

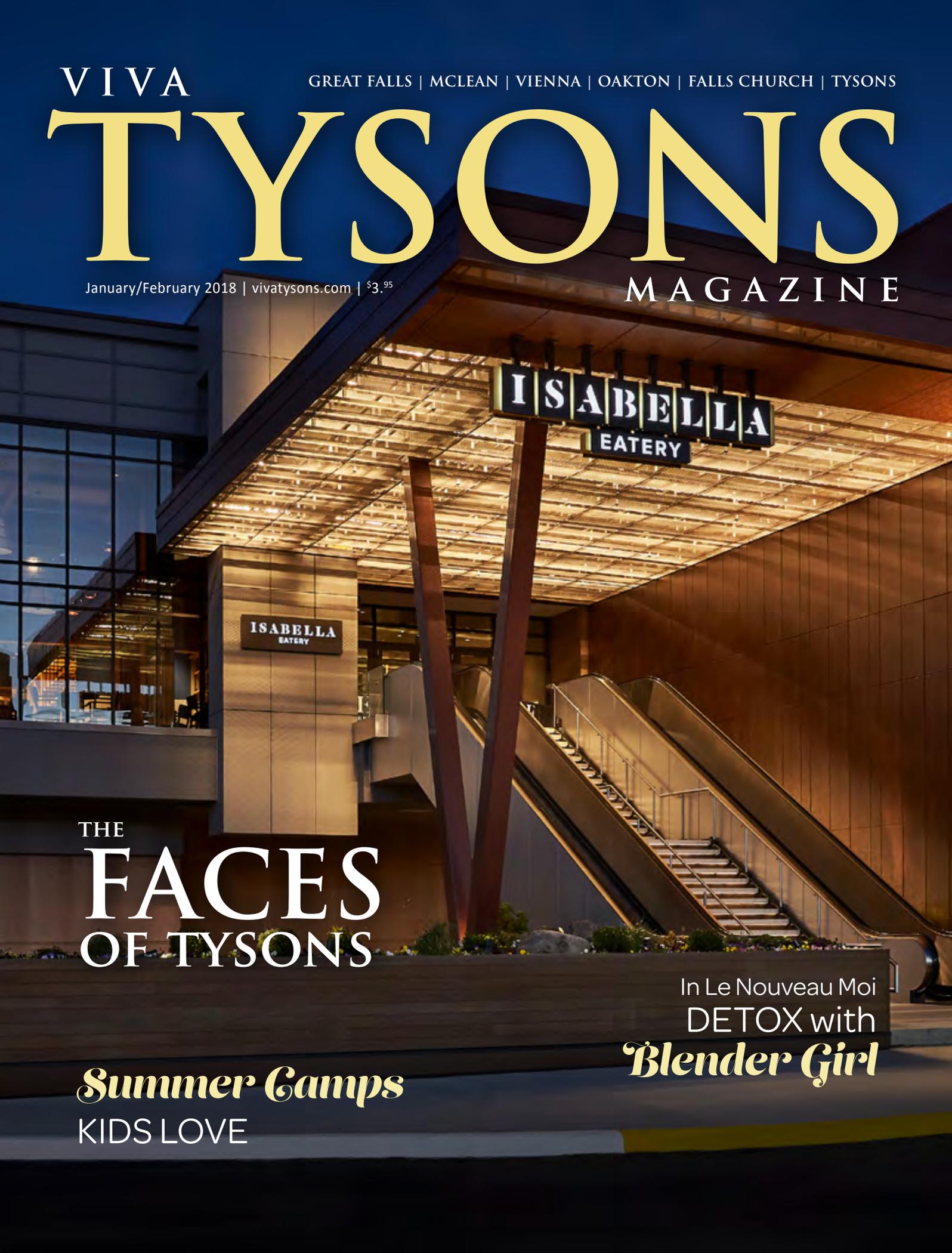
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MAGAZINE



ISABELLA
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THE FACES OF TYSONS

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SUMMER CAMPS KIDS ARE RARING TO GO TO >

by Analiese Kreutzer

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

< ISABELLA EATERY

Imagine a world where you can enjoy extraordinary dining, choosing from nine different concepts in one space. Now imagine that all nine are under the direction of one world-renowned restaurateur. Further consider that the chef is local, award-winning chef Mike Isabella and the dining complex is right here in Northern Virginia. You have just imagined Isabella Eatery, the 41,000-square-foot food emporium recently opened in a completely redesigned third floor of Tysons Galleria on International Drive in McLean.



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< FACES OF TYSONS

Filled with entrepreneurs, medical professionals award-winning restaurants, and professional service providers, Tysons and the surrounding areas have access to individuals and companies that offer world-class exceptional services and results. Here's what they look like.



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JUNIOR YOUTH EMPOWERMENT >

by Rick Mundy

Imagine a world where all people live healthy and decent lives. That is what many students throughout the Northern Virginia area are starting to do thanks to the efforts of the Health Is Right School Program. This Youth Teams project is another brainchild of Dr. Kavian Milani, whose Center for Health and Human Rights (CHHR) is the sponsor of the Youth Teams.



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Saturday February 3rd

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A Tribute To Tom Petty & The Heartbreakers!
Saturday February 17th

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Saturday March 10th

ZOSO
A Tribute To Led Zeppelin!
Saturday March 31st



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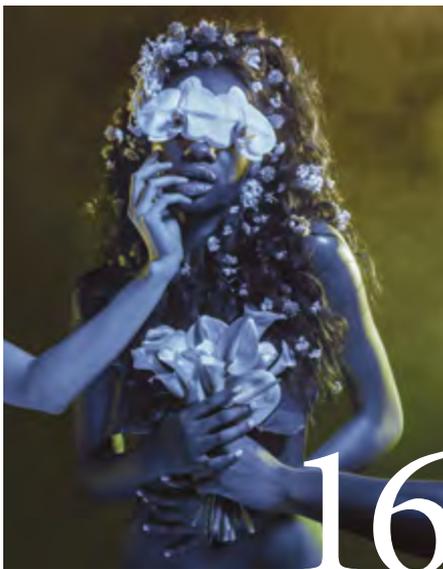
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A diamond may last forever, but it doesn't have to take forever to create.

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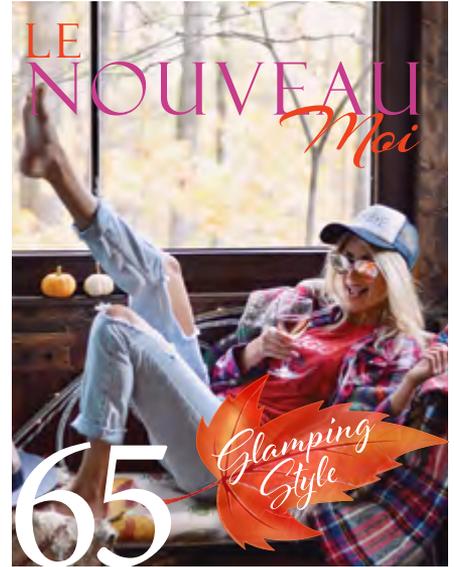
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JANUARY/FEBRUARY 2018

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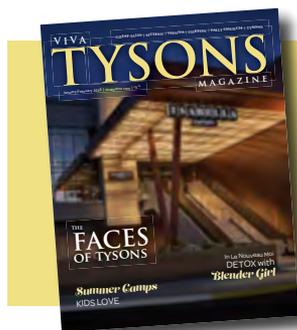
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ON THE COVER:

Dining in Tysons has reached new heights with Chef Mike Isabella's Eatery at The Galleria. See page 32.

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McLean Community Center
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Here's What's Happening at MCC

**McLean Traveler Day Trip
National Gallery of Art -
Washington, D.C.**

Thursday, Jan. 11, 9:30a.m.-3:30p.m.
\$55/\$50 MCC district residents

**Dr. Martin Luther King Jr.
Day Celebration**

**William Rhoden:
"Activist Athletes"**

Sunday, Jan. 14, 2 p.m.
\$20/\$10 MCC district residents

**The Old Firehouse Family Events
Family Fun Bingo**

Friday, Feb. 2, 7-9 p.m.
\$10/\$5 MCC district residents

**Summer Camp Program
Registration Begins**

**Monday, Feb. 5 - MCC district
residents**
Monday, Feb. 12 - All others

**The Alden VIP Performing
Arts Experience**

**Signature Theatre World
Premiere "Light Years"**

by Robbie Schaefer

Saturday, Feb. 10, 8 p.m.
**\$310/\$240 MCC district
residents**

**The Old Firehouse Friday
Night Trips**

**Washington Wizards vs
Charlotte Hornets**
Friday, Feb. 23, 4:30-11 p.m.
\$50/\$40 MCC district residents

**The Alden VIP Performing
Arts Experience**

**Woolly Mammoth Theatre
"Familiar" by Danaï Gurira**

Sunday, Feb. 24, 2 p.m.
**\$215/\$165 MCC
district residents**

The McLean Community Center
www.mcleancenter.org
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www.aldentheatre.org
703-790-0123, TTY: 711



Happy New Year!

It was November 2008 when we published our first *VivaTysons* Magazine. Retired from a 35-year career in the food business and noticing the struggles many of my customers were having trying to compete with the well-capitalized public companies, I decided the persons who most needed a cheerleader and friend in the media were the small, independent brick and mortar community businesses. They are the ones who support the Boy Scouts, Girl Scouts, Little League, public school projects... and whose existence is dependent on a thriving small business community.

The concept of the "3/50 Project" whose purpose was to retain locally owned businesses whose dollars provided a large portion of annual revenue critical for funding public resources and services caught our eyes and hearts.

The simple consumer-friendly message spoken in "dinner table language" asked consumers to think of three businesses they would miss if they disappeared—and to remember that their support is what keeps them open. The number 50 calls to our attention that if just half of the current population dedicated just \$50 of their current monthly spending to 3 locally owned businesses more than \$42.6 billion of revenue would be generated annually. The project claimed that for every \$100 spent in local businesses more than \$68 returns to the local economy. Spend that amount in a big box or chain store, the amount drops to only \$43, and money spent online (except if you live in the e-tailers town) nothing comes home. Nothing. This was in 2009.

As I look at the retail landscape today, even tonight only 11 days from Christmas, I am amazed at how empty many of my favorite stores are—and saddened by the look in the eyes of many of the sales and service persons who have been hoping for a brighter holiday to bring them into the black. I know the convenience and

competitive pricing available to us on the web. But I can also see the effect it has brought to our local merchants. (Ouch). We promise to continue to support them any way we can; we hope you'll do the same. "Keep it Local" is still our rallying cry.

Despite this disconnect between Wall Street and main street, I remain hopefully optimistic about tomorrow. (David Susskind used to say he was pessimistic about tomorrow but optimistic about the day after tomorrow. Sounds about right.)

There's some interesting reading for us this issue. Keith talks to David Baldacci about his new book *End Game* and interviews Hall of Fame drummer Max Weinberg. Mike Isabella Eatery goes live and there's a little something on green diamonds by Linda Barrett. Analiese Kreutzer gives us some options for summer camps for the upcoming season.

There's interesting reading on Virginia's certified grass-fed farm in Marshall, and please say hello to some of the top service providers and merchants we work with featured in the "Faces of Tysons."

Looking for tips on making the perfect smoothie? Go to page 78, and read about "Blender Girl"—thanks, Renee! And for health and beauty, our *Le Nouveau Moi* section is packed with information on looking and feeling your best. MJ, you're the best!

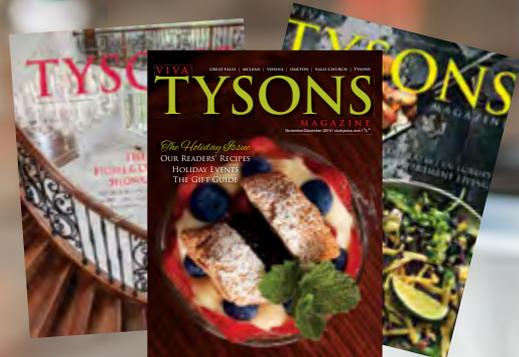
Did you know that dogs get the flu? It's news to me, see page 138. Wanna laugh? Jan King's "Weekend with Grandma" left me in stitches.

Once again, please know that everyone here will be working to bring our community closer this upcoming year, and we wish you a healthy, happy and peaceful New Year.



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SELECTED EVENTS

FEBRUARY 2
LES BALLETS TROCKADERO
DE MONTE CARLO
GMU Center for the Arts

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703.255.1900
www.wolftrap.org

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1524 Spring Hill Rd, McLean,
VA 22102.
www.1ststageysons.org

JANUARY 12

BEN MILLER BAND

Jammin Java, 8pm, \$15
Since its formation in 2004, the Ben Miller Band has staked out a singular niche that's established the Joplin, Missouri threesome as both a potent creative force and a perennial fan favorite. *Any Way, Shape or Form*, the BMB's New West debut release, showcases the seasoned threesome's fierce creative spirit and infectious performing chemistry, as well as Miller's melodically catchy, lyrically resonant songwriting.

JANUARY 13

MARK WENNERS BLUES WARRIORS

Jammin Java, 8pm, \$20
The iconic blues band The Nighthawks take January off but band leader and harp virtuoso Mark Wenner isn't about resting on his laurels. Each January Mark brings some amazing side project and tonight is no exception. Digging in the renowned collections of '50s blues labels Chess, Vee Jay and Excello, Mark brings together some shining traditional blues from the Chicago and Louisiana schools. He shows

them off with a band created just for tonight. Mark's Blues Warriors feature Mark Wenner's harp and vocals and up-and-coming DC-based Clarence "Bluesman" Turner. Clarence's creative guitar playing and authentic vocals have garnered him a fast-growing following in DC. The accomplished band is flushed out with Steve Wolf on upright bass, Robert Frahm (for yet another hot guitarist), and the Nighthawks' own Mark Stutso on drums and vocals.

JANUARY 14

RORIE

Jammin Java, 7:30pm, \$15
Rorie's new EP, *Dawn*, is a lush combination of electro and cinematic pop, while still maintaining her signature, singer-songwriter sound. The EP was produced by award-winning producer Tommee Profit in Nashville, TN. As a whole, Rorie's music tells stories of both heartache and hope. Known for poetic lyrics and ambient vocals, Rorie and her band have captivated rooms of all ages. In July 2016, she released her debut EP, *Singing & Silence*, which was featured in the iTunes Singer-

Songwriter New Artist Spotlight. These songs feature intricate composition, uplifting melodies, and thought-provoking lyrics. Prior to this, Rorie released a single, "Restore," which was funded by 98 Kickstarter backers. The song was inspired by her time working for an anti-human trafficking non-profit in NYC, and has resulted in bi-annual donations to organizations that are doing this important work.

JANUARY 15

HONEYSUCKLE

Jammin Java, 7:30pm, \$15
Honeysuckle is a progressive folk act that blends older influences and traditional instrumentation with modern effects and inspiration. In 2015, Honeysuckle performed at Newport Folk Festival, was chosen as a Converse Rubber Tracks artist, and was nominated for Best Folk Artist of the Year, and Best Americana Artist of the Year at the annual Boston Music Awards. In 2016 the group played Lollapalooza on the Pepsi Stage as well as CMJ in New York City. They have also been nominated again for the

CONTINUED ON PAGE 18

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CONTINUED
FROM PAGE 16

SELECTED EVENTS

categories Best Americana and Best Folk Artist at the 2016 Boston Music Awards, as well as new nominations, Americana/Roots Act Of The Year and Album Of The Year for Red

Line Roots' 2016 Big Reds.
JANUARY 20
BABY BOOMER COMEDY SHOW
Clean Comedy for People Born Before Seatbelts, Safety Helmets and Facebook
George Mason University Center for

the Arts, Harris Theatre, 7pm, \$25
The Baby Boomer Comedy Show is 90 minutes of hilarious clean stand-up comedy focusing on work, family, do-it-yourself projects, and many other topics that these audiences can relate to! Kent Rader and Jan McInnis are both baby boomers who have spent the past 20 years performing for thousands of business groups, non-profit organizations and other professional events. They have a reputation for clean and funny humor - Jan was featured in *The Wall Street Journal* and *The Washington Post* for her clean humor, and Kent's clean comedy won him the Branson Comedy festival.

theory class, where a cherished teacher advised him to "learn the rules so that you can break them." Almost four decades later, that same irreverent wisdom hangs over Angels and One-Armed Jugglers. In a cynical era of songwriting by committee, these eleven songs rip up the verse/chorus template, eschew the stock lyrical themes and crash thrillingly among genres, as this fascinating songwriter acts entirely on instinct. "These songs range from old jazz standards to funky beer-hall folk tunes. But I've never really been that interested in genres. I'm just interested in songs. I think the reason it's so eclectic is because the songs were chosen more thematically than based on genre."



Photo courtesy of GMU Center for the Arts



JANUARY 20
LUCY KAPLANSKY
And Heather Maloney
The Barns at Wolf Trap, 8pm, \$26-28
A contemporary and collaborator of Suzanne Vega, Shawn Colvin, and Richard Shindell, among others, "Lucy Kaplansky is a truly gifted performer with a bag full of enchanting songs" (*The New Yorker*).

JANUARY 26
THE ALTERNATE ROUTES: THE ODDSMAKERS TOUR
Union Stage, 8pm, \$18
The Alternate Routes are the band that helped us to remember "we are how we treat each other, and nothing more." Now they're back with a new single, "Safe Haven"—a love song that uses real life as its backdrop. "Safe Haven" continues the socially-conscious, no-holds-barred examination on modern living that the band has increasingly embraced. It reflects an evolution and maturity that results from sticking together and trying new things, musically and lyrically, for over a decade.

JANUARY 21
KRAKAUER-TAGG DUO
Chamber Music at the Barns
The Barns at Wolf Trap, 3pm, \$40
"This was music-making at its best: joyful abandonment without a trace of inhibition..." (*Cue Magazine Clarinetist*)
David Krakauer has been widely praised as a major voice in chamber music. Pianist Kathleen Tagg has been praised for her outstanding technique and deep musicality. Together they delve into the canon of works inspired by folk music, beginning with Brahms and Debussy, and ending with their own arrangements.

JANUARY 26-27
AARON TVEIT
The Barns at Wolf Trap, 8pm, \$40-55
A charming veteran of stage and screen productions including *Grease Live!*, *Les Miserables*, *Gossip Girl*, and *Graceland* returns to The Barns for two evenings filled with Broadway favorites and pop tunes.

8 PM

LES BALLETS TROCKADERO DE MONTE CARLO

George Mason University Center for the Arts, Concert Hall, 8pm, \$30-50
Muscular men wearing tutus and dancing en pointe with flawless technique? It must be the worldwide dance phenomenon, Les Ballets Trockadero de Monte Carlo. The world's foremost all-male comic ballet company, affectionately known as the "Trocks," performs a full range of ballet and modern dance repertoire in faithful renditions as you've never seen it before. Portraying both male and female roles, these highly trained dancers are delightfully earnest in their efforts, complete with the humor of intentional foibles and accidents that keep audiences rolling in the aisles. This company was founded in New York in 1974 by a small group of ballet enthusiasts as a playful parody of traditional ballet. They immediately attracted the attention of the press and the Trocks were off and pirouetting. Whether this is your first time at a dance performance or your 1000th time, you will be delighted and entertained.

JANUARY 25
CHRIS BARRON
"ANGELS & ONE ARMED JUGGLERS" CD RELEASE SHOW
Jammin Java, 8pm, \$20
Ask Barron for a pivotal moment from his journey and he'll rewind the reels to a high-school music

JANUARY 27
DUBLIN IRISH DANCE
Stepping Out
George Mason University Center for the Arts, Concert Hall, 8pm, \$30-50
Follow the evolution of Celtic

culture in *Stepping Out*, a high-energy extravaganza of sights and sounds presented by Dublin Irish Dance. These accomplished Irish step-dancers and musicians take us on a journey, exploring the history of the Celtic cultural experience through song and dance. This entertaining production reveals influences that have shaped Irish music and dance throughout history: from the farms of rural Ireland in the 1800s, to the Great Famine and the mass migration to New York, where Irish and American cultures blended and influenced each other. This production features the fast footwork of talented Irish step-dancers, an eight-member traditional Irish band, and a vocalist—many of whom have performed with internationally famous Irish ensembles like Riverdance, Michael Flatley's *Lord of the Dance*, and *Celtic Woman*.

JANUARY 27

PITTSBURGH'S OWN JOE GRUSHECKY AND THE HOUSE ROCKERS

Jammin Java, 8pm, \$18

In 1979 *Rolling Stone* magazine crowned his band's, the Iron City Houserockers, 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."

In a world where truth is rare and nothing seems genuine anymore, some things remains constant...there is still real music being made out there. And Joe Grushecky is still making it.

JANUARY 28

THE BIRDLAND ALL-STARS

Featuring Tommy Igoe

George Mason University Center for the Arts, Concert Hall, 7pm, \$29-48

Direct from New York's legendary Birdland, this extraordinary band brings a fine mix of jazz, funk, Brazilian, Latin, and world music together. Featuring the city's finest musicians and led by drumming sensation Tommy Igoe, the Birdland All-Stars have been packing the house every Friday night at "The Jazz Corner of the World" for the past 10 years. For this tour, they have created new arrangements featuring music of David Bowie, The Police, and Steely Dan, as well as fresh interpretations of iconic

CONTINUED ON PAGE 20

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works by Charlie Parker, Chick Corea, and Herbie Hancock. Tommy Igoe is one of today's most successful and diverse drummers, having performed with Blood, Sweat and Tears, Art Garfunkel, New York Voices, and Stanley Jordan. He also helped create the drum set book for Broadway's *The Lion King*. Don't miss this "completely unique experience... there isn't another band like this anywhere" (*Time Out New York*).

JANUARY 29 & 30

"THE SNOW WHITE VARIETY SHOW" AUDITIONS

The Alden at McLean Community Center, 7-9pm
Who can audition: Students between the ages of 10-16 who live in the MCC tax district.

This is a part talk show, part reality show dramatic retelling of a classic story you thought you knew! The dwarves team up to share their own side of Snow White's story. Rehearsals: Tuesdays, Wednesdays and Thursdays, 7-9 p.m., from early February through mid-March 2018. Performances: Sat. and Sun., March 10-11, and 17-18, at 2 p.m. at the Old Firehouse Center, 1440 Chain Bridge Rd. Participation Fee: \$150. To schedule an audition time, please email Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov with your date and time preferences. Please specify your age and address in your email.

JANUARY 31-FEBRUARY 1

INTERNATIONAL GUITAR NIGHT

The Barns at Wolf Trap, 8pm, \$27-30

Four global guitar masters come together to create two exhilarating evenings of entertainment. Germany's gypsy jazz legend Lulo Reinhardt returns along with Canadian contemporary sensation Calum Graham, Poland's innovative classical composer/performer Marek Pasieczny, and award-winning American guitarist Michael Chapdelaine.

FEBRUARY 2

NEW YORK FESTIVAL OF SONG

Bernstein At 100

Chamber Music at the Barns

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

Pianist Steven Blier returns with pianist & colleague Michael Barrett and a quartet of singers to celebrate the legacy of Leonard Bernstein in a program built around arias and barcarolles.

CONTINUED ON PAGE 22



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CONTINUED FROM PAGE 20

SELECTED EVENTS

FEBRUARY 3 THE MASON CABARET IN CONCERT

George Mason University Center for the Arts, Harris Theatre, 8pm, \$30

A perennial favorite, our musical theater ambassadors, the Mason Cabaret, return with a fresh lineup of stellar vocalists offering showstoppers, ballads and duets from the Great White Way. As Sondheim once wrote, "Something familiar, something peculiar, something for everyone..." This "Fun-raiser"

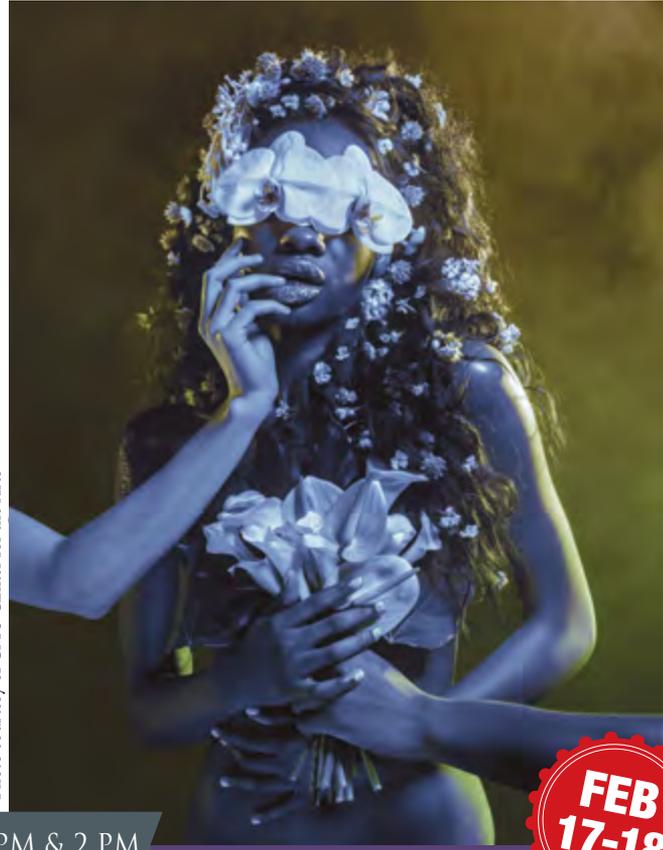


Photo courtesy of GMU Center for the Arts

8 PM & 2 PM

FEB 17-18

VIRGINIA OPERA: A MIDSUMMER NIGHT'S DREAM

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

William Shakespeare's iconic 15th century language meets Benjamin Britten's 20th century inventive and enchanting music in this delightful opera about love, forgiveness, and the power of dreams. A domestic dispute between the king and queen of fairies spills into the human realm, creating chaos as the stories of three couples and a troupe of amateur actors collide with hilarious results. Nothing is what it seems as fairies, "rude mechanicals," and moonstruck young lovers spend a single, magical night in the forest. Adam Turner conducts this opera's lush dynamic score while many Virginia Opera favorites—soprano Heather Buck (Titania), baritone Matthew Burns (Bottom), and tenor David Blalock (Lysander)—return to perform in this comic tour de force. Sung in English with English supertitles.

will have you dancing in your seats and humming all the way home!

FEBRUARY 3 THE STRANGER—A TRIBUTE TO BILLY JOEL

The State Theatre, 9pm, \$17-20
THE STRANGER is the complete premiere tribute to the music of one of the world's most beloved performers, Billy Joel. Comprised of some of the best and most experienced musicians in the business, this 6-piece band brings together an authentic replication of Billy's timeless music, crowning it with soulful, spot-on vocals that make listening to a Billy Joel song so special. Out front on piano & lead vocals is founder & frontman Mike Santoro. Born and raised in Levittown like Joel himself, Mike not only looks and talks a lot like Billy, but has the piano chops, vocal prowess and stage presence of the Piano Man—so much so that you will soon forget you are watching a tribute show.

FEBRUARY 5-6 LADYSMITH BLACK MAMBAZO

The Barns at Wolf Trap, 8pm, \$40-42
For over 50 years, South Africa's four-time Grammy Award-winning group, Ladysmith Black Mambazo has warmed the hearts of audiences worldwide with their uplifting vocal harmonies, signature dance moves, and charming onstage banter. In their fall 2017 release *Songs Of Peace & Love For Kids & Parents*, the group shares their uplifting message with audiences of all ages through their music and the stories behind the songs.

FEBRUARY 9-10 BRUCE IN THE USA

The State Theatre, 9pm, \$25
"If Matt Ryan and his band, American Dream, took the stage at a Springsteen concert ...few people would be able to tell the difference." -Gregg Maltby, Bruce

Springsteen's Emmy award-winning lighting director. Bruce in the USA is much more than just another tribute...it's a shore thing! This high-energy musical experience is a note-perfect and visually accurate recreation of a Springsteen show that turns into one giant Jersey party! Even Bruce fans at the Stone Pony in Asbury Park (some of the toughest critics in the world) were amazed by Matt Ryan's jaw-dropping portrayal of the Boss." As one fan aptly put it... "We were expecting to see a "tribute" to Bruce Springsteen. But, what we saw could have been the Boss himself!"

FEBRUARY 9 HELSINGBORG SYMPHONY ORCHESTRA

Stefan Solyom, conductor
Nareh Arghamanyan, piano
George Mason University Center for the Arts, Concert Hall, 8pm, \$16-60

Smetana: "Šárka" from *Má Vlast* (My homeland)
Rachmaninoff: Piano Concerto No. 2 in C minor, Op. 18
Tchaikovsky: Symphony No. 5 in E minor, Op. 64
One of Sweden's oldest orchestras, the Helsingborg Symphony Orchestra (HSO) presents a dynamic concert of cherished orchestral works. Under the direction of Stefan Solyom, the orchestra performs a thrilling concert featuring works by Smetana, Rachmaninoff, and Tchaikovsky. World-renowned Armenian pianist Nareh Arghamanyan joins the orchestra to perform Rachmaninoff's second piano concerto. The HSO has performed at many prominent European venues, including three recent sold-out performances at the Great Festival Hall in Salzburg and in Vienna.

FEBRUARY 9 MARCIA BALL

The Barns at Wolf Trap, 8pm, \$35-45
For over 40 years, the ever-reliable Marcia Ball has put

her own spin on the blues. “Ball is the real deal: equal parts New Orleans, boogie woogie, swamp music, and Texas soul all wrapped up into one package” (*PopMatters*).

FEBRUARY 10

TAO

Drum Heart

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

Drum Heart, TAO’s newest production of taiko drumming, is a heart-pounding experience like no other that is guaranteed to thrill the whole family. The thunderous sights and sounds of powerful, athletic performers dressed in stunning costumes playing instruments and fiercely striking drums is a spectacle to behold. TAO is celebrated for its precise choreography filled with energy and stamina, and is the first professional taiko company to include female performers



Photo courtesy of Wolf Trap

in this traditionally male-dominated art form. Critics describe the company members as “extraordinarily talented percussion artists, and they’re seductive, alluring performers” (*Chicago Tribune*).

FEBRUARY 10

MARY GAUTHIER

Jammin Java, 8pm, \$20

Gauthier’s first nine albums presented extraordinary confessional songs, deeply

personal, profoundly emotional pieces ranging from “I Drink,” a blunt accounting of addiction, to “March 11, 1962,” the day she was born—and relinquished to an orphanage—to “Worthy,”

CONTINUED ON PAGE 26



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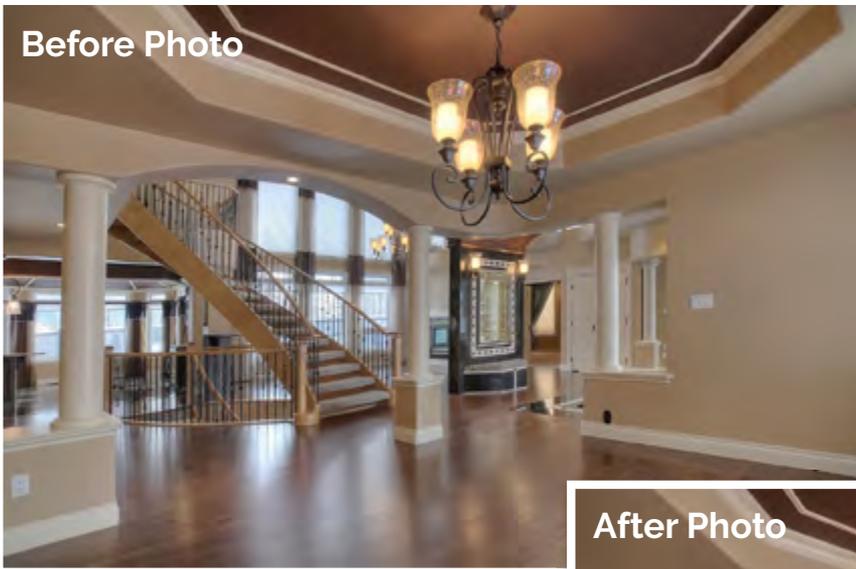
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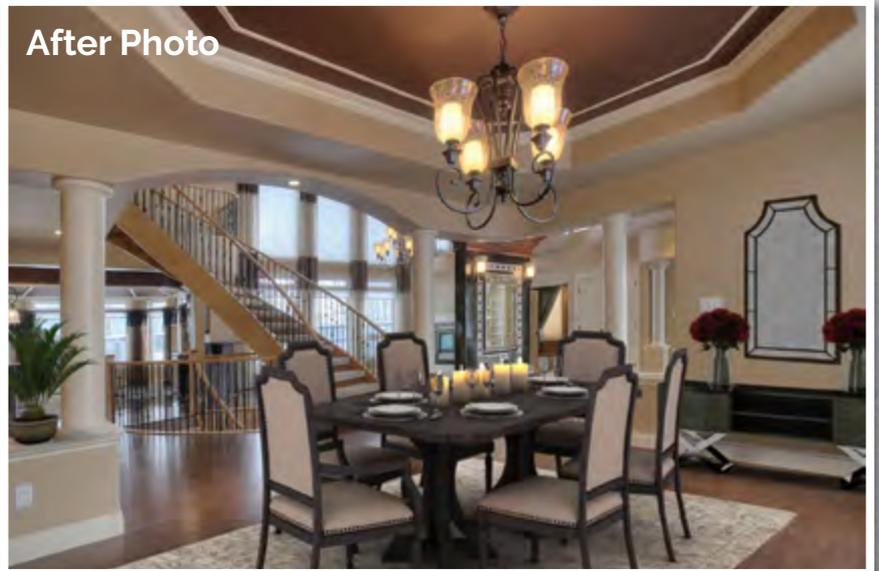
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CONTINUED FROM PAGE 23

in which the singer finally understands she is deserving of love. Maybe that's where the confessional song cycle ends, for she has midwived these eleven new songs in careful collaboration with other souls whose struggle is urgent, immediate, and palpable. And none are about her.

Each song on *Rifles and Rosary Beads*, Mary Gauthier's tenth album, is a gut punch: deceptively simple and emotionally complex. From the opening "Soldiering On" ("What saves you in the battle/Can kill you at home") to "Bullet Holes in the Sky" ("They thank me for my service/And wave their little flags/They genuflect on Sundays/And yes, they'd send us back"), and to the abject horror of "Iraq," each song tells the story of a deeply wounded veteran.

FEBRUARY 10-11 MASTERS OF

HAWAIIAN MUSIC

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

FEBRUARY 15 MARCH 11

THE FARNSWORTH INVENTION

By Aaron Sorkin, Directed by Alex Levy

1st Stage of Tysons, times vary, \$15-33
It's 1929. Two ambitious visionaries race against each other to invent a device called "television." Separated by two thousand miles, each knows that if he stops working, even for a moment, the other will gain the edge. Who will unlock the key to the greatest innovation of the 20th century: the ruthless media mogul, or the self-taught Idaho farm boy? The answer comes to compelling life in the regional

premiere of this "firecracker of a play" (*Chicago Sun-Times*) by Aaron Sorkin, creator of the *West Wing*, *The Newsroom*, and *The Social Network*.

FEBRUARY 16

THE SEAMUS EGAN PROJECT

The Barns at Wolf Trap, 8pm, \$20-22
Seamus Egan, a founding member of Irish-American supergroup Solas, hits the road for the first time with The Seamus Egan Project. Bringing along friends and musical guests, Egan will introduce fans to his immense and influential catalog of music, as well as new music he's never recorded or performed live.

FEBRUARY 17

AMERICAN RHAPSODY: THE GERSHWIN SONGBOOK

The Barns at Wolf Trap, 8pm, \$45
American Rhapsody: The Gershwin Songbook is an evening of iconic American music by one of the most indelible composers of the twentieth century, George Gershwin. This special evening features The Gershwin Big Band, led by "the next Harry Connick, Jr" (*The New York Post*), Michael Andrew.

FEBRUARY 21 MARTIN SEXTON

The Barns at Wolf Trap, 8pm, \$42-\$47
With "a soul marinated voice that can easily be compared to the likes of a young Steve Winwood or Van Morrison" (*Rolling Stone*), the self-taught guitarist and singer blends folk, soul, blues, and more into a distinct and unique sound.

FEBRUARY 22-23

1964: THE TRIBUTE

The Barns at Wolf Trap, 8pm, \$38-42
"Twist and Shout" and relive Beatlemania with "best Beatles tribute on Earth" (*Rolling Stone*).

FEBRUARY 24

RIOULT DANCE NY

From Purple to Pärt

George Mason University Center for the Arts, Concert Hall, 8pm, \$29-48
The sensual, articulate, and exquisitely musical work of acclaimed modern choreographer and former Martha Graham principal dancer Pascal Rioult returns to the Center for the Arts with his company, RIOULT Dance NY, in a two-part dance program titled *From Purple to Pärt*. *Te Deum*, set to the music of Estonian composer Arvo Pärt, is a reimagining of one of Pascal's earliest works. The newly-premiered *Fire in the Sky* is inspired by club dancing from Rioult's youth and the music of Deep Purple, the famed British rock band whose sound flourished through the '70s and '80s. Founded in 1994, the daring and imaginative RIOULT Dance NY company continues to deliver "powerful, emotionally moving" (*Durham Herald Sun*) performances and has received accolades from around the world. "Musically astute, visually arresting and kinetically exciting...Rioult and company are undeniable champs of modern dance" (*The Daily Gazette, Schenectady*).

FEBRUARY 28 AND MARCH 1

CHERISH THE LADIES

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

MARCH 2

THE BIG PICTURE

David Krakauer and The 35mm Orchestra

George Mason University Center for the Arts, Concert Hall, 8pm, \$26-44
Step into a musical and cinematic voyage as this renowned

clarinetist along with this jazz-inspired orchestra explores themes of identity, place, and resilience. Celebrated clarinetist David Krakauer and The 35mm Orchestra reimagine the music and visuals of some of the most important films in history, featuring scores by Academy Award and Grammy®-winning composers such as John Williams, Marvin Hamlisch, Randy Newman, and Mel Brooks. While these groundbreaking music arrangements are playing, a series of new animated films created by the New York video company Light of Day is projected on a screen behind the performers. Don't miss an evening of "enlivening panoramas with emotive exuberance" (*All About Jazz*).

MARCH 2

MARC-ANDRÉ HAMELIN, PIANO

Chamber Music at the Barns

The Barns at Wolf Trap, 7:30pm, \$40
 "Marc-André Hamelin ranks among the small handful of performers in every generation

whose abilities defy the imagination." (*The Toronto Star*) Hamelin is ranked among the elite of world pianists for his unrivaled blend of musicianship and virtuosity in the great works of the established repertoire. In his Barns debut, he presents works by Liszt, Feinberg, and Debussy.

MARCH 3

BASKERVILLE: A SHERLOCK HOLMES MYSTERY

Walnut Street Theatre

George Mason University Center for the Arts, Concert Hall, 8pm, \$26-44
 Madcap mastermind, Ken Ludwig (*Lend Me a Tenor* and *Moon Over Buffalo*), reinvents Sir Arthur Conan Doyle's 1902 classic mystery into a hilarious romp about everyone's favorite detective and his most infamous case. The male heirs of the Baskerville line are being murdered one by one, and Sherlock Holmes, along with his trusted sidekick Dr.

CONTINUED ON PAGE 29



FEBRUARY 9
The Barns
at Wolf Trap

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Watson, must work feverishly to crack the mystery of the curse before it dooms the newest heir. With only five energetic actors playing the roles of more than 40 quirky characters, this production from America's oldest theater takes the audience on a sidesplitting caper through the Devonshire moors, crowded railway stations, foggy London streets, and gloomy baronial mansions where the duo searches for clues, runs into dead ends, and puzzles out the truth for the shockingly funny conclusion.

MARCH 4

DOKTOR KABOOM: "IT'S JUST ROCKET SCIENCE"

The Old Firehouse, 1440 Chain Bridge Rd., 2pm, \$10-15

For ages 7+. Doktor Kaboom is an over-the-top German physicist with a passion for science that knows no bounds. Sporting chrome goggles, orange lab coat, motorcycle boots and wicked cool hair, Doktor Kaboom travels the world, thrilling adults and children alike with his explosive comedic style of science experiments designed to involve, excite, educate and entertain!

MARCH 7

ENTER THE HAGGIS

The Barns at Wolf Trap. 8pm, \$28-34

For more than 20 years, Toronto's Enter The Haggis has been bringing a rock edge to contemporary Celtic music by effortlessly melding bagpipes and fiddles with classic rock 'n' roll instrumentation and powerful vocals.

MARCH 9-24

HARVEY

At the Grange in Great Falls, 9818 Georgetown Pike, Great Falls, VA 22066, \$18-20

The McLean Community Players will perform Mary Chase's Pulitzer Prize-winning comedy Harvey on weekends, March 9-24, 2018. Harvey is a whimsical "forget-all-your-worries" flight of fancy. It is powered by the endearing eccentricities of Elwood P. Dowd, a middle-aged bachelor who sees and converses with Harvey, an invisible six-foot-three-inch mythical rabbit. As summarized by the production's director, Eleanor Tapscott, "This is a play that is wise and witty and spiritual in a wonderfully breezy way." Performances of Harvey are Fridays and Saturdays at 8pm and Sunday matinees on March 11 and 18 at 2pm Tickets are \$18-\$20 and are available at www.McLeanPlayers.org or at the door. ❖

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BY KEITH LORIA

MAXING OUT THE MUSIC

Max Weinberg is probably best known as the drummer of Bruce Springsteen's E Street Band, having played behind the kit since 1975 and being part of the Boss' biggest hits such as "Born to Run," "Born in the USA," "Dancing in the Dark," "Thunder Road," "Badlands" and "Hungry Heart."

Additionally, the Hall of Fame drummer served as Conan O'Brien's bandleader for 17 years, was lead drummer on Meatloaf's 1977 album *Bat Out of Hell* and was part of Southside Johnny's *Hearts of Stone* and *Better Days* albums.

Fresh off Springsteen's hugely successful The River Tour 2016-2017—where the E Street Band performed 89 concerts nearly four hours long each night in 15 countries, Weinberg has spent the better part of the last six months

with a touring concept for the small venue—a night he calls, "Max Weinberg's Jukebox."



"I compiled a list of about 400 songs that were somehow close to me as I became a drummer, and became close to me as I became a better drummer when I was a little

older," Weinberg says. "It runs the gamut from the Beatles to AC/DC to Led Zeppelin to Bruce, the Stones to all the English invasion bands."

The drummer first performed his jukebox concert last summer in a club in Evanston, Illinois and immensely enjoyed the playlist.

"People have a really good time because they get to hear the songs that they want to hear, played by guys who take this era of material very, very seriously, except we do it with a lot of fun," Weinberg says. "If you look back at my history as a drummer, I love sitting

in with people, I generally play whatever they play. I came up as a drummer playing whatever the leader of the band wanted. You get adapted to fulfilling requests."

In 2018, there will be several opportunities for people in our area to check out Weinberg and his tour. First up, he'll be performing at Rams Head on Jan. 14. Then he'll close out the Wolf Trap season at the Barns with two shows, May 4 and 5.

Max Weinberg's Jukebox is set up with gigantic screens enveloping both sides of the stage. On the screens will be a continuous, scrolling list of classic songs and audience members shout out the ones they want to hear.

The list of songs includes 90 Beatles tunes, hits by The Rolling Stones, Tommy James and the Shondells, Paul Revere & the Raiders, and a healthy dose of Springsteen songs. Sometimes, the band even plays songs that aren't on Weinberg's list.

"Rock and Roll" by Led Zeppelin was called out the other night, and it's not on the list. So we said, "We'll give it a shot, we've heard it a million times, and it came off great," Weinberg says.

He also connects songs to his career. For example, The Who's "I Can See for Miles" is often requested, and it brings Weinberg back 40 years or so.

Although the Beatles tunes tend to be most popular, he's found that David Bowie's "The Jean Genie" and "Daydream Believer" by The Monkees are two songs that always seem to be requested.

"There are songs from the '60s and '70s that I grew up with and I feel particularly close to for one reason or another, and it turns out that the people who come to see this band feel particularly close to them, too," Weinberg says. "It's a very interactive night. I go out in the audience, say hello to people and ask them where they're from."

On most nights, Weinberg will survey the crowd for any wannabe drummers and often invites people on stage to play with the band. He describes his role on the night as a combination of Dave Clark, of the band The Dave Clark Five, and Dick Clark, the legendary host of *American Bandstand*.

"I'm sort of the host and drummer and we've been having just a ball," he says. "I never know what we're going to play, it's up to the audience. But it always ends up being a memorable night." ❖



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DINING IN TYSONS HAS REACHED NEW HEIGHTS

Mike Isabella launches new concepts at Tysons Galleria

Imagine a world where you can enjoy extraordinary dining, choosing from nine different concepts in one space. Now imagine that all nine are under the direction of one world-renowned restaurateur. Further consider that the chef is local, award-winning chef Mike Isabella and the dining complex is right here in Northern Virginia. You have just imagined Isabella Eatery, the 41,000-square-foot food emporium recently opened in a completely redesigned third floor of Tysons Galleria on International Drive in McLean.

As Restaurant Association of Metropolitan Washington 2016 Restaurateur of the Year, Mike Isabella is ready for the challenge. He is chef/owner of 13 restaurants in the D.C./Maryland/Virginia area. "This project really represents the next frontier for me. Everything my team has built over the last seven years, from Graffiato and Kapnos, to Arroz and Requin, is coming together to create a brand-new type of dining experience for Northern Virginia," Isabella said. "It's something that hasn't been done before

on this level, and I don't think it would be possible without the talented group of chefs, managers and beverage professionals we have at Mike Isabella Concepts (MIC)."

DESIGN

Working with Streetsense, an integrated design and architecture firm, the team developed a plan to offer a cohesive dining experience, while also differentiating each concept with an aesthetic reflecting its cuisine and style of service. Soaring ceilings

and elaborate architectural elements unify the individual spaces. Standout features include hand-painted murals, a living wall of greenery in Nonfiction Coffee, and custom light installations, including a 25-foot wide, 5,000-pound tower of illuminated rings in Graffiato.

DINING

Isabella Eatery features adaptations of Isabella's popular restaurants along with new works. Culinary director Joe Palma oversees



Perched on a walkway that connects the two wings of Isabella Eatery, Octagon Bar overhangs the galleria's lower levels and serves an extensive list of prohibition-style classic cocktails alongside a selection of dishes curated from the Dining Hall concepts, including a full raw bar and steaks.

Nonfiction Coffee features beans from artisan roasters, pour-over coffees, specialty espresso beverages and a selection of teas. Opening at 7am daily, Nonfiction Coffee is accessible from two-story canopied elevators that whisk guests from Isabella Eatery's street entrance inside, where they're greeted by fully stocked pastry cases, warm focaccia panini, acai and chia puddings, salads, co-branded Jrink juices and more.

Like its sister in Arlington, Va., Pepita serves Mexican staples like tacos, nachos, quesadillas and burritos. The full-service bar also offers a small Mexican beer selection, a robust tequila lineup, plus classic and frozen margaritas.

Oysters, seafood cocktails, crudos and tartares anchor the menu at Requin Oysters & Champagne raw bar, which also features cooked coastal favorites like mussels, crab cakes and lobster rolls, as well as a selection of champagne and white wine. Caviar and cured fish are available for retail purchase.

Retro Creamery, a modern take on an ice cream parlor and soda shop of the 1950s, forms the sweet core of Isabella Eatery's offerings. The classic and contemporary flavors are the base of sundaes, ice cream sandwiches, banana splits, pre-packed cartons and house-made waffle cones.

A departure from the ramen-centric menu at its Arlington location, Yona focuses on sushi, sashimi, poke bowls and other Japanese small plates served alongside sake.

With its many options, Isabella Eatery is quickly becoming a major dining destination for Tysons residents and visitors. Reservations are available via Open Table for Arroz, Graffiato, and the Dining Hall. ❖



menu development and kitchen operations ranging from fast-casual and upscale dining to carry-out and full-service offsite catering.

"The service aspect of Isabella Eatery is really what sets the concept of a food emporium apart from the common impression of a food hall," Palma explained. "Guests can make reservations at several of the restaurants, they're seated by a host, and there's a common dining area with one menu for multiple restaurants." A key differentiator from conventional food halls, this Dining Hall offers guests full-service dining with a consolidated menu of signature items from Arroz, Octagon Bar, Pepita, Requin Oysters & Champagne and Yona.

MANY CONCEPTS TO CHOOSE FROM

Isabella's second location of Arroz offers a taste of Spain marked by classic and contemporary presentations of tapas, pintxos and bocadillos, as well as a sangria bar. Taking the place of traditional paella are pans of fluffy-meets-crunchy baked bomba rice—a dish that is purely MIC.

Graffiato offers Italian-inspired sharable plates, antipasti boards, handmade pastas and focaccia pizzas at this offshoot of Isabella's flagship restaurant. Reservations are accepted in the full-service dining area, while a takeout window makes for easy grab-and-go eating.

Kapnos Marketa, the marketplace spinoff of Isabella's Greek triad serves shaved meats atop customizable gyros, grain bowls and salads, spit-roasted lamb, pork, chicken and wood-grilled vegetables by the pound, spreads and other specialty items packaged for takeout. Retail goods include Kapnos-branded Greek wines and MIC's signature saison from 3 Stars Brewing Company.

Summer Camps Kids are Raring To Go To

By Analiese Kreutzer

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



Montessori of McLean

www.mcleanmontessori.org

The Montessori School of McLean (MSM) offers summer camp for children aged 3 through 6th grade. You can register your child or children for one, all or a combination of weeks to fit your schedule. Camps for children aged 3 to 5 are for a half day from 8:30 a.m. to 12 p.m., but, during some weeks, MSM offers extended stay until 3:30 p.m. Elementary school-aged camp starts at 8:30 a.m. and ends at 3:30 p.m.

Past camp themes have included science, dinosaurs, art, Spanish, and nature and the environment. Check the website for this summer's themes.



Brookfields School

www.brookfieldschool.org

Children aged 3 to 10 enjoy age-appropriate fun and educational activities at the day camps offered at the Brookfields School in McLean. Camp activities may include arts and crafts, yoga, field games, gardening, cooking, and more.

The youngest campers—aged 3 to 5 years—build confidence, self-esteem, communication skills, and teamwork as they participate in Teddy Tennis and swimming lessons throughout the week. Older campers go on Adventure Field Trips courtesy of the Brookfields bus. Some past adventures include farm visits, nature programs, canoeing, rope courses, and horseback riding.

Tuition is weekly, giving you the flexibility to register for one or several weeks. Registration opens in January.



Westminster School's Camp Griffin

www.westminsterschool.com

Let Camp Griffin at Westminster School fill your child's summer break with fun and exploration! Camp is held on their beautiful 6-acre campus which includes a spacious gymnasium, theater, playground and field. Offering three different programs catered to campers, ages 3-14, Camp Griffin employs qualified and experienced staff who are ready to bring fun and personal growth to your child. The camp includes a variety of specialty options including cooking, water exploration, adventure, history, golf, French, art, swimming, field trips, and more! Camp Griffin provides flexible scheduling for campers by offering early and extended care. Open June 11–August 16, 2018.

Camp Griffin is located at 3819 Gallows Road, Annandale, VA 22003. Registration opens January 4, 2018. Any questions? Call 703.340.7268 or email campgriffin@westminsterschool.com.

Experience. Explore. Create.



Fusion Academy

www.FusionAcademy.com

Fusion Academy is a revolutionary private middle and high school where positive relationships unlock academic potential. They are a non-traditional community of learning with the smallest class size possible: one student and one teacher per classroom. This allows them to personalize curriculum for each student's unique strengths, interests, and learning style. Fusion Academy is also able to customize scheduling; students may enroll at any time (even during the summer) and take classes at a time of day that works best for them.

Their supportive staff and campus environment provide a safe space for students to flourish emotionally, socially, and academically. It includes a state-of-the-art recording studio and a mixed-media art studio for students to express their creativity. Their Homework Café® is where students complete all their homework before they leave for the day with help and supervision from a teacher.

Classes are offered at three levels: essential, college prep, and honors. From algebra to yoga and everything in between, they have a wide variety of classes to choose from. Students can enroll full-time, take classes for credit, or utilize their tutoring services. Their customized scheduling creates a summer school that won't take away summer fun. Whether you want to catch up, get ahead, or take a class for fun, Fusion Academy has got you covered. In addition to academics, they partner with outside therapeutic professionals to support students' emotional health and help foster a balanced life.

While it's impossible to put students into categories, they generally serve students with the following backgrounds: ADHD, accelerated/gifted learners, dyslexia, mild learning differences, social challenges, school anxiety, or students with challenging schedules. Students who attend Fusion have one thing in common: traditional school isn't working.

Connect with a Director of Admissions at either Fusion Loudon or Fusion Tysons by visiting FusionSummerClass.com to learn more!

Continued on page 36



Culinaria Cooking School

CulinariaCookingSchool.com

Kids and teens who want to learn basic knife skills, food safety, and how to prepare delicious foods should check out the summer camp offerings at the Culinaria Cooking School in Vienna. Camps run weekly and are held in half-day sessions from either 9:30 a.m. to 12:30 p.m. or 2-5 p.m. Each weekly session focuses on a theme, such as Italian food, baking, international foods, or foods of the Southwest.

Campers prepare and eat the meals they prepare each day. In addition, they receive a recipe packet, t-shirt and certificate of completion. Kid camps enroll children from 9-12 years old, and teen camps accept 13-17 year olds. Campers must be the minimum age for each group by the start of the session. Registration opens in mid-February.



Little Oaks Montessori

lomamontessori.com

The Little Oaks Montessori school accepts children from as young as 8 months up to 6 years into its summer program. Children participate in age-appropriate activities involving play, arts and crafts, and enjoying the outdoors. Some past themes have centered around bug biology, the planets, and sea life.

Little Oaks offers seven weeks of camp, and you have the flexibility to choose how many weeks you enroll in and either half-day or full-day camp, whichever works best for you and your child. Registration opens in February.



Sweet Briar College

SBC.edu/summer-programs

As kids get older, their camp options may seem limited or nonexistent, but great programs do exist. You just have to look for them in places you might not have thought of, like on college campuses. Sweet Briar College hosts all kinds of summer camps on its scenic 3,250-acre campus, and some will earn your child college credit.

High school students who are serious about their creative pursuits enjoy BLUR, the Blue Ridge Summer Institute for Young Artists. This three-week program for rising high school sophomores, juniors, and seniors interested in creative writing, visual arts or sound art encourages and inspires campers to explore their chosen medium.

If your daughter is passionate about STEM, then find out more about the one-week Explore Engineering Design Course for sophomore, junior and senior high school girls. From July 29 to August 3, 2018, campers will work on creative and fun design projects, taking them from brainstorming through completion.

Intermediate or advanced-level equestrians can take advantage of the Summer Collegiate Riding Clinics at Sweet Briar. Rising junior and senior high school students have a choice between two three-day sessions this summer, either June 8-10 or June 22-24, 2018.



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YMCA

www.ymcadc.com

At the YMCA in Reston, your child can choose from more than 50 summer camps with a wide array of options. In traditional day camps, children make friends, sing, play, explore, and learn. Specialty camps include cooking, dance, sports, science and technology, rock climbing, art, and more. The YMCA even offers an overnight camp option called Camp Letts located on a peninsula off the Chesapeake Bay.

Campers range from age 6 through teenagers and extended care hours are available so your child has a continuum of care from 7 a.m. to 6 p.m. if needed.



Reston Montessori

www.restonmontessori.com

Toddlers to primary school-aged children can enrich their summer experience by attending camp at the Reston Montessori School. Children in camp engage in a wide variety of creative activities on a daily basis, and each week centers on a different theme such as oceans, space, farm animals, or dinosaurs.

Camps can be half or full day, and extended care is available to fit your schedule. Check the website for the summer's planned themes, camp schedule, tuition rates, and more.



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Mason Game & Technology Academy

vsgi.gmu.edu/mgta

The Mason Game & Technology Academy (MGTA) is the Community Outreach Youth Program for the University's Virginia Serious Game Institute (VSGI) and the Mason Computer Game Design Program. George Mason faculty develop and teach the courses, assisted by university advanced Game Design and Computer Science students.

MGTA offers age appropriate courses for students aged 9 to 18. MGTA integrates all of the STEM core competencies in a challenging, fun and engaging way. The program combines both the sciences and the arts with creative, critical thinking, and problem solving skills. Students are encouraged to discover and explore their most innovative ideas and concepts.

Camps cover topics such as virtual reality game development, art and animation, 3D game design, story-based game design for girls, mobile app development, and more. ❖

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.

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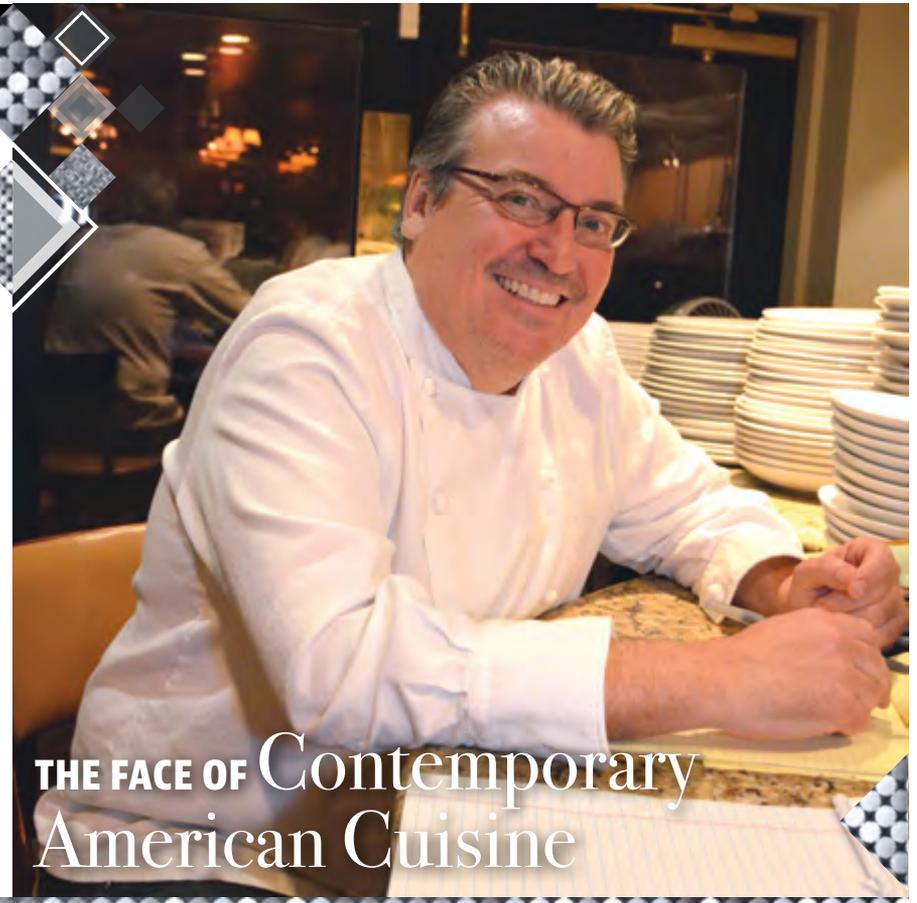
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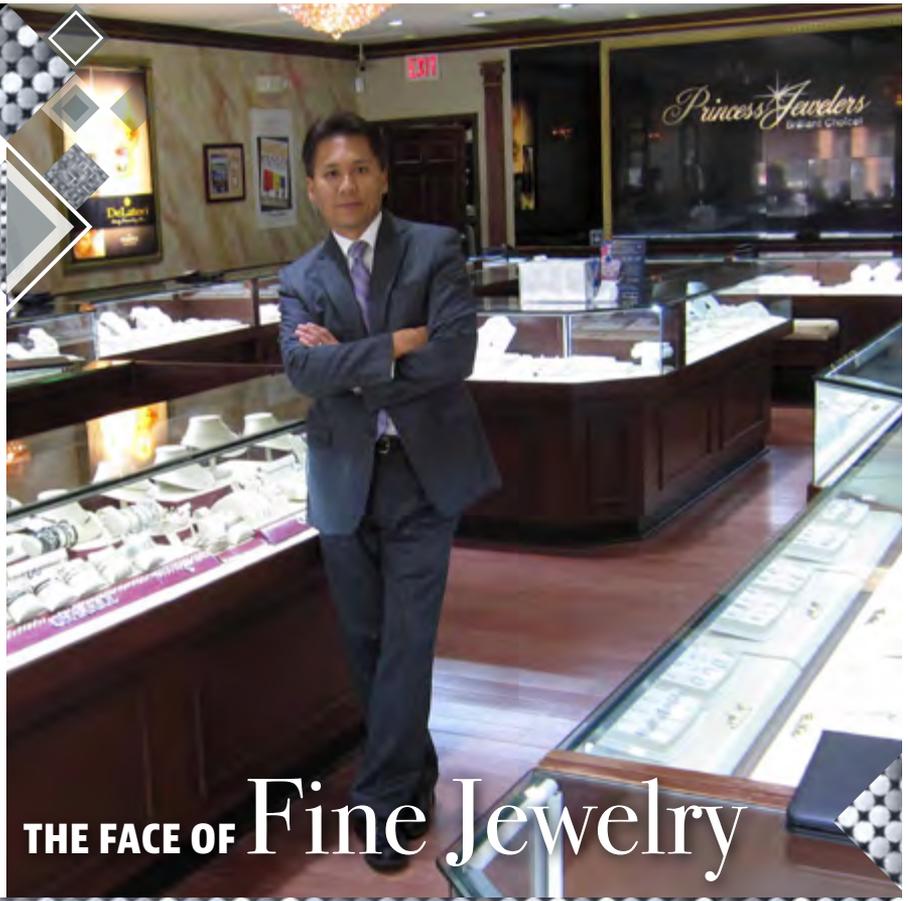
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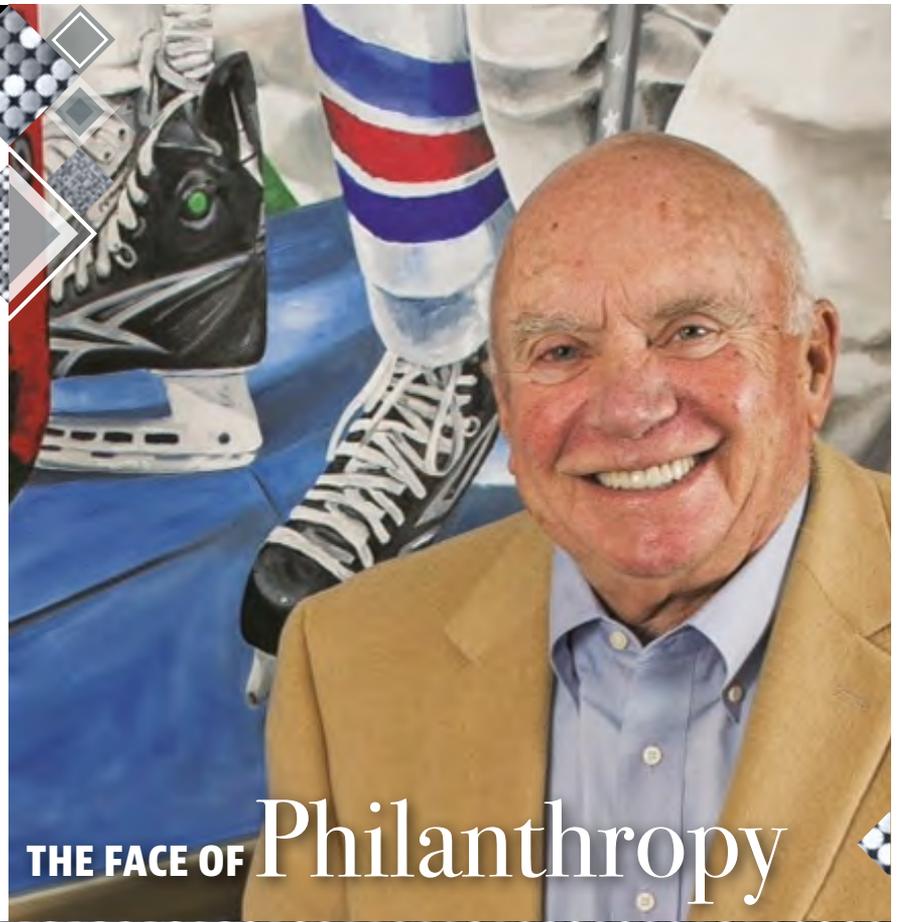
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Classic Bakery, run by Areen Movsessian and his father Rubic, has a reputation as the area's leading baker of custom designed wedding cakes and novelty cakes, in addition to pastries, cookies, baked goods, and the like.

Each picturesque baked good is crafted to perfection from scratch using only the freshest and highest quality ingredients the world has to offer. Along with careful attention and meticulous service, Classic Bakery takes pride in the quality of work and its secret baking recipes passed down from generations. Classic Bakery's goal will always be to offer the highest quality goods and service to their customers at a reasonable price for generations to come.

FACE Areen Movsessian

(703) 992-7807

8605 Westwood Center Drive, Ste. 105
Vienna, VA 22182

www.classicbakery.com



THE FACE OF
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MyFlorist has been named one of the nation's Top 50 Florists by Teleflora—the nation's largest florist network with more than 8000 member florists—each year since 2005. Along with their superb floral designs, MyFlorist has built its success with its professional and personal approach to customer service. At MyFlorist, providing the flowers and the service is Brad and Penha's passion and joy. With a spectacular inventory of fresh flowers imported from around the world, the design staff consistently creates arrangements with the "WOW" factor that always reflects back well on their customers.

FACES

Brad and Penha Parker

(703) 442-8203

1984 Chain Bridge Road
Tysons Corner

www.myflorist.com



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FACE

Nathaniel Hoelk

(703) 261-4585

229 Maple Ave E,
Vienna, VA 22180

www.urbanmattress.com



THE FACE OF
Quality Mattresses
(and a Good Night's Sleep)

Caffe Amouri

With an ethos of quality, community, and sustainability, Michael Amouri has raised the bar on the coffee-community connection. Whether by sponsoring and founding the annual Vienna Idol to raise money for charity, or just offering a space for great coffee for friends to meet, his community efforts are appreciated in every corner of the area.

Caffe Amouri is open seven days a week often with live music and coffee education. Caffe Amouri has also been awarded the Virginia Green Restaurant of the Year and the Vienna Green Business of the Year award.

FACE

Michael Amouri

(703) 938-1623

107 Church St NE,
Vienna, VA 22180

www.caffeamouri.com



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Small Batch Coffee
Houses and Community

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FACE

Masoud Aboughaddareh

(703) 537-5700

2070 Chain Bridge Rd,
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www.greenhousetyson.com

THE FACE OF

The "New International Lounge" in Tysons



Nostos Restaurant

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Nostos is a constant Washingtonian Best 100 Winner since 2013. For those looking to capture the joy and traditional Greek experience, an evening at Nostos is sure to become your "special place."

FACE

Pete Pagonis

(703) 760-0690

8100 Boone Blvd,
Vienna, VA 22182

www.nostosrestaurant.com

THE FACE OF

Exceptional Mediterranean Cuisine



FACES
of Tysons



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Casey Margenau Fine Homes & Estates

Casey has exceptional credentials with 25 years as a Re/MAX Agent, earning awards such as one of the "Top 100" agents for 23 of those years and the #1 Agent worldwide (out of over 100,000 agents) for 5 of those years. Casey has generated more than \$2.8 billion in sales to date, helping 3000 families buy or sell their home.

As the Internet began to play a more dominant role in consumer's real estate transactions, Casey recognized the need for helping buyers and sellers decipher the vast amounts of online information. As a result, Casey formed Casey Margenau Fine Homes ("CMFH"), a boutique real estate company whose goal it is to provide first-class service, market knowledge and expertise so that clients realize maximum return on their most expensive asset.

While some brokers offer refunds or incentives to work with them, most clients find that they get what they pay for. Casey uses his experience and market knowledge to save his clients tens of thousands of dollars. By foreseeing potential problems and issues that may arise before they happen, Casey advises his clients so that they are in a position to get the best deals with the least amount of hassle in a time of their choosing.

FACE

Casey Margenau

(703) 851-2600 (cell)
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8478 Tyco Rd
Vienna, VA 22182

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Helga's Caterers is an award-winning, full-service catering company with diverse menu selections ranging from All-American BBQs to formal gala fare to ethnic menus. Although Continental cuisine got them started, with their German roots, they do it all today and are sensitive to dietary restrictions such as gluten-free, vegan, and Paleo diets.

Helga's Caterers has been voted one of Washington's Top Five Caterers by WUSA Channel 9; was awarded TheKnot's Best of Weddings for the past five years, and also inducted into their Hall of Fame.

FACES

Owner Michael with mother and founder, Helga Evans

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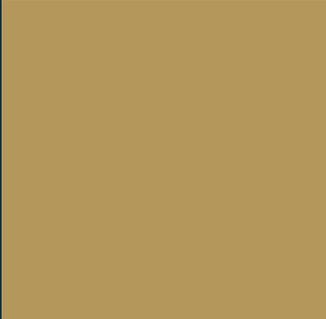
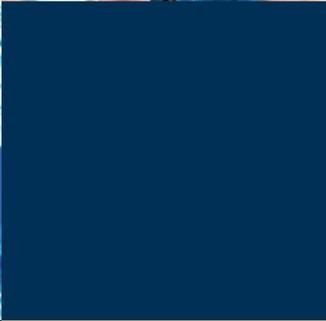
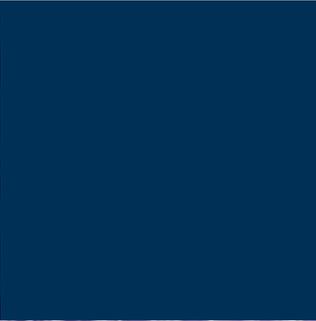
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Students Step Up

Health is Right School Program starts strong

By Rick Mundy

Imagine a world where all people live healthy and decent lives. That is what many students throughout the Northern Virginia area are starting to do thanks to the efforts of the Health Is Right School Program. This Youth Teams project is another brainchild of Dr. Kavian Milani, whose Center for Health and Human Rights (CHHR) is the sponsor of the Youth Teams. CHHR has been featured in VivaTysons/Reston previously.

The idea is to empower middle and high school youth in the area to tackle challenging issues in their schools to improve the lives of people in their communities. The hope is to create a culture where a student can identify a problem and know that they have the power to fix it.

Teams of students meet on a regular basis to explore how they might impact their communities. They are asked to consider what one change would create healthier and better lives for the community. After

brainstorming ideas, the teams figure out if they can turn that change into a service project. CHHR works with the school groups to turn their plans into reality, providing funding if needed, offering help with volunteers, and delivering a curriculum the students go through to better engage in human rights activities.

As such each group is at a different stage in their endeavor and each is working on a different social problem. For example, students at Fairfax High School founded their own non-profit organization, working with local foster children to help them finish high school. They found that graduation rates can be significantly lower for foster children so they meet monthly with those students to help them with studying skills, helping to improve reading, and working on test preparation skills. They also have connected with outside organizations to assist those students with other resources they may need such as donated clothing.

Another team at Mount Vernon High School is designing a program to provide food to “food insecure” students. They have already obtained a delivery truck and are now fundraising and running a food drive to supply the necessary food.

Marshall High School students have begun a program to make hygiene products readily available and more accessible to students. They are conducting a drive to place products where they are needed in the school.

At Yorktown High School, Christina Smith Gajadhar is an ESL teacher who has incorporated the Human Rights curriculum and project into one of her classes. The students decided to do a video to help educate others on the immigrant experience.

Ms. Smith Gajadhar reports, “An after-school program wouldn’t work here. Many students work or have other outside activities. I looked at the Universal Declaration of Human Rights curriculum and realized it fit well in conjunction with the literature we study like *The Breadwinner* and *The Kite Runner*.”

“This program has provided an opportunity for the students to work together. They are learning about leadership and communications and how to work with each other. They have learned how to deal with kids who are not doing their part and they have learned what it means to be responsible to the group. The kids have responded well to the project as they end up thinking beyond themselves. At 14 years old, that is a difficult thing to do.” Their project finished in December and the final video is being promoted on the school website, via twitter, and the school’s daily news.

Health is Right Youth Programs started in May with just an idea and no participation. In six months it grew to 15 schools – two universities, George Mason and Virginia Commonwealth, two middle schools, and 11 high schools. Most are in Fairfax County with two in Arlington. A program has also started at the International School in Langley Park, MD where the entire student body is comprised of immigrants and refugees.

Ron Lapitan is the director of the school program and is very enthusiastic about the Youth Teams and what they are working to achieve. “The value is in cultivating the student leaders’ power of expression to identify the kind of world they want to create. We have this belief that if you want to create a different kind of world, the first step is just being able to imagine it, then talk about it so that you can transfer that vision to other people.

“What inspired Dr. Milani to launch this program is his strong interest in creating a healthier community. It’s not just about establishing easier access to health care, but also developing a vibrant community where people are having conversations about what it means for people to be

healthy and what it means for people to have human rights and then acting on those ideas.”

Milani and Lapitan would like to see the youth program expand nationwide. They already have participation at a school in Tampa. With Tampa’s having a large homeless population, the school’s team is looking

to repurpose leftover food at restaurants each day to help feed the local homeless.

“We hope that as the program expands geographically it will also continue in existing schools indefinitely,” says Ron. “As students age up and eventually graduate, they will recruit younger students to take on other projects. Our hope is that we can help impact the values of youth throughout their lives, coming away from these teams with a spirit of service, serving

humanity and making a better community for all.”

Jonathan Melendez is Prevention Coordination Specialist for the Department of Neighborhood and Community Services at Fairfax County. He adds his own perspective on the implementation of the Health Is Right Youth Program at FCPS middle schools:

“We view this as a great opportunity to provide youth across the county with the tools needed to identify and address concerns within their own communities. While this is a new partnership at the middle school level, Ron’s work with the high schools has been well received. Partnering with organizations that help empower youth, such as the Center for Health and Human Rights, is integral to the success of the Middle School After-School Program.”

Indeed the program “is designed to foster five conditions suggested by Fairfax County research on youth to greatly reduce risky behaviors including sex, alcohol use, drug use, smoking, carrying a weapon, and participating in gangs:

Having high personal integrity

Performing community service

Having teachers recognize good work

Having community adults to talk to

Participating in extracurricular activities

For more details on the program or to make a contribution, contact Ron Lapitan at ronald@chhr.foundation. The website is healthisright.org ❖





BY ROSE PRICE, CFP® AIF®

ASK AN ADVISOR WOMEN & FINANCES

As a female Financial Advisor working in an industry traditionally dominated by men I find myself in the unique position to empower women to pursue their financial goals.

Many of the women I have worked with have made great progress, but industry studies point to a startling fact: when compared to men, women fall short when it comes to investing and saving for retirement.

Instead of concentrating on the differences between men and women and the reasons why women are falling short, I prefer to focus on some core concepts that all women should consider in order to improve their finances.

Invest in yourself

On average, women live longer than men and those extra years should be financially secure. In order to safeguard that security, it is important to prioritize your own savings. Many women are very nurturing and instinctively try to help other people, many times at the expense of their own financial future.

It is easy to put off saving for retirement and prioritize other expenses when you are busy building a career and/or taking care of a family. Retirement saving needs to be a priority - taking care of yourself is just as important as taking care of others. It is not selfish to want to be secure in your retirement.

Create a plan

While it may sound optimistic, an attitude of “it will all work out” is not realistic when it comes to finances. It is not a good idea for anyone

to assume that their financial future is secure, or depend on someone else to plan for them. It would be beneficial for every woman, married, single, or somewhere in-between to have a financial plan in place and understand how their financial decisions may affect that plan.

Get educated

Over the years I have met many smart, capable women with amazing careers who shy away from investing because they do not believe they fully understand the process or the risks. This is where a good Financial Advisor can really make a big difference.

Some Advisors assume that female clients do not want to know the details about their investments and the reasoning behind trading or allocation decisions. I believe that educating *all* clients about their investments and helping them understand any recommended changes is a big part of an Advisor’s job.

My advice is to work with someone who clearly answers any questions you have and helps you understand how your money is being managed. The money is *yours*. You should understand what your money is invested in, what kinds of risks you are taking, and how your account balance fits into your larger financial picture. Ultimately, your Advisor should make you feel secure with their financial recommendations. If, at the end of an advisory meeting, you do not have clarity, find another Advisor.

Be more aggressive

When compared to men, women tend to be overly cautious when it comes to investing though they live longer and may need to be more aggressive to help their savings grow. My advice: don’t be afraid to be more aggressive! Recognize that you may instinctively want to play it safe, and then allow yourself to consider taking on a little more risk. With the recommendations and support of a good Advisor, who can help you understand the risk/reward trade off, you should have the confidence to step a little out of your comfort zone.

Meet with a professional

Women have been traditionally less likely to seek out professional financial advice, but I have observed a gradual change over the last few years. More women are independently seeking the assistance of a Financial Advisor and recommending that other women do the same. It is important to talk to other women about finances, the more women talk to each other about being involved in handling their own finances, the more comfortable women will be in making important financial decisions.

As investors, women face unique obstacles both in terms of earning money and making that money grow for the future. Despite this challenge, women also have equal access to investing and investment advice. Accumulating adequate resources for longer lives requires substantial savings coupled with reasonably aggressive investing - both of which women are more than able to do. ❖

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8391 Old Courthouse Rd., Suite 203 Vienna, VA 22182

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.

Want to learn more?

Visit: www.vlpfa.com or submit your question for an advisor to info@vlpfa.com.

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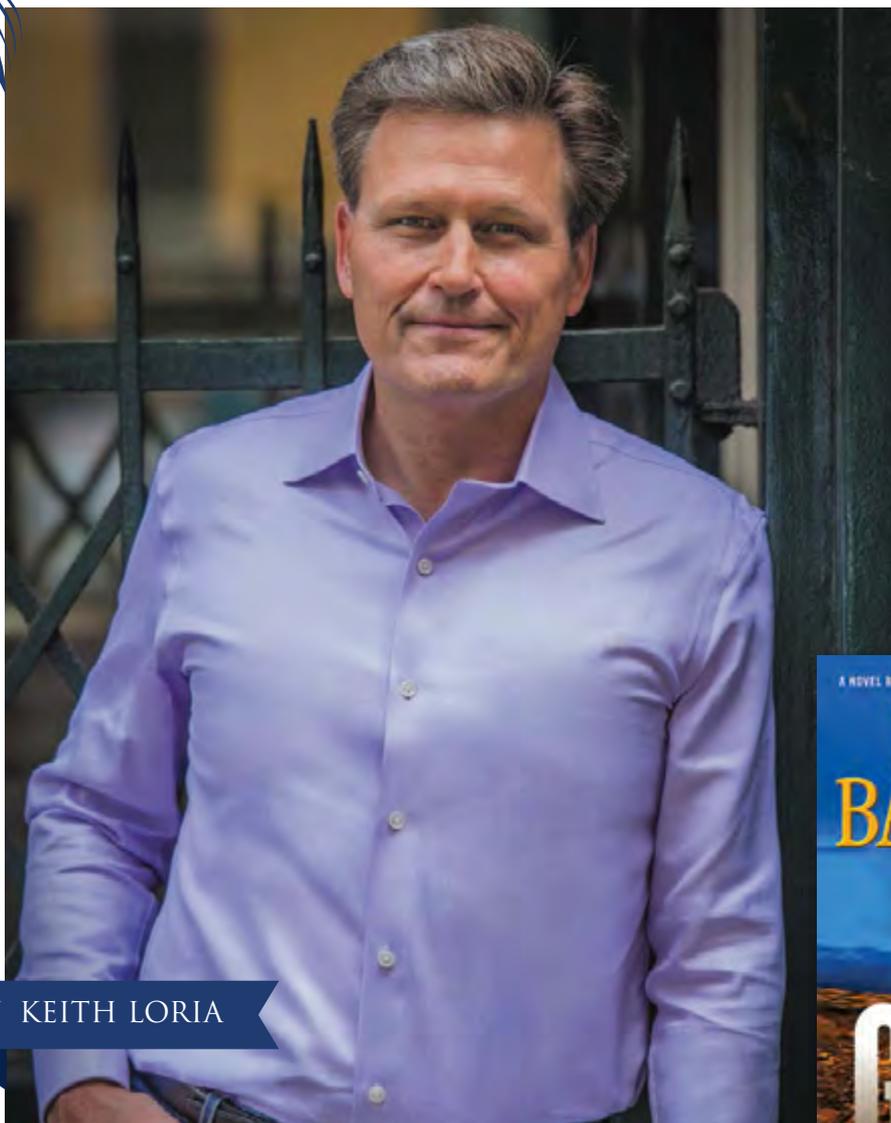
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BY KEITH LORIA

David Baldacci's “End Game” Continues Adventures of Will Robie

A once practicing lawyer in Washington D.C. for nine years, David Baldacci found fame with the publication of his first novel, “Absolute Power” in 1996—a story that would gain further prominence as a Clint Eastwood movie.

Once his book became a success, he set aside his law career and over the next 21 years would write 34 best-selling novels, translated into more than 45 languages and sold in more than 80 countries.

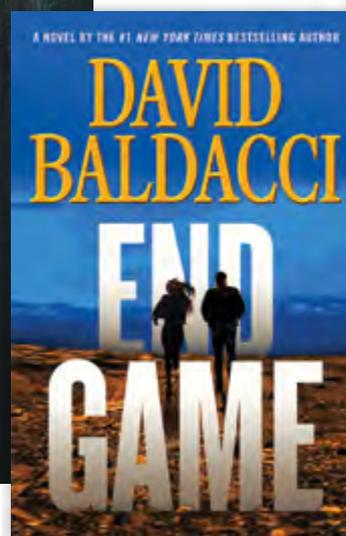
However, Baldacci wasn't a lawyer who turned to writing; he was a writer who happened to be a lawyer.

“It's what I always wanted to be. When I was a kid, I would try to sell short stories to the *New Yorker* magazine but I couldn't make a living writing short stories,” he says. “I went to law school and wrote all different types of things—screenplays, short stories, novellas—then came my big break.”

Born in Richmond and having gone to Virginia Commonwealth University for undergrad and the University of Virginia School of Law, Baldacci is a lifelong Virginian and currently lives in Vienna with his wife Michelle.

Baldacci recently released his latest novel, “End Game (Will Robie #5),” following one of his most popular characters, who in this story returns home from a mission overseas to discover that his boss—codenamed Blue Man—has vanished. Robie and Jessica Reel are two of readers' favorite characters.

“It's easier to write for a recurring character because you've already laid down the foundation but it's almost like an actor in a long-running series, you have to find ways to keep it interesting with new facets of the character's personality, something new and fresh about them, and that's what



I try to do with all my characters,” Baldacci says. “In this story, people will learn a lot more about the dynamic between Robie, Reel and Blue Man and how strong their ties really are.”

The setting of the book is in a small remote Colorado town, and the author picked it because he has some family in the state and feels the area has some nice elements to it—such as being vast and wide open—that dovetailed nicely with the plot.

“The book opens with alternating chapters, three chapters with Robie and three chapters with Reel, and these two characters are doing what they do—incredibly dangerous things and coming away from those experiences a little bit changed,” Baldacci says. “I want people to know that while they are doing all these action-packed events, they are still human beings and trying to process it all.”

Baldacci spent about six months on the project and he says it was one of the easiest writings of his career, and the initial copy came out closer to the finished product than ever before.

When writing, Baldacci finds solitude at his office in Reston, where he has a team who takes care of all the minutia that goes with

being a published author, allowing him time to do what he does best.

“When I am in town, I get to the office every day and I do a lot of writing, editing and research here, keeping sort of a buffer from my house, which my wife and I decided a long time ago,” he says. “But I don’t have a perfect place to write. I can write anywhere.”

When he writes, he doesn’t set artificial goals for himself as to the number of hours or pages he needs to complete; he just sits down to write until he can’t write anymore.

“I’m not going to sit and stare at a blank screen because that’s counterproductive to me,” he says. “I’ll go take a walk or do something else or daydream and the issues usually resolve themselves.”

One thing that may surprise people is that when Baldacci sits down to start a new project, he doesn’t know much about his characters yet and has no idea how his stories will end.

“I don’t outline them, as I always felt that if I did, it would read like I wrote from an outline. This is a spontaneous, creative business and sometimes you should zag instead of zig, so writing freehand allows you that flexibility,”

he says. “I never know the ending of a novel until I get very near that point. I might have seven different endings and I work hard to find the right one. I feel that if I surprise myself, then I’m going to shock the reader, and that’s not a bad thing.”

Up next for Baldacci will be a new Amos Decker book, and he’s not sure what comes after that, though he hints it could be a new standalone or he could explore another of his favorite recurring characters.

“It’s all about who’s been weighing on my mind lately and who do I think has more fuel in the tank,” he says. “Or I could be walking down the street and something strikes me about one of my characters and I think about whether I want to spend the next few months of my life writing about them. I just never know.”

Baldacci is happy that Vienna has a new independent book store in Bards Alley and hopes that more shops like this pop up across the country.

“It’s just great to see people buying books and local communities supporting it,” he says. “I’ve always said if we had more people that read, we’d have a far better world.” ❖



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BY LINDA BARRETT

Cracking the Diamond Code

*A diamond may last forever,
but it doesn't have to take forever to create.*

With Valentine's Day just around the corner, many people's thoughts turn to love—and what says love more than a diamond? Naturally, you might think of an engagement ring on this special holiday, but diamond earrings, diamond studs, and pendants are also exceptional gifts of love.

While most opt for a natural diamond for their engagement ring, many others are looking at the new technology of cultured diamonds to make a bigger fashion statement. Whether you call them man-made, cultured, or lab-grown, they are all the same thing: created diamonds containing the same properties of mined diamonds including flaws, color characteristics and industry grading.

And anyone comparing a natural diamond to a lab-grown one will not be able to tell the difference. These are not cubic zirconias or rhinestones—they are in every way, real diamonds.

"What has taken billions of years in nature can now be done in a lab in a couple of weeks," explained Ronnie Mervis, CEO of Mervis Diamond Importers, the first retailer to carry lab-grown diamonds in our area, and one of the few on the East Coast.

"Natural diamonds started life as a bubble of carbon gas, years ago when the earth was formed. They hardened due to the combination of great time, pressure and heat to become a diamond crystal.

"But cultured diamonds are still diamonds." A great example, he explained, is that in a pond, water will freeze and turn to ice naturally. You can also create ice yourself in your own freezer. Both are the same, using exactly the same process, whether it's done outdoors or indoors.

"As diamond importers, we're firm believers in the old-fashioned, natural way of creating diamonds because we see the diamond as a symbol of love which is meant to be natural," he continued. "However, sometimes people want things in a new way—it's a changing world and we're getting a fair amount of demand for lab-grown diamonds."

Some people request a diamond that did not come from the earth or create related environmental and ethical issues, and others want a larger diamond than they can afford. Lab-grown diamonds cost less. For the same money, you can get a diamond that is 20% larger. Best of all, they're made in America, created locally in Maryland.

The History of Lab-Grown Diamonds

"The first efforts to create diamonds were done post-WWII by people basically imitating the natural conditions expected where diamonds are found, using high pressure and high temperature to create a diamond from graphite," explained the chief technology officer at the diamond lab (which prefers to remain anonymous for security reasons). "This was the initial success that created polycrystalline diamonds mainly used for cutting, like through stone or concrete." Then people started looking for ways to grow larger diamonds less expensively in a more predictable way.

The successful method of growing diamonds by chemical vapor deposition was developed in the 1970s in Russia and Germany, and allowed the growth of polycrystalline diamond deposits in layers in a controlled environment. Then by the early 2000s, research performed in the Carnegie Institution of Washington led to

the capability to grow diamonds of a significant size. Yet it wasn't until 2008 that the industry was commercialized, and 2013 when they were first made available in retail stores, starting on the West Coast and just now coming east.

How a Lab-Grown Diamond is Created

Lab-grown diamonds begin with what is called a "seed," a small mined diamond crystal. These seeds are placed into a chamber in batches. The air is removed and hydrogen and methane are added, along with microwave energy, in a chemical process called chemical vapor deposition. Said simply, when the gases absorb the energy, they become energized and create plasma that is very reactive.

The reactivity of the ions and molecules is translated into a reaction between it and the surface of the solid diamond seed and bonding occurs, which extends the size of the original crystal with the additional molecules. In all, the growth process can take up to two months, depending on the desired size of the cultured diamond.

It has taken man decades of research and development and hundreds of millions of dollars to advance this process to a point where the diamonds are now available in the same quality and color as mined diamonds.

The highest and rarest color grade for a natural diamond is D, with the scale running from D to Z. With the cultured process, a good range of the color and clarity can be predicted. The optical properties of a lab-grown diamond are D to M, and it can be harder and tougher than a diamond from the mines.

This particular lab produces round gemstones up to six carat weight, and cushion, pear or emerald-shaped diamonds up to 8 carats. They also cut the rough diamonds, certify them through an independent lab using the International Gemological Institute (IGI), and present them to the market as loose finished gemstones.

"As diamond specialists, we're glad to be able to now offer diamonds in three ways: through our regular sources, by means of our new partnerships with De Beers with diamonds from their mines, and now with cultured, lab-grown diamonds," Mervis said.

"We are in the business of making people happy—we're all about love—so if lab-grown diamonds are what they want, we're here to offer them." ♦

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BY DIMA ALI, MD

Ask DR. DIMA ABOUT GENEVEVE

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

What is the Geneveve?

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

What to expect?

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

Is there any downtime?

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

What does the Geneveve treat?

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

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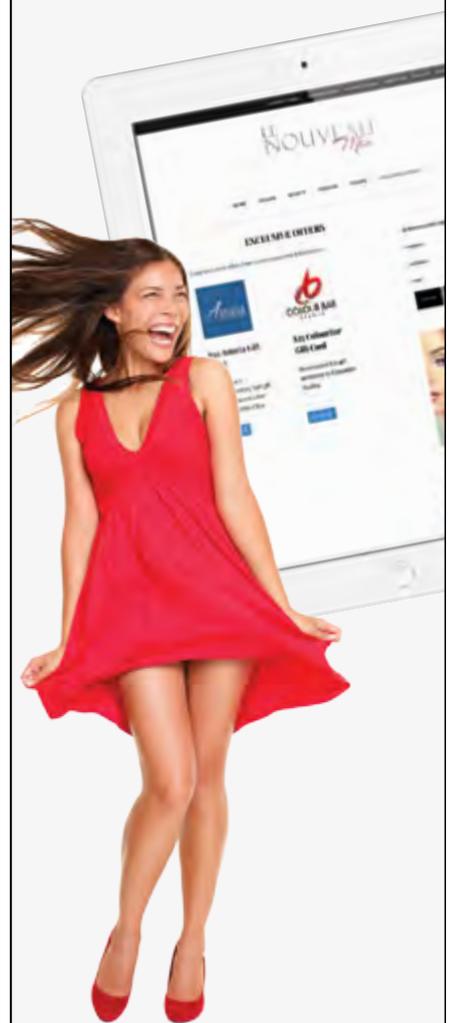




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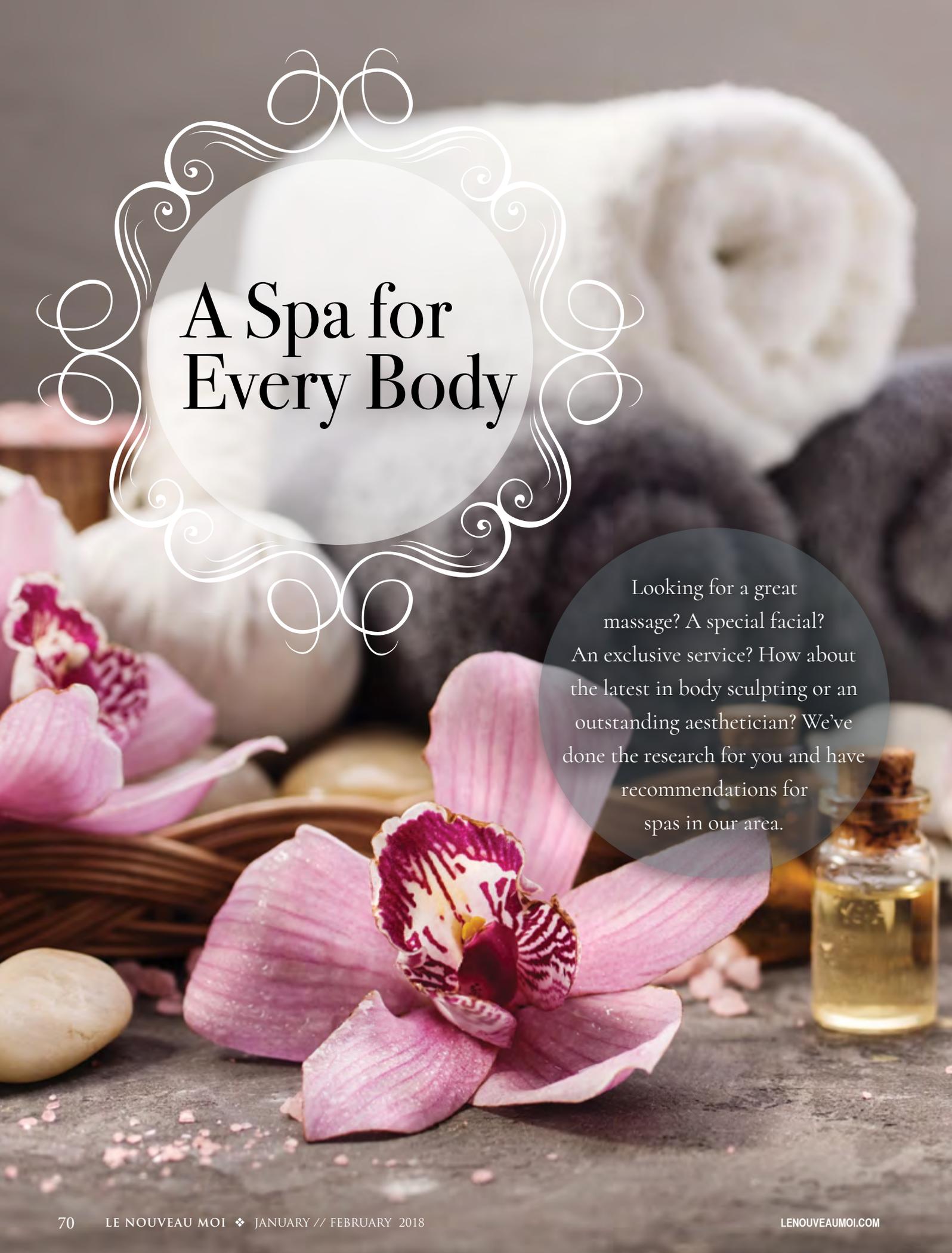
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11 Steps to Healthier Winter Skin

By Analiese Kreutzer

Cold winter weather takes its toll on your skin. Dry air outside as well as heated air inside saps your skin of vital moisture. In addition, cold wind can leave skin chapped and cracked. Taking the chill off with hot showers or baths makes winter skin problems even worse.

According to world-renowned celebrity makeup artist and creator of Gustavo Skincare & Mineral Makeup, Gustavo Mottola, “You need to counteract these effects to keep skin looking youthful and smooth.” He recommends the following tips to reduce chapping, redness and itching and to keep skin healthy all winter long.

High Quality Organic Skincare

Gustavo Mottola developed his 100% natural Gustavo Skincare & Mineral Makeup line using top-grade ingredients that have breakthrough abilities. His products are organic, paraben-free, preservative-free, sulfate-free and contain no petrochemical fillers. They are vegan and have been approved by the American Cancer Society and People for the Ethical Treatment of Animals.

Packaged in special airless containers that protect the products from contamination and degradation, the product line includes anti-aging treatments, moisturizers, facial masks, acne treatments, cleansers and toners, and mineral makeup. To explore the full product line and purchase products, visit www.GustavoCosmetics.com.



① Wash with Lukewarm Water

Hot showers and baths may feel nice, but they actually strip natural oils from your skin, leaving it dry and irritated. When washing your face and hands, use lukewarm water, and if you can't bear a tepid shower, then at least keep it brief and move to tip number two as quickly as you can.

② Seal in Moisture

Replenish your skin's moisture as soon as possible after you wash. Gustavo recommends applying lotion to damp skin to seal in moisture. “Keep a bottle of lotion near your bath or shower and at every sink, and use it liberally every time you wash,” he says.

③ Choose Moisturizer Carefully

Some moisturizers use petroleum-based ingredients that further dry your skin in the winter months. “Choose a smart formula that has natural and organic nourishing ingredients,” says Gustavo. Also, use an anti-aging serum before moisturizing to boost moisture levels and to help your skin stay hydrated.

④ Protect Your Skin

Wearing sunscreen in the winter is just as important as in the summer. Apply a zinc-oxide- or titanium dioxide-based sunscreen to your face, neck, ears, hands, and any exposed skin. Wearing a hat, scarf, and gloves also protects skin from the sun and cold.

⑤ Add Some Humidity

Although many of us complain about the humidity in the summer, our skin benefits from added humidity in the winter when indoor heat dries the air. Putting a humidifier in your house, particularly in your bedroom, puts moisture in the air and helps your skin stay hydrated.

⑥ Work from the Inside Out

Drink plenty of water in the winter to stay hydrated. Hot coffee and tea may be soothing, but the caffeinated versions have a diuretic effect, which can be dehydrating. For a warm drink that will help keep you hydrated, try decaffeinated teas and coffee or hot water with lemon. Eating foods high in water content also helps keep you hydrated.

⑦ Moisturize While You Sleep

Some skin tends to get drier than others. Thinner skin, such as that on our hands, feet, elbows, and knees, loses moisture faster than that on other areas of the body. Apply a rich cream or lotion to these areas and wear cotton gloves and socks to seal in the moisture while you sleep.

⑧ Exfoliate

Using an exfoliating mask on your face, hands, and lips will help your skin shed dead cells so moisturizers can penetrate more easily.

9) Avoid Toxins, Specifically Allergens and Irritants

"Particularly if you have eczema, dermatitis, psoriasis or very dry skin, you have to avoid allergens and irritants like parabens or phalates that may trigger a flare up. These preservatives are used in all skincare and makeup products except organic or natural product lines," says Gustavo.

10) Nourish Your Skin

Make sure you're getting enough vitamin C and zinc to support the healthy production of collagen and elastin. Also consider an omega-3 supplement or consume more fatty fish and flaxseed to give your skin the building blocks it needs to appear supple and smooth.

11) Change Your Cleanser

Cleansers can strip natural oils from the skin and leave it dry. "If you normally use a cleanser containing glycolic or salicylic acid, change it in the winter for a more hydrating version that contains moisturizing ingredients," says Gustavo. "After cleansing, immediately apply a hydrating toner that contains no alcohol, an anti-aging serum and a moisturizer to seal in moisture." ❖

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.



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BY RENEE SKLAREW



THE BLENDER GIRL

Shares her Tips on Making the Perfect Smoothie

I feel, I need, I crave. Those are the prompts on The Blender Girl's website. You might insert: I feel powerful, I feel tired. I need to detox. I crave something zesty. With any of these prompts, you'll receive six recipes for smoothies that are simple enough that a twelve-year-old can make them.

"When it came time to develop a website on food," explains Tess Master, also known as The Blender Girl. "I researched a lot of different things out there. I was looking at my blender and thinking about all the things I could do with it—sauces, smoothies, juices, soups, compotes, dips, condiments, pesto, ice cream—I started researching for about a year, and realized the blender is the single greatest culinary invention, because it levels the playing field in the kitchen. That means anybody with very little skill, and even less time, can make something nourishing."

Chai Tai Smoothie

Serves 2

- 1 cup (240ml) unsweetened almond milk
- 1 cup (240ml) raw coconut water
- 1/4 cup (43g) chopped pitted dates, soaked
- 1 teaspoon natural vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground cardamom
- Pinch of ground cloves
- 2 medium-sized frozen sliced bananas
- 1 cup (125g) ice cubes

Throw all of the ingredients into your blender (including any boosters), and blast on high for 30 to 60 seconds, until smooth and creamy.

Masters is an actor, lifestyle personality and cookbook author. Her goal is to help people better understand and access immune boosting nutrition. Masters' passion for healthy eating began when she was a teenager growing up in Australia and was diagnosed with Epstein Barr Virus. "I was thirteen, and I got chronic fatigue. At the time, there was not much to do but rest. That wasn't doing it for me," says Masters who is a whirlwind of energy and enthusiasm. A naturpath recommended she cut out gluten and dairy from her diet. Removing these categories of food, and focusing on a plant based diet, made her feel better. She saw food as a miracle medicine and decided to try a variety of diets. "I said to my mom, 'There's got to be something else we can do?' Something with food, diet, a natural remedy?"

"I tried macrobiotic diet. I followed vegan principles. I did paleo before there was paleo. I was grain free. I really was one of those annoying people who tried a new diet every six months," explains Masters. One day her father sat her down and said, "We are tired of hearing what you can and cannot have. Food should be fun," he told her. That statement was a "lightbulb" which led her to embrace flexibility not rigidity, leaving an extreme approach to food behind.

That also led her to the discovery of her favorite appliance, the blender. She has since developed 55 smoothie recipes working with a variety of testers including many children. Masters says she wants each person to be able to recreate these smoothies, "Why do I prescribe ingredients measured in cups? I want to make sure that when you make the recipes yourself at home, you can get a close approximation of what I'm tasting when I make it."

Having sampled a few of her smoothie recipes, I can attest to their creaminess and intoxicating flavors. Her smoothies are multidimensional, or as she describes it: "An incredible alchemy between ingredients." I met Masters recently at the Four Seasons Hotel in Washington DC, where she had helped develop The Spa Dining Menu; the hotel also offers Master's smoothies, like Mystical Mango Smoothie, on their breakfast menu.

Maybe you've made smoothies at home, but Masters' smoothies are different. She described some of her techniques that make them both smooth and nutritious. The following is a list of methods to help you expand your repertoire from making only



strawberry banana smoothies to smoothies that could change your life.

- First, Masters says, **finely chop up the fruit or vegetables** to get a high-water content. Choose a base, like frozen fruit, oranges, frozen cranberries, orange zest. Maybe you want to use vegetables instead? Vegetables like tomatoes, butternut squash and kale can be both savory or sweet.
- "Smoothies have to be creamy or frothy, not mealy, grainy or so crunchy you have to floss your teeth afterward," says Masters. "An important factor in the enjoyment of food is texture." To get frothy and creamy, Masters typically starts with **frozen fruit**, then adds avocado or nuts and some ice. "Flavored ice is a really good thing," she states. Take leftover juices, herbal teas or milk, and freeze them. Fruit gives flavor, and milk makes a smoothie creamy.
- Another way to get creamy texture is using **raw unsalted cashews**, rolled oats, cooked grain, as well as cooked vegetables like pumpkin, butternut squash, carrots, sweet potatoes even frozen zucchini (remove the peel). Dice them up, then freeze, to use later in your smoothie.
- **Add something green** like bok choy, spinach, kale, maybe some herbs. "Mix it up, don't use the same ones every day," recommends Masters. "Radish greens are the best kept secret in the smoothie

world. Cut off the greens, to get a slight peppery note."

- Special stuff happens is when you add **boosters**, Masters believes. Boost the smoothie's nutritional profile using protein powders, acai, goji berry, green tea, ginseng or flax. "I make thousands of smoothies, and you cannot taste it. Any more than a teaspoon, though, then you can taste it."
- **Spices and fresh herbs.** Masters adds both fresh and dry spices like ginger and turmeric. Many people don't feel like juicing in the winter. To warm things up, Masters adds fennel, cinnamon, cayenne pepper, chili and salt, because these ingredients have a warm flavor profile, and they enhance the flavor of vegetables.
- Another tip is to **freeze any bitter vegetables** like beets and leafy greens. When smoothies are really cold, it decreases the bitterness, and you won't taste them. She uses frozen cauliflower in her apple pie smoothies.
- **Add some acid and salt.** Masters says she adds a pinch of salt when using vegetables, and squeezing lemon, lime juice or balsamic vinegar to boost the tang as well as decrease bitterness.

To learn more tips and recipes from The Blender Girl, check out her website or on Facebook at The Blendaholic. ❖

Glamping Style

by Julie Holland

Tree houses are not just for kids. A "glamping" treehouse getaway is the perfect escape for friends, families, and couples alike.

Reconnect with nature; take a break from social media (when there's no service, you have no choice!); enjoy a cozy space that speaks to your inner child.

These are the two treehouse getaways that I recently enjoyed:

1) *Trillium Treehouse* (Linden, VA):

This is listed on airbnb and is a legit treehouse, built into a forest, high off the ground, with a whimsical interior. Be prepared to use a porta-potty and do some ladder climbing. Oh, and there's no electricity so enjoy the LED and fairy lights. Be prepared to hold off on instagramming 'til you leave, because there's little to no service (I actually emailed to ask if there was wifi before I realized there's no electricity haha), but it turned out to be a refreshing factor. It's located near the adorable town of Front Royal, so that adds a fun stop to the trip. If you want to have a movie night, make sure your computer is fully charged before you go, and pick up a DVD from a local redbox.

2) *Treehouse on Stilts* (Charlottesville, VA):

this house is also listed on airbnb and is less of a treehouse and more of a house on stilts. It looks like a cute log cabin inside, with a ladder up to the the loft area. It has a regular bathroom, but it's located outside of the house, just around the corner from the door (so no climbing down to the ground). This treehouse has electricity and wifi and is a short drive to downtown Charlottesville.



Here are a few suggestions on what to pack for glamping in style:

Camping shirt to be cheeky, like this t-shirt from Cut From the Heart Clothing, or this "happy gl camper" tank from It's Your Day Clothing.

Flannel shirt for looking outdoorsy in style. This one is from American Eagle.

Blanket scarf—wear it around your neck, curl up in it or use it for a picnic blanket. This plaid scarf is from ASOS, and J.Crew has some cozy options.

Felt hat for warmth and looking chic. Urban Outfitters has a nice selection.

Furry boho coat—this one pictured is from Shein.com, and Forever21 has nice choices, too

Cozy socks—these thigh highs are from Abercrombie & Fitch

Warm sweater fit for cabin life—Zara has you covered

Fashionable sweatshirt—this USA sweatshirt is from SweatyRocks, on Amazon.com.

Boots that slip on and off easily for all of those climbs down to the ground—look to DSW for these.

Stylish PJ set—Victoria's Secret has pretty matching sets of satin and flannel.

Fleece lined leather leggings for comfort and warmth—great for fireside nights. Shopbop is a great site to look for these.

Snacks that fit the theme, like these Wondermade Marshmallows.

Leather backpack because why not look extra fashionable while hauling things up to the house or packing a picnic? This faux leather style is from Yonder Bags.

Cute cooler for your food and beverages, if staying at a house without a refrigerator. Wayfair.com carries this pretty "Chill out" cooler bag.

External battery charger for your phone if you opt to stay at a treehouse with no electricity.

Happy glamping!



ASK AN EXPERT

Anti-Aging Breakthroughs

for 2018



By Ivana Donley
Licensed LME
Clinician, Medical
Laser Technician
at Astoria Laser
Clinic & Med Spa

Fractional Pixel and Clear Lift Lasers are the key to turning back the clock. Unlike traditional lasers which use a stamping or scanning technique, these lasers allow the clinician to treat the targeted area with high speed and elegant efficiency.

The fractional pixel pulses are triggered as the treatment tip is rolled across the skin, regardless of the speed at which the hand piece is moved. These modules accurately and consistently deliver a single row of seven pixels per millimeter and it creates thousands of microscopic perforations while leaving the surrounding tissue intact. In more detail, the Pixel laser light passes through patented optics to penetrate the skin with tiny thermal channels. These micro-injury sites begin healing and, as collagen remodels, scars begin to fade, and texture starts to improve.

If you are looking for a shorter downtime, ClearLift is a non-ablative approach to laser skin resurfacing. Clinicians are able to offer patients skin resurfacing treatments that are fast and virtually painless with visible results and no downtime. The innovative technology delivers a controlled dermal wound deep beneath the skin. The outer layer of the skin is left undamaged. All stages of healing and skin repair occur under the intact epidermis. This laser has numerous advantages, fast treatment time, no topical numbing is required and treatments can take as little as 30 minutes. It is virtually painless and patients report a comfortable, skin resurfacing experience. Unlike other laser treatments, patients can immediately return to their daily life style. Variable tip depths can also be used for a combination of work on the same area to customize treatment in problem areas. The tips give providers the levels of flexibility needed to transcend the skin barrier and address a variety of age related skin imperfections. The end result is an optimal outcome for the patient.

**Astoria Laser
Clinic & Med Spa**
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Vienna, Virginia 22182
(703) 992-9290
www.astorialaserclinic.com

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Dermapen Needling • ViPeel with Booster • Fractional Laser Pixel • IPL Laser
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Nonsurgical Facelift

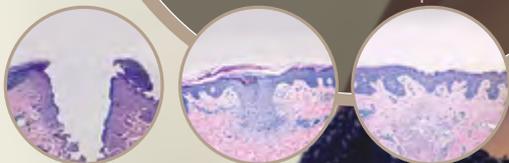
NEW AND REVOLUTIONARY TREATMENT WITH RADIO-FREQUENCY, ABLATIVE LASER AND MICRONEEDLE ALL AT ONE TREATMENT

For more info go to www.fractora.com

at Healthydermis

WHAT IS RADIO-FREQUENCY

Radio-frequency is the most advanced fractional treatment providing anti-aging improvements on skin tone and texture for a more radiant appearance through ablation and skin resurfacing—results guaranteed! Physicians can offer a versatile fractional treatment that can provide non-ablative to minimally ablative results up to 1 mm in depth.



Radio-frequency energy heats the skin in a controlled schema to remodel deep collagen and improve the appearance of the skin.

SEE THE EFFECTS

Radio-frequency can be used in areas that demonstrate fine or deep wrinkles, scars or discolored red and brown skin tone. The most common areas of treatment are the lower eyelid, upper eyelid, smile lines, cheeks, mouth, and neck.

FACE



before

after

FACE



before

after

LEGS



before

after

FACE



before

after

WHY CHOOSE RADIO-FREQUENCY

- ✓ Radio-frequency delivers improvements in the broadest range of symptoms of aging skin including fine lines, deep lines, texture, pigment irregularities, blood vessels, and redness.
- ✓ Radio-frequency offers improvements for aging skin that would normally require two, three or even four different technologies.
- ✓ Ablation of the skin promotes skin resurfacing while untreated skin between the pins promotes faster healing of the treatment tissue.
- ✓ Versatility of parameters allows the user to vary the depth of ablation, coagulation, and heating.

HOW IT IS DONE

The treatment delivers radio-frequency energy to the skin through an array of pins producing localized heat and small micro-lesion dots in the treatment area. The gentle heat generated by the radio-frequency pins in the sub-dermal tissue promotes collagen restructuring for skin rejuvenation and an improved appearance in the skin. The methodical scattering of micro-lesions allows the skin to heal faster than if the entire area was ablated. Active phagocytosis indicates healing at five days post treatment and new restructured collagen is observed in the deep dermis.



ABOUT THE EXPERT

Mabir Cruz Medical Aesthetician

Mabir Cruz was born in Barranquilla, Colombia. She is certified as a Licensed Medical Aesthetician, Licensed Aesthetic Educator and certified as an International Medical Aesthetician.

Mabir is an innate artist, lover of the world of beauty and glamour; she is passionate for life: she loves to help people find their satisfaction through the talent she has cultivated for 20 years, the art of aesthetics.

She inherited from her parents a taste for aesthetics. Since a very young age, she saw them perform in this industry, which awakened in her the same desire. She learned from her parents' work the sensitivity of the beauty of the human body, a life skill in their work that stands out in this industry.

At Healthydermis, certified licensed Medical Aesthetician Mabir Cruz makes her patients' dreams come true by taking each body as a canvas to transform beauty into art, utilizing the latest in safe and reliable technology and aesthetic procedures.

With 20 years of experience, Mabir works with each patient to design and craft protocols to achieve a new level of excellence in the aesthetics of visibly beautiful skin.

Call Mabir for your free, no obligation consultation today.

WHERE TO GET TREATED

Healthydermis

2944 Hunter Mill Rd., Suite 201
Oakton, VA 22124
571.502.0202

7230 Heritage Village Plaza, Unit 201
Gainesville, VA 20155
1.877.822.9281

www.myhealthydermis.com

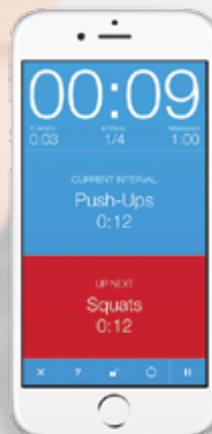
FIT BODIES

The Top 4 Apps for Staying in Shape

By Emma Blancovich

With the world today having so many apps, how can someone ever know which ones are actually worth the download? It is important to keep up a healthy and fit lifestyle and thankfully today's apps help us get there, so I have looked into the best 4 apps for keeping a fit lifestyle and they are listed below in no order. Whether you are a runner, a yogi, or someone working on strength training, there are apps out there for you to use to help you achieve the lifestyle you want.

Each app below focuses on a different aspect of living a fit and healthy lifestyle and are definitely worth the download; some are free and some cost money, but it is up to you which one would benefit you the most. I know that for me I can never beat the traffic in the DMV with enough time to make it to the gym in the evenings, so paying for apps to help keep me in line with my workouts works just fine for me. There are plenty of great free apps too; some are listed below:



THE SECONDS PRO INTERVAL TIMER

The Seconds Pro Interval Timer is a great app for making up your own routines and being your own personal trainer. If you already have a routine that you like and sets of the exercises you know you like to do, but cannot afford a trainer or simply do not have the time to get to a gym, then this app is ideal for you. You create your workout routines and it times all your workout schedules out for you. It is priced at \$4.99. www.intervaltimer.com



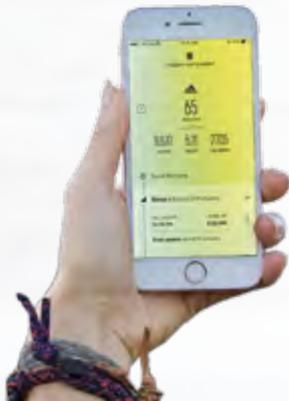
PEAR SPORTS APP

PEAR is an app that turns your fitness data into your personal coach! If you do not happen to know the slightest thing about how to set up a workout or need to have a physical trainer in front of you to actually get a workout done, this app comes packed with trainers, some even professionally known, that will coach you throughout the hardest of fitness routines. You also can choose fitness routines ranging from cycling to running and boot camps. This app is priced at \$5.99. www.pearsports.com



RUNTASTIC RESULTS

Runtastic Results is free and actually a great app for beginners who want to learn the best and fastest ways to gain muscle. You tell the app what your specific goals are and it generates a strength-training program that is geared specifically to helping you achieve your goals within a set time frame. It also has videos that show you what each strength training exercise looks like, to ensure you do not pull a muscle by of doing one incorrectly. www.runtastic.com/en/results



ADIDAS ALL DAY

The Adidas All Day fitness app is a good one because, not only is it free, but it has you log in your workout sessions and sleep, so that it can help keep you mentally fit as well. Working out can be draining, so this app sends you meditations and specific types of yoga that you can do to incorporate with your workout sessions during the week as well. www.adidas.com/us/allday



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Contributing Writer to
Le Nouveau Moi Magazine

www.mbfacedesign.com

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Red Rose Beauty Center offers nonsurgical procedures that you can get in 30 minutes—over your lunchbreak—that will give you the younger, more radiant look without the risks and costs of surgery or downtime including **IPL laser skin rejuvenation, hair reduction, pigmentation correction, and spider vein reduction** and **Juvéderm®** and **Latisse**.

Dr. Sitta of the Red Rose Beauty Center is a Board Certified doctor with certification from the Aesthetic Advancements Institute—see his highly-rated reviews on Google and Yelp.

Special Offers for the New Year!

Available January 1st through February 7th, 2018

IPL: buy one session for **\$225**,
or three sessions for **\$599**

Botox: 20 units for **\$199**

Volbella; **\$350/syringe**

Juvederm: **\$525/syringe**

Latisse: **\$125/3ml**



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2018 JANUARY/FEBRUARY STYLE

BLING IN THE NEW YEAR...



1



2



3



4



5



6

- 1) Broadway velvet mini bag
www.Gucci.com
- 2) Antonietta Bib Necklace
www.Anthropologie.com
- 3) Inglot-O2M Breathable Nail Enamel
www.InglotUSA.com
- 4) Rose Strass Velvet Bootie
by Roger Vivier
www.NeimanMarcus.com
- 5) Poudre Lumiere–
Highlighting Powder
www.Chanel.com
- 6) Dauphine Leather Belt
www.DolceGabbana.com



GADGETS, GOODIES AND GIZMOS

BY LAUREN SIMMONS



KEYSOCKS

www.keysocks.com

Keysocks are better than simple footies and don't show like full socks. They're an ingenious combination of both. You can now wear foot protection for ballet flats as well as heels—they don't show and stay in place. So versatile!



WATERPROOF DOG LED LIGHT SAFETY DOG COLLAR

www.Novedety.com

Perfect for dark winter nights when walking Rover. This rain- and wear-resistant nylon LED-light-flashing collar can be used with a harness and with a regular leash. Make sure you're seen in the night.

OPEN SESAME BOTTLE OPENER

www.us.amara.com

Bring unique design to your home bar with this Open Sesame bottle opener from Skultuna. Crafted from sand cast brass, this bottle opener features an open mouth design and has a highly polished finish. A charming addition to any home, this bottle opener also makes a great gift idea for the discerning drinker and lovers of Swedish design.



MAGICLEAN™ MAKEUP BRUSH CLEANER & DRYER

www.GearQuake.com

Cleans eight different sizes of makeup brushes in seconds, dries just as fast. Keep your expensive brushes in mint condition. Prevent bacterial build-up and maintain healthy skin.

NOTABLE DRY ERASE PAINT

www.BenjaminMoore.com

With Notable Dry Erase Paint on your walls you can grab your dry erase marker and let big ideas spring up anywhere.

Great for use in either residential, professional, or commercial interior space, Notable supports the concept that great ideas can surface anywhere. Notable comes in classic white for the whiteboard look or clear to transform multiple surface types into a dry erase board.



BEAUTY MUST- HAVES

By Marta Bota

www.mbfacedesign.com

When it comes to looking gorgeous from head to toe these must have products will help you do the trick! Here are some of my personal favorites!

HAIR

STYLING PRODUCTS In order to keep your tresses looking shiny and sleek, in any weather, try **Humidity Rx Anti-Frizz Weatherproof Spray** by ColorProof! It won't tamper with your hair color if you dye it and helps you maintain your style all day long, even in humid climates! This lightweight spray locks in your style while locking out humidity and doesn't feel stiff or sticky!

ROOT COVER For perfect color every single day use **COLOR WOW Root Cover Up!** This amazing hair "makeup" camouflages roots in between color. It covers grey instantly and dark regrowth on lightened or highlighted hair! This pigmented hair powder is light reflective and looks so natural. It has staying power so it won't come off until your next shampoo! It also works really well if your hair is thinning. Dab some on your scalp at your part and hairline and voila, your hair instantly looks fuller!



Humidity Rx Anti-Frizz Weatherproof Spray by ColorProof



COLOR WOW Root Cover Up

FACE

SUNSCREEN I can't stress enough how important it is to use sunscreen daily all year round! A great sunscreen with the added benefit of a moisturizer is **Murad Essential-C Day Moisturize Broad Spectrum SPF 30 PA +++**. This product packs a powerful punch! It protects, moisturizes, and nourishes the skin with the skin brightening ingredient of Vitamin C!

CONCEALER If I'm ever stuck on a deserted island the ONE ESSENTIAL I would want to have with me at all times would be my concealer! My all-time absolute FAVORITE winner, hands down, is **Cle De Peau Beaute Concealer Broad Spectrum 25**! This concealer delivers long lasting, full coverage! It corrects dark pigmentation, under eye circles, imperfections, and uneven

skin tones. It's very concentrated so a little goes a long way, as it gives a seamless finish without looking or feeling heavy! I love the extra benefit of sun protection!

BROWS Full, beautifully groomed eyebrows are a growing trend that's not going away any time soon! The great news is that, even if you don't have great brows to start with, there are so many amazing products to create a beautiful brow! **Anastasia Beverly Hills** are known for all their great brow grooming products from pencils to gels, to stencil kits, and more! There is such a wide variety of textures and color choices in their products that you just can't go wrong!



Murad Essential-C Day
Moisturize Broad Spectrum
SPF 30



Anastasia Beverly Hills Brow
Grooming Kit



Cle De Peau Beaute Concealer
Broad Spectrum 25

BODY

We tend to focus more on taking care of our face than our body. Most women neglect delicate areas that are sure to show damage when not cared for. The neck and décolletage, as well as the hands are often overlooked and will give away your age immediately! A little TLC will go a long way! **Merle Norman Brilliant C** skin care line has a wonderful cream for the neck and décolletage, and PLEASE remember to use sunscreen on these areas daily! Prevention is just as important as upkeep!

For hands I love **The Body Shop Almond Milk & Honey Calming & Protecting Hand Cream**! It's infused with real honey and almond oil and is just what your hands need to keep them happy through the harsh winter months! I love to slather some on my feet before bed to keep my feet silky smooth too!



The Body Shop Almond Milk
& Honey Calming & Protecting
Hand Cream



Merle Norman Brilliant C

Lauren *Simmons*

Name and occupation.

Lauren Simmons

Business Operations Consultant and Owner of FineLines Furnishings Design Studio. We're also really excited because we just recently launched our Virtual Staging services.

What is your biggest beauty splurge that you deem necessary?

That would probably be maintaining my hair. I've gone to Fery at Dolce Vita Salon at the Galleria for the last 10+ years and am very happy with her. She's always updated on the latest techniques and is the nicest person you'd want to meet.

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

That would probably be mascara and some face powder and blush. You never know where the day will take you.

What is your workout pick?

I'm a big yoga fan, that, and lifting weights. I've put together a great Spotify playlist for the gym that keeps me going.

What is your view on diet?

I try eating non-processed foods as much as possible and am cooking a lot more these days. I enjoy vegetables and try keeping everything in moderation.



Makeup by Merle Norman
Hair by Fery at Dolce Vita
Fur courtesy of Miller's Furs

COSMETICS

Hello Beautiful 703.942.8988

2106 B Gallows Rd., Vienna, VA 22182
www.hellobeautifulstudio.com

With over ten years of experience in the beauty industry, Hello Beautiful specializes in aesthetic and makeup services, so let them help you customize a look for your special day. Group and private makeup classes are also available for amateurs and professionals alike.

Merle Norman 703.938.6644

(Please see ad on page 40)
401 Maple Ave. E., Vienna, VA 22180
www.merlenormanstudio.com

For years, women have relied on Merle Norman to meet their Skin Care and Color needs, because there really is a difference. Their Staff is carefully trained and dedicated to helping you select the products that are right for you. Their long-term commitment to personalized service and a unique philosophy of "Try Before You Buy" is your assurance of satisfaction.

HAIR

Calypso Salon 703.319.9101

424 Maple Ave E, Vienna, VA 22180
calypsosalon.business.site

Find hair artists who will create a style that is uniquely yours. Calypso Salon is one of the few salons in the area featuring the Calligraphy Cut for a soft look with remarkable fullness.

Colour Bar Studio 703.848.2000

(Please see our display ad on page 25)
8100 Boone Boulevard, Suite 115,
Vienna, VA 22182
www.colourbarstudio.com

Our team of hair artists will create a style that is uniquely yours. It all begins with the consultation: hair type and texture, face shape, stature and even lifestyle are considered as we design a new you.

Noufal Haircolor Salon 703.893.7711

8605 Westwood Center Dr, Ste 160
Vienna, VA 22182
www.noufalhaircolorstudio.com

At the Noufal HairColor Studio in Vienna they like to give back! That's why they've created the Noufal Loyalty Point Reward System where you can have a chance to earn free gifts and more. As a member, you will be able to take advantage of all the extra perks Noufal HairColor Studios have to offer.

Jus B Salon 703.435.0015

Lake Anne Plaza, 1606 N. Washington Plaza,
Reston, VA 20190
www.jusbsalon.com

Bonita Pines is a master stylist, Wella color specialist, Wella Educator and makeup artist.

Specializing in all hair of every ethnicity, she believes that it is important as a stylist to listen and care for the hair of each client turning their dreams into reality. With over 12 years of experience, she has developed products that are perfect for any type of hair.

Salon Jean Paul 703.448.0272

8201 Greensboro Dr, McLean, VA 22102
www.salonjeanpaulcolor.com

Salon Jean Paul is committed to being the best in a whole new concept of coloring, highlights, cuts and styling. Salon Jean Paul strives to provide outstanding customer experience, where each client gets the undivided attention they deserve and possesses artistic imagination along with the years of experience with hair styling and hair coloring to ensure your satisfaction.

SKIN & BODY

Aesthetica 703.729.5553

Riverside Office Park at Landsdowne
19500 Sandridge Way, Suite 350,
Leesburg, VA 20176

www.gotobeauty.com

Dr. Chang has dedicated his efforts at Aesthetica to offering a unique plastic surgery experience to his cosmetic patients. At Aesthetica, minimally invasive cosmetic procedures are emphasized in a facility that blends a spa-style pampering and state-of-the-art cosmetic surgery.

Astoria Laser Clinic & Med Spa 703.992.9290

(Please see article on page 82
and display ad on page 83)

2106 Gallows Rd, Vienna, VA 22182
www.astorialaserclinic.com

Ask us about FDA-approved procedures like BOTOX®, laser hair removal, photorejuvenation, fraxel, Clear & Brilliant, microdermabrasion, Cool Sculpting, skin tightening and other services.

Aesthetic Medical Center 703.992.7979

8150 Leesburg Pike, Suite 820
Tysons Corner, VA 22182

www.aestheticmedctr.com

The Aesthetic Medical Center is committed to providing our patients with the most advanced techniques, products, and technology in aesthetic medicine and laser surgery. They offer a wide range of injectable and laser treatments for skin and soft tissue renewal.

Plastic Surgery & Associates 703.790.5454

1300 Chain Bridge Road
(at Dolly Madison Blvd)
McLean, Virginia 22101

www.plasticsurgerymclean.com

Dr. Csaba L. Magassy is one of the Washington area's best-known and most highly regarded plastic surgeons. Specializing in surgical and non-surgical procedures, Dr. Magassy has helped

thousands reach their cosmetic goals. With over twenty years of experience, Dr. Magassy has achieved the ability to reflect nature's most beautiful work in each of his patients.

Radiance Salon & Medi-Spa 571.333.3005 (Leesburg)

19305 Winmeade Drive
Leesburg, VA 20176

703.723.4600 (Ashburn)

43150 Broadlands Center
Ashburn, VA 20148

(Please see ad on page 74)

www.GoToRadiance.com

Radiance brings together highly trained Hair Stylists, Master Estheticians, Massage Therapists, Nail Technicians, and Registered Nurses so that our highly discerning clients can receive a complete beauty package and leave feeling revitalized and beautiful.

Red Rose Center 703.646.2321

(Please see ad on page 87)

462 Herndon Parkway, Suite 101,
Herndon, VA 20170

www.redrosecenter.com

Red Rose Beauty Center offers nonsurgical procedures that you can get in 30 minutes—over your lunchbreak—that will give you the younger, more radiant look without the risks and costs of surgery or downtime including IPL laser skin rejuvenation, hair reduction, pigmentation correction, and spider vein reduction and Juvéderm® and Latisse.

WellMedica Aesthetic & Anti-Aging Medicine 703.787.9866

(Please see ad on page 75)

1801 Robert Fulton Dr. Suite 540 Reston, VA
20191

www.wellmedica.com

Offering a diversity of treatments and services, WellMedica is dedicated to providing you with the latest technologies available today. Dr. Dima Ali, President and founder of WellMedica, combines artistry with medicine and a deep commitment to your satisfaction. She concentrates exclusively on nonsurgical procedures to enhance, shape and improve the face and body. Dr. Ali believes that looking good should be pleasurable and affordable.

Woodhouse Day Spa 571.577.2775

(Please see ad on page 13)

1603 Village Market Blvd., Suite 116
Leesburg, Virginia 20175

Leesburg.WoodhouseSpas.com.

Holding a deep belief that health, wellness, and beauty are intricately linked, Woodhouse offers comprehensive spa services in massage, facials, body treatments, expert manicures and pedicures, sleep treatments and relaxation experiences.



Finding your fitness home is challenging and exhausting, and that's before you even start the workout. Fitness Together is excited to say: Welcome home! It's time to start training.

Tyson's premier one-on-one personal training studio, Fitness Together is dedicated to the health and overall well-being of every member of this great community. They are pleased to offer personalized training plans that will get you on the right track to achieving your goals and empower you to live a healthier and happier lifestyle.

Each individual who trains at Fitness Together in Tysons is so much more than a client, they are a family member. "In our family, we prioritize the needs and abilities of one another to design and implement a fitness regimen that will deliver desired results," states studio manager Tom Bohlin. "Each personal training session is led by a nationally certified personal trainer who has years of experience transforming your neighbors into their healthiest version."

Their personalized programs also include Nutrition Together, a proprietary program that designs a nutrition plan for each individual that aligns with their personalized training program. The ability to deliver you a training program that mirrors a proper nutrition plan is vital to help you reach the goals you have set out to attain. With almost every training program designed, they incorporate Cardio Together, the Fitness Together commitment to utilizing cardio in your training regimen. The well rounded approach they take allows them to properly tailor each program to your needs.

Every aspect of Fitness Together's commitment boils down to their mission: To enhance the lives of others and build relationships through the experience of Fitness Together. Come join our family, we have plenty of room in your new fitness home.

Fitness Together

(703) 289-9909

8300 Boone Blvd #160, Vienna, VA 22182

fitnesstogether.com/tysons



Client Success Story:

"Fitness Together has been a huge influence in my life. I was pretty much a couch potato at age 55 and I said to myself, "you know, you need to change your life!" Now for the past almost-four years, twice per week I'm here at 6:00 in the morning. There's no way I'm not going to be here. I've lost 30 pounds. Quit smoking. I actually run in the trails now. It's been...huge. The relationship with the trainers becomes a really personalized one—you really get to know each other. It's a wonderful place. They'll do the job. And you need it!"

-Mike Terry

59 years young



Client Success Story:

"I think one of the things that I like best about Fitness Together is that I can work one-on-one with a trainer who really is knowledgeable about what I can do. That's what we've always focused on here—what I can do instead of what I can't do. I've been coming now for 5 years. I started with a debilitating back injury; and I started working with the trainers here who have helped me on this journey...I not only lost 30 pounds which was a bonus; but I'm in the best physical shape that I've been in—ever. And I feel great. It has been the best investment that I've ever made in my health and fitness."

-Sheila Rohal

56 years young



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THE RESIDENCES
LIGHTHOUSE COVE ~ DEWEY BEACH

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Dr. Jonathan Dalton



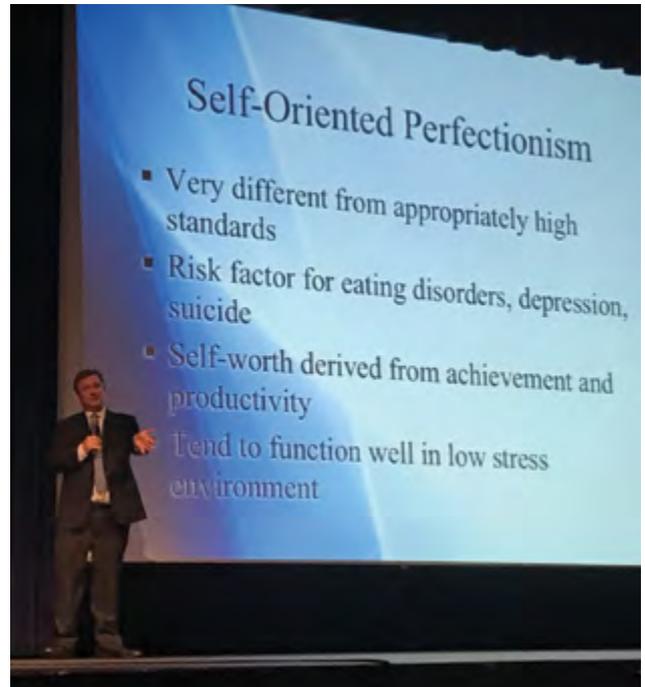
FCPS MENTAL HEALTH AND WELLNESS CONFERENCE

Fairfax County Public Schools held the 4th annual FCPS Mental Health and Wellness Conference on Saturday, October 21, 2017. Dr. Scott Brabrand, FCPS Superintendent, opened the conference, and Dr. Jonathan Dalton, from the Center for Anxiety and Behavioral Change, was the keynote speaker. Participants in this conference, which was free to staff, parents, and community members, were able to choose from 40 breakout sessions (many offered more than

once) that discussed topics regarding child and adolescent stress, coping with anxiety and anxiety disorders, parenting strategies, and Cognitive Behavioral Therapy. Additionally, there were over 50 resource tables available, representing public and private offices and agencies providing wellness-related services within our schools and community. ❖



Dr. Scott Brabrand



- Self-Oriented Perfectionism
- Very different from appropriately high standards
- Risk factor for eating disorders, depression, suicide
- Self-worth derived from achievement and productivity
- Tend to function well in low stress environment



BY MJ CINCOTTA

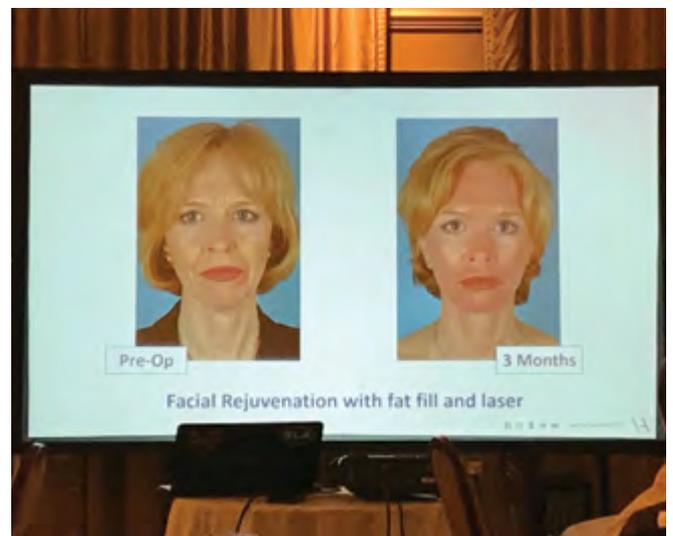


AUSTIN-WESTON OPEN HOUSE AT WESTWOOD COUNTRY CLUB

Austin-Weston, The Center for Cosmetic Surgery had their Open house at the Westwood Country Club last November. Over 100 attendees enjoyed passed hors d'oeuvres and beverages during Dr. George Weston's and Dr. Robert Sigal's educational presentation. The presentation detailed the remarkable patient studies and transformations that the surgeons at Austin-Weston are able to achieve. The before and after photos were a true testament to the natural-looking results the doctors strive to attain. "You don't want to look different, you want to look like yourself—just younger," said Dr. Sigal. Once patients are committed to go through with the surgery, the doctors come up with the highly personalized plan. If it is a facelift, they address the face as a whole, as they commented that nothing looks worse or more unnatural than doing just half your face.

With their combined 75 years of experience in the very select niche of cosmetic plastic surgery, Dr. Weston, Dr. Sigal, Dr. Byron Poindexter and Dr. Christopher Knotts are experts in their field due to the hundreds of cases they perform over the course of one year. "When you choose a plastic surgeon, you don't want a doctor that has done the procedure a few times before—you want a doctor that has done the procedure hundreds of times before," said Dr. Weston. And in their case, they have done the procedures so repetitively that they have perfected their craft to a higher level of refinement than other cosmetic surgeons.

If you have an interest in attending their next open house or would like a complimentary consultation, you can visit www.austin-weston.com or call (703) 893-6168. ❖



WINTER ACTIVITIES *for the whole family*



Winter is a great time to spend with your family, indoors and outdoors, with snow or without snow. People think of summer as being the perfect time to enjoy family since the kids are out of school and you can do more outside, but there is plenty to do when the air is chilly and the fire is warm. Try some of these suggestions this year, and enjoy what our area has to offer.

Lace Up the Skates

An old favorite, but nonetheless still a favorite. Ice skating brings out the child in all of us and is a perfect activity for kids too. Grab some skates, throw on your coat and scarf, and test your balance. The kids will love gliding and sliding around with their parents; they'll have a great time outside and seeing everyone together. Need some suggestions? Try **Pentagon Row** in Arlington, **Fairfax Ice Arena** in Fairfax, or **Mount Vernon Rec Center** in Alexandria. There are many others too!

Roll the Dice

Too cold outside? Maybe it's snowing and you want to stay in. Well then, turn that TV off and break out the games! There are so many varieties these days that you can get the whole family involved, even the dog or goldfish. Games are a fun way to test your trivia, acting, artistic, and even strategic skills. There are also games that are educational for kids, and adults too. Don't have any games? Visit **Child's Play** in McLean, or go to the many shops in the **Tysons Corner Center** that have a plethora to choose from.

Drama vs. Comedy

Nothing works better for interaction than acting. With all of the local theatres and schools in our area, there is a never-ending stream of fabulous plays and shows. You can go out and watch these productions but don't forget that you can also get involved. Check with your local schools and get you and your kids involved, or visit places like **1st Stage Theater** in McLean, or **Jammin' Java** and **Wolf Trap** in Vienna, and enjoy their performances all year long.

Sports with a Roof

Does your family love to play sports during the summer? It doesn't have to stop with the season, continue that fun during the winter. Many local places offer indoor activities such as tennis, swimming, soccer, rock climbing, basketball, you name it! Splash around in the pool with your kids, teach them how to play tennis, climb up a rock wall with them, they'll love being able to get out and be active with their parents! Visit one of the many gyms in the area, or the **Spring Hill Rec Center** in McLean, they even have a Wallyball court!

Hit the Slopes

Grab your gear and head to the mountains! Skiing and snowboarding is a great all-around activity that everyone in the family will enjoy, even the little ones. Many mountains also offer tubing, which will bring the adrenaline junkie out of you. Not a fan of skiing? You and the kids can still enjoy the slopes by hiking, snowshoeing, sledding, or savoring a hot cup of cocoa by the fire. With several options around

Virginia, you'll have an impressive list to choose from for a fun getaway.

Take in Nature

Even though we live in a metropolitan area, there is still plenty of open space to enjoy. Great effort has been made to preserve our forests and land so get out there and go for a nature walk, breathe in the crisp air, listen to the wildlife hustle and bustle, and enjoy the quiet. The forests are a very different ecosystem during the winter, and are just as wonderful as the summertime. Teach your kids about our forests and how important they really are to us; they'll appreciate every minute.

Learn Something

Enhance your nature walks by enjoying time at the many nature centers and conservancies around us. The kids will be fascinated by the animals they can interact with, and they will love the exhibits that have been painstakingly put together by the centers. You may also pick up a few little tidbits that you never knew before; the interaction and education will be enjoyed by all in the family. Stop by the **Jerome Buddie Ford Nature Center** in Alexandria and **Gulf Branch Nature Center** in Arlington and see what they have to offer.

LIBERTY MOUNTAIN RESORT



With sixteen trails and slopes placed along two sides of the mountain, Liberty Mountain has a very diverse layout that offers a wide variety of terrain for each guest. There are beginner slopes which are gentle and easy to learn on, as well as many groomed and challenging intermediate slopes. They actually have the most expert terrain in the area. Liberty Mountain Resort also offers several levels of terrain parks ranging from beginner to expert for skiers and boarders. Enjoy a stay at the Liberty Mountain Hotel with 99 comfortable guest rooms or stay in one of the nearby inns or hotels. Located only 60 miles from the DC area, Liberty Mountain will be a great place to stay this winter.

Carroll Valley, PA

www.libertymountainresort.com

Season: Dec-March
Summit Elevation: 1190 ft
Annual Snowfall: 45 inches
Skiable Area: 100 Acres
Number of Lifts: 8
Number of Trails: 16
Longest Run: 5200 ft
Easiest: 35%
More Difficult: 40%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

WINTERGREEN SKI RESORT



Located less than three hours from Washington DC is the scenic and appealing Wintergreen Resort. This stunning vacation spot is applauded for their seasonal skiing, snowboarding, and snow tubing activities, as well as full-service spas, luxury accommodations, and gourmet dining options. Upon deciding to book a vacation here, you can choose from various housing options including villa-style condos and rental homes that overlook the picturesque Blue Ridge Mountains. Whether you choose the simple and quaint studio suites, or one of the more elaborate seven-bedroom homes, each housing option offers a fully furnished kitchen and a comfy living room-most of which offer fireplaces, balconies, and decks.

WHITETAIL RESORT



Their goal at Whitetail Resort is to provide a total recreational experience so enjoyable that their guests choose to return again and again. With improvements coming each year, the resort now offers more trails, more lifts, two terrain parks and plenty of amenities for recreation and relaxing – 2 dining areas, snack shop, Starbucks café, and sport shop. Night skiing and snowboarding is offered every evening until 10 PM. From skiing and snowboarding to snow tubing you'll have a blast with the whole family. Places to stay around Whitetail include everything from a cozy bed and breakfast to roomy hotel suites, and all are located in close proximity to the slopes. Whitetail is located just 90 minutes from DC.

Mercersburg, PA

www.skiwhitetail.com

Season: Dec-March
Summit Elevation: 1800 ft
Annual Snowfall: 40 inches
Skiable Area: 109 Acres
Number of Lifts: 7
Number of Trails: 21
Longest Run: 4500 ft
Easiest: 22%
More Difficult: 53%
Most Difficult: 25%
Expert Only: 0%
Terrain Park: Yes
Tubing: Yes

Wintergreen, VA

www.wintergreenresort.com

Season: Dec-March
Summit Elevation: 3515 ft
Annual Snowfall: 40 inches
Skiable Area: 129 Acres
Number of Lifts: 7
Number of Trails: 26
Longest Run: 7392 ft
Easiest: 23%
More Difficult: 35%
Most Difficult: 21%
Expert Only: 21%
Terrain Park: Yes
Tubing: Yes

The spacious Brooks-Griffith kitchen/ great room in McLean replaces the original 20 year old galley-style original. As the new heart of the house, L-shaped “open” plan is linked to the backyard through French doors, to a deck and screened porch, and to the new formal dining room via a butler’s pantry. It also segues to a front-facing family room with hearth, and to the foyer. As the largest gathering place in the house, it is ideal for entertaining.



BY JOHN BYRD

BEFORE (at right). The footprint of the home's original galley kitchen was incorporated into a substantially enlarged “open” plan. To connect the new addition to the existing house, remodeler Michael Nash removed 22 feet of the rear elevation, supporting the second floor with a steel beam mounted on vertical supports.



Rear Elevation Solution

MAKES CRAMPED HOUSE FEASIBLE FOR GROWING FAMILY

How Master Designer/Remodeler Sonny Nazemian Finds Useful Square Footage In Places Others Overlook

Robert Brooks and Julie Griffith had occupied their 2,800 sq ft Colonial in McLean for over 20 years. In time, the house had proved an ideal place to raise a family, but as the two children grew, it had gradually come to seem inadequate. Recognizing that the good local schools and easy commute to work would be hard to replace, the couple had decided against shopping for a larger residence further out. Enlarging the existing house was a consideration, but what plan would work?

There was much about the existing house that called for improvement. The kitchen was small, dark and dated. The original U-shaped kitchen counter, which incorporated the range oven and the sink, made it difficult for the cook to move freely into other rooms when entertaining. Storage was limited. Circulation between the kitchen and other first level rooms often caused traffic jams.

Upstairs, the master bathroom was too small; floor space in a teen daughter's bedroom was hardly large enough to accommodate a work station.

A first floor laundry room behind the garage was vexingly inconvenient for two time-pressed working parents. A powder room just outside the family room was, likewise, in the wrong place.

All of these factors taken into account, an addition on the rear elevation seemed to offer a practical space expansion plan.

But the bigger question was: what scope of changes would the family budget allow, and how could such a long list of desired modifications best be integrated into a whole greater than the sum of the parts?

As the unanswered questions accumulated, Sonny Nazemian, chairman and founder of Michael Nash Kitchens and Homes, entered the scene.

“Several design strategies appeared applicable from the start,” Nazemian reflects. “A solution that integrates newly-built square footage with a thoughtful reconfiguration of interior space can offer a significant lifestyle enhancement. As remodelers, we look for an architectural context that will allow us



(Above) Multicolor wood flooring in a basket weave pattern lends style and definition to the revised front foyer. The archway into the living room, widened by ten feet, makes the foyer seem substantially larger. Pocket French doors surrounded by built-in bookcases add both function and elegance.

(At left) The butler's pantry is situated between kitchen and the new formal dining room

(Below) The screen porch with decorative decor is accessed from a door off the dining room—a comfortable spot to take in the air.

to re-deploy out-of-date floorplan features while introducing an alternative that better accommodates individual requirements and the family's social needs. We have found there's very broad interest in this approach to remodeling—especially in the close-in neighborhoods.”

Taken as a whole, the Brooks-Griffith program called for two separate additions on the rear of the house. The new construction would be integrated into a whole house remodel that would include a new front facade and new siding on the entire exterior.

A 12' x 24' two-level addition in the middle of the rear elevation would house a first floor kitchen/family room suite integrated with the existing kitchen's footprint as well as a second level master bedroom suite with spa bath and walk-in closets.

Meanwhile, a smaller (8' x 24') one level hyphen linking the garage and kitchen was designed to accommodate a mudroom and added storage as well as a new powder room.

A small grilling deck accessible from the kitchen segues to a screen porch built on a side elevation. The porch is also linked to the formal dining room via a side door.

In short, a perfect platform for fair weather entertaining.

To better integrate the two-level addition into the existing house, a 22-foot section of bearing wall was removed on the rear



elevation. A structural beam flush with the existing perimeter and mounted on vertical I-beams now provides support for the second floor. The solution offers a seamless interface between the home's new and old sections.

“The structural solution invites an open, transitional-style interior design,” Nazemian observes. “Sight lines are extended and the square footage is enlarged dramatically, yet formal design elements define activity zones that are functionally self-contained.”

The first level plan, moreover, allocates square footage needed for both an expansive L-shaped gourmet kitchen and a butler's pantry between kitchen and new formal dining room.

The food prep island is visual linked to the hearth in the front-facing family room. Large kitchen windows and double French doors, likewise, invite abundant natural light in all directions. French doors open into the spacious back yard, offering a comfortable indoor/outdoor component.

To augment first level visual continuum, the wall between family room and kitchen was replaced with a large food preparation island and dining counter.

Equipped with a sink, dishwasher and glass-facing display cabinets, the marble-surfaced island dominates the open space. Overhead, two glass and chrome chandeliers balance the composition.



(Above and middle) A one level hyphen linking the kitchen/great room to the back of the garage accommodates a mudroom and a new power room. From the garage one now enters the house through the mudroom.

(Below) The 5'x 10' marble- surfaced food preparation island is equipped with a wine-refrigerator, a prep sink, a dishwasher and glass-facing display cabinets. It also provides stool seating for four.



A small refrigerator built into the island faces into the breakfast room; from the family room side, the built-in affords easy access to TV and media equipment. The island also offers stool seating for four, and buffet-style counter space.

Despite its many amenities and functional work triangles, the kitchen/great room abounds in interactive gathering zones well-suited for entertaining.

White cabinetry and soft marble surfaces present a bright lively finish. Soft subway tiles and blue-tint glass tile recede softly into a French country ambiance.

Naturally-stained wood floors installed throughout the entire first floor reinforce an uplifting interior style.

Upstairs, extensive modifications provide sweeping lifestyle benefits.

There's a larger master bedroom suite with a 130 square foot walk-in closet.

The new 230 square foot master bathroom boasts a whirlpool tub with a view of the back yard, a large marble shower stall, a

double vanity, marble floors and lots of storage capacity.

Linen cabinets and a walk-in closet with small windows located just outside the new bathroom provide ample wardrobe space.

For added convenience: the second floor bathroom has been converted into new laundry room—an easy reach from bedrooms, bathroom and closets.

The teenage daughter's room has been enhanced by an 8'x8' sleeping alcove built over the screened porch, a modification that provides the square footage needed for a larger work station and a walk-in closet.

At the front of the house, the formerly cramped front foyer has been tastefully refurbished. Multi-color wood flooring in a basket weave pattern lends definition. The archway into the living room—widened by ten feet—makes the foyer seem substantially larger. Pocket French doors surrounded by built-in bookcases have been installed between foyer and living room adding both function and elegance.



After opening up the existing home's rear elevation, Michael Nash added a 12' x 24' two level addendum in the middle of the rear elevation and one level hyphen linking it to the rear of the garage. Decking and a screen porch complete the modification. The entire exterior has been re-sided in Hardiplank.

Distinctive finishwork touches are everywhere. There's crown molding throughout the first and second floors; shadow boxing in the dining room, hallway and stairway; wood flooring in the master bedroom and closet; new carpeting on the rest of the second floor among many upgrades.

Outside, old siding has been replaced with Hardie plank, trim, and fascia board; windows, gutters, roof and downspouts are also new.

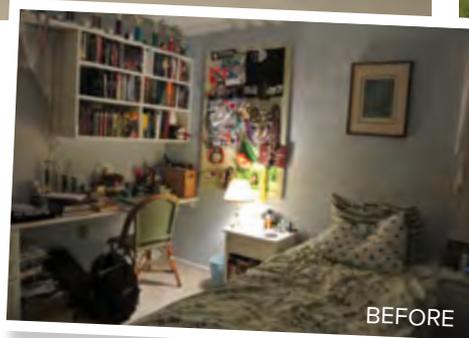
New exterior windows in varied shapes and sizes combined with angular corners in selected roof lines enhance curb appeal.

The front door is now framed by an arched portico with square columns; a new flagstone walkway links the front door to the driveway.

"As remodelers, we are particularly pleased when we can find budget-sensitive ways to help owners stay in a neighborhood where they've established their roots as a family," Nazemian says. "In this case, we've enhanced the charm of the original house—but it is much more functional and presentable. That's the outcome we seek."

For information: 703/641-9800 or MichaelNashKitchens.com ❖

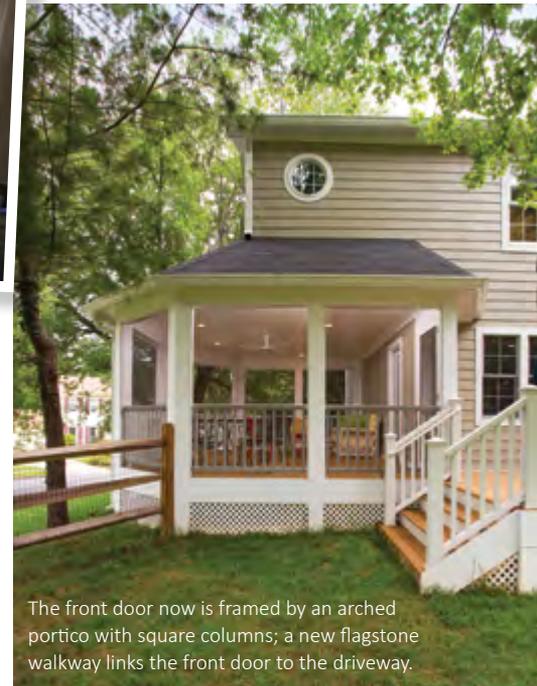
John Byrd has been writing about home improvement for 30 years. He can be reached @ 703/715-8006, www.HomeFrontsNews.com or byrdmatx@gmail.com. Send photos of interesting remodeling projects to <http://b2b@homefrontsnews.com>



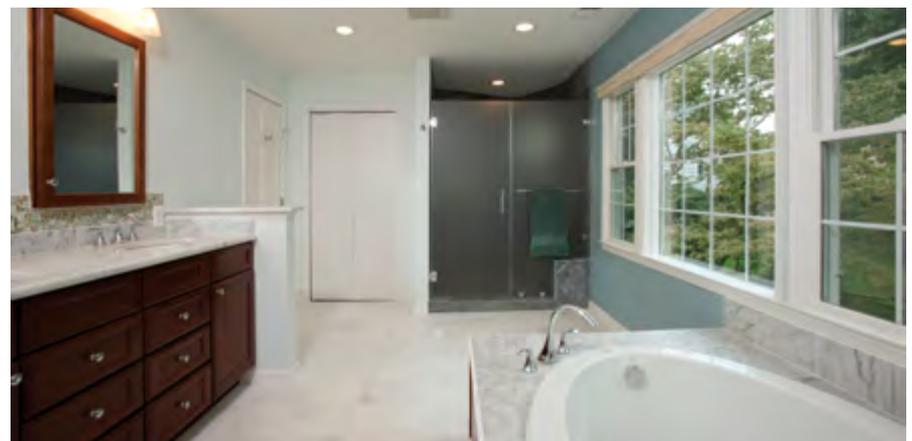
BEFORE

(Above) Enhanced by an 8'x8' sleeping alcove built over the screened-in porch, the daughter's bedroom gains floorspace for a personal work station.

(Below) The master bathroom boasts a large whirlpool tub with a view of the back yard, a large marble shower stall, long double vanity and marble floors.



The front door now is framed by an arched portico with square columns; a new flagstone walkway links the front door to the driveway.





BY LINDA BARRETT

A Fresh New Beginning

Simplifying gives both you and those in your community a fresh start.

While January is often thought of as a time of renewal, it can also represent a fresh start—in more ways than one.

Come the early part of the year, homeowners are getting restless. They're thinking about putting their homes on the spring market and relocating or downsizing. They're tired of being cooped up all winter with all their stuff, and they're beginning to embrace the trend of right-sizing, the new term that defines reducing the amount of stuff you have so you can focus more on living in the moment.

"Businesses right-size when they have too much fat. They sell assets or hold layoffs. Homeowners right-size to get the clutter out of their lives so they can live a more meaningful life, spend time with family and friends, focus on hobbies and take priority over material things," explained Collin Wheeler, president of 123JUNK.

We're seeing a trend toward smaller living, whether it's because we're retiring and moving to a smaller home that offers more options for aging in place, jumping on board with the tiny house trend, or simply wanting to spend more on experiences than objects. Simplify is the word for 2018.

The first step in simplifying is to clear out anything from your home that is unwanted, unneeded or unused. But don't consider these items

worthless. There are plenty of people in our own community who can really use them. Instead of tossing them out, take advantage of the many ways to donate them.

123JUNK: *Thought Leaders in Repurposing*

As thought leaders in the local junk removal community, 123JUNK was the first company to put emphasis on repurposing items. "When I researched starting my business, I noticed that most hauling companies took everything to the dump and drove away, leaving the stuff in the landfill or on the ground," Wheeler explained. "I took on a more 'social responsibility' approach than an environmental one as the core of my business model."

Wheeler recalled his own experience when upgrading from his college-days hand-me-down dishware, pots and pans. Loading several boxes of his old items into his car, he took them up to a local charity—which only accepted about a quarter of what he brought. "I was disappointed. I clearly thought my items were more valuable than they did," he said. "Having worked now to bring donations to a number of charities, I know that others can and do benefit from the items we deliver." Wheeler hand-picks the charitable partners he knows can benefit most.

More than half of what 123JUNK currently picks up from homeowners in either charity donations or hauling jobs is repurposable, and crews make the extra effort to cull these items from every pickup. "We give charities a richer quality of items than they get from anywhere else, and have become their #1 donor in most cases, with pickups seven days a week. This is the 'why we do what we do,'" Wheeler emphasized.

What you may think of as junk may be a lifesaver to someone who has little. Here are just a couple of examples of how items you no longer need or want can help your own community.

No One Left Behind: Replenishing Families

There are Afghani and Iraqi citizens who put their lives on the line every day to act as combat interpreters and cultural advisers to U.S. troops stationed in their countries. The U.S. government made a moral commitment to these allies that if their safety, or that of their families, was ever threatened by the Taliban or ISIS, the U.S. government would step in to assist them in obtaining Special Immigrant Visas (SIVs) and help them resettle to the United States and get a job, housing and cultural adaptation assistance. In most cases, these families arrive in the U.S. with nothing.

No One Left Behind's (NOLB) mission is to support these allies who have been displaced from their homes. "Every Saturday, we take a volunteer crew to the 60 dumpsters where 123JUNK places their donated items, load items into our trucks, and drive them directly to the Afghan communities in Alexandria, Woodbridge and Hyattsville to help furnish the homes of the new arrivals," described Keith Saddler, DC Chapter president.

Everything these families receive is donated, either through 123JUNK, the Realtor community or faith-based organizations. "Picture yourself arriving to an unfurnished apartment. It's not just furniture you want. Even the smallest items like cleaning supplies, silverware, toiletries or diapers are greatly needed and appreciated," Saddler emphasized. NOLB has supported more than 500 families in the DC Metro area to date, and more continue to arrive.

Loudoun Habitat ReStore: Building Affordable Housing

Other charities benefit from your donations as well, like Loudoun Habitat Restore. Selling donated items in their retail

store raises the money needed to support the housing ministry, Habitat for Humanity International, on a local front and help build affordable housing in partnership with people in need.

"There are families and singles in Loudoun County who work here but can't afford to live here, so our job is to try to get them into a livable home," explained Therese Cashen, Loudoun ReStore manager. "With your donations, we can fund affordable housing for Loudoun residents."

From 123JUNK's pickup locations, the charities can choose the items that best serve their own organizations. If you have a variety of items to downsize, are looking to make a charitable donation, or simply want to start living a more "right-sized life," schedule a pickup with 123JUNK, or take your items to one of the organizations that actually funnel the goods or money raised from them back into your own community. As the adage goes, one man's junk truly is another man's treasure." ❖



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Oakton ~ \$1,200,000



Vienna ~ \$1,275,000



Vienna ~ \$1,289,000

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BY CAROLE HERRICK

Old Firehouse Teen Center 2013

McLean Volunteer Fire Department

McLean came about in 1910. There was no fanfare. It simply happened because the Great Falls & Old Dominion Railroad, an electrified trolley line that opened in 1906, crossed Chain Bridge Road. At first the stop was called Ingleside, but in 1910 the name changed to McLean, honoring one of the founders of the railroad, John R. McLean. This was a farming community; there was little around the stop. The center of activity was Storm's General Store and Post Office, located on the northwest side of the tracks (today's Old Dominion Drive) at Elm Street and Chain Bridge Road.

Fires were not a rarity. It was soon realized that the area's fire protection was not sufficient and there was a need for an organized fire department to service the new village. At this time, McLean had to rely upon assistance from stations in Falls Church, Arlington, or the District of Columbia. Volunteer fire fighters began meeting in Storm's Store about

1916. These early meetings resulted in the formation of the McLean Community Fire Association, which reorganized in 1922 and changed its name to the McLean Volunteer Fire Department. The MVFD incorporated in 1923. This was the first charter of its kind in Fairfax County and, so, the MVFD was designated "Company 1."



Fire Department after 1925

On September 4, 1924, James and Maude Beatty conveyed 1/6 of an acre of their property along Chain Bridge Road at Cedar Street (today Redmond Drive) for a firehouse. The deed included a proviso that the property would always be used to support a volunteer fire department. A two-bay cinder-block station was completed in 1925 at a cost of \$5000. There were 25 members of the MVFD at that time. All of the members, along with others in the community, donated their time and labor as needed in constructing the station. By this time a General Motors gasoline-powered one-ton truck had been purchased, along with four 20-gallon chemical tanks from the Buffalo Chemical Fire Extinguisher Company. Three of these tanks were installed on the truck. McLean was now able to provide some means of fire protection for its citizens: it had a firehouse, a fire truck, and four chemical tanks.

Women wanted to be a part of this new endeavor and support the men in their firefighting activities. They wasted no time, and in 1925 formed the Ladies Auxiliary in order to help with fundraising and provide refreshments for the firefighters during emergencies. The firehouse became a gathering place for residents. The volunteer firemen and Ladies Auxiliary brought spirit to the community. There were parades and picnics; holidays were celebrated. A cedar tree at Chain Bridge Road and Cedar Street served as a community Christmas tree. The firemen and Ladies Auxiliary, in keeping with the spirit of the season, decorated it every year.

The MVFD took over the operations of the McLean Day celebration in 1926 as a way to raise additional funds. The name of the event was changed to the McLean Carnival and it became a three-day affair rather than just one. It continued to be held at the Civic League Lot adjacent to the Franklin Sherman School. As the enrollment at the school increased, the firemen thought that it was essential for the students to have a fire escape in case of an emergency. A tubular escape was installed in 1927 on the outside of the southeast side of the building that led from a second story exit to the ground below. Of course, the escape was the focal point of the numerous fire drills over the years, but it was mainly used as a "theme park attraction" by area youth when school was not in session.

Since water is not always easily available when fighting fires in rural areas, an underground concrete cistern was constructed in front of the firehouse in 1928 from which a pumper could be kept fully filled. The cistern was built to hold 28,000 gallons of water at a cost of \$400.00. That cistern remains today,

Firehouse c.1943_McLean firehouse with the 1932 attachment



under the parking lot, in front of the Old Firehouse. Two years later, in 1930, a 20 foot electric spindly-legged siren tower was mounted on the roof of the firehouse to alert and summon firefighters that the McLean station had received a call for emergency help. At this time, help was a time-consuming three-step process. First, an individual had to call the Falls Church exchange on Great Falls Street and report the trouble. The receiving operator would then dial the crisis number for McLean (424)1 which then rang at the firehouse, Storm's Store, and Chief Beattie's house. A volunteer would then activate the siren. When the dial telephone system became available in 1939, the Falls Church operator was able to automatically activate the siren after receiving a call for help. However, the siren kept sounding until someone turned it off.

The MVFD had to keep up with the village of McLean as it developed. More firefighting equipment and vehicles were purchased and needed to be stored. Thus, in 1932, just seven years after the cinder-block firehouse was built, a large two-story red-brick attachment was added to the rear of the original two-bay station. The cost of the addition was kept down because most of the materials were donated and the labor was provided by volunteers. When completed, vehicles and equipment were kept on the lower level, but the upper level was used for community activities such as meetings, dinners, and fundraising events. Thus, Station Number 1 turned into McLean's community center.

In 1935, a custom built fire truck pumper was purchased from Peter Pirsch and Sons. The Pirsch pumper was able to carry 500 gallons of water. But the volunteer firemen were now doing more than simply putting out fires: they were also providing life-saving emergency service. All the firemen were given instructions in first aid. A Rescue Squad was established in 1935. The Ladies Auxiliary was the driving force in raising money to help purchase a 1931 Cadillac sedan, which was converted into Fairfax County's first ambulance.

The MVFD continued to require more space and, so in 1939, the firemen talked with the Beatties requesting to purchase an additional small portion of their property. This was a narrow strip of land amounting to 540 square feet that lay adjacent to the firehouse on its west side. The Beatties were supportive and the sale was completed in September of 1940.

Because of McLean's proximity to Washington, World War II brought an increase in activity at the station in the form of volunteer airplane spotters. The area was on "high alert" due to the 1941 Japanese attack at Pearl Harbor. In 1942 a four-sided cupola was added to the roof of the

Fire Department 1963



original two-bay station for volunteers to search for enemy aircraft that might fly overhead. These spotters consisted of men, women, and youth who resided in the McLean area. There were at least two persons in the observation tower at all times. They took shifts, were given binoculars, and kept a log book so that they could record every plane they observed.

The McLean area and MVFD continued to grow. In June of 1944, the MVFD acquired an additional 13,740 square feet of adjacent property from the Beatties in order to further expand the firehouse. At this time the Beatties granted the release of the 1924 encumbrance stating that the land could only be used for volunteer firefighting purposes. But it wasn't until 1947 that the original two-bay cinder block structure was taken down and replaced with a one-story brick structure with four bays facing Chain Bridge Road. A meeting area, office space, and a kitchen were included in the new building and the 1932 addition remained. A hose tower was later added on the west side of the station.

Since the population was rapidly increasing throughout Fairfax County, the MVFD began to shift from an all-volunteer fire and rescue organization to an all-career department. McLean's Sam Redmond was the first to be hired as a full-time career firefighter in the county. He was assigned to Company 1 and awarded badge number 1. In time, Cedar Street changed its name to Redmond Drive. Blacks and women became a part of the career department as the MVFD turned into a fully paid 'round the clock staffed station supplemented by trained and dedicated volunteers. McLean was rapidly growing and by the early 1980s residents realized that the 1947 station was outdated and required a significant upgrade.

This led to discussions between the MVFD and Fairfax County concerning a plan for the county to build a new station. An arrangement was eventually reached where the MVFD turned over the existing firehouse to the county to help offset the expense of constructing a new station. Property was purchased nearby at the corner of Laughlin and Whittier Avenues where an 18,000 square foot, four-bay, drive through fire station was built and opened in 1988.

Now, under the ownership of Fairfax County, the older station on Chain Bridge Road was turned over to the McLean Community Center which transformed it into a teen center. McLean resident Al Pierce provided the architectural and interior design services pro bono through his company, Pierce Architecture, and obtained all of the volunteers needed for the required engineering work. The Teen Center's grand opening took place October 13, 1990. Taking care to retain the firehouse theme, the teens renamed the building "The Old Firehouse."





BY RENEÉ SKLAREW

A Fusion of Flavors IN THE HEART OF TYSONS CORNER

“Hello, Welcome!” You hear this uttered dozens of times during the lunch rush at Sapphire Tysons restaurant. News traveled fast between the office towers of Tysons Corner, and after only three weeks, Sapphire Tysons has a steady crowd for their weekday lunch buffet. The restaurant’s team is in constant motion bringing out fresh platters, filling water glasses and delivering hot Naan bread to each table (by request). In the middle of the room sits a gleaming buffet of brightly colored East Asian delicacies.

When groups and office workers go out for lunch, they’re looking for a few key factors. They want fast service, well priced food, a welcoming atmosphere and easy commute. Sapphire Tysons meets those requirements plus a little more. The restaurant excels by serving high-quality food inspired by multiple cultures.

While Sapphire calls their buffet “Indian,” some recipes originated in Nepal, China, and Pakistan. For example, Biryani and Butter Chicken are traditional Mughal dishes. Mughlai is a cooking style from Northern India and parts of Pakistan that is rich with aromatic spices, nuts, and dried fruits. Saffron, cinnamon, cardamom, cloves, and nutmeg are used liberally.

“What we’ve done here is marry the flavors of the East and West, to create fusion cuisine,” says Mazhar Chughatai, co-owner of Sapphire. Working side by side with his wife and partner Tasneem Chughatai, they are eager to expose Tysons diners to new dishes, including a few that





are popular in Pakistan. “We bring in chefs from different regions of East Asia,” says Mazhar. “We would like to be a place where these communities come together.”

Sampling the lunch buffet is an ideal way to taste many of your favorite dishes and try some new ones. You may have eaten Tandoori Chicken and smoky Yellow Daal (lentils) before, but perhaps not Goat Curry. The Goat Curry here is robust, fall-off-the-bone mutton, seasoned with onions, garlic and ginger, chilies, curry, and thyme. With the addition of chopped tomatoes and bits of mint, the sauce thickens into a luscious meaty broth after slow cooking for hours.

Vegetarians have several choices including the Chana Masala, chickpeas in a turmeric tomato gravy. Then there’s a *mélange* of cauliflower, carrots, peppers, and zucchini sauced in coconut and yellow curry. The stewed Cabbage and Peas dish is fragrant with some serious heat. Paneer Pakora is Sapphire’s deep-fried spinach, a common Indian snack and street food, made with chickpea batter and green chilies, so it’s gluten free. Fried onion rings don’t remain crisp on a buffet, but they nod to Sapphire’s effort to offer American dishes too.

The star of the buffet line is Chili Chicken, an Indo-Chinese dish, and specialty of Sapphire Chef Jahir Islam. Similar to Buffalo sauce, the Chef leans hard on the hottest chili powders, plus soy sauce and tomato, to coat bite-size slices of dark meat chicken in a fiery crimson glaze. The chicken is garnished with slices of green pepper, onions, and jalapenos. You’ll need some Raita, a soothing lemony yogurt sauce on the condiment section, to cool off, but it’s a tantalizing dish you should not miss. Another nod to Chinese cuisine is the divine basmati rice with egg and vegetables.

Butter chicken is a fan favorite according to the servers, and the most ordered dish at Sapphire. Made from leftover Tandoori chicken that was first roasted in a clay oven, it’s bathed in the butter, tomato sauce and cream. The sauce is spiced with fenugreek seeds, cinnamon, cloves, onions, garlic, ginger, paprika, and lots of ground turmeric. This is one of the few dishes not packing heat on the menu.

Indian restaurants aren’t often known for their desserts, but Sapphire has a couple of standouts. A perfect end to a scorching meal is the cooling mango soufflé with raspberry drizzle. Chocolate lovers should try the chocolate samosas with vanilla ice cream and fudge topping. The traditional Nepalese dessert called Gulab Jamun is a doughnut ball of milk powder floating in sweet syrup.

For the after-work crowd, Sapphire has a well-stocked bar with five televisions tuned into a variety of sporting events. The bartender says he plans to rotate the eight taps with a variety of local, national and international beers. As of this writing, the lunch buffet is available 11:30 am to 2:30 pm for \$11.99. The Curry-N-Hurry program offers guests a quick dish of curry and rice for \$9.

Sapphire Tysons has a private room and guest table for groups. A Taj Mahal mural and colorful peacock mural overlook the restaurant, inspiring the blues and golds in the décor. White tablecloths make this restaurant a more formal place than when it was a Bennigan’s. Sapphire Tysons offers the fun fusion of an exotic dining experience in a neighborhood restaurant. ❖

Renee Sklarew is the author of *60 Hikes Within 60 Miles of Washington DC* a new guidebook that arrived in bookstores this fall. Her family enjoys sampling the many memorable restaurants in the region together. Follow her dining adventures on Twitter @DCWriterMom

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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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www.bentleysfallschurch.com

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www.jvsrestaurant.com

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Falls Church | Vietnamese | \$

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

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6320 Arlington Boulevard | 571.388.3910
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www.greatamericanrestaurants.com**TARA THAI****Falls Church | Thai | \$**

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3971 Chain Bridge Rd | 703.293.9600

theauldshebeenva.com**CHUTZPAH DELI****Fairfax | American | \$**

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10826 Fairfax Boulevard | 703.385.1226

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**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



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163 Glyndon Street SE, Vienna, VA 22180 | T: 703.938.3311 | www.caferenaissance.com

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

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

catering and in-house dining, Bollywood Bistro is perfect for any occasion.
9853 Georgetown Pike | 703.865.0450
www.bollywoodbistrofairfax.com

DANTE RISTORANTE

Great Falls | Italian | \$\$\$

Italian born chef Giuseppe Di Benigno serves comfort foods from his hometown in Italy. The menu includes Italian favorites like pastas, osso buco alla Milanese, and Giuseppe's signature seafood soup. Dante offers an extensive wine list with plenty of reds and whites to choose from.
1148 Walker Rd. | 703.759.3131
www.danterestaurant.com

L'AUBERGE CHEZ FRANÇOIS

Great Falls | French | \$\$\$

Located in Great Falls, L'Auberge offers a flavorful and beautiful array of French cuisine. Choose from their delectable french onion soup, or a sampling of their classic appetizers. Enjoy the quaint and cozy atmosphere where you'll feel like you just stepped into the heart of France.
332 Springvale Rd | 703.759.3800
www.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

ASSAGGI OSTERIA

McLean | Italian | \$\$

Domenico Cornacchia, chef/proprietor of Assaggi Osteria, taps into ages of ancestral Italian cooking each time he steps into his kitchen and brings a rich love of the cuisine that he so skillfully nurtured through the years. For those who love Italian cuisine, Assaggi Osteria features numerous appetizers, large salads, homemade pastas, fresh seafood, veal, and scrumptious beef. Assaggi Osteria sources whole fresh fish from worldwide sustainable sources, offering the finest bounty the sea has to offer. Produce is purchased from local farms, and all desserts are homemade.
6641 Old Dominion Dr | 703.918.0080
www.assaggiosteria.com

BARREL AND BUSHEL

McLean | American | \$\$

This contemporary American-style restaurant and bar is located on the Plaza level of Hyatt Regency Tysons Corner Center. Barrel and Bushel offers regionally-inspired handcrafted American food, 22 local and regional craft beers on tap, and more than 40 select bourbons that round out a selection of handcrafted cocktails and unique wines to satisfy nearly anyone's palate. Barrel and Bushel is open for breakfast, lunch, dinner, and times in between.
7901 Tysons One Pl | 703.848.6340
www.barrelandbushel.com

BOULEVARD CAFE & CATERING

McLean | American | \$

Think of Boulevard when planning office celebrations, sales, breakfast meetings, office holiday parties, home celebrations, and last-minute occasions. Breakfast, cold luncheon buffets, entrée salads, hot entrées, hors d'oeuvres, and desserts.
8180 Greensboro Dr. | 703.883.0557
www.boulevardcafecatering.com

BUSARA THAI CUISINE

McLean | Thai | \$\$

Busara is an inviting place to enjoy Thai cuisine made with fresh ingredients prepared by experienced chefs. Diners can enjoy their lunch or dinner in a modern dining room. Entrees like ka pow chicken and pad thai, and soups and salads comprise their extensive lunch and dinner menus.
8142 Watson St. | 703.356.2288
www.busara.com/ty-main

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

EDDIE V'S PRIME SEAFOOD

McLean | American | \$\$\$

A fine dining restaurant offering fresh, culinary-forward seafood creations and premium hand-carved steaks. The award-winning wine list features more than 300 selections. The atmosphere is refined yet relaxed, with live jazz and blues, featuring local jazz trios, playing nightly in the V Lounge.
7900 Tysons One Place | 703.442.4523
www.eddiev.com

EL TIO

McLean | Mexican | \$

Try tasty Tex-Mex with Mexican rice, refried beans, lettuce, pico de gallo, sour cream, and guacamole on every plate. El Tio features grilled chorizo enchiladas, sizzling camarones, brochette fajitas, and a wide selection of chimichangas.
1433 Center Street | 703.790.1910
www.eltiogrill.com

DA DOMENICO RISTORANTE ITALIANO

McLean | Italian | \$\$\$

Enjoy homemade pasta, delicious sauces, and traditional meals that are exquisite. If you are craving some scrumptious seafood or fish, you will be more than happy with any of the choices. Arias are on offer (Friday & Saturday night) at this candlelit Southern Italian staple (since 1980).
1992 Chain Bridge Rd | 703.790.9000
www.dadomenicova.com

FLEMING'S PRIME STEAKHOUSE AND WINE BAR

McLean | American | \$\$\$

Inspired by the passion for steak and wine dinners, Fleming's offers a list of 100 wines by the glass and an extensive selection of USDA prime steaks and fresh seafood. Seasonal ingredients are showcased on the menu.
1960 Chain Bridge Rd. | 703.442.8384
www.flemingssteakhouse.com

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

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

1775 Tysons Blvd Suite 50 | 703.556.0200

fogodechao.com/location/tysons**GREENBERRY'S COFFEE CO.****McLean | American | \$**

This Charlottesville-based coffee roaster's local outpost is a popular spot for McLean residents. Friendly staff members serve a variety of coffee blends like sumatra mandheling and java blawan estate alongside delicious pastries.

6839 Redmond Dr. | 703.821.9500

www.greenberrys.com**HÄRTH AT HILTON MCLEAN TYSONS CORNER****McLean | American | \$\$**

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

7920 Jones Branch Dr. | 703.761.5131

www.Harthrestaurant.com**J. GILBERT'S****McLean | American | \$\$\$**

For nearly 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 hummus in their hummus bar. Lebanese Taverna offers seating for parties small and large, as well as an outdoor café with a fountain and plenty of al fresco dining.

1840 International Dr. | 703.847.5244
www.lebanesetaverna.com

MOBY DICK HOUSE OF KABOB**McLean | Persian | \$**

Moby Dick's has terrific, healthy, wholesome, and fresh fast food— perfect for a quick lunch or dinner fix. Try their "kabob-e-kubideh," which is ground sirloin seasoned

with onion and herbs and wrapped around a skewer for grilling. Succulent, juicy meat with rice served with your choice of yogurt cucumber sauce, shirazi salad, or fresh herb as well as a piece of bread.

1500 Cornerside Blvd | 703.992.7500
mobysonline.com

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

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

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

PAUL BAKERY TYSONS GALLERIA**McLean | French | \$**

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

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

PULCINELLA**McLean | Italian | \$**

At "The Italian Host," dining is more than great food. You can feel the true spirit of Pulcinella, the lovable character with a zest for life. In the southern Italian tradition of

family dining, we celebrate every meal with music and laughter.

6852 Old Dominion Drive | 703.893.7777
www.pulcinellarestaurant.com

ROCCO'S ITALIAN RESTAURANT**McLean | Italian | \$\$**

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

1357 Chain Bridge Road, Suite A | 703.821.3736
www.roccositalian.com

SEASONS 52**McLean | American | \$\$**

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

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

Ristorante Bonaroti

Est. 1982

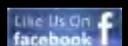


Sergio Domesticci and the Bonaroti family invites you to explore the joy of Classic Italian Cuisine and their award-winning wines and service. Since 1982, Sergio Domesticci's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

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

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



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

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WWW.IDYLWOODGRILL.COM

SILVER DINER

McLean | American | \$

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

STAR NUT GOURMET

McLean | American | \$

The most exquisite fancy food gift store in the Washington, D.C. area, Star Nut Gourmet's high standard of quality products and unique packaging has given them a very special reputation. Their comfortable café exudes old world charm and casual elegance. The menu reflects international flavors and offerings including Europe's #1 coffee.
1445 Laughlin Ave | 703.749.9090
www.starnutgourmet.com

THE CAPITAL GRILLE

McLean | American | \$\$\$

The Capital Grille at Tysons Corner offers classic steakhouse fare like the Filet Oscar, served with lump crabmeat and drizzled with house-made bearnaise sauce, and fresh seafood dishes. Grab a drink at the bar and try the Grille's signature cheeseburger with parmesan truffle fries.
1861 International Dr. | 703.448.3900
www.thecapitalgrille.com

THE PALM RESTAURANT

McLean | American | \$\$\$

The Palm is 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

PADDY BARRY'S

McLean | Irish | \$

Brendan Barry has opened an authentic Irish Pub in the heart of Tysons—classic Irish fare and hospitality, TV's to watch the game, and of course, classic Black and Tans.
8150 Leesburg Pike | 703.883.2000
www.paddybarrysva.com

MERRIFIELD

BLACKFINN AMERIPUB

Merrifield | American | \$\$

Located two blocks south of the Dunn Loring Metro, Blackfinn Ameripub specializes in craft beers, signature cocktails, and American food with a twist. Flatbreads, salads, burgers, and sandwiches (called "handhelds") are among the fare offered at this great place to meet with friends, family, or coworkers.
2750 Gallows Road | 703.207.0100
www.blackfinnameripub.com

CYCLONE ANAYA'S**Merrifield | Mexican | \$\$**

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

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

FOUR SISTERS RESTAURANT**Merrifield | Vietnamese | \$\$**

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

8190 Strawberry Ln. | 703.539.8566
www.foursistersrestaurant.com

MATCHBOX VINTAGE PIZZA BISTRO**Merrifield | American | \$\$**

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

2911 District Ave. | 571.395.4869
www.matchboxmerrifield.com

OPEN ROAD GRILL AND ICEHOUSE**Merrifield | American | \$\$**

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

8100 Lee Highway #300 | 571.395.4400
openroadmerrifield.com

PASSION FIN ASIAN BISTRO & SUSHI BAR**Merrifield | Asian | \$\$**

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

2750G Gallows Rd. | 703.204.2969

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

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

2839 Gallows Road | 703.205.9099
www.raouchecafe.com

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Maggio's

SISTERS THAI**Merrifield | Thai | \$\$**

Sisters Thai offers the best authentic Thai food in the area—their original Old Town Fairfax location is a cult favorite among the locals. Every dish has some heat, often from colorful sauces. Besides bursting with potent flavors, the dishes are balanced and attractive to the eye. Enjoy fun drinks and homemade desserts in a whimsical living room atmosphere. The service matches the style—friendly and upbeat. You'll leave with feelings of nostalgia of the good ol' days.
2985 District Ave | 703-280-0429
www.sistersthai.com

TED'S BULLETIN**Merrifield | American | \$\$**

A family restaurant in the heart of Merrifield, Ted's Bulletin offers conventional and classic American fare, including breakfast all day. Great bakery items to go, especially the pop tarts. The latest from the Matchbox Food Group.
2911 District Ave | 571.830.6680
tedsbulletinmerrifield.com

TRIO GRILL**Merrifield | American | \$\$**

A signature cigar lounge, outdoor patio, and dining room await you at TRIO Grill. TRIO combines urban sophistication with the casual cool of a neighborhood grill. The menu offers delicious options from signature steaks to seasonal seafood, classic cocktails, and an extensive wine list.
8100 Lee Highway | 703.992.9200
www.triomerrifield.com

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

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

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

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

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

377 Maple Avenue West | 703.938.7877
www.amphoragroup.com

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

This local chain has offered New Mexico

style Mexican food in the D.C. area for nearly 40 years. Anita's offers breakfast, lunch, and dinner.

521 E. Maple Ave. | 703.255.1001
www.anitascorp.com

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

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

111 Church St. | 703.255.7212
www.bazinsonchurch.com

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

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

8027 Leesburg Pike | 703.356.7305
www.bjsbrewhouse.com

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

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

8661 Leesburg Pike | 703.448.1234
www.brixandale.com

CHEF GEOFF'S**Vienna | American | \$\$**

The Tyson's Corner location of Chef Geoff Tracy's restaurant chain offers a gluten free as well as regular menu, plus a bacon bar with bacon nachos and chocolate pretzel cake with salty bacon. Chef Geoff's also offers a Sunday brunch and kids' brunch.

8045 Leesburg Pike | 571.282.6003
www.chefgeoff.com

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

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

8101 Towers Crescent Dr. | 703.639.3080
www.chima.cc

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

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

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

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

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

21 Maple Ave E | 703.938.7777
www.maggiosvienna.com

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

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

47 Maple Ave W. | 703.319.2177
www.mapleaverestaurant.com

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

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

262 D Cedar Lane | 703.698.8010
neighborsrestaurantva.com

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

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

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

NOSTOS

Vienna | Greek | \$\$

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

8100 Boone Blvd. | 703.760.0690

www.nostosrestaurant.com

PALADAR LATIN KITCHEN & RUM BAR

Vienna | Spanish | \$\$

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

1934 Old Gallows Rd, Suite 110 | 703.854.1728

www.paladarlatinkitchen.com/locations/tysons-va

PAZZO POMODORO

Vienna | Italian | \$\$

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

118 Branch Road SE | 703.281.7777

pazzopomodoro.com

PEKING EXPRESS OF VIENNA

Vienna | Chinese | \$

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

103 Center Street N #107 | 703.281.2445

www.peking-express.com

PLAKA GRILL

Vienna | Greek | \$

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

110 Lawyers Rd NW | 703.319.3131

www.plakagrill.com

RISTORANTE BONAROTI

Vienna | Italian | \$\$

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

428 Maple Ave E. | 703.281.7550

www.bonarotirestaurant.com

SAKURA JAPANESE STEAK HOUSE

Vienna | Japanese | \$\$

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

8369 Leesburg Pike #10 | 703.356.6444

www.sakurasteakhouse.com

SHAMSHIRY

Vienna | Persian | \$\$

Shamshiry offers a taste of authentic Persian cuisine, from rice dishes to kabobs to vegetarian entrees. The zeresk 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 shmear of several cream cheeses. A full breakfast menu along with a long list of deli and grilled sandwiches.

8137 Leesburg Pike | 703.448.0080

www.tysonsbagelmarket.com

WOO LAE OAK

Vienna | Korean | \$\$

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

8240 Leesburg Pike | 703.827.7300

www.woolaeoak.com

OAKTON

LUCIANO ITALIAN RESTAURANT

Oakton | Italian | \$\$

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

Hunter Mill Plaza, 2946 Chain Bridge Road

703.281.1748 | 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

Comfort Foods

BY MICHAEL EVANS

“Oh, the weather outside is frightful, and the fire [FOOD!] is so delightful...” There’s no better way to warm up from the bitter cold than old fashioned comfort foods and a taste of home; the types of foods that make you forget about all that is going on in the world, and brings you back to your roots. As my mom, Helga, says, “Es ist gut für dem magen” which means, “it’s good for the stomach.” When my stomach is happy, I am happy!

While we’re stuck in the dead of winter here in the D.C. area, we’ve rounded up some of our favorite comfort foods from right here at home, as well as from around the world, to help give you a little meal planning inspiration to get you through this winter. Guten appetit!



Lasagna – While recipes vary from vegetarian to meatball, and white lasagna to classic, you’d be hard pressed to find someone who doesn’t love a good lasagna. That’s why it is one of Italy’s most iconic dishes, and it’s not uncommon to find spin-offs of this layered, cheesy pasta dish in many other cuisines!



Pot Roast with Mashed Potatoes and Gravy – There’s nothing quite like the combination of pot roast with mashed potatoes and gravy to satisfy the ever comforting “meat and potatoes” craving. Tender and juicy meat, paired with buttery mashed potatoes and savory gravy, and you’ve got the perfect recipe to remind you of your favorite country kitchen cooking.

Poutine – This Canadian favorite revamps the classic French fries by topping them with cheese curds and brown gravy for a delicious savory dish. It’s no wonder variations of this popular dish are commonly being created in sandwiches, flatbreads and more!



Macaroni and Cheese – Nothing says “childhood” like a bowl of creamy macaroni and cheese! Whether you prefer to stick to the classic, or doctor it up with various cheeses or fix-ins (lobster and gouda mac and cheese, anyone?), this is one dish that the adults and kids can always agree on.

Beef Bourguignon – This French favorite features beef braised in flavorful Burgundy wine and beef broth, with garlic, pearl onions and mushrooms to make a hearty beef stew a la Julia Child. Pair it with a glass of red wine and you’ll warm up in no time!



Chicken Noodle Soup – The quintessential “comfort” meal, chicken noodle soup is good for the body and the soul. That’s why it’s a go-to for cold winter days, or when you’re feeling under the weather, because there’s nothing like mom’s homemade chicken noodle soup to make you feel better!

Goulash – Looking for another spin-off to classic beef stew? This traditional Hungarian dish features meat and vegetables seasoned with paprika and caraway seed to make a flavorful stew, and is often served over egg noodles or potato dumplings, making it a hearty meal for the coldest of days.



Moussaka – A casserole-style Greek favorite, Moussaka is typically made with eggplant, potatoes, and minced meat, layered with a creamy béchamel sauce. This delicious combination is one of our favorite Mediterranean comfort foods!



Old Fashioned Bread Pudding – When you think of comfort foods, there’s no doubt that bread pudding comes to mind. While there are tons of delicious renditions to this classic dessert, there’s something about a good old-fashioned bread pudding, complete with raisins and hot butter rum sauce, and served with vanilla ice cream that warms the heart (and stomach!).



Glühwein – Glühwein, or German mulled wine, is a delicious classic for the holidays, but great to warm you up anytime! Red wine, spiced with cinnamon, cloves and citrus makes this festive and heartwarming drink a favorite for many.



Hot Chocolate – It doesn’t get more comforting than a warm cup of hot cocoa on a cold winter’s day! Creamy hot chocolate, topped with marshmallows or whipped cream, or spiked with Grand Marnier or peppermint schnapps, the versatility of this family favorite makes it a timeless crowd pleaser.

Keep warm with Helga’s Glühwein!

- 1 Bottle Red Wine
- ½ c. water
- 1 lemon, sliced
- 1 cinnamon stick
- 1 Tbsp. ground cloves
- 1/3 c. sugar

Boil water, lemon, cinnamon stick, cloves and sugar for 5 minutes. Strain. Add red wine and heat, but do not boil. Serve with cinnamon stick for garnish. Recipe serves 8-10. ❖



Michael Evans is chef-owner of Helga’s Caterers, a family-owned, full-service catering company with over 35 years of experience in providing fine food and excellent service for all of your catering needs

throughout the D.C. Metro Area.

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TASTY GRASS FARM

the First Farm in Marshall, VA Awarded Top Grassfed and Animal Welfare Certification

The beef cattle at Tasty Grass Farm are now Certified Grassfed by AGW, demonstrating transparency and sustainability

Tasty Grass Farm is the first farming business in Marshall, VA, to be certified Grassfed by A Greener World (AGW). This is the only certification and logo in the U.S. and Canada that guarantees food products come from animals fed a 100 percent grass and forage diet, raised outdoors on pasture or range for their entire lives, and managed according to the Certified Animal Welfare Approved by AGW leading welfare and environmental standards on an independent farm. While other grassfed labels exist, none has fully met consumer expectations when it comes to a grassfed and forage diet, environmental management and farm animal welfare—until now.

Tasty Grass Farm sits on 410 acres of well managed pasture and is home to 117 Black Angus cattle. The farm participates in several sustainable environmental protection practices, including extensive riparian buffer zones around streams to keep the cattle from contributing to pollution in the Chesapeake Bay watershed. In addition, the Hauters engage in rotational grazing methods to discourage over grazing, encourage native flora, and control invasive plant species.

Wayne Hauter of Tasty Grass Farm says, “We chose Certified Animal Welfare Approved by AGW and Certified Grassfed by AGW because we wanted to communicate our high-welfare and grassfed farming practices to customers. Our goal is to have a sustainable farm with

excellent soil and animal health, and our cattle live healthy and happy lives eating fresh grasses and drinking pure, clean well water. This is all reflected in the quality and taste of our grassfed beef.”

According to recent research, demand for grassfed beef has increased by 25-30 percent every year over the last decade. But while demand for grassfed meat is sky-rocketing, not all grassfed certifications are meeting consumer expectations—and some continue to permit highly questionable practices. Some meat currently marketed as grassfed could come from animals confined on dirt feedlots for long periods outside the growing season, or where growth hormones and subtherapeutic antibiotics are used—just as long as they were fed cut grass or forage.



AGW's new Certified Grassfed label is the only grassfed program in North America to guarantee:

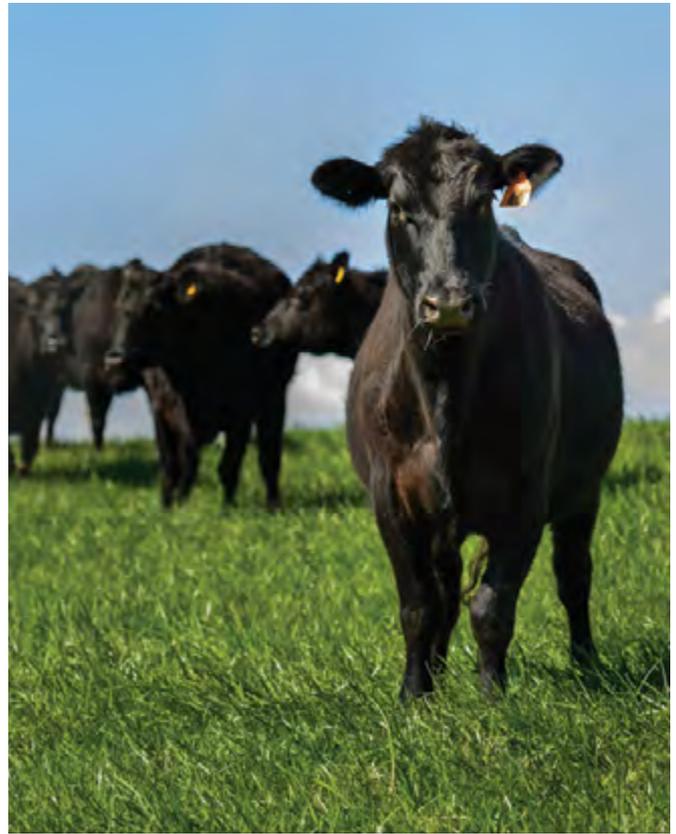
- Ruminant animals raised outdoors on pasture for their entire lives, with an entirely grass and forage diet
- Animals raised according to the highest animal welfare and environmental standards in the U.S. and Canada
- High-welfare handling, transport, and slaughter of animals—including an annual review of slaughter facilities

Certified Grassfed by AGW is an optional, additional accreditation for farmers meeting Certified Animal Welfare Approved by AGW standards of production, which has been lauded by Consumer Reports as the only “highly meaningful” label for farm animal welfare, outdoor access and sustainability.

A Greener World Director of Outreach Emily Moose says, “No other grassfed label can match the breadth, integrity, and transparency offered by AGW’s practical and achievable Certified Grassfed standards and certification procedures. We’re proud to support farmers and ranchers like Tasty Grass Farm and to help them promote their high-quality grassfed meat and sustainable farming practices to the public.”

Certified Animal Welfare Approved by AGW, Certified Grassfed by AGW beef from Tasty Grass Farm is available directly from the farm, as well as at a pick-up location in Warrenton. For more information, visit tastygrassfarm.com and find them on Facebook. Contact Debbie at ds@tastygrassfarm.com and 540-216-3165.

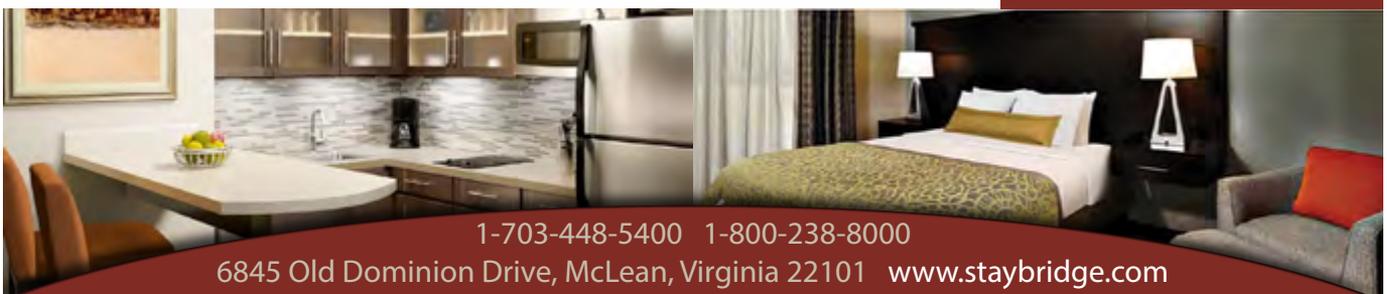
For more information about the Certified Grassfed by AGW label visit <http://animalwelfareapproved.us/standards/grassfed/>. ❖



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BY JOHN BYRD

Mid-Century Modern ON THE LAKE

How Sun Design Remodeling helped a growing family get their dream house

Arlington residents Kelly and Michael had long wanted a house on the water in Lake Barcroft, but—after years of looking—couldn't find anything suitable to their needs. With two young children just starting school, the house of choice had to work for long-term use, perhaps into retirement.

Then, too, they were grappling with Lake Barcroft's enormous popularity. First developed in the 1950's, the former farmland had evolved into a community of mostly contemporary homes situated around a 135 acre lake in northern Virginia. Available houses that fit the criteria were few and far between.

Never people to give up easily, however, last year the couple hired design consultant Roger Lataille of Sun Design Remodeling to help them evaluate the possibilities in a circa 1950's mid-century modern-style home actually situated on the lake.

Lataille had come with a considerable resume, having renovated over 30 Lake Barcroft homes over the last decade. Still, at just over 2,000 square feet, the house at hand was too small for the decades of occupation that lay ahead.

"We wanted a large master suite with a walk-in closet, bedrooms for both kids—and a dedicated guest room," Kelly recalls. "In addition to our concerns about size, much of the interior seemed dated. Plus, I didn't have much exposure to this particular architectural style."



BEFORE

(Above) Visual continuum being a major theme to the home's interior makeover, Sun Design replaced a floor-to ceiling bookcase separating the living room from a stairway with a waist-high display case. Result: the room is lighter, more open, more accessible.

(Top left opposite page) The steel moment frame (left) specified for the re-designed window wall is the necessary structural component needed to support the upper level master suite—but it also highlights the property's palpable sense of place in a woodland setting beside a lake.



Then again, the waterside view was exceptional, almost one-of-a-kind. Sun Design Remodeling offered an attractive one-stop-shopping approach (as compared to an architect who would have to put plans up for bid), and Lataille was a fountain of inspired ideas that he quickly put on the table.

“They wanted a house that would work long into the future,” Lataille recalls. “I saw the potentials right away, but this is not a solution that any remodeler could execute. This is a sensitive style, so our assignment was partly about adding new usable space, partly about preserving and enhancing a classic style.”

One key component to the new plan: add a third floor for the master suite. This would entail reconciling the existing home’s sloping roof line and introducing a structural solution that would meet code requirements while simultaneously removing lower level walls. Structural solutions are particularly tricky in a house where an open floor plan is to be emphasized.

“It’s a house that begged for bold visual continuum,” Lataille allows. “But the existing interior was formed around a noticeably boxy floor plan...with an enclosed kitchen visually sequestered from the beautiful lake view, and a wall between the living room and dining room. The contrast between the old plan and the one we were introducing points to how space-use expectations have changed in the American home in the past 25 years or so.”

Not coincidentally, Kelly had also gradually decided that the Colonial-style home the couple had owned in Arlington wasted lots of space. The front-facing living room, for instance, was seldom used; ditto the formal dining room.

“We wanted a plan matched to how we interact as family—and the traditional model hadn’t worked for us,” she says.

Still, the best options for articulating an interior design style were yet to be discovered.

Beginning at the top, a critical challenge was finding the best way to access the proposed master suite from the already space-restricted second floor.

“We needed about eight to ten steps to reach the top floor, but couldn’t continue up the same stairwell,” the designer recalls. “In the end, we reduced a storage closet to gain the square footage needed for an ascending staircase.”

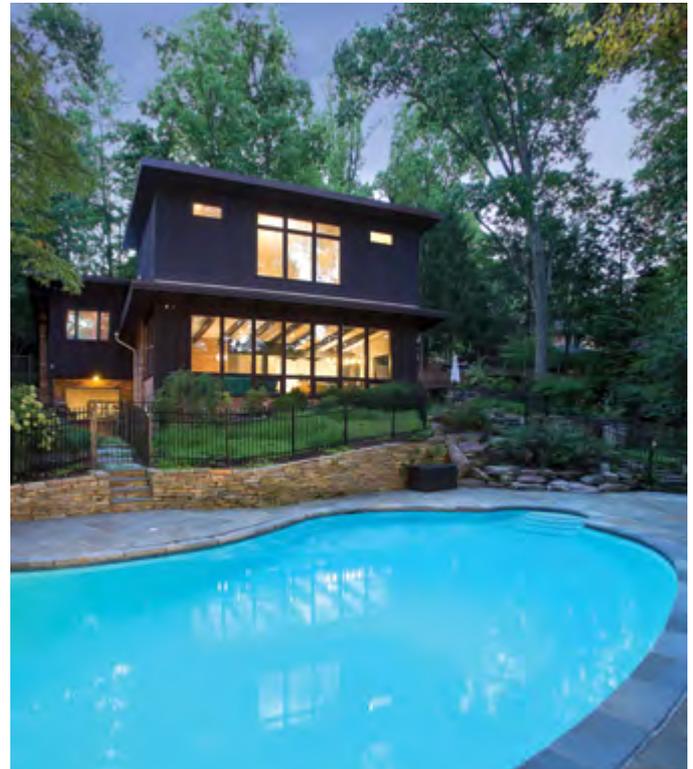
To provide an even, stable platform on top of a sloping roof, Lataille designed an interim infrastructure comprised of truss joists carefully calibrated to meet new load-bearing requirements.



(Above and at right)
2nd Bedroom
before and after



BEFORE



(Above) Sun Design Remodeling added a top-level master suite to a Lake Barcroft home designed in a classic mid-century modern architectural style, enabling new owners to obtain the square footage needed for their family of four. The 630 square foot addition affords a “spot-on” view of the lake.



With the location of the master suite now resolved, the second level gains floor space that can be profitably redeployed. One by-product: the main hall was widened by almost two feet, enough to hold a closet designed to house a washer and dryer. The former master bedroom was conveyed to the daughter and thoroughly re-decorated to taste; there's also a dedicated second level guest room.



Upstairs, the master suite boasts a compelling lake view through a twelve foot triple course window wall—but the sleeping quarters are only about a third of the top level floor plan.

To the right of the bedroom, an adjoining walk-in closet provides 200 square feet of custom storage replete with shelves, drawers and closets. To the left, two bathrooms (“His” and “Hers”)—each with their own private entrance—share a separately-accessed walk-in shower finished with mosaic walls and flooring, and a host of deluxe showering amenities.

Meanwhile, in the first level's primary living area the most compelling feature is a steel moment frame which was designed to replace the old window wall, and provide the tensile strength needed to support the upper-level master suite.

By highlighting the elemental drama of woodland, lake and dappled light, the new window wall invites an interior design treatment that explores textural surfaces, period furniture design and contrasting lights and darks.

(At top) Walk-in Closet

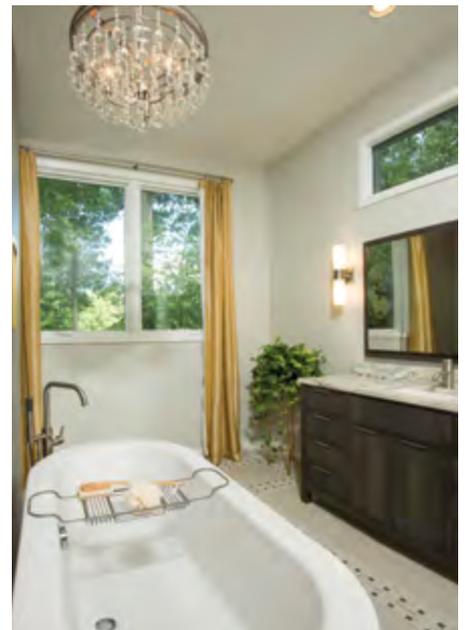
(Above) Comfortable, but not-too-large. Only about one third of the 630 square foot master suite is allocated for sleeping quarters. The sun rising on the lake every morning is a daily aesthetic fulfillment, but space dedicated to the “His” and “Her” bathrooms and large walk-in closets was the more sensible solution for Kelly and Michael's everyday requirements.

(Top right) Her bath with tub

(At right) Walk-in Shower

Overhead, large format structural beams wrapped in walnut-stained pine present a vivid contrast to the white tongue-and-groove ceiling. Waterfall Silestone counter surfaces and hardwood flooring neutralize and counter-balance, yet the mid-century accents of the stools, chairs and even a bright turquoise sectional in the living room present strikingly original intimations of a resurgent American style.

“Morgan Hutchinson (Sun Design's specialty designer) was invaluable in directing the finishwork process,” Kelly observes. “For instance, she found a resource for the furniture design that offered period prototypes we could be customize to our requirements. This was a significant breakthrough in shaping the look we wanted.”



Adds Morgan Hutchinson:

“Finding a balance that respected a classic style and accommodated Kelly and Michael's personal tastes was the real nature of the assignment. The design explores unique rustic elements along with a new generation of kitchen innovations. The goal was to make statement that can last, yet be easily adapted.”

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. ❖

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 or www.HomeFrontsNews.com.

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Even Dogs Get the Flu

VIP Petcare seeks to keep your
pets illness-free this winter

BY LINDA BARRETT



It's cold and flu season and you've taken care to get your own vaccinations, but did you think to do the same for your cat or dog? Just like humans, pets get sick with the flu or respiratory illnesses, especially in the winter months.

Veterinarians see an uptick in sick animals this time of year. Because of the cold weather, pets are kept indoors most of the time where they are exposed to lingering germs. They can also suffer due to wet or moist fur coats.

Some of the most common winter bugs for pets include:

For Dogs

Canine Influenza

The canine flu is a serious and contagious disease that manifests in several strains, the most common being the H₃N₂ and H₃N₈. Primarily infecting the respiratory system, its symptoms include a moist cough and nasal discharge in a mild case, and a high fever, malaise and pneumonia indications in a more severe case. Left unattended, it may lead to your pet's death. Protect your pet with a canine influenza vaccine.

Kennel Cough

The parainfluenza virus causes tracheobronchitis—more commonly known as “kennel cough”—an infection of the windpipe (trachea) and its lower branches (bronchi) that is similar to a cold in dogs. Most dogs get this disease at least once in their lives, and

young puppies and older or pregnant dogs are most at risk.

Kennel Cough, or Bordetella, is commonly picked up through dogs that are kenneled, boarded, or have spent time at the groomer, hence its name. This disease is extremely contagious and can even prove fatal, and appears roughly three to four days after exposure to a number of other dogs. Its symptoms include a dry, persistent cough that can last for weeks or months even after treatment, retching, and a watery nasal discharge. In more severe cases, a dog may show fever, lethargy, lack of appetite, and signs of pneumonia. The Canine parainfluenza vaccine (found inside the 5-in-1 DA2PP) is recommended.

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Feline Calcivirus

Feline calcivirus (FCV) is a virus that can cause upper respiratory infection of the nose and throat and oral disease in cats. Its typical symptoms include runny nose and eyes, sneezing, congestion, or conjunctivitis, an inflammation of the eyelid linings. In addition, ulcers of the mouth, tongue, gums, lips or nose are often seen. If your cat has ulcers, it may salivate or drool excessively. More advanced cases can even lead to lameness, especially in kittens.

This disease is highly contagious and generally picked up from secretions from infected cats, such as drool or airborne particles from sneezing, up to three weeks after infection. It can be caught either from direct contact with a sick cat or from objects contaminated by secretions. Symptoms usually appear within two to six days, with the infection itself lasting 14-21 days with treatment. Even after they have recovered from the disease, cats can still act as a carrier, shedding the virus up to several months later. The recommended vaccine for cats for both diseases is the 3-in-1 FVRCP vaccine.

“The best way to keep your pets healthy is to have them vaccinated against these diseases,” explained Dr. Katrina Fleeer, DMV and medical director of VIP Petcare. “We highly recommend that you bring your dog or cat to one of our clinics in your area, and we’re even making it even easier by offering a \$10 discount off of any vaccination package through the end of January.”

You know how bad you feel when you get a cold or flu; protecting your pet from winter illnesses is just another way to show just how much you love them.❖

For Cats

Feline Herpesvirus

Upper respiratory infections like feline herpesvirus (FVH-1), appearing as a head cold, can occur in cats of all ages, but especially in kittens, pregnant cats, or those with lower immunity. At times, no symptoms occur, but even so, a cat can still be carrying the virus and spread it to other cats.

Feline herpesvirus is often found in multi-cat households or kennels where overcrowding is present. Visible symptoms include sneezing, watery or pus-filled nasal discharge, eyelid spasm that closes the eye, runny eyes, lack of appetite, and fever.

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BY MARCIA MCALLISTER

CONSTRUCTION CONTINUES ALONG PHASE 2 OF SILVER LINE

Dulles Station Taking Shape, Power Energized Near Innovation

Progress continues on construction of the more than 11-mile segment of Phase 2 of the Silver Line from the Wiehle-Reston East Metrorail Station westward through Dulles Airport and on to Ashburn in eastern Loudoun County.

Pedestrian bridges providing access to the stations from sides of the Dulles Toll Road/Dulles International Airport Access Highway corridor are in place at most stations. Electricity has been turned on to some parts of the system. Construction access has been secured to almost all needed areas. All six Phase 2 stations are up. Parking garages are coming along, track is being laid, and support facilities and train control rooms and traction power substations which will ensure a continuous flow of power to the trains are visible.

Such is the good news recently shared by project officials with Federal Transit Administration officials and leaders of local governments who are partners in the project being built by the Metropolitan Washington Airports Authority. The project will be turned over to the Washington Metropolitan Area Transit Authority when it is completed, and that agency will operate it as part of the region's mass transit system.

Already clearly visible atop the aerial guideway structure is the Dulles Airport Station.

“Setting of the Pedestrian Bridges over the Toll Road and the DIAAH corridor over the past months and the continued transition of the look for the Dulles Station with the removal of the tower crane there after setting the canopy roof are the most dramatic events that changed the landscape around the project,” said John Kearney, the project’s construction manager.

Work continues on the other five stations—Reston Town Center, Herndon, Innovation Center, Loudoun Gateway and Ashburn.

The project is being built in two parts. The first includes the track, the systems, the stations, etc., and is 74 percent complete.

The second is the rail yard and maintenance facility to service both the Silver Line and the rest of the Metro system. It is 61 percent complete, according to project executive director and vice president Charles Stark.

Looking forward Kearney pointed to the “future setting of the pedestrian bridges over the Dulles Greenway at the future Loudoun Gateway and Ashburn stations along with development of pavilions.”

“Hopefully we will see roof structures on these pavilions in the next quarter starting at Innovation Station south,” Kearney said.

Other upcoming events include:

- Connecting the traction power and tire breaker stations to the guideway and stations with power cables.
- Roofing, escalator installation, plumbing and electrical work and installation of concrete bridge decks at Innovation Center, Reston Town Center and Herndon stations.
- Continued installation of ballasted track at at-grade sections.
- Ongoing mechanical, plumbing, and elevator and escalator installation at Dulles Airport Station.
- Continuing installation of the Dulles Station canopy roof

Ongoing work at the rail yard includes:

- Final grading, paving and utility installation.
- Roofing at several buildings. Construction of the train-wash facility.
- Track work. ❖



SILVER LINE PEDESTRIAN BRIDGE INSTALLATION MOVING QUICKLY

Dulles Corridor Metrorail Project workers have spent recent weeks systematically installing a series of pedestrian bridge segments that future Silver Line passengers will use to access the train stations. These images were taken during the installation of segments at the site of the future Reston Town Center Station.

Pedestrian bridges are being installed at every Phase 2 station except for Dulles Airport Station. The bridges will lead to pavilions on the north and south side of each of those stations except Loudoun Gateway, which only has a pavilion on the north side.

Installation of the many of the bridge segments required lane closures along the Dulles Toll Road (DTR), the Dulles International Airport Access Highway (DIAAH) and/or the Dulles Greenway. The final pedestrian bridge segments are expected to be installed by the end of 2017 or early in 2018. ❖

FAIRFAX BUILDING PARKING GARAGES AT HERNDON AND INNOVATION STATIONS

Fairfax County is building the parking garages that will serve commuters at the Herndon Station and at the Innovation Center Station.

Construction of the Herndon garage is more than 50 percent complete. It is being built near an existing county garage which has served as the Herndon Park and Ride lot to serve Fairfax Connector buses. The two garages will be connected by a bridge for pedestrians and vehicles.

The new garage is expected to be complete in late Spring 2019.

Construction of the Innovation Center Station garage is about 15 percent complete. Completion is also expected in late spring of 2019. ❖



RAIL TEAM TARGETS REPAIRS IN TYSONS

Get set Tysons businesses, residents and commuters.

Dulles Corridor Metrorail Project crews soon will be doing some maintenance and enhancement work along Routes 7 and 123 in early 2018.

Disruptions will be minimal and alerts will be issued to make sure no one is taken by surprise. In addition, any business whose access might be impacted will be contacted directly by project officials.

Here is some of what that work will include:

- Repair of storm drains and underdrains.
- Update driveways and sidewalks to meet ADA requirements.
- Improve drainage on a section of Route 123.
- Repair bus turnouts near the Spring Hill and McLean Metrorail stations.

Crews also will adjust the alignment of Old Meadow Road at Route 123, but that work will take place later in the year.



MIKE STEWART TO MANAGE DULLES AIRPORT

The Metropolitan Washington Airports Authority has named Mike Stewart as vice president and airport manager for Washington Dulles International Airport. Stewart transitioned into his new role following the Dec. 8 retirement of Brian Leuck, who has served as vice president and airport manager since January 2017.

Stewart has served as vice president of airline business development at the Airports Authority for the last two years. He has held several other key positions at the Airports Authority and in the aviation industry, including Dulles Airport's manager of airport administration, the Airports Authority's manager of airline affairs, director of corporate real estate and airport affairs for Independence Air and management positions with US Airways and Piedmont Airlines.

"Mike brings significant experience and skills to his new role as airport manager," said Airports Authority Executive Vice President and Chief Operating Officer Margaret McKeough. "We, at the Airports Authority, are pleased that Mike will lead the team of dedicated Dulles professionals serving the traveling public at the National Capital region's premier international airport. I also want to thank Brian Leuck for the outstanding leadership he provided as airport manager, applaud his 29 years of dedicated service to Dulles International and wish him well in his retirement."

Dulles Airport serves more than 22 million passengers per year and continues to grow its domestic and international passenger activity while handling more than 80 percent of the region's international air travelers. Dulles has 39 airlines with nonstop service to 75 domestic and 56 international destinations, including 35 capitals around the world. A Metrorail station at Dulles Airport is under construction as part of the Silver Line project, scheduled for completion in 2020. ❖



VORTEX NOW OPEN IN TYSONS CORNER

Brand new cycling studio-meets-café will offer daily classes, top amenities, retail, and a full cafe program.

Vortex, the only cycling studio of its kind, opened in Tysons Corner last November. Located at 7902 Tysons One Plaza, the mixed-use space combines studio, café, and retail providing a leisurely gathering spot for the Tysons community. The 39-bike, 1,000 square-foot sensory light ride studio is fully equipped with a unique hybrid rhythm and metric based IQ cycling system aimed to maximize results and performance. The indoor café and retail shop features a menu of fresh baked pastries, grab-and-go meals, cold pressed juices, and handcrafted coffee locally roasted by Coronation Coffee.

"Vortex is not just a cycling studio, it's a destination for local residents, office tenants, shoppers, and commuters to build in some positive time into their daily routine," says co-owner Glynis Thomas. Amenities of the studio and café space include luxury shower and restroom facilities, spacious locker areas, a retail boutique complete with top brand sportswear and accessories, and free wifi.

Vortex classes will cost \$28 per class with an option to buy packages for frequent riders. Locals, cycling enthusiasts and shoppers are encouraged to come in, meet the staff, take a tour of the studio and facilities. All visitors can sign up for promotional discounted rates for future class packages while grabbing a snack.

Classes are expected to sell out and reservations may be made online or on the phone (571) 363-2444. Additional programming and community events will be announced every month.

Vortex will be open Monday-Saturday, 6am-930pm, Sundays from 10am-6pm. Complimentary media classes are available.

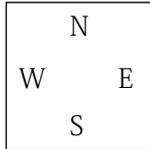
Co-founded by Melvin Enderes and Glynis Thomas, Vortex is reinventing community-driven cycling with its mixed-use studio-retail-café located in Tysons Corner, Virginia. The Vortex experience combines custom theater seating, exhilarating music, and a full-body workout on their metric and rhythm-enabled bikes. ❖

BRIDGE CLUB

COOPERATIVE ERRORS

- ♠ Q 9 4
- ♥ A 10 7
- ♦ J 9 8 5 4
- ♣ Q 4

8
6 5 4
Q 10 7 2
K 8 7 6 2



West	North	East	South
			1 ♥
pass	2 ♥	2 ♠	4 ♥
all pass			

West leads the eight of spades. East wins with the ten and continues with the king and ace, South following. What are your discards? page 176.

Excerpt taken from: Frank Stewart's Bridge Club. Page 59.

BIDDING QUIZ

YOU HOLD:

K 5 2 ♥ K Q 3 2 ♦ A 2 ♣ K Q 3 2

You open 1NT, and your partner bids 4NT. The opponents pass. What do you say?

ANSWER: If you're past the novice stage, you know that partner's 4NT bid is (in this situation) not the Blackwood ace-asking convention but simply a raise, inviting slam in notrump just as a raise of 1NT to 2NT would invite game. Since you have maximum values for your 1NT opening, you can accept. Bid 6NT.

Excerpt taken from: Frank Stewart's Bridge Club. Page 62.

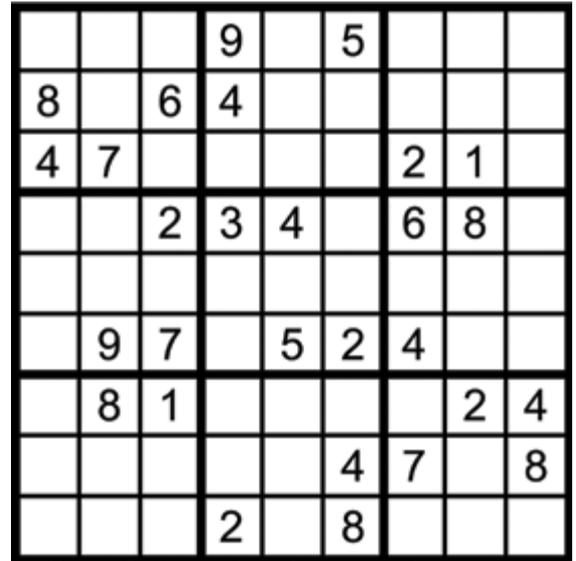
FOR EVERY ACTION,
THERE IS AN EQUAL
AND OPPOSITE
GOVERNMENT
PROGRAM.

HOW TO SOLVE SUDOKU PUZZLES

To solve a sudoku, you only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9.

Similarly, each number can only appear once in a column or row in the larger grid. No math is required.

The difficulty on this puzzle is easy.



ARTIFICIAL
INTELLIGENCE IS NO
MATCH FOR NATURAL
STUPIDITY.

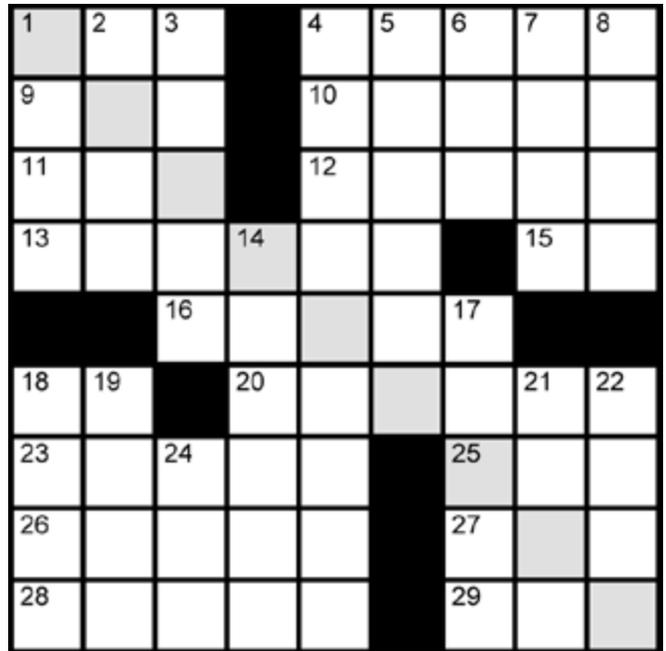
A CLEAR
CONSCIENCE IS
USUALLY THE SIGN
OF A BAD MEMORY.

SECOND CHANCE FOR CHILDREN CROSSWORD

CROSSWORD CLUES

ACROSS

1. Tire filler
4. Overhead
9. Bachelor's last words
10. Let go
11. Sign after Cancer
12. Sensational
13. Yangtze River boat
15. Refusal
16. Fills up
18. "___ thee I sing"
20. Thyroid problem
23. Electron-transfering process
25. Raw rock
26. Riyadh resident
27. Econ. indicator
28. Church instrument
29. "Of course"



DOWN

1. Afflicts
2. Concept
3. Hotel offering
4. Fungal carcinogen
5. Sultanate on Borneo

- | | |
|---------------------------|-----------------------|
| 6. "___ the fields we go" | 21. Marine eagle |
| 7. Style | 22. Agents, for short |
| 8. Taro root | 24. Grooved on |
| 14. Chinese temple | |
| 17. Cheap cigar | |
| 18. Approximately | |
| 19. Alarm | |



BRIDGE CLUB SOLUTION

COOPERATIVE ERRORS

♠ Q 9 4
 ♥ A 10 7
 ♦ J 9 8 5 4
 ♣ Q 4

♠ 8
 ♥ 6 5 4
 ♦ Q 10 7 2
 ♣ K 8 7 6 2

♠ A K J 10 5 2
 ♥ 3
 ♦ 6 3
 ♣ J 10 9 3

♠ 7 6 3
 ♥ K Q J 9 8 2
 ♦ A K
 ♣ A 5

West	North	East	South
			1 ♥
pass	2 ♥	2 ♣	4 ♥
all pass			

Opening Lead: ♠ 8

'I know God took only six days to create the world,' a disgruntled player at the club told me, 'but that was because He was working alone. If He'd had a partner to contend with, the job wouldn't have been finished on schedule—or done right.'

That impious remark was prompted by this deal: East-West could have beaten four hearts but didn't—and neither player was happy with his partner.

When West led a spade, East took the ten, king and ace, and West discarded the eight and then the deuce of clubs. East then led a club.

'I thought my partner had the ace of clubs,' East contended. 'But South produced the ace, cashed the A-K of diamonds, led a trump to the seven, ruffed a diamond, led a trump to the ten and ruffed a diamond. He drew trumps with the ace, threw his last club on the good jack of diamonds and took the thirteenth trick with a trump.'

Do you see how East-West could beat four hearts? Which defender was responsible for letting South get home?

After the defense wins the first three tricks, someone must lead a trump. This play removes a vital entry to dummy before South has started the diamonds, and South must lose a club.

East can infer that West doesn't have the ace of clubs; otherwise West would ruff East's winning spade at the third trick and cash the setting trick. But only West knows he has three low trumps (he might have Q-x-x) and the diamonds well stopped. Therefore, West should ruff East's winner at Trick 3 and lead a trump to defeat the contract.

Excerpts taken from: Frank Stewart's *Bridge Club*. Pages 63.

SUDOKU Answers

1	2	3	9	7	5	8	4	6
8	5	6	4	2	1	9	7	3
4	7	9	6	8	3	2	1	5
5	1	2	3	4	9	6	8	7
3	4	8	7	1	6	5	9	2
6	9	7	8	5	2	4	3	1
9	8	1	5	6	7	3	2	4
2	3	5	1	9	4	7	6	8
7	6	4	2	3	8	1	5	9

CROSSWORD Answers

A	I	R		A	B	O	V	E
I	D	O		F	R	E	E	D
L	E	O		L	U	R	I	D
S	A	M	P	A	N		N	O
		S	A	T	E	S		
O	F		G	O	I	T	E	R
R	E	D	O	X		O	R	E
S	A	U	D	I		G	N	P
O	R	G	A	N		Y	E	S



"I'm trying to lead a healthier lifestyle. I'd like the butter on a stick, unfried."

IT IS EASIER TO GET FORGIVENESS THAN PERMISSION.

IF YOU MUST CHOOSE BETWEEN TWO EVILS, PICK THE ONE YOU'VE NEVER TRIED BEFORE.

MODERN PROVERBS AGE IS A VERY HIGH PRICE TO PAY FOR MATURITY.

✓ Video Games

✓ Candy

✓ Junk Food

✓ Screen Time

BY JAN KING

RED ALERT

Weekend with Grandma

Unlike us Baby Boomers, today's parents are involved in their kids' lives on a microscopic level. Helicopter mothers and tiger moms worry incessantly about gluten, high fructose corn sugar, lactose, bullies, global warming and all sorts of clear and present dangers lurking about. Lucky for us, they're not aware that the biggest threat of all, the real hazard to those little darlings is...wait for it...Grandma!

Since I moved to the West coast to be closer to my grandkids, I can tell you from personal experience that grandmas are Public Enemy #1. And now I'm livin' the Granny dream in San Diego being close to Julianna, a.k.a. JuJu, my 6-year-old granddaughter. My most recent golden opportunity came when my son and daughter-in-law took a getaway vacay to celebrate their tenth wedding anniversary and entrusted JuJu into my care for the entire weekend!

However, it wasn't without its challenges. They comprised a sheet of do's and don'ts which was longer than Harvey Weinstein's accuser list, covering everything from food to activities. The food taboos stated no dairy (including ice cream, milk and frozen yogurt), no sugar, no GMO's, no apples, and no gluten-anything. Of course, this eliminated 99% of any normal person's diet, leaving me to ponder, "What does this kid subsist on... water and organic mung beans?" As far as her recreational activities, TV time was limited strictly to an hour per day in favor of healthier pursuits like educational games and puzzles.

They dropped JuJu off and handed me her Little Mermaid suitcase and the dreaded list. I took them, smiled and said, "Have a wonderful time and don't worry. I'll keep the list right here on the kitchen table." Then I closed the door and promptly deposited it in my recycle bin. Channeling my inner Jewish Bubbe for guidance, I transformed myself into the grandma to end all grandmas. "A little sugar...what can it hurt? And no ice cream? It's a shonda...a knife in the heart."

The first fairy grandmother wish I granted JuJu was lunch at her favorite gourmet restaurant, Chuck E. Cheese. This is where I got my first taste of Karma coming back to bite me in my newly channeled Jewish tush. For those who haven't been to Chuck E. Cheese, it's a place more hazardous to your health than skydiving, smoking Camel cigarettes, and vacationing in Afghanistan. Their nutritious menu features a choice between greasy pizza with a side of greasy fries

and greasy chicken nuggets with a side of greasy fries. The place is exploding with hyper kids running around shrieking and playing games on flashing, neon-lit machines, blasting out all kinds of loud sound effects. The whole scene came perilously close to inducing a grand mal seizure in my overstimulated brain. The kids play the games and collect tickets for their winnings, cashing them in before they leave. After spending 1½ hours and \$45.00, JuJu had amassed 35 tickets, enough to trade in for the coveted prizes of a cheap plastic necklace and matching bracelet, both of which broke before we reached the car. Go, Chuck E. Cheesy.

Since I already had two Excedrin and a valium on board, I was ready for the next round of "fun." I achieved this handily and incurred a lactose-free infraction by treating JuJu to a big cup of frozen yogurt loaded with sprinkles and chocolate chips. Next, we caught "Boss Baby" at the local AMC theatre where a second and even more heinous sugar infraction took place when I purchased movie-sized boxes of Red Vines and Gummy Bears. So, what does "movie sized" mean? Duh—160 grams of sugar, that's what. Upon arriving home, we spent an hour at the pool after which I served a delicious three course dinner of Kraft Mc n' Cheese, lemonade, and popsicles for dessert.

After dinner, I pulled out the giant *Frozen* puzzle I bought for us to work together. However, it was a bit advanced for Julianna and she quickly lost interest. So what's a Grandma/Bubbe to do? No problem. Like any other tech savvy 6-year-old, JuJu was able to figure out my complicated remote in two seconds flat, expertly navigating the Netflix menu. Scrolling through at warp speed, she found her favorite movie, *Moana* and watched it...twice. She sang every song with gusto and performed the dance routines as well. My little star. So, how could I refuse when she begged me to stay up a little longer to watch *Madagascar*? After three "Puleeeze Grandmas" I was dead matzoh.

We had such a fabulous weekend! However, when my son and daughter-in-law picked JuJu up, I knew there was a high probability I'd be returning her with Type II diabetes and acute eye strain possibly requiring corrective lenses. "But, I kept telling myself, "It's not Grandma's fault—I just want to see her happy!" So, shoot me. Even Nancy Reagan couldn't just say "no" to this precious child! ❖

JANUARY

FEBRUARY



CAPRICORN 12/22 - 1/19: Let your creativity loose this month if you plan a surprise for a loved one. You may get a lot of satisfaction from their delight.



AQUARIUS 1/20 - 2/18: Patience takes the stage as events draw to a conclusion this month, but an even pace and attitude smoothes the way for success.



PISCES 2/19 - 3/20: Swallow your pride and get back in touch with a friend you dropped for reasons that may seem silly right now.



ARIES 3/21 - 4/19: You might come into the New Year with an feeling that your fate is unavoidable. Resist that thought! You have the power to change your life in 2018 for the good or bad. Take the challenge.



TAURUS 4/20 - 5/20: In the mood for a change? 2018 is the year to do it. Stars predict luck if you make moves that are good for your family.



GEMINI 5/21 - 6/20: If a certain person is repeatedly rude to you, try detaching from the situation. Stars say returning the behavior in kind only hurts you in the eyes of others.



CANCER 6/21 - 7/22: Stars reveal a test of commitment is coming your way. This could involve family, work or friends. It could involve a special project. Respond with effort as you analyze the truth of the matter.



LEO 7/23 - 8/22: Don't skip short-term plans in January as a miscalculation could severely bog you down. That could mean you miss an opportunity by the first quarter moon on the 24th.



VIRGO 8/23 - 9/22: Time to consider honor and honorable, if difficult, action. Walk in kindness and consideration this month and the honorable action becomes easier.



LIBRA 9/23 - 10/21: Your budget squeaks as you consider a major purchase. It could be right for you if you have been responsible in all financial areas, including investing in the future.



SCORPIO 10/22 - 11/21: Two full moons in January. The first brings a feeling of trial. The second brings relief. Hold on as you move on.



SAGITTARIUS 11/22 - 12/21: Consider putting aside your reluctance to support a plan. It isn't perfect, but it might be right. More information comes at the full moon on the 31st.



AQUARIUS 1/20 - 2/18: Drop a friendly text to a friend you haven't seen in a while. Stars say unexpected messages bring happy news and some fun.



PISCES 2/19 - 3/20: Your birthday month reminds you that time flies and it moves in better and more satisfying directions this year. Envy is your enemy.



ARIES 3/21 - 4/19: Some things are tedious, a sad fact of life. Start planning those into your schedule and you'll find things go better this month. But don't let the schedule become a tyrant.



TAURUS 4/20 - 5/20: Look for a familiar pattern this month to avoid a pitfall. Good signs ahead for career initiatives if you don't let history repeat itself.



GEMINI 5/21 - 6/20: You find your general joy of life increasing as you reject negativity around you. A belief you accepted without question is challenged.



CANCER 6/21 - 7/22: Rest is welcome this month as your emotions run high and events move at a brisk pace. Visualize a goal and by the New Moon on the 15th you'll see progress.



LEO 7/23 - 8/22: The month starts well with romance brewing on the Full Moon Feb. 1. It is a pleasant time, but don't let it distract you from monthly tasks.



VIRGO 8/23 - 9/22: Face an uncomfortable situation and do your duty. Others will take care of the situation if you let them, but your own happiness increases when you meet the challenge.



LIBRA 9/23 - 10/21: This month could be pivotal for health issues. Gather your courage and resolve. Steps you take now will ripple through the rest of 2018 and even beyond.



SCORPIO 10/22 - 11/21: Your passion takes you far this month. Just make sure you back up your conviction with facts because you will be challenged.



SAGITTARIUS 11/22 - 12/21: A frugal approach to finances is in order this month. Identify places to save, but don't deprive yourself of the little things you love.



CAPRICORN 12/22 - 1/19: A friend's success makes you happy, but a little bit jealous. Beware of comparing yourself to others. Instead focus on the progress you've made. Make adjustments, if necessary.

I needed my divorce so that I could have room to grow. I'm forging a new path to happiness.

Divorce is never easy. It can be one of life's most difficult challenges, testing the will and grace of even the most even-tempered individuals. When going through a divorce or when facing other family law matters, you need a trusted and capable attorney to listen, understand, and guide you. Everyone's case is unique, and so we offer options to fit your situation, including Collaborative Law, mediation, negotiation, and litigation. We help get you where you want to be.

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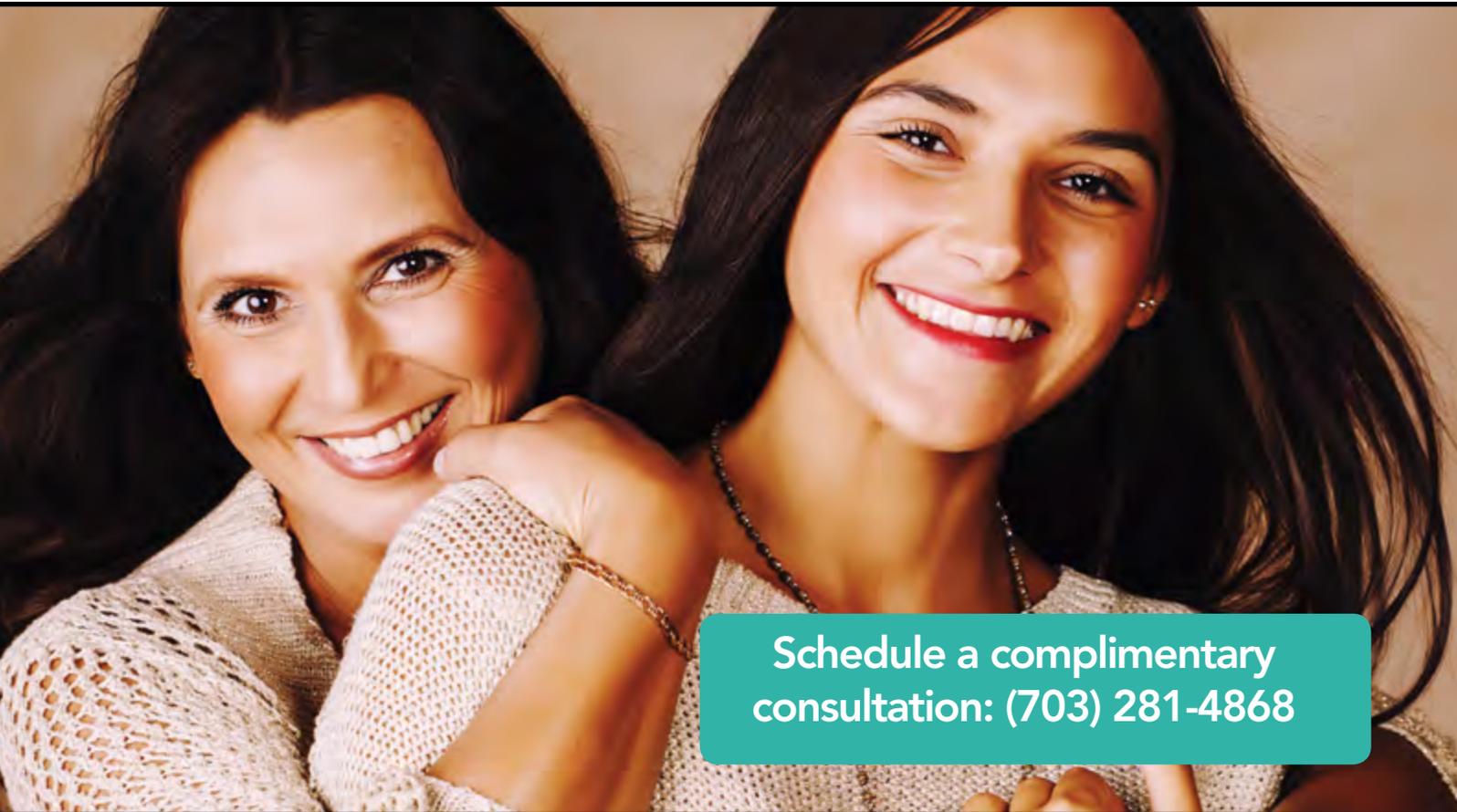
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