT

#### McLean | Persian | \$\$

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

6271 Old Dominion Dr | 703.448.8500 www.amoosrestaurant.com



# Levant

Tysons Corner

RESTAURANT & LOUNGE

A special fascinating combination of the old-traditional and the new-modern Style Restaurant & Lounge, the name "Levant" originally means the "Mediterranean Lands of the East." Levant is the point where the sun rises.

Come experience traditional cuisine at its best, with all the comforts and service you expect today!

Traditional Mediterranean Cuisine Served Daily Hookah and Beverages ■ Coffee and Desserts
Open Daily until 2 am

Ask Us About Catering!















8411 Old Courthouse Rd | Vienna, VA 22182

(703) 570-5555 | www.levantva.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  $\mid$  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 PI | 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 & 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

#### **BUSARA THAI CUISINE**

#### McLean | Thai | \$\$

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

8142 Watson St. | 703.356.2288

www.busara.com/ty-main

#### CAFÉ DELUXE

#### McLean | American | \$\$

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

1800 International Drive West | 703.761.0600 www.cafedeluxe.com

#### CAFÉ OGGI

#### McLean | Italian | \$\$\$

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

6671 Old Dominion Dr | 703.442.7360 www.cafeoggi.com

#### CAFÉ TATTI FRENCH BISTRO

#### McLean | French | \$\$

This French bistro brings diners classic French dishes including vichyssoise, quiche lorraine, filet with béarnaise sauce, and Flounder Belle Meuniere. Closed Sundays. 6627 Old Dominion Dr. | 703.790.5164 www.cafetatti.com

#### CAPRI

#### McLean | Italian | \$\$

Chef Beatrice Zelaya serves classic Italian dishes just like Nonna used to make. This family-friendly restaurant offers a cozy dining atmosphere. Sip on a glass of red or white wine as you enjoy Insalata Caprese, gnocchi, or Vitello alla Parmagiana. 6825-K Redmond Dr. | 703.288.4601 www.caprimcleanva.com

#### EDDIE V'S PRIME SEAFOOD

#### McLean | American | \$\$\$

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

7900 Tysons One Place | 703.442.4523 www.eddiev.com

#### EL TIO

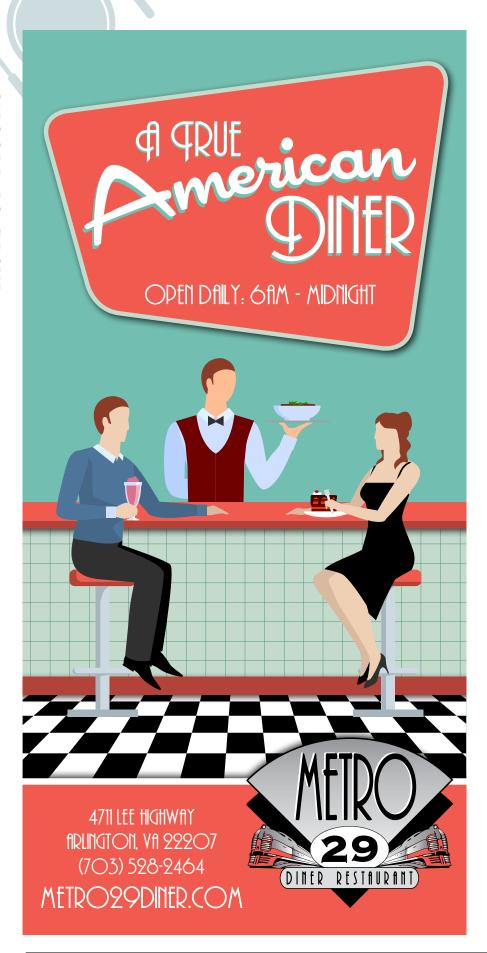
#### McLean | Mexican | \$

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

1433 Center Street | 703.790.1910 www.eltiogrill.com







#### 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

#### GREENBERRY'S COFFEE CO.

#### McLean | American | \$

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

6839 Redmond Dr. | 703.821.9500 www.greenberrys.com

#### HÄRTH AT HILTON MCLEAN Tysons Corner

#### McLean | American | \$\$

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

7920 Jones Branch Dr. | 703.761.5131 www.Harthrestaurant.com

#### J. GILBERT'S

#### McLean | American | \$\$\$

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

6930 Old Dominion Dr. | 703.893.1034 www.jqilberts.com

#### JOE'S SIMPLY AMAZING BURGERS

#### McLean | American | \$\$

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

6710 Old Dominion Dr. | 703.288.0288 www.joesburgersmclean.com

#### LA SANDIA

#### McLean | Mexican | \$\$

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

with innovative techniques and skillful presentation.

7852 Tysons One Pl. | 703.893.2222 www.richardsandoval.com/lasandiavirginia/

#### LEBANESE TAVERNA

#### McLean | Lebanese | \$\$

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

1840 International Dr. | 703.847.5244 www.lebanesetaverna.com

#### MOBY DICK HOUSE OF KABOB

#### McLean | Persian | \$

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

#### O'MALLEY'S PUB

#### McLean | Irish | \$\$

mobysonline.com

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

1960 Chain Bridge Rd. | 703.893.2100 www.omalleyspub.com/tysons

#### PAUL BAKERY TYSONS GALLERIA

#### McLean | French | \$

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

2001 International Dr. 1856G | 571.447.5600 www.paul-usa.com

#### **PULCINELLA**

#### McLean | Italian | \$

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

6852 Old Dominion Drive | 703.893.7777 www.pulcinellarestaurant.com

#### ROCCO'S ITALIAN RESTAURANT

#### McLean | Italian | \$\$

An institution in McLean, family owned and operated Rocco's has been serving up Italian delights and the area's best pizza for over

30 years. From fried calamari to genuine "Brick-Oven Pizza", you can find your favorites at Rocco's. Open for lunch and dinner seven days a week. Catering too! 1357 Chain Bridge Road # A | 703.821.3736

#### SEASONS 52

#### McLean | American | \$\$

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

7863L Tysons Corner, McLean | 703.288.3852 www.seasons52.com

#### SILVER DINER

#### McLean | American | \$

This location gives back to the community with its partnership with WolfTrap Elementary. Curbside carryout available. 8101 Fletcher St. | 703.821.5666 www.silverdiner.com/restaurants/tysons

#### STAR NUT GOURMET

#### McLean | American | \$

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

1445 Laughlin Ave | 703.749.9090 www.starnutgourmet.com

#### THE CAPITAL GRILLE

#### McLean | American | \$\$\$

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made Bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's Signature Cheeseburger with Parmesean Truffle Fries.

1861 International Dr. | 703.448.3900 www.thecapitalgrille.com

#### THE PALM RESTAURANT

#### McLean | American | \$\$\$

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

1750 Tysons Blvd. | 703.917.0200 www.thepalm.com/Tysons-Corner





Pulcinella serves a unique blend of authentic dishes from regions of south and northern Italy. Our banquet room in the lower level can cater any event you may wish to have accommodating up to 100 guests.

To plan your special event, please contact one of the corporate directors of catering at 703.893.4777



6852 Old Dominion Drive | McLean, VA 22101 703.893.7777 | www.pulcinellarestaurant.com



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

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

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



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

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#### 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

#### **MERRIFIELD**

#### **BLACKFINN AMERIPUB**

#### Merrifield | American | \$\$

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

2750 Gallows Road | 703.207.0100 www.blackfinnameripub.com

#### CYCLONE ANAYA'S

#### Merrifield | Mexican | \$\$

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

2911 District Ave. Ste. 170 | 703.992.9227 www.cycloneanaya.com

#### FOUR SISTERS RESTAURANT

#### Merrifield | Vietnamese | \$\$

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

8190 Strawberry Ln. | 703.539.8566 www.foursistersrestaurant.com





#### MATCHBOX VINTAGE PIZZA BISTRO

#### Merrifield | American | \$\$

This outpost of the popular D.C. pizza chain is located in the Mosaic District, close to the Dunn Loring Metro. Fresh ingredients comprise their salads, appetizers, sandwiches, pizza, and entrees. The cool, laid-back atmosphere with exposed brick walls and beams makes you feel as though you're in a loft. 2911 District Ave. | 571.395.4869

www.matchboxmerrifield.com

#### OPEN ROAD GRILL AND ICEHOUSE

#### Merrifield | American | \$\$

Owned by the group that brings you Circa, Trio Grill, and The Italian Market and Deli, Open Road Grill and Icehouse is inspired by the owners' love of cars, trucks, 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

#### 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

#### 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

#### BI'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.bisbrewhouse.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 beurreblanc sauce. Visit Café Renaissance for the most romantic dinner in Northern Virginia.

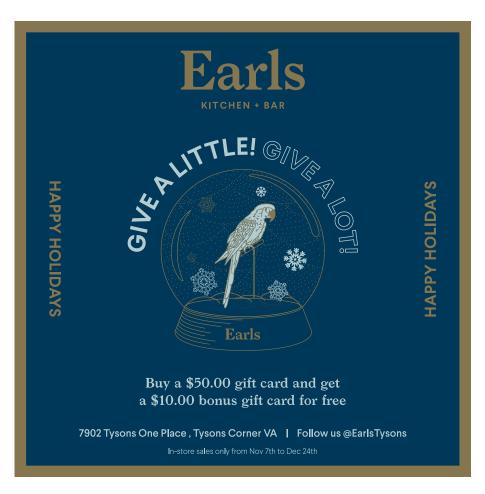
163 Glyndon St SE | 571.938.3311 www.caferenaissance.com

#### 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

#### 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



9917 Fairfax Blvd. • Fairfax, VA 22030 • (703) 385-5912



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

262 D Cedar Lane | 703.698.8010 neighborsrestaurantva.com

#### **NEISHA THAI**

#### Vienna | Thai | \$\$

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

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

#### **NOSTOS**

#### Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690 www.nostosrestaurant.com

#### PALADAR LATIN KITCHEN & RUM BAR

#### Vienna | Spanish | \$\$

Paladar offers a delicious array of Latin comfort food including six different kinds of soft tacos such as slow braised duck, roasted pork, or blackened fish. Larger plates include Grilled Skirt Steak Churrasco and "Ocho Hora" braised short rib. 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

#### PAZZO POMODORO

#### Vienna | Italian | \$\$

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

more authentic Italian meals."
118 Branch Road SE | 703.281.7777
pazzopomodoro.com

#### PEKING EXPRESS OF VIENNA

#### Vienna | Chinese | \$

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

#### 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

#### 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, yeal, and lamb.

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

#### SAKURA JAPANESE STEAK HOUSE

#### Vienna | Japanese | \$\$

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

8369 Leesburg Pike #10 703.356.6444 www.sakurasteakhouse.com

#### **SHAMSHIRY**

#### Vienna | Persian | \$\$

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The Zereshk Polo offers rice studded with tart red currants, and the Chelo Kabob Shamshiry was previously prepared and served in the Shamshiry restaurant in Tehran.

8607 Westwood Center Dr. | 703.448.8883

#### SUNFLOWER VEGETARIAN RESTAURANT

#### Vienna | Vegetarian | \$\$

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

2531 Chain Bridge Rd. | 703.319.3888

www.crystalsunflower.com

#### TYSONS BAGEL MARKET

#### Vienna | American | \$

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a 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

#### WOO LAE OAK

#### Vienna | Korean | \$\$

Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Offerings like Bibimbap and Korean barbeque keep diners coming back. Be sure to go on Mondays for half-priced bottles of wine and on Tuesdays, Woo Lae Oak offers a prix fixe dinner for two. 8240 Leesburg Pike | 703.827.7300 www.woolaeoak.com

#### **OAKTON**

#### LUCIANO ITALIAN RESTAURANT

#### Oakton | Italian | \$\$

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

Hunter Mill Plaza, 2946 Chain Bridge Road 703.281.1748 | Iucianoitalianrestaurant.com

#### OLD PEKING

#### Oakton | Chinese | \$

Specializing in Hunan and Szechuan

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

Hunter Mill Plaza, 2952 Chain Bridge Road 703.255.9444 | www.oldpeking.com

#### SANTINI'S NEW YORK STYLE DELI

#### Oakton | American | \$

If you're looking for a good corned beef or pastrami sandwich, this is your place. Santini's brings a taste of New York to the D.C. suburbs. Santini's has a variety of subs and sandwiches and New York style pizzas. 2975 Chain Bridge Rd. | 703.766.6666 www.mysantinis.com

#### TIGRIS GRILL

#### Oakton | Middle Eastern | \$

Tigris offers all natural charcoal-grilled Middle Eastern cuisine with a Halal menu. They offer a wide variety of appetizers, salads, sandwiches and platters. All recipes are originals by Owner/Chef Mofi, in particular the falafel, which is his own secret recipe.

Hunter Mill Plaza, 2946 Chain Bridge Road 703.255.5950 | www.tigrisgrill.com

#### YOKO SUSHI

#### Oakton | Japanese | \$\$

This traditional sushi house serves rolls, noodles & 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



www.shamshiry.com

# \*

# TOYS, GADGETS,

### GOODIES AND GIZMOS









BY LAUREN SIMMONS

Smart Rope Connected Jump Rope www.Tangram Factory.com Jumping rope is one of the most efficient cardio exercises, letting you burn up to 1,000 calories per hour. The Smart Rope tracks your fitness metrics, syncing with Tangram's SMART GYM app, with other fitness apps of your choice, and with Facebook. Not only that, but the rope's 23 embedded LEDs display your metrics in mid-air, making for a smarter, more immersive workout. Hop to it!

Water Garden Aquarium www.BackToTheRoots.com Bring the garden inside with a self-cleaning fish tank that grows food! The Water Garden creates a closed-loop ecosystem—the fish feed the plants and plants clean the

Pongo Portable Table Tennis Red www.Umbra.com Table tennis is an Olympic sport, but don't let the regulations hold you back. Umbra's Pongo portable table tennis set is about to revolutionize the way you play. This kit has everything you need to start a game anytime, anywhere. All you have to provide is a reasonably flat surface. So clear the kitchen table real quick! Or take a door off its hinges! Or play across the hood of your car! Any way you play, it's gonna be a whole new game.

Daytrader by LyonWorks and Italic Studio www.PlayDayTrader. com

Feeling bullish? Before you book it down to Wall Street, give it a trial run with Daytrader. This board game was designed to simulate the roller coaster of investing in the stock market. Should you buy or sell? It's your call. But having fun? You can take that to the bank.

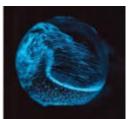
Dino Bioluminescent Sphere www.BioPop.com No more ant farms...hold the enchanting power of bioluminescence in the palm of your hand with Dino Sphere from Bio Pop. Simple and elegant, the Dino Sphere is an interactive living world that glows brilliantly when swirled at night.

This glass sphere contains living organisms that swirl and glow when you interact with them, a living crystal ball powered only by sunlight, water, and nutrients.











wireless ear buds...

simple one-tap setup,

automatically on and

They can sense when

and pause when you

always connected.

they're in your ears

take them out.

Apple AirPods. A

the AirPods are



### Fermentation Crock www.MortierPilon.com

Traditional pickling is an amazing way to turn all kinds of foods (not just cucumbers!) into savory, toothsome, nutritious snacks and toppings. It relies on fermentation to both preserve and transform practically any kind of produce. It is not to be confused with industrial pickling, which lacks its authentic taste, unique texture and irreplaceable nutritional value.

This kit has everything you need to start making your own pickles at home and the interior of all Mortier Pilon crocks and jars is 100% glass

# Apple AirPods Rugged Bookmark – www.Apple.com For a Great Cause The next level in www.EdenMinistry.com

Eden provides support to survivors of human trafficking where people are coerced, forced or deceived into sex work for the commercial benefit of others. Believing that hope and freedom are beyond their reach, Eden provides a safe haven where the women are taught a trade...leading to employment and a way out.

All 100% of profits from Eden Ministry benefit each woman that comes to Eden, so that more of the women that leave the red light districts can be provided with the opportunity to gain training and employment.

Ancient Chinese coins, suede cord, fits inside books up to 9.5" tall.

Backyard Horseshoe Set www.ShopTerrain.com

What a great way to spend outside on a brisk day—take this old-fashioned horseshoe set with you. Each set includes four shining horseshoes and two solid steel stakes, plus a rule book and wooden carrying case.

#### Tablift www.Tablift.com

The tablift is a patented tablet holder that allows you to use your tablet in places with uneven surfaces completely handsfree, giving you the freedom to sit or lie back and enjoy your tablet without having to hold it in your hands or rest it on your lap. You can watch movies, read, check your email, and play games in complete comfort by freeing your hands.

The tablift works with virtually all brands, models, and sizes, including all generations of iPads, full-sized and mini, as well as all generations and sizes of Samsung Galaxy tablets.











Photo credit (this page): Greg Hadley



(Top) Sun Design created this versatile kitchen suite in a Vienna home by removing a bearer wall, integrating several rooms into a larger footprint, then adding a new family room in the rear of the garage. The formal finishwork is part of a strategy to "mainstream" the kitchen. The plan features two parallel food preparation islands—and lots of space for both cooking and socializing.

(Above) The Van Wert kitchen suite segues to a rear deck which

# HOME FOR THE

### A Kitchen-centric Floorplan Suits the Season Perfectly—

#### AND ADDS VALUE THROUGHOUT THE YEAR

It's that time of year, the season when you re-examine the best ways to use your home as a place for indoor entertainment.

As images family, home and hearth come flooding in, it can be difficult sorting out what you want to do, when and how the changes might be put to use throughout the calendar year.

But if a home is a work-in-progress, a holiday is a wake-up call prompting you to re-consider how well your house serves your aspirations as a head-of-household, and as a host.

"The holiday season inspires homeowners to take a closer look at how well their house works as a place to entertain, and-



- not surprisingly-- a lot of the remodeling action in northern Virginia centers on the kitchen and the spaces around it," says Craig Durosko, founder of Sun Design Remodeling in Burke.

"As remodelers, we've been especially active in introducing kitchen-centric plans in homes that are fifteen years old or more. This is a solution that really makes sense for a world in which hosts have dual responsibilities in food preparation and interaction with guests."

"A good plan," he notes "brings food preparation into a highly presentable arena where the host can move in and out easily... checking on a dish, then mingling with guests. The demand for an open kitchen configuration has revolutionized the American home, and designs are becoming more nuanced with each project."

"Needless to say, the kinds of solutions that we've executed varied-enormously reflecting the diverse tastes and housing styles of our uniquely sophisticated community."

# Viewa—Fine cherrywood finishes and granite counter tops

For Jo Lynn Van Wert, the new kitchen in her Vienna home started as a kind of experiment in self-actualization.

"We began by simply looking for some new appliances-that was the starting point, " says Jo Lynn, "We thought we could maybe knock out a wall to open up the room, but weren't sure what the wall was supporting."

Ever resourceful, Jo Lynn downloaded a free CAD (computer aided design) program off the internet and set about learning the intricacies of kitchen makeovers.

"It was a fantastic experience," she recalls. "I added cabinets and counter

(At right) To make en suite dining in classic holiday dishes.

space, new appliances...but since I was working with the original footprint, I kept running into space problems. In reality, none of it was feasible. I was a little deflated...then I started talking with Jeremy Fleming."

Fleming, lead designer with Sun Design Remodeling in Burke, let the Van Werts in on a few trade secrets.

By relocating an adjacent dining room door, a longer wall surface ideal for additional cabinets could be created. The opposite wall might be replaced by an I-beam with vertical support columns; this change would integrate features of the existing family room (including a stonefaced hearth) with the kitchen and allow for a food preparation island and a freestanding range.

"The project took on a life of its own, but it was a logical progression," Jo Lynn recalls. "Three months after meeting Jeremy, we started construction and four months after that, we were finished. Amazing."

The raw numbers are impressive: the kitchen has more than doubled in size from 230 sq. ft. to 517 sq. ft.; over 100 sq. ft. were added to the rear deck; and the new family room is a third bigger than the old one.

Moreover, the family has more cabinet space than anyone thought possible. Fully 51 linear feet of custom-built cherrywood cabinets line the walls and surround the appliances. A glass display cabinet in the corner is reserved for the special and sentimental. "I never have to stack and restack," says Jo Lynn. "Now everything has its proper place."

And the project's aesthetics are even more impressive, since not all "kitchencentric entertainment suites" manage to so sublimely balance function and beauty.

"We tried to limit the design elements to a few visual components that work well together," says Fleming. "The stainless steel appliances and white oak flooring complement the granite countertops and cherry wood cabinets. We also were careful to disperse the cabinets, so they wouldn't seem monolithic. The resulting interior is a composition that reconciles texture, tone and color."

"The formal finish work was largely dictated by necessity," says Fleming. "For example, the cherrywood columns replace a load-bearing wall. There's a variety of textures and forms—but balance is the key."

The chef gets his kitchen

For Dave Mulligan, the Mulligan family's passionate cook, the whole house remodeling proposal already on the table didn't become personally interesting until the conversation shifted to the kitchen.

"Suddenly I saw that our kitchen was stuck in the 1980s," Mulligan admits. "It just was not designed to be a place where guests would gather in the same way they do in the living room or dining room."

With its U-shaped counter surfaces, 30 inch cook top range, limited storage and dim lighting, the old kitchen was decidedly backstage-the humble cockpit where the cook toiled away out of view.

CONTINUED ON PAGE 106



Photo credit: Bryan Burri



#### CONTINUED FROM PAGE 105

As if to stress the point, one leg of the existing counter top sequestered the cook's zone from the breakfast table and family room. When there was a party underway, it was up to Dave or his wife Nancy to regularly convey edibles between the kitchen and the formal entertainment areas.

"I understood how an open kitchencentric plan was supposed to function,," Mulligan says." But it's the details that make it work, and that's where design expertise really counts."

To this Craig Durosko adds: "The kitchen's work zones were pretty well rationalized. The real question was: how well does the space serve the Mulligan's requirements—functionally and aesthetically?"

To create a more fluid relationship between the kitchen and the front to the house, Durosko and team relocated an obtrusive hall closet, widening an archway so that the kitchen would be in view from the front foyer.

Sightlines being critical, ceiling-flush HVAC bulkheads were re-routed to make way for tall cabinets trimmed in crown molding. Other finish work details—cherrywood cabinet facings, stainless steel appliances, textured marble backsplashes—converge to present a warmly textured, yet visually neutral surface.

(Above) With a six-burner range oven, two refrigerators and food preparation island forming the chef's work triangle, it's easier to prepare complex dishes. Task lighting provides visual support needed to tend to fine details.

All of which opened up the possibilities for a still more differentiating design element: a custom-designed coffered ceiling.

"The ceiling is one of the best features of the new kitchen," Mulligan says. "It beautifully defines the whole space."

On the other hand, there's much to be said for the custom-designed food preparation island and dining counter. With it's 6' x 6' x 8' triangular surface, the configuration perfectly supports food preparation and clean-up tasks while accommodating place settings for three.

To make the island still more inviting, seats at the counter are slightly lower than standard height, a psychological invitation to join the party reinforced by the soft-leather chairs.

"You're dining in the chef's kitchen now, "Mulligan says. "It's great spot to sample dishes, sip wine...and enjoy."

Raising the roof, removing walls, re-integration

Sometimes most dynamic possibilities for an interior design solution may only be revealed in unexpected ways and over time. The owners of a Fairfax Station colonial were certain they had "made the house their own" when they remodeled the kitchen fourteen years ago.

The makeover had everything: a U-shaped counter with easy access to stove, refrigerator and clean-up; pleasant maple cabinets; a pantry in an adjacent family room.

Moreover, the plan discretely partitioned the kitchen from the family room; the cook's work space from the breakfast nook.

But fast forward a few years, and what a difference a stunning realization can make.

Now empty-nesters, the couple had been looking at ways to deepen their satisfaction with their home—which is situated in a lovely leafy setting, and is frequently the site of extended family entertaining.

The large screen porch off the family room was designed to segue into well-landscaped acreage complete with decking, hot tub and sports court. The window wall in the breakfast room, likewise, exists principally to emphasize the home's visual connectivity to natural surroundings.

All these matters considered: why shouldn't the kitchen also be an "open" affair, a place where the cook can interact with

guests while still enjoying the omnipresence of a beautiful day?

Still, the revolution in the owner's thinking about the kitchen had humble origins, beginning with a simple desire for a wider, deeper refrigerator.

Asked for a solution, Sun Design's Liz Lee proffered a plan that would accommodate a deeper refrigerator, yet also pointed to larger horizons that might feasibly be pursued.

"Raising a ceiling usually makes a room seem much larger. Especially when you have the kind of indoor/outdoor connectivity this house was designed to profile," she says.

Working with rooms that suddenly seemed expansive, even generous, Lee's plan deftly reconfigures the 90 square foot galley kitchen into a more confluent relationship with the breakfast nook and family room.

To gain floor space for new appliances, the designer relocates the doorway between the kitchen and dining room to the middle of the wall, installing a pair of frosted glass pocket doors for both privacy and added natural light.

Deleting the cumbersome pantry between the kitchen and the family room, the designer next opens up the space by wrapping an interior wall with custom-designed floor-toceiling cabinetry.

Situated between a pair of archways linking the house from front to back, the piece features two glass-facing cabinets

back lit to artful effect. As the new home for the couple's stemware and fine china, the built-in displaces a bulky space-consuming hutch in the breakfast nook. Better yet, its 8' x 2' bianco romano granite surface more than triples the kitchen's horizontal serving capacity.

Meanwhile, a substantially larger refrigerator, wine cooler and microwave now occupy formerly restricted kitchen floor space which opens invitingly into the family room.

Roughly paralleling the new cabinet console, a curvilinear multi-level surface that gracefully curves into breakfast nook replaces the existing L-shaped counter. Equipped with a pair of stainless steel clean-up sinks and a dining counter with two stools, the new design functions as a casual mid-room gathering spot-- steps from the breakfast table, an easy stride from the mudroom, new pantry and laundry room.

Better yet, the new interior allows the owner to take in the backyard views while standing at the sink.

Balancing the panoramic sight lines, the thoughtful finishwork gives the space its panache and brighter, lighter ambiance. A stone and glass tile backsplash unifies kitchen walls with the elegant new china cabinet. Crown molding and other detailing marry the bold new built-in to the home's fundamentally formal interior design elements.

"The execution is pretty consistent with what has come to be known as transitional design style," Lee observes. "Formal elements carefully integrated into an open plan allow for easier interaction within a cohesive aesthetic presentation."

For the owners, that also means it's easier to tend to the kitchen while also entertaining and, as the holidays approach, the timing couldn't be better.

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: 703.425.5588 or 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 or http://www.HomeFrontsNews.com/"www.HomeFrontsNews.com."

(Below) By eliminating a wall dividing the kitchen (left) and the family room and introducing a floor-to-ceiling custom cabinet, a new space plan effectively unifies the entire first floor of a Fairfax Station center hall Colonial.



Photo credit: Mitro Hoo



On its 50th anniversary in December, McLean's annual Holiday Homes Tour will focus on individual architectural styles, from a large, handsome 1951 colonial in McLean's center to three elegant, custom-designed homes on the north side of the community. Set for Thursday, December 1, from 10 a.m. to 3 p.m., the tour will coincide with a MarketPlace from 9:30 a.m. to 3:30 p.m. at Trinity United Methodist Church, 1205 Dolley Madison Blvd., in McLean. That event will feature holiday items, a variety of gifts, jewelry, home-made delicacies, lunch, vendors, tour tickets and a silent auction. Tickets for the tour are \$25 before December 1 and \$30 on tour day.

Home 1, on Turkey Run Road, built in 2012, has an attractive brick-and-stone façade that is symmetrical overall but has varied gable heights; it also has unusual flared eaves. The two-story home is on a 1-acre lot and has a 5,423-square-foot aboveground living area. A striking two-story foyer leads on the left to a formal yet comfortable living room and on the right to a formal dining room. Beyond are a window-lined family room and a kitchen with a "Hermes" island, built-in appliances and custom cabinetry. The house has five bedrooms, five baths (plus three half-baths), a covered porch in the front, a patio and sitting areas in the back and a three-car garage.

Home 2, on Mackall Ave., with a 7,111-square-foot aboveground living area, is somewhat larger than Home 1 but is also on a 1-acre lot and is distinguished by 12-foot ceilings and often parallel hallways that extend across the house. Completed in 2014, the two-story

home has five bedrooms, five full baths (plus three half-baths), some with special features; a large, comfortable screened porch; other, open porches, three fireplaces and an attached two-car-plus garage. Numerous large windows bring nature into the home.

Home 3, on Swinks Mill Court, is the largest of the tour houses, with an aboveground living area of 8,429 square feet. Built in 2001 on a .83-acre lot, the home has six bedrooms (plus three bedrooms/dens in the basement), five baths (plus three half-baths), eight fireplaces, two garages with living space above (and attached to the house with a breezeway), a two-story family room, a sunroom, a home theater, a garden, a steam room, sauna, and weight room; a party room and a 900-square-foot swimming pool.

Home 4, on Calder Road, is a beautifully restored and expanded 1951 colonial in central McLean. A large addition was built in 1990; county records for the house note that the "effective year it was built" was 2003. With two stories, the home has an aboveground living area of 5,514 square feet; it is on a .58-acre lot. It has five bedrooms, five baths (plus one half-bath), a spacious backyard with a 550-square-foot pool, a pool house and beautiful landscaping planned for year-round blooming.

All proceeds of the Holiday Homes Tour and the MarketPlace will go to local charities and nonprofits. For more information, call 703-556-0197 or visit www.mcleanwomansclub.org. ❖





### WOMENS CLUB OF MCLEAN

By Carole Herrick

The Holiday Homes Tour is the primary fundraising project of the Woman's Club of McLean. Since its inception the Woman's Club of McLean has raised over \$1,000,000 through the homes tour alone and donated the proceeds to the community. In addition to scholarships, a few of the local charities and nonprofits that have benefited from this half-century tour event include: The Wounded Warrior Program at Vinson Hall, Alternative House, Fisher House, Capital Hospice, Share, McLean Symphony, McLean Orchestra, McLean Project for the Arts, McLean Volunteer Fire Department, Falls Church/McLean Children's Center, and Claude Moore Colonial Farm.

The Woman's Club of McLean was founded with 18 members on February 4, 1958, and was inducted into the General Federation of Women's Clubs the following month with 39 charter members. Betty Squire was McLean's first president, followed two years later by Olive Staley. This was an era of "at home mothers" and the period when McLean began to grow from a sleepy rural farming community into the suburban style atmosphere we know today. These women wasted no time in pooling their talents to help better the expanding community by volunteering when needed and beginning their fundraising efforts. One of their early projects was a "Silver Tea," held in 1960 at Susan and Clive DuVal's historic home, Salona. The proceeds went toward the purchase of a 2,000,000 volt x-ray machine, known as a maxitron, for the Medical College of Virginia. In 1963, McLean residents began a movement to build a community center that would support civic, cultural, social, and teen activities. The Woman's Club of McLean was heavily involved in the project and, along with other organizations, gave hard-earned funds to get the venture "off the ground." Beginning in 1966, the club began sponsoring a "Matinee of the Arts" program to give music, ballet, and art students in area schools an opportunity to perform and show their work before the public. McLean schools then received additional funding for their art and music appreciation budgets from the ticket sales. Recently the club began working with American Legion Post 270 at McLean High School's Memorial Grove to honor

McLean High graduates who fought or died serving in the military, police force, or fire department.

There were many other projects the club tackled over the years, including a cookbook, but it is the Holiday Homes Tour that is the hallmark of its accomplishments. The first Home Tour was held in 1966. It featured eight homes, a ticket cost \$2.00, tour-goers provided their own transportation, and patrons could begin at any home. The following year, the admission price was increased to \$2.50 and the tour was supplemented with a crafts boutique, sandwiches, and drinks that were available at a central location - which was the model home for the new Evermay subdivision. The ticket price steadily rose over the years until reaching today's price of \$25.00. The boutique was eventually phased out and replaced with vendors. In later years shuttle bus service was occasionally available, but this amenity is difficult because not all of the homes are able to accommodate such large vehicles.

The Holiday Homes Tour is about more than raising money for area needs: it indirectly offers a unique way for the public to learn about McLean's history. The tour was, and still is, a blend of the past and the present. The Woman's Club of McLean preceded the McLean Historical Society, which formed in 1992, and inadvertently began generating an awareness of McLean's rich history through its annual Holiday Homes Tour. The McLean tour provides a pamphlet that includes a brief history of each house. After all, each house has a story to tell, whether it be a pre-Civil War structure that has weathered the trials of time, or one recently built on the land of a former farm.

The community owes a debt of gratitude to the McLean Woman's Club. Its members have provided residents an opportunity to visit some of McLean's most interesting homes over the past 50 years, and in so doing, have raised not only money, but an awareness of architecture, landscaping, decorating, and McLean's rich history.



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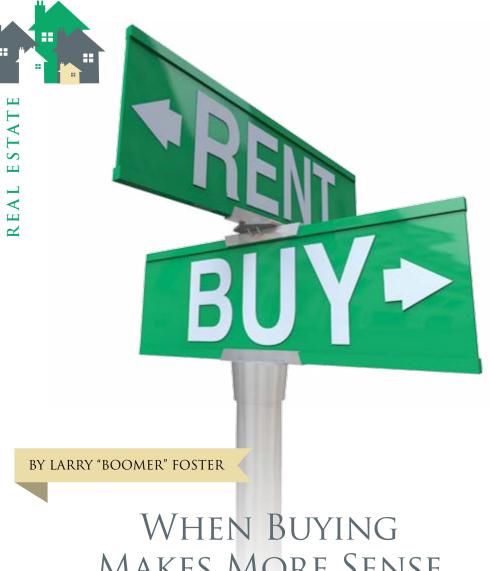
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Surveys of renters show that the desire to own a home remains strong even after the housing crisis. In fact, 75 percent of Americans say they want to own a home and 80 percent of millennials aspire to homeownership<sup>1</sup>. The good news is that current financial incentives to own a home are aligned with consumer preferences. Rising rents, low mortgage rates and the availability of low down payment loans make buying more attractive nationwide and in individual markets.

Analysis of real estate data on a national basis shows that it's cheaper to buy a home than to rent in all but a handful of markets. In the Washington, D.C., region, high rents and low mortgage rates combine to tilt the scale in favor of buying. In some submarkets in the area, buying can be far more financially savvy since rents have continued to rise while home prices have stabilized.

When comparing rental prices to ownership options, you should also factor in the tax advantages of buying a home and the ability to build equity in your property as you pay down your mortgage balance. Low mortgage rates keep buying more affordable, too, since borrowing at a 3-4 percent interest rate keeps the portion of your payment that goes to interest very low.

#### KICK STARTING YOUR DECISION TO BUY

Deciding the time is right for you to buy your first home depends first on your commitment to stay in an area. Generally, it's best to buy and hold property for five to seven years to recoup the costs. However, keeping the property and renting it can be a viable option if you find you need to move sooner.

Some renters opt out of looking for a home to purchase, erroneously believing that they need a down payment of 20 percent and perfect credit to qualify for a loan. In reality, numerous programs are available that require a down payment as low as 3 or 3.5 percent, and some homes can even be purchased with zero down if the property is approved for USDA financing or the buyer is a veteran. In addition, many first-timers can obtain down payment assistance through state or local homebuyer programs.

Qualifying for a loan is easier than many renters believe, although you do need good credit (generally a FICO score of 640 or higher) and sufficient income to repay the loan. Consulting a lender is the best way to determine whether you can be approved for a loan now or need to improve your finances for a future approval.

If you're thinking about buying a home, consult a Long & Foster agent who can help you narrow your priorities and find a variety of housing options to meet your needs. Representatives from Prosperity Home Mortgage are also available in most Long & Foster offices to help you evaluate your financing options for homeownership. ❖

AUTHOR: Larry "Boomer" Foster is the President of Long & Foster Real Estate.

#### SOURCE

1. Trulia, Housing In 2016: Hesitant Households, Costly Coasts and the Bargain Belts, http://www.trulia.com/blog/ trends/2016-housing-predictions/

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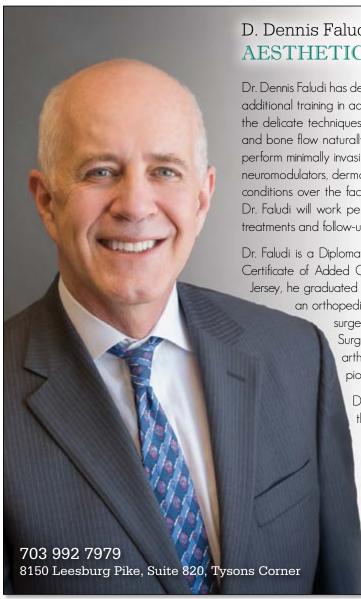
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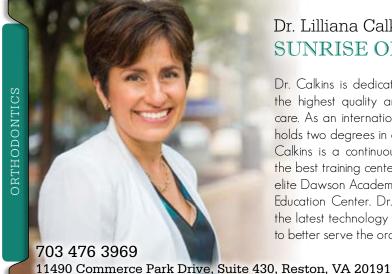
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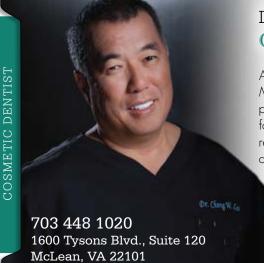
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Rose is a certified financial planner (CFP) practitioner, a partner at VLP Financial Advisors, and a board member of the Financial Planning Association (FPA). She believes that strategic planning is the key to creating, protecting, and growing wealth. 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.

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### Adventures in Learning

Vienna/Oakton seniors sign up for class

SOCIAL ACTIVITY - BP SCREENINGS - SNACK AREA - COORDINATORS TO ANSWER QUESTIONS - DISPLAY OF ORIGAMI, ONE OF THE CLASSES

For most students schools start before or right around Labor Day. For certain older students, the rush to sign up for classes took place later in the month.

Three times a year, the Shepherd's Center of Oakton-Vienna hosts its hugely popular program called Adventures in Learning, a series of classes that are presented each Thursday for eight weeks. Participants can attend up to four sessions each week, choosing from series like Health and Wellness, World Affairs, and Potpourri. One \$40 tuition per semester pays for as many classes as one chooses to attend. This semester even includes a bonus class in art where students learn origami or practice "Zen Coloring." Some students congregate for Socrates Café, "a deliberative group that discovers, challenges and deepens our assumptions about life's most vexing questions."

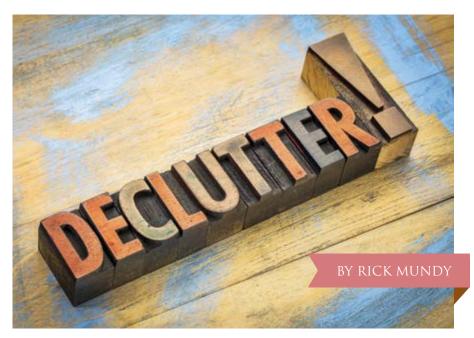
While AIL offers a great learning and social experience for area seniors, it turns out that AIL Registration Day is also a tremendous social gathering for area seniors. Held at Unitarian Universalist Congregation of Fairfax in Oakton, the day is ostensibly the time to register for class. It seems however that the many people attending are there for more than sign-up. Activities included fall prevention screenings, blood pressure screenings, origami displays, and a snack area with refreshments provided by Sunrise at Hunter Mill. Folks gathered throughout the Program Building to chat, share ideas and catch up since the last SCOV program took place.

Visiting the snack area, one could find Betty Somerville welcoming and helping visitors. "I'm 88," says Betty, "and I'm still volunteering." Over in the corner was Ben Sands, who makes three dozen snickerdoodles for Lunch 'N Learns as well as Sign-Up Day. As Ben explains. "When you wake up at 3:00 in the morning, what else is there to do?" The snickerdoodles go over very well with all takers.

Across the hall, Health Advocate Casey Tarr was busy helping visitors with the health screenings as the registration day progressed. Of course the registration desk was busy all morning with people signing up for the upcoming sessions as well. Looks like another successful Adventures in Learning classroom semester and Registration Day. \*







With help, you really can declutter your home. Called "The Queen of Clean," New York's Barbara Reich, simplifies decluttering projects for others by having categories they can use.



Give. Pass family heirlooms to your kids as holiday or birthday gifts, except for things that have significantly increased by value, such as art work or

a vintage sports car. Leave it to an heir in your will so a receiver doesn't have to pay capital gains taxes.



Sell. Beyond garage sales, there are consignment shops and the Internet. Fairly new electronics like cellphones bring money on uSell and

Gazelle. A used book store can determine the value of your books.



Liquidate. A liquidator will run an estate sale. Julie Hall of the American Society of Estate Liquidators suggests interviewing several. Hall is the author

of The Boomer Burden: Dealing With Your Parents' Lifetime Accumulation of Stuff.

Ask for references, fees (an average of 35 percent) and a copy of the contract.



**Trash it.** Before renting a dumpster, call a junk hauler or local bulk-trash pick up service and drag your trash bags to the curb. Don't include electronics, which

contain heavy metals. Some recycling sites charge a few dollars for handling old computers and such, but at least they aren't damaging the landfill.

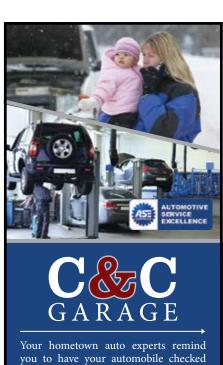
### Keeping your home decluttered:

Get a label maker. Label storage drawers so you and your family know what's in them.

*Use trash bags.* Collect items you'll donate. Then be sure to do it.

*File folders.* Keep categories broad. Narrow categories make filing hard.

Get nice storage boxes. Use for items you want to access. They can be stacked, labeled and displayed. ❖



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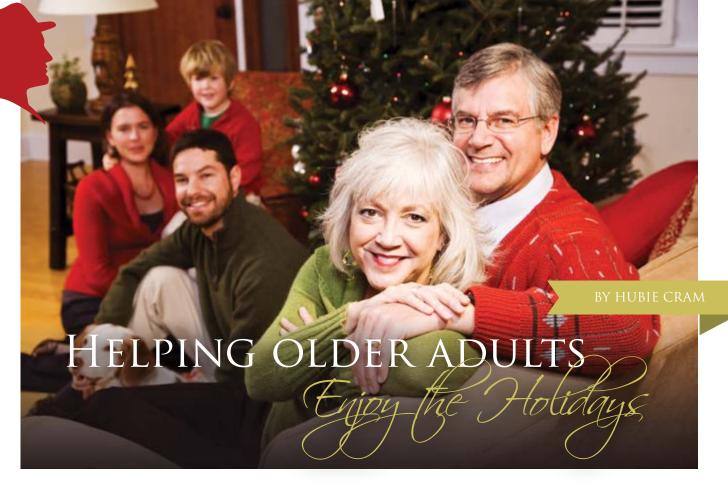


DRS. SHAHLA SHAKERI AND BIJAN AHMADI



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The holiday season is a time for gathering with family and friends to share our lives, our memories, our traditions. However sometimes these events can be stressful unless one considers the challenges and limitations of older adults in our midst. And those who live alone also need special attention at this busy time. Not every moment will be a delight, but don't worry. Just remember to be sensitive and loving and everyone can have a joyful holiday.

Here are a few ideas to help make sure that Grandma and Aunt Betty enjoy this special time of year.

- Older adults, like all of us, need new things to anticipate. Add
  a new experience to their holiday celebration, go window
  shopping, take a drive to see festive holiday decorations like Bull
  Run Park and others, or listen to the sounds of the season at a
  local restaurant or shopping plaza.
- 2) A great way to bring older ones happiness is to help them see their friends or even to make new friends. Have a get together of their friends and acquaintances where they can socialize and build new relationships. You might include a white elephant gift exchange, play music and have some fun. This activity will also provide them something to look forward to, and a reason to dress up and feel good.
- 3) Plan ahead for large gatherings. If the older family members tire easily, you may want to limit the number of activities or the length of time they are included.

- 4) Keeping your home comfortable for the seniors will also help with their enjoyment. Have a chair or other seat that they can get into and out of easily. Keep the temperature warm or have a blanket or sweater handy. If you have space, keep a room available without TV so there can be someplace quiet to go if desired.
- 5) Get them involved. Invite family members and guests to help as they are able. Tasks might include folding napkins, arranging flowers, greasing baking pans, or setting the table. There are usually many things that need to be done so make it easy on yourself and let the others feel needed.
- 6) Plan activities. People can join together to play cards, do a jigsaw puzzle, decorate cookies. These activities can make new memories and great conversation.
- 7) Reach out. Social connections are especially important at the holidays. Loneliness is a tough emotion for anyone and older adults are often alone so reaching out to those you love or even those with whom you are less acquainted can have a major impact on folks.
- 8) Finally, outside of the gatherings, you can help your loved ones by helping them get ready for the holidays themselves. Whether it is helping address and mail cards, decorating their homes or rooms, taking them to concerts or church services, your senior probably has a list of things they'd like to do to prepare for the holiday and your assistance will be hugely appreciated.

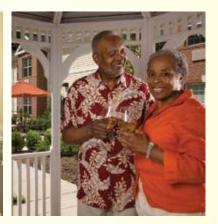
After all, giving your elders your time, your attention, and your love is going to be their best holiday gift. ❖



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When Juan Tuason and Ranjit Kohli decided to form a business together, they hoped the friendship would survive. After four years the business is strong and "so far, we're still friends," they report.

They wanted to create something that was local, people-oriented, and served the community. With both of them having had the experience of their own parents aging, they knew of the tremendous challenges in helping seniors age in place.

Paragon home care provides services for seniors living at home who can use some assistance. Those services include personal care services, meal planning and preparation, light housekeeping, laundry, companion care, grocery shopping, and more. Services are provided hourly, daily, or as a live-in approach.

It was only natural to provide a service that would give seniors the excellent care they needed, while providing peace of mind and a break for their families. With Tuason and Kohli all relationships are important, and with that as their premise, Paragon home care is a leading provider of senior home care in Northern Virginia.

"When you're tending to your parent's every need all day, there is no time to be a family member, to your parent, your spouse or your children" explains Juan. "By working with us, a family member can be the son or the daughter, not the primary caretaker."

In the same way, relationships between the caregiver and the person being cared for are also extremely critical. "We work extra hard to find a good match between our caregiver and the client," says

Ranjit. "We look for a strong bond and when both are happy, that's a great fit."

Caregiver relationships with Paragon include getting to know those caregivers very well – their family needs, their strengths and abilities, as well as any concerns like pet allergies. Paragon caregivers are a part of the team, not a cog in the wheel. "Our clients can tell the difference and the caregivers tell us that we're not like other home care services," adds Juan. "All of our caregivers are unique so we respect them as individuals."

"Early on we held roundtable discussions with seniors and with caregivers. We understand that clients want people they can trust, that they can form a relationship with" says Ranjit. "We will never be a company where the employees come and go. Clients cannot establish a real bond with short-time employees."

Paragon home care is licensed by the state, bonded and insured, and they only hire W2 employees. All caregivers are carefully screened and most come recommended by others.

In the past two years, Paragon has grown 400% due to the extreme care that Tuason and Kohli have taken to build their company – and those relationships – right. "We love what we do because we love serving people," says Juan. Apparently the two men's friendship is likely to last.

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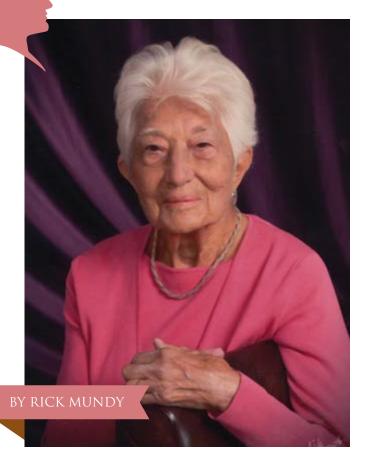
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When Frederick died, Marjorie attended Strayer to learn shorthand and quickly landed a position as a secretary. She advanced to executive assistant and saved so that her daughters could attend private school and college. During much of that time she even worked three jobs to ensure that they were well supported. Introduced to Lawrence Walsh through a friend, she took a position with his office in New York. When he was later appointed as Deputy Attorney General to Dwight Eisenhower, he convinced her to work in his office in Washington. She continued as an executive assistant in the administrative office of the Director of US Courts until her retirement in 1969.

Marjorie has had a great love of travel and following her retirement she would travel for a month each year to explore exciting places—Germany, the British Isles, Austria and the Czech Republic, Spain and Portugal, Italy, even the Greek islands. On her 90th birthday, she visited Thailand and rode an elephant. Although she cannot walk now, she continued to walk until last November.

She was active in her church in Annandale for many years, volunteering wherever she was needed whether with the Meals on Wheels program, with the Vestry, or wherever they needed help. Everyone in the church knew her.

### Marjorie Williams

#### DETERMINED MOM, DEVOTED VOLUNTEER

Marjorie Williams was just 34 years old when her husband passed away too young. Her daughters were just six and eight years old. She had to work long hours to provide for them and for herself. Born in 1911 and celebrating her 105th birthday this November, she can't really speak, so her daughter, Carol, recounted her life.

Marjorie had grown up in Staten Island, New York. Graduating from Curtis High School, her first job was a clerical role working for Warner Brothers in the city so she took the Staten Island Ferry to Manhattan each day for work. When she was about 25, she met her future husband, Frederick. Once married, they moved first to Harrisburg, then Puerto Rico where he worked for the Federal Reserve, then back to New York. So she was used to picking up and moving for the right opportunity.

When Marjorie was given a cat around age 89, she objected because she didn't think she would live long enough to care for her. Today both she and the 17-year-old cat are going strong.

A lover of classical music, she had tickets to the National Symphony for 50 years. She also enjoys going out to eat and enjoys a special treat of dining at L'Auberge Chez Francois on her birthday each year. In fact the staff there is always excited to see Marjorie and prepares meals especially for her.

Reflecting on her mother's life, Carol adds that "she has always been there for us. In fact, she is appreciated by everyone who has ever known her. I have never known of an argument she has ever had. She is just so easy. And she is the best traveling companion anyone could have. Whatever we wanted to do was fine with her." Marjorie's caregiver, Jemila, her constant companion for the past year, quickly adds, "She is very kind, so sweet."

And so, dear Marjorie, Happy Birthday! \*

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#### Area Memory Cafes

A monthly gathering of individuals with memory loss along with their caregivers in a safe, supportive, and engaging environment.

#### FAIRFAX AREA MEMORY CAFÉ

4th Tuesday, 1-3pm, Providence Community Center 3001 Vaden Drive, Fairfax Contact: Carol Blackwell 571 236 6933 lovriver@aol.com

#### HERNDON MEMORY CAFÉ

4th Monday, 2:15-4pm Herndon Senior Center 873 Grace Street, Herndon Contact Pat Williams 703 904 3994 x103

#### INSIGHT MEMORY CAFÉ

1st Wednesday, 2-4pm, Insight Memory Care Center 3995 Pender Drive, Suite 100, Fairfax Contact: Christi Clark 703 204 4664 Christi.clark@insightmcc.org

#### MEMORYCAFE4U

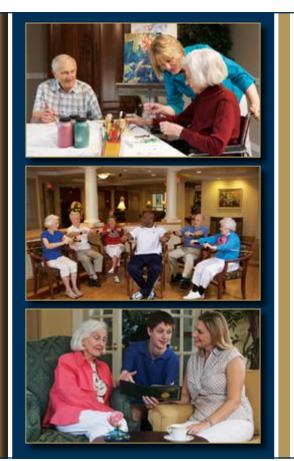
1st and 3rd Thursday, 2-4pm, Andrew Chapel UMC 1301 Trap Road, Vienna Contact: Carol Blackwell 571 236 6933 lovriver@aol.com

#### RESTON MEMORY CAFÉ

2nd Tuesday, 1-3pm, Reston Community Center 2310 Colts Neck Road, Reston Contact: Karen Brutsche 703 476 4500 karen.brutsche@fairfaxcounty.gov

#### STERLING MEMORY CAFÉ

2nd Saturday, 12-2pm, Galilee UMC, Youth Center 45425 Winding Road, Sterling Contact: Tim Frank 703-299 5622 tim@acesemb.com



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#### Area Senior Centers

These Fairfax County centers are all open Monday through Friday, 9 a.m. to 4 p.m. except Herndon (see below). For a complete calendar of events for each center, go to fairfaxcounty.gov/ncs/calendar.htm

BAILEY'S SENIOR CENTER 5920 Summers Lane, Falls Church, VA 22041, Phone: 703-820-2131, TTY 711

HERNDON SENIOR CENTER 873 Grace Street, Herndon, VA 20170 Operating Hours: Mon. – Thurs., 9am – 8pm, Fri. – Sat., 9am – 4pm Phone: 703-464-6200, TTY 711

JAMES LEE SENIOR CENTER 2855-A Annandale Road, Falls Church, VA 22041, Phone: 703-534-3387, TTY 711

LEWINSVILLE SENIOR CENTER (Activities temporarily relocated to Lewinsville Retirement Residences) 1515 Great Falls Street, McLean, VA 22101 Phone: 703-442-9075, TTY 711

LITTLE RIVER GLEN SENIOR CENTER

4001 Barker Court, Fairfax, VA 22032 Phone: 703-503-8703, TTY 711

PIMMIT HILLS SENIOR CENTER 7510 Lisle Avenue, Falls Church, VA 22043 Phone: 703-734-3338, TTY 711

SULLY SENIOR CENTER 5690 Sully Road, Centreville, VA 20120 Phone: 703-322-4475, TTY 711

### OTHER SENIOR CENTERS

CITY OF FALLS CHURCH SENIOR CENTER 23 Little Falls Street, Falls Church 703 248 5020 Open M-Th 8am – 10pm, Fr 8am – 11pm, Sat 8:30am – 11pm, Sun 2 - 6pm Full calendar of events is at fallschurchva. gov/DocumentCenter/View/1173

GREAT FALLS SENIOR CENTER
Full calendar of events is at gfseniors.org/
the-gfsc-calendar-of-activities.html

THE TOWN OF VIENNA has a full program for mature adults which you can peruse at www.viennava.gov/DocumentCenter/Home/View/490. Everything from free lectures on retirement and river cruising to exercise and fitness opportunities.



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### ASK AN ADVISOR

With the holidays coming up this edition of "Ask an Advisor" focuses on families and finances.

#### How do I talk to my family about my assets?

Depending on your level of wealth, discussing your financial situation with adult children can be a challenge. How much to disclose, when to disclose it, and how to have the initial conversation are all very real and important questions.

#### How much should I disclose?

Most people want their children to be motivated to make their own way in the world and not to think they can sit back and rely on a future inheritance. If this is the case, initially consider sharing only what is necessary. For instance, assure your children that you have the means to support yourself and spouse comfortably through retirement, and that long-term care (or the funds required for such expenses) are in place. If you have the means and plan to help support your children's families with large expenses such as a home purchase or education expenses for grandchildren, consider disclosing the terms of that assistance upfront so that expectations (and boundaries regarding that assistance) are set.

#### How should I start the conversation?

Ideally, try to set a time with your adult children to discuss your financial plans when everyone is at ease. A casual environment is normally best, so the perfect time might be a few minutes of time set aside around a family gathering or holiday visit. Try to arrange a bit of time away from any large groups though, and definitely without grandkids or other family lingering around.

Another option is to set up a structured family financial planning meeting. Many good financial advisors are happy to provide this service either as part of their core planning service or for a modest additional fee. These meetings are an ideal forum to discuss things like the appointment and role of trustees, guardians, executors and attorneys.

#### When should I talk to my family about my entire estate?

This is a question that we get a lot. I think it may depend on the maturity and responsibility of your children. If you are nearing retirement age it's a good idea to talk about what you own and how assets are titled. I can't stress enough that you need to have a secure place that

contains information about your assets, your will, and your medical directives, and your adult children need to know where to find this information.

### How do I talk to my adult children about saving for Their retirement?

While you might not want to pry, most parents want to have comfort that their adult children, especially those who have recently left the house or are starting a family, have a plan for their own financial security. Sometimes it takes the pressure off when the conversation stays casual and helpful rather than inquisitive, and initiating the conversation during a one-on-one moment when you're already together helps to keep the stress down.

A good way to start is to ask about his/her overall employment benefits to see if their company offers a 401k, and if so, are they contributing to the plan. Also consider giving them some insight into when you started saving, adding an example or two of how over time your family benefited. Be sure to share how you were once in their shoes and how you found that having a process in place for regular and routine saving greatly reduced the stress around future financial decisions.

If these types of conversations don't come easily and you're concerned about your children's financial decisions, you may want to have a trusted intermediary who can help pass along the financial advice. It might not be the words of wisdom that are the problem, it might just be the person who is saying it, and so we encourage our clients to schedule time to introduce us to their adult children. While it's ultimately your children's decision on whether or not to take such advice, you'll have comfort knowing you've provided them with trusted resources to consider. \*

AUTHOR: Daniel Lash, CFP®, AIF® is a partner and financial advisor at VLP Financial Advisors. He believes that strategic planning is the key to creating, protecting, and growing wealth.

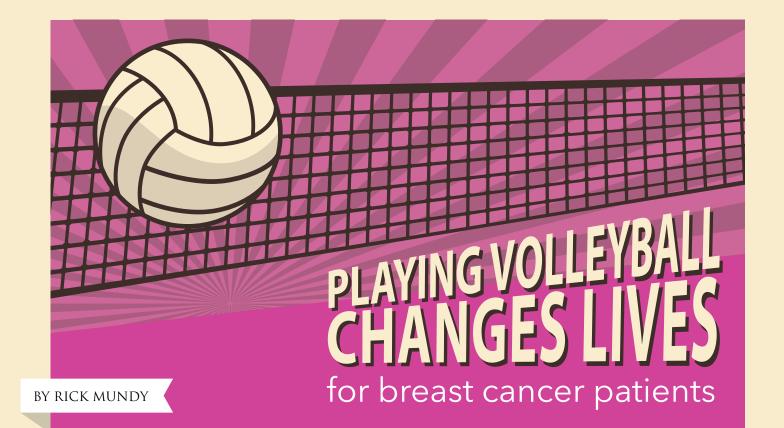
Have a question for an Advisor? Email info@vlpfa.com

#### **VLP Financial Advisors**

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For the past ten years girls' volleyball teams across the country have been making a huge impact in the fight against breast cancer. And it started with a small idea from volleyball coach Rick Dunetz.

Gloria Dunetz, Rick's mother, was diagnosed with breast cancer many years ago. Over the early years, she followed a typical path – breast exam, lumpectomy, removal of cancer cells, chemotherapy, years of follow-up with her doctor. Gloria was feeling well, and wasn't thinking much about the cancer.

One day her trainer noticed a spot on the back of her neck. When her doctor did a biopsy, the diagnosis was metastasized stage 4 breast cancer that had spread through her body. Of course the news was devastating.

Coach Rick reasoned that if Mom would come to a volleyball game, it might lift her spirits and she was indeed excited to attend. The other outcome was that the team became highly motivated to win the game for her (which they did.)

Rick developed the idea further, holding local Dig Pink volleyball events to raise money that would have an identifiable impact on combating breast cancer and in that first year raised \$40,000 locally. The money was donated to Life with Cancer affiliated with Inova Hospital. Thinking even bigger Rick fired off an email blast to tens of thousands of volleyball coaches across the country that generated \$400,000 in the first year at Dig Pink events nationwide.

What should be done with the money? Gloria's oncologist put her husband, Bryant, in touch with Dr. Daniel Von Hoff who had just completed a \$7 million cancer trial but knew his work would be helpful to women with breast cancer. Von Hoff proposed that Rick and Bryant, Rick's dad, establish a clinical trial for breast cancer.

With lots of help from the doctors, they built the protocol for a 25-patient study and Side-Out One was launched. The outcome was the coveted identifiable and impactful result and was reported in a highly regarded professional journal. Desiring to replicate the results, they developed Side-Out 2, a second trial treating close to 50 patients and garnered equally favorable results.

They even enlisted the Center for Applied Proteomics and Molecular Medicine at George Mason University. This partnership has allowed for significant advancement in the research and treatment of metastatic breast cancer.

Currently the small team of Rick, Bryant, and a few staff are about to launch Side-Out 3 following 100 patients at 10-12 treatment sites across the country. As Bryant reports, "Even little people can accomplish great things leading to identifiable and significant results." In this case, it means real-time treatment of cancer patients to extend their quality of life. "Our small-world story is that through our funding approach and strategy to employ the most advanced methods of Precision Medicine we are making a real difference in a very difficult situation for many families."

The Side-Out Foundation loves to present their story, not from a medical perspective, but focusing on their understanding of the limits of human performance. Those inspired to participate may donate through the foundation's website, side-out.org. There you can also find all the tools to create your own Dig Pink! event.



# ASK COACH Amy

DEAR COACH AMY,

The end of the year holidays is a very difficult time for me. I am a widow and I really miss my husband even though it has been several years. I'm a youthful mid 60's and have started dating, but it's not the same without my husband. What can I do to stay positive during the holidays and to enjoy this time of year? My kids do not live nearby, and I don't want to be a burden to them by barging in on their holiday plans. I have good friends and I try to stay busy with my social and volunteer activities. What are your recommendations for us single gals during the holidays?

Blue in Burke

DEAR BLUE,

As a single the holiday time can be a lonely time of year. You can feel kind of blue even though you may

be surrounded by family and friends. This holiday season can be a stark reminder that you are single in a couples' world.

I remember what it was like being single, divorced and the only one in my family who was not in a coupled relationship. I felt like I was missing something. And if you desire to be in a relationship, it can be heartbreaking! Then, add those unwanted comments by family members and even coupled friends about your dating status—this all can drive you crazy!

To keep your spirits up the positive psychology gurus recommend that we focus on what we have, instead of what we don't have. Gratitude is the key! Here are some strategies for you to maintain a mindset of gratitude during the holidays and for the year ahead!

- Be appreciative of what you do have: fulfilling or steady work whether you get a regular paycheck or have a thriving business. Many of my clients are accomplished people who are productive members of society. Not everyone is so fortunate. Or perhaps you volunteer for a worthy organization.
- Think of those people in your life who appreciate you and who are positively impacted by having you in their lives.
- Remember that there are people (or a pet) who may depend on you, be it your children, grandchildren or even parents or a relative that you may be taking care of. These people need

you and love you. Think about how fortunate you are to have such family connections.

- Remind yourself of all the people in your life who have helped you achieve your goals and supported you in your journey. You can show them your gratitude by writing a simple thank you note in their holiday card. Expressing your appreciation is a very important relationship skill you can practice now. They will be thrilled to hear from you.
- Think about ways that you have given to others and helped others along their journey in their life. How have you given to others with your time, and/ or financial resources? How have you made a difference in their lives? You can be grateful that you have done this for others.

One of the ways to really steep yourself in gratitude is to keep a gratitude journal. I recommend that every day you write down 3 things you are grateful for. Try it! You will find it's not that hard to do. I'd love to know how this goes for you.

Focusing on what you have instead of the things you don't have in your life will help keep you in a positive frame of mind. Moreover, exuding a positive attitude is very attractive trait and will bring the right guy to your door, no matter your age.

Most of my clients have very full lives with caring family, friends and meaningful work or endeavors. It seems you do too! You can create new traditions with your friends that can include others who are in your same situation.

I am grateful to have clients, a community of marriage minded singles in DC and readers such as yourself.

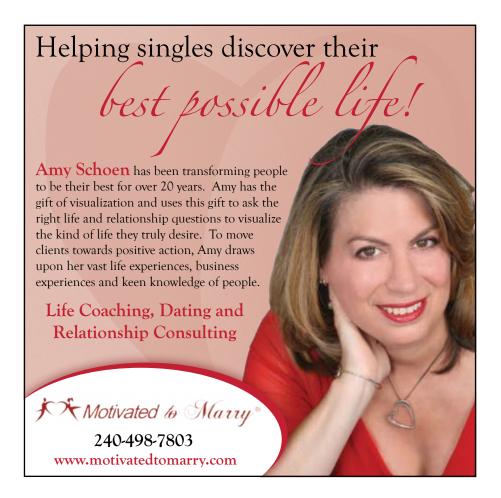
I wish you a very happy Thanksgiving and holiday season.

Intentionally yours,

Coach Amy \*

PS. Feel free to join a group of marriage minded singles who connect through my Facebook group at www.Facebook.com/DCMarriageMindedSingles and also meet each other at live events in the DC area, as well.

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.









Big or small, furry, or scaly; bringing home a new pet is an exciting time for everyone; even more so for your new critter. To ensure your new pet will love your home as much as you do the key thing to remember is not to overwhelm them.

Regardless of who you are bringing home, whether a puppy or kitten; a hamster or even a goldfish, advance planning and preparedness is necessary for a happy and well-adjusted pet and family. Every pet will need the basics, food, water, and a place of their own. Make sure everything is set up before introducing your pet to their new home.

When bringing home a dog or cat, a designated bed or crate is important for your pet to make their safe spot. Put an old t-shirt, blanket or towel, something that has your scent on it, to make your pet feel secure and begin the bonding process.

Choose one room for your pet to remain in for the first few weeks or so. Pick a room where your family tends to spend most of their time, the kitchen is a good choice since it's easy to clean up as well.

To keep the mess at bay, plan your pet's schedule or routine in advance. Assign convenient and easy-to-remember times for daily activities such as feeding, walks, and bathroom duty. Make sure everyone in your household is comfortable with their responsibilities and it won't seem like a chore.

If you already have a pet at home, be sensitive to your original pet. This new pet will seem like an "intruder" and even if your current pet has never expressed possessive or territorial behavior, remove anything that might cause any rivalry. Also remember that while your new pet may be new and exciting and you will

want to give it lots of attention, don't neglect your resident pal. Try to give both pets equal attention, petting them at the same time if possible. This will let both pets know that you accept both of them and they are both part of the family now.

The first thing you will want to do when your pet arrives home is show them their designated spot to relieve themselves, whether it be the litter box for a cat, a specific spot in the yard for a puppy, or the cage for your new small mammal or reptile. As your new pet arrives home, the excitement will normally amp up their need to go. After introducing your pet to their new home and family members, give your pet some time to rest and probably take a much needed nap. Remember this experience is just as exciting and overwhelming for them as it is for you.

Plantotakeyournewpettoaveterinarian as soon as possible, regardless of where your pet came from. Bring any records and documents you have about your pet's health and history no matter their age. A healthy pet is a happy pet! •





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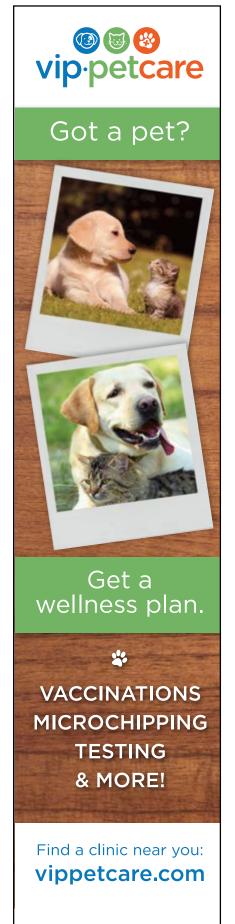
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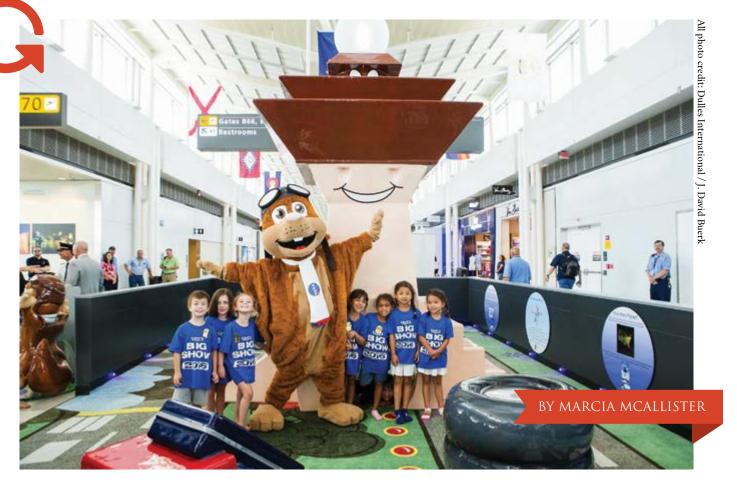
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### Dulles Unveils New Children's Play Area

AVIATION-THEMED 'FUNWAY' TO ENTERTAIN CHILDREN AGES 12 AND UNDER



Washington Dulles International Airport, in partnership with NASA, is making travel even more enjoyable for its youngest customers. Children traveling through Dulles International can take off on their very own "FunWay" adventure in a new children's play area, now open in Concourse B, near gate B70. The Kids' FunWay is engaging and interactive and offers climbing attractions inspired by aviation-themed structures. The centerpiece of the play area is "Tommy Tower," which is modeled after Dulles International's historic air traffic control tower. A kid-sized statue of Orville the Squirrel, named after Orville Wright of the Wright Brothers, welcomes children as they enter. Additional play area elements include two futuristic jets, climbing luggage and tires.

The Kids' FunWay offers a safe play area for children, and also includes seating for parents, shoe cubbies and USB/plug-in charging stations just outside the area. The interior

walls are decorated with kid-friendly educational facts about airplanes and aviation. Additionally, youngsters will find delight from the interactive "Play Me" video game console, loaded with over 100 games in six languages. It is open to children no more than 42 inches in height and younger than 12 years old. Adult supervision is required at all times.

The Kids' FunWay, including the Orville character and two aircraft elements, is on loan from the aeronautics research public engagement group at NASA. It was officially dedicated on Friday, August 19, with the assistance of special guests from NASA, including a real-life Orville mascot, and students from the Winwood Children's Center in Gainesville, Virginia.

The Metropolitan Washington Airports Authority operates Ronald Reagan Washington National Airport, Washington Dulles International Airport, the Dulles Airport Access Highway and the Dulles Toll Road and also manages construction of the Silver Line project, a 23-mile extension of the Washington region's Metrorail public transit system



through Fairfax County and into Loudoun County, Virginia. More than 44 million passengers a year pass through the two airports. The Airports Authority generates more than 387,000 jobs in the National Capital Region. ❖







# Powering the Silver Line – GIANT DUCT BANK TO PROVIDE CONSISTENT FLOW OF ELECTRICITY

Construction is underway on a 110,000 linear feet electrical duct bank that will provide a consistent flow of power to Phase 2 of the Silver Line. This will connect the Dulles Corridor from the Wiehle-Reston East Station to Dulles Airport and west to Ashburn, linking the region to downtown D.C and beyond.

"The duct bank is a vital component to the overall operation and function of the rail system. The 34.5kV duct bank system provides the pathway for power to be distributed throughout the project," said construction project manager Adam Rosmarin, of Capital Rail Constructors.

Overseeing the duct bank's construction including the train control rooms and traction power substations (TPSS) is construction manager, Nick Perrotta of Capital Rail Constructors.

"The 34.5kV power is high voltage and will be pulled down from three areas on the project; the south end of Route 28, Phase 1 stations and the Shell Station substation located at the west end of the project. These three points will provide the primary and secondary power used to power the job," said Perrotta.

"In addition, there are 15 wayside facilities also referred to as traction power substations (TPSS), where the primary power will then be stepped down into secondary traction power that will actually move the train and power the stations' facilities such as communication signals and lights," said Perrotta.

Due to the amount of voltage and traction power needed to run the trains, the power system cannot be laid above ground, said Perrotta. Instead, the duct bank is currently being constructed underground in order to eliminate any potential safety hazards and safely store the "extension cord" needed to feed the trains and stations.

There are certain requirements that must be followed when building a duct bank.

"For starters, a duct bank must be dug a minimum of 30 inches below cover", said Perrotta.

However, a large portion of the geographical layout for the Phase 2 Silver Line project calls for even deeper duct banks. In order to install this work at the increased depth, the use of trench boxes is required. Trench boxes are designed to span the width of a trench during excavation and pipe lying of a duct bank, said Perrotta. Trench boxes can help prevent the walls of a duct bank from caving in while being constructed, he said. The depth of a duct bank can determine how many trench boxes should be used.

Excavation for the duct bank requires a customized plan that accounts for various depths and pathways in order to maneuver around each utility. Utilities found in the pathway may include a cable line, storm drain or sprinkler head. The depth or type of utility can determine

CONTINUED ON PAGE 142



TPSS 13 Station, located west of the Herndon Monroe Park & Ride.
Safety gear and all, Construction Manager Nick Perrota from Capital Rail Constructors and Stacey DaBaldo, MWAA intern for the Dulles Corridor Metrorail Project, tour the TPSS 13 Station



TPSS 13 Station located west of the Herndon Monroe Park & Ride.

Excavation is happening! Construction work continues on the TPSS 13 Station for the Phase 2 Silver line extension. *More photos on page 142.* 



Photos by: Lisa Sheffer, MWAA Intern for the Dulles Corridor Metrorail Project on June 30, 2016.



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PVC pipes located at Innovation Station.

Pictured above are PVC pipes, located more than 10 feet underground in a trench that houses only some of the electrical supply needed to power rail cars at Herndon Station.



#### **Dulles Airport Station site.**

Construction of the Dulles Airport Station continues as a DCMP crew start to reconfigure the exterior of the pedestrian tunnel that will provide access for Silver Line passengers to the main terminal.

#### CONTINUED FROM PAGE 140

which pathway or depth a duct bank needs to be. Exact locations must be tested prior to continuing with excavation of the duct bank.

While utilities are mapped prior to excavation and are no surprise to construction workers, it is still necessary to "handle with care" in case any alternative methods need to be used, project leaders said.

Utilities have not been the only concern, said Perrotta. Large portions of the duct bank excavation revealed diabase; a type of granite rock that is unlike the native red soil in this area and cannot be easily removed or redistributed elsewhere.

While there are multiple techniques to get rid of the diabase rock, constructions workers are using drills to honeycomb the rock, making it easier to break with the use of a hammer.

"The honeycomb technique looks exactly as it sounds", said Perrotta. A construction worker will drill several connected holes in the shape of a honey comb. This method helps weaken the strength of the diabase so it can then be struck and shattered into removable pieces.

In some areas of 34.5kV utility crossings, construction workers said that the drill heads for the jack and bore operation became stuck in the diabase during their first attempts to drill, forcing construction workers to resort to hand mining and manually chip away piece by piece of the diabase.

While there was no obvious way to account for the extent of diabase prior to beginning duct bank work, Capital Rail Constructors' workers successfully reconfigured the original course of action.

John Kearney, project construction manager overseeing Phase 2, is passionate about the Silver Line extension.

"This project is a landmark. It is not every day that you can point to something and say I had a small part in building that," said Kearney.

Construction is set to be complete in 2019 and the project will then be handed off to Washington Metropolitan Airport Transit Authority (WMATA) for testing. WMATA will set the opening date, likely in 2020. ❖

#### BRIDGE CLUB

#### LOUIE'S MISDEFENSE

- K85
- **%** K42
- 6 2
- 📤 AK732
- ♠ AQ732
- **7** 3
- ♦ A Q 4
- ♣ Q 8 4

West	North	East	South
pass	1 🐣	pass	$1  \bigstar$
pass	2 🏚	pass	4 🏚
all pass			

West leads the queen of hearts. Plan the play. Answer on page 160.

Excerpt taken from: Frank Stewart's Bridge Club. Page 26.

#### BIDDING QUIZ

#### YOU HOLD:

♠ K85 ♥K42 ♦62 ♣AK732

You open one club, your partner responds one diamond and the next player bids one heart. What do you say?

ANSWER: Change your king of clubs to the queen and you'd pass to suggest a minimum hand. With your actual hand, bid 1NT freely. You have only 13 points, but a good five-card suit and a king of hearts that's worth more because it lies behind the opponent who overcalled.

Excerpt taken from: Frank Stewart's Bridge Club. Page 29.

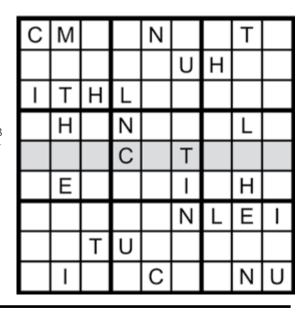
#### WORK ISN'T TO Make Money; You work to Justify Life.

Marc Chagall

#### HOW TO SOLVE WORDOKU PUZZLES

To solve a wordoku, you only need logic and patience.

Simply make sure that each 3x3 square region has only one letter from the word LUNCHTIME. Each letter can only occur once in a 3x3 region. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.



I OBJECT TO VIOLENCE BECAUSE, WHEN IT APPEARS TO DO GOOD, THE GOOD IS ONLY TEMPORARY; THE EVIL IT DOES IS PERMANENT.

Mohandas K. Gandhi

#### TINY REPLICA (MINIATURE)

### CROSSWORD CLUES

#### **ACROSS**

- 1. Wharton degree
- 4. "Indubitably"
- 7. Tickled\_
- 9. Continental currency
- 10. Heredity carrier
- 11. Mascara site
- 12. Attire
- 14. Anatomical pouch
- 15. Refueling break
- 19. Let go
- 20. Regrets
- 22. Crude dude
- 23. A lot of lot
- 24. B & B
- 25. Color

#### **DOWN**

- 1. Automobile sticker fig.
- 2. Coffin stand3. "\_\_\_ and the
- King of Siam" 4. Chinese dollar
- 5. At one time, at one time
- 24
- 6. Old exclamation8. Tush9. Sister of Orestes
- 13. More, in Madrid
- 15. Subatomic particle
- 7 8 9 11 11 12 13 14 15 16 17 18 19 20 21 22 23 25
  - 16. Caddie's offering
    - 17. "That hurt!"
    - 18. Andean land
- 19. J. Edgar Hoover's org.
- org. 21. "Didn't I tell you?"



#### BRIDGE CLUB SOLUTION

#### LOUIE'S MISDEFENSE



♥ QJ109

♦ K J 10 8 7♣ J 10 5

♣ J 10 5

♠ AQ732

🏚 J 10 9 4

A 8 6 5

953

**9** 6

South

♥ 73 ♦ AQ4

• Q 8 4

West North East

pass 1 pass 1 pass 1 pass 2 pass 4 pass all pass

Opening Lead: 🜹 Q

 ${\rm I}$  know you think I bring it on myself,' Unlucky Louie told me, 'but this was really-and-truly bad luck.'

'No doubt,' I said in the tone of polite disbelief I reserve for Louie's stories.

'I had the play planned right away,' Louie said. Td ruff the third heart and cash the A-Q of trumps. If trumps broke 3-2, I'd draw the last trump and next play a low club from both hands, guarding against a 4-1 break. I'd be sure of five trumps, four clubs and a diamond.

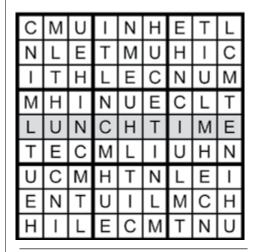
'If trumps broke 4-1,' Louie went on, 'I'd shift to clubs after taking the A-Q. When a defender ruffed, I'd win the return, draw the last trump with the king and finish the clubs.'

'Seems foolproof,' I said.

'It wasn't,' Louie sighed. 'After West's queen of hearts won, for some reason he led the nine. I played low from dummy, but East was confused enough to take the ace! He then shifted to a diamond—and now try to make the contract.' And I thought Louie's luck couldn't get any worse.

Excerpts taken from: Frank Stewart's Bridge Club. Pages 29.

#### SUDOKU Answers



#### **CROSSWORD Answers**



### NORMAN LEAR 'ARCHIE BUNKER'

**Archie:** Now, no prejudice intended, but, you know, I always check with the Bible on these here things. I think that, I mean if God had meant for us to be together, he'd-a put us together. But look what he done. He put you over in Africa, and put the rest of us in all the white countries.

**Sammy Davis Jr.:** Well, he must've told 'em where we were, because somebody came and got us.

## A MIND ALWAYS EMPLOYED IS ALWAYS HAPPY. THIS IS THE TRUE SECRET, THE GRAND RECIPE, FOR FELICITY.

Thomas Jefferson

AUTHORITY WITHOUT WISDOM IS LIKE A HEAVY AXE WITHOUT AN EDGE, FITTER TO BRUISE THAN POLISH.

Anne Bradstreet

New York fashion week has become the hottest ticket in town. It's considered a badge of honor to sit in the front row with all the celebs and fashionista whose combined weight is 86.4 pounds!

Women starve themselves for months just to be photographed near the models who make everybody around them look like Jared from Subway before his weight loss—and his arrest. The spectators spend hours glamming up for the paparazzi too, competing with the women sitting next to them. This years' buzz was the intense rivalry between Kris Kardashian and Caitlynn Jenner for who looked the prettiest.

But this isn't the worst part of it. From where I sit...which isn't even in the last row or even in New York City for that matter, it's my educated opinion that the latest fashion trends are not only daring, they're downright dangerous!

Dangerous? Don't be ridiculous you say. But, oh yes, my Kate Moss cuties—it's true. Here's a list of just a few of the disasters that could occur while wearing haute couture.

First, and probably most fatal are those 6" strappy heels featured by designers like Jimmy Choo, Stuart Weitzman, and Prada. How the heck does any woman learn to walk in these monsters? Just to stand up, you'd have to intern for three months with the stilt walker from Cirque du Soliel. Once you're standing, you're like a new-born calf wobbling your way over treacherous terrain. Danger lurks everywhere—even eating lunch at a trendy restaurant. If you slip on a kale leaf with extra virgin olive oil, its equivalent to taking a header off the Empire State Building. And, if your deadly stilettos happen to sink into the lawn or get stuck in a city sidewalk grate, it's going to either take an AAA tow truck or a chopper with a harness to pull you out.

But the hottest trend are those dresses with cut-outs all over the body. Even though they cost a fortune, they still look like strips of cloth sewn together. However, they're so popular women wear them anytime of the day or night and in any climate. Be prepared, though. Even if you fork over your last nickel on the ridiculous designer price, you're still going to spend three times that amount on medical bills. How come? Well, the dresses are cut in a way that exposes your midriff, your entire back, and all your ribs from the slit armpits to the waist. There's no way you can wear a bra under them. Worse yet, the skirt is slit up past the upper thigh which demands you go commando. On a winter day, the wearer could contract pneumonia, pleurisy, neuralgia, wind burn, and frost bite—all in extremely private areas. In the summer, every exposed area on your body is a target for blood sucking mosquitoes loaded with deadly viruses, or a magnet for giant killer bees, or prime locations for ugly ticks to burrow into.

Another popular sight featured on runways and red carpets is gowns and dresses made entirely from feathers. Of course, the most obvious dangers are from tickling or sneezing yourself to death—actually not a bad way to go. Also, be on the alert for angry birds who might consider you a natural enemy and attempt pecking you to death or end up nesting in your dress and raising their families.

But the most imminent danger is from those wacko PETA fanatics, convinced that five different species of endangered birds were slaughtered to produce the dress you're wearing. Make no mistake about it. They're a blood-thirsty mob, hell-bent on revenge. Don't believe me? Well, do you remember the singer from Iceland named Bjork who appeared at a red carpet event wearing a swan gown with a plumage skirt and the lifeless swan head and neck wrapped around her shoulders? Well, the last time she was seen, she was being dragged off to a duck farm by those PETA nuts to meet her environmental fate—and nobody's heard from her since.

I don't know about you, but I'm happy buying my no-name designer clothes, because even if I'm not in a designer gown at least I'm not in a hospital gown—going broke! \*

BY JAN KING

#### HOROSCOPES

### NOVEMBER DECEMBER



SCORPIO 10/22 - 11/21: Get energized by new sources of information this month. You'll spend an eye-opening evening learning something new.



SAGITTARIUS 11/22 - 12/21: A chance to earn a little extra money will boost your budget and your mood. But take it seriously. This chance could lead to bigger things.

- SAGITTARIUS 11/22 12/21: The month of elections can be depressing for our Sagittarius truth-seekers. Overcome by finding hope in unexpected places.
- CAPRICORN 12/22 1/19: Your attention flags by mid-month but you find new a new spark quickly when you dive into a new project.
- AQUARIUS 1/20 2/18: Your seemingly small act of charity at the beginning of the month has a ripple effect you won't know. It's there; you will do good.
- PISCES 2/19 3/20: You feel pressured to act, but are inclined to wait for a better moment. Your intuition is right. Don't get stampeded.
- ARIES 3/21 4/19: Happiness is an issue in the moon's last quarter, November 21. Take stock of the people, things and accomplishments in your life to get a boost.
- TAURUS 4/20 5/20: It's time for you to lighten your load. By the new moon, November 29, you let go of a stack of things that do not bring you pleasure.
- GEMINI 5/21 6/20: Oh, chatty Gemini, November is the month for you to listen. A stranger has something important to tell you.
- CANCER 6/21 7/22: Companionship is on your mind in November when all the people you love are in one place. Time for hugs.
- LEO 7/23 8/22: You can give the gift of attention this month. Everyone loves to hear your jokes, but one person will bask in your attention.
- VIRGO 8/23 9/22: Break down that project into bits. Sometimes you can't do it all in one fell swoop, and this will become clear by the end of the month.
- LIBRA 9/23 10/21: You are confused by a relationship at mid-month. Is it a problem with expectations versus reality? Time to sort it out.

- CAPRICORN 12/22 1/19: Winter evenings are a good time to warm up to the DIY gift project you started this summer -- or at least thought about starting. Time to finish it.
- AQUARIUS 1/20 2/18: Art and culture weigh on your mind in December. Try to look at something familiar as a stranger would; look at something strange as an expert would.
- PISCES 2/19 3/20: You feel buoyed by the holiday season and that seems odd to you given the current stresses of your life. Accept it and enjoy. You'll have plenty of time to brood in 2017.
- ARIES 3/21 4/19: A dinner with friends this month puts life in a new perspective. Be discreet, even if it feels against your nature. Your self-control will be reap rewards.
- TAURUS 4/20 5/20: You never think about needing a car jack until you have to change a tire. Be prepared this month and you'll make a quick fix to a sudden emergency.
- GEMINI 5/21 6/20: Visions of sugar plums distract you from your goal. Refocus quickly as soon as you realize it. Nothing is more important than the goal you've set.
- CANCER 6/21 7/22: You find yourself with friends and family chatting like a host of sparrows! Soak in that moment; that memory will endure and give you strength.
- LEO 7/23 8/22: Your best character impressions are on display by the full moon on Oct 13. Rock the crowd, but beware of offending someone important to you.
- VIRGO 8/23 9/22: An unplanned purchase is not always a budget buster. Your home is on your mind and modest splurge makes you feel ready for guests.
- LIBRA 9/23 10/21: Follow your natural sense of harmony this month as an unexpected conflict causes anxiety. Take a deep breath. All will be well by the end of the month when your sense of peace will return.
- SCORPIO 10/22 11/21: A romance sparked earlier in the year is on your mind. Flirt a little bit; it won't hurt. Beware of making the conversation too heavy.

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Dr. Mayberry is a general dentist, and is Certified by the American Board of Oral Implantology/Implant Dentistry. He is an Honored Fellow of the American Academy of Implant Dentistry and is a Director of the AAID Foundation. He has 33 years of dental implant specific experience. He is a Vietnam combat veteran and gives back to other military combat veterans with special discounts.



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