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MAGAZINE

THE  
*Wine Issue*

EXPLORING LOUDOUN WINE TRAILS  
BEHIND THE SCENES OF THE WINE INDUSTRY  
WINE TASTING DINNERS  
A TALE OF THREE VINEYARDS

SHELTER HOUSE  
TO END HOMELESSNESS  
AND DOMESTIC VIOLENCE

THE RICHMOND  
BEER TRAIL

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# FEATURES

TABLE OF CONTENTS



# 34

## SHELTER HOUSE A CONVERSATION WITH JOE MEYER >

by Elaine Anne Watt

There is no question that Joe Meyer is the dynamic leader enabling Shelter House to continue to grow its mission to address the issues of homelessness and domestic violence in our community. Shelter House is actually the umbrella for three shelters in Fairfax County servicing over 1,370 individuals last year, 70% of which were under 18 years of age.

## < THE WINE ISSUE

Thinking about spending a day touring wineries and tasting some Virginia vintages? How about trying out the selection of restaurants offering dinner with wine pairings? Enjoy stories flavored with the fruits of the vines in mind to enjoy this summer.

- EXPLORE THE LOUDOUN WINE TRAIL..... 34
- WINE TASTING DINNERS..... 38
- A TALE OF THREE VIRGINIA VINEYARDS .... 42
- BEHIND THE SCENES IN THE VIRGINIA WINE INDUSTRY ..... 46



# 104

## < HOPPIN' DOWN RICHMOND'S BEER TRAIL

by Renée Sklarew

Richmond, Virginia has become the unofficial craft beer capital of the MidAtlantic and the easiest way to explore the landscape is by following the Richmond Beer Trail. Just a few blocks from Richmond's museum district, Scott's Addition is ground zero for beer enthusiasts, and on weekends, you'll see a roving band of revelers move from brewery to brewery to sample locally made beer in Richmond's eclectic tasting rooms and beer gardens.

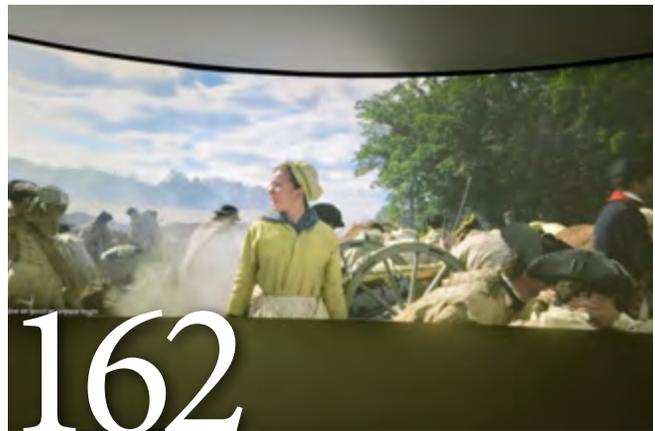


# 120

## THREE NEARBY DESTINATIONS THAT MAKE HISTORY COME ALIVE >

by Renée Sklarew

Within two hours of Northern Virginia are three destinations that cater to history buffs. The recently renovated museums at Jamestown and Yorktown feature the English settlements in Virginia and the time period surrounding the American Revolution. St. Mary's County in Maryland begins as Indian Territory, and transitions to English settlers who came to America to escape religious discrimination. Lastly, we head to Montpelier Estate, the home of James and Dolley Madison, located in scenic Orange, Virginia.



# 162

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A Tribute To Morrissey  
SATURDAY AUGUST 5TH

**Completely Unchained**  
A Tribute To Van Halen  
SATURDAY AUGUST 12TH

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# DEPARTMENTS



14 PUBLISHER'S LETTER

16 SELECTED EVENTS

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

50 ASK DR. DIMA

How to Improve Your Sex Life and Your Health

56 REAL ESTATE

Are Hidden Odors Preventing Your Home From Being Sold?

58 ASK AND ADVISOR

About Real Estate

60 TYSONS PREMIER

See what's new in the real estate market.

64 ONE-TO-ONE FITNESS

Posture deserves more attention than most exercisers think.

68 MUSIC SCENE

Keith Loria interviews the Bacon Brothers.



70 LE NOUVEAU MOI

Women's Health & Beauty

98 AROUND TOWN

Read coverage on the grand opening of The Signet, Pen Fed's Night of Heroes Gala and more.

108 FEATURED ARTIST

Keith Loria interviews Joseph Craig English.

114 EDUCATION

Spotlight on Fusino School.





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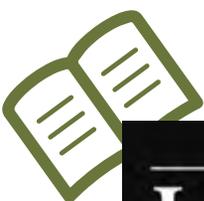
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# DEPARTMENTS



## 138 CAFESANO ITALIAN & MEDITERRANEAN BISTRO

Take a Voyage to the Mediterranean with Renée Sklarew at Cafesano in Reston.

## 148 GADGETS, GIZMOS & GOODIES

See what's new and notable in Gadgets by Lauren Simmons.

## 149 STYLE

Pamper yourself with these finds by Lauren Simmons.

# 138

## 150 TYSONS HOME & DESIGN

Sun Design shows us their latest sunroom addition.

## 155 ASK COACH AMY

Meeting people over the summer.

## 168 PETS

Vaccinate your dog against Lyme Disease and other news from VIP Petcare.



# 150



## 170 TYSONS UPDATE

Saarinen's Purpose in Design, Pedestrian bridge installations at Innovation and Clark Construction celebrating safety.

## 174 TALK OF TYSONS

## 175 FUN AND GAMES

## 177 JAN KING

As Seen on TV

## 178 HOROSCOPES

# 170

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## AND MORE . . .



- 37 **MAGGIE MALIK**  
Wine Caves
- 48 **EXPERIENCE THE SPLENDORS OF NEARBY LURAY**  
By Maria Bunnewith
- 52 **BIKES @ VIENNA**  
The Alternative Ride
- 54 **REAL ESTATE ROUND UP**
- 67 **VIENNA MERCHANTS**
- 110 **COMMUNITY FOUNDATION**
- 116 **WANT TO PLAY THE UKULELE?**
- 118 **SIP 'N' SWIRL**
- 119 **CHEERS**
- 124 **TASTE OF TYSONS**
- 140 **CHICKEN 411**
- 143 **PROFESSIONAL PROFILES**
- 156 **THE FAIRFAX COUNTY HISTORIC ROADSIDE MARKER PROGRAM**
- 161 **COOKOUTS & BARBEQUES**  
Catering Ideas for July and August  
by Helga's Caterers
- 166 **WEEKEND GETAWAYS**  
For the family

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JULY // AUGUST 2017

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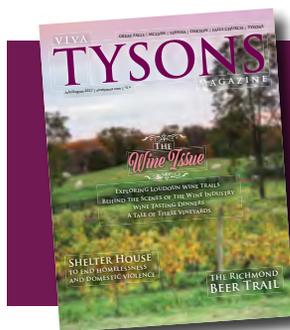
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A scene from Greenhill  
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## Here's What's Happening at MCC

### Independence Day Celebration

**Tuesday, July 4;**  
**Grounds open at 6:30 p.m.**  
**(Rain date, fireworks only  
July 5, 8 p.m.)**

Churchill Road Elementary  
School, 7100 Churchill Rd.  
**Free Admission**

### Summer Sunday Concerts in the Park

**McLean Central Park,  
1468 Dolley Madison Blvd.**  
**Free admission**

#### Oceans Quartet

**Sunday, July 2, 5 p.m.**

#### Trio Caliente

**Sunday, July 9, 5 p.m.**

#### Da Capo

**Sunday, July 16, 5 p.m.**

**Slim Harrison & The  
Barnstormers with the  
Rockcandy Cloggers**

**Sunday, July 23, 5 p.m.**

#### Kara and Matty D

**Sunday, July 30, 5 p.m.**

*It's A Kids' Takeover!*

#### Big Bang Boom

**Sunday, August 6, 5 p.m.**

### The Old Firehouse 27<sup>th</sup> Anniversary Block Party

1440 Chain Bridge Road  
**Saturday, August 19, 4-8 p.m.**  
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*It's Tysons*

Celebrate each day and toast our city in the heart of it all. It just seems so unreal to someone who's lived here for four decades to look up and see a skyline exploding with new architectural wonders, luxury living options, and exciting restaurant adventures arriving daily! And just a short drive west, there's a countryside brimming with grapes and wineries producing what is considered some of the best wines to be found anywhere. The new "View" in Tysons West will be 615 feet high (60 feet taller than the Washington Monument), and the Arts Hub being planned is just the tip of the iceberg. We can't wait to see it come to fruition!

Elaine brings us the story of Joe Meyer and Shelter House. They are making great strides in their mission to end homelessness and domestic violence in Fairfax County. An amazing and wonderful organization. Thank you, Joe, and thank you, Elaine.

Right down the road (and all around us really), there are destinations that make history come alive. Renee gives us a roadmap to explore these great places. She also brings us Richmond's Beer Trail—Richmond has become the unofficial craft beer capital of the Mid-Atlantic. We think you should sample a bunch of her suggestions.

Wine to savor. And, lots of it! The Loudoun Wine Trail, Tales of Virginia Vineyards, and choice spots right here in Tysons to enjoy. Bring a jacket when you visit the Maggie Malick Wine Caves, and Linda has some great stories on

what's going on behind the scene with the 290 or so wineries. Thanks, Linda.

Cafesano in Reston has been a favorite of mine since they opened years ago. Take a trip to the Mediterranean with Renee.

I used to watch Arthur Godfrey play the Ukulele with my mom. He kept the Ukulele in the "Ice Box." You can play, too. Linda will show you where.

We present Luray Caverns, new bikes, Tysons updates, music by Keith, restaurants, health and beauty, real estate, and so much more—we hope to give you great summer reading by the pool or at the beach. We hope you like it all!

On a personal note, we are saddened by the loss of a great person, friend, and beloved member of our community with the passing of Joey Noufal. Joey set the standard for hair care in Tysons, and we loved working with him and his team. Noufal Haircolor Salon will continue

under the stewardship of his wife and longtime friend, Vicky. Join us in sending our prayers for Joey and his family and best wishes for continued success for The Noufal Haircolor Salon.



It's summertime in the new city. Enjoy! See you in September.

*John H.*

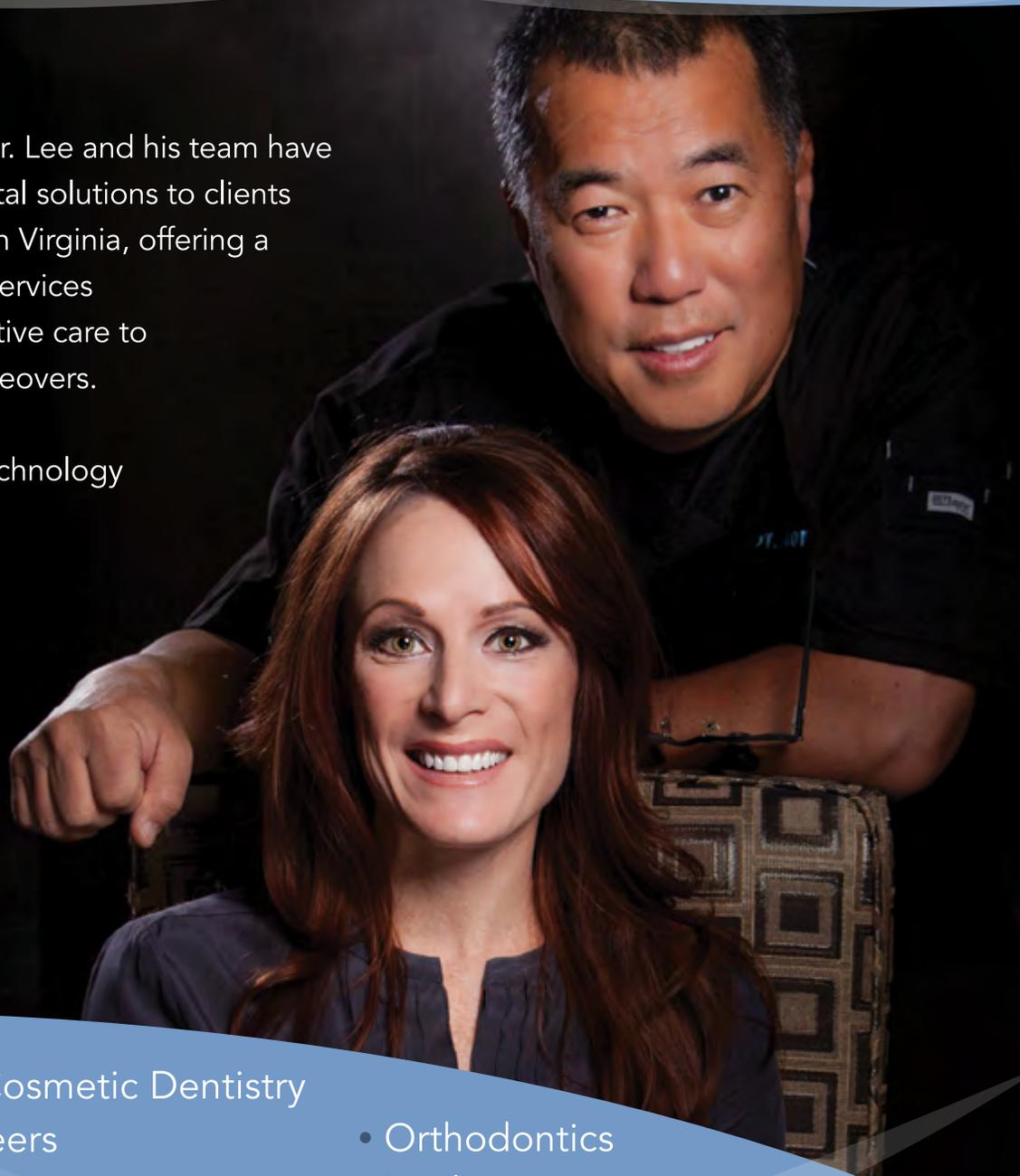


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AUGUST 8  
GOO GOO DOLLS  
The Filene Center  
at Wolf Trap



# SELECTED EVENTS

Photo courtesy of Wolf Trap

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## JULY 1-8

### THE COMPLETE HISTORY OF FAIRFAX: THE MUSICAL!

*James Lee Center Community Theatre, 2855 Annandale Road, Falls Church, VA 22042, 7pm, \$10*  
Celebrate Fairfax County's 275th anniversary with the Class Act Player's production of "The Complete History of Fairfax: The Musical!" Discover the hidden history of Fairfax as four intrepid actors cover centuries' worth of history over the course of 60 fun-filled minutes. Learn about George Washington's secret love, Antonia Ford's daring act of espionage, the tragic fate of Sadie the Cow, and much, much more. You'll

laugh, you'll cry, and you just might learn something about your hometown. Don't miss the theatrical event of the summer!

## JULY 8

### CHUCK REDD & THE INTERNATIONAL JAZZ ALL-STARS

Featuring vocalist **Maucha Adnet (Brazil)** bassist/vocalist **Nicki Parrott (Australia)** & pianist **Rossano Sportiello (Italy)**

*Reston Town Center Pavilion, 7:30pm, Free*

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Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## JULY 14

### PUCCINI'S TOSCA

**Wolf Trap Opera, National Symphony Orchestra**  
**Grant Gershon, conductor**  
**The Washington Chorus**  
**Children's Chorus of Washington**

*The Filene Center at Wolf Trap, 8:15pm, \$25-75*

Caught up in a world of political intrigue and corruption, Puccini's fiery diva is trapped between her allegiance to her rebel lover

CONTINUED ON PAGE 18



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JULY 21  
The Filene Center  
at Wolf Trap

# PJ HARVEY

CONTINUED FROM PAGE 16

and a treacherous police chief who will stop at nothing to possess her. The explosive conflict between these three

unforgettable characters comes to a hair-raising conclusion in one of opera's most popular, suspenseful, and unforgettable dramas.

Photo credit: Mark Owens



8 P. M.

JULY 20

## THE MOODY BLUES

DAYS OF FUTURE PASSED  
50TH ANNIVERSARY TOUR

The Filene Center at Wolf Trap, 8pm, \$35-75

Reflecting back on five decades of some of the most beloved music in pop culture history, The Moody Blues perform their epic album *Days of Future Passed* (1967) in full for the first time ever, along with performances of their greatest hits.

JULY 14

## THE CACTUS BLOSSOMS

Jammin Java, 8pm, \$15

They cut our teeth performing some well known and obscure country songs that were popular or unpopular pre-1960, partly out of curiosity and deep appreciation, but mostly because it was fun. *You're Dreaming*, is the culmination of several years of songwriting with a cast of characters, experiences, and personal perspectives, set in simple rhymes and sung in harmony. The Cactus Blossoms try to paint a picture in your mind.

JULY 15

## THE ADRIAN DUKE PROJECT

Hits from the '50s – today  
Reston Town Center Pavilion,  
7:30pm, Free

Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays,

June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

JULY 15

## GRACE POTTER

National Symphony Orchestra  
Steve Reineke, conductor

The Filene Center at Wolf Trap,  
8:15pm, \$35-75

Pop-rock powerhouse Grace Potter joins the National Symphony Orchestra for one unforgettable night. Armed with an "intoxicating air and superlative voice" (*The Washington Post*), Potter's unique brand of rock 'n' roll artistry—elevated here with expansive orchestral arrangements—offers an otherworldly live experience.

JULY 18

## MAMMA MIA!

The Farewell Tour

The Filene Center at Wolf Trap,  
8pm, \$25-75

MAMMA MIA! is the ultimate feel-good show that has audiences coming back again and again to relive the thrill. It's your turn to have the time of your life at this smash-hit musical, now on its farewell North American tour! MAMMA MIA! combines ABBA's greatest hits, including "Dancing Queen," "S.O.S.," "Super Trouper," "Take A Chance on Me," and "The Winner Takes It All," with an enchanting tale of love, laughter, and friendship. Whether it's your first visit or your fourteenth, see the show that has the whole world coming back for more, because every time feels like the first time at MAMMA MIA!

JULY 18

## AGES AND AGES

Jammin Java, 8pm, \$15

If *Ages and Ages'* debut album *Alright You Restless* declared independence from the cynicism and self-consciousness plaguing a generation; and the follow-up *Divisionary* was an exercise in confronting change, conflict, and loss; *Something to*

*Ruin* addresses the debris of our collective failures and asks whether we might be better off letting go and starting over. Recorded at Isaac Brock's studio (*Ice Cream Party*), the band's fourth album is still full of their infectious and joyful melodies while also reflecting on several serious existential themes.

**JULY 19-20**

**LISTEN, WILHELMINA!**

**A Wolf Trap Opera Commission  
Music by David Hanlon, words by  
Kathleen Kelly**

*Children's Theatre in the Woods at Wolf Trap, 10:30am, \$8*

Wilhelmina, Wallis, and Winston the Wombats are ready for their very first concert at Wolf Trap! The stage! The instruments! The maestro! But what is the audience supposed to do? With help from Ranger Nat, these three wombat friends learn how much fun music-making can be when they open their ears to listen. This interactive mini-musical is a perfect way to introduce children to the concert experience.

**JULY 21**

**PJ HARVEY**

*The Filene Center at Wolf Trap, 8pm, \$35-60*  
"Thrilling and haunting" (*The Guardian*), untamed and powerful, the alternative singer-songwriter and multi-instrumentalist with a recent Grammy nomination for *The Hope Six Demolition Project* (2016) makes her Wolf Trap debut.

**JULY 22**

**SCYTHIAN**

**High-energy Celtic, gypsy folk-rock**  
*Reston Town Center Pavilion, 7:30pm, Free*  
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

**JULY 22**

**THE LEGEND OF ZELDA:  
SYMPHONY OF THE  
GODDESSES**

**National Symphony Orchestra  
Amy Andersson, conductor**

*The Filene Center at Wolf Trap, 8:30pm, \$35-58*  
For decades, The Legend of Zelda series has captivated gamers with its iconic

CONTINUED ON PAGE 20

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begins with a **SMILE**



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SELECTED EVENTS

JULY 25  
The Filene Center  
at Wolf Trap

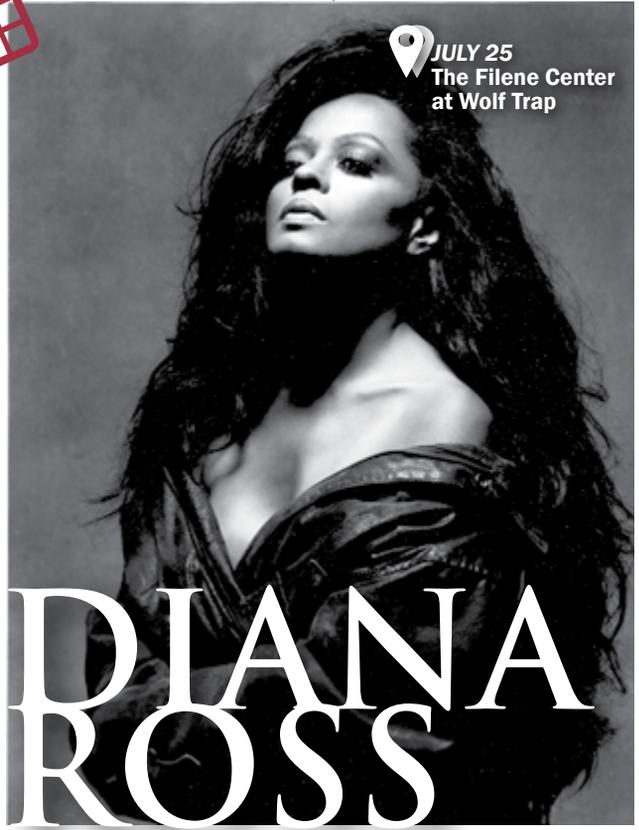


Photo courtesy of Wolf Trap

# DIANA ROSS

characters, engrossing game play, and unforgettable music. Journey to Hyrule and beyond as the National Symphony Orchestra explores the innovative music and mesmerizing moments from the legendary games — including 2017's *The Legend of Zelda: Breath of the Wild*.

## JULY 22

### PITTSBURGH'S OWN JOE GRUSHECKY AND THE HOUSEROCKERS

*Jammin Java, 7:30pm, \$18*  
Joe Grushecky's music has stood the test of time. For 30 years publications such as *Billboard*, *Rolling Stone*, *Village Voice*, *No Depression*, and countless others have hailed him as one of rock & roll's most talented singer-songwriters. In 1979 *Rolling Stone* magazine crowned his band's first album *Love's So Tough* the "debut record of the year." Acclaimed rock writer Jimmy Guterman, named their second album, *Have a Good Time (But Get Out Alive)* as one of the 100 Best Rock & Roll Records of all time! Legendary guitarist and Rock Hall of Famer Steve Cropper produced *Blood on the Bricks*. Rock superstar and Hall of Famer, Bruce Springsteen, produced *American Babylon* in 1995 and continues to perform with the band and write with Joe including the Grammy winning *Code of Silence*.

## JULY 23

### REBELUTION NAHKO AND MEDICINE FOR THE PEOPLE COLLIE BUDDZ HIRIE

*The Filene Center at Wolf Trap, 6:30pm, \$27.50-\$39.50*  
Self-described as pioneers of California reggae, this Grammy-nominated band that's "too blessed to be

stressed" "weaves hypnotic threads of alt-rock and pop, retro-funk, blues, dub, [and] even traditional Middle Eastern strains into their bubbling, one-drop reggae groove" (*Billboard*).

## JULY 25

### DIANA ROSS *The Filene Center at Wolf Trap, 8pm, \$35-75*

One of the most successful artists of the Motown era both as a solo artist and with The Supremes, Diana Ross' glowing music catalog includes classics like "I'm Coming Out," "Upside Down," and "Stop! In the Name of Love."

## JULY 25

### LFO W/ SPECIAL GUEST CEONEO

*Jammin Java, 8pm, \$15*  
LFO is Devin Lima, Brad Fischetti, and the late great Rich Cronin. The boys burst on to the scene in 1999 with the number-one smash hit "Summer Girls" and followed with another top-five hit in "Girl on TV." In 2001 the boys released their second album, which spawned the top-ten hit *Every Other Time*. In 2010 Rich Cronin passed away after a lengthy battle with leukemia. Now in 2017, Devin and Brad have an opportunity to bring LFO back out on the road. The guys are committed to honoring Rich and helping his legacy to live on with the fans, existing and new.

## JULY 26

### REGINA SPEKTOR BEN FOLDS

*The Filene Center at Wolf Trap, 8pm, \$35-65*  
The "cathartic piano prodigies" (*NPR*) who once teamed up on "You Don't Know Me," share the stage for

CONTINUED ON PAGE 22



Photo courtesy of Wolf Trap

8 P.M.

AUG 15

## PILOBOLUS

*The Filene Center at Wolf Trap, 8pm, \$20-55*  
Pilobolus continually forms diverse collaborations that break down barriers between disciplines and challenge the way we think about dance. Physically and intellectually, the company engages and inspires audiences around the world.



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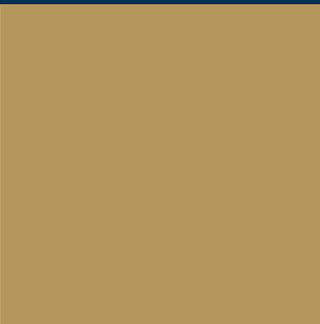
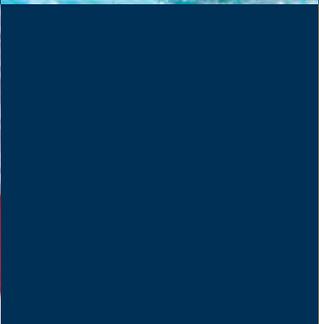
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*Independent seniors who are commissioned military officers and their immediate family, as well as government workers of an equal rank from select agencies.*





Photo credit: Shawn Anderson



**AUGUST 2**  
The Filene Center  
at Wolf Trap

# I'M WITH HER

one night only. Don't miss Regina Spektor's masterful storytelling and Ben Folds' beloved pop and piano ballads.

**JULY 28**  
**ROCK THE BLOCK**  
Old Town Square, 3999  
University Drive, 6:30-9:30pm  
Enjoy live music by the East

Coast's Original '80s cover band The Reagan Years, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax. Please bring chairs and or blankets to sit on! No Pets allowed except service animals Rock the Block. Visit [www.fairfaxva.gov/](http://www.fairfaxva.gov/)

RockTheBlock for more information.

**JULY 29**  
**ARETHA FRANKLIN**  
The Filene Center at Wolf Trap, 8pm, \$40-125  
Exalting massive "Respect" for her glorious belt and countless gospel-infused hits like "Chain of Fools" and "Think," the Queen of Soul makes her triumphant return to Wolf Trap.

**JULY 29**  
**LOVE CANON**  
Bluegrass covers of '80s hits  
Reston Town Center Pavilion, 7:30pm, Free  
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

**PUNCH BROTHERS**  
**I'M WITH HER**  
**JULIAN LAGE**  
The Filene Center at Wolf Trap, 8pm, \$30-60  
This blockbuster show features an all-star lineup of some of Chris Thile's closest musical friends and frequent collaborators. The acoustic quintet Punch Brothers, which Thile founded a decade ago, also includes guitarist Chris Eldridge, bassist Paul Kowert, banjoist Noam Pikelnny, and fiddle player Gabe Witcher. The Americana acoustic trio, I'm With Her, comprises singer-songwriter and fiddler Sara Watkins (a Nickel Creek co-founder), singer-songwriter Aoife O'Donovan, and singer-songwriter and multi-instrumentalist Sarah Jarosz.

**AUGUST 3**  
**BLONDIE & GARBAGE**  
**The Rage and Rapture Tour**  
The Filene Center at Wolf Trap, 7:30pm, \$35-85  
Blondie—"the biggest pop sensation of the late 70s" (*The Guardian*) and the band behind the no. 1 hits "Call Me" and "Heart of Glass"—shares the stage with one of the biggest alt-rock bands of the '90s that it helped to inspire. Garbage, whose hits include "Only Happy When It Rains" and current chart-climber "Empty," creates music that fits into the "radio-friendly delta at the confluence of grunge, shoegaze, and trip-hop" (*SPIN*).

**AUGUST 5**  
**INCENDIO**  
Spanish/flamenco guitar, Latin fusion  
Reston Town Center Pavilion, 7:30pm, Free  
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center

Photo courtesy of Wolf Trap



**AUG 20**

3 P.M.

**THE BEACH BOYS**  
The Filene Center at Wolf Trap, 3pm, \$30-60  
America's favorite surf rockers bring the "Fun, Fun, Fun" with their iconic summer soundtrack featuring songs like "Surfin' USA," "Good Vibrations," "Wouldn't It Be Nice," and more.

**AUGUST 2**  
**AMERICAN ACOUSTIC TOUR**

Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

**AUGUST 5**

**JURASSIC PARK™—  
IN CONCERT**

© **Universal Studios**  
**National Symphony Orchestra**  
**Emil de Cou, conductor**

*The Filene Center at Wolf Trap, 8:30pm, \$35-58*

An adventure 65 million years in the making comes back to the big screen. Watch Steven Spielberg's original Oscar®-winning dinosaur classic in high definition as the National Symphony Orchestra brings John Williams's iconic music to soaring, scaly life.

**AUGUST 6**

**CHICK COREA  
ELEKTRIC BAND**

**BÉLA FLECK & THE  
FLECKTONES**

*The Filene Center at Wolf Trap, 8pm, \$30-65*

Not your average night of jazz from two hybrid groups! Led by Grammy-winner Chick Corea, Chick Corea Elektric Band fuses rock music with jazz, while Grammy-winning quartet Béla Fleck & The Flecktones bring bluegrass and electric blues into the mix for one dynamic evening.

**AUGUST 6**

**GREG HOWE POWER  
TRIO FEAT. STU HAMM +  
GIANLUCA PALMIERI**

*Jammin Java, 7:30pm, \$20*

Howe has also developed a solid reputation as a technical innovator, particularly for his strong utilization of tapping, unusual time signatures, and his "hammer-on from nowhere" legato method. His self-titled debut album *Greg Howe* is ranked tenth best shred album of all time by *Guitar World Magazine*. In 2012 Greg Howe decided to take a break from the instrumental world and announced that he would be putting together a rock band named Maragold, which had much international success.

Greg Howe's new album, *Wheelhouse*, which is due out later this year, marks a highly anticipated return to his solo instrumental work. It features Greg Howe at his best along with an appearance from guitar legend, Richie Kotzen (Winery Dogs, Mr. Big). Described by Howe as his most personal work to date, the album is destined to again set the bar for guitarists everywhere.



Photo credit: Ernest Gregory

**AUGUST 8**

**GOO GOO DOLLS**

**Long Way Home**

**Summer Tour**

**Phillip Phillips**

*The Filene Center at Wolf Trap, 7:30pm, \$40-65*

From familiar favorites like "Iris" and "Slide" to more recent songs like "So Alive" and "Over and Over," The Goo Goo Dolls create hits with "indelible melodies combined with intimate, heartfelt lyrics, whilst still introducing a new, more uplifting, vibe" (*The Independent*).

## PERSONAL TRAINING



Fitness<sup>®</sup> Center

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## LOCATIONS

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**Reston**  
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**Great Falls**  
(703) 759-9110

---

**Washington, DC/K Street**  
(202) 452-1861

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**Washington, DC/  
Metro Center**  
(202) 383-8765



**AUGUST 3**  
The Filene Center  
at Wolf Trap

SELECTED EVENTS

Photo courtesy of Wolf Trap



# BLONDIE & GARBAGE

## AUGUST 11

**LYLE LOVETT & HIS LARGE BAND**  
*The Filene Center at Wolf Trap, 8pm, \$25-55*

Best known for his high-quality songwriting filled with wit and charm, Lyle Lovett has built his career “on the reputation of his live shows, which routinely sell out theaters and concert halls coast to coast” (*The New York Times*).

## AUGUST 12

**MARY CHAPIN CARPENTER**  
**With very special guest Lucinda Williams**  
*The Filene Center at Wolf Trap, 7:30pm, \$28-60*

Renowned and beloved singer, songwriter, and performer Mary Chapin Carpenter will return to Wolf Trap to celebrate the 30th anniversary of *Hometown Girl* (1987). Carpenter has won five Grammy Awards and is a 2012 Nashville Songwriters Hall of Fame inductee.

## AUGUST 12

**DAN NAVARRO**  
*Jammin Java, 7:30pm, \$20*

Dan started his career as a songwriter, most often with Eric Lowen, for artists as diverse as Pat Benatar (the Grammy-nominated “We Belong”), The Bangles, Jackson Browne, Keb’ Mo’, Dave Edmunds, The Temptations, Dionne Warwick, Dutch superstar Marco Borsato, The Triplets, Austin outlaw legend Rusty Weir, and many more...

In the 1990s, he recorded and toured with Lowen in the acclaimed acoustic duo Lowen & Navarro until Eric’s retirement in 2009. Dan has since transitioned smoothly into a growing solo career, increasingly in demand on the national concert circuit.

## AUGUST 12

**NAVY BAND COMMODORES**  
**Big band jazz**  
*Reston Town Center Pavilion, 7:30pm, Free*  
Bring lawn chairs or picnic

blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season’s full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## AUGUST 13

**AZTEC TWO-STEP “NAKED” CD RELEASE SHOW**  
*Jammin Java, 7pm, \$30*

In 1972, Aztec Two-Step, whose name comes from a poem by beat poet Lawrence Ferlinghetti, burst upon the scene with their self-titled debut album on Elektra Records. Since then, Rex Fowler and Neal Shulman have spent a lifetime making music together. Their first album, along with their subsequent albums on RCA Records, were staples of progressive FM and college radio and helped to usher in the folk-rock music of the 1960’s into the 70’s and beyond. As their recording

career continued, so did the critical acclaim. They have been praised in countless major US newspapers and magazines, including Rolling Stone, and have appeared on TV and radio shows including David Letterman, the King Biscuit Flour Hour, and World Café Live. In 1987, ‘Living in America’ received the New York Music Award for best folk album and was named in Billboard’s year-end critics’ choice poll. After 45 years, Rex and Neal continue to impress audiences with their intelligent songwriting, dazzling acoustic lead guitar, and soaring two-part harmonies.

## AUGUST 25

**ROCK THE BLOCK**  
*Old Town Square, 3999 University Drive, 6:30-9:30pm*

Enjoy live music, beer garden, food vendors, splash pad, and more at Old Town Square in Old Town Fairfax. The Alex Hilton Band will be performing their mix of modern country rock and soft country ballads. Please bring chairs and or blankets to sit on! No Pets allowed except service animals Rock the Block. Visit [www.fairfaxva.gov/RockTheBlock](http://www.fairfaxva.gov/RockTheBlock) for more information.

## AUGUST 25

**BIG O AND DUKES LIVE!**  
*Jammin Java, 8:30pm, \$15*

Almost a year to the date of their last terrestrial broadcast show, the greatest thing to ever happen to the internet occurred. Oscar Santana and Chad Dukes began the Big O and Dukes Show podcast, once again filling the need of great talk radio the world needed. The podcast format gives the guys an unbridled medium to relay their opinions and their frustrations on anything and everything. A Big O and Dukes live show at Jammin Java is an event not to be missed. Chad and



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

# LYLE LOVETT & HIS LARGE BAND

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.

## AUGUST 26

### DAVID AKERS & THE SOUL SHAKERS

#### Motown & more

Reston Town Center Pavilion, 7:30pm, Free  
Bring lawn chairs or picnic blankets and enjoy live outdoor music at the Pavilion. Free. Rain or shine. Presented by Reston Town Center and Reston Town Center Association on Saturdays, June through August. Alcohol permitted at restaurants only. See the season's full schedule at [restontowncenter.com/concerts](http://restontowncenter.com/concerts).

## SEPTEMBER 1

### THE BAND BATTLE— FINALS!

Jammin Java, 8pm, \$10-20

Come watch the region's best up-and-coming bands compete for \$2,000 cash, recording studio time, pro photo shoots, and more!

## SEPTEMBER 3

### I LOVE THE 90'S

#### The Party Continues Tour

#### featuring

TLC\* Kid n Play

**Montell Jordan**  
**Rob Base**  
**C&C Music Factory**  
**Snap**

The Filene Center at Wolf Trap, 7pm, \$45-87  
"Everybody Dance Now!" The '90s are

back and "No Scrubs" allowed. Don't miss this throwback party featuring faves like "Waterfalls," "This Is How We Do It," and "Rhythm Is A Dancer!"



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# 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

**LEVANT RESTAURANT & LOUNGE**  
8411 Old Courthouse Rd.  
703.570.5555  
www.levantva.com

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428 Maple Ave E  
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www.bonarotirestaurant.com

**SWEET CITY DESSERTS**  
131 Maple Ave W  
703.938.8188  
www.sweetcitydesserts.com

CONTINUED ON PAGE 28



**DAILY Full-Service Tea**

# SWEET CITY DESSERTS

## 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. \$25/adult, \$13/child, including tax and gratuity. Light Tea (\$19) and Cream Tea (\$15) are also available.

### EXHIBIT: ART IN THE GARDEN Green Springs Garden Park, 4603 Green Spring Road, Alexandria, VA 22312

"Art in the Garden" is sponsored by the Springfield Art Guild. The Art will be displayed from August 22 - October 22 at Green Spring Gardens. The Artist's Reception and Award presentation is Sunday, August 27 from 1:00 to 3:00 at Green Spring Gardens. The event is free and open to the public. All paintings are for sale.

### \$5 BOTTOMLESS GUACAMOLE

**La Sandia, 4pm-7pm, \$5**  
Experience bottomless guacamole with you and your closest friends for \$5.

## MONDAYS

### DA DOMENICO RISTORANTE 11:30am-10:00pm

Enjoy lunch or dinner at Da Domenico on Mondays and receive \$20 off your check of \$100 or more when you mention *VivaTysons Magazine*.

### MR. KNICK KNACK! PERFORMANCES FOR CHILDREN

**10:30 - 11:15am, Reston Town Center Pavilion**  
Unique, heart-centered music for kids and their grown-ups! Every Monday through October, presented by Reston Town Center. Free. [restontowncenter.com](http://restontowncenter.com)

### TRAIL AND ALES RUNNING CLUB Caboose Brewing Company, 6pm sign in, run begins 6:30pm

Caboose Brewing Company is

proud to partner with Grass Roots Fitness and DC Capital Striders for our "Trail and Ales" fun run each Monday evening! This club is a way to bring the community together safely and promotes active lifestyles and social interactions.

Run will be 3-5 miles with options to go shorter or longer on the WO&D, beginning at Mile Marker 12 - Caboose Brewing Company. You can walk or run. Dog and stroller friendly! All paces welcome! Club Members Get: \$1 off all pints after Monday Runs. Get a point for every run. After 10 points, you can buy an exclusive "Trail & Ales" T-shirt for \$10.

### 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.

CONTINUED ON PAGE 28



*Sow scientific terms  
in the fertile soil of the  
young mind, and passion  
for learning will bloom.*

*A Tyrannosaurus rex and a pterodactyl.  
An acute scalene and an obtuse isosceles triangle.  
A lanceolate and a deltate leaf.*

Preschoolers love big words—as any parent who has heard his four-year-old obsess over dinosaur names can attest. At LePort Montessori, we harness preschoolers' love of language and their infinite curiosity to help them joyfully acquire an astounding vocabulary.

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### Open House Events Saturday, August 5th

Aldie	• 9am - 11am
Broadlands	• 11am - 1pm
Chantilly	• 1pm - 3pm
Fairfax	• 9am - 11am
Herndon	• 10am - 12pm

### Grand Reopening & Open House at Reston Saturday, August 12th

Join us from 11am-1pm  
to celebrate and tour our  
renovated campus in Reston



**LePort**  
MONTESSORI



CONTINUED FROM PAGE 26

**TUESDAYS**

**HERITAGE NIGHT**  
**Levant Restaurant & Lounge**

Join Levant for a night of live arabic music by D.C. star Munir Al Asheq and Maestro Muayed Al Iraqi. Heritage night begins at 9:30pm and the restaurant stays open until 1am. Smoke hookah and make new friends.

**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 Dance Hall, 7pm, \$12**  
 Ed Cottrell, Gail Crum and the NVA Dance Crew teach a one-hour class on a different dance each week. The class will start promptly at 7pm and will be followed by "Dance for Everyone" with a variety of DJ'd

contemporary and classic dance music including rumba, West coast swing, East coast swing, hustle, shag, Latin, country-western two-step, foxtrot, tango, waltz, and more. 18 or older.

**½ PRICE WINE AT BRX**

**Brx American Bistro**  
 All wines below \$65 are half price with an entrée.

**\$2 TACO TUESDAYS**

**La Sandia, 4pm-9pm, \$2**  
 Experience \$2 tacos al pastor, skirt steak, chicken tinga, or carnitas. \$2 Torta sliders, chicken tinga, and carnitas with \$2 Dos Equis to wash it all down.

**SPANISH NIGHT**

**Evo Bistro, 4pm-9pm**  
 Experience a night in Spain with drink specials and Paella specials 4-10pm.

**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.

**SALSA NIGHT**

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

**WEDNESDAYS**

**TYSONS FIT CLUB**

**Powered By Crunch Fitness: Powerwave, 5:30pm-6:30pm, Tysons Plaza, Free**  
 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! Classes are free and all equipment is provided, but please do not forget your water!

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 703.288.4422  
 www.evobistro.com

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 703.760.9000  
 www.irisloungeva.com

**J. GILBERTS**

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 703.893.1034  
 www.jgilberts.com

**LA SANDIA**

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 703.893.2222  
 www.richardsandoval.com/lasand-  
 iavirginia

**PALM RESTAURANT**

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 www.thepalm.com

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 www.shoptysons.com

**THE VINEYARD**

1445 Laughlin Ave  
 703.288.2970  
 www.thevineyardva.com

CONTINUED ON  
 PAGE 30

fitness program that moms can do WITH their babies. It includes power walking/jogging and intervals of strength and body toning exercise using exercise tubing, your stroller, and the environment. Taught by certified fitness instructors with specialty training in the pre and post natal woman, it is a great workout for ANY level of exerciser.

**YOGA WITH ALYSON**

**Caboose Brewing Company, 520 Mill Street, NE, Vienna, VA 22180, \$10**

Join us for yoga with Alyson every Wednesday at 9:30! All levels are welcome, just bring yourself and your yoga mat.

**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! Their 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, \$19.95**  
Risotto with fresh strawberries and a fresh garden salad

**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.

**MUSSEL MADNESS**

**Argia's, \$9.95**

Try their 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 their chefs.

**MARTINI WEDNESDAYS**

**Brio Tuscan Grille**

Join Brio Wednesdays for \$5 Martinis.

**HALF OFF PRIMETIME**

**Palm Restaurant, 5pm-7pm**

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

**WINE WEDNESDAY**

**Pizzeria Orso, 4pm-9pm**

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

**WEDNESDAY THROUGH SUNDAY**

**VIENNA'S HISTORY THROUGH TIME EXHIBIT**

The 2017 Historical Exhibit at the Freeman Store and Museum runs through December 31, 2017. Exhibit is free of charge and commemorates the rich local history of Vienna and the surrounding area. Artifacts, photographs, etchings, newspapers and maps serve to

CONTINUED ON PAGE 30

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SATURDAYS

# FARMERS MARKET

## MCLEAN

### PULCINELLA

6852 Old Dominion Dr.  
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www.pulcinellarestaurant.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.brxf.com

### COLVIN RUN COMMUNITY HALL

10201 Colvin Run Rd  
703.435.5620  
www.colvinrun.org

demonstrate and describe the Vienna area over many years. The museum is located at 131 Church Street NE, Vienna, VA 22180 and open 12pm to 4pm.

## THURSDAYS

### SUSHI THURSDAYS Entyse, Wine Bar & Lounge, 5:30pm

Watch as their expert guest sushi chef creates savory maki, sashimi, and specialty rolls for their 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, 6-8pm**  
Go and join them in their tasting room for their 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 by 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, and 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

## 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.

## JAZZ FRIDAYS Entyse, Wine Bar & Lounge 8:30pm

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

## 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.

## 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 by The Ritz-Carlton hotel's service excellence.

## SATURDAYS

### FALLS CHURCH FARMERS MARKET

City Hall Parking Lot located at 300 Park Avenue, Falls Church, VA from 8am to 12pm through December.

Located just minutes from Washington, D.C. and Metro accessible from the East and West Falls Church Metro stations, Falls Church City's Farmers Market boasts over 50 vendors during peak season and 40 during the winter months. Unique to the Falls Church Market is the monthly Chef Series, which brings chefs from area restaurants in to develop recipes and share tastes using local, seasonal food.

The market strives to support local farmers while also helping protect the environment by reducing packaging and transportation demands.

### GREAT FALLS COMMUNITY FARMERS MARKET

In the parking lot next to Wells Fargo Bank. 778 Walker Road, Great Falls, VA 22066, 9am to 1pm

The Market offers a wide variety of freshly picked fruits, vegetables, and cut flowers.

There are also fresh eggs, baked goods, honey, and cider to purchase. Milk and cheese products, along with a wide array of meat products, round out the edible delights. If gardening is an interest, many vendors have small plants at the beginning of the season, while other vendors have larger landscape plants for those ambitious projects.

### SMART (FARMERS) MARKETS OAKTON

Unity of Fairfax Church located at 2854 Hunter Mill Rd, Oakton, VA 22124, 10am to 2pm

Smart Markets is the newest arrival to the farmers' market scene in Northern Virginia, providing guaranteed producer-only markets for the region's discerning shoppers. Visit us for locally grown fruits and vegetables, locally raised meats and poultry, and local foods from breads and cheeses to salsa and sausage.

### 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.

### BALLROOM SOCIAL DANCE

Colvin Run Dance Hall, \$15-20

On the 1st (\$20 for the band) and 3rd (\$15 for the DJ) Saturdays of the month enjoy music and a Foxtrot, Merengue, Viennese Waltz, or Samba lesson provided. Lesson from 8-9pm. Dancing from 9-11:30pm. Price includes the dance lesson and snack bar.

### LIVE MUSIC SATURDAYS

#### Entyse, Wine Bar & Lounge, 8:30pm

Join The Ladies and Gentlemen of ENTYSE, Wine Bar & Lounge for live music.

### 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 by 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.

### SATURDAYS AND SUNDAYS

### HAPPY HOUR

#### Evo Bistro, 3pm-7pm

Visit Evo Bistro to enjoy special drink menu items during Happy Hour.

### HISTORICAL TOUR & WINE TASTING

The Winery at Bull Run, 15950 Lee Highway, Centreville, VA 20120, 11:30am, 1pm, 2:30pm, and 4pm, \$35

This Group Tasting is combined with a Guided Historical Tour of the property. The tour normally takes about one hour and the souvenir glass and 8 wine tasting are included in this pricing. Walk The Winery at Bull Run's historic estate while tasting Virginia wines, and learn about the rich Civil War history behind these breathtaking, hallowed

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

## SUNDAYS

### FIRST SUNDAY JAZZ BRUNCH

Bazin's on Church, 111 Church St N.W., Vienna, VA 22180, 11am to 2pm

Bring your friends and family out to Bazin's on the first Sunday of every month to enjoy a delicious brunch accompanied by the soft jazz sounds of Virginia Music Adventure. Brunch is from 11am-2pm, and a portion of the proceeds will be donated to Virginia Music Adventure's international outreach programs! Reservations recommended.

### SUNDAY BRUNCH

#### Amphora

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

### ½ PRICE BURGERS

Dogwood Tavern, 7pm-12am

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



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## ½ PRICE WINE

### Ristorante Bonaroti

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

## SUNDAY BRUNCH

### La Sandia

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

## FABULOUS BUFFET BRUNCH

### Ireland's Four Provinces

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

## 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.

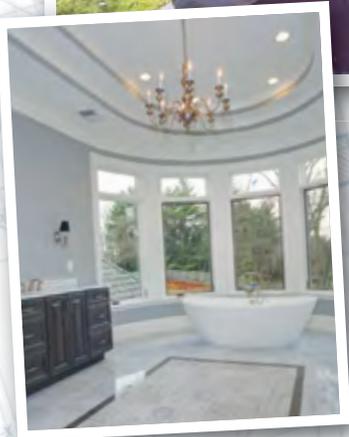
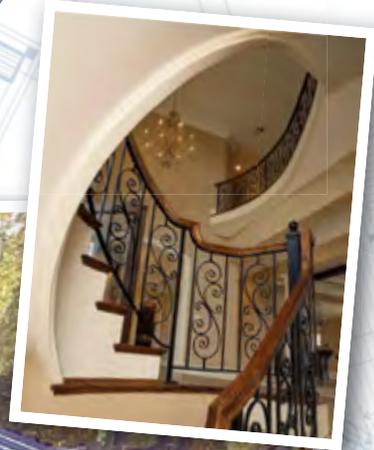
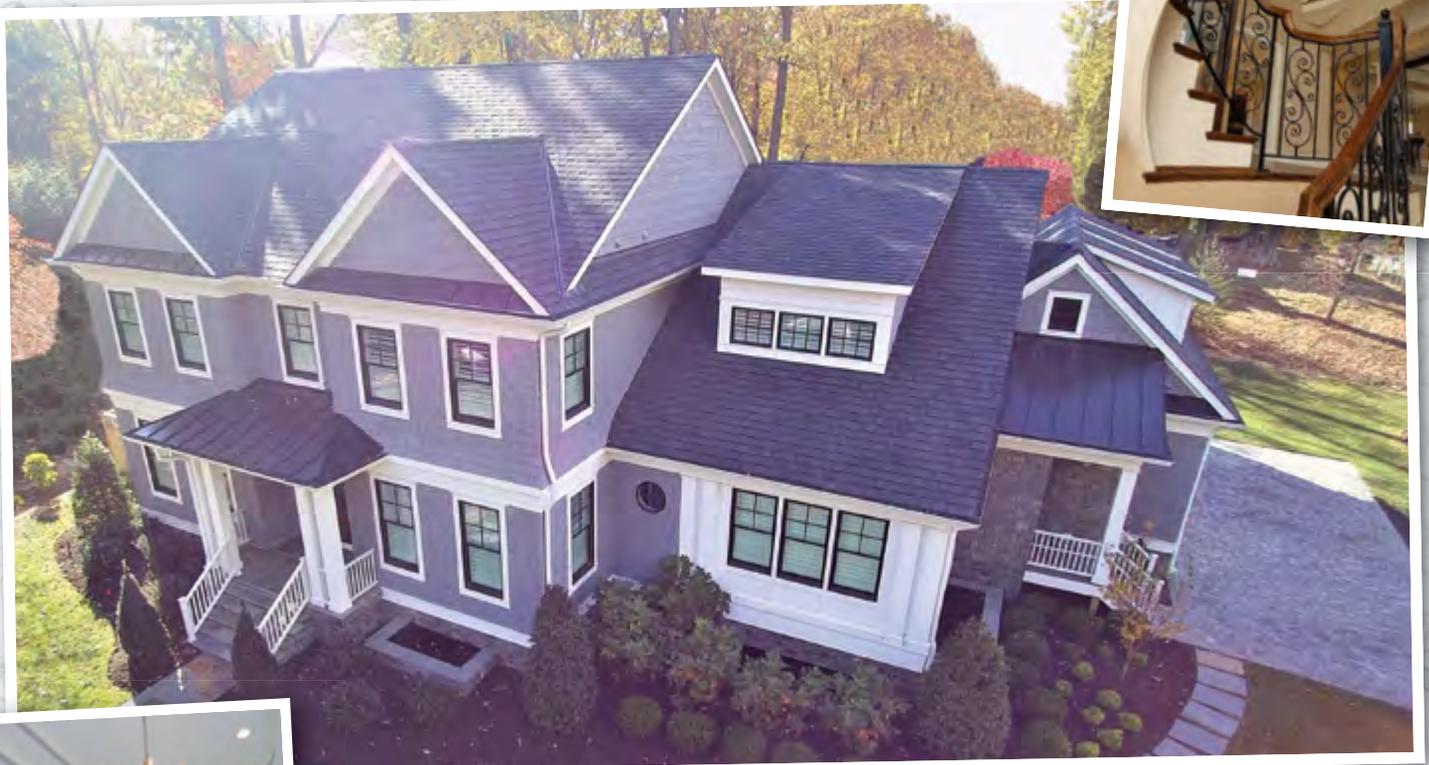
## SUNDAY BRUNCH

### Wildfire, 11 am

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. ❖

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# Explore the LOUDOUN WINE TRAIL

BY ANALIESE KREUTZER

Thinking about spending a day touring wineries and tasting some Virginia vintages? You don't have to go far to take in some of the best. Northern Virginia is considered one of the state's best wine regions, and of Virginia's approximately 230 wineries, more than 40 of them reside in Loudoun County.

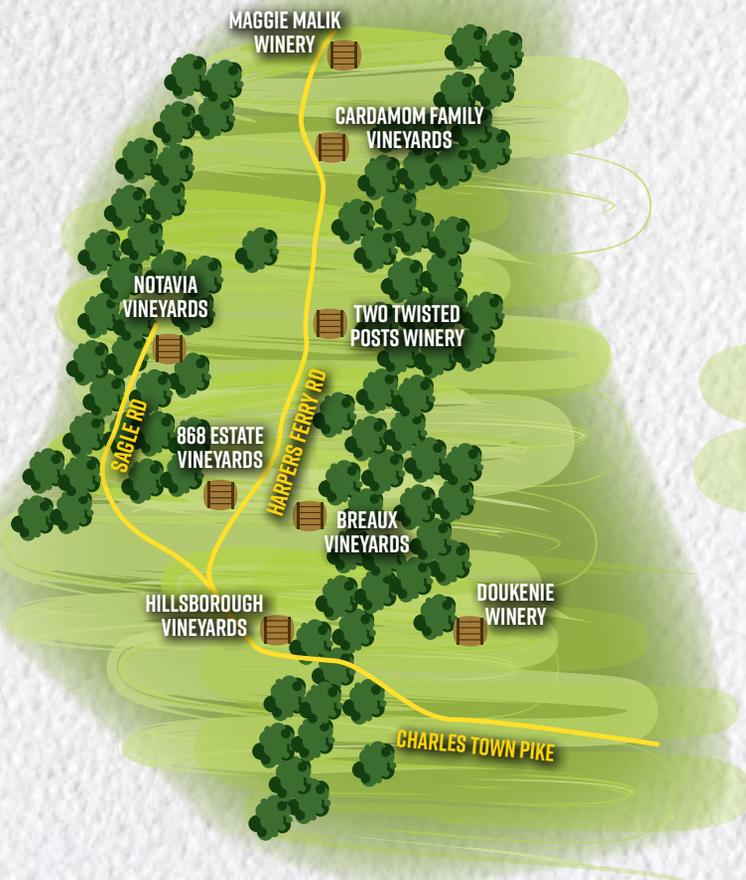
Like most Virginia wineries, the majority in Loudoun consist of small, family-owned operations, and much of their revenue derives from winery tours, tastings, and direct sales. To attract visitors, they often offer food and entertainment or tie-ins with local fairs and festivals. This makes a day in wine country a fun activity with local friends or a great change of pace from museums and monuments for out-of-town guests.

Loudoun County wineries are open from early spring to late fall and are organized into six clusters along the Loudoun Wine Trail. When planning an outing, pick your cluster and check the websites for the wineries you want to visit for their tasting room and tour hours. Consider your transportation. Decide whether someone in your group will serve as the designated driver or contact Reston Limousine or another local provider to transport you in style. Then relax and enjoy.

## *The Loudoun Heights Cluster*

If you want to take in some beautiful scenery while you sip your wine, head toward the northwestern part of the county, where the Loudoun Heights Cluster surrounds the tiny town of Hillsboro. This area is known for its rolling hills and lovely vistas. You might want to include on your visit Breaux Vineyards, one of the largest-producing vineyards in the state, Notaviva Vineyards, offering its handcrafted wines with special music pairings, and Maggie Malick Wine Caves (see sidebar on page 37).

## THE LOUDOUN HEIGHTS CLUSTER



## THE WATERFORD CLUSTER

### *The Waterford Cluster*

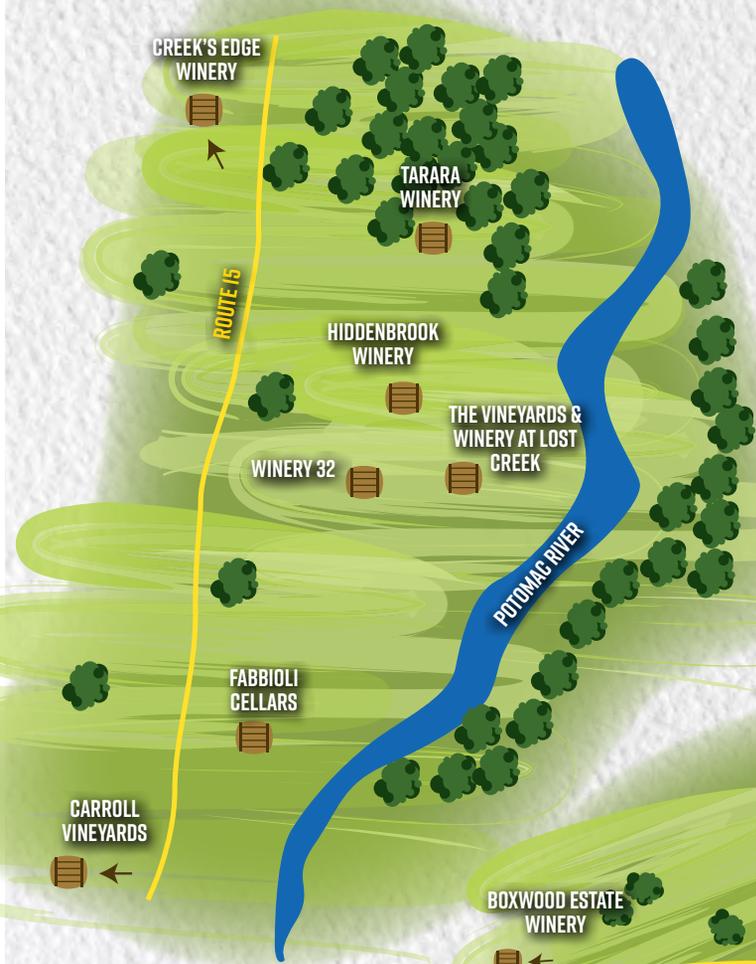
If you enjoy Virginia history, the Waterford Cluster sits outside the National Historic Landmark village of Waterford, which was founded by Quakers in 1733 and remains virtually unchanged. The wineries here range from small handcrafted producers to larger vineyards offering a variety of wines. This cluster includes Sunset Hills Vineyards, housed in a renovated 140-year-old Amish barn with decks on two stories.



## THE POTOMAC CLUSTER

### *The Potomac Cluster*

Take in a sampling of different wines, settings, and atmospheres in this eclectic cluster located between Route 15 and the Potomac River just north of Leesburg. The wineries here enjoy views of the river, the mountains, neighboring farms, and even lakes. In addition to the wineries, you'll find antique shops and roadside stands along Route 15. If you like red wine, be sure to include a stop at Fabblioli Cellars to sample and pick up some of their high-quality reds.



### *The Mosby Cluster*

John Mosby Highway, also known as Route 50, leads you through the Mosby Cluster, where wine country meets horse country. The wineries here near Aldie and Middleburg take you on a European tour. 50 West Vineyards focuses on producing wines in the classic French Bordeaux style; Chrysalis Vineyards specializes in unusual Spanish and French varietals, as well as the native Virginia grape Norton; and Quattro Goomba's Winery produces Italian-style wines.

## THE MOSBY CLUSTER



## THE HARMONY CLUSTER



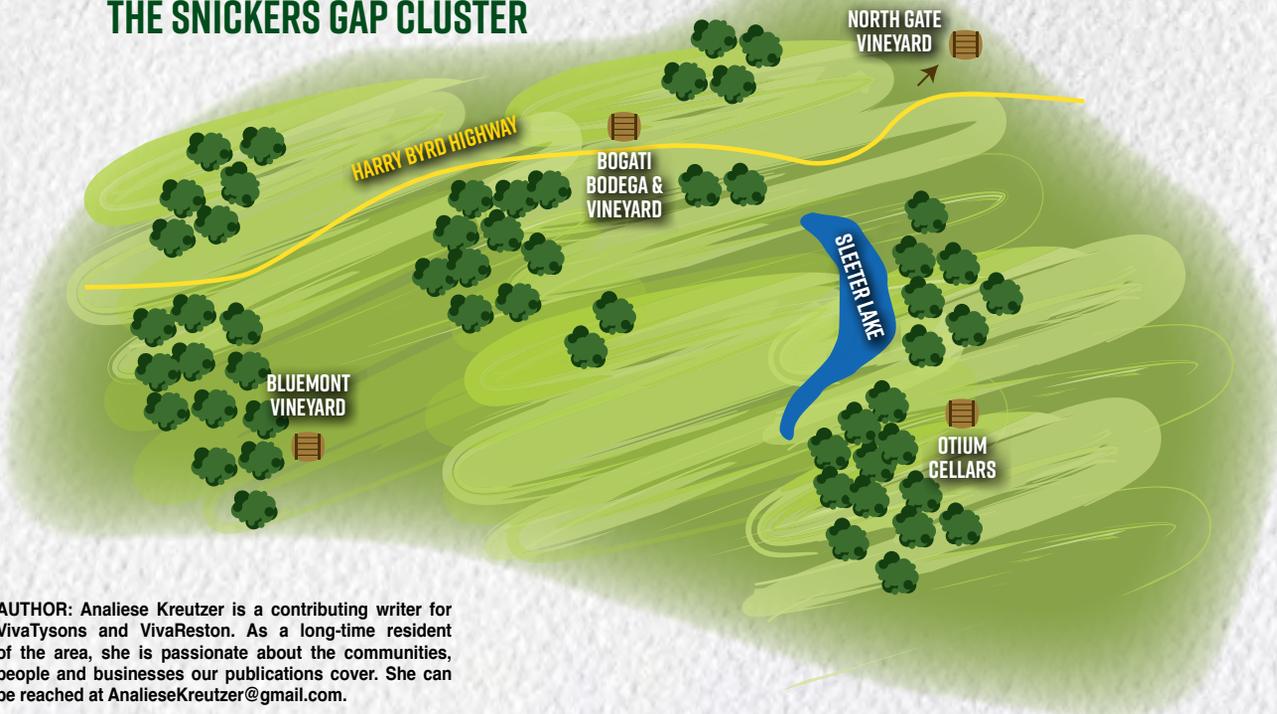
### *The Harmony Cluster*

The Harmony Cluster, named after a nearby town that was originally called Harmony but is now known as Hamilton, contains Loudoun's oldest operational winery, Willowcroft Farm Vineyards, founded in 1983. It's also home to one of Loudoun's largest, Stone Tower Winery. Take the trail through winding roads to the wineries and to the top of Catoctin Mountain. Cyclists can take a break at the Barns at Hamilton Station winery, which is accessible from the W&OD trail.

### *The Snickers Gap Cluster*

On the western side of Loudoun County lies the Snickers Gap Cluster, named for a wind gap in the Blue Ridge Mountains. The smallest of the clusters, this one includes only four wineries that are open to the public. Of particular interest are Otium Cellars and North Gate Vineyard. Otium grows several German varietals, and North Gate is a LEED (Leadership in Energy and Environmental Design) certified winery.

## THE SNICKERS GAP CLUSTER



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



Maggie Malick Wine Caves



## MAGGIE MALICK WINE CAVES

Bring a jacket when you visit Maggie Malick Wine Caves, because the wine cave, which serves as both production facility and tasting room, stays a cool 60 to 64 degrees year round. In the days before electricity and refrigeration, wine makers used caves to take advantage of their high humidity and constant cool temperatures to prevent evaporation and maintain the product through the aging process.

Vintner Maggie Malick uses a modern twist on this ancient tradition. The cave at the winery is a man-made structure built into a hillside and covered in four feet of earth and grass.

Located on 215 rolling acres in the shadow of Short Hill Mountain near Harpers Ferry National Park, Maggie Malick Wine Caves is a woman-owned, boutique winery featuring award-winning, estate produced wines. Like many Virginia wineries, Maggie Malick's is a family business. Her husband Mark oversees production of 30 acres of vineyards planted with 15 varieties of vinifera grapes. When not making wine and tending the vineyards, Maggie works as an aeronautical engineer and Mark is a commercial vineyard real estate agent.

In addition to the tasting room in the wine cave, visitors enjoy live music on the summer weekends on the outdoor patio seating overlooking the vineyard, several koi ponds, and a 360-degree view of the valley's rolling green hills. The picturesque setting of this winery also lends itself to parties and weddings. ❖





# Wine Tasting DINNERS



Nothing celebrates Summer like an evening of wine and fine dining. And in Tysons, the selection of restaurants offering Dinner with Wine Pairings are second to none. Enjoy this list of Wine Tasting Dinner events that will make your palate sing!



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You all have absolutely wonderful wines in your cellars! Gather a group of friends, raid your cellars, and let Chef Jon Krinn create a unique tasting menu to match the wines. Bring all the wine you want, and pay only for the food (\$140 for each guest), tax, and gratuity. No corkage fee, whatsoever. Email Jon at [jon@clarityvienna.com](mailto:jon@clarityvienna.com) to schedule a date.

Also look forward to Jon's upcoming food and wine cooking demonstration classes on selected Monday evenings. Check Clarity's Facebook and website for more information.

442 MAPLE AVE E, VIENNA, VA 22180  
[www.clarityvienna.com](http://www.clarityvienna.com)





## *Pazzo Pomodoro*

### WINE DINNERS

STAY TUNED FOR UPCOMING WINE DINNERS THIS SUMMER

There is something about Italian wine that draws you immediately to the table and when Pazzo Pomodoro pairs it up with the perfect appetizers and entrees, it is a dinner you don't want to miss. Visit [www.pazzopomodoro.com](http://www.pazzopomodoro.com) for news on their next upcoming wine dinner. Reservations can be made by calling (703)281-7777.

118 BRANCH ROAD SE, VIENNA, VA 22180

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



## *Evo Bistro*

### CAKEBREAD CELLARS WINE DINNER

TUESDAY, OCTOBER 17, EVO BISTRO

Join Evo Bistro for an exclusive wine dinner, featuring wines from one of the top wineries in Napa Valley, California.

Enjoy a five-course dinner perfectly paired with the best of Napa Valley Cakebread Wines. Guests will be greeted with a glass of cakebread Sauvignon Blanc and Tapas reception. Please make your reservation by calling (703)288.4422.

1313 OLD CHAIN BRIDGE ROAD, MCLEAN, VA 22101

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



## *Lake Anne Coffee House & Wine Bar*

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Because the only thing that makes a fine wine better is pairing it with the right food, Chef Meagan will create dishes to bring out the best in every varietal during their summer wine dinners. Dinners and tasting events will happen all summer long, and will vary in price. For more information or to make a reservation, please call the Coffee House at 703-481-9766.

1612 WASHINGTON PLAZA N, RESTON, VA 20190

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



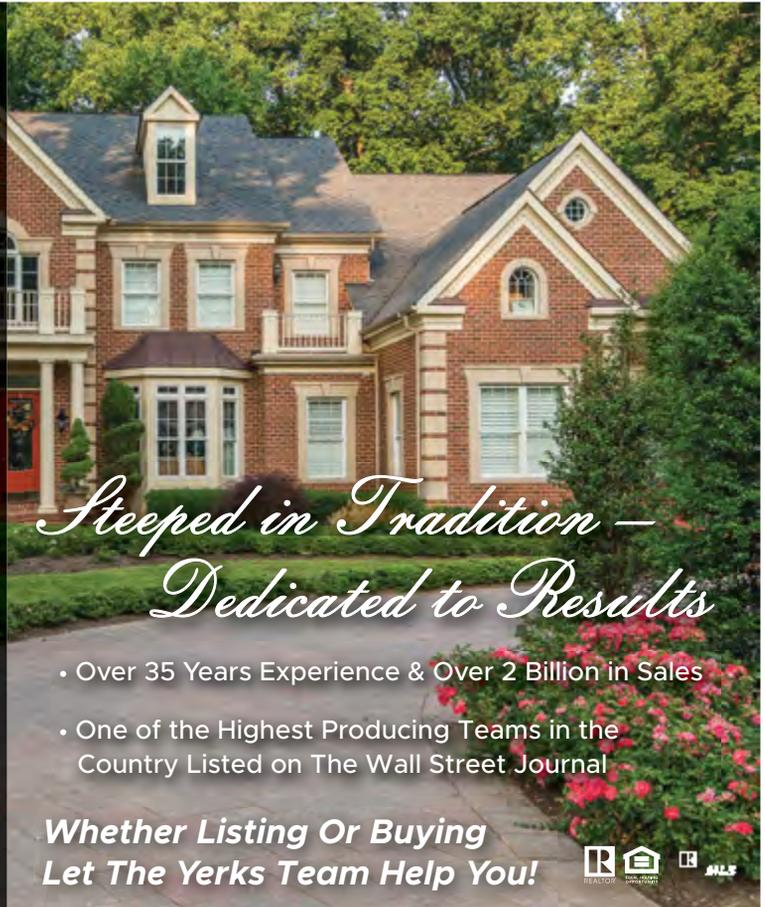
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# A Tale of Three VIRGINIA VINEYARDS

*Fun, Friendly Vineyards, That Is...*

BY ALLISON CHASE SUTHERLAND



## Gadino Cellars

Enjoy an early spring getaway to Gadino Cellars in the quiet and beautiful countryside of Rappahannock County. Relax in the rustic Tuscan-inspired tasting room (\$8 per tasting including logo glass) or under the pergola on the sun-splashed deck overlooking the gardens, the vineyards, and the Blue Ridge Mountains. The spectacular Skyline Drive is just around the corner.

The Italian grandfathers of Bill and Aleta Saccuta Gadino brought their skill and passion for wine-making to family and neighbors when they emigrated from Italy in the early 1900s. A family-run winery, Gadino Cellars invites you to come be part of 'La Famiglia.' In fact, you

can join the Gadino Cellars PMI Club and become a 'Persona Molto Importante' or 'Very Important Person.'

Wines of note produced by this proud certified Virginia Green Winery include the 2015 Barrel Select Chardonnay, the 2014 Petite Manseng, and the 2014 Delfino Rosso, a Bordeaux blend of Cabernet Franc, Cab Sauvignon and Petit Verdot with flavors of black berry, currant and structured tannins that complete this Meritage-like portrait. I also enjoyed the 2014 Petit Verdot and a crisp, clean citrus oriented Single Vineyard Pinot Grigio from their estate vineyard.

Bring along a picnic (or select from gourmet cheeses and local sausage) and spend the day on the deck or challenge friends to a game of bocce on the regulation courts. Benvenuti tutti!

**GADINO CELLARS**  
92 Schoolhouse Road  
Washington, VA 22747  
540.987.9292

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

Open year-round, Friday-Monday, 11:30 am-5 pm;  
Saturday, 11:30 am-6 pm.



## Fabbioli Cellars

The ever-meandering wine trail through the Northern Virginia wine region just keeps on growing. Just as the ripe wine grapes cluster on the vines, Loudoun's wineries have been grouped into six distinct wine clusters. Just take 7 to Leesburg and head north on 15 through the fertile, rolling countryside of the Potomac Cluster, and you'll reach Fabbioli Cellars, described as 'real people, Earth-friendly, fabulous wines.' Doug Fabbioli started out his vicarious viticultural journey back in the eighties working in a vineyard in upstate New York, honing his experience for a decade beside legendary vintners in California's Sonoma Valley as Barrel Oenologist at Buena Vista, before his introduction to the then-fledgling Virginia wine scene at Tarara Winery on 475 sprawling acres in the foothills of the Catoctin Mountains. Following a stint at Windham Winery, (now Doukénie) where we first crossed paths long ago, it was destined that Doug would finally open Fabbioli Cellars.

Doug Fabbioli has lent his considerable expertise to many an emerging Virginia winery, including Bluemont, Notaviva, Hiddencroft, 8 Chains North, North Gate (which you might also find at the Falls Church Farmers' Market), and Catoctin Creek, all of which he helped get started. His philosophy is a spirit of working together, "and then everything else is great. All boats lift in a rising tide," he says.

"The goal is to create economic value, a job you love, be a steward of the land, and do it for generations." At Fabbioli Cellars, many sustainable agricultural practices have been implemented following this sincere respect for the environment. Known primarily for their reds, Fabbioli Cellars offers a smooth, drinkable Chambourcin in the style of Chianti or Montepulciano, with bright red berry fruit – great to chill with on the deck. The 2013 Cabernet Franc Reserve, a smoky, spicy classic, garnered the Chairman's Grand Award at the 2016 Loudoun County Wine Awards; the 2013 Tre Sorelle, a Bordeaux blend of three sister varietals of Merlot, Cabernet Sauvignon, and Petit Verdot, picked up the Gold Medal; and Doug was most deservedly recognized with the auspicious title of Wine Maker of the Year.

Enjoy an array of fruity flavors with the Port-style apéritif Pear Wine, brandy-fortified black raspberry Rosa Nera, and the ever-so-luscious Raspberry Merlot, the pure essence of raspberry. Doug says, "They're ripe and they're beautiful!" For a fee, their popular tasting consists of seven fine wines "perfectly paired with small gourmet food bites created by local chefs and food artisans."

An award-winning vintner with over 30 years of winemaking experience, Doug Fabbioli considers it a great honor to be poured at top-notch restaurants such as Harriman's Virginia Piedmont Grill at the Salamander Resort & Spa, the Red Fox Inn in Middleburg, and The Wine Kitchen in Leesburg. At Fabbioli Cellars, there is a great appreciation for their network of friends, employees, and volunteers, who are considered extended family. Located only 27 miles from Tysons Corner, with great wines, picnic tables, fire pits, and a warm welcome, all in a bucolic setting, Fabbioli Cellars is, indeed, fabulous

### FABBIOLI CELLARS

15669 Limestone School Road  
Leesburg, VA 20176

703.771.1197

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

Open daily, 11 am-5 pm; Closed Tuesday and Wednesday.



## *Barrel Oak Winery*

*(BOW, as in Bow Wow!)*

When they coined the phrase “a stranger is just a friend you’ve never met,” they must’ve been referring to Brian and Sharon Roeder of Barrel Oak Winery just outside the charming town of Marshall in Fauquier County. These two possess an innate sense of kindness, as reflected by the respect and friendliness they offer everyone who crosses their threshold, as well as their unwavering energy and passion for charitable works. Brian holds court by the fire, never missing a greeting, as guests enter his benevolent realm like long-lost old friends. With regular charitable events on the property, it’s easy to get involved too. This is “a place of community” where “friendships are being made.” Guests return again and again.

And then, of course – the dogs, the theme of the whole place. They have two dogs, a golden retriever and an American bulldog from the Lost Doggie/Cat Rescue Foundation, which they also support. They even have a Doggie Yappy Hour!

With regular live music, you get the feeling you’re welcome to hang out all day, until 9 pm on Fridays all year long, and until 9 pm on Saturdays in the summertime and fall. Sharon and Brian designed and built this beautiful architectural space of site-blasted bluestone and granite with reclaimed Douglas fir on the bar.

Barrel Oak Winery is built upon 170 acres of horses, alpaca, and black Angus grazing in the countryside across from Little Cobbler Mountain just off I-66, with 30 acres planted with a “scientific and artistic” approach to winemaking, producing 10,000 cases a year. Their best-selling wine is the “light, fruity sunshine in a glass” BOWhaus White. Don’t miss the Chocolate Lab dessert wine, a Port-style Chambourcin infused with cocoa nibs. I selected a Late Harvest Vidal Blanc to go called “Goldie” (as in Golden Retriever), a honeyed nectar with tropical aromas, in anticipation of this summer’s fresh peaches at the Falls Church farmers’ market.

With this impeccably honed formula— a dog-friendly, pastoral setting 42 miles from Tysons, green building and geothermal heating/cooling, bring-your-own picnic inside or out, build-your-own fire pit, evening hours on weekends, BOWClub parties from June to September, charitable works, genuine warmth and camaraderie, chill music, and great wine – they have created a vintage all their own. And although harder than expected, Brian at one point admitted, “We might pull this off.” Well, they certainly did. So place your bets and hold on, because this horse is taking off, and fast. And the nice thing is—you’re invited along for the ride. ❖

### BARREL OAK WINERY

Barrel Oak Winery 3623 Grove Lane,  
Delaplane, VA 20144 540.364.6402

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

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# BEHIND THE SCENES

## in the Virginia Wine Industry

BY LINDA BARRETT

You can't drive anywhere in Virginia without seeing a road sign indicating a nearby Virginia winery. They are everywhere. The winery signage, and the wineries themselves, are the visible part of the Virginia wine industry that now hosts more than 290 wineries; but how much do you know about what goes on behind the scenes?

### The Virginia Department of Agriculture

"The Virginia Department of Agriculture and Consumer Services (VDACS) plays a significant role in the Virginia wine industry," explained Basil I. Gooden, Virginia Secretary of Agriculture and Forestry. The wine industry is a significant part of the \$2.2 billion Virginia agritourism industry, generating about \$1.37 billion annually.

Since wine is an agricultural product, to be licensed as a Virginia farm winery, 75% of the grapes used in winemaking must be from Virginia fruit, and 51% from the land owned or leased by the winery. This ties farm wineries directly to the land, and often small family farms.

Secretary Gooden's role is to "support, market, advocate and protect agriculture here in Virginia." With a focus to build the Virginia brand,

he also works to promote Virginia wines in markets where it is not currently well known, throughout the U.S. and internationally. "There may have been a perception a while back that the only good wine came from California or Oregon, but that's certainly not the case any more. Virginia is very competitive."

"When I took this job eight months ago, I was pleasantly surprised how large this industry is. On the flip side, I noticed the lack of diversity – there are no African-American winery owners," Gooden said. "It's important to us to make sure all people are reflected, including women and people of color, and we are having discussions in the industry, which is very open to be more inclusive and more diverse."

### The Virginia Wine Board

The Virginia Wine Board (VWB) was created by the Virginia General Assembly in 1984 as a subset of the VDACS. It comprises passionate wine industry professionals who are appointed to their volunteer positions by the Governor of Virginia to serve up to two four-year terms. Their goal? To promote the interests of vineyards and wineries throughout the Commonwealth through research, education, and marketing. Three of its ten members are growers, and six represent wineries or cideries.

The VWB is funded by the excise tax levied on case sales of wine, which raised about \$2 million in 2016 for research and marketing, according to Kirk Wiles, owner of Paradise Springs Winery and Vice

Chairman for the VWB. Approximately two-thirds of the funds are dedicated to education and marketing, with the remaining third spent on wine-related research, often handed out in research grants.

"In the next year, we want to raise the profile on Virginia wines," Wiles said. "We want people to plant more vines and take pride in the quality of wine they are producing, and we want to get out into the market to get more national and international recognition."

The Wine Board meets quarterly to discuss topics like what varietals to plant, or how to improve the quality of Virginia wines. "It is like a think tank for Virginia wine," Wiles added. Meetings are open to the public, although directed toward wines businesses and the industry. "Those interested in starting a winery or getting involved in the industry are welcome to come, listen, absorb, present ideas, and talk to someone on the board to get an idea or direction."

### The Virginia Wine Marketing Board

The Virginia Wine Marketing Board (VWMB), funded by the Virginia Wine Board, is responsible for "developing strategic marketing plans, looking at issues affecting where we feel the Virginia Wine Board needs to invest their time and resources in terms of marketing, and evaluating and implementing strategies to tackle those issues,"

explained VWMB director Annette Boyd.

The VWMB markets visits and tours to area wineries, working closely with Virginia Tourism, and targets the restaurants, sommeliers, and wine shops that request and purchase Virginia wines. "Currently 95% of Virginia wines are sold within the state, but there will come a point when we hit saturation, and when that happens, markets outside Virginia will become very important," Boyd said. "Building that groundwork now is important for a healthy industry."

The VWMB's strategies include the annual Virginia Wine Summit, where winery owners, grape growers, distributors, and wine media come together to network, discuss trends and issues in the Virginia wine industry, and taste wines and ciders. The 2017 Summit, held in May, featured sessions like "The Competitive Advantage of Virginia Wines" and "A New Look at Viognier," along with other educational seminars. In addition, the VWMB promotes Virginia Wine Month in October and Virginia Vineyard Month each April, and produces the annual Virginia Wine Guide and Commercial Grape Report.

The VWMB also manages the Governor's Cup Awards held each February, now in its 35th year. A Best in Show wine is selected from more than 490 entries after three days of tasting and deliberation, and Governor's Case Winners are announced, with the top 12 reds and whites selected by a panel of 40 wine experts from around the world. This year's Best in Show winner: 2014 Cabernet Sauvignon from The Barns at Hamilton Station Vineyards.

Along with these three entities, several wine-related Associations also support Virginia's growing wine industry.

Now that you know what goes on behind the scenes, how can you personally become involved in the Virginia wine industry? Buy, enjoy, and tell everyone about Virginia wines! ♦

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



## 2017 GOVERNOR'S CUP AWARDS Gold Cup Medalists

BARBOURSVILLE VINEYARDS	2013 PAXXITO
BARBOURSVILLE VINEYARDS	2014 CABERNET FRANC
BREAUX VINEYARDS	2012 MERITAGE
BREAUX VINEYARDS	2014 MERITAGE
CARDINAL POINT VINEYARD & WINERY	2014 UNION
CROSSKEYS VINEYARDS	2015 CABERNET FRANC
HORTON VINEYARDS	2015 VIOGNIER
INGLESIDE VINEYARDS	2014 PETIT VERDOT
JEFFERSON VINEYARDS	2012 MERITAGE
JEFFERSON VINEYARDS	2014 PETIT VERDOT
KING FAMILY VINEYARDS	2014 PETIT VERDOT
KING FAMILY VINEYARDS	2014 LORELEY
KING FAMILY VINEYARDS	BRUT
MICHAEL SHAPS WINEWORKS	2014 CABERNET FRANC
MICHAEL SHAPS WINEWORKS	2014 MERITAGE
POLLAK VINEYARDS	2013 CABERNET FRANC RESERVE
SUNSET HILLS VINEYARD	2012 MOSAIC
THE BARNs AT HAMILTON STATION VINEYARDS	2014 MERITAGE
THE BARNs AT HAMILTON STATION VINEYARDS	2014 CABERNET SAUVIGNON
UPPER SHIRLEY VINEYARDS	2014 ZACHARIAH. RED VINIFERA BLEND
VALLEY ROAD VINEYARDS	2014 PETIT VERDOT
VERITAS WINERY	2014 PETIT VERDOT PAUL SHAFFER 6TH EDITION
VERITAS WINERY	2014 PETIT MANSENG



# EXPERIENCE THE SPLENDORS

*of Nature in Nearby Luray*

BY MARIA BUNNEWITH

Only an hour and half west of Fairfax County sits one of the largest caves in the Eastern United States — Luray Caverns. This monumental local natural wonder has drawn tens of thousands of visitors with its ethereal beauty since its discovery by explorer Andrew Campbell in 1878.

This must-see subterranean marvel is the perfect complement to the stunning views of the nearby Shenandoah National Park. While the stately Blue Ridge Mountains provide a home for the abundant wildlife in the area and a welcoming environment for hikers, bikers, campers and outdoor enthusiasts, the 64 acres of caverns are devoid of sunlight and absent of living creatures, outside of the visitors who gape in awe at the stunning formations.

Guests who pass through the fairly nondescript-looking doorway and down the flight of stairs to the caverns may feel like Dorothy emerging from her farmhouse to find herself in the Land of Oz.

On this preternatural trip, however, visitors get a tour guide. The caverns have been equipped with electric lights and paved walkways to make the 1¼-mile trek easier, although it is not handicapped accessible. Baby strollers are allowed, but it can be challenging to negotiate the terrain on the approximate one-hour tour.

The cavern is open year-round, but regardless of the weather it is always a damp 54 degrees inside. Visitors are treated to the sights of amazing limestone and dolomite formations, including towering stalactites and stalagmites, some reaching 10 stories high. At once, they appear massive and heavy, yet fragile and elegant.

One particular formation is said to look like the folds of a blanket, while another is known as Titania's Veil, so named for its white color and its appearance, which calls to mind a carefully arranged tatted shroud.

Another stop on the tour is Dream Lake, a sight that surely makes visitors doubt their eyes. This clear, shallow body of water, barely 20 inches deep, so impeccably and so stillly reflects the stalactites above that those who behold the sight inevitably believe the stalagmites they see below are real.

Luray Caverns has been the location of many a wedding over the years, and the stalacpipe organ literally plays its part in the nuptials. The instrument is comprised of small rubber hammers tethered to the organ. When the keys are pressed, the mallets strike hollow formations, sounding eerie musical notes that echo throughout the chambers.

Luray and the surrounding area are served by many budget hotel chains, but two independent, historic buildings offer one-of-a-kind lodgings for visitors who appreciate true authenticity in an upscale environment.

The Mimslyn Inn is legendary in Luray, an institution since 1931. This 45-room, elegant hotel offers unparalleled luxury in the heart of the Shenandoah Valley.

Historic rooms are tastefully decorated with sophisticated yet comfortable furnishings that steep guests in a refined country ambience while keeping them connected to the 21st century with free WiFi and flat-screen TVs, tucked away in a regal armoires.

Suites offer jetted tubs, cozy sitting areas, fireplaces, and more. The Roosevelt Suite was so named after President Franklin Roosevelt and his wife, Eleanor, who stayed there in 1936 while attending the dedication of Shenandoah National Park.

For those traveling with family, the Mimslyn operates the nearby Manor House and Cottages, which sleep up to 16. Those seeking more privacy may opt for the Bridal Cottage, which is outfitted with a jetted bathtub, fireplace, and fenced-in, outdoor hot tub.

The Mimslyn is known far and wide for its incomparable country cuisine. Locally sourced ingredients go into creating delectable dishes paired with Virginia wines that have won the Award of Excellence from Wine Spectator four years in a row.



Mimslyn Inn



Giants Hall



Mimslyn Inn

The Hotel Laurance, a recently opened boutique hotel in downtown Luray, houses its 12 suites in a historic corner building dating back to 1830. Each suite combines mid-1900s décor with modern conveniences such as flat-screen TVs, full kitchens, and free WiFi.

Antique bathroom fixtures, transoms, chandeliers, and stately armoires make guests feel like they've stepped back in time. A complimentary continental breakfast prepares visitors well for a morning of sightseeing downtown.

Be sure not to miss the other delightful attractions in Luray, including its vibrant arts and cultural district, showcasing the talents of local painters and sculptors. If you're shopping, stop at one of the many stores selling unique items such as used books, antiques, and charming country décor.

Whether travelers have in mind a romantic getaway, a fun family weekend, or a retreat with friends, Luray, Virginia, is the perfect spot. ❖



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Labor Day-Oct. 31;

**TICKETS:** \$27 adults, \$23 seniors 62 and older, \$14 for kids 6-12, group rates available.



BY DIMA ALI, MD

## Ask DR. DIMA

### HOW TO IMPROVE YOUR SEX LIFE AND YOUR HEALTH with Hormone Pellet Implants

#### How do I know if I need bioidentical hormone therapy (BHRT)?

In my opinion, most men and women over the age of 35 (about 97 million of us right now) need some form of hormone replacement, as that is when symptoms of hormone decline begin to manifest. First, blood work needs to be done using specialized lab tests that are not part of a normal lab panel. This gives me objective information about each individual's hormone levels, though we don't treat numbers, we treat each individual based on their specific symptoms – the lab values are just a guide. Some symptoms of hormone decline are: hot flashes, night sweats, depression/anxiety, decreased energy, weight gain (especially around the mid-section), hair loss, memory loss and chronic fatigue, to name a few. Any man or woman that wants to improve their health, wellness, strength, longevity, confidence, aesthetics and overall quality of life should be on BHRT.

#### My doctor has me on Prempro. Why should I switch?

The answer to this question boils down to Capitalistic Pharmaceutical Company vs. Small Compounding Pharmacy; synthetic mare-derived hormones vs. natural plant-derived hormones that mimic Mother Nature and the human physiologic state. Oral hormones are metabolized by the liver, causing hypertension, elevated cholesterol and even an increase in clotting factors and strokes. By definition, bioidentical hormones mimic the chemical structure of hormones that the human body makes naturally. It is therefore metabolically processed in much the same way, resulting in greater bio-availability and more effective utilization. BHRT is plant derived (soy/yams), safer and far more effective. It enhances quality of life and diminishes age-related morbidity. You should switch.

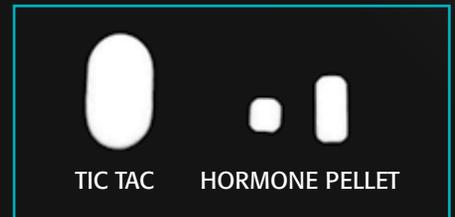
#### My sex drive is gone and I'm worried my husband/wife will leave me! Will bioidentical hormone therapy help bring it back?

Yes! This is one of the main symptoms of hormone decline and it occurs during both menopause and andropause due to decreased levels of estrogen, testosterone or both. It is important to note that there can be great variation between individuals. A 22 year old female may have lower testosterone than a 42 year old female and a 62 year old male might have 4 times the testosterone as a 30 year old man. That is why each treatment is customized for each individual patient. Both libido and erectile

dysfunction improve with hormone therapy.

#### I have been on bioidentical hormone creams since my hysterectomy 5 years ago and my doctor wants to switch me to pellet therapy. What is pellet therapy?

Pellet therapy is a slow release delivery method for bioidentical hormone therapy. It bypasses the skin barrier and goes directly into your bloodstream, allowing for a more even and sustained level of hormones that mimics your body's delivery system. The hormone pellets are smaller than a tic tac and are inserted underneath the skin (usually in the upper buttock) with a very small incision under local anesthesia. The pellets last about 3 months in women and 5 months in men.



#### How soon will I start to feel better after my pellet implant?

Some people begin to feel the effects within 48 hours. You will slowly begin to notice things such as increased energy and stamina; increased sex drive and performance; better concentration and focus; less vaginal dryness and incontinence; improvement in sleep; less headaches; and better skin tone. In addition, it's been shown to decrease the chance of developing chronic diseases such as osteoporosis, Alzheimer's Disease, coronary disease and diabetes. BHRT with pellets is THE BEST way to maintain optimal health and well-being as we age.

#### What if my primary care physician or my gynecologist says that there is 'no data' to support the use of testosterone implants and that they cause cancer?

That's an ignorant statement and frankly, they are wrong. There is data to support both the short and long term use of hormones delivered by pellet implants. In fact, BHRT testosterone implants have been used to treat advanced breast cancer and it is breast protective. Not to mention the fact that it saves marriages!

-DR. DIMA ❖

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BY DANI J. KEATING

Group getting ready to ride recumbent trikes in the Fairfax Independence Day parade.

## Bikes@Vienna— The Alternative Ride

Tucked away in an unassuming location between The Pure Pasty Co. and Terra Christa at 128 Church Street NW is a humble, independent bike shop that can only be described as one-of-a-kind.

“We’re not like most bike shops,” explained Bikes@Vienna owner Tim Fricker. “People come in, look around, and wonder, where are the bikes? Yet they are intrigued by what they find here.”

The small shop specializes in folding bikes, recumbent bikes and trikes, and specialty tandems, as well as a small selection of more conventional bikes, mostly aimed at casual riding and running errands or commuting. They also sell and provide service for non-traditional adaptive products built and modified for people with special needs and various disabilities, such as war veterans with traumatic brain and other injuries, people with neurological disorders or injuries, and many others who can no longer ride traditional bicycles.

The shop’s foray into this niche market stems in part from former owner John Brunow’s daughter being diagnosed with Multiple Sclerosis, which prompted investigation into how cycling could fit into the life of someone with special needs. In addition, the shop began to see a growing number of patients from Walter Reed and the former Bethesda Naval Hospital seeking a means to aid recovery, get fit, and enjoy the outdoors. The shop’s early focus on recumbent bikes was a natural fit for the growing adaptive cycling market, which has led to an ongoing relationship with the National Rehab Hospital and work with a variety of groups involved in the field.

“There is nothing more amazing and rewarding than witnessing the determination and grace of someone who has overcome seemingly insurmountable challenges, get on a bike and ride again,” Tim reflected, recalling a former customer who is an Iraq war veteran who lost both legs in combat, and went on to be a competitive handcyclist. “He has moved forward in his life with uncommon positivity and resilience.” The shop has also worked with families with children with special needs, including autism and cerebral palsy, and as Tim says “The joy on a young person’s face on that first ride—it’s just wonderful and is really one of the great things about doing what we do.”



Since Tim took over the business in 2011, he has continued offering adaptive products and has expanded the shop's inventory to include commuter bikes and hybrids—bikes that combined the best qualities of light and streamlined road bikes with the upright and stable qualities of mountain bikes. But the shop's most popular seller is the increasingly popular folding bike.

"Since 9/11 there has been increased interest in folding bikes," Tim explained. "People who work in D.C. and/or ride the metro want alternative transportation should they need to get out of the area quickly or if the metro goes down."

More than just a quick escape, folding bikes can be taken on the metro, carried on buses, and tucked neatly in the back of most cars; checked into coat rooms at the theater; kept in office spaces; taken on cruise ships for port calls; and even stored on boats. Their practicality

## 2017 Bikes@Vienna Participating Events:

BIKE MONTH: May

VIENNA BIKE RODEO:  
Saturday, 6 May, 9am–12pm, Vienna Volunteer Fire Department

FAIRFAX COUNTY BIKE TO WORK DAY:  
Friday, 19 May

OKTOBERFEST: TBD

HALLOWEEN PARADE:  
Wednesday, 25 October, 7pm

HOLIDAY BIKE DRIVE: TBD

FIRST NIGHT VIENNA

a nationwide bicycle advocacy group, identified Vienna as a "Bronze" Bicycle Friendly Community in November 2016. Now one of 12 Virginia communities to be distinguished with this honor, Vienna is progressing as a bike friendly, sustainable community.

and useful attributes have helped them gain traction, quickly becoming a top choice in commuting alternatives.

When it comes to cycling, however, bicycle-friendly environments in the Washington Metropolitan Area can be hit or miss, a truth not lost on Vienna. Seeking to make a difference, the Town of Vienna formed the Bicycle Advisory Committee—a group in which Tim is an active member—which has been working to expand and improve bicycling facilities in Vienna. As a result, the League of American Bicyclists, a



Frank, and his son with special needs, ride their Hase Pino tandem.

Actively engaged in community outreach, Tim and the Bikes@Vienna crew participate in events year-round such as May's upcoming Bike Rodeo and Bike to Work Day, Oktoberfest, the annual Halloween Parade, the Committee for Helping Others Holiday Bike Drive, and First Night Vienna.

For more information, visit [Bikes@Vienna](http://Bikes@Vienna) or email Tim Fricker. ❖

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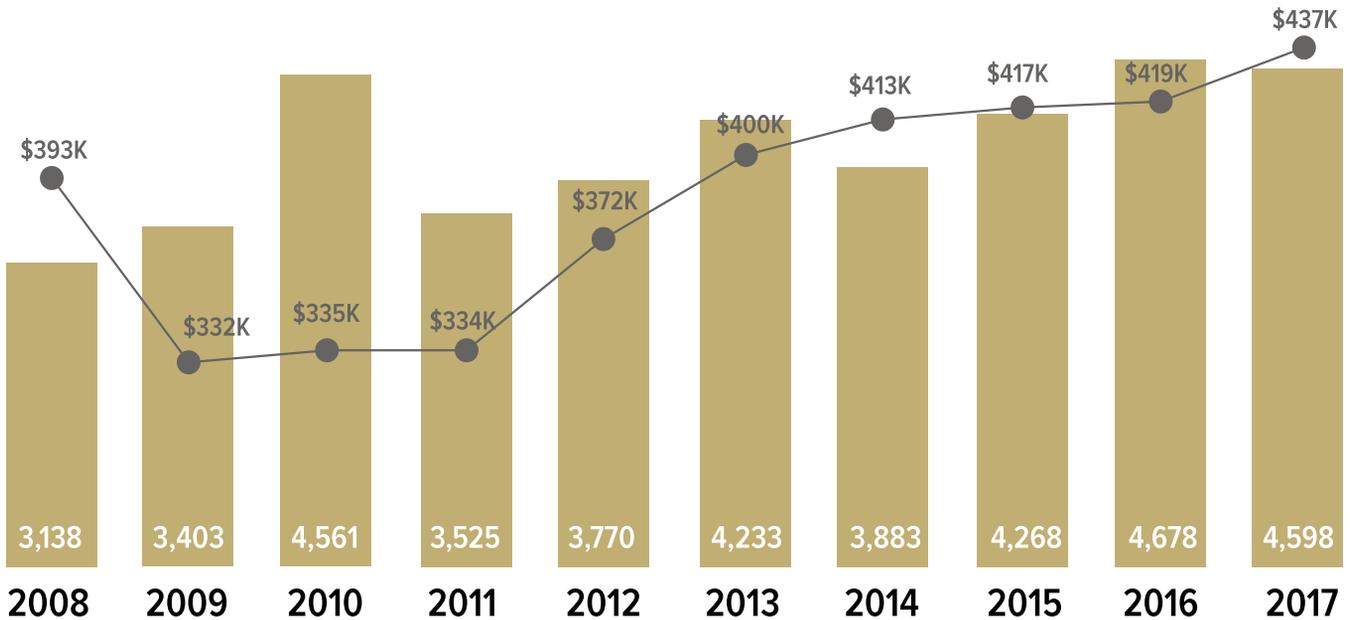
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# TYSONS *Premier*

## REAL ESTATE ROUND UP

### DC METRO

April home sales and median prices



We are enclosing what we hope will be of importance to you as you consider Purchasing or Selling your home(s). VivaTysons and VivaReson has been bringing area readers the best in Realtors, Real Estate Services, Home Improvement, and Financing news, and we hope our new web newsletter will be of service to you.

- Sales volume across the DC Metro area was over \$2.5 billion, up 1.7% from last April.
- Closed sales of 4,598 were down 1.7% compared to last year but were up 3.3% from last month.
- New contract activity of 6,097 declined 8.3% compared to last year.
- New listings of 7,664 were down 13.0% compared to last year and down 6.7% compared to last month.

### MARKET OUTLOOK

The following analyses of the Washington, D.C. and Baltimore Metro Area housing markets have been prepared by Elliot Eisenberg, Ph.D. of ShowingTime and are based on April 2017 MRIS housing data.

#### DC Metro Area - Overview

- April 2017's median sales price of \$436,500 was up 4.1% or \$17,250 compared to last year. This is the highest April median sales price of the last decade, easily exceeding last year's record of \$419,250.

STATISTIC	APR	YoY	MoM
Total Sold Dollar Volume	4,801,329,500	+ 6.8%	+ 9%
Closed Sales	12,244	+ 2.7%	+ 5%
Median Sold Price	\$326,000	+ 5.8%	+ 5.2%
Average Sold Price	\$392,137	+ 4%	+ 3.8%
Median Days on Market	17 days	- 34.6%	- 37%
Average Days on Market	60 days	- 18.9%	- 16.7%
Median Price per Sq Foot	\$199	+ 4.2%	+ 3.1%
Average Price per Sq Foot	\$232	+ 3.1%	+ 1.3%

- Active listings of 9,552 are down 14.0% compared to last year, but are up 10.5% compared to last month. This is the twelfth consecutive month of declines in year-over-year inventory levels, and inventories are at the lowest April level since 2014.
- The average percent of original list price received at sale in April was 98.7%, up from last year's 98.0%, and also up from last month's 97.9%.
- The median days-on-market for April 2017 was 10 days, 4 days lower than last year.

### MORTGAGE UPDATE:

Current mortgage rates for 30-year fixed mortgages rose this week, with the current rate borrowers being quoted on Zillow Mortgages at 3.80%, up one basis point from this time last week.

The 30-year fixed mortgage rate hovered between 3.78% and 3.85% before settling at the current rate.

"Mortgage rates were mostly stable last week, holding near six-month lows, though they fell slightly Monday on weak inflation data which could prompt the Fed to delay future rate hikes," said Erin Lantz, vice president of mortgages at Zillow. "Rates should move more this week leading up to Friday's jobs report in the United States, and Sunday's French presidential election, which has important implications for the future of the European Union."

Additionally, the 15-year fixed mortgage rate was 3.03%, and for 5/1 ARMs, the rate was 2.88%.

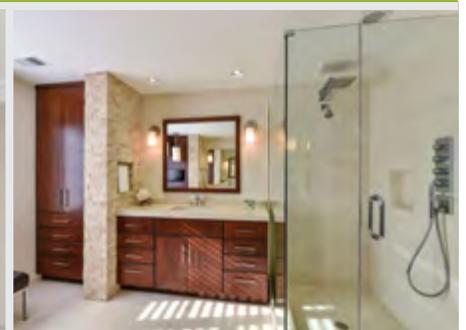
Check Zillow for mortgage rate trends and up-to-the-minute mortgage rates for your state, or use the mortgage calculator to calculate monthly payments at the current rates. ❖



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# Are Hidden Odors Preventing Your Home From Being Sold?



BY LINDA BARRETT

A current Febreze campaign states “You’ve gone nose blind” to things like pet odors in your car or smells in your home. Scientifically, they’re correct.

When you enter a new environment, you quickly notice the distinct odors, whether they are of smelly gym shoes, cigarette smoke, or cinnamon-scented air freshener. However, once you’ve been in that environment for a while, the receptors in your nose become less sensitive to it, and the smell fades.

The reason is that once your brain perceives the scent to be nonthreatening, the receptors in your nose switch off, reported Pamela Dalton, a member of the Monell Chemical Senses Center, who has studied nose-blindness for more than 20 years.

## You Can’t Smell Your Own House, But Others Can

“Unfortunately, odors in a home can be a delicate issue when it comes to selling a home,” said Jane E. Webb, a Realtor with Casey Margenau Fine Homes & Estates. “You may not notice the smells you are used to, but a potential buyer will, the moment they walk in.”

“The main odor problem we find comes from cooking odors,” she explained. “Here in Northern Virginia, we have a plethora of all types of nationalities, and they cook with spices. And they don’t always understand that their cooking smells may offend other people.” The second-most common odor problem comes from smoking, followed by pet odors, and in addition to heavy smells, allergies may be a problem.

“Sellers need to understand that people can’t mentally bond with or move into a house that has an odor problem,” Webb said. “It is a delicate conversation to have with the home owner, and is well worth the money to have the problem remediated. Otherwise, the challenge has to be overcome with price. Depending on how long the home sits on the market, the price could end up being reduced by ten thousand, fifteen thousand, or more.”

## We Don’t Want to Have to Reduce the Price

“I definitely see homes that have smells like strong foods, pet odor, and smoke,” said Bryan Felder, Associate Broker with The Virginia Realty Group at RE/MAX Gateway. Like most Realtors, he would rather not lower the price. “It devalues both the house and the neighborhood,” he explained.

“People know when you’re trying to mask a smell, as with a heavy air freshener or a warm cookie smell,” he said. “They expect a

natural, fresh smell and are deterred when they encounter a heavy odor.”

Realtors have been recommending all sorts of ways to remediate heavy odors in a home, including painting every room, deep steaming and deodorizing, carpets, and cleaning ductwork. But sometimes the odor lingers, or will return quickly.

“Paint is porous, so even if the home is freshly painted, odors like cigarette smoke will come back through after a while,” said Joe Gregory, co-owner of BioShock.

### Don't Mask Odors, Knock Them Out for Good

Rather than masking odors, BioShock offers a way to eliminate them altogether—permanently—through safe, smart, and effective air purification.

The BioShock technology takes ozone, a naturally-forming element found in our atmosphere, and injects it into the home using a series of powerful corona discharge ozone generators for a period of 12 to 15 hours. This brings the ozone level within the home up to a high concentration.

As Gregory explains it, “Being an unstable element, that third molecule of oxygen wants to bond with the odor-causing molecules, and when that reaction takes places, the odor-causing element is permanently neutralized and eliminated. It is like resetting the air in the home because when ozone reacts with something, the by-product is pure oxygen.”

Once the treatment is completed, the house is completely aired out, tested using ozone meters, and safe for occupation. The only lingering effect is a slight chlorine-type “new home” smell that many people find refreshing. This completely fades away within a few days.

“It is the volume of ozone we create from our machines that facilitates the permanent odor removal,” Gregory said. “It is a completely green technology that not only removes odors, but mold spores, viruses, germs, mildew, dust mites, paint fumes, unhealthy pollutants and other allergens as well.” Priced by the square footage, it can be less expensive than cleaning out the

ductwork, and BioShock will eliminate odors for good.

### A Perfect Example

Felder recently listed a townhouse filled with what he described as “heavy, heavy pet and smoke odor. It was so bad that the contractor hired to work in on the home couldn't even stand it, and people who were previewing the house were turned off by the smell.”

“I had heard about BioShock and thought the technology was cool, but didn't really understand how it worked, so I thought this might be the perfect project to try it out,” Felder said. “BioShock came on Thursday evening, and by Friday morning they were done. When the contractor returned on Friday, he was confused. He said ‘Bryan, this is a different house!’ Weeks later, it still smells great and is under contract. I'm a raving fan and will use it on all my homes that have an odor problem.”

*“People know when you're trying to mask a smell, as with a heavy air freshener or a warm cookie smell,” he said. “They expect a natural, fresh smell and are deterred when they encounter a heavy odor.”*

### Remove Objections to Sell Your Home Faster

First of all, challenges like odors from cooking, pets, or mustiness can turn off potential buyers. “If there are several homes to pick from and one smells, they will pick one of the others,” Webb said.

Second, the property will sit on the market longer and become stale to potential buyers. Third, sellers will most likely not get their asking price; the objection will create a negotiating point on price.

With an option like BioShock, there is simply no reason not to prepare your home for a quick and high-dollar sale. If your Realtor says “Your house stinks,” take them seriously and do something about it. ❖

### RESOURCES

BioShock, Joe & Lisa Gregory, 703-763-7702, [www.bioshock.us](http://www.bioshock.us)

**AUTHOR:** Linda Barrett holds a current real estate license and has been working with clients in the real estate field for more than 30 years. [www.allthebuzz.net](http://www.allthebuzz.net).

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# ASK AN ADVISOR: ABOUT REAL ESTATE

## We are looking to purchase a new home—how big of a mortgage should we get?

While a mortgage can be an excellent savings vehicle while you are working, borrowing as much as you qualify to borrow may not be a wise financial decision. When you're looking to buy real estate in Northern Virginia, it's especially easy to feel the need to spend more than you can realistically afford.

It is important to keep in mind that real estate agents and mortgage brokers are not objective financial advisors in the home buying process. Their opinions on what you can afford are likely to skew high, because that's in their best interest. Even family and friends can lead you astray. Your best bet is to have a trusted financial advisor recommend an affordable price range based on your personal situation.

Most lenders use a guideline of 36% of your gross income to arrive at a mortgage payment you can potentially "afford." However, not only should you consider your household income, but take into account all of your expenses, especially any outstanding debts, as well as any future expenses that could affect your ability to afford a large monthly payment. In order to calculate your monthly spending, I suggest starting with your monthly rent payment and add all remaining expenses, such as insurance, utilities, groceries, and any money you put into savings each month. Having a clear picture of your expenses (in addition to your income) will help keep your budget realistic and avoid becoming over-extended. Remember to add estimated taxes, fees, and other expenses to your final mortgage payment so that you're accurately comparing your rental expense to a potential new home expense.

## Our house is not big enough for our growing family—what's the best decision financially—remodel, move, or build a new house?

The answer to this question will depend upon your home, your budget, and your needs as each situation is unique. Selling your home to buy a larger one might not be the right choice

if you can't possibly make the profit you need in order to buy the larger house. Sometimes, in high demand neighborhoods, it may be cheaper to build an addition or renovate outdated spaces. Consider making a list of everything you want in a home and circle the wishes that renovation can fulfill. If you've got most of the items circled by the end, move on to the financial considerations. If not much is circled, you probably need a different house. You may be in a good position to tear down and rebuild your home if the value of your home is two or three times less than the surrounding homes. Keep in mind, rebuilding may be the best option if renovations will cost as much as building a brand new home.

## Is real estate a good investment?

Real estate can be a good investment for some people but it is a hands-on investment that can take a lot of work and can be risky. You will have to manage the property or hire a property manager. You will also have to factor in things like insurance, property taxes, and maintenance. All of these costs determine how much money you'll actually net off a rental property in the long run. You are also at the mercy of property values. If you own a rental and the property values in that particular area start to go down, that could affect the local rental market. To stay competitive, you might have to lower your rental rate, which would lower your return. All in all, determining if real estate is the appropriate investment for you requires a review of these factors as well as consideration of the implication it could have on your financial security. ❖

**AUTHOR:** Rose Price, CFP® AIF® is a partner at VLP Financial Advisors. She believes that strategic planning is the key to creating, protecting, and growing wealth.

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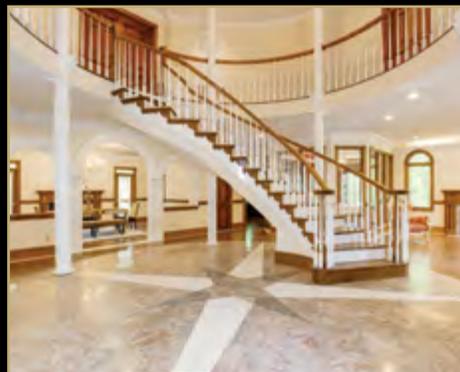
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# Posture deserves more attention than most exercisers think.

Most people exercise to feel, look, and perform better, and to improve their health and fitness. Improving posture does not always make their list of objectives. However, improving our posture can often support all of these goals, and diminishing posture can certainly hinder them. Most exercisers do not consider ways they may be able to enhance their posture with their workouts, and unfortunately many exercise routines can actually make our posture worse.

There are many different postural deviations that can cause different pain symptoms as well as hinder optimal function and performance. A common example is Kyphosis which is characterized by a rounded upper back and forward head. Ironically many exercises, especially if performed in excess, such as bench presses, pull downs and crunches, can cause or predispose us to this condition. While these exercises can have value, we consider them to be potential postural “closers” because of their influence on the shoulder girdles internal rotators. While we may still use some of these exercises in our programming for some clients, we are sure to counter them with more “openers.” Openers will promote more retraction of the shoulder blades, lengthening of the pectorals, anterior deltoids and internal rotators, and greater mobility of the shoulder blades.

Some exercises, such as dead lifts, can be “openers” when done properly but can become “closers” if done too often with poor form. Also, some exercises that have the potential to be “closers,” such as pushups, can be much better for us if performed in a better postural position with retracted shoulder blades and a neutral neck position.

Cycling is another example of an exercise or activity that can have very negative effects on posture. Many triathletes spend hours every day in a kyphotic position. It is very important for these athletes to also include strategic flexibility exercises and lots of “opening” strength exercises into their training.

At One To One we have some clients, who came to us in chronic pain due to dysfunctional posture, who are on corrective exercise programs with the primary objective of improving posture and thus reducing pain. However, even for our general fitness, weight loss, or athletic performance clients, we are sure to design programs that will promote good posture which in turn will help them better achieve their other objectives. ♦



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BY KEITH LORIA

Bacon Brothers

# Music

## WITH A SIDE OF BACON

There's no denying that Kevin Bacon is an outright movie star. With a resume that includes "Footloose," "A Few Good Men," "Flatliners" and "Apollo 13," the man who spurned an entire party game (Six Degrees of Kevin Bacon) is as recognizable as any actor today.

What some of his fans don't know is that each summer he teams with his older brother Michael, an Emmy-Award winning film and television composer, to live out their boyhood dream of playing together in a band. They've been doing it for 20 years, and little by little people are viewing the actor as much for his singing as his film work.

"I want the show to go well and I want the crowd to enjoy the music and the songs, but I'm not burdened by the fact that I'm this actor who has to prove something," he says. "I don't want people to pretend I'm not who I am. It helps because if you go to a show to

see your favorite singer, you know 90 percent of the songs, and that's the fun of going. To absorb a new set list of music you don't know can be challenging to an audience."

The Bacon Brothers to the Birchmere for three nights, July 28-30, a musical tradition they've been doing for more than a decade. The Philadelphia-bred brothers sing, write songs and play the guitar. Kevin adds harmonica and percussion to the set and Michael shows off his classical training on the cello.

"We've really strengthened the unplugged part of our set," Michael said. "It's really fun because you can see these excellent musicians we have in our band playing instruments like the mandolin and the accordion, and that's a lot of fun."

Once in a while the two will bring out a new song, but both of their schedules are so busy,

they don't have much time to write anymore. Kevin is starring in Amazon's new comedy, "I Love Dick," and Michael has been swamped with his scoring work for documentaries.

"We don't write too much together. We have to go off and find some solitude somewhere for it to happen," Kevin says. "Right now we have two new songs in the set and we'll probably have a couple more by the end of the tour."

To keep things fresh, the brothers change up the set list and play different tunes off of their seven albums. When a new song does come along, they share with one another, then the band, and hopefully play it live to see how it goes.

Growing up in Philadelphia, inspired by some of the big rock stars of their day, the Bacon brothers always hoped to play music together on stage, even though there was a wide age difference between them.

"The fact that we have more space in between us age wise means it's not that battling brothers thing that you see in a lot of bands with siblings," Kevin says. "We have a lot of respect for each other. Certainly, there are things that we will disagree on musically, but we're always willing to at least try what the other wants to try out."

Michael adds that there's a certain trust that comes along with having your brother on stage next to you.

"We've been going for 20 years and brotherhood cuts through a lot," he says. "We grew up in the same house and have the same values and I think a lot of brother bands that might cause problems, but for us, it's a real asset."

Once the show is over, both Bacons make sure to thank their friends, take some photos and sign autographs; and of course, Kevin will be most likely be asked about the "Six Degrees" game. And seeing as how it came about before the Internet was even a thing and people couldn't search IMDB to figure out the connections, the actor still marvels that people still bring it up to him all the time.

"I don't revel it in, but it's fun. It's there and doesn't show any signs of going away," he says. "The idea is a powerful one, because if you take me out of it, everyone just wants to be connected—that's what Facebook is about, and Twitter—it's all about finding connections between people." ♦

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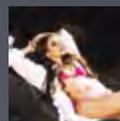


# TABLE OF CONTENTS



HEALTHY BAKING  
SUBSTITUTES  
by Sarah Saber

74



BEAUTY HACKS WHEN  
THE HEAT IS ON  
by Marta Bota

88



DESIGNER  
DOUBLETAKE

78



WHAT SHAMPOO TO  
USE AFTER SURGERY  
by Emma Blancovich

90



FARIDA FLORAL  
by Julie Holland

82



SPARKLE  
by Giovanna Di Baccari

92



ASK THE EXPERT  
by Khloe Rodriguez

84



SUMMER HAIR CARE  
by Noufal Hair Color Studio

94



ARE YOU PAYING FOR  
THE RIGHT BOTOX?  
by Emma Blancovich

86



LE NOUVEAU MOI  
Beauty Directory

96

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# HEALTHY BAKING SUBSTITUTES

BY SARAH SABER

Check out these healthy baking substitutes to help make those shorts fit a little easier by the time summer rolls around.



## USE CAROB

### INSTEAD OF *CHOCOLATE* CHIPS

Carob is an all-natural, gluten and caffeine free substitute to using chocolate in all your favorite recipes. Carob is native to the Mediterranean, it was originally used in ancient Greece as a sweetener made from the pulp of the Carob tree. Carob is packed with nutrients, it contains about three times as much calcium as cocoa. Carob does not contain caffeine or theobromine, making your sweets stimulant-crash free. It's available in powder, chips, and syrup and easily substitutes as a 1:1 for chocolate, making it a simple switch for a healthy impact.

Plus, Carob is pet safe, so if Fido sneaks a taste there's no need to rush to the vet.

## TRY IT!

### CAROB CHIP COOKIES

#### INGREDIENTS:

- |                               |                               |
|-------------------------------|-------------------------------|
| 2 cups all-purpose flour      | 1/4 cup brown sugar           |
| 3/4 teaspoon baking soda      | 2 tablespoons milk            |
| 1 teaspoon salt               | 1 teaspoon vanilla extract    |
| 1 3/4 sticks butter, softened | 1 large egg                   |
| 1 cup Chatfield's Date Sugar  | 1 cup Chatfield's Carob Chips |

Preheat oven to 375 degrees F. Grease or spray cookie sheets. Combine flour, baking soda and salt in small bowl. With a mixer beat butter, date sugar, brown sugar, milk, and vanilla extract in large mixer bowl until creamy. Add egg and beat well. Gradually beat in flour mixture. Stir in 1 cup carob chips. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets 2 minutes; remove to wire racks to cool completely.

Recipe from: [Chatfieldsbrand.com](http://Chatfieldsbrand.com)



## USE AVOCADO INSTEAD OF BUTTER

Butter is a staple of baking. But at 102 calories, 12 grams of fat, and 82mg of sodium per Tablespoon, recipes that call for 2+ sticks of butter easily begin to add up. Avocado is an excellent healthy alternative and makes a great addition to brownies or cookies. Compared to butter, fresh avocado is only 25 calories and 2 grams of fat per Tablespoon. It is also sodium and cholesterol free. Avocados contain healthy monounsaturated fats - this helps to lower bad cholesterol and decrease belly fat while reducing your calorie intake. Plus, it adds a great taste and texture to brownies or cookies and packs in nutrients that help clear your skin and keep your skin and nails healthy and strong.



### AVOCADO BROWNIES

#### INGREDIENTS:

- 1 large avocado
- 1/2 cup unsweetened applesauce
- 1/2 cup maple syrup
- 1 tsp vanilla extract
- 3 large eggs
- 1/2 cup coconut flour
- 1/2 cup unsweetened dutch-processed cocoa powder
- 1/4 tsp sea salt
- 1 tsp baking soda

Preheat oven to 350 degrees F. In a blender or food processor combine avocado, applesauce, maple syrup, and vanilla. Add these ingredients to a large bowl and whisk in eggs. Add in coconut flour, cocoa powder, sea salt and baking soda and stir until well-combined. Grease an 8 x 8 inch baking dish with coconut oil and add batter. Place in oven to bake for 25 minutes (slightly less for fudgier brownies or slightly longer for more cake-like brownies). Allow to cool for 20 minutes before cutting into 16 brownies. Keep them on the counter in an airtight container at room-temperature for up to 2 days or for a longer shelf-life store in the fridge or freezer.

Recipe from: [thehealthymaven.com](http://thehealthymaven.com)



## USE GREEK YOGURT INSTEAD OF SOUR CREAM

Choose Greek Yogurt in your next recipe instead of sour cream and you will be rewarded with higher protein and less sugar while the texture and creaminess remains the same. Greek Yogurt can also be substituted for sour cream in dips and salad dressings, and can be used on baked potatoes for a healthier dish. Greek Yogurt offers calcium, zinc, potassium, and vitamins B6 and B12. It also contains probiotic cultures and is lower in lactose, which makes greek yogurt easier to digest. Great for those who may be lactose sensitive or who suffer from IBS. An average serving of greek yogurt even contains 12-17 grams of protein.

Note: Whole-milk greek yogurt is better for baking substitutions because the texture will be closest to sour cream. However, when using it in dips consider using low-fat greek yogurt for an even healthier option.



### BERRY COBBLER PIE BARS

#### INGREDIENTS:

##### For the crust and topping:

- Zest of two lemons
- 1 1/2 cups sugar
- 3 cups all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 cups chilled butter (3 sticks), cut into cubes

##### For the berry filling:

- 4 large eggs
- 2 cups sugar
- 1 cup Greek yogurt
- 3/4 cup all-purpose flour
- A pinch of salt
- 6 cups fresh berries

Preheat the oven to 350°F. Grease a jelly roll pan with cooking spray. Zest the two lemons. Combine the lemon zest, sugar, flour, salt, and butter in an electric mixer fit with a paddle attachment. Beat the ingredients on medium speed until the mixture looks dry and crumbly. Reserve 1 1/2 cups of the crust mixture to use as the topping. Press the remaining mixture into the bottom of the pan (you will really have to work at it, but it will evenly cover the bottom of the pan). Bake the crust for 12-15 minutes, until it is golden brown. Let cool for 10 minutes while you make the filling. To make the filling, whisk the eggs in a large bowl. Add the sugar, yogurt, flour, and salt. Gently fold in the berries. Spoon the mixture evenly over the crust. You may have to distribute the berries evenly around. Sprinkle the reserved crust mixture evenly

over the filling. Bake for 45-55 minutes, until the top is lightly browned. Cool for 1 hour before slicing. Store the bars in the refrigerator.

Recipe from: [rachelray.com](http://rachelray.com)



## USE CASHEW BUTTER INSTEAD OF PEANUT BUTTER

Tired of the hidden added sugars and taste of regular peanut butter? Cashew Butter is packed with protein, contains less fat than other nut butters, and includes high levels of important nutrients like phosphorus, iron and folate - excellent for your heart and immune health. It also supplies a small amount of every essential amino acid. One Tablespoon of cashew butter also contains 10 percent of the recommended daily value of magnesium—this helps neurological, metabolic, and immune system function. Cashew butter contains no cholesterol and is essentially sodium free. Cashew butter adds a great taste to vegetables, curry dishes, sauces, and baked goods.



## PALEO VEGAN CASHEW BUTTER COOKIES

### INGREDIENTS:

1 (16 oz.) jar creamy cashew butter	1/2 teaspoon baking soda
3/4 cup coconut sugar	1/4 teaspoon sea salt
2 chia eggs	1 cup dark chocolate chips
1 teaspoon vanilla extract	(optional)

Preheat the oven to 350F and line a baking sheet with parchment paper. (You can generously grease the pan with coconut oil, if you prefer.) In a large bowl, combine all of the ingredients except for the chocolate chips and stir well until a sticky dough is formed. Fold in the chocolate chips, if using, and then drop the dough by rounded tablespoons onto the prepared baking sheet. Use your fingers (getting them wet helps prevent sticking) to gently press the dough down into a cookie-shape, as these cookies only spread slightly. Bake for 10-12 minutes, until the

cookies are lightly golden. Cool on the pan for 10 minutes, then transfer to a wire rack to cool completely.

Recipe from: [detoxinista.com](http://detoxinista.com)



## USE AGAVE NECTAR INSTEAD OF TABLE SUGAR

Agave nectar is a natural, vegan alternative to honey or table sugar. It is extracted from the plant *Agave rebaudiana*. It has been traditionally used in Brazil and Paraguay for hundreds of years to sweeten teas. Agave nectar touts a low glycemic index (GI), about five times lower than table sugar. Foods with a higher GI spike blood sugar and insulin after consumption and are digested quickly, causing hunger sooner. This can be problematic for those who have diabetes. Agave is a lot more calorie dense than table sugar, but it is much sweeter so less is needed to achieve the same effect. A general rule is to use 30% less, or 2/3 the amount and when baking reduce other liquids by 25% or 1/4.



## BANANA-COCONUT DAIRY FREE ICE CREAM

### INGREDIENTS:

8 very ripe bananas	1/4 cup agave syrup or honey
1/2 cup melted coconut meat, such as coconut butter or coconut manna	Pinch of salt
1/2 cup "lite" coconut milk	1/4 cup unsweetened shredded coconut, toasted, plus more for garnish

Peel bananas and cut into quarters. Freeze in an airtight container until completely frozen, at least overnight. Place frozen banana pieces, coconut meat, coconut milk agave (or honey), and salt in a food processor fitted with a metal blade. Pulse and process until smooth, scraping down the sides as needed. Add shredded coconut and pulse once or twice just to combine. Serve immediately as soft ice cream, garnished with coconut (if desired). Or transfer to an airtight container and freeze until firm. Let stand at room

temperature for 5 minutes before scooping.

Recipe from: eatingwell.com



## USE WHOLE WHEAT FLOUR INSTEAD OF *WHOLE WHEAT* WHITE FLOUR

White Flour is heavily refined and bleached, it is so empty a synthetically created vitamin and mineral pack needs to be added to enrich it for human consumption. Whole wheat flour is a much healthier, nutrient dense option for baking. Whole wheat flour adds in extra fiber to aid in digestion and has been shown to have beneficial

effects for combating diabetes and colon cancer, and helps to lower the risk of heart disease. Dietary fiber is an important difference between white flour and whole wheat. Not only does it prevent serious diseases, it also prevents constipation and can assist in weight loss.



## WHOLE WHEAT PANCAKES

### INGREDIENTS:

- |                          |                               |
|--------------------------|-------------------------------|
| 2 cups whole wheat flour | 2 large eggs                  |
| 4 1/2 tsp baking powder  | 2 cups + 2 tbsp fat free milk |
| 1/2 tsp kosher salt      | 2 tsp vanilla extract         |
| 2 tsp ground cinnamon    | Cooking spray                 |
| 2 tsp sugar              |                               |

Mix all dry ingredients in a bowl. Add wet ingredients to the mixing bowl and mix well with a spoon until there are no more dry spots; don't over-mix. Heat a large skillet on medium heat. Lightly spray oil to coat and pour 1/4 cup of pancake batter. When the pancake starts to bubble, you may add your fruit if you wish. When the bubbles settle and the edges begin to set, flip the pancakes. Repeat with the remainder of the batter. Makes 14 pancakes.

Recipe from: skinnytaste.com

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by Julie Holland



Akeda and Farida

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# ASK AN EXPERT

## What Are Growth Factors and How Are These Administered

Written by Khloe Rodriguez, Licensed LME Clinician/LT, **Astoria Laser Clinic & Med Spa**

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# Authentic Botox Are You Paying For The Right Botox?

By Emma Blancovich

Are you getting your money's worth when it comes to the Botox you are paying for? A lot of women who pay for Botox go to their doctor's office, spa, or use a Botox coupon for an extremely low price fully trusting and expecting that they will be getting the best of the best when it comes to the type of Botox that will be getting injected into their forehead, around their eyes, lips, etc. but the truth is that many women are not educated on what type of Botox they should be paying for and what type of Botox to avoid.

There is only one FDA approved type of Botox and that is the kind sold under Allergan. Anything other than this that claims to be a Botox injection, but does not use the Allergan brand is not actually Botox. Botox by Allergan was the first created of its kind, making it the most used and popular. Other types of Botox injections that are being offered use the word Botox, but do not use the actual product by Allergan.

One should be leery of getting Botox procedures for very cheap prices or that are not being administered by a professional. Over the past couple of years use of Botox has increased immensely, causing many people to want to administer Botox in salons, at home, or even themselves. The problem with not receiving your Botox injections by a professional and with not making sure that your doctor is using authentic Botox lies in that you will not reap the long term benefits of what true Botox claims to offer and also that you could experience distressing symptoms that could lead to more complications down the road to your health. There have been many people who have found their health diminished sometimes with fatal results due to fake Botox that was used on them. The South Morning China Post sent out a warning after several women became ill after using fake Botox.

“

Any coupon or offer that does not seem professional or is offering an unreasonably accommodating price will more than likely not be authentic Botox.

“

The problem with . . . not making sure that your doctor is using authentic Botox lies in that you will not reap the long term benefits . . . and also that you could experience distressing symptoms that could lead to more complications. . .

The difference between authentic Botox and the other types of product that are also made from clostridium botulinum bacteria—what Botox is made from—are their different strains of bacteria and molecular structures. Since each one is different they will all attach to different parts of the nerves, thus giving each kind a specific result. If someone buys a fake type of Botox and is using the same suggested amount that authentic Botox from Allergan requires, the results could be toxic. Anything else used that is not authentic Botox will conjure up more issues than the visible effects that are offered to you for a cheaper price or if someone were to buy it online.

When you go to your doctor's office you should ask what type of Botox they are using and if they say anything other than Botox by Allergan you will know that they are buying their Botox at a cheaper price and also potentially harming your immune health.

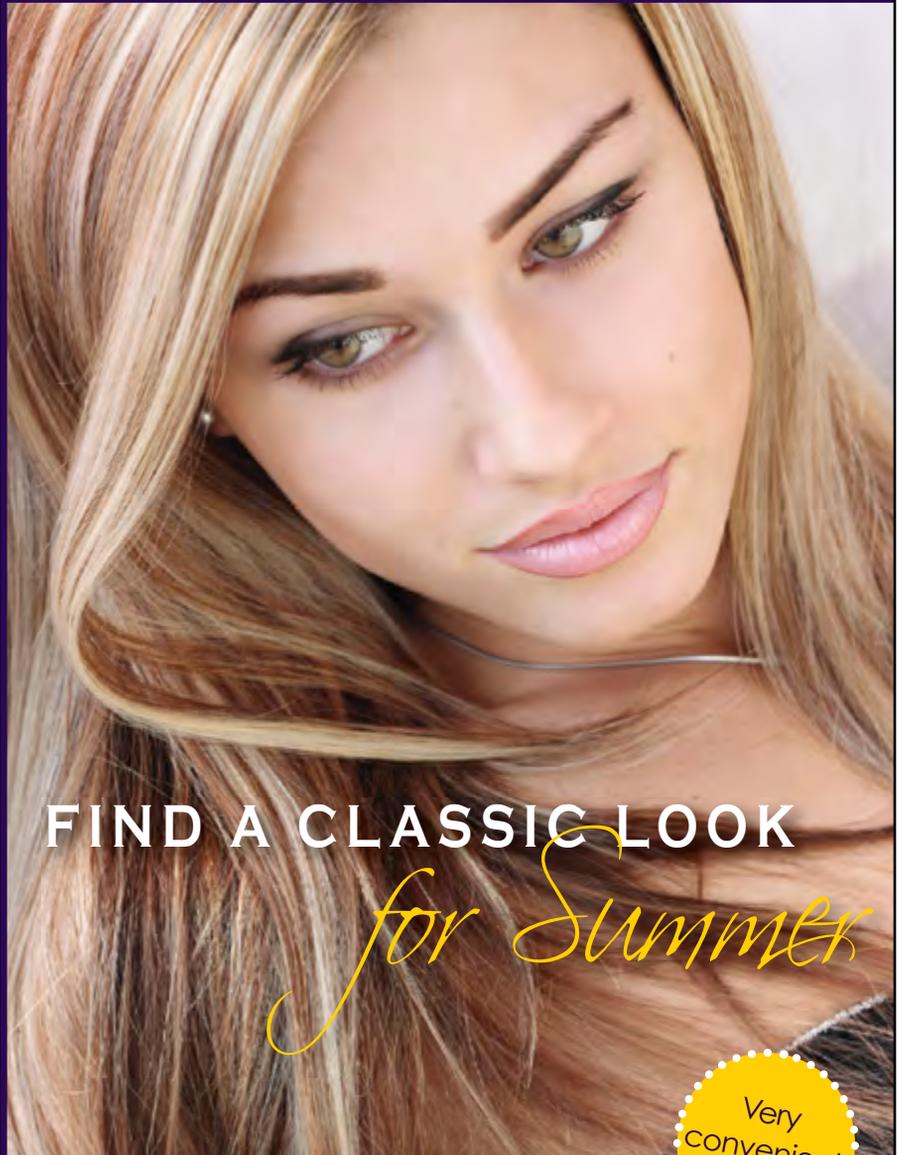
Ask your doctor if you can see the label when they are opening the Botox and take notice of the Allergan cosmetic box when they are opening it and the Allergan hologram on the vial. Also, always make sure that there is a metal cap on top that is being opened for the first time—if not, this means that it has been used before and ideally, you should be getting a brand new product that is fresh if you are paying the right price for your Botox. Remember that authentic Botox has the most botulin toxin in it and will always last the longest.

Any coupon or offer that does not seem professional or is offering an unreasonably accommodating price will more than likely not be authentic Botox. The expression "you get what you pay for" is most apparent here and should be highly considered when it comes to your health and to using the product that has been used the longest, offers the best effects for what it is worth, and will not be a detriment to your health.

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# The Heat Is On

by Marta Bota

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

In the dog days of summer, with the heat and humidity at its all time high, I've got some great beauty hacks to keep you looking flawless!

When the heat is on and we are wearing light weight, airy clothing it only makes sense to keep your makeup light weight too! No one wants to feel heavy makeup on their skin during the season of heat and humidity. How do we achieve this while looking fabulous? Here are some great products to do that!

Now, as the temperature rises, you can sizzle too!

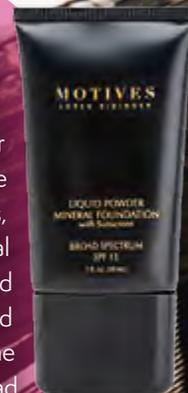
A beautiful makeup starts with beautiful skin, so remember to wear your sunscreen daily to protect your skin from harmful rays and sun damage. Lightweight, water based formulas are a great way to protect without a heavy feel. I love Neutrogena Clear Face Break out Free Liquid Lotion Sunscreen SPF 30. It gets the job of protecting done while feeling lightweight and leaving a matte finish!



A faux tan is a must during the summer months and my all time favorite product to achieve an all over face and body tan is St Tropez Self Tan Bronzing Mousse! You can apply it with a mitt for a smooth, even finish and to avoid getting it on your hands! Be sure to exfoliate the skin before applying. This formula looks natural without an orange tint and its buildable coverage gives you control over how dark or light you want your end result to be!



To even out the complexion you can use a cc cream to correct, without a heavy coverage. Another option is a tinted moisturizer that is lightweight and gives a more sheer coverage. All in one foundations, such as Motives Liquid Powder Mineral Foundation, are another great option and this one does it all! It is lightweight and dries to a powder finish so it's a one step process AND it has a broad spectrum SPF 15!



I love lip crayons or lip stains in the heat. They both have staying power and won't melt off as the temps rise. NARS Velvet Matte Lip Crayon and e.l.f. Essential Lip stains are great choices! NARS Lip Crayons are beautifully pigmented, rich in emollients, have great lasting power, and a lovely matte finish! Apply like a lipstick and layer it with a lip balm or gloss on top if you want a light sheen.



I'm LOVING the Destination Gorgeous Palette by Merle Norman! It's a great travel size, so it's easy to pack and it has eyeshadow, blush, and bronzer in the kit in beautiful warm tones for a great summer glow!



To finish off your summer makeup application and assure that you will stay looking fresh all day, apply a setting spray that helps absorb the oil. I love Motives No More Shine Spray! This will reduce the shine and keep your makeup lasting longer in the heat! Carry a pack of oil blotting tissues in your purse to touch up throughout the day. Blotting tissues allow you to keep your makeup fresh looking without the continuous use of powder that can sometimes look cakey in the warmer weather.





Photo: The Gracery Shop

# What Shampoo to Use AFTER SURGERY

by Emma Blancovich

I had surgery last week. I had to lie in bed to recover for more than a week, not because I needed to, but because I had contraptions all around my legs that demanded I remain in bed. Other than one quick work event I had to attend, I was bed bound for that entire week.

I could not wash my hair in a regular shower for 10 days after my surgery.

Something that I could not easily do, since I had a brace and a catheter around my leg, was shower. I had to take towel baths. I will spare you the details of how unpleasant that was for me, but what truly suffered was my scalp. My scalp got dry and itchy—very itchy—and when I scratched it, I noticed that I had little bumps forming on my scalp. I usually wash my hair every day, so not being able to have washed my hair for 4 days straight was making my scalp do crazy things.

I used all the dry shampoo I had, but nothing made it feel less itchy or cleaner. I tried to wash my head upside down in the tub, but when I got out, my hair had suds all over it and that only exacerbated the itching. I had no idea what was going on with my scalp. I could only infer that what was happening to my scalp was due to a mixture of dryness, oily hair, and dirt buildup.

I realized that all my shampoos are extra moisturizing for my dry, damaged, highlighted hair. What I would need was a strictly cleansing shampoo to remove all the debris from my head and leave it natural and clean. It was already moisturized due to the natural oils from not washing, so I needed a mild, deep cleansing shampoo.

Hask Charcoal with Citrus Oil Purifying Shampoo removed all buildup from my scalp.

After reading countless reviews online, I ordered Hask Charcoal with Citrus Oil Purifying Shampoo and got it the next day.

The shampoo has a citrus scent that is invigorating, and I was ready to pour the entire bottle onto my head in hopes that the build-up from being unable to wash

my head properly would disappear in seconds and the itching would stop.

I was not wrong. I poured enough to fill my entire hand and started lathering all over my head. I could feel the charcoal pulling out all the debris that was attached to my scalp; it lathered well and was not too strong on my scalp like some of those cleansing tea tree oil shampoos can be.

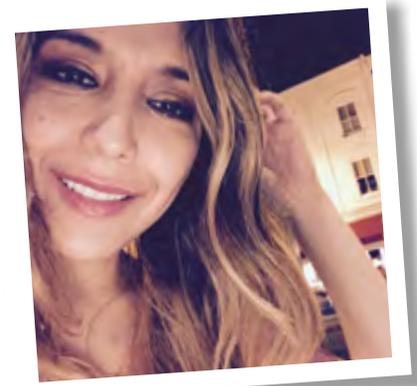
When my hair dried, it did not feel dry or damaged, but rather natural and frizzy, and my scalp felt the cleanest it had in a while. All the buildup was gone and the itching had stopped, almost immediately. I could not believe it. I am not sure if it is good to use this thoroughly cleansing product on your head daily. It could be too strong if your natural scalp oils are leveled and balanced already. But due to surgery, my scalp had turned into something else. If you ever need a good, cleansing shampoo to get the job done, you know where to find it now. Or if your head is naturally oily at all times, I can see this being a big help for your hair-washing regimen. It is free of sulfates and parabens and can be used on color-treated hair as well.

My scalp is still build-up free from natural oils and hair products. (Photo: Emma Blancovich)

I am back to work and have decided to lay off any styling products for the week, since I still have a small fear the itch might come back due to the products. But it feels good letting my hair just be in all its frizziness and thoroughly cleansed ways, and to let my scalp breathe. Always be prepared and have your hair-washing regimen ready after a surgery so that you are not trying to find something to tame your itchy scalp online at the last minute. ❖



Emma Blancovich



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# Giovanna Di Biccari

## **Name and occupation.**

Giovanna Di Biccari, Actress

## **What skincare product do you use that you like the most?**

Evian facial spray, Trader Joe's face lotion (believe it or not), and lots of water! My friends think I'm a water snob.

## **What did you formerly do (beauty-wise) that you realized wasn't worth the money?**

Sheesh! I used to get rhinestones on my fingers nails...on my big, fake, acrylic nails.

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

Not sure if microdermabrasion is a splurge, but it's definitely something I keep doing since first discovering it.

## **Where do you find happiness?**

My family and serving others. My husband is my rock, my daughter is my star, and my dog gives me joy. I love to serve others whether it's giving a donation to an animal rescue, or helping friends in need.

## **What is your toughest challenge or the most difficult sacrifice you make to stay healthy?**

My toughest challenge would be finding the extra time to go to the gym. I make time for the gym, as well as running my dog Willie, but would love to hit the gym more. My most difficult sacrifice would have to be passing by, and not stopping in, Dunkin' Donuts!

## **What is your beauty secret?**

My friend created a liquid flavor enhancer called Beauty Bliss. I swear by it, using it daily before a big gig. Plus, it beats those horse-sized beauty pills from the store.

## **What is the life of an actress like?**

It's like playing "Mother May I?" Lots of stop and go. I could work 9 days in a row of 10 hour shifts, or not have any for a few days. But lately I've been busy as I'm producing a television show about animals. Can't say much yet, but I'm ecstatic about it!

You can find Giovanna on Instagram @PictureGiovanna or Twitter @TweetGiovanna.

**Photo** by Greg Knott  
**Hair** by Salon O Tony  
**Makeup** by Merle Norman



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# Summer Hair Care

by Linda Barrett

For those of us living in Northern Virginia, humidity and heat play a big part in our summer months. And that can alter the way that you need to take of your hair.

"I recommend putting some sort of UV protectant products on your hair to preserve your color and avoid getting a lot of sun damage, said Remona Soleimani, master stylist at Noufal HairColor Salon in Tysons.

She also recommends not overly coiffing hair. "With the humidity in the air, it's difficult to maintain a style unless you get chemical treatments to hold that style. Don't make your hair do something it typically doesn't want to do—the humidity will take it right out." Give your hair a break and go for easy-to-maintain styles like braids, buns or ponytails.

Work with your own natural curls and waves. Or add a little salt-infused Beach spray that will give you the look like you just came back from the beach. It draws moisture from the air, adds texture, and gives more definition to the curls themselves while taming frizziness. "Avoid over-working the hair, especially if it is very curly."

To create volume in straight hair, add a volume-creating mousse, and scrunch the hair rather than comb or brush it. "Being outdoors a lot in the summertime, you don't have control as to how your hair reacts; this way you can use the humidity to your advantage," Soleimani said.

One of Soleimani's best tips speaks to all us swimmers. "I style a lot of swimmers, so I tell them to saturate their hair in the shower before going into the pool. Once wet, it cannot absorb more moisture or chlorine-rich water." She also recommends tying hair up into a bun so that the hair's ends are not loose in the water. "Avoid overcombing the hair when wet, too, the water tends to elasticize it and cause breakage. If you want to comb it wet, do it in the shower with a conditioner."

For a summer hair style, "I like a very disheveled look," she said. "Soft, loose types of updos and top knots are really in, with maybe a little fringe around the face popping out so that it's not such a heavily-fixed type of look...more organic." For down-dos and long hair, she recommends subtle layering to pick up the curls and add movement. "Medium-length hair is a little trickier; you are really limited to how you can style the hair," she added.

Should you cut your hair for summer? Not necessarily. "I think you should go with whatever suits your face and your lifestyle," Soleimani described.

Other summer hair care tips include switching to a moisturizing shampoo and conditioner, and avoiding overuse of hot styling tools that tend to dry hair further. If you need to blow dry your hair, use a lower setting, or let your hair dry naturally. Regular trims can also help stave off split ends.

Summers are meant to be carefree, so let your hair down and enjoy freedom from styling. At least for a few months.



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(Please see article on page 94 and display ad on page 95)

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# AROUND TOWN



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Photo credit: Kassi Borneo

## SIGNET LAUNCH PARTY

JBG Companies launched The Signet, their extraordinary new residential condominium and retail complex in the heart of McLean, on Wednesday evening, April 19th at an invitation only private event at J. Gilberts. Potential residents were greeted at the door with glasses of sparkling rosé and were treated to delicious tastings while circulating amongst the displayed floor plans and photos of all amenities offered at the property. Representatives of both JGB and McWilliams Ballard, the marketing agency for The Signet, were present to answer questions and assist with pre-registration for tours. The large turnout is an indication of the interest in this one-of-a-kind lifestyle choice in the heart of our community. ❖



## PENFED FOUNDATION HELD ITS 13TH ANNUAL NIGHT OF HEROES GALA



Claudia Avila with her husband Captain Luis Avila and family. Claudia (pictured fourth from left) received the Hero at Home Award from the PenFed Foundation.



On May 4, the PenFed Foundation held its 13th Annual Night of Heroes Gala at Trump® International Hotel. The event raised a record nearly \$1.5 million. All proceeds go towards supporting more than 35,000 veterans, active military members, and their families each year. Nearly 800 military, business, community, and government leaders attended the event which included moving tributes to three remarkable heroes making a difference on behalf of those who have served. ❖

(Top right): Tammy Darvish, PenFed Executive Vice President and Chief Operating Officer and President of the PenFed Foundation; Congressman Johnson; Jett Thompson, Legislative Director to Congressman Johnson; Bob Carter, President of Toyota Motor Sales U.S.A. and Executive General Manager, Toyota Motor Corporation, who received the Community Hero Award; James Schenck, PenFed President and CEO and PenFed Foundation CEO; The Honorable Frederick F.Y. Pang, Chairman of the PenFed Foundation Board of Directors and Member of the PenFed Credit Union Board of Directors.



10TH ANNUAL MINGLE FOR CHARITY

Carolyn Delaney hosted the 10th Annual Mingle for Charity Benefiting Breast Cancer last May at Greenhouse Bistro with a live band and Silent Auction. Proceeds went to The IIB's Foundation Bosom Buddy Baskets. ❖

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Honored Safety Patrol Members Pose with Parents and Supporters. Far left: Club Education Committee member Kamala Rellan; far right: Woman's Club President Joan Morton.



AROUND TOWN

BY LAURA SHERIDAN

## YOUNG MUSICIANS, SAFETY PATROLS RECEIVE AWARDS

McLean Woman's Club honors middle- and elementary-school students.

The musicianship of four students from Cooper and Longfellow middle schools, in McLean, was recognized by the Woman's Club of McLean at a ceremony on Tuesday, May 2, where the students also performed on their instruments. Claire Fulton and Amanda Yo, of Cooper Middle School, performed on the violin and flute, respectively. Alex Gamboa and Joyce Qi, of Longfellow Middle School, played selections on the xylophone and violin, respectively. The four students each received an award of \$100 from the Woman's Club.

Ten students at Chesterbrook, Churchill Road, Franklin Sherman, Kent Gardens, and Spring Hill elementary schools received awards for their significant contributions as safety patrol members. The honorees were: Mateo Rampoldi and Alena Clark, of Chesterbrook Elementary; Emmeline Hogg and John Williamson, of Churchill Road Elementary; Andrew Evans and Alexandra Reddy, of Franklin Sherman Elementary; Keira Allen and Luke Dettleff, of Kent Gardens Elementary; and Ibrahim Al-Dalli and Gabriella Flamish, of Spring Hill Elementary. In addition to the trophy each student received, the safety patrol program at each school has received an \$80.00 donation from the Woman's Club for program equipment.

The students' parents and the school principals, music directors and patrol sponsors attended the ceremony, as did Officer John Morris, school resource officer of the Fairfax County Police Department. The award ceremony is an annual event of the Woman's Club of McLean. ❖



Amanda Yo, Cooper Middle School



Alex Gamboa, Longfellow Middle School



Joyce Qi, Longfellow Middle School

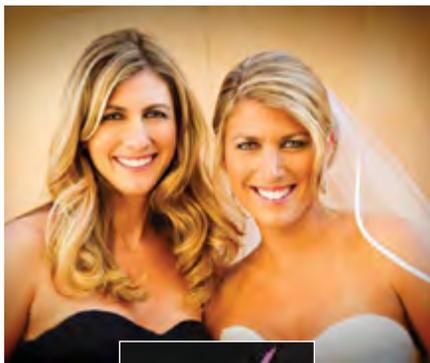


Claire Fulton, Cooper Middle School



Student Musicians Pose with 2017-2018 Woman's Club President Kathryn Mackensen (far left) and current Woman's Club President Joan Morton (far right).

Photos credit: Laura Sheridan

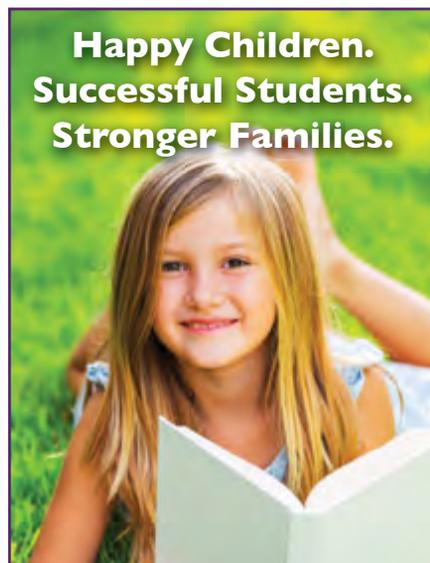


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BY ELAINE ANNE WATT

# SHELTER HOUSE

## *A Conversation with Joe Meyer*

There is no question that Joe Meyer is the dynamic leader enabling Shelter House to continue to grow its mission to address the issues of homelessness and domestic violence in our community. As Executive Director and CEO of this wonderful organization, he is focused on fostering a culture of excellence, mentoring and inspiring his team, and engaging each individual from the highest state official down to each volunteer and the clients they serve to reach their potential. It is a calling that he recognizes and embraces.

Joe Meyer feels blessed and privileged. He grew up in Western Pennsylvania in a nuclear family with two loving parents and three brothers. They had all they needed, but no more. His high school was home to the underprivileged, but as both an academic and athletic standout, he was uniquely qualified to help others. With the ability and commitment to be of service along with a strong spiritual

foundation, he recognized a compelling purpose for his life. The man at the helm of the community based non-profit Shelter House has a clear understanding of how he's arrived at this position and a vision for moving forward.

Shelter House is actually the umbrella for three shelters in Fairfax County servicing over 1,370 individuals last year, 70% of which were under 18 years of age. There is the Katherine Hanley Family Shelter in Fairfax with a 62 bed capability, the Patrick Henry Family Shelter in Falls Church with 42 available beds, and Artemis House, the only 24 hour emergency domestic violence center in the county. Artemis House actually has multiple secure locations which when combined offer 56 beds to individuals and families in imminent danger of domestic abuse or harm. You may be amazed to learn that on the night of January 25, 2017 alone, there were 964 homeless people in the Fairfax-Falls Church community.

# Mission

“To prevent and end homelessness and domestic violence by engaging the community, building effective relationships and providing crisis intervention, safe housing and supportive services”

The statistics are a wake-up call for action. Almost half of the families experiencing homelessness are the result of domestic violence. Two-thirds of the adults in these families are working, but with the average living wage of a single adult household with two children in Fairfax County equaling \$30.86 per hour, more than 4 times the minimum wage, they cannot make ends meet and provide the security their children so desperately need. Is it any wonder that the cycle of poverty and despair tends to be self-perpetuating?

In 2001, after receiving his Bachelor's Degree in Social Work from Slippery Rock University, Joe left Pennsylvania and became a caseworker locally at the Embrey Rucker Shelter. It was during his tenure there that he “learned why people work the way they do.” He understood that he was working with good people who were “not privileged to have the tools” he has had, but who have persevered and were looking to take those experiences and realize a better life for themselves and their children.

Joining Shelter House in 2005 as the Director at the Patrick Henry Shelter, Joe's eyes were opened even more as to why survival skills can become a hindrance even under improved circumstances. Though genetics cannot be changed, learned behaviors are at least as important, creating different norms and coping skills for those struggling to break out of the cycle of poverty and abuse. He began to see children of his former clients returning with their own children, unable to support themselves and avoid the mistakes of their parents.

He knows that it is not enough just to get people back on their feet; real, constructive, and practical skills from self-care to market-ready career training are necessary to effect permanent change. Joe feels that with the right people on his team that share Shelter House's core values of collaboration, accountability, respect, and empowerment (CARE), moving from assistance to enablement is possible. Although some of their clients suffer from permanent disabilities, an improved mental state coupled with proper support

can significantly better life for everyone involved in the individual's or family's care. This is a systemic approach to treating the whole person and the environment in which they find themselves.

Importantly, a key to success is recognizing “where they are and what they want or need.” The major causes of homelessness are varied and may include illness, a child's disability, situational depression, abusive relationships, loss of employment or opportunity, or even foreclosure on a home. You cannot dictate a result or a direction, but must make them aware of the choices they have and assist them to get there. It is a constantly evolving process to make sure that no one falls through the net of services available for them, and it does not end when they walk out the door. Follow-up services and support can be ongoing for months or longer in the form of subsidies, counseling, and help with landlords, employers, or other challenges. Even with 60 full-time employees and over 50 part-time staff dedicated to meeting these challenges, there is so much more that can and should be done to put an end to homelessness and domestic violence.

For example, in the case of those in peril from domestic abuse, the first contact may be from the police that have conducted a Lethality Assessment Protocol after arriving on scene of a domestic disturbance. The officers will call Shelter House directly to coordinate entry on an emergency basis, and Shelter House will begin to coordinate legal assistance and next steps while at the same time providing the physical refuge that is needed. Domestic violence is the leading cause of homicide in Fairfax County and has claimed 25 victims over the past few years. Not ONE of those victims reached out for services or help, which means Shelter House is saving lives!



Joe's management style is both instinctive and studied. He is working to change the perception of "nonprofits" as somehow being less professional or about business as other organizations. In fact, along with needing to excel in the same categories as other businesses including budgeting, prioritization, optimization of resources and outcomes, nonprofits have the added pressures of finding the right kind of talent that can stay vested in the bigger picture without becoming complacent or burnt out. Opportunities to grow internally and to build upon the culture of the organization must be provided in order to retain and attract employees and volunteers. His faith continues to provide him the strength to face the challenges ahead and to sustain his hope that Shelter House can make an even bigger impact in the future.

Joe wants to raise the bar for our community to step up and help. Fairfax County is one of the wealthiest areas in the country, not just in terms of incomes, but also in terms of skills and resources. Besides the ethical reasons for wanting to assist the less fortunate, giving these individuals and families a chance to become contributing, productive members of our society is economically advantageous as well. There is so much more work to do!

So, how can you help? Joe suggests starting with educating yourself more around these issues. We think we know, but we are still learning everyday. Talk to Shelter House; invite them IN. They will come to you or you can come to them to tour the shelters and see the differences that are taking place in the lives of our neighbors. Be vigilant and pay attention to events happening around you. If you see signs or are concerned and do not know what to do, do something. Don't be afraid

to act! Call Shelter House or the police. Whether you are a bystander, perpetrator, or victim, you can ask for help. Recognize that a batterer does not need just anger management, but is a wielder of both physical and mental abuse. It is about power and fear. Contributions of time, supplies, or financial support are always welcome and appreciated. Visit their website at [www.shelterhouse.org](http://www.shelterhouse.org) to learn what is needed. You do not have to be academically trained to get involved.

There are events and opportunities available year-round. In June, it is "Do More 24," a one-day United Way of the National Capitol area online fundraiser where you can pledge your support to one of 700 nonprofits in our area, Shelter House being one. Join in Shelter House's "Make The Call" Campaign, or be a sponsor or participate in their upcoming Fall "Chipping In To End Domestic Violence" golf tournament on September 29th at The Golf Club of Lansdowne. Whatever you choose to do, you'll be working with an organization that truly CAREs.

**Fairfax County's Domestic & Sexual Violence Hotline:**

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Artemis House: 703.435.4940

Patrick Henry: 703.536.2155

Katherine Hanley: 571.522.6800

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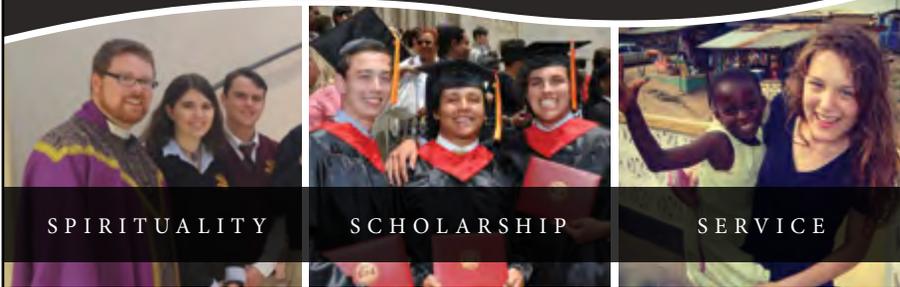


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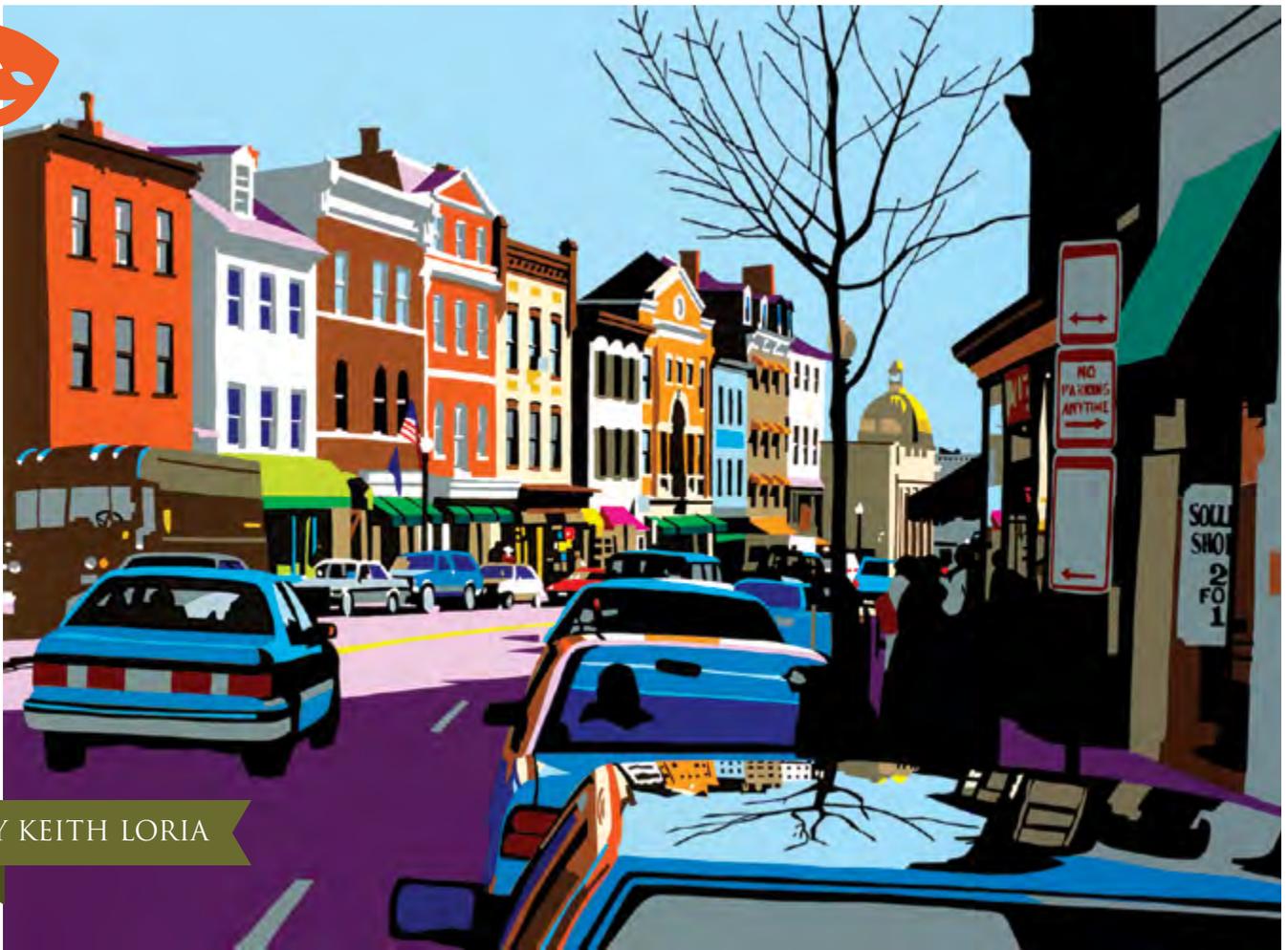
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BY KEITH LORIA



(At top): Wisconsin Avenue  
(Above): Nats Park

## Born This Way

They say artists are born, not made, but in the case of Joseph Craig English, it seems that both would be applicable. Even before he was born, his mother channeled a bit of soothsayer-ness and predicted her son would be an artist.

Ever since he was old enough to hold a paint brush, he was encouraged to paint, and showed signs early on that he had the “gift.”

“I think it was almost innate. When I was a kid, my mom would provide me with paints and colored pencils and lots of paper and encourage me to paint and draw, rather than play with other toys,” English says. “From the very beginning it was something that I just loved doing.”

His work back then featured lots of bright colors and energy, and if you happened to see the beautifully painted cover of *Viva Reston* last month (available at [www.vivareston.com](http://www.vivareston.com)), you know that those descriptions still define his work to this day.

English credits his 10th grade art teacher with introducing him to silkscreen printmaking, a move that would change his artistic direction. Inspired by the intense color and flat finish of the inks, he delved into the medium and quickly found his voice.



(At right): McCathran Hall  
(Below right): Ben's Chili Bowl

"It feeds your soul," he says. "The creative to me is a connection with a maker. I see God as the ultimate creative entity. If you believe in something like that, then you believe we were made in his image. And to me, that means that I have inherited some of the creative nature of God. That ties me into the whole creation and I feel that connection in my art."

By 1972, English was utilizing the craft both as a designer for an ad agency in Washington, D.C., and as part of his burgeoning art career at night. Eventually, English was doing well enough as an artist to quit his day job and concentrate on painting and making his silkscreen prints full-time.

"I didn't like the job because there was a lot of in-fighting at the agency and the atmosphere was very stressful and I had already started making prints and taking my work out on the street and selling a lot of artwork," he says. "I was making respectable money, and I had enough saved to go out full-time as an artist, and I never looked back."

He displayed his artwork at art festivals throughout the DC Metro area, and also around the country, finding a nice following and huge customer base. That led to his being approached by art galleries and being commissioned by art enthusiasts for new work. The focus of his work is often the things that people see every day but so often take for granted.

When English and his wife moved to Washington Grove, MD, in 1975, he immediately went to work on creating his own studio—something that has grown through the years. By the early 1990's, he had the roof

taken off the studio and added a huge second floor studio in an attempt to accommodate some of the new projects being created.

Many of those were sculptures, something he developed a newfound interest in after being offered a job to do a mural at a health club, only to learn there was no space to put one because of the mirrored walls.

"I could see in my mind the money slipping away, so I said, 'you have these beautiful high ceilings, why don't I build a mobile that could hang from the ceiling,'" English says. Even though he hadn't done something like that before, he sketched out some shots, convinced the owner he could get it done, and created an amazing piece.

That led to a period where English did mobiles for a while, until he morphed into bigger free-standing sculptures.

"The problem with sculpting is that if you want to sculpt in monumental size, like I do, the opportunities are few and far between," he

says. "I've done a number of pieces that I have really enjoyed."

The Giant Food Corporation commissioned a group of freestanding figures that were crafted of steel plate, painted in bright colors and erected at one of the busiest intersections in Montgomery County; then Bethesda Community Baseball asked for a 10-foot high stainless steel sculpture of Walter Johnson, the Washington Senators' baseball great; and he recently installed a stainless-steel Mercedes Benz at the new showroom of Euro Motors in Bethesda.

"It's still a very tiny percentage of what I do. Most of what I do is silk screen print making; that's my primary love and the thing I am best known for," he says. "I've been in business for 45 years and I'm always accessible. I believe art should be for everybody and I've built my whole career on that."

For more information or to view some of English's work, visit [www.josephcraigenglish.com](http://www.josephcraigenglish.com). ♦





BY RICK MUNDY

Peer Navigators Jennifer Watson and Danielle Jackson prepare to answer veterans' questions at a Ladies Night event at the D.C. VA Medical Center.

## COMMUNITY FOUNDATION FOR NORTHERN VIRGINIA

### Making a difference through grassroots philanthropy

The name says it all: Community Foundation for Northern Virginia. Community residents support the Northern Virginia community and its most critical needs through their generous donations. The impact is far-reaching in this grassroots philanthropic model.

#### The Community Foundation responds to need

The Capital Area Food Bank is now in its third year of partnership with the foundation. To expand food distribution to needy families in Manassas Park, the Food Bank partnered with the Community Foundation to establish a program for families with children from Pre-K through 12th grade. The schools developed a great team to hold a monthly fair that includes food distribution, participation by the police and fire departments, flu

shots, and book distribution. The Food Bank sees 200-300 families a month, providing 30 pounds of non-perishable food plus fresh produce totaling 10,000 pounds at a single site.

That partnership is just one example of the Community Foundation for Northern Virginia using discretionary grant funds donated by caring local philanthropists to respond to a critical need. In all, the Community Foundation awarded more than \$4.6 million in grants and scholarships in 2016.

According to Maria Booker, Partnerships Manager for the Northern Virginia branch of Capital Area Food Bank, Manassas Park is their most successful effort out of the ten in Northern Virginia and two in Prince William County. Although the Food Bank started this type of program before getting involved with the Community Foundation, the partnership has allowed them to open additional markets. (For more information on CapitalArea Food Bank, visit [capitalareafoodbank.org](http://capitalareafoodbank.org).)

The foundation is perhaps the easiest and most impactful way for generous Northern Virginia residents to make a difference in advancing the quality of life throughout the area.

How can an individual family create that impact? A donor can certainly create their own private foundation which can be challenging

and frustrating, in terms of expenses, filings, accounting needs, and a restricted tax advantage. Or they can partner with the Community Foundation to experience the joy of giving without any of the work while realizing a much more significant tax advantage.

The Community Foundation is uniquely positioned to address the most critical needs of the community by working with the nonprofits serving those needs.

“ServingTogether has a mission to improve veteran access to benefits and services through a network of veteran organizations, service providers, local governments, and others interested in helping our vets. ServingTogether helps with issues of housing, transportation, employment, VA benefits, etc.—anything that veterans need,” says Michael Ball, director of ServingTogether.

Reaching veterans is accomplished through collaboratives, informal bi-monthly meetings in the National Capital region led by community resource partners. Resources, events, and information are shared to broaden the knowledge and understanding of support available to veterans. Also peer navigators, veterans themselves, take calls from veterans on any question and will find the appropriate services or benefits. Then they initiate a warm hand-off to make sure there is good follow-through.

Christy Kenady, program manager for Fairfax County explains that ServingTogether started in 2011 in Montgomery County, but with the support from the Community Foundation for Northern Virginia, they were able to bring their much-needed service to Northern Virginia vets two years ago. They have witnessed a huge influx of calls following that implementation, and could hire the peer navigator to work on behalf of Northern Virginia veterans. Chief Development Officer Nikki Thrash further shared that the investment by the Community Foundation gives credibility to the work of ServingTogether and other funders take notice of their good work. (For more information on ServingTogether, visit [servingtogetherproject.org](http://servingtogetherproject.org).)

That kind of extended impact because the Community Foundation has been trusted by caring Northern Virginians for almost 40 years to make a huge difference in their donations

One of over 700 Community foundations across the country, the Northern Virginia group serves Fairfax, Loudoun, Prince William and Arlington Counties, plus the cities of Falls Church, Alexandria, Fairfax, Manassas and Manassas Park.

Their mission is to grow philanthropy to respond to critical need and seed innovation in the region. They are a “broad-based funder with a community lens.” By coordinating with the numerous non-profits in the area they are aware of all the resource requirements and can answer specific shortfalls.

## The Community Foundation seeds innovation

Another partner working with the Community Foundation is Cornerstones. A multi-service organization serving people in need in Fairfax County, they provide affordable housing, emergency shelter, child and youth services and employment support. Starting in Reston 47 years ago, they have expanded to become the area’s largest, most comprehensive multi-service organization.

PIT Connection is from Cornerstones. CEO Kerrie Wilson (r) is interviewed during the 2017 Homeless Point In Time Count results announcement—a 47% total decrease in the homeless population from 2008 to 2017!

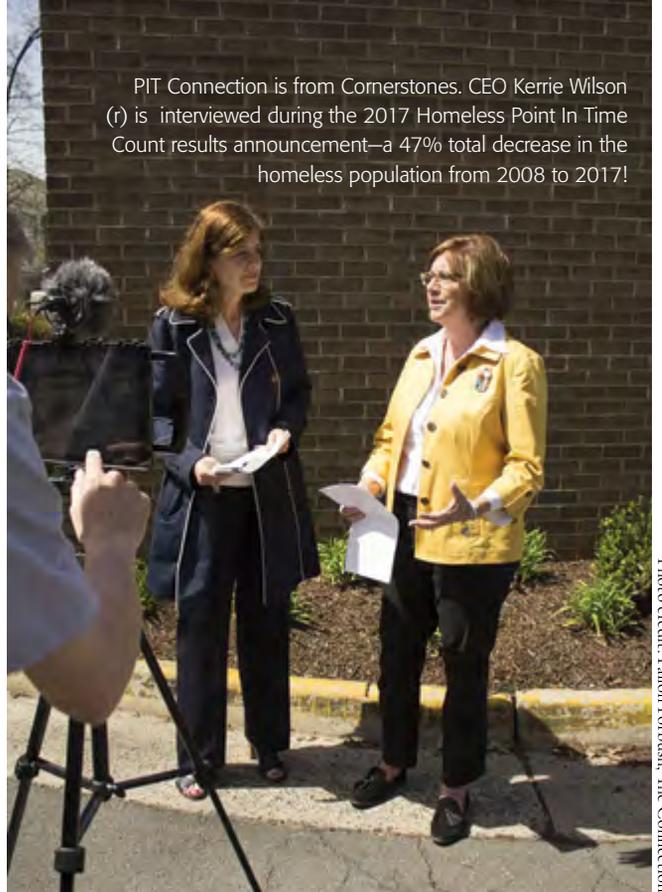


Photo credit: Fallon Forbush, The Connection

CEO Kerrie Wilson explains that their efforts go beyond offering direct services to also working on long-term systems change to meet the evolving needs of the community, “The Community Foundation makes a difference for us in so many ways. We have been a grantee over the years, of course, but where they have been especially important is in understanding what the needs are and they have really been able to step in with donor-advised funds or their own leadership initiatives around employment and job readiness. They’ve been a believer in our non-profit center.

As the Foundation states, “We use philanthropy as an innovative tool to solve complex social issues. The Community Foundation

“What is also important is the innovation and the listening,” says CEO Kerrie Wilson. “The staff and the board understand the role of philanthropy today. The Foundation has reached out to the community, holding listening sessions, finding out what is important to the organizations they serve. That resonates with Cornerstones because we have always been out there as an innovator.” (For more information on Cornerstones, visit [cornerstonesva.org](http://cornerstonesva.org))

strategically partners with donors, nonprofits and schools to launch promising innovative programs and initiatives that have the potential to transform our region.” The Innovation Fund was launched in 2012 as a traditional discretionary grant-making fund. Since then it has morphed into venture philanthropy. For example working with education foundations, the Foundation has launched cyber security courses of study in four school districts.



## The Community Foundation leads and convenes the community

The Community Foundation continues to drive quality of life issues for the region through its many initiatives like the Innovation Breakfasts and the Shape of the Region Conference to be held in January 2018 which will focus on the region's three greatest challenges, namely the economy, community health and life issues, and education.

Cornerstones' Kerrie Wilson adds, "To be an economic success in this region, we need to ensure the health of our workforce and our communities. The Foundation helps bring together the business community, the non-profit sector, government and philanthropy to make sure that happens. I love the innovation summits the Foundation has been holding to think about emerging issues and needs for Northern Virginia."

Whether prospective donors are looking to contribute to one of the many community grants, or participate in one of several donor-advised funds, or tailor their giving in a more specific way, they are assured that the Community Foundation for Northern Virginia will work to maximize the outcome for the goals they wish to achieve. For more information, visit [cfnova.org](http://cfnova.org) ❖



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*Since 1978, the Community Foundation has been the premier charitable partner trusted by thousands of generous Northern Virginians. Our mission is to grow philanthropy, respond to critical need, and seed innovation in the region.*

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BY LINDA BARRETT

# Want to Play the Ukulele?

COME OUT AND JOIN THE NORTHERN VIRGINIA UKULELE SOCIETY

Two Sundays a month, strums from the soft strings of the Northern Virginia Ukulele Society (NVUS) fill the air in Café Montmartre in Reston's Lake Anne Plaza.

Led by native Hawaiian Moses Kamai, the NVUS is open to anyone with an interest in playing the ukulele. "The NVUS is a social club for people who enjoy playing the ukulele to come out and just play or strum, or to improve themselves and their musicianship," Kamai explained.

"The uke is a friendly instrument that just engenders getting together socially. People can jam and have fun, with no pretense of having to be a professional musician." In fact, the motto for the group is "No Blame, No Shame." A beginning uke is inexpensive, and with just four strings, it is easy to play.

The Northern Virginia Ukulele Society began as a jam session in Centreville in 2008 with fewer than 10 people regularly attending. After finding the group in 2009, and attending only a few meetings before the leader announced he was relocating, Kamai "inherited" the reins. He moved the group to Reston, and has grown it by leaps and bounds to now more than 275 members.

## Many Ways to Enjoy the NVUS

Anyone, from a first-timer to an experienced player, will feel comfortable attending the meetups, where music director Kamai and other volunteer leaders lead beginner and technique workshops, followed by two delightful hours of songs, shares and jams. In addition to three Hawaiian "NVUS signature songs" everyone is expected to know, the jams include everything from pop to country and bluegrass, Hawaiian to Tin Pan Alley, and classical to rock.

On the 4th Sunday of each month, the jam is followed by a Ukulele Open Mic session where members can perform on stage before an admiring and supportive audience. Past Open Mics have seen performers from ages 12 through 85, and sometimes professional uke players including The Aloha Boys stop by to entertain the crowd. The Open Mic is open to the community.

Quarterly, the group meets at North Gate Winery to enjoy wine tasting and tunes, and support the winery's owner who is also a member and a sponsor. They recently held a campout at the winery, playing into the wee hours of the morning.

The NVUS can be heard out in the local community as well, with performances at the Reston Regional Library, Senior Centers, Reston Town Center, the Ukulele Festival at Lake Anne and other locations. Members also attend and provide volunteer help for occasional public workshops with professional uke musicians including Victoria Vox and Jim deVille.

There are no membership fees or dues to join the NVUS, and members enjoy discounts and offers provided by the group's five sponsors: NOVA Music Center in Manassas (where Kamai also teaches private lessons), the House of Musical Traditions in Takoma Park, North Gate Vineyards, Shaka Time Hawaiian clothing, and Café Montmartre.

*In Hawaiian, the word ukulele is pronounced "OO-koo-LE-le."*

## Northern Virginia Ukulele Ensemble GOES TO HAWAII

A performance group called the Northern Virginia Ukulele Ensemble was more recently created from the membership. This July, 14 members of the Ensemble will travel to Waikiki with an invitation to perform onstage before an audience of 2000-4000 people at the 47th annual Ukulele Festival, the largest and longest-running uke festival in



the U.S. While there, they will also perform at the Honolulu Zoo and on a live Sunday radio show.

### *Three Distinct Waves* OF UKE POPULARITY

The ukulele is making what Kamai describes as its “third wave of popularity.” The first wave came in the 1920s, on radio programs where the ukulele was often featured. Its favor died off when television became the preferred medium.



### *Did you know these celebrities play (ed) the ukulele?*

RYAN GOSLING

GEORGE CLOONEY

ZOOEY DESCHANEL

ELVIS PRESLEY

MARILYN MONROE

ADAM SANDLER

SHIRLEY TEMPLE

DWAYNE “THE ROCK”  
JOHNSON

NEIL ARMSTRONG

TONY DANZA

CYNDI LAUPER

LUCILLE BALL

TAYLOR SWIFT

### *Arthur Godfrey:*

THE FATHER OF THE SECOND  
UKULELE WAVE

The second resurgence was harkened in by popular TV personality Arthur Godfrey, who promoted playing, sold his own line of ukuleles, and was considered in the ukulele community the “father of the second ukulele wave.” At the peak of his success in the 1940s and 50s, Godfrey hosted two CBS weekly TV series and a daily mid-morning show, and would often jump into impromptu jam sessions on the air with his band, singing with his ukulele. However, when Tiny Tim appeared on the Ed Sullivan Show in 1968 with his falsetto version of Tiptoe Through the Tulips, the instrument took on the air of ridiculousness, and dropped in popularity.



Many people may not know that Godfrey was a local resident, living at his Beacon Hill estate just west of Leesburg. In

his later years, Godfrey hosted his Friday radio shows from his farm. He is buried in Leesburg’s Union Cemetery.

### *Jake Shimabukuro:* INTERNET SENSATION

In 2006, then-unknown ukulele virtuoso

and native Hawaiian Jake Shimabukuro settled himself on a boulder in New York’s Central Park and began playing George Harrison’s *While My Guitar Gently Weeps*. When a video of this performance was posted on YouTube, it received well over 12 million hits and made Shimabukuro an international sensation. In addition to Jake,

many people are familiar with Israel “Iz” Kamakawiwo’ole’s rendering of *Over the Rainbow*.



The NVUS retains ties with the Birchmere and

Strathmore performing spaces, and when Shimabukuro performs, you might find 40-60 NVUS members attending together and enjoying special ticket prices. Prior to the Birchmere performance, the NVUS was given permission to jam in the lobby, and afterwards, had the opportunity to impress Shimabukuro with a short performance.

In 2016, ukulele sales in the U.S. were reported at well over \$1,400,000. You can share in its popularity by playing a few tunes of your own—with the Northern Virginia Ukulele Society. ❖

### RESOURCES

- Northern Virginia Ukulele Society, [www.meetup.com/NoVA-Uke-Ensemble/](http://www.meetup.com/NoVA-Uke-Ensemble/)

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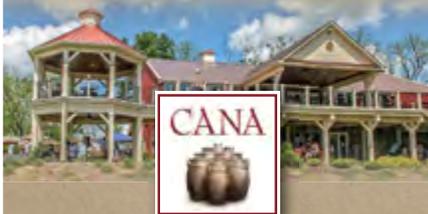
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# *Hoppin' Down* **RICHMOND'S** **BEER**

## *Trail*

By Renee Sklarew

Richmond Virginia has become the unofficial craft beer capital of the MidAtlantic and the easiest way to explore the landscape is by following the Richmond Beer Trail. During the last decade, new breweries have popped up across the city bringing vitality to neighborhoods that suffered from neglect or functioned exclusively as industrial areas. Scott's Addition is one such example. This industrial park is the scene of Richmond's most notable renaissance, thanks to ten intriguing breweries and cideries making their homes here. Just a few blocks from Richmond's museum district, Scott's Addition is ground zero for beer enthusiasts, and on weekends, you'll see a roving band of revelers move from brewery to brewery to sample locally made beer in Richmond's eclectic tasting rooms and beer gardens.

Stone Brewery Tasting Room and Gift Shop



The Answer Brewpub

**SCOTT'S ADDITION: THE HOME OF TEN RICHMOND BREWERIES**

The Veil Brewing Company is probably the craft brewery with the most buzz. To sample one of their beers requires a visit to the Tasting Room, because they don't sell retail versions of their hop-forward beer. They're known for barrel aging, wild ales, and spontaneous fermentation, and their fizzy golden beers are served in elegant goblets. There's almost always a line here, so try to make this your first or last stop.

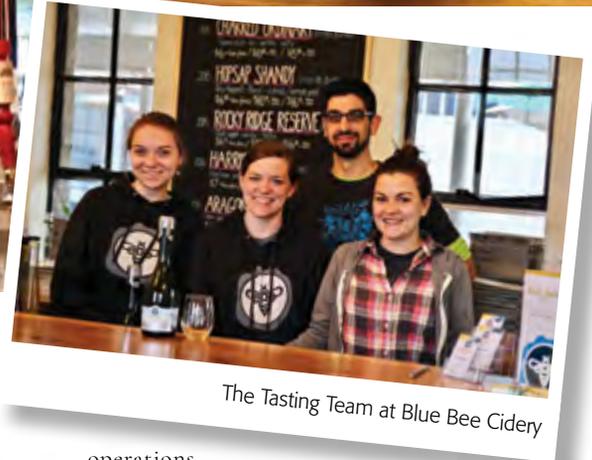
One of the most welcoming breweries in Richmond is Triple Crossing Brewing with two locations. From a little Tasting Room near the Governor's Mansion to a full-fledged pizza and beer pub in the Fulton neighborhood, Triple Crossing makes exceptionally good IPAs, as well as traditional English ales and stouts. Richmond's famous

baker of Billy Bread is also the food purveyor at Triple Crossing. At the Fulton location, don't miss Billy's multi-grain sourdough brick-oven pizza. Triple Crossing's first location in downtown Richmond is steps from Richmond's art district where Billy's menu features tacos and appetizers.

Ardent Craft Ales has a party-like atmosphere where beer enthusiasts relax on their patio or inside the taproom. Their seasonable or saison-style brewing has complex flavors including their tasty Honey Ginger beer, a deep gold-colored brew made with local honey. Ardent rotates a selection of IPAs ranging from piney to flowery to grassy. Some local farmers sell produce here, and food trucks usually park nearby. Ardent takes the lead in brewing gluten-free beers in micro batches and receives rave reviews. The brewery does not offer tours, but you can see



Guac and chips at Triple Crossing downtown



The Tasting Team at Blue Bee Cidery

operations through the big glass windows.

Although not a brewery, Blue Bee Cidery is Virginia's first urban cidery. Blue Bee showcases their complex, fine ciders made from heirloom apples on their patio and inside the taproom. Courtney Mailey, founder of Blue Bee, recently partnered with Catoctin Creek Distillery of Purcellville to make brandy-infused cider called Harvest Ration, which won the 2017 Good Food Award. Blue Bee offers tours and guided tastings of their artisanal ciders in a historic stable built in the 1940's.

**FATHER OF RICHMOND'S BEER MOVEMENT**

Richmond's unlikely father of the craft beer movement is Vietnamese immigrant An



Richmond's Canal Walk



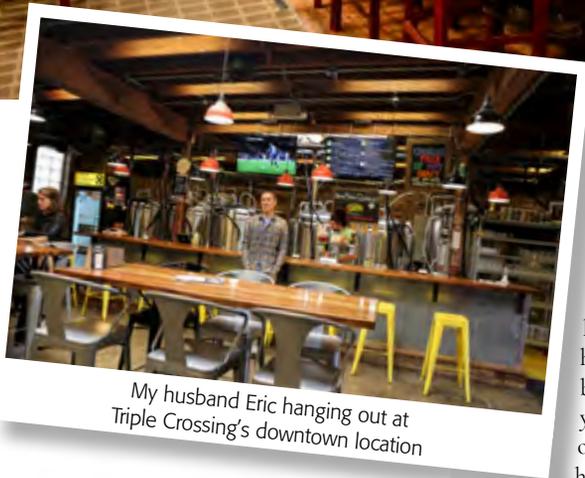
Ardent Craft Ales



The Answer Brewpub



Mekong Restaurant connected to The Answer Brewpub



My husband Eric hanging out at Triple Crossing's downtown location

with eating exceptionally fresh Vietnamese cuisine.

### STONE BREWERY'S EAST COAST HEADQUARTERS

Richmond's biggest coo was landing Stone Brewery's East Coast headquarters. Stone's tours are the best deal in town, because for \$3 you get a tour and a taste of three of their signature beers on tap. The huge, modern yet rustic brewery is opening a waterfront beer garden in

2018 featuring farm to table cuisine infused with beer. This is a family and pet friendly gathering place for Richmond residents and promises to attract lots of beer tourists.

Erin Bagnell of Visit Richmond explained how Richmond was selected by Stone Brewery: "Virginia Governor Terry McAuliffe has been enthusiastic about all things tourism, He rolled out the red carpet

Bui who opened his beer-centric restaurant Mekong in 1995. Craftbeer.com named Mekong the number one "Great American Beer Bar" for two years in a row thanks to the restaurant's expansive selection of 56 rare international and local beers on tap. Bui took a giant step further when he unveiled The Answer Brewpub, his own craft brewery that connects to the popular restaurant. The brewpub is a favorite place to hear live music and meet like-minded beer fanatics, along

for them and installed a kegerator of Stone Beer in the Governor's Mansion. He got in front of a crowd and invited anyone to knock on the door and have a beer with him—which somebody did. The Governor sees what's happening with craft beer, and he's passed legislation that lets craft breweries go from just tasting rooms to hangout destinations."

### RICHMOND'S BEER SCENE IS GROWING

There are breweries outside of downtown Richmond worth noting, like Steam Bell Beer Works in Midlothian. Owner Brad Cooper recruited his whole family to work together elevating recipes from America's beers of the past to manufacture their signature craft brews. Cooper is expanding his brewing capability by launching a second location in Richmond's Fan District: Canon & Draw Brewing Company. "Customers should expect a different portfolio of beers than Steam Bell," says Cooper. "We are excited to continue to innovate and experiment with flavors and offerings as we grow our brand in the heart of Richmond."



The Veil Brewing



Blue Bee Cider

## WHERE TO STAY

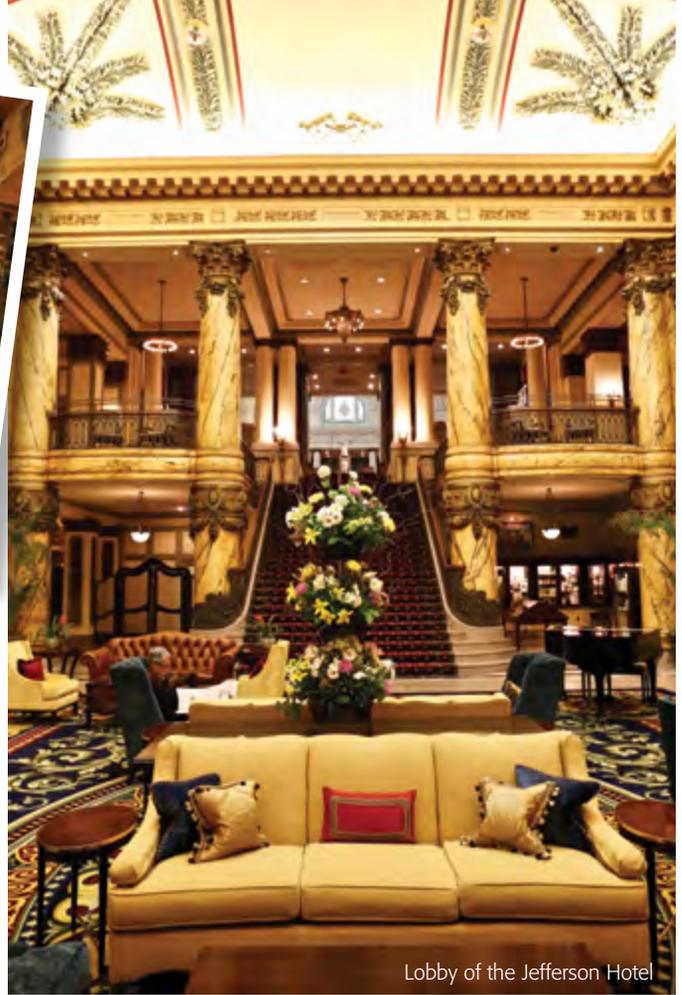
Clearly, beer fans, it's time to make that pilgrimage to Richmond where you will undoubtedly find a tantalizing array of beer tasting experiences. For the ultimate accommodations, reserve one of The Jefferson Hotel's incomparable suites. You'll be in the heart of Richmond and enjoy Southern hospitality at its best. ❖



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

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Falls Church | Italian | \$\$

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www.anthonysrestaurantva.com

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

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6654 Arlington Boulevard | 703.532.4100

www.bentleysfallschurch.com

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www.celebritydeliva.com

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130 North Washington St. | 703.532.9283

www.clareanddons.com

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Falls Church | American | \$\$

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www.dogfishalehouse.com

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www.dogwoodtavern.com

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www.duangrats.com

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

5420 Leesburg Pike 703.820.5508

### ELEPHANT JUMPS THAI RESTAURANT

Falls Church | Thai | \$\$

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

8110-A Arlington Blvd. | 703.942.6600

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

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Falls Church | Indian | \$\$

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

1222 West Broad St. | 703.533.3501

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

### 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

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

### IDYWOOD GRILL & WINE BAR

Falls Church | American | \$\$\$

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

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Falls Church | Irish | \$\$

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**JV'S RESTAURANT****Falls Church | American | \$\$**

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

6666 Arlington Blvd. | 703.241.9504  
www.jvsrestaurant.com

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

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

300 West Broad St. | 703.533.0076  
www.lacaraquena.com

**LITTLE SAIGON RESTAURANT****Falls Church | Vietnamese | \$**

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

6218-B Wilson Blvd. | 703.536.2633  
www.littlesaigoncuisine1.com

**THE LOCKER ROOM SPORTS BAR AND GRILL****Falls Church | American | \$**

The Locker Room lunch/dinner menu features everything from burgers and sandwiches, to pizzas, steaks, and fish. They offer a full menu seven days a week plus

daily specials, and weekday happy hour from 3-7pm. Brunch is served Sundays, 11am-3pm.

502 West Broad Street | 703.854.1230  
www.thelockerroomfc.com

**MAD FOX BREWING COMPANY****Falls Church | American | \$\$**

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

**PANJSHIR RESTAURANT****Falls Church | Afghan | \$\$**

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

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

**PISTONE'S ITALIAN INN****Falls Church | Italian | \$\$**

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

6320 Arlington Boulevard | 571.388.3910  
www.pistoneitalianinn.com

**PIZZERIA ORSO****Falls Church | Italian | \$\$**

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

400 South Maple Ave. | 703-226-3400  
www.pizzeriaorso.com



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## SEVEN CORNERS PUB

Falls Church | English | \$\$

Seven Corners Pub 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.sevencornerspub.com](http://www.sevencornerspub.com)

## SAFFRON

Falls Church | Indian | \$

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

1077 West Broad Street | 703.992.0077

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

## SAIGON 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 an extensive vegetarian menu.

6286-B Arlington Blvd. | 703.237.1899

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

## TARA THAI

Falls Church | Thai | \$

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

7501 Leesburg Pike | 703.506.9788

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

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Fairfax | Irish | \$

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

3971 Chain Bridge Rd | 703.293.9600  
[theauldshebeenva.com](http://theauldshebeenva.com)

### CHUTZPAH DELI

Fairfax | American | \$

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

12214 Fairfax Town Center | 703.385.8883  
[www.chutzpahdeli.com](http://www.chutzpahdeli.com)

### DOLCE VELOCE

Fairfax | Italian | \$

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

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

### SISTERS THAI

Fairfax | Thai | \$\$

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

2985 District Ave, Fairfax, VA | 703.280.0429  
[www.sistersthai.com](http://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

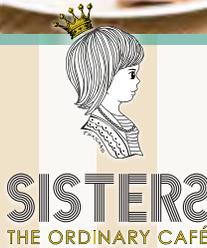
### AMOO'S RESTAURANT

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

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

8100 Boone Blvd, Vienna, VA 22182

### ASSAGGI OSTERIA

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

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

6641 Old Dominion Dr | 703.918.0080  
[www.assaggiosteria.com](http://www.assaggiosteria.com)

### BARREL AND BUSHEL

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

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

7901 Tysons One Pl | 703.848.6340  
[www.barrelandbushel.com](http://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](http://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](http://www.boulevardcafecatering.com)

### BUSARA THAI CUISINE

**McLean | Thai | \$\$**

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

8142 Watson St. | 703.356.2288  
[www.busara.com/ty-main](http://www.busara.com/ty-main)

**CAFÉ DELUXE****McLean | American | \$\$**

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

1800 International Drive West | 703.761.0600  
www.cafedeluxe.com

**CAFÉ OGGI****McLean | Italian | \$\$\$**

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

6671 Old Dominion Dr | 703.442.7360  
www.cafeoggi.com

**CAFÉ TATTI FRENCH BISTRO****McLean | French | \$\$**

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

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

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

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

**DA DOMENICO  
RISTORANTE ITALIANO****McLean | Italian | \$\$\$**

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

1992 Chain Bridge Rd | 703.790.9000  
www.dadomenicova.com

**FLEMING'S PRIME STEAKHOUSE  
AND WINE BAR****McLean | American | \$\$\$**

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

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

**FOGO DE CHAO****Tysons | Brazilian | \$\$\$**

Fogo de Chao offers 16 different cuts of beef, pork, lamb, and chicken. The choices rotate, so some nights you won't have lamb, but you might have one of their tender Linquica sausages instead. Other worthwhile cuts to sample include the filet mignon and Beef Ancho, or rib eye. The restaurant's signature meat is called Picanha, prime sirloin marinated in sea salt and garlic. You will also find tasty Frango, tender chicken legs in a savory sauce and chicken wrapped with bacon. The Lombo cutlets consist of pork loin encrusted with parmesan cheese.

1775 Tysons Blvd Suite 50 | 703.556.0200  
fogodechao.com/location/tysons

**GREENBERRY'S COFFEE CO.****McLean | American | \$**

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

6839 Redmond Dr. | 703.821.9500  
www.greenberrys.com

**HÄRTH AT HILTON MCLEAN  
TYSONS CORNER****McLean | American | \$\$\$**

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

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

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

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

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

**JOE'S SIMPLY AMAZING BURGERS****McLean | American | \$\$**

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

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

**LA SANDIA****McLean | Mexican | \$\$**

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

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

**LEBANESE TAVERNA****McLean | Lebanese | \$\$**

Lebanese Taverna offers the best in Middle Eastern cuisine. Sample kalamar, falafel, and baba ganoush small plates, or try one of the seven types of 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 served with your choice of yogurt cucumber sauce, shirazi salad, or fresh herb as well as a piece of bread.

1500 Cornerside Blvd | 703.992.7500  
mobysonline.com

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**O'MALLEY'S PUB****McLean | Irish | \$\$**

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

1960 Chain Bridge Rd. | 703.893.2100

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

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

2001 International Dr. 1856G | 571.447.5600

[www.paul-usa.com](http://www.paul-usa.com)**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](http://www.pulcinellarestaurant.com)**ROCCO'S ITALIAN RESTAURANT****McLean | Italian | \$\$**

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

1357 Chain Bridge Road, Suite A | 703.821.3736

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

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

7863L Tysons Corner, McLean | 703.288.3852

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

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

8101 Fletcher St. | 703.821.5666

[www.silverdiner.com/restaurants/tysons](http://www.silverdiner.com/restaurants/tysons)

**STAR NUT GOURMET****McLean | American | \$**

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](http://www.starnutgourmet.com)**THE CAPITAL GRILLE****McLean | American | \$\$\$**

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

1861 International Dr. | 703.448.3900

[www.thecapitalgrille.com](http://www.thecapitalgrille.com)**THE PALM RESTAURANT****McLean | American | \$\$\$**

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

1750 Tysons Blvd. | 703.917.0200

[www.thepalm.com/Tysons-Corner](http://www.thepalm.com/Tysons-Corner)**PADDY BARRY'S****McLean | Irish | \$**

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

8150 Leesburg Pike | 703.883.2000

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

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**MERRIFIELD**

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**BLACKFINN AMERIPUB****Merrifield | American | \$\$**

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

2750 Gallows Road | 703.207.0100

[www.blackfinnameripub.com](http://www.blackfinnameripub.com)**CYCLONE ANAYA'S****Merrifield | Mexican | \$\$**

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

2911 District Ave. Ste. 170 | 703.992.9227

[www.cycloneanaya.com](http://www.cycloneanaya.com)**FOUR SISTERS RESTAURANT****Merrifield | Vietnamese | \$\$**

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

8190 Strawberry Ln. | 703.539.8566

[www.foursistersrestaurant.com](http://www.foursistersrestaurant.com)**MATCHBOX VINTAGE PIZZA BISTRO****Merrifield | American | \$\$**

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

2911 District Ave. | 571.395.4869

[www.matchboxmerrifield.com](http://www.matchboxmerrifield.com)**OPEN ROAD GRILL AND ICEHOUSE****Merrifield | American | \$\$**

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

8100 Lee Highway #300 | 571.395.4400

[openroadmerrifield.com](http://openroadmerrifield.com)**PASSION FIN ASIAN BISTRO & SUSHI BAR****Merrifield | Asian | \$\$**

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

2750G Gallows Rd. | 703.204.2969

**RAOUCHE CAFE****Merrifield | Middle Eastern | \$\$**

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

2839 Gallows Road | 703.205.9099

[www.raouchecafe.com](http://www.raouchecafe.com)**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](http://www.seapearlrestaurant.com)**SISTERS THAI****Merrifield | Thai | \$\$**

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

2985 District Ave | 703-280-0429

[www.sistersthai.com](http://www.sistersthai.com)**TED'S BULLETIN****Merrifield | American | \$\$**

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

2911 District Ave | 571.830.6680

[tedsbulletinmerrifield.com](http://tedsbulletinmerrifield.com)**TRIO GRILL****Merrifield | American | \$\$**

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

8100 Lee Highway | 703.992.9200

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

**TRUE FOOD KITCHEN****Merrifield | American | \$**

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

Mosaic District 2910 District Avenue, #170 571.326.1616  
| [www.truefoodkitchen.com](http://www.truefoodkitchen.com)

**VIENNA****AMPHORA****Vienna | American | \$\$**

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

377 Maple Avenue West | 703.938.7877  
[www.amphoragroup.com](http://www.amphoragroup.com)

**ANITA'S****Vienna | Mexican | \$\$**

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

521 E. Maple Ave. | 703.255.1001  
[www.anitascorp.com](http://www.anitascorp.com)

**BAZIN'S ON CHURCH****Vienna | American | \$\$\$**

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of the town's discriminating diners. Chef Patrick Bazin's modern American cuisine is simply extraordinary. Stop in for a drink at the bar or a delicious meal in their comfortable and casual dining area. Reservations are strongly recommended.

111 Church St. | 703.255.7212  
[www.bazinsonchurch.com](http://www.bazinsonchurch.com)

**BJ'S BREWHOUSE****Vienna | American | \$\$**

Located in the heart of Tysons Corner, BJ's is the ultimate place to unwind after a long day. Start off with avocado egg rolls, Thai shrimp lettuce rolls, calamari, or try their wings or flatbread pizzas. BJ's is known for their variety of signature deep dish pizzas, burgers, sandwiches, and light menu. Of course, you can't forget their handcrafted beer.

8027 Leesburg Pike | 703.356.7305  
[www.bjsbrewhouse.com](http://www.bjsbrewhouse.com)

**BRIX & ALE IN THE SHERATON****Vienna | American | \$**

Diners can choose an old-school favorite or try a modern take on classic comfort food, while wine enthusiasts will marvel at their state of the art wine preservation system that allows guests to sample different wines from numerous vineyards. Brix & Ale also features handcrafted cocktails which are artfully prepared with the freshest ingredients.

8661 Leesburg Pike | 703.448.1234  
[www.brixandale.com](http://www.brixandale.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 kids' brunch.

8045 Leesburg Pike | 571.282.6003  
[www.chefgeoff.com](http://www.chefgeoff.com)

**CHIMA BRAZILIAN STEAKHOUSE****Vienna | Brazilian | \$\$**

Chima offers traditional Brazilian churrasco of more than 15 rotisserie meats, including filet, lamb, chicken, sausage, and fish. The salad bar also offers Brazilian and American staples. Bring the family along for a unique dining experience.

8101 Towers Crescent Dr. | 703.639.3080  
[www.chima.cc](http://www.chima.cc)

**I-THAI****Vienna | Thai | \$**

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

8607 Westwood Center Dr. | 703.992.7921  
[www.i-thairestaurant.com](http://www.i-thairestaurant.com)

**MAGGIO'S****Vienna | Greek-Italian | \$**

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

21 Maple Ave E | 703.938.7777  
[www.maggiosvienna.com](http://www.maggiosvienna.com)

**MAPLE AVE****Vienna | American | \$\$**

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

47 Maple Ave W. | 703.319.2177  
[www.mapleaverestaurant.com](http://www.mapleaverestaurant.com)

**NEIGHBOR'S RESTAURANT****Vienna | American | \$\$**

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

262 D Cedar Lane | 703.698.8010  
[neighborsrestaurantva.com](http://neighborsrestaurantva.com)

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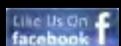


Sergio Domestici and the Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service. Since 1982, Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

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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**703.938.7777**



#### NEISHA THAI

Vienna | Thai | \$\$

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

8027 Leesburg Pike #110 | 703.883.3588

[www.neisha.net](http://www.neisha.net)

#### NOSTOS

Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690

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

#### PALADAR LATIN KITCHEN & RUM BAR

Vienna | Spanish | \$\$

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

1934 Old Gallows Rd, Suite 110 | 703.854.1728

[www.paladarlatichen.com/locations/tysons-va](http://www.paladarlatichen.com/locations/tysons-va)

#### PAZZO POMODORO

Vienna | Italian | \$\$

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

118 Branch Road SE | 703.281.7777

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

#### PEKING EXPRESS OF VIENNA

Vienna | Chinese | \$

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

103 Center Street N #107 | 703.281.2445

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

**PLAKA GRILL****Vienna | Greek | \$**

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

110 Lawyers Rd NW | 703.319.3131  
www.plakagrill.com

**RISTORANTE BONAROTI****Vienna | Italian | \$\$**

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

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

**SAKURA JAPANESE STEAK HOUSE****Vienna | Japanese | \$\$**

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

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

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

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

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

**SUNFLOWER VEGETARIAN RESTAURANT****Vienna | Vegetarian | \$\$**

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

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

**TYSONS BAGEL MARKET****Vienna | American | \$**

Bagels boiled and baked the traditional way, crusty on the outside, soft and chewy on the inside. Choose from one of their many fresh-baked varieties with a smear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

8137 Leesburg Pike | 703.448.0080  
www.tysonsbagelmarket.com

**WOO LAE OAK****Vienna | Korean | \$\$**

Since 1946, Woo Lae Oak offers a Korean dining experience with traditional cuisine. Offerings like Bibimbap and Korean 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 | lucianoitalianrestaurant.com

**OLD PEKING****Oakton | Chinese | \$**

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

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

**SANTINI'S NEW YORK STYLE DELI****Oakton | American | \$**

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

2975 Chain Bridge Rd. | 703.766.6666  
www.mysantinis.com

**TIGRIS GRILL****Oakton | Middle Eastern | \$**

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

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

**YOKO SUSHI****Oakton | Japanese | \$\$**

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

Hunter Mill Plaza, 2946 Chain Bridge Road  
703.255.6644 | www.yokosushi1.com

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BY RENÉE SKLAREW

## COMMUNITY GATHERING PLACE: Cafesano Italian & Mediterranean Bistro

“This is where you can go to get healthy food every single day,” explains Gino Maza, the general manager at Cafesano. Maza oversees Cafesano’s kitchen, dining area and the restaurant’s very busy take out business. “It’s been a success since the day it opened its doors,” writes Reston real estate agent Eve Thompson in Reston Now about Cafesano.

The name translates to “healthy café” in Italian.

This restaurant has morphed into a popular neighborhood-gathering place, and Maza says they have “a ton” of regulars. “You can eat a burger or steak once a week, but here there are so many good things you can choose from that are healthy—Panini’s, salads, wraps—and they’re all homemade, made from scratch,” says Maza. The menu’s selections include kabobs, brick-oven pizza, and pasta, all with an Italian/Mediterranean flair. The restaurant uses only olive oil, fresh produce, and prime cuts of meat and fish.

Located in the South Lakes Village Shopping Center, Cafesano debuted eleven years ago, led by an inspired owner, Paul Swinley, who is also a vegetarian. Maza says Swinley wanted a restaurant with lots of options. He wanted the food to be healthy—not heavy or overly spicy—the way you might cook yourself, if you had excellent ingredients and the patience to execute each step with care. “Paul

says our food is based on traditional recipes. The food is simple—like you make at home—and tasty; that’s why we have a lot of people coming back here. The service is really good too,” notes Maza. With this history of success, Cafesano recently opened a second location in Dulles Town Center. They also make it easy to order take out and catered food using an online service and separate storefront in South Lakes Village.

Cafesano’s modern décor and glass atrium allows an abundance of light into the dining area. The front patio has cheerful flower boxes, and the restaurant’s windows offer bright glimpses of Lake Thoreau. Cafesano’s lunch crowd is bustling, and dinner has a steady stream of customers though less of a crush. During the summer months, many diners make their way to the restaurant both by hiking trail and by boat.



Based on Maza's recommendations, I started with the bistro's signature dips. After just one bite of creamy, lemony hummus, I was hooked. Triangles of soft pita bread were the perfect vessel to gobble down this delectable dip. The restaurant's dip platter is especially popular with catering customers—roasted red pepper dip, eggplant (baba ghanoush), and tzatziki are all prepared using the cook's emphasis on raw, whole ingredients. No dip is heavily seasoned, but for those who prefer their food a little saltier, hotter or sweeter etc., Cafesano has a seasoning bar with lots of options.

Chicken Parmesan Panini is a hearty lunch selection, with tender chunks of chicken, tomato sauce, mozzarella, and a brush of pesto. It's served with the homemade lavash chips and allows you to choose whole grain or regular ciabatta bread. Cafesano's Signature Salad is a satisfying platter of ingredients, including artichokes, Kalamata olives, romaine, hunks of mozzarella, and half an avocado sliced on top. It comes with your choice of house made dressings; one is a low-calorie, no oil lemon-tahini worth sampling.

Maza says he loves pasta, and it's one of the house specialties. The ravioli and all the sauces are made in-house daily. I dug into a bowl of angel hair pasta with Arrabbiata gravy—a zesty combination of chopped olives, mushrooms, tomatoes, and capers. Cafesano can substitute whole-wheat penne as an alternative in several pasta dishes. Pasta dishes come with a slice of garlic bread that's been grilled until it's crunchy on the outside and soft on the inside—it's useful for scooping up errant sauce.



My personal favorite, besides the irresistible hummus, was the salmon kabob. Large chunks of salmon, charred and bathed in a luminous marinade, arrive on a plate of basmati rice, skewer of vegetables, tzatziki, pita, and a small salad. This is a dish I could definitely eat a few days a week and feel quite smug about how healthfully I was eating. Besides the obvious nutrition, Cafesano serves up a large, flavorful portion, so you'll feel you've treated yourself too. Why can't everything beneficial taste this good, I wonder? But this dish, in particular, proves the point that Cafesano has regulars, and because the bistro features chicken, steak, shrimp,

veggies, and falafel kabobs, there's something for everyone's diet, even your menu-challenged gluten-free and vegan friends.

Another notable aspect worth mentioning is the selection of craft beers and wines by the glass. You can still have your wine while you're eating healthy, and Cafesano has a tart house made lemonade your kids will adore. No one leaves here hungry or thirsty. So, next time your family and friends are considering where to eat or where to order from, Cafesano is likely to have something that makes everyone in the crowd smile. ♦

BY ANALIESE KREUTZER



# Chicken 411

***An Afternoon With the Chicken Lady of Great Falls  
Clears Up the Why and How of Raising Backyard Hens***

A few years ago, when I was vaguely aware that raising backyard chickens had become a thing, I heard that some residents of Great Falls were getting in on it. That's when I became fascinated. Not because I wanted to do it—I don't, and my homeowners' association doesn't allow livestock—but with the idea of it. Why would busy suburban families living in perfectly manicured estate homes want to raise chickens? Fresh eggs, sure, I get that. But with the abundance of farmers markets in our area, it seemed like a lot of effort for fresh eggs.

I set out to learn more about what's involved. I did some research, and then I went to the source. I visited Christina Dumas at her home in Great Falls. Known to her friends as "the chicken lady" or even "the crazy chicken lady," Dumas has been keeping chickens for four years and eagerly shares her vast knowledge.

Dumas's house sits on more than two acres of land, which means she required no special permits or permission from Fairfax County to keep chickens. Residents who live on fewer than

two acres must get a special permit from the Department of Planning and Zoning, fill out paperwork, and pay a fee of \$435. In addition, a hearing must be scheduled before the Board of Zoning Appeals, and it must be advertised and neighbors notified.

The Fairfax County Government seems to be quite supportive of its residents raising chickens. On its website, the heading "Can Fairfax County Residents Keep Chickens?" is answered with an enthusiastic "Yes!" (Exclamation point theirs.) The website provides quite a bit of helpful information about housing, feeding and caring for chickens.

Before we head out to the pen, Dumas has me don a pair of rubber garden shoes in her garage. She's meticulous about keeping both her chickens and her family safe from infection, and these shoes, as well as the rubber rain boots she puts on, never go inside the house.

Normal interactions, including holding and carrying chickens, typically do not pose any significant health risks to humans because of the marked biological difference between humans and chickens. Usually, washing your



will sit along the fence line, and a predator will come up and grab their wing and yank at them until they can get them through,” Dumas says.

The spacious pen also includes a coop, a wood pile that the chickens like to peck at, several water stations, and a covered feeding station that her husband built when she was looking for a way to keep the food from being affected by the weather. “Aesthetically, this doesn’t look like a really fancy setup, but for the chickens, it’s like the Four Seasons, because they’re not

confined,” says Dumas.

She adds hay to the pen once a month. “Chickens love hay. They have a lot of fun with it,” Dumas says. She also uses it to control moisture on the ground. Overly moist ground can lead to mold, which can lead to infection.

I had read that hens lay fewer eggs in the winter and providing them with artificial light can counteract that, but Dumas doesn’t use any artificial light or heat. “If you truly understand chickens and the whole process of how light comes into play, you don’t mess with the natural environment,” she says. “If you provide an artificial environment, but you’re not consistent with it, you can throw their whole cycle off. And there’s a chance, come spring, they’re not laying anymore.” Heat lamps also pose a fire hazard.

## The Ladies and One Gentleman

A lot of people with backyard chickens treat them like other pets, giving them names. Dumas can’t be bothered with that. She just calls them her ladies. The pen currently houses 17 hens, including Rhode Island Reds, Araucanas, and Golden Comets, as well as one rooster, a black Silkie.

There is a definite pecking order among the chickens, with the two gray Araucanas occupying the top spot. The five newcomers she bought a few months ago keep to one area in the back of the pen, snubbed, for now, by the longer-term residents.

Some people wind up with roosters without intending to, because it’s very hard to determine the sex of baby chicks, but Dumas got hers intentionally. “I’m not sure why I got him. He was so good looking, and



hands after contact is enough, and Dumas is diligent about making sure everyone washes their hands thoroughly after spending time in the pen.

## Why?

As we make our way across the yard, I ask my most burning question—why? For Dumas, it’s almost why not? The German side of her family are all farmers, so this is familiar territory to her. She and her husband Mark have four children, so she also notes that eggs are expensive, especially organic eggs.

“But it’s also fun,” she says. “What I find rewarding is the kids growing up with this, understanding where their food comes from. On the weekends, if they want to have omelets for breakfast, I say, get your sloshers on, and go get your eggs.

“I find chickens therapeutic,” says Dumas. “In that regard, they’re like dogs. They’re constantly loving you. And chickens are so easy. They’re easier than dogs.”

Dumas acknowledges that backyard chickens are a bit of a fad right now. “You probably have six or seven families in Great Falls who have true setups, that are the real deal,” she says. I soon start to understand what she means by a true setup as I take in the size of her pen. She describes how some people limit their chickens to a coop and just a few feet of space around it. In contrast, Dumas’s chickens occupy an area roughly 12 by 15 feet.

## A Four Seasons for Fowl

“It took about \$350 to build this,” Dumas says of her pen. “We used the parameters of the trees and wrapped hog wire around them. We dug the hog wire about two feet into the ground, and then we used wooden stakes to hold chicken wire across the top.”

She chose hog wire for the sides to keep predators out, but even that doesn’t always stop them. Foxes, possums, raccoons, owls and hawks are just some of the creatures that prey on chickens. “Sometimes the chickens



he's a miniature one. No one has really welcomed him in. He needs to have time with them."

As much as Dumas enjoys her chickens, they seem to hold a place somewhere between pets and farm animals for her. A few of them appeared with her family on their Christmas card this year, but that doesn't mean they won't wind up in a stew pot when their laying days are over. She hasn't gotten to that point with any of them yet, since hens can lay for five to seven years, but that's the plan.

If you're thinking about getting chickens, you should know that they can live for a dozen years or more, so you may want to think about whether you will keep older birds as pets or have them for dinner. Some communities report that chicken rescue organizations are being overwhelmed with older chickens that no longer lay.

## Keeping Chickens Healthy and Happy

Dumas buys her chickens at about seven months old, because by eight or nine months, they start producing eggs. She insists on keeping her chickens and eggs completely organic. "These chickens have never been touched with any shots and have never had anything beyond a natural diet—fruit, grains, vegetables, meat—because once you cross that line, they're not truly organic."

She once bought organic eggs at the grocery store, cracked one into a bowl, cracked one of her eggs into another bowl and posted the picture on Facebook to show people the difference in the color of the yolks. The egg from the store had a much paler yolk, while the one from her hen was the color of a deep sunset.

The happier hens are, the higher their egg production will be. Part of keeping them healthy and happy is giving them space. If they are packed too closely together, they become ill tempered, aggressive or depressed. Tight quarters can also lead to infection, and once one chicken gets sick, it spreads rapidly. "If the beaks are a nice vibrant red, that's a healthy chicken," Dumas says.

"Chickens like to make little holes in the ground, and they turn the hard soil into dust, that's how they clean themselves," says Dumas.

"When we have fires in the fireplace, we bring the ashes out here. That's a natural, organic way for them to keep themselves clean. The ash helps build a natural barrier against parasites."

Keeping the pen and feeding and water containers clean is important as with any pet. Dumas fills the feed containers every 4-6 days, and water about the same, unless it's been raining. In that case, she will change the water more frequently, because dirt can get in and contaminate it.

## It's All About the Eggs

The whole reason behind the trend in backyard chickens is the desire for fresh, organic eggs, so what can you expect from your hens?

"Of all the chicken breeds, Rhode Island Reds are the most hardy. They will lay 330 out of 365 days a year," says Dumas. "A lot of people don't know this, but each chicken only lays one egg a day, no more than that. And if they're spooked, if they're scared, if they're uncomfortable, if their environment is not safe, they will not lay."

Dumas collects eggs every three to four days. Since she has a rooster, she needs to be particularly mindful. If the rooster sits on the eggs for 15 days consecutively, then she'll have baby chicks, something she doesn't want because they're a lot of work.

After collecting eggs, Dumas fills the bucket with water, adds a couple tablespoons of an organic egg cleaning solution, scrubs each egg and checks to make sure none of them float, which would indicate a bad egg.

"When a chicken lays an egg, they put a natural coating on it," Dumas says. "But the minute you wash it, you've taken off the protective coating, so they need to be refrigerated right away after they're washed."

One of the first things you notice about eggs straight from the coop is the variations in size and color. We're used to eggs being uniform, but that's not natural. Different chickens also lay different color eggs, and Dumas's range from a pale bluish green from her Araucanas to brown from the Golden Comets and Rhode Island Reds.

You probably won't taste a difference between these eggs and what you're used to from the store, but truly organic eggs pack a higher nutritional content and don't include the risks of harmful chemicals or salmonella. That, along with the satisfaction of caring for the chickens that provided the eggs, is enough for most people who commit to raising backyard hens. ❖

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

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Dr. Chang grew up in the Washington metropolitan area. After graduating from the University of Rochester School of Medicine, he completed his general surgery training at the prestigious Loma Linda University Medical Center in Southern California, where he was fortunate to train with prominent cosmetic surgeons in Newport Beach and Beverly Hills. Dr. Chang then returned to the University of Rochester where he completed an Accredited Fellowship in Plastic and Reconstructive Surgery.

Dr. Chang has given talks nationally on his research and insights on topics ranging from post-trauma facial reconstruction to abdominal wall reconstruction. In addition to developing the HARMONY minimal scar facial rejuvenation procedure, he has taught the technique of Transaxillary Hidden-Scar Breast Enlargement as well as the Arcus Marginalis Release technique for cosmetic eyelid surgery to local plastic surgeons.

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After receiving his DDS degree in 1983 from the Medical College of Virginia, Dr. Lee pursued his passion for dentistry at the Las Vegas Institute for Advanced Dental Studies (LVI), a world-renowned post-graduate center for aesthetic and neuromuscular dentistry. He won top case for Mac Veneer, and was awarded Mastership at LVI for the exceptional quality of his cosmetic cases. Dr. Lee has been consistently voted Top Dentist by his peers.

It was this passion for dentistry that led him to continue his education at the Las Vegas Institute for Advanced Dental Studies (LVI). Dr. Lee is a graduate of this world-renowned post-graduate center for aesthetic and neuromuscular dentistry. His unique ability to create outstanding smiles not only impressed his patient base but also caught the attention of LVI leaders. As a result, he now holds the prestigious title of Regional Director of LVI.

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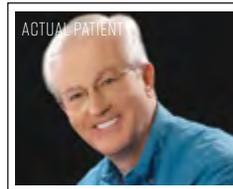
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BY JOHN BYRD



# A Gathering Place

New sunroom is the perfect addition for three generations now getting to know each other as neighbors

*(Above)* **Gathering Space** At 450 square feet, the Braxton sunroom is spacious and brimming with natural light. Large windows and sliders on all elevations reinforce a vivid visual linkage to the surrounding gardens. The window seat and triple window course is the defining focal point when entering the room. A thirteen foot cathedral ceiling, four skylights and an overhead fan also contribute to the room's welcoming ambiance. The room faces east, allowing Beth to greet the sunrise on many mornings.

*(Inset above)* **BEFORE** A California contemporary built in 1972, the old rear elevation included a cantilevered 12 ft-by-15 ft wooden deck the Braxton's hadn't used in years. To Beth, the platform had become a place to try to envision what the family really wanted. An extension to the house—which might have required digging a foundation—was initially ruled-out.

To gain an insight into how the lovely sunroom on the rear of Bob and Beth Braxton's forty-five year old California contemporary evolved, one might start with photos of the old 12 ft x 15 ft wooden deck that preceded it. The deck is, at best, an intimation of what might be, a footprint that helped the recent retirees conceptualize something far more suitable to emergent needs.

"We love the outdoors," Beth Braxton says, recalling the process that led to the bright spacious sunroom which now graces the back of the home she and Bob have occupied since 1984. "At first, we thought a screened-in porch might be what we were looking for. Then decided that we needed more living space for quality time with friends, family... and especially the grandkids, who often ride over here on their bikes. At that point, we realized that the change had to be for year-round space, with lots of garden views. A retreat."

An addition off the rear elevation that might have required digging a foundation wasn't needed. But the larger question was: who would field

(At right) **Garden walk northside** Braxton was particularly pleased with how well the remodeling team preserved trees and bushes during construction. Patios and walkways provide a natural segue to lovely outdoor spaces. The entire rear of the house was re-clad in weather-resistant Hardie board.

(Below) **Entrance to sun room** Sun Design built a 4' x 12' hyphen linking the new sunroom to the main house. The original rear slider was preserved. A pair of cabinets that double as seats flank opposite sides of the entrance. A mini split system above the door provides the room's independent source for heating and cooling.



the couple's many questions, shape their vision into a plan that would satisfy many requirements, while staying comfortably within a budget?

Quite coincidentally, Beth had noticed a site sign for a remodeling firm working in the neighborhood; not long afterwards, attending her dance class in Burke, she saw a sign indicating where that same firm—Sun Design Remodeling—maintains their offices.

"I just walked right in," Braxton says. "Obviously, more living space was really on my mind. My husband and I had discussed some rough ideas, but the important point was that we made an appointment for one of their designers to look at our house."

Bob had sketched out several floorplan concepts—one, an octagon, that turned out to be the most expensive in the group. At this point the Braxtons and Sun Design began to collaborate in earnest.

"The dialogue was very productive," Braxton says. "In the end, we were provided with three different design concepts, each reflecting budget variances. Their process helped us narrow down choices, which matters a lot when you're building something you want to use for the rest of your life."

Thus, in its way, the 450 square foot sunroom now in place reflects both a broad agenda distilled into beautiful simplicity and an exercise in getting the priorities right.

"The options were so thoughtfully presented we could easily make informed decisions on what we wanted to keep and what was less



(Above) Beth Braxton often spends mornings in a 2 ft-by-12 ft alcove designed to house a window seat that looks into the gardens on three sides. The seat includes bookcases and storage for children's games. Two Braxton grandchildren live nearby, and often ride their bikes over to spend time with grandparents in the sunroom.

important," Braxton says. "The transparency allowed everything to flow smoothly."

A full foundation, for instance, might have added another 40% to the cost. As it happened, the site and the structure itself allowed the remodelers to anchor the sunroom's floor framing to 11 6"x6" wooden piers attached to concrete footings.

"It's a cost-effective engineering solution for a comparatively lightweight addition," says Jeremy Fleming, Sun Design's production manager. "It



*(Shown)* **Outdoor dining patio** The south-side patio often gets the best available light during the day, making it an ideal spot for a casual meal. *(Below)* **Window seat storage** The custom-designed window seat provides convenient storage for the grandchildren's games.

provides all the structural support needed, and is much easier to install.”

Also, with less excavation equipment on site, it was easier for the remodeler to preserve trees and bushes deemed essential to future landscaping.

More importantly: the piers played a role in the “wind-bracing” support required in structures that feature a lot of glass.

“County rules on glass in new construction have been in place for over a decade,” explains Fleming. “Because of some tricky complications in the execution, a lot of contractors stay out of the sunroom arena now—so it’s become somewhat specialized.”

As interior design, the Braxton’s retreat is thoughtfully-conceived, zoned for key activities, yet modular and interactive.

A 2’ x 12’ alcove on the room’s far elevation was designed to accommodate a window seat with built-in bookcases and storage for children’s games. With its pyramid-shaped triple window course, the alcove is the defining focal point when entering the room.

Overhead, four skylights allow abundant natural light. Mid-room, a pair of sliders on opposite walls provide beckoning access to, respectively, the north and south gardens.

Every morning the sun rises in the east-facing window alcove where Beth often sits

to greet it. “There’s a glass crystal cross in the window”, she says. “It catches the light beautifully, and sends little rainbows across the room.”

At the room’s opposite end, the remodeler built a 4’ x 12’ hyphen linking the house to the new sunroom. Another pair of built-ins on opposite sides of the entrance offer adjunct storage and seating.

A pair of African woven baskets displayed in open cubbies remind Beth of the mission in Kenya she has been involved in for some twenty-five years. She says the sunroom is “dedicated” to one of the orphan girls she knows through the mission.

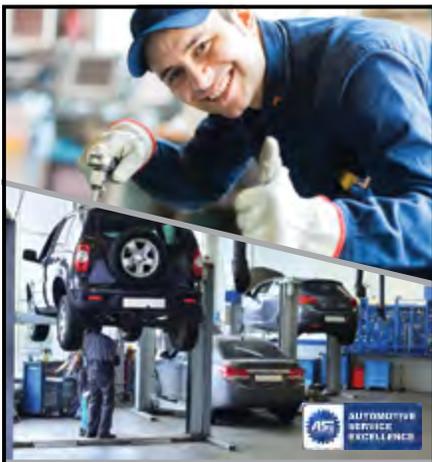
A mini split HVAC unit above the door at the entrance provides the room’s heating and cooling. To help maintain thermal efficiencies in the two parts of the house, the remodeler retained the original insulated glass sliding door between the old house and the new sunroom.

“The plan really works well for us,” Beth says. “It’s very much the happy Gathering Place we were looking for as a family.”

Sun Design Remodeling frequently sponsors design and remodeling seminars as well as tours of recently remodeled homes. Headquartered in Burke, Sun Design also maintains an office in McLean, VA. For more information visit [www.SunDesignInc.com](http://www.SunDesignInc.com). ❖



**AUTHOR:** John Byrd has been writing about residential architecture, building and remodeling for 30 years. His work has appeared in *House Beautiful*, *Architectural Digest*, *Southern Living* and many national and regional publications. He has also written and produced segments for HGTV and other cable outlets. His work has received numerous Press Association awards for excellence in journalism. He can be reached at [byrdmatx@gmail.com](mailto:byrdmatx@gmail.com) or [www.HomeFrontsNews.com](http://www.HomeFrontsNews.com).



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BY AMY SCHOEN, MBA, CPCC

# ASK COACH *Amy*

Q

DEAR COACH AMY,

I always get anxious about holiday weekends and what to do as a single person. All my married friends have their family and kids and I am all by myself. Although they always offer to include me, I don't want to be a third or fifth wheel with them. I really don't know what to do to get out and meet new people and I hate to go to new places by myself. What do you suggest?

*Lonely in Lorton*

A

DEAR LORTON,

Yes, with the July 4th weekend soon here we will be kicking off the summer fun season. For those who are single this can cause much anxiety about what to do during their holiday weekend. With no love interest in sight, for many the long weekend can be a source of much apprehension and loneliness.

So how can you get out of your home, find some fun activities where you can widen up your social circle and meet new people to date?

There are probably many fun things you can do this Memorial Day weekend to meet new

people and expand upon your normal social circle. This is true for all age groups (from your 30's into your 70's!).

And when you push yourself outside your comfort zone to go to these events alone, you will be encouraged to talk to new people. Before you know it, you will become more comfortable with this new group of people and become an accepted member of the group.

First, you may want to look for a group that is going on a weekend trip in your local area. When I was single, there was a group going to an adult camp in New England. We took a bus ride up from DC with a group of young professionals like myself in their 30's and 40's. I also went to the beach with one of these groups. Of course you want to find groups that are within your age group and attract people who you feel are similar to you.

Another way to meet people is through a weekend retreat in a serene location offered by churches or synagogues where they combine fellowship and social activities. This is a great way to widen up your social circle with those who have similar religious beliefs.

The benefit of widening up your social circle is that we can meet people through other people. Although the connections we

make may not be a love interest, these social connections may lead us to meeting our intended partner through invitations to future social events with their circle of friends. Being introduced is one of the top ways that people meet their mates.

Second, closer to home, you can look for some local events and activities from some social groups that you can find from Meetup and by searching the web. Sometimes there are ski clubs that have summer activities such as bike rides, summer concerts, and hikes. There are also groups that attend cultural events and lectures together.

Last, you can find a group that is focused on a shared activity or sport like golf or tennis (hiking, sailing, dancing, or bowling) and find out what their plans are for the holiday weekend. I suggest you research which events these groups have scheduled for the holiday weekend either in town or as a weekend trip out of town.

The Ski Club of Washington, DC has a tennis weekend at a camp just outside of DC plus other activities such as monthly tennis parties (biking, hiking and social events too). I used to go to swing dance weekends out of town that were a one or two hour drive out of the DC Metro area. Most major cities have a ski club. (You don't have to ski to join, many of these clubs have other activities in addition to a social component too!)

Sitting at home with no plans this Memorial Day weekend will not have you meet new people unless you are searching the online sites for people to meet. However, many people make plans so they have something to do even if it's with their established circle of friends.

If you are truly Motivated to Marry, then I recommend you seek out 2 to 3 new groups this summer that are aligned with your values, interests, and personality. Try something new so you can extend your social network so you can improve your chances of meeting new people to date.

You can then build upon these new friendships all summer long so that meeting their friends may lead you to your love connection!

Wishing you all the best in love and life,

*Coach Amy* ❖

**AUTHOR:** Amy Schoen is a certified professional life coach and dating/relationship expert based in the D.C. area and is the author of *Get It Right This Time—How to Find and Keep Your Ideal Romantic Relationship*. She helps marriage-minded individuals to find and keep committed, loving relationships. [www.MotivatedtoMarry.com](http://www.MotivatedtoMarry.com).



BY CAROLE L. HERRICK



# THE FAIRFAX COUNTY HISTORIC ROADSIDE MARKER PROGRAM

The Fairfax County History Commission formed in 1969 in order to preserve, protect, educate, and make citizens aware of the historic significance of Fairfax County and its rich heritage. The commissioners are appointed by the supervisor in each of their magisterial districts. In 1998 the commission launched its Fairfax County Historic Roadside Marker Program to honor people, places, and events of regional, statewide, or national significance within the county. A total of 53 roadside markers were installed countywide by the end of 2016. These markers sit on top of a pole and contain approximately 100 words each. They are buff and blue, the colors of General George Washington's uniform, with the county seal emblazened at the top, as compared to the Virginia Historical Highway Markers with black lettering against a silver background.

As of this writing, seven county roadside markers have been erected in the greater McLean area. They commemorate the location where McLean originated in 1910, Salona, the Laughlin Building, Odrick's Corner, Chesterbrook, William Watters, and Benvenue. It is not easy to read the wording on many of these markers while driving. A driver needs to pull to the side of the road and often must exit his vehicle to appropriately view the sign. What follows is the text for each of the signs in McLean, so that when a driver passes he understands the significance of the area and hopefully takes a minute to reflect on a moment in time.

McLean originated in this vicinity after the electrified Great Falls and Old Dominion Railroad began operating in 1906. Its tracks crossed Chaim Bridge Road between the villages of Lewinsville and Langley, near the Ingleside community. By 1910 the area was renamed McLean, after John R. McLean, an owner of the railroad and publisher of the Washington Post. Storm's

(Top) This photo was taken in 2015 at the dedication of the William Watters marker on Linway Terrace.  
 (Above) This was the sign dedication for the Chesterbrook marker in 2015.

General Store and Post Office was built at this site between the tracks and Elm Street. Franklin Sherman School opened nearby in 1914, and the McLean Volunteer Fire Department was incorporated in 1923. Train service ended in 1934. The rail bed is now Old Dominion Drive.

Salona was built on part of the 1719 Thomas Lee 2,862 acre grant known as Langley. During the War of 1812, the estate's owner, the Rev. William Maffitt, reputedly gave refuge to President James Madison as the British burned Washington. Civil War Camp Griffin occupied Salona, then owned by Jacob Smoot, through the winter of 1861/1862, the house serving as headquarters for Union General William "Baldy" Smith. A working farm until the Smoot family began selling acreage in 1947, Salona was purchased in stages by Clive and Susan DuVal beginning in 1953. The DuVal family later arranged for the preservation of the house and property.

### THE LAUGHLIN BUILDING

This building, dedicated in 1988, by William and Dara Laughlin, replaced a long-standing McLean landmark. In 1905, Matthew J. Laughlin, owner of a nearby dairy farm, purchased this lot. He built a residence/stores here, which became a focal point of the community. Its location was across from the Great Falls and Old Dominion Railroad stop at Chain Bridge Road. Known as McLean by 1910, subsequent Laughlin generations conducted their real estate business here, eventually becoming Laughlin Realtors. Painted blue in the 1960s, the landmark "Blue House" was razed in 1987 and replaced by this award winning financial office center.



William "Kip" Laughlin beside the marker for The Laughlin Building, this was dedicated in 2011.

store here, which became a focal point of the community. Its location was across from the Great Falls and Old Dominion Railroad stop at Chain Bridge Road. Known as McLean by 1910, subsequent Laughlin generations conducted their real estate business here, eventually becoming Laughlin Realtors. Painted blue in the 1960s, the landmark "Blue House" was razed in 1987 and replaced by this award winning financial office center.

### ODRICK'S CORNER

In 1872 Alfred Odrick, a former slave and carpenter, purchased 30 acres and built a house on the south side of Lewinsville Road, later intersected by Spring Hill Road to form Odrick's Corner. By 1879 a one-room schoolhouse, Odrick's School, had been built there. Tradition links Odrick to its establishment. The school was also used for community meetings and the first services



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The marker for Salona with people viewing it in 2014 beside Dolley Madison Boulevard.

of the Shiloh Baptist Church. The original frame schoolhouse was eventually replaced with a brick structure, which was closed, sold in 1953, and later demolished. A vibrant African-American community grew around the school and church.

### CHESTERBROOK

Lincolnton, a farming community that developed along Kirby Road after the Civil War, was renamed Chesterbrook ca. 1897. The “First Colored Baptist Church of Fairfax County” was founded ca.

1866 by Reverend Cyrus Carter. The one-room Chesterbrook School opened in 1906 on present-day Linway Terrace. The school moved to Kirby Road in 1926. Chesterbrook Methodist Episcopal Church, South, formed in 1906, worshipped in the schoolhouse, then relocated to Kirby Road in 1921. Classes for the Chesterbrook Colored School were held in the Odd Fellows Lodge adjacent to the general store, which the Stalcup family operated for many years.

### WILLIAM WATTERS

William Watters (1751-1827) was appointed to a circuit at the first American Methodist Conference in Philadelphia in 1773, making him the first officially appointed American-born Methodist itinerant circuit rider. During the Revolutionary War American Methodism, a movement within the Church of England grew, although most English-born Methodist ministers left the country. In 1780 Watters helped avert a division between northern Methodist societies and those farther south over preachers performing the ordinances of communion and baptism. Following American independence, the Methodist Episcopal Church was formed and American preachers were ordained. Watters, who served circuits in Virginia, Maryland, and New Jersey, is buried nearby.



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## BENVENUE

Benvenue was part of the 3402 acre Woodberry estate granted by Lord Fairfax in 1724 to George Turberville. Charles Lee Corbin Turberville was deeded 400 acres in 1796, which included 198 acres that became known as Benvenue when acquired by Capt. Thomas AP Catesby Jones, USN, in 1830. The sandstone house reportedly was named after the Louisiana plantation where Jones recovered from wounds received in defending New Orleans on 14 Dec. 1814. During the Civil War the Army of the Potomac's Fourth Corps occupied the surrounding area. Benvenue served as a field hospital from Oct 1861 to Mar. 1862. Later the spelling was changed to Bienvenue, French for welcome.

The FCHC is also responsible for two table top historic markers that are installed at Colvin Run Mill and Riverbend Park, two sites involved with American militia activity and the flights of government officials into Northern Virginia when the British burned the nation's capital city in 1814. The commission also designed, researched, and erected a third table top marker discussing the 1861 Battle of Lewinsville as part of the county's Civil War Sesquicentennial celebration. It was placed adjacent to the parking lot in Lewinsville Park.

Change is inevitable. The old network of roads, villages, schools, churches, mills, and country stores has vanished. To many this loss is of no significance, but it's the past that provides the building blocks of the future. Things are the way they are today because of actions taken by previous generations. The purpose of placing historic markers at sites of historic significance is to point out that the present is an extension of the past. By understanding what transpired in prior generations, one can better understand why things are the way they are today. The Fairfax County History Commission is hopeful that people will stop to read the markers and, after reflecting on them, have a better understanding of the community in which they live.

A complete list of the historic roadside markers provided by the Fairfax County History Commission can be found at [www.fairfaxcounty.gov/histcomm](http://www.fairfaxcounty.gov/histcomm). ❖

**AUTHOR:** Carole Herrick is the current chair of the FCHC



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**Let's Go Outside!**



BY MICHAEL EVANS



# Cookouts & Barbecues

Summer is finally here and it's a great time to celebrate with family and friends! Whether through a casual get-together by the pool or in the park, this is the time to enjoy. The Washington Metro area is filled with ample opportunities to get out, cook out, and have fun with great food and friends!

The DMV is truly an international melting pot encompassing many different cultures, which makes the possibilities for ethnic menu offerings more exciting than ever! Corporate team building events often take advantage of

the diversity this area offers by showcasing a certain ethnic cuisine at their events, or mixing and matching with various food stations! Some great ideas include Japanese picnics featuring grilled chicken Yakitori, steak teriyaki, sesame noodles, and Asian

off with fresh, fruity sangria and you've got a favorite summer menu loved by all. For Greek enthusiasts, consider grilling chicken Souvlaki skewers and Shish kebabs, accompanied by fresh crisp Greek salad, sweet, flaky baklava and Ouzo as an aperitif.

Other popular summer cookouts include tailgating at Nationals games to make America's favorite pastime even more enjoyable! Baseball, hot dogs, and homemade apple pie... it doesn't get much better than that! Crab feasts are also a tried and true summer tradition. Since the Maryland blue crab has started to make a comeback from being endangered, it's time to pull out the mallets, bibs, and Old Bay seasoning to enjoy this local favorite with friends and pitchers of ice-cold beer.



coleslaw. Pair these items with a nice cold Sake, and green tea ice cream with lychee fruit for a refreshing summertime dessert! For Latino offerings, try carne Asada, fish tacos, ceviche, and flan for dessert. Top it

For non-alcoholic beverage options, infused waters and fresh, fruity sips are becoming more and more popular, as they compliment summertime cookouts perfectly! Watermelon infused water with fresh mint, mango mint or citrus tea infused water are ideal for quenching your thirst on a hot summer day! Looking for something a little sweeter? Tropical mango & papaya, kiwi, and wild berry fruit sips topped with crème fraiche are to die for and serve as a delicious treat!

Finally, we can't forget about Oktoberfest! As the summer comes to an end, take advantage of the season and celebrate with grilled brats, soft pretzels, potato pancakes, Weissbier, and apple strudel. Don't forget a good Oompah band to keep everyone going and send the summer out with a bang. Prost! ❖

**AUTHOR:** Michael Evans is chef-owner of [helgascatering.com](http://helgascatering.com) Helga's Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs throughout the D.C. Metro Area.



# Stepping Back in Time

*Three Nearby Destinations that  
Make History Come Alive*

By Renee Sklarew

Within two hours of Northern Virginia are three destinations that cater to history buffs. The recently renovated museums at Jamestown and Yorktown feature the English settlements in Virginia and the time period surrounding the American Revolution. St. Mary's County in Maryland begins as Indian Territory, and transitions to English settlers who came to America to escape religious discrimination. Lastly, we head to Montpelier Estate, the home of James and Dolley Madison, located in scenic Orange, Virginia. This pivotal couple lived with and entertained the founders of the United States, including fellow Virginian's George Washington and Thomas Jefferson. The beautiful estate is lesser known than Jefferson's Monticello, but equally inspiring. Vineyards and farmer's markets surround these three destinations, so, you can enjoy the countryside and learn at the same time!





*where to eat:* Riverwalk Restaurant in downtown Yorktown has panoramic views of the James River and some stellar crab cakes, local beers on tap, and a lovely outdoor patio.

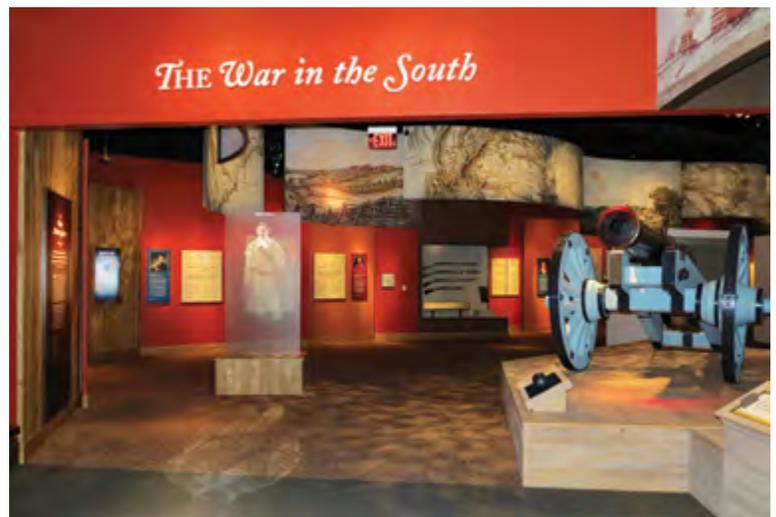
The two living history museums near Williamsburg, Virginia region are refreshed, with modern interactive experiences families love.

*what to see:* Start your day at Historic Jamestown for a fully immersive understanding of how the English settlers made their home in the Powhatan Indian territory back in 1607. Led by Captain John Smith, three rickety ships crossed the Atlantic. These English immigrants landed on the shores of tidewater Virginia and set up a fortress and homestead. The Museum has a variety of exhibits, from recreations of those ships, to exhibits dedicated to Pocohontas. The famous Native American woman played an integral role in the survival of Jamestown Settlement and helped negotiate the release of John Smith when warring tribes captured him. The year 2017 is the 400th anniversary of her death.

Outside the expansive museum is a recreation of Jamestown Settlement, as well as a Powhatan village where actors demonstrate their crafts and tools. Enter the Longhouse where Indians lived, cooked, slept, and cared for their families. Tour a re-creation of the settlement where visitors can observe firing weapons, don armor, visit the chapel, and imagine the difficult life of our first British Colonial settlement.

Next, allot several hours to visit a truly revolutionary museum: The American Revolution Museum in Yorktown. Yorktown Battlefield was the scene of the final and deciding battle during the American Revolutionary War against Britain. Learn about life for Colonists, including the women, children, Native Americans and the large population of enslaved individuals as they navigated the harsh life in the colonies before the War for Independence. Then see how each member of society played a role in helping to gain their liberty from the British Crown. Experience a 4-D movie showcasing the sounds, smells, and sights of this bloody war. Learn how Alexander Hamilton played an integral role in this battle using their interactive app.

*where to stay:* Wyndham Garden Williamsburg has modern, spacious rooms with a microwave, fridge, and coffee machine, and serves a daily breakfast buffet. The location provides easy access to both of the museums.





Sotterley Plantation tour

Cockpit of plane in Patuxent River Museum

Amish Market in St. Mary's County

## St. Mary's County, Maryland

St. Mary's County is a hidden gem. Located on the remote peninsula between the Patuxent River and the Chesapeake Bay, you'll encounter unique attractions history buffs will find fascinating.

**what to see:** On the way to St. Mary's County, you'll pass the charming historic city of Leonardtown. With a few vintage boutiques, Leonardtown City Hall, and five family-owned restaurants, it's tiny, but entertaining. A little further south on Route 5 is St. Mary's College campus. Known for their museum studies program, students here are involved in the archeological, educational and historical attractions that have existed in this region since the 16th century.

Built in the 1600's, Historic St. Mary's City represents one of the oldest settlements in the United States. British colonists made their way to St. Mary's on a rickety tall ship called The Dove. Those who survived the crossing found a thriving American Indian population with which they traded and lived side-by-side. Settlers who braved the rough Atlantic Ocean came to practice their Catholic religion. Today, visitors tour replicas of the Dove and the once thriving town. Don't miss the printing press.

Just twenty minutes north is Sotterley Plantation, an expansive homestead honoring America's first president, George Washington. A mini-Mount Vernon, the furnishings and décor are Colonial-era. Built in 1703, the beautifully preserved Tidewater Plantation offers panoramic views of the Patuxent River. A unique attraction on the site is the original slave cabin that once accommodated up to ten people.

Descendants of the plantation, including those of Sotterley's enslaved population, play an active role in preserving the estate's history. Tours offer insights into the many families who lived here from the early 1700's until 1961.

For military and technology fans, tour the brand new Patuxent River Naval Air Museum which houses a slew of original planes used since the first days of flight continuing to current day. Some highlights include the Phantom II and Skyhawk. Try out the flight simulators and shop at the entertaining gift shop. This is must-stop shop for aviation and military enthusiasts.

**where to stay:** The Inn at Broome Howard is a historic Bed & Breakfast/Inn located on the Patuxent River. Adjacent to the entrance of Historic St. Mary's City, it's an ideal location to begin your explorations. The charming guest rooms are spacious and decorated in Early American furnishings. On a clear night, you can see the Milky Way in this remote part of Maryland.

**where to eat:** The Front Porch in downtown Leonardtown is a historic Victorian house turned into a popular bistro featuring Mid-Atlantic cuisine and local seafood.



Views of the Patuxent River from Sotterley Plantation



Softshell crab sandwich at restaurant on the Patuxent River



James Madison developed the American Bill of Rights and United States Constitution here in the library of this gracious historic mansion. He and wife Dolley Madison entertained world leaders here before and after his presidency.

*what to see:* James and Dolley Madison were central players in the founding of the United States, and Montpelier operated as a think tank for political strategy. Thomas Jefferson, Alexander Hamilton, Samuel Adams, and the Marquis de Lafayette were regular guests. Dolley, the consummate American hostess, is quoted in a letter writing, “Tonight we hosted 100 people for dinner, but fortunately, only 25 stayed the night.”

The first stop is Montpelier’s new Visitors Center. An introductory film is followed by a walking tour of the Mansion and grounds with local historians. They explain how archeologists uncovered artifacts, including excavating the buried slave quarters. Surrounded by 2,650 acres of horse pastures and gardens, check out the Gilmore House, a restored cabin that was home to a freed African American family after emancipation.

Don’t miss the Market at Grelen, a farm featuring the harvest from their fruit orchards, a nursery, and garden center. The small café serves vegan quiche and fig

jam and toast. Consider a visit to Picker’s Paradise (reclaimed craft and furniture fair), Oktoberfest, and glamping for visitors attending the Hunt Races at Montpelier.

Central Virginia has a concentrated collection of vineyards and wineries, including Barboursville, which allows guests to sample 21 different wines. The region is a scenic two hour drive from Washington DC.

*where to stay:* Holladay House Bed & Breakfast is located in heart of downtown Orange, Virginia. Built in 1830, the décor is inspired by America’s important landmarks. Some of the rooms have whirlpool baths and fireplaces. There’s a full breakfast every morning for guests.

*where to eat:* The Light Well (across the street from Holladay House) is an upscale tavern that brews its own craft beer and showcases cuisine from the Virginia Piedmont region. The restaurant hosts live music on Friday evenings, including acoustic, jazz, rock, and country musicians. [www.thelightwell.com](http://www.thelightwell.com) ❖



# Weekend Getaways FOR THE FAMILY

Not every family has the opportunity to take week-long vacations over the summer with busy schedules. The kids are at camp, and mom and dad are busy at work. You all deserve some relaxation and family bonding, but where do you go on your weekends? Do you want to go somewhere fun? Maybe your family enjoys soaking up some sun and relaxing. Education is important to maintain over the summer too, so maybe you could take a trip back in time at historical sites? No matter what your family loves, here are a few options with a little something for everyone for quick weekend getaways. Whether it's a short drive there and back or you want to stay the whole weekend, everyone will have fun and maybe learn a thing or two along the way!

## THEME PARKS

Who doesn't love rollercoasters and carnival food? Below are a few fun, but close, amusement parks for the entire family to enjoy!



### *Heishey Park*

**Address:** 100 W. Hersheypark Drive, Hershey, PA 17033

**Hours:** Hours vary depending on what day you visit; check [www.hersheypark.com/park-info/hours.php](http://www.hersheypark.com/park-info/hours.php) for more details!

**Entrance Fee for a one-day pass:**

Ages 2-Younger: Free  
Ages 3-8: \$41.95  
Ages 9-54: \$64.95  
Ages 55-69: \$41.95  
Ages 70+: \$26.95



### *Six Flags*

**Address:** 13710 Central Avenue, Upper Marlboro, MD 20721

**Hours:** Hours vary depending on which park you attend and what date you're attending; check [www.sixflags.com](http://www.sixflags.com) for more details!

**Entrance Fee for a one-day pass:**

General Admission: \$65.99  
Children under 48": \$45.99  
Children 2-Younger: Free



## Busch Gardens

**Address:** 1 Busch Gardens Boulevard, Williamsburg, VA 23185

**Hours:** Hours vary depending on what day you visit; check [seaworldparks.com/en/buschgardens-williamsburg/park-info/park-hours?from=Top\\_Nav](http://seaworldparks.com/en/buschgardens-williamsburg/park-info/park-hours?from=Top_Nav) for more details!

**Entrance Fee for a one-day pass** are \$70 for ages 3-9 and \$80 for ages 10 and over.



## Kings Dominion

**Address:** 16000 Theme Park Way, Doswell, VA 23047

**Hours:** Hours vary depending on what day you visit; check [www.kingsdominion.com/explore/calendar-and-hours](http://www.kingsdominion.com/explore/calendar-and-hours) for more details!

**Entrance Fee for a one-day pass** (check online for special pricing! Rates vary depending the date you are planning to attend): Over 48" tall, ages 3-61 years old: \$67 at the gate

Junior (under 48") \$45

Senior (ages 62+) \$45



## BEACHES:

Everyone loves a good beach trip! Unfortunately, popular beaches like the Outer Banks can be expensive and a long drive. Here are some closer beach destinations that are more affordable for a short weekend visit!

### Ocean City, MD

Ocean City, Maryland, is one of the closest beaches to Northern Virginia. It has an expansive boardwalk with plenty of family-friendly fun, including museums, golf, and boardwalk games. Whether it's splashing around in the water on Jet Skis or relaxing in the warm sand, Ocean City has something for everyone! For more information, visit [ococean.com](http://ococean.com).

### Chincoteague

Searching for a quiet relaxed beach town? Look no further! Chincoteague is part of Assateague Island and is the

perfect destination for the relaxed family. The beaches are known mainly for their quiet towns and wild ponies. For more information, visit [www.chincoteague.com](http://www.chincoteague.com).

### Virginia Beach

Virginia Beach may be a slightly further drive, but it's worth it! There's golfing for dad, art galleries for mom, and plenty of beach fun for kids! From expansive shopping to large beachfronts, Virginia Beach is sure to please! For more information, visit [www.visitvirginiabeach.com/summer](http://www.visitvirginiabeach.com/summer).

## HISTORICAL ATTRACTIONS:

Avoiding "summer slide" can sometimes be a challenge. The best way to combat summer boredom and keep kids' education up-to-date is to inspire wonder with historical sites! Living so close to Washington, D.C., Northern Virginians tend to forget the rich history that surrounds us. Here are a few ideas to get the kids out of the capital and into some neighboring areas.



### Gettysburg

You can tour battle grounds or a winery. There are paranormal tours for the brave and fresh air fun for those seeking a different adventure. For more information, visit [www.destinationgettysburg.com/index.asp](http://www.destinationgettysburg.com/index.asp).



### Philadelphia

Lay your eyes on the Liberty Bell or explore the Magic Gardens. Hungry? Grab a world-famous cheesesteak! For more information, visit [www.visitphilly.com/](http://www.visitphilly.com/).



### Williamsburg

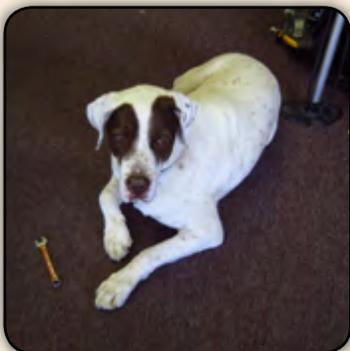
Want an authentic Colonial tour? Look no further! Williamsburg offers a rich experience for everyone, as well as outlet shopping for the end of your long day. For more information, visit [www.visitwilliamsburg.com/](http://www.visitwilliamsburg.com/).



# PETS WE LOVE



**BARRY**  
Owner: Sandy Selander

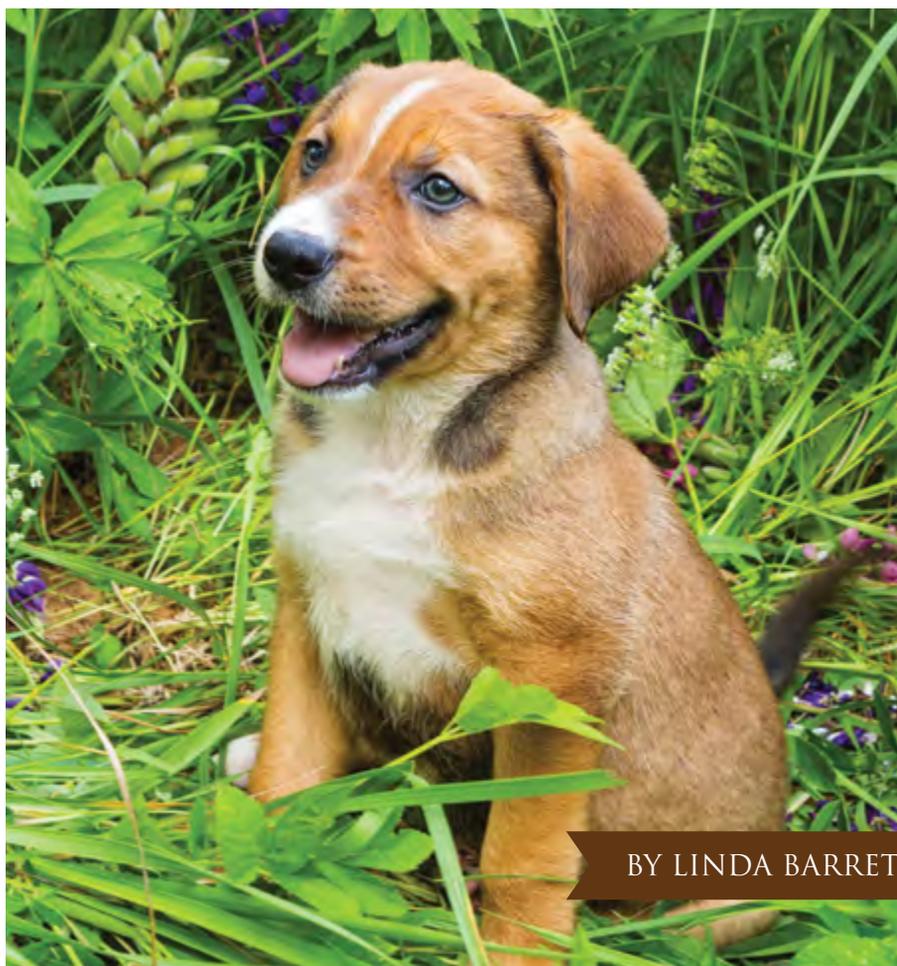


**RIPLEY**  
Owner: Nicki



**THEODORE WINSTON (BACK), HUXLEY RUSTLE, CECÉLIA LOUISE AND DOROTHY EVERLEIGH**  
Owner: Virginia Case

**IS YOUR PET READY FOR THEIR CLOSE-UP? SEND PHOTOS TO ARTICLES@VIVATYSONS.COM.**



BY LINDA BARRETT

## VACCINATE YOUR DOG Against Lyme Disease

Now that summer is upon us and we are enjoying more outdoor activities, the threat of Lyme disease looms large. “We are on high alert this year in all 50 states, and more than 60 countries,” said Dr. Katryna Fleeer, DVM and Medical Director of VIP Petcare.

The possibility of infectious pathogens often fluctuates based on weather and climate, and this year is predicted to be particularly bad for ticks due to an increased white-footed mice population that comes as a result of our mild winter. These mice are responsible for infecting the majority of ticks carrying Lyme. The increase can also be attributed to rising deer populations and the changing landscape. Increased development leaves fewer areas for wildlife, pushing them closer and closer to human population.

Ticks love to hang out in wooded, brushy surroundings and on the tips of tall grass, and when your dog brushes by, the tick quickly grabs on. It then crawls toward the skin to find a place to bite. The sooner you remove the tick the better, because according to the American Kennel Club, “an infected tick must be attached for 24 to 48 hours to transmit Lyme disease.”

### What is Lyme Disease?

Lyme disease, one of the most common tick-transmitted diseases, is caused by a spiral-shaped bacteria known as *Borrelia burgdorferi* that enters the dog’s bloodstream through a tick bite. Once inside the bloodstream, the bacteria travels throughout the body, infecting organs or locations such as joints, and causing overall illness.

When the infection develops into a disease in dogs, symptoms presented include fever, lameness caused by inflammation of the joints, swollen lymph nodes, lack of appetite, and depression. Progressing further, the disease may eventually cause damage to the kidneys, heart, or nervous system. If you think your dog might have Lyme disease, please contact your veterinarian.

Cats can also get Lyme disease, but as of yet, a Lyme vaccine has not been developed for cats. VIP Petcare recommends a monthly broad-spectrum preventive to protect your cat year-round. Do NOT use tick prevention products intended for dogs; they are not safe for cats.

### Combine a Lyme Vaccination and Monthly Preventive Care

Tick-borne diseases are a threat to all dogs and their owners, since pets can bring ticks inside the home to their human counterparts. For the most comprehensive protection against Lyme disease, VIP Petcare recommends a Lyme vaccine and a monthly tick preventive like NexGard or Revolution.

If your dog has been playing outdoors, check daily for ticks, paying close attention to the head, chin, ears, shoulders, armpits, groin, and upper leg areas. If you do find a tick, use tweezers to grasp the tick as close to the dog's skin as possible, and pull it out in a straight, steady-pressure motion, ensuring that you don't leave any parts behind.

Summer is also the time for vacations, and if you are planning to board your dog while you are away, check your boarding facility for their vaccination requirements at least four weeks prior to your trip.

### Get Your \$5 Vaccination Voucher from VIP Petcare

VIP Petcare wants to help prevent Lyme disease and is offering a promotion of \$5.00 off a canine vaccination or vaccination package through July 31st, 2017. A normal Lyme vaccination runs \$33.00. Simply download the voucher at [www.vippetcare.com/summer-dog/](http://www.vippetcare.com/summer-dog/) and bring it to any VIP Petcare clinic.



### Help VIP Petcare Clear the Shelters on August 19th

On August 19, 2017, VIP Petcare will participate as a proud national sponsor in the annual "Clear the Shelters" campaign. Nearly 700 shelters across the U.S. will be teaming up with NBC-owned TV stations and Telemundo for this nationwide pet adoption drive.

More than 50,000 pets found "forever homes" during this event in 2016, and VIP Petcare wants to help make 2017's campaign equally as successful by providing \$200 in free services to every adoptive animal that day. These services include a free microchip, rabies vaccine, heartworm/Lyme combination test (dogs only), vaccination package, and fecal test. In addition, every pet parent receives one free dose of Nexgard (dogs only) and one free dose of Heartgard (dogs only) to get them on track to prevent heartworm disease, fleas, and ticks, courtesy of Merial.

If you adopt from a participating shelter, you will receive our VIP Petcare giveaway box that includes instructions for downloading our free services vouchers. Those adopting can bring those vouchers into any VIP Petcare-operated clinic to receive these offers. ♦

#### RESOURCES

- VIP Petcare clinic schedules: [www.vippetcare.com/find-a-clinic/](http://www.vippetcare.com/find-a-clinic/)
- VIP Petcare vaccination vouchers: <https://www.vippetcare.com/summer-dog/>
- Clear the Shelters: [www.cleartheshelters.com](http://www.cleartheshelters.com)



Got a pet?



Get a wellness plan.



VACCINATIONS  
MICROCHIPPING  
TESTING  
& MORE!

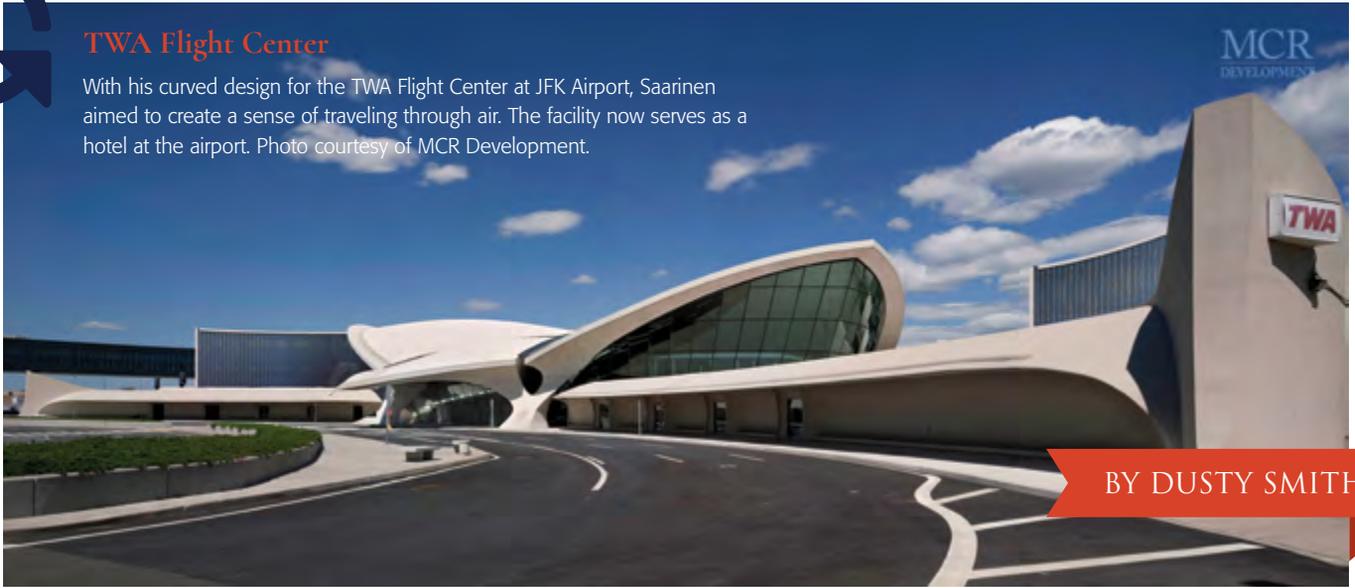
Find a clinic near you:  
[vippetcare.com](http://vippetcare.com)



### TWA Flight Center

With his curved design for the TWA Flight Center at JFK Airport, Saarinen aimed to create a sense of traveling through air. The facility now serves as a hotel at the airport. Photo courtesy of MCR Development.

MCR DEVELOPMENT



BY DUSTY SMITH

## SAARINEN'S PURPOSE IN DESIGN

Atop of the list of considerations that designers of Metro's Silver Line extension through Dulles International Airport was protecting the main terminal's façade, the result of one of architect Eero Saarinen's creative bursts.

Saarinen, the son of architect Eliel Saarinen, placed his mark on a number of familiar buildings despite living only to the age of 51. In fact, death came before many of his more well-known structures reached completion.

Eero (pronounced the same as arrow) Saarinen's first major project came after he outperformed his father in a competition to design the St. Louis Jefferson Memorial. His design resulted in the St. Louis Arch.

"Our architecture is too humble. It should be prouder, more aggressive, much richer and larger than we see today," Saarinen once said, according

to The Architect Who Saw the Future, part of the PBS American Masters series. "I would like to do my part in expanding that richness."

The oval-shaped road that provides access to the airport and loops around the daily and hourly parking lots at Dulles Airport bears the architect's name: Saarinen Circle.

A brain tumor took Saarinen's life in 1961 at the age of 51, before many of his projects would reach completion, including the Dulles terminal.

"He already saw it in the model stage," recalled Eric Saarinen in the film he created about his father. "He was like a giant looking down."

Saarinen believed architecture was an important part of the human endeavor, not just a way to provide space and shelter.



### Dulles Terminal

The iconic Saarinen-designed main terminal at Dulles Airport has been nominated for the National Register of Historic Places. Dulles Station, under construction as part of Phase 2 of Metro's Silver Line project, was designed to mimic the terminal shape. Photo courtesy of the Metropolitan Washington Airports Authority.



### St. Louis Arch

Saarinen got his first big break when his design was chosen for the St. Louis Jefferson Memorial; the St. Louis Arch has since become a popular tourist attraction. Saarinen beat out his father, Eliel, in the design competition. Photo courtesy of the Jefferson National Expansion Monument.

“Architecture also has the purpose of marking and enhancing man’s time on Earth,” Saarinen once said, adding that the character of those occupying the building should become part of the design.

“I hope that some of my buildings will have lasting truths,” he said. “I admit quite frankly I would like to have a place in architectural history.”

Since 1978, the Dulles terminal has been eligible for the National Register of Historic Places.

When he designed Dulles, as well as the TWA Flight Center at JFK Airport in New York, he wanted to demonstrate a sense of traveling through the air. Dulles also credits Saarinen with developing the mobile lounge concept in which roving vehicles carried passengers between the main terminal and their gates.

A few other projects Saarinen designed:

- The TWA Flight Center at JFK Airport in New York was Saarinen’s attempt to “conquer gravity,” using a curved concrete design not used at the time.
- Deere & Company’s farming equipment showroom in Moline, IL.
- Saarinen-designed chairs were used in magazine ad campaigns for Coca Cola, Southern Comfort, and others.
- CBS Building in New York City.
- Saarinen-designed pedestal furniture became popular in the ‘50s, with features such as one-legged chairs.
- Built Miller House as a private project.
- Kresge Auditorium on MIT’s campus in Cambridge, MA.
- Ingalls Rink “Yale Whale” at Yale University in New Haven, CT.
- Mores and Stiles College at Yale University New Haven, CT.
- North Christian Church in Columbus, IN.

The Dulles terminal is also the reason a different design was chosen for the Silver Line’s Dulles Airport Station than for the other Phase 2 stations. The design resembles the shape of the terminal. ❖



## PEDESTRIAN BRIDGE INSTALLATIONS COMING SOON AT INNOVATION

### Steel for roof at Loudoun Gateway Station going up in June

Some of the most challenging and exciting parts of construction of the Silver Line Phase 2 will begin in late May or early June.

That’s when construction of the pedestrian bridges that will provide access to the stations along the 11 mile alignment from Reston to Ashburn will begin, according to John Kearney, the project’s construction manager for the Metropolitan Washington Airports Authority.

The first sections of those bridges will be put into place at Innovation Station, which sits in the median of the Dulles International Airport Access Highway east of Route 28, near the old Center for Innovative Technology building, the upside down pyramid-shaped structure on the north side of the Dulles Toll Road corridor.

Specific dates will be announced later this month.

Cranes will be used for the installation, according to the contractor Capital Rail Constructors.

Installing these bridges will cause significant lane closures. Public notices will be issued on a weekly and daily basis before and during this work.

A schedule for installations at other stations is not yet available.

Also planned for the coming weeks will be:

- Continuing steel erection of the Reston Station roof.
- Beginning of erection of roof steel at Loudoun Gateway Station (approximately mid-June)
- Setting precast concrete sections of eastern end of Dulles Station
- Ongoing construction inside the pedestrian tunnel for those going to or from the main terminal at Dulles to a parking garage.
- Road repairs and paving at the Herndon park and Ride lot near an entrance to the station. ❖



BY DUSTY SMITH



# CELEBRATING SAFETY

## Clark Construction CEO Robbie Benson kicks-off Safety Week

Clark Construction CEO Robbie Benson kicks-off Safety Week for the second phase of the Metropolitan Airports Authority's Silver Line project who went all out celebrating National Safety Week as construction crews gathered at Dulles Airport. The May kick-off began with breakfast for project construction workers followed by a Mass Safety Meeting, safety recognition awards, a vendor fair and training demonstrations. To reinforce the project's commitment to

its "NOBODY GETS HURT" safety message, activities continued throughout the week and included crew meetings on safe rigging practices, silica dust exposure prevention, hand and power tool safety, excavation and trench box safety, fall protection and, best of all, an Ice Cream Truck that stopped at project construction sites all along the 11.4 mile alignment of the second phase of the Silver Line! ❖



## LAST GIRDER SPAN INSTALLED AT DULLES AIRPORT

During the overnight hours on Friday, Mar. 3, 2017, the final aerial guideway girders at Dulles International Airport were set in place near Saarinen Circle. The four 84" tall precast concrete girders measure nearly 140 feet long, weigh approximately 95 tons each, and will support the Silver Line metrorail trains that will run through the airport. Once complete, the guideway will be over three miles long and connect the east segment of the Silver Line Phase 2 in the median of the Dulles Access Highway with the west segment that will run in the median of the Dulles Greenway.

# Think Spring!

There's no better time to make the move to Chesterbrook Residences!

SPRING. It's a time for new beginnings and fresh perspectives. It's time to be bold and discover what our residents have already found: the Chesterbrook Residences lifestyle. Our assisted living blends quality care with affordability, giving you more time and energy to embrace your favorite pastimes and opportunities to discover new hobbies, cuisine, destinations, entertainment, and friends. Don't miss another wonderful season - call today!

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# &pizza

## &PIZZA COMING TO TYSONS

Washington, DC-based pizza chain, &pizza will open their 5th location in Virginia at Tysons Corner Center late this summer. ❖

## MCLEAN COMMUNITY PLAYERS' PRESENT "THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE" JULY 14- JULY 31.

Winner of the Tony and the Drama Desk Awards for Best Book, The 25th Annual Putnam County Spelling Bee has charmed audiences across the country with its effortless wit and humor. It features a fast-paced, wildly funny and touching book by Rachel Sheinkin and a truly fresh and vibrant score by William Finn.

Director Kevin McCormack says, "One of the biggest strengths of The 25th Annual Putnam County Spelling Bee is its eclectic mix of quirky characters. Both the "kids" participating in the bee and the adults in charge of running it have eccentricities that come to seem endearing, as well as hilarious, as the audience comes to care about the characters. The adult actors in the kids' roles must make them believable, and our cast is more than up to the challenge..."

Performances are Friday and Saturday evenings at 8pm and Sunday matinees at 2pm. Tickets are \$23-\$25 and are available at [www.McLeanPlayers.org](http://www.McLeanPlayers.org), through Brown Paper Tickets (1-800-838-3006), and at the door. Group rates are available. Performances will be in the Community Building Ballroom of Vinson Hall Retirement Community at 1735 Kirby Road, McLean, VA 22101. See MCP's website for a map and parking information. ❖

## VIENNA ARTS SOCIETY ANNUAL PHOTOGRAPHY SHOW

The Vienna Arts Society's Annual Judged Photograph Show at the Vienna Art Center will be open Tuesdays – Saturdays from 10am–4pm until Saturday, 2 September. Free and open to the public.

Vienna Art Center, 115 Pleasant St., NW, Vienna VA 22180.

For more information or questions, contact [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org) at 703-319-3971. ❖



## OPENS NEW OFFICE

Colonial Life & Accident Insurance Company has opened a new office in Tysons Corner, VA to serve small to large employers in all types of commercial and public sector organizations in the Virginia and D.C. metropolitan area. ❖



## MOVIE SCHEDULE

July 6: Dirty Dancing  
 July 13: Raising Arizona  
 July 20: The Princess Bride  
 July 27: Romancing the Stone  
 Aug. 3: Big  
 Aug. 10: Weekend at Bernie's  
 Aug. 17: Cocoon  
 Aug. 24: Moonstruck

## ARLINGTON MILL PLAZA

909 S Dinwiddie St.  
 Arlington, VA 22204  
 Twitter: @ArlingtonCPro



## ISABELLA EATERY

**Chef Mike Isabella's 41,000 sq. ft. 10-concept food hall, Isabella Eatery is set to open this fall in Tysons Galleria.**

Made up of eight distinct eateries, a cocktail bar and a private dining space, Isabella Eatery will spread out over the 41,000-square-foot dining complex. Graffiato, Yona and Pepita will be among the existing Mike Isabella Concepts favorites to be joined by brand-new concepts such as a gourmet coffee shop and a classic ice cream parlor. Isabella Eatery's individual restaurant spaces will offer a mix of dine-in, carryout and specialty retail items. The food emporium will include a common dining area with unified table service for several of the concepts in addition to a handful of dedicated areas and one enclosed, private dining room. ❖





## BRIDGE CLUB SOLUTION

## SILLY GAME

♠ 8 6 3			
♥ A 7 3			
♦ 9 7 4			
♣ A Q 7 2			
♠ Q J 10 9 2			♠ K 5
♥ 10 9 8			♥ Q 6 5 2
♦ K 5			♦ J 10 6 3
♣ 10 8 4			♣ 9 6 3
	♠ A 7 4		
	♥ K J 4		
	♦ A Q 8 2		
	♣ K J 5		

West	North	East	South
			1NT
pass	3NT	all pass	

Opening Lead: ♠Q

'My husband says bridge is a silly, childish game,' a player at the club remarked to me.

'That's probably because he thinks his wife can beat him at it,' I observed.

'When he was declarer in this deal,' she went on, 'East overtook the queen of spades with the king. My dear love played low, won the next spade, ran four clubs and led a diamond to finesse with the queen.'

'That lost, West ran the spades and my husband left to watch a basketball game on TV. He said bridge is just a guessing game; if he finessed in hearts instead of in diamonds, he'd make the contract. Is there any hope for him?'

I told my friend to show her husband—gently—how 3NT was cold, hoping to rekindle his interest. After South takes the second spade, he cashes three clubs (not four) and then leads dummy's last spade.

West can take three spades but must then lead a heart or a diamond. South gets a free finesse and his ninth trick no matter where the red-suit honors lie.

Excerpts taken from: *Frank Stewart's Bridge Club*. Pages 72.

## SUDOKU Answers

8	4	6	3	7	1	2	9	5
5	1	2	9	4	8	3	6	7
3	9	7	6	5	2	4	1	8
4	5	1	7	2	9	8	3	6
6	2	3	1	8	5	9	7	4
7	8	9	4	3	6	1	5	2
1	3	4	2	6	7	5	8	9
9	7	8	5	1	4	6	2	3
2	6	5	8	9	3	7	4	1

## CROSSWORD Answers

C	R	T		A	C	R	I	D	
O	H	O		S	L	A	T	Y	
D	I	A	S		A	P	S	E	
E	N	D	M	O	S	T			
S	O		O	P	S		P	I	
			U	L	T	I	M	A	S
H	A	N	D		C	O	I	L	
A	L	I	E	N		O	N	E	
M	E	T	R	O		R	E	S	



"Oh, yeah, they're cute until you can no longer claim them as dependents on your tax return."

PERMANENT VALUE: SOMEONE IS SITTING IN THE SHADE TODAY BECAUSE SOMEONE PLANTED A TREE A LONG TIME AGO.

Warren Buffett

PEOPLE THAT WORK HARD AND LEGITIMATELY DO EVERYTHING THAT THEY CAN, THEY TEND TO BE LUCKIER.

Julian Edelman



**AS SEEN ON  
TV**

BY JAN KING

Ever since Ron Popiel used his Veg-O Matic to simultaneously slice and dice a dozen veggies without cutting his thumbs off, and Billy Mays pierced my eardrums with his "full-volume" pitch of Kaboom, Oxi-Clean, and Orange-Glo, it saved my marriage, made my house spotless, and got me hopelessly hooked on infomercials. Long before Ed McMahon's butt was permanently fused to Johnny Carson's couch, he was on the Atlantic City boardwalk pitching salt water taffy...and solely responsible for breaking millions of teeth in the state of New Jersey alone.

After decades of being an enthusiastic TV consumer, I'm still searching for the next great product that will make me beautiful, clean my tiles, cook my dinners, educate my kids, and water my lawn...all without requiring any participation from me. Here's some of my new faves:

### 1. The Red Copper Non-Stick pots and pans

Ever since the red-headed pitchwoman with the Aunt Bee voice demo'd her first frying pan, she had me at "hello." As I watched those sunny-side eggs sliding off the pan right onto the plate, I was a goner. The next time I saw Cathy Mitchell, she was baking a concoction of super doughy buns covered with thick caramel sauce, maple syrup, and loaded with a brown sugar topping-total weight 2.5K with a sugar content exceeding the island of Cuba. I figured it would take the jaws of life to get that ooey gooey bad boy out of the pan-but no! It

fell right onto the plate without leaving one trace of dried gunk behind.

At this point, I didn't care how much it cost...even the usual \$29.99 plus \$80.00 shipping and handling was okay with me. I'd be saving thousands of dollars a year in manicures replacing my torn acrylic nails I use as tools to scrape everything imaginable off my pots and pans.

### 2. Flex Tape that seals any leaks or cracks including those in the Hoover Dam

Phil Swift, the pitchman for this product, is not only loaded but loaded with testosterone, as well. The way he demos this revolutionary tape is by sawing his dinghy in half! Sounds painful and maybe bloody, but relax...we're talking about his metal boat. Phil uses a buzz saw to cut the boat right down the middle into two halves, then flex tapes them together. In the next scene, he's powering across a lake and remaining completely afloat-no leaks! Wowza! I don't know about you, but generally I'm not inclined to saw my boat in half before I go sailing. But, you never know. If I quit my anger management classes, it could happen.

### 3. The ingenious Better Brella

Even before the TV demo ended, I was on speed dial ordering this gem. They show a lady exiting her car in the pouring rain, opening the door just a crack, sticking the umbrella out, pushing a button, and voila! The umbrella

opens from the top down leaving her high and dry. The same deal goes when she gets back into her car PLUS all the rain collects between the double fabric construction of the umbrella leaving the floor dry! After ordering mine, I prayed for a deluge the magnitude of the Johnstown flood and the day it happened I bounced happily in and out of my car doing errands, remaining bone dry. Even Topper Shutt looked like a drowned rat, but not me! Plus, the unexpected bonus was getting a round of applause from a delighted group of lunch goers at The Lost Dog Café who were mesmerized by my magical umbrella demo.

### 4. The Spin-Brush Bathroom Cleaner

Anything that will save me time cleaning my bathroom and spare my aching joints should be declared a miracle by St. Jude. I cried with happiness as I watched the TV lady clean her tub and shower stall without having to bend over or get on her knees wielding a grout brush—all without gritting her teeth in pain or requiring an MRI. This also goes for the Hurricane Mop that cleans the floor and wrings itself out. Hallelujah!

So now, I've decided it's about time I invent one of these nifty gadgets like Joy Mangano's Miracle Mop. Hey, why not? I could not only help millions of women, but hopefully end up with Bradley Cooper. I'd even pay the S&H from L.A! ♦

## JULY



**CANCER 6/21 - 7/22:** The stars move in a unconventional alignment. Think opposite not just different!



**LEO 7/23 - 8/22:** As the moon moves to full glory on the 8th, look for new ideas to populate your thinking. Be critical. If it doesn't work, let it go.



**VIRGO 8/23 - 9/22:** Your exacting nature is just the ticket this month. Review financials and put some plans in motion.



**LIBRA 9/23 - 10/21:** You'll be somewhat tried by a loved one's sudden change of fortune. Libra always pitches in for family. But, beware, complicated solutions.



**SCORPIO 10/22 - 11/21:** The stars say double check the details this month as the planets move into a favorable alignments for an interview or presentation.



**SAGITTARIUS 11/22 - 12/21:** If you are feeling blah before the full moon on the 8th, art can perk you up. Visit a show or contemplate sculpture for inspiration.



**CAPRICORN 12/22 - 1/19:** Time to address a nagging problem with your usual business-like attitude. Solve it and get it off your mind.



**AQUARIUS 1/20 - 2/18:** Don't give in to a negative outlook as the moon enters its last quarter on July 15. A few roadblocks at the beginning of the month make projects or people seem difficult. Stay positive.



**PISCES 2/19 - 3/20:** You get good news this month that can possibly change your near-term plans.



**ARIES 3/21 - 4/19:** Mid-month fatigue could be a factor in a night driving trip. Although you always welcome a new adventure, be ready to take a safety break.



**TAURUS 4/20 - 5/20:** Fluff up that pillow and sink into a comfy chair. This month is a breeze for most bulls, with some rainy days that shouldn't pose much of a challenge.



**GEMINI 5/21 - 6/20:** A summer cold could slow you down somewhat in the beginning of the month. Renew your commitment to health and exercise.

## AUGUST



**LEO 7/23 - 8/22:** Leos love the stage and shine in the gym. But the little secret is that it is sometimes hard even for you to get motivated. Try developing new routines.



**VIRGO 8/23 - 9/22:** You usually have a place for everything but is it time to lighten your load? By the full moon August 7, you might begin to feel the need to sort out and clean out.



**LIBRA 9/23 - 10/21:** Get a lift from the sun this month. Shed a little light on your issues and plans by spending more time outside.



**SCORPIO 10/22 - 11/21:** Actively seek inspiration by the new moon on August 21. A person with a new idea seems to be wrong-headed but this person has a nugget of information that can clarify your thinking.



**SAGITTARIUS 11/22 - 12/21:** Think systems! You may need a new system to organize your life. Consider even wild ideas. There is something you can use there.



**CAPRICORN 12/22 - 1/19:** Get your savings plans back on track by adopting small economies. Put your practical attitude to work and work your plan.



**AQUARIUS 1/20 - 2/18:** Your robust concern for the planet may become a burden if you don't stop to appreciate the pleasures in your life. Indulge yourself.



**PISCES 2/19 - 3/20:** The New Moon on August 21 gives you plenty of time to indulge your spirituality. Reserve some minutes for meditation in nature.



**ARIES 3/21 - 4/19:** You are tempted to follow the crowd and fashion in one area of your life. This has never been your style, yet it might work for you in August.



**TAURUS 4/20 - 5/20:** As the moon enters its last quarter, August 14 some might be a little blue. The stars recommend socializing. Join a group, but not an online one. Get out of the your comfort zone.



**GEMINI 5/21 - 6/20:** The stars see new attitudes on the horizon. Start by striking up a conversation with a person with whom you ordinarily wouldn't socialize and keep an open mind.



**CANCER 6/21 - 7/22:** It's so tempting now to sink into your circle of family and friends for comfort. Do it! But beware of being the ostrich and ignoring problems that have to be faced.



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