

Tysons | Reston | Ashburn | Leesburg | Great Falls | Mclean | Vienna | Oakton | Falls Church

TYSONS

P R E M I E R

Winter 2020 | \$3.95

WISHING YOU A SAFE AND
Happy Holiday

**Pitches for (Safe)
Winter Adventures**

**The Tents of Tysons'
Cool New Culinary Scene**

vivaltysons.com | vivareston.com

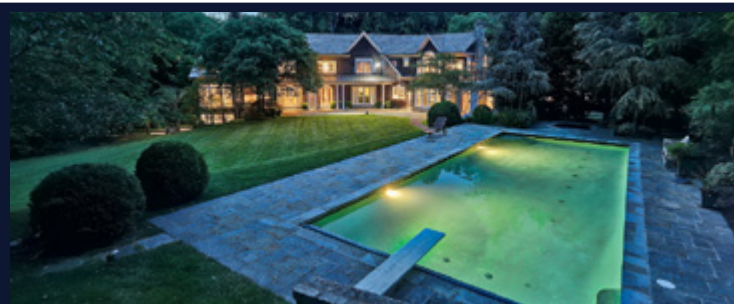
Casey Margenau

— Over 3 Billion Sold — Fine Homes & Estates

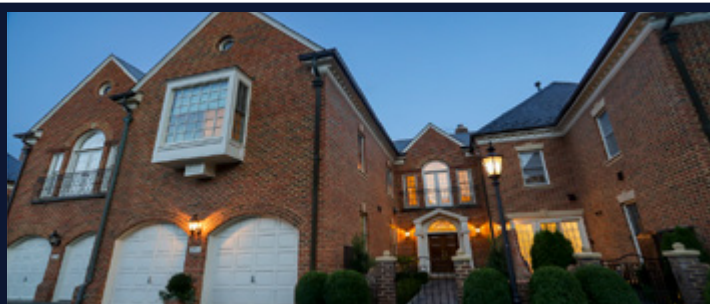
KNOWLEDGE

EXPERIENCE

TRUST



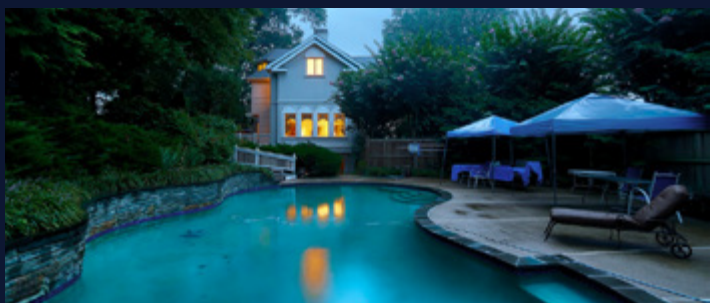
RENOVATED 11,000 SQFT HOME ON 2.2 ACRE LOT
7301 Dulany Dr, McLean VA 22101 \$5,995,900



PRIME LOCATION IN DOWNTOWN MCLEAN
1233 Stuart Robeson Dr, McLean, VA 22101 \$2,349,000



LARGE ESTATE OF 10,000 SQFT ON 5 ACRES
1506 Windstone Dr, Vienna, VA 22182 \$2,499,000



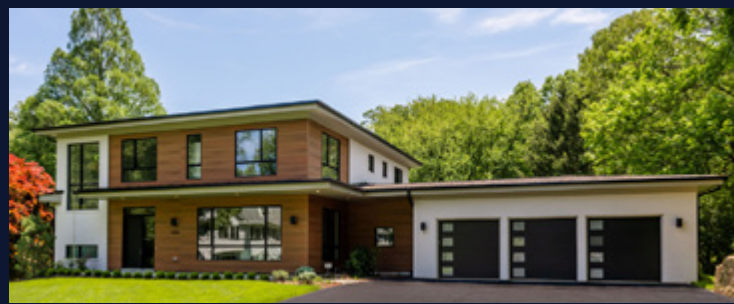
LARGE PROPERTY OF 10,000 SQFT ON 1.8 ACRES
1414 Wynhurst Ln, Vienna, VA 22182 \$1,999,900



GRAND FRENCH COUNTRY MANOR ON 5 ACRES
11307 Stuart Mill Rd, Oakton VA 22124 \$4,895,950



LARGE HOME WITH A POOL OF 8000 SQFT ON 1.9 ACRES
2566 Yonder Hills Way, Oakton, VA 22124 \$1,899,900



NEW & MODERN HOME ON 1.2 ACRE LOT
6333 Old Chesterbrook Rd, McLean, VA 22101 \$2,999,000



MEMORY HOUSE! CRICA 1890 VICTORIAN HOME
6404 Washington Blvd, Arlington, VA 2220 \$1,449,900

Casey Margenau Fine Homes & Estates, Inc.

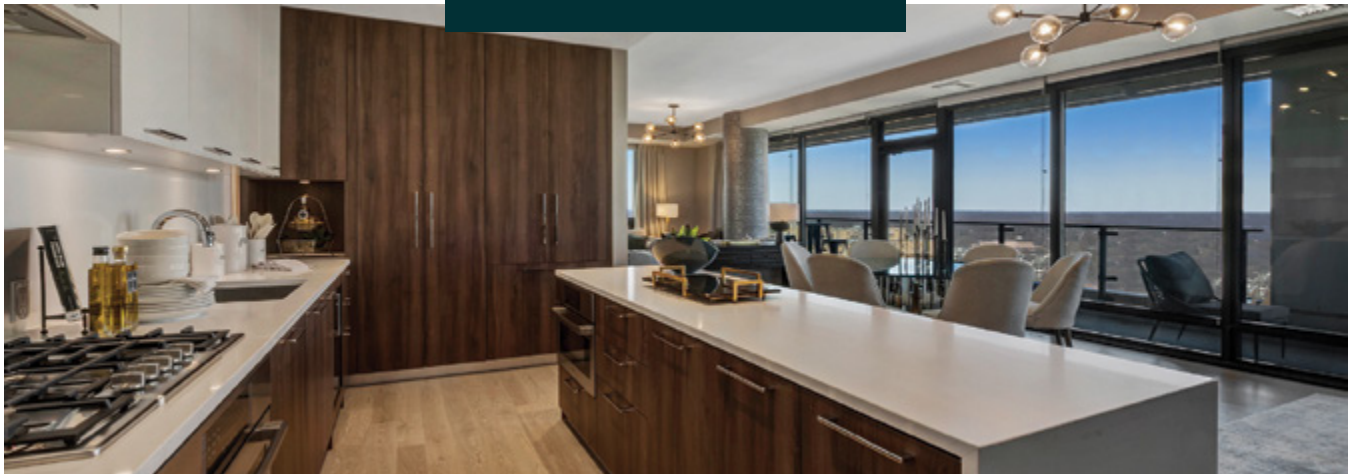


www.margenau.com

703.851.2600



VERSE



YOU CAN HAVE IT ALL *Now*

LUXURY LIFESTYLE, WALKABLE CONVENIENCE

■ ■

MOVE IN TODAY and experience the ultimate in Tysons' luxury living at Verse Condominiums - where sophisticated design and curated convenience combine in the dynamic, walkable community of The Boro.

With a world-class location and luxe amenities, it's everything you've been waiting for and more.

JOIN US FOR AN OPEN HOUSE EVENT THIS SATURDAY & SUNDAY FROM 12-4PM



Contact us today to schedule your private, in-person or virtual appointment with a member of our sales team.

New Luxury Condominiums at The Boro in Tysons from the \$500's to \$1.6 M

Sales by
MAYHOOD

VERSEOPENHOUSE.COM

571.423.0957 | Sales@VerseCondos.com

■ ■

 **KETTLER**

THE
MERIDIAN
GROUP



SALES GALLERY LOCATION: 1650 Silver Hill Drive, Tysons VA 22102

Features



The Kitchen —Where to Begin the Remodeling Process?

By Syntha Harris Interiors

The 'Kitchen Series' is designed to help you start the process and enable better research when contemplating your renovation project. This is the second part of our Series, which as a whole, covers the necessary steps to take when approaching a kitchen remodeling project.

Pitches for (Safe) Winter Adventures

By Renée Sklarew

Like so much of the pandemic lifestyle, this winter will be new terrain. What are some activities that we can enjoy safely during the chilly months of January and February.



Top 10 Most Expensive Homes Sold in Northern Virginia

You have new neighbors! See the Top 10 most expensive homes sold in Northern Virginia this year.



The Tents of Tysons' Cool New Culinary Scene

By Allison Chase Sutherland

Long-loved local restaurateurs are doing everything conceivable to respect social distancing guidelines and safety protocols so that they can continue to welcome guests and allow them to feel confident about dining – especially outdoors. Their creativity has been unleashed. Their imaginations are on fire.





And More . . .

- 14 What does it take to incorporate a new healthy habit?**
by Jennifer Smith, MS, RDN
- 16 Education**
Russian School of Mathematics
- 28 Vienna Merchants**
- 30 Dental Connection**
- 31 How Dentists' Offices are Keeping You Safe**
By Smile Wonders
- 34 Catering**
COVID Holidays by Helga's Caterers
- 42 The Yeonas Family**
Four Generations of Real Estate
Personal Success Icon
- 44 Tysons Premier**
See what's new in the real estate market.
- 50 Local Real Estate Experts**
- 64 Wine Mixology**
Making Cocktails with Virginia Wines
- 66 Holiday Happenings**
See what events are still taking place.
- 68 Pets**
An insider's look at what's happening in veterinary hospitals throughout NOVA and the whole country.
- 70 Ask An Advisor**
Year-end Financial Planning Checklist
- 72 Tysons Update**
Newly Installed Glass Panels at Dulles Airport, and
Meet the Staff: Mercedes Kamencik (page 74.)





Join Our Email List!

Sign up for our email list to get news, updates and special offers from Tysons Media Group and our affiliates.



Go to
VivaTysons.com/
signup

TYSONS P R E M I E R

THE MAGAZINE FOR TYSONS | RESTON | ASHBURN | LEESBURG
GREAT FALLS | MCLEAN | VIENNA | OAKTON | FALLS CHURCH
WINTER 2020

PRESIDENT & PUBLISHER	Johnny Hanna
DIGITAL MEDIA ADVISOR/ CLIENT ADVOCATE	Nawara Omary Elliott Tricia Leimbach
ART DIRECTOR / PRODUCTION MANAGER	Mary Jeanne Cincotta
SENIOR GRAPHIC ARTIST/ WEBSITE DESIGNER	Robin Long
TRAVEL CONTRIBUTOR	Allison Chase Sutherland
WINE EDITOR	Linda Barrett
DINING EDITOR	Renée Sklarew
VIDEOGRAPHY	Kari Cannistraro
PHOTOGRAPHIC CONTRIBUTORS	Greg Knott
CONTRIBUTING WRITERS	Paula Clark Fischinger Syntha Harris Marcia McAllister Kate O'Toole Tyler Read Amanda Scarangella Renée Sklarew Bruce Vaughn Zoe Winsky

Tyson's Premier Magazine | 703.585.3354 | 2108 Robin Way Court, Vienna, VA 22182
General inquiries and comments about this publication can be sent to:

info@vivatyson.com
www.vivatyson.com
www.facebook.com/vivatyson
www.twitter.com/vivatysonsmag
www.tasteoftyson.com
twitter.com/tasteoftyson
www.tysonstoday.com
www.tysonshandandbeauty.com

Subscriptions for *Tyson's Premier Magazine* are available for \$12 per year or \$20 for two years. Please address requests to Tysons Premier, 2108 Robin Way Court, Vienna, VA 22182, or call us at 703.585.3354, or you can subscribe online at www.vivatyson.com.

Volume 1, Issue 5. Copyright © 2020 by Tysons Premier Magazine Inc. *Tyson's Premier Magazine* is published every two months by Nova Premier, LLC 2108 Robin Way Court, Vienna, VA 22182. All rights reserved. All editorial material is fully protected and should not be reproduced in any matter without written permission. Nova Premier makes every effort to ensure the accuracy of the information we publish, but we cannot be held responsible for any consequences or claims due to errors or omissions. Retailers wishing to carry Tysons Premier at their locations and readers wishing to correspond with us are asked to write us at TheTysonsPremier@gmail.com.



ON THE COVER

See what events are still taking place this holiday season on page 66.



C & C GARAGE

Your hometown auto experts remind you to have your automobile checked for the heat of Summer. C & C Garage offers excellent automotive repairs and state and emissions inspections in our certified repair facility in the heart of Vienna, VA.

703.281.5570

334 Dominion Rd., NE | Vienna, VA 22180
WWW.CANDCGARAGE.COM



"Our main concern is what is best for your child."

Dr. Gema Island

Board Certified Pediatric Dentist

703-790-1320

1500 Cornerside Blvd. Suite 310,
Tysons Corner, VA 22182

www.islandchildrensdentistry.com



Services

Preventive Dentistry
Cleaning
Sedation
X-Rays

\$99 Special
Includes:
Full exam.
Cleaning and
X-rays

Special Needs Children
Emergency Services
Patient Comfort
Cutting-Edge Technology

OPEN SATURDAYS



Visit Muse Vineyards

Award-Winning Wines, Lunch and Fine Food All Day, Hiking



VIRGINIA
IS FOR
WINE
LOVERS



Just a 2-mile drive off I-81, experience panoramic views from the tranquil grounds of a European-style vineyard.

Enjoy tastings of our award-winning wines accompanied by lunch and other fine food offerings, along with top entertainment and hiking.

MuseVineyards.com

Thursday 4-8pm Happy Hour

Friday-Saturday 12-8 PM

Sunday 12-6 PM

16 Serendipity Lane
Woodstock, VA 22664
(540) 459-7033



Pitches for (Safe) Winter Adventures

By Renee Sklarew

Shepherdstown WV

Like so much of the pandemic lifestyle, this winter will be new terrain. What are some activities that we can enjoy safely during the chilly months of January and February.

Clean your house while listening to a new podcast

The best thing about listening to a podcast is that you can multi-task while learning. Put your headphones in and learn something about history, politics, travel, or whatever interests you. Here are some tried and true podcasts to make cleaning, walking or any chore an enlightening activity.

Pod Save America – If you're a left leaning, culture-loving political junkie, Pod Save America is a must. The witty ex-Obama Administration hosts give their worldly spin on the issues of the day, offering an insider's view of the political landscape.

The Rational Republican – If you're looking for talking points for your next political debate, take a listen to James Ball who focuses on individual liberty and conservative principles, without sowing vitriol and division.

Explore the World with Matt Long—Travel will always provide an escape from the mundane, and no time is armchair travel more soothing than right now. DC Area commentator Matt Long talks to expert travelers about their hometowns, their exotic expeditions, and offers strategies for planning your next big adventure.

Pop Culture Happy Hour—Want to stay up-to-date with the latest music, television, and movies? This NPR podcast featuring four plugged-in hosts offers a break from the bad news of the world and illuminates binge-worthy cultural experiences with insightful commentary and interesting guests.

You Should Watch Comedy

Emergency! We need to talk less and smile more these days. The prescription? Watch comedy shows. Here's a family friendly list of comedians to watch at home.

"Trevor Noah's Son of Patricia" which tackles the unique experience of growing up multi-racial in South Africa and learning to live in this mixed-up country we call America.

In **"Tiffany Haddish Presents,"** comedian Tiffany Haddish introduces six hand-picked comedians to share her stage and their special brand of funny.

"Amy Schumer Live at the Apollo" showcases this wickedly funny and bold female humor that is both self-deprecating while illuminating the contradictions within gender roles.

"Patriot Act with Hasan Minhaj" offers a series of irreverent observations from comedian Hasan Minhaj covering various topics

from global news, politics and culture like Why Doing Taxes is So Hard. Or check out his standup show “Homecoming King.”

Become a Better Cook

If this pandemic has offered us nothing, we have all had to learn a thing or two about cooking. Some of us focused our energies on the benefits of baking, while others mastered new recipes and expanded their cooking repertoire. Here are some sources that will keep you excited about dinner even after the vaccine arrives.

Piquant Post—This monthly spice subscription service includes four international seasonings sent to your home every month with corresponding recipes. Take a trip to Laos, India, Japan or Brazil by creating your own signature recipes.

Mix Box by Homemade Bakers—Get ready to make irresistible s’mores brownies and caramel poke cake with the help of this monthly baking kit. The homey options are inspired by the season with video tutorials for all baking levels.

EatTiamo—Do you love the simple precision of a perfect pasta? Escape to Italy for the night with this Italian cooking subscription box. Each month features seven full-size gourmet food products from a different region in Italy. Bon Appetito!

Veggie Buds Club Box—With kids at home, we see that more than ever, eating healthy as a family is within our reach. This box teaches young children to love a new veggie every month, with crafts, stickers, coloring and scavenger hunts.

Take Out Kit—Adventurous eaters will love these easy to prepare meal kits containing all the ingredients you need to make dinner for four. Some highlights include Spanish Paella, Japanese Tonkotsu Ramen, Argentine Empanadas and German Spatzle. The kit has a two-month shelf life, so there’s no pressure to prepare immediately.

Fireplaces and Wine Glasses

Outdoor firepits deliver the respite and rejuvenation we need to get through a week of isolation. Here are five local wineries offering a comforting place to toast to a healthier future.

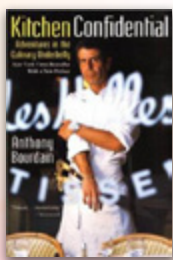
Effingham Manor Winery’s expansive winery has a roaring fireplace and appropriately spaced tables indoors. Guests can gather around the firepits overlooking a rolling meadow and 18th century manor.

The new Winery at Sunset Ridge Farm in Gainesville overlooking Lake Manassas has a massive stone fireplace and outdoor firepits where you can be the first to sample the harvest. The farm has wine, beer, farm animals and more.

Huddle beside the oversized firepit at **Hiddencroft Vineyards**, a Lovettsville winery in a 19th century farmhouse. The vineyard is known for its blueberry concoctions like Grandma’s Love Potion and Grandpa’s Fantasy.

Snuggle Up with an Inspiring Book

Sure, we are living with new challenges, but it’s reassuring to hear about humans who have overcome hardships and come out better in the end. Here are four biographies that will inspire optimism and hope in the worst of times.



Kitchen Confidential

We all miss Anthony Bourdain’s wry and wise look at life, not to mention his adventures in cooking and travel. This book goes back to his wild days as a young chef that helped to form his limitless capacity for empathy and openness.



First – Sandra Day O’Connor

After watching the turmoil around choosing a new Supreme Court Justice, it is interesting to read about the first female justice, Sandra Day O’Connor. In her biography by Evan Thomas, you’ll gain insight into her life as a cattle rancher’s daughter and her ambition that led to shattering the legal glass ceiling.



Mamba Mentality: How I Play

Kobe Bryant’s untimely and tragic death was a great loss to sports, but his approach to life – determination, devotion and analytical way of approaching work and life - will leave you inspired to reach your own potential.



A Dream Called Home

Young Mexican author Reyna Grande describes how she achieves her dream of attending college in the United States after a harrowing childhood and painful immigration experience. Her story inspires compassion for people struggling to rise above poverty and disadvantage.



Leonardtown coffee shop

Relax in an Adirondack chair by the fire at **Doukenie Winery** in Purcellville with views of a bucolic countryside and horse farm. The expansive indoor tasting bar allows for ample social distancing where you can listen to live music and nibble on appetizers.

Delaplane Cellars' wall of windows allows the sun to stream in, naturally warming the tasting room and providing stellar views of the Blue Ridge Mountains. Located at Fauquier County's Lost Mountain, the wines are made from varietals grown only in Virginia.

Voted the best winery in Virginia, **Pearmund Cellars** in the foothills of Fauquier County builds blazes in the outdoor firepit and has an expansive European-style tasting room.

Chocolate Boosts Endorphins

For some of us, nothing soothes better than chocolate. Here are some rich and creamy

cocoa drinks to brighten up your day

Ice Cream & Hot Chocolate drink—at Dunbri's Dessert Café in Haymarket

The Loaded Coffee topped with ChocoVino Wine—at The Spot on Mill Street in Occoquan

Café Mocha Latte with Dark Chocolate Sauce—at Trummers Coffee & Wine Bar in Gainesville

Dark Iced Chocolate—at Cocoa Vienna in Vienna

The Cocoa Flight—at The Conche in Leesburg

Nutella Hot Chocolate—at Ice Cream Jubilee in Arlington

Bayou Cocoa made with Valrhona Chocolate and sea salt—at Bayou Bakery in Arlington

Hot Cocoa with Toasted Marshmallow syrup—at Cameron's Coffee & Chocolates in Fairfax



Kent Island day trip

Signature Gourmet Cocoa—at Cupcake Heaven in Haymarket

Salted Caramel Hot Chocolate—at the Liquid Chocolate Café at River-Sea Chocolate Factory in Chantilly

Animal Love

Scientific research has shown that animals can lower our blood pressure and improve our mood, and Northern Virginia has plenty of farms where you can commune with our four legged friends year-round.

Hope & Serenity Farm Sanctuary in Nokesville is a shelter for neglected and abandoned animals. Owner Renee Small welcomes visitors to take a tour of the farm and provides guided, supervised interactions with her pigs, donkeys, cats and dogs.

Horseback riding can be a serene experience any time of year, but the quiet meadows are especially calming in winter. Sign your child up for a month of weekly lessons at Affinity Farm in Gainesville where they can learn to ride well-trained horses safely.

George Washington's Mount Vernon barn animals enchant year-round. Pet the cuddly Hog Island Sheep, gentle horses and even a friendly camel named Aladdin. Guests are welcome to feed the oxen, pig and donkeys too.

Fort Valley Ranch in George Washington National Forest has daily group rides and private lessons. Stay at their private cabins and build a campfire that night. The next morning, stop by Luray ZOO Rescue to see



Savage Mill Howard County shopping



Savage Mill Bridge Howard County

the rescued zoo animals, including a lemur, tiger, parrots and bears.

Maple Syrup Boil

Colvin Run Mill Park hosts an annual trek into the woods to collect maple sap and then demonstrates how to boil the sweet substance down over an open fire to make syrup. Taste the finished product on a hearty slice of cornbread. Buy your own freshly-milled cornmeal to make some at home.

Cabin Fever

Serenity and wilderness has never been so close.

Rent one of 12 vacation cottages along the Potomac River at **Algonkian Regional Park** in Sterling. With decks, grills, full

kitchens and multiple bedrooms, these cottages are perfect for a secluded vacation destination spot. While at the park, hike the trails or go bird watching.

The two deluxe cabins at **Pohick Bay Regional Park** have fully equipped kitchens, bathroom and outdoor grill. It's the perfect place to watch the sunrise over the Potomac River. Take a hike in Mason Neck State Park to look for the bald eagles that live there.

Go Underground

Did you know that caverns maintain a year-round temperature of 55 degrees? That's why visiting a cavern in the winter can actually warm you up while you gape under your mask at the stalagmites and stalactites.

Luray Caverns in Luray is the largest cavern in the eastern United States, and if you haven't visited yet, you're missing something. The cavern walkways are paved and accessible for all. You'll be in awe of the cathedral-sized rooms filled with magnificent rock formations. Masks and six foot distance is required for all visitors.

Skyline Caverns in Front Royal is a lesser known but distinctive cavern tour that has reduced tour sizes and runs every thirty minutes, requiring six feet of distance at all times. The colorful rooms include the Grotto of Nativity and Painted Desert.

Shenandoah Caverns near Harrisonburg limits the number of guests and requires masks of everyone. The elevators are closed, so there are stairs to descend, but the Capitol Dome, Beyond the Veil and unique "breakfast bacon" formations will delight. Shenandoah Caverns is next door to American Celebration on Parade with its quirky parade floats.

Learn to Snowshoe

Rev3 Adventures at Bryce Resort takes a small group up the mountain for a leisurely hike via snowshoes at a sunset and end the evening in the Copper Kettle at Bryce Resort with some drinks.

Guided Hikes

Love to learn while you walk? Take one of these fascinating outdoor tours.

The National Park Rangers at **Theodore Roosevelt Island** offer year-round safaris



Cumberland Maryland

around this sanctuary in the Potomac River. In the winter you have unobstructed views of the DC skyline.

Manassas Battlefield Park takes Civil War enthusiasts to key sites in this National Park with stories of heroism and tragedy. The circuit hikes around the park are scenic and challenging year round.

Lincoln Cottage, though not really a hike, take a guided tour of the grounds around his historic home in Washington D.C. to learn about President Lincoln's life. The view from the Old Soldiers Home where it's located is stunning.

Get High

Nothing delights a soul more than watching a sweeping view unfold but staying warm at the same time.

Soar above the city in a climate-controlled gondola at **National Harbor**. The Capital Wheel offers panoramic views of Alexandria, the Potomac River and the National Mall.

Take a ride to the top of the **George Washington Masonic National Memorial** in Alexandria to see the view from the nine-story tower and learn the history of this impressive building.

Visit a Presidential Property

While these president's homes are not open for indoor tours, you can walk the expansive properties, and take walking tour of the grounds.

- James Monroe's Highland
- James Madison's Montpelier
- Thomas Jefferson's Monticello
- George Washington's Ferry Farm
- Herbert Hoover's Rapidan Camp in Shenandoah National Park ❖



Leonardtown countryside

Rent a Winter Igloo at The Watergate Hotel rooftop bar "Top of the Gate" to watch the glittering lights of the city over cocktails.

Stretch Your Legs

Udvar Hazy Air and Space Museum has excellent safety protocols in place, and it's a fun place to wander around on a cold day with the high ceiling and spaciousness.

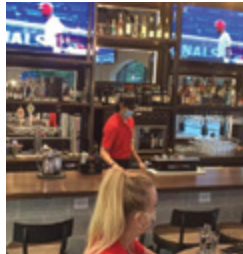
Fun Land of Fairfax, has an arcade, laser tag, big screen televisions.



Patuxent River Airforce Museum Leonardtown Maryland



HAND-TOSSED NEAPOLITAN PIZZA



1025-A Seneca Road | Great Falls, VA 22066
703-817-2888 | www.brxoven.com

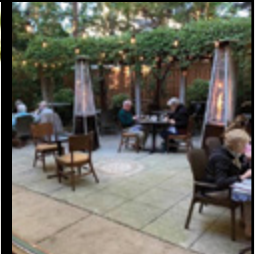


RESERVATIONS REQUIRED

Email ash@brxgf.com
or Call (703) 433-9050

The optimal & perfect place for you to gather with family & friends!

TAKE-OUT/CURBSIDE PICKUP OR DELIVERY AVAILABLE



1025-I Seneca Road | Great Falls, VA 22066
703-433-9050 | www.brxgf.com



Two-hundred Five-Star Ratings
on Facebook, Google, & Yelp!



Get the Smile YOU DESERVE

Celebrated dentists Dr. Daniel Han, Perio/Prosthodontist, and Dr. Sooyeon Ahn, Orthodontist, in McLean invite you to discover a new level of services and dental excellence.

Experts in the fields of preventive, restorative, and cosmetic dentistry, their experience in fixed prosthesis, periodontics, implantology and orthodontics, and their advanced study of dental sciences at The University of Pennsylvania, have won them respect and praise from industry professionals and patients alike.

703.356.7001

Call for your assessment today!



HAN & AHN
DENTISTRY BY SPECIALISTS



6845 ELM STREET, SUITE #450 • MCLEAN, VA
WWW.MCLEANDMD.COM

Dental Implants
Periodontal treatment
Orthodontic treatment

Full-mouth reconstruction
Cosmetic surgery & reconstruction





What does it take to incorporate a new healthy habit?

by Jennifer Smith, MS, RDN

Generally speaking, change goes through many stages from pre-contemplation to continued commitment. Everyone has different motivations for change.

Making a small change, rather than a drastic one can be easier for many people. There is even some evidence to back up this theory. The National Institute of Health's "Changing Your Habits for Better Health" handout has some terrific ways to start those healthy habits. (<https://www.niddk.nih.gov/health-information/diet-nutrition/changing-habits-better-health>)

It is a four step system to create the motivation for change:

1. Imagine a healthier you.
2. Create a plan.
3. Put your plan in motion.
4. Add variety to stay motivated.

An example of this process for increased blood sugar control and weight loss might

Consider looking at the the pros and cons of changing your lifestyle when you are contemplating change.

What are lifestyle changes that you can add to improve your life and what are the consequences if you continue on the same path?

look like imagining yourself joining a local CSA (community supported agriculture) delivery service or attending the local farmers market for increased access to fresh fruits and vegetables. Next, you might have the CSA delivered or take a trip to the farmers market. When your box arrives or you get back, you might continue your journey by putting your plan in

motion using those fruits and vegetables in your daily cooking. Finding new recipes and ways to utilize the produce would keep it interesting to stay motivated.

Consider looking at the the pros and cons of changing your lifestyle when you are contemplating change. What are lifestyle changes that you can add to improve your life and what are the consequences if you continue on the same path? Ask yourself some questions regarding the changes you might make. Will this lead to better health? Will I have more energy? What are the financial costs?

Imagining a healthier you can create the framework for change. Psychologists suggest using small steps in order to lead to big successes when making lifestyle changes. For example, if someone wants to lose weight, they may start by making healthier food choices. These small changes can be as simple as adding that fresh fruit or vegetable to your breakfast. Once that



Easy Breezy Frittata

4 servings

8 large eggs

1 cup milk

1 cup chopped lunch meat: ham, turkey, chicken, corned beef, whatever you have

½ cup chopped onions (can use frozen)

1 cup chopped frozen broccoli, bell peppers or whatever frozen veggie you have on hand

1 cup shredded cheese: cheddar, mozzarella, monterey jack or whatever you have on hand

1 teaspoon salt

½ teaspoon pepper

¼ teaspoon red pepper flakes

Non stick spray

Preheat the oven to 375 degrees F. Crack eggs into a large bowl and whisk in milk and the rest of the ingredients. Spray the skillet with non-stick spray. Heat a non-stick (oven safe) skillet over med-high heat and pour contents of bowl into skillet. Cook undisturbed until the egg starts to cook around the sides. Transfer to the oven and cook for 20-25 minutes until the middle no longer wiggles when you shake the pan. Turn on the broiler and brown to top for 3-5 minutes longer. Turn out onto a cutting board and cut into wedges. Serve with a salad.

change has been implemented you can set your goal higher to incorporate five fruits or vegetables in your daily routine. This habit might help you swap unhealthy foods for healthy ones. When we make these small changes the mere repetition of action forms a new habit. If that habit gets positive results, we are more likely to continue with it and even add new habits.

In the time of COVID-19 it can be difficult to follow the plan that may have worked for you prior to this trying time. One way to stay on track is to make a weekly meal plan and grocery list. This can be something that all family members add to throughout the week, so when the trip to the store happens, everybody has a say in the meals. Meals don't have to be a big production...did somebody say, breakfast for dinner? (See below for a link to my "Easy Breezy Frittata" recipe) The most important thing to remember is that small changes add up to big results, so take a minute to think of one small thing you can incorporate daily that will lead to a healthier you. Maybe it's a longer walk with the dog or choosing the salad instead

of the fries. Every little change can lead to a sustained improvement, especially when you see the results.

Think of the song in that children's classic Christmas movie, Santa Claus is Coming to Town, "Put One Foot in Front of the Other" and soon you'll be walking out the door. Transformation doesn't have to be a painful process. With a little planning and some small easy to accomplish changes, you can achieve even the most seemingly impossible goals. ♦

JENNIFER SMITH, MS, RDN

A Bowl Full of Nutrition

www.abowlfull.com

abowlfullofnutrition@gmail.com

REFERENCES

Benjamin Gardner, P. L. (2012). Making health habitual: the psychology of 'habit-formation' and general practice. Royal College of General Practitioners, 62 (605): 664-666.



**REIMAGINE
YOUR SPACE**
and transform it into
an elegant, stylish
and functional home,
tailored to you and
your lifestyle.

(703) 448 0201
Info@SynthaHarrisInteriors.com
www.SynthaHarrisInteriors.com



Russian School of Mathematics

by Zoe Winsky

Often, when people consider the subject of math, they think of coloring inside the lines. At the Russian School of Mathematics, an institution that has been recognized by The Boston Globe, TED, NPR, and The Atlantic, those lines disappear and become color themselves. Viktoriya Palamarchuk, Regional Director for the Washington DC area, along with a team of passionate and skilled instructors, shine a light on the beauty and importance of mathematics by presenting it through a conceptual and contextual lens based on the founding principles of Russian mathematics.

According to Palamarchuk, what makes their methods Russian is the idea of using math itself as a tool. In the same way one would use physical exercise to develop and strengthen their body, math must be used to develop and strengthen one's mind. Mikhail Lomonosov, famous Russian philosopher and mathematician said, "Math brings order to the mind." This ideology is the determining core for the foundation and inception of the Russian School of Mathematics.

Along with this principle, the immersive, interactive methods are what really differentiate RSM from your standard math program. This has become even more evident since having to relocate to online

classes due to pandemic procedures. "We, basically, tried to move the actual physical classroom but just to an online setting," Palamarchuk explains, "We want it to remain as interactive, as engaging, and as hand on as we can."

Teachers and students, through zoom, continue an open conversation where every student is encouraged to speak out at any time. This sort of dialogue is something that is missing from the math classes of the public-school system. By communicating openly, building off other's ideas, it forces students to think critically and develop logically and cognitively. "We really want them to think. So, the idea is we try to build on what the kids already know. We try to inspire for future knowledge. So, we do not drill, we do not make them do repetitive stuff, but rather we want them to develop a logical understanding of what they're doing. We believe if the child knows how to solve one equation, they can know how to solve any equation."

Although now solely online, there are 57 locations spanning across 11 states, as well as one in Canada. In the Washington DC region, there are four schools. The first was opened in Reston in 2016, followed shortly by Bethesda, MD and Ashburn in 2017. As of September, the most recent school

to open is located right here in Tysons. There was a strong demand in the area to add a new location, yet, RSM is not a franchise. Palamarchuk explains, "we only open a new school when a professional teacher or leader is ready to open the school, and I'm proud of miss Angelica Alekseyev, our principal at Tysons Corner. She brings years of expertise and is a professional teacher that has experience teaching from first grade through college level. She has been with us for three years and is excited to open the branch."

Other ways RSM is adapting to online transitions is shown by their commitment to celebrating the achievements of the competition winners this year, over 100 in Virginia alone. Just a few of these achievements include the 55 students who won the Math Kangaroo competition, the 73 students who won the National Honor Roll in Noetic Contest, and the 36 students who won the Russian Math Olympiad (RMO.) An annual award ceremony is held at the end of each academic year. However, this year, it was cancelled. So, in its stead, Viktoriya and her team held an online ceremony on Sunday, October 18th.

This online event was only one of many which the Russian School of Mathematics has hosted, and a variety of fun and

exciting events—all pertaining to math—are still to come. Every Friday is now “Fun Friday.” These events provide a platform to allow kids to have fun solving brainteasers, riddles, and puzzles all while learning math through a medium which, without realizing, is first and foremost educational. All these events are open to the public and are available to sign up for on the Russian School of Mathematics’ Facebook page.

Fortunately, a majority of RSM alumni and some high school members work as tutors for the program. These individuals serve as an integral part in the development, both planning and executing, of these events. The fact that students continually participate after graduation is proof of the impeccable impact the Russian School of Mathematics has on the development of its students, families, and participating communities.

The first school was founded in 1997 by two immigrants of the former Soviet Union, Inessa Rifkin and Irina Khavinson. These women came to this country with their families and discovered that the math education their children were receiving was wanting. They wanted their children to experience the same understanding of math they were exposed to as children. So, they decided that each Sunday, they would gather their children and their friend’s children, and teach math through an appreciation and perspective otherwise not taught in the average American classroom. That wholesome desire to serve the children in their community spread and is now helping thousands of students across the world.

In totality, ranging from Kindergarten through 12th grade, there are over 45,000 students, or as Palamarchuk put it, “families,” served by the Russian School of Mathematics. She uses the word, “families,” because family is the cornerstone of everything they do and believe at the Russian School of Mathematics. Palamarchuk herself first came to RSM as a mom looking to enrich her son’s math education. Ten years ago, while still living in Massachusetts, she noticed that her son, about to enter fourth grade, was still doing the same repetitive arithmetic for the 5th year in a row. She brought her son to RSM and watched the immediate and impressive results it had on



WAKEFIELD SCHOOL

Training the intellect while fostering self-discipline, independence, creativity, and curiosity

NEW SUMMER PROGRAMMING:

- Bridge Courses
- Credit Courses
- Academic Enrichment

OFFERING OPEN HOUSES ALL SUMMER!

WWW.WAKEFIELDSCHOOL.ORG



EXPLORE • WONDER • GROW



Now Enrolling Ages 2 to 6 • Toddler Program • Before & After Care

NEW Outdoor Education Classroom

Montessori Kindergarten & Preschool
Advanced Academic Curriculum

McLean, VA • 703-356-5437 • www.brooksfieldschool.org

his education and personal development. After that, she enrolled her other son, began teaching, and eventually became vice principal.

The personal connections of teachers and students only works to further the impact of engaging education. Palamarchuk says, “Whenever I hire a new person, I always think, ‘would I want this person to teach my own sons.’ Our school was conceived as a family business and it still remains a family business.” All the teachers at RSM are trained in immersive teaching techniques for a curriculum that is constantly being developed and perfected each year to ensure that students continue growing.

In today’s education system, kids are generally put into one of two categories. Either you’re a math person or an English person. However, Palamarchuk has a different outlook on this subjugated structure, “First of all, we don’t believe that there is such a thing as a ‘math person.’ Everybody can be a math person. That person just probably never had a real math education.”

At RSM, students begin learning algebra in the first grade. Palamarchuk continues, “we believe that kids are capable and are completely ready to think abstractly at an early age. So, they begin reasoning with those abstract concepts in elementary school and by middle school, they’re not only familiar with those essential elements, but they can also easily apply them into problem solving. They learn how to debate, how to compete in a healthy environment, and that prepares them for their future rolls, for their college experiences and their future careers.”

Each grade is split into three, sometimes four, different levels. By structuring it this way, it allows for the optimal success of each individual student. Too often in the standard American math classes, children are either bored, lacking intellectual challenge, uninspired, or they are confused, falling behind, and growing insecure. In both these cases, the child will, on average, simply give up. This system of providing three different levels ensures that each student gets the attention and education they require.

“We always try to show our kids that there is more than one way to solve a problem,” Palamarchuk expands, “we introduce different techniques so the child can pick their favorite, or use all of them, or some kind of combination, because, each child learns differently. Each child has a different perception of all those concepts. So, we want to make sure that each child finds their own way to do it individually.”

Each child is placed in a specific level when they come in for an evaluation. Evaluations can be scheduled on the Russian School of Mathematics website, or by calling the offices directly. During an evaluation, interested parties will sit down with a member of the RSM team to discuss the needs of their specific family and the needs of the specific child. “We want to hear what the child is thinking,” Explains Palamarchuk, “So, for us, the final result is not important. What is important is how that child got to that answer, and why.” Currently, for safety, all evaluations are held online, but the discussion remains just as comprehensive as before.

By presenting this inclusive and immersive structure through a conceptual and contextual lens, The Russian School of Mathematics helps kids expand on personal growth under critical, cognitive, and logical levels. Only once one can begin to view math as a colorful creation, both in and outside the lines, will they truly be able to view the colors that create this world. ♦

Russian School of Mathematics

Call 571-334-8472, or go to RussianSchool.com, to schedule an evaluation today.



Being online
is a big part
of my job, but
digital eye strain
shouldn't be.

Take the strain out of seeing.
Book an exam today.

myeyedr.
MYEYEDR.COM • 866.693.9336

WE WELCOME ALL INSURANCES

HOLIDAY SPECIALS

Free consultation anytime, schedule your appointment today.



CoolSculpting, eliminate fat,
no surgery needed

4 + CYCLES **25% OFF**

cooltone™

**NEW: CoolTone Muscle
Toning Session**

reg. \$3,000.00/6 **NOW \$2,400.00/6**

Tone muscles without the daily work out



Before

Immediately Post
4th CoolTone™ Treatment

Photos courtesy of Columbus Aesthetic and Plastic Surgery



Before

Immediately Post
4th CoolTone™ Treatment

Photos courtesy of Dr. Rappaport, Rappaport Plastic Surgery

VANQUISH ME™

**Vanquish Adipose
Tissue Melting**

reg. \$850.00 **NOW \$600.00**

Melt your fat away with RF treatment

Clear Lift Plus Fractional Laser

reg. \$490.00 **NOW \$392.00**

Face Resurfacing, no downtime on your lunch hour
to reduce wrinkles, scars and pore & skin tightening.

Vi Peel

reg. \$490.00 **NOW \$392.00**

Ask us about the **NEW**
Fibroblast treatment.



Please see our website for videos, pictures and descriptions of Services.



2106-B Gallows Road | Vienna, VA 22182

703-992-9290
AstoriaLaserClinic.com



PART 2: APPLIANCES

By Syntha Harris Interiors

Kitchen remodeling may seem like a daunting task, and without the proper planning, guidance, and a well thought-out renovation process, it can be. With over two decades in the design business, I know the necessity of a well-laid plan. The 'Kitchen Series' is designed to help you start the process and enable better research when contemplating your renovation project. This is the second part of our Series, which as a whole, covers the necessary steps to take when approaching a kitchen remodeling project. The discussion started in the last issue with cabinetry which can be the most expensive item that needs considering. Visually, it is the most impactful and typically sets the design tone of the space. However, we need to take a step back and consider another equally important and financially impactful part — the appliance package.

It is highly recommended the cabinetry finishes and style selections mesh well with the appliances you may be considering. While appearance and functionality are very important, what is often not discussed is the proper order of steps to take to ensure a successful project. An early discussion between the interior designer, kitchen designer, and client, can save the homeowner a good deal of time and relief from unnecessary frustration with cycles of kitchen design revisions.



This kitchen boasts 'panel ready' appliances for a clean seamless look



Syntha Harris Interiors
Photography: Stylish Productions

"When I start the design process with a new client, one of the very first and most important questions I ask is about the appliance package. This is important for the proper spacing and clearances in the design, as well as ensuring the appropriate cabinetry is accounted for."

—Jeff Waggoner,
Cabinet Designer, NKBA

The Average Life Expectancy of Appliances:

REFRIGERATORS
9 – 14 years

OVEN/RANGES
Electric: 13 – 15 years
Gas: 15 – 17 years

DISHWASHERS
7 – 10 years



Syntha's Design Tip: When selecting appliances it is important to consider the handles, knobs, and appliance design to insure it coordinates seamlessly with the look you want to create. While 2-D and 3-D kitchen rendering is necessary, it doesn't always give you the drill-down with how the specific items selected work together.

"This is when we create a mood board that features all of the items in the kitchen; including finishes, appliance door handles, hardware, cabinet door style, and lighting, to help visualize how they work together as a whole."

Consider The Appliances Early

Appliance selection is really the next necessary step before actually putting pen—to-paper and laying out your kitchen design. It is at this stage that a kitchen design professional should ask you, "what appliances are you considering?"

Why is having your appliance package in place so important at this early stage? Because, not every item is a one-size-fits-all. A four-or-five burner cooktop will require a 30" cabinet base, while a six burner will require a 36" cabinet. A well designed kitchen should allow for at least 12"-to-18" on one side of your stove and at least 15"-to-24" on the other. All of this must be taken into consideration when laying out the design of your cabinetry.

Each appliance will have similar necessary spacing requirements to ensure a properly functioning kitchen. Considerations abound and a knowledgeable designer will walk you through the process to ensure that the final result is your dream kitchen.

What are the **FIRST STEPS** in selecting your appliance package?

Just as we discussed with your cabinetry, the appliance **BUDGET** plays a critical role. Setting a realistic budget for appliances will help you hone in on where to shop. Considering the flow of your kitchen, and if you are constrained by a particular layout, will narrow the appliance choices. As an example, if you do not already have gas and need to run a gas line, that can significantly increase the cost of construction, as will moving plumbing.

Another consideration is how you live; what is your **LIFESTYLE**? Are you a baker? A gourmet? If you often entertain, then adding a warming drawer, large capacity or double ovens, or a designated ice maker to the list of necessary appliances may be important in your design. Think about the length of time you will be living in your home and if aging in place is a consideration. Therefore, larger temperature displays and easy turn knobs might be a good choice for the future. Mi-

continued on page 23



Appliances in this kitchen are from Wolf Cooking - part of the Sub-Zero family

Appliances At a Glance



Cooktop vs Range

This is an important decision in the plan and layout of your kitchen. The first question is whether you prefer a separate cooktop and wall oven/s, or a free-standing range which has both appliances in one. Often available space dictates the decision. An advantage to separating the cooktop and oven is the increased space and ability to have more than one cooking zone in use at one time. On the other hand, freestanding ranges are often more economical and easier to install.



Wall Ovens

Options range from the standard 27" to 30" sizes, to single or double ovens. The latter is a good choice for those who entertain, have larger families, and a good option for resale value if the kitchen space can accommodate. An additional choice can be adding a convection oven with a standard oven to give the option for quicker and often considered more even cooking.



Refrigerators

There are many options to choose from, the first decision is the installation type. Fully integrated, which seamlessly blends into the rest of your cabinetry; built-in units which are generally taller than free-standing and also have a more seamless look, and finally the freestanding option. All options come in various sizes and configurations. Selecting a counter depth style is always a good choice for a clean look.



Dishwashers

Two items that appear on most consumers list when selecting a dishwasher are noise and style. Dishwasher noise is rated in decibels; the lower the decibel the quieter the machine. Look for a rating of 45 decibels or lower. Select a style for your dishwasher that coordinates with the rest of your kitchen design, like a fully integrated panel ready machine if you want a seamless look. Dishwashers come standard in 24" models, and should be installed flush with the kitchen countertop.



crowaves can be counter drawers or built into the upper cabinetry, which requires different appliances. Where to place your microwave may seem like a minor issue but once considered in light of young children or wheelchair assisted homeowners, the location takes on greater strategic importance. Consider what is important to you and how you live, then make your wish list of items based on your lifestyle, function, and future plans.

Moving to the **AESTHETIC**, but with equally important decisions, start focusing in on the style and finishes of appliances that appeal to you. These selections should also complement the interior design and style of your home. There are countless options in this category as well.

Stainless Steel continues to be the number one seller of appliance finishes, therefore making it a good choice for the long-term. However, as kitchens are becoming more integrated into other rooms of the home with open floor plans, appliances are taking on a new look. Back are the days of panel ready appliances so they seamlessly blend into the design. Additionally, more vibrant and unusual colors are becoming popular, as are different finishes like black stainless steel.

Keeping in mind that the unusual colors will not “visually” age as well as other options. Whatever you choose, seamlessly tying them into the rest of the home’s design is important.

Important Items of Note When Purchasing:

- * When shopping for appliances, research your retailer, check reviews. Additionally, look on the company website for possible rebates and promotions for additional savings.
- * When to buy can also be a consideration, there are many sales and deeper discounts around major holidays, so plan your purchases accordingly. ❖

SYNTHA HARRIS INTERIORS The visionary and the creative force behind her boutique interior design firm in Northern Virginia, Syntha Harris has been the principal designer at Syntha Harris Interiors since 1996. Before founding her company, Syntha was a runway and print model for European and American fashion houses for over two decades. Surrounded by style icons, Syntha has had the privilege to be a part of the creative process and behind-the-scenes in making fashion. With a trained eye for all things style and meticulous attention to detail, Syntha’s vision sees no boundaries when creating a living space that’s equally beautiful, functional and inviting. For the past 20 years, she’s earned a reputation for her transformational designs informed and inspired by her client’s needs, desires and aspirations.

bright
MLS

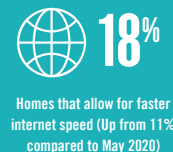
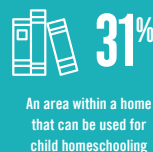
RESEARCH FINDS BACK TO SCHOOL UNCERTAINTY IS INFLUENCING PARENTS’ HOMEBUYING DECISIONS

84%

of parents are considering
home education models for
their children this school year



THE TOP 3 MOST IMPORTANT AMENITIES TO BUYERS WITH SCHOOL-AGE CHILDREN LEARNING AT HOME ARE:



TOP MOTIVATING FACTORS TO MOVE INCLUDE:



THIS DESIRE FOR MORE SPACE IS LIKELY CONNECTED TO A “QUARANTINE EFFECT”



brightmls.com

The survey, conducted online by Bright MLS between August 5-17, 2020, polled Mid-Atlantic real estate professionals within the Bright geographic footprint, including Delaware, Maryland, Washington, D.C., and parts of New Jersey, Pennsylvania, Virginia, and West Virginia, about how COVID-19 reopening plans for area school districts may be impacting prospective homebuyers this fall. Subscribers were notified of the opportunity to participate in the survey via Bright MLS websites and email communications. More than 1,000 Bright MLS subscribers participated in the survey.

bright
MLS

Season's Greetings!

Wishing you and yours peace, laughter, and tidings of comfort and joy during this holiday season and years to come.

A subscription to *Tysons Premier Magazine* has been purchased just for you!

Dedicated to our community, *Tysons Premier Magazine* celebrates and tells the exciting stories of our area, its special people, area businesses and the changes impacting our community, our nation, and the word around us.

This gift comes to you with special wishes from:

Casey Margenau

Fine Homes & Estates



Questions about your subscription?

Contact *Tysons Premier Magazine* at 703.585.3354 or email us at subscriptions@vivatyson.com

Lake Anne Brew House
Reston, VA

THE BEER
travelled
LESS THAN
YOU DID.



Brewed in Fairfax County.
Poured in Fairfax County.

VISIT FXVA.COM

TO FIND YOUR LOCAL BREWERY.



Fairfax County, Virginia
Connect with America



FAIRFAX
COUNTY
BREWRIES

From our Home to Yours...

Wishing you a
Happy and Safe Holiday
& Healthy and Prosperous
New Year!



Ginger P. King, Realtor®

Coldwell Banker Residential Services

465 Maple Avenue West | Vienna, VA 22180

703.477.8793 | Office: 703.938.5600

www.viennahomesbygingerking.com



Coldwell Banker is a registered service mark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal House Opportunity. Operated by a subsidiary of NRT LLC.

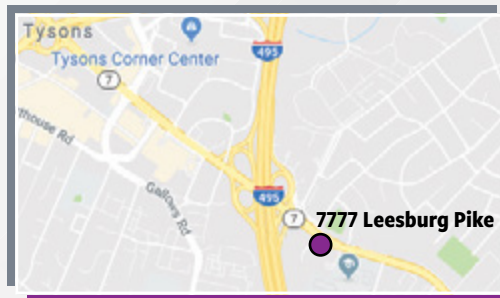


7777

7777 Leesburg Pike | Tysons Corner | Falls Church, VA 22043

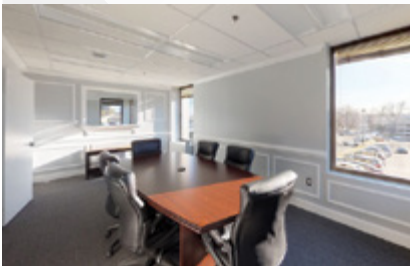


**FLEXIBLE
LEASE
OPTIONS**



**SMALL
SUITES
AVAILABLE
IMMEDIATELY**

- ✦ This Tysons Corner Office Building has a wide range of Offices from Large to Small to suit your needs!
- ✦ Across the street from Tysons Corner Center, Tysons Galleria Mall, The Greensboro Silver Line Metro, and surrounded by the vibrant neighborhoods of Tysons Corner and Falls Church.
- ✦ Located conveniently on Route 7, just inside the beltway and down the road from West Falls Church Metro!
- ✦ Easy access to I-495 HOT Lanes, Dulles Toll Road and I-66!



703-204-2000
www.bernsteinmanagementgroup.com
leasing@bernsteinmanagementgroup.com

STRYKER'S SQUARE

3230 Old Pickett Road | Fairfax, VA 22031

ONE SPACE AVAILABLE!



Abunawas Cafe & Hookah Bar

Circle Plaza
Laundromat

Bonchon Chicken

CBD Wellness Sharon Hair Town **Hot Spot**

Alrafedain Tobacco & Hookah **Restaurant**

Diva
Nails
& Spa

**Ishtar Cafe &
Hookah Bar**

ALCOLOCK Ignition Interlock
Capital MMA & Elite Fitness

University Barber Shop **Dessert Story**

Charly's Watch & Clock Shop



BERNSTEIN
MANAGEMENT GROUP

703-204-2000

www.bernsteinmanagementgroup.com
leasing@bernsteinmanagementgroup.com

NOW LEASING QUALITY COMMERCIAL SPACES



226 Maple Avenue West
Vienna, VA 22180



2220 Cedar Lane
Vienna, VA 22182



The Village Green Retail Center
513 Maple Avenue W, Vienna, VA 22180



The WestLee, 2200 N Westmoreland St
Arlington, VA 22213



Regal Center, 20921 Davenport Dr
Sterling, VA 20165



Sterling Village Center
22034 Shaw Rd, Sterling, VA 20164



10 Pidgeon Hill Drive
Sterling, VA 20165



6 Pidgeon Hill Drive
Sterling, VA 20165



13000 Harbor Center Drive
Woodbridge, VA 22192



BERNSTEIN
MANAGEMENT GROUP



We do not meet your expectations. We Exceed Them

PROPERTY LOCATIONS

FAIRFAX, VA | FALLS CHURCH, VA | VIENNA, VA | LEESBURG, VA | FAIRFAX CITY, VA | TYSONS CORNER, VA
WOODBRIDGE, VA | RESTON, VA | ARLINGTON, VA | DUNN LORING, VA | STERLING, VA | NORTH BETHESDA, MD

Call today or check out our state-of-the-art virtual tours at
www.bernsteinmanagementgroup.com

703-204-2000 | leasing@bernsteinmanagementgroup.com

Vienna Merchants



PEKING EXPRESS

A TYSONS FAVORITE!

Mon - Sun 11:00am - 9:30pm
Lunch - 11:00 am - 4:00 pm
Dinner - 4:00 pm - 9:30 pm

703-281-2445
www.peking-express.com

CLOCKS of QUALITY
AT COMPETITIVE PRICES
Chelsea • Howard Miller
Hermle • Seiko • Lindow
Comitti • Rhythm • Coo Coo's
and more...

ANTIQUE CLOCK RESTORATION
FREE "IN-STORE" ESTIMATES

Since '73
THE CLOCK SHOP
of Vienna

109 Church Street, NW
(703) 938-3990
clockshopofvienna.com


TUE-FRI 10-6
THURS 10-8
SAT 10-5

SALES • SERVICE • REPAIRS

BIKES@VIENNA • Folding Bikes
• Recumbents
• Trikes
• Tandems
• Adaptive



128A CHURCH ST, NW VIENNA
703-938-8900 | www.BikesAtVienna.com



Terra Christa
30 Years in Business

- * Quartz crystals, gem stones, and minerals from all over the world
- * Unique one of a kind jewelry
- * Aromatherapy candles, essential oils, and lotions
- * Books, cd's, and decks
- * Healing energy services, readings, coaching
- * Angels, Native American, Tibetan, and Christian gifts and accessories

703.281.9410
130 Church St NW
Vienna, VA 22180

www.terrachrista.com

Pazzo Pomodoro
Authentic Italian Food



“Pazzo Pomodoro represents a different concept offering more authentic Italian meals. Our food will taste like it came out of my mother's kitchen in Salerno.”

Chef Raffaele

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

Vienna Merchants

JARRETT LASKEY
CLASSICAL GUITAR



**WEDDING
RESCHEDULED?**
Book Jarrett
for your
**CEREMONY OR
COCKTAIL HOUR**

571-455-8039
jjlaskey@gmail.com

WWW.LASKEYGUITAR.COM

IT'S ALL IN THE CRUST.
UNIQUE • BRITISH OWNED
FARM TO TABLE • LOCAL



The Pure Pasty Co.
specializes in
Britain's iconic
compact pies filled
with savoury meats
or vegetables.
The taste of
Britain is here.
DIG IN!

CATERING AVAILABLE
703-255-7147 • www.purepasty.com
128 Church St NW Unit C • Vienna, VA 22180

**Let Mosquito Medic
Eliminate Your Pest Problems
All Season Long.**

Call 703-957-0640
for a Free Quote Today or
Visit MosquitoMedic.com



**No games.
NO TICKS!
NO MOSQUITOES!**

**Mosquito
Medic™**

**"WITHOUT PROMOTION,
SOMETHING TERRIBLE
HAPPENS...
...NOTHING!"**
-P.T. BARNUM

Promoting your enterprise has never been more
important than it is today. In a market exploding with
new business openings and new competition, keeping
your brand in front of the community and top of mind is
mandatory if you want to remain the
"Home Town Favorite."

**Space is limited,
call us today!**

Call us at 703.448.7323 or
email info@vivatyson.com

**VIVA
TYSONS**
MAGAZINE



THE DENTAL CONNECTION

Top-Rated Area Dental Professionals



ORAL, FACIAL & DENTAL
IMPLANT SURGERY

DR. BONACCI

Christopher E. Bonacci, DDS, MD
361 Maple Ave W #200
Vienna, VA 22180
703.255.9400
drbonacci.com

EDUCATION: Kenyon College

EXPERTISE: Board Certified by the American Board of Oral and Maxillofacial Surgery. Past Chairman of the Department of Oral and Maxillofacial Surgery, Division of General Surgery, at the Reston Hospital Center. Fellow, American College of Dentists.



ORTHODONTIC SPECIALIST

DR. GARAI

Garai Orthodontic Specialists
427 Maple Ave W
Vienna, VA 22180
703.281.4868
www.bracesvip.com

EDUCATION: Eastman Dental Center, University of Rochester

EXPERTISE: Served as attending faculty and taught lingual "invisible" orthodontics in the postdoctoral orthodontic program of Children's National Medical Center and Washington Hospital Center. Diplomate by the American Board of Orthodontics.



COSMETIC DENTISTRY AND
ORTHODONTICS

DRS. HAN & AHN

Han & Ahn DMD, PC
6845 Elm St #450
McLean, VA 22101
703.356.7001
www.mcleandmd.com

EDUCATION: University of Pennsylvania

EXPERTISE: Achieved dual specialty certificates in both Periodontics/Implantology and Periodontal Prosthesis (Advanced Restorative, Cosmetic Dentistry) and recognized as a Diplomate of the American Board of Periodontology.



PEDIATRIC DENTISTRY &
ORTHODONTICS

DR. ISLAND

Island Children's Dentistry
1500 Cornerside Blvd #310
Tysons, VA 22182
703.790.1320
www.islandchildrensdentistry.com

EDUCATION: TUFTS University in Boston, MA

EXPERTISE: Diplomate of the American Board of Pediatric Dentistry, a Fellow of the American Academy of Pediatric Dentistry and a member of the American Dental Society of Anesthesiology. Using the latest techniques and equipment.



IMPLANT & GENERAL
DENTISTRY

DR. MAYBERRY

Mayberry Dental
112 Pleasant St NW
Vienna, VA 22180
703.281.2111
www.mayberrydental.com

EDUCATION: Dental School, Medical College of Virginia, VCU

EXPERTISE: Dr. Mayberry is recognized as a dental implant specialist by the American Board of Dental Specialties. Providing patients with effective dental implants since 1983. Services include surgery and prosthetics.



COSMETIC & GENERAL
DENTISTRY

DR. SBEIH

Novel Smiles
8180 Greensboro Dr #100
McLean, VA 22102
703.942.8882
www.novelsmiles.com

EDUCATION: George Washington University

EXPERTISE: Awarded both his Fellowship and Mastership in the Academy of General Dentistry (AGD). Member of American Dental Association, Virginia Dental Association, Academy of General Dentistry, and the American Academy of Cosmetic Dentistry.



How Dentist Offices Are Keeping Patients Safe

Adjustments to Office Procedures Due to COVID-19



Can you believe that it has been more than 6 months since the coronavirus pandemic forced the public to suspend routine care and 'non-essential' dentist visits?

And worse! We've found that those who avoided seeking necessary dental care have experienced adverse outcomes to their health!

But there is good news!

Since reopening, dental offices like Smile Wonders have made several modifications to their operating procedures. We are going above and beyond standard protocol while adhering to new state and local guidelines to stop the spread of the virus.

Now, you can seek the routine or emergency dental care you need and know that dental offices are doing everything in their power to keep you and everyone else safe!

Changes to Scheduling

Every surface that patients encounter are sanitized in between every appointment, so upon arrival, patients are instructed to wait in their cars until the office has been freshly sanitized for them.

Smile Wonders now schedules staggered appointment times and designates closed private rooms for each patient and family.

After washing your hands and a quick temperature check for both the patient(s) and one guardian, a masked personal escort will take them to their room to begin the appointment. This helps to limit contact between different patient families.

Sneeze Guards and Air Purifiers

You will see some changes from our photos online when you enter the office! Sneeze

guards have been added in the Smile Wonders front office to protect the health of our patients and team.

And in the back office, HEPA air purification systems have also been installed and are continuously running to add another level of protection for everyone!

Enhanced PPE

Though wearing a mask yourself may offer a bit of protection from contracting the virus, it is most important that those around you are wearing masks to prevent the exchange of air droplets.

In addition to the sneeze guards and HEPA air purification systems in place, you can rest assured that everyone who enters Smile Wonders, both staff and patients alike, are wearing a mask.

Furthermore, with our staggered appointments, the social distancing guidelines are being maintained for you!

Smile Wonders also has limited the exchange of physical paperwork by sending out touchless digital paperwork to our patients that can be completed from the comfort of your home.

Covid Screening and Temperature Checks

To ensure that the virus would not be spread by staff members entering the office, Smile Wonders uses Periodic Covid-19 testing for team members if any suspicion of exposure or symptoms are noted. And of course, temperature checks are done in the morning and after lunch break for all team members.

Smile Wonders has a wellness form that can be filled out on your mobile phone

to screen patients before they enter the office. We check the temperature of every patient and their guardian after they have entered the office and have been escorted to our hand washing station.

If the wellness form indicates anyone in the family is exhibiting any potential symptoms or a patient is feeling unwell, they are asked to reschedule and assisted in doing so by our office.

Telemedicine to Keep You Safe

If you are unsure about whether or not you need to schedule an appointment, you can schedule a telemedicine appointment with Smile Wonders. The doctors have worked with a video conferencing portal option that allows you to go over your child's concern and symptoms from the safety of your home.

This option works really well for our new moms and babies that might be experiencing feeding difficulties. When children have dental anxiety that gets in the way of cooperation in a dental setting, a telemedicine visit is a great way to get to know the doctor and come up with a plan for upcoming visits.

You shouldn't feel the need to forego essential or urgent care including regular dental check-ups due to fear of the virus! Delaying care could lead to detrimental effects to your oral and overall health. ♦

Smile Wonders

11790 Sunrise Valley Drive, Suite 105
Reston, VA 20191
(571)350-3663

www.SmileWonders.com



**urban
mattress**

All I Want for Christmas is a Good Night's Sleep

Experience the support and quality of a mattress offering the perfect combination of beauty and comfort you'll find at Urban Mattress. Offering our area's most complete line up of quality organic mattresses, you'll enjoy the comfort and peace of mind knowing that you're sleeping on all-natural materials!

Locally owned and operated, we've grown our business by consistently doing the right things for customers creating a reputation other mattress companies can only dream of.

Visit an Urban Mattress Bedroom Showroom and
experience sleep and comfort like never before!

229 Maple Ave E
Vienna, VA 22180
703.261.4585

www.urbanmattress.com

*a luxury experience
without formality*



COLOUR BAR
STUDIO



THE BORO TYSONS
1640 Boro Place, Suite 204
McLean, Virginia 22102
703.848.2000
contact@colourbarstudio.com
colourbarstudio.com





COVID Holidays

By Michael Evans

You know it's 2020 when every day feels like Groundhog Day, face coverings are becoming a fashion statement, and "social distancing," "online learning," and "Zoom" seem to be the buzzwords of the year. With all the days, weeks and months running together, it's hard to believe that this year is (finally) coming to an end! But what does that mean for this year's holiday celebrations amidst the ongoing Coronavirus pandemic?

As has been the case for most things this year, it is likely that your holidays may look a little different than usual. Many people will not be traveling to visit friends or family. The phone is starting to ring again and slowly but surely people are starting to get together again. Local gatherings may be smaller than usual, as some families may choose to keep to themselves. But if there's one thing we've

learned this year, it's that while we may need to adapt the way we do things, the metaphorical "party" must go on!

Whether you are cooking up traditional family favorites or bringing in the professionals to help you whip together a stress-free holiday meal, nothing beats this special time of year with the ones you love! While everyone has their own comfort levels when it comes to social gatherings right now, we wish you all a happy and healthy holiday season, however you choose to celebrate COVID style. ❖



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.



Thanksgiving

Whether you're going for a mini gathering with your immediate family, an intimate "friendsgiving," or a small reunion with extended family, Thanksgiving is the perfect opportunity to relax and reflect on the many blessings in our lives with the people who mean the most to us... Especially after the year we have had! Let's not forget the great football and delicious meal to be thankful for, too!

Helga's Thanksgiving Banquet

Appetizers:

- Banana nut bread canapes with creamy pumpkin roses
- A variety of mushroom caps filled with crabmeat, and spinach with cheese
- Belgian endives filled with smoked whitefish

Entree:

- Roasted Turkey with homemade stuffing, gravy and orange cranberry sauce
- Spiral-cut honey-glazed ham served with honey mustard
- Potatoes au gratin
- Spinach salad with sugar coated almonds and mandarin oranges in balsamic vinaigrette
- Rolls and butter

Dessert:

- Country Apple Tart
- Pumpkin Pie



Hanukkah

Hanukkah is another holiday that allows for some much-needed family time and celebration among Jewish families. Grab the Manischewitz (or sparkling cider for the kids) and gather everyone for a round of dreidel before lighting the menorah, for a Festival of Lights that all will cherish!

Helga's Hanukkah Delight

Appetizers:

- Brie cheese with honey, dried fruits, nuts, and crackers
- Chopped liver with matzoh
- Smoked salmon blini topped with chives, crème Fraiche and capers

Entree:

- Succulent beef brisket served with tender roasted potatoes and carrots
- Chicken Mojito: grilled breast of chicken topped with a flavorful dressing of olive oil, red and green peppers, and cilantro
- Latkes: miniature potato pancakes served with applesauce
- Custardy Noodle Kugel: Egg noodle casserole baked to perfection with cinnamon and vanilla
- Arugula salad with beets, olives, and feta cheese drizzled with red wine vinaigrette
- Challah

Dessert:

- Rugelach
- Black and white cookies
- Sufganiyot jelly donuts

Christmas

Ask Christian families how they celebrate Christmas, and you'll get many similar responses: church, quality family time, stockings and presents, lots of hot cocoa, cookies and eggnog, and much anticipation over the coveted White Christmas! However, what one family considers a "traditional" Christmas dinner often varies quite a bit. Many families feast on a dinner similar to their Thanksgiving meal with turkey, mashed potatoes, etc. while others like to mix it up with a Virginia baked ham or beef tenderloin. Regardless of which menu you choose, everyone will be sure to agree it's the most wonderful time of the year!

Helga's Holiday Feast

Appetizers:

- Holiday red and green pepper boats filled with saga cream
- Steamed shrimp served on a bed of fresh seaweed with tangy cocktail sauce and lemon
- Crabmeat Charissa: hot crab spread with artichoke hearts on French bread

Entree:

- Beef tenderloin roasted to perfection and carved to order, accompanied by Bearnaise sauce, horseradish and Dijon mustard
- Whole poached Norwegian salmon elegantly garnished with lemon scaled and served with cucumber dill sauce, flanked by cascading French baguettes
- Roasted red bliss herbed potatoes
- Homestyle broccoli and cauliflower topped with breadcrumbs
- Winter salad of chopped romaine, Bosc pears, walnuts and Manchego cheese, and balsamic vinaigrette
- An elaborate bread display with a variety of rolls and butter

Dessert:

- Colorful assortment of holiday cookies
- Miniature Linzer tarts: Viennese classic with plump raspberries and hazelnut crust
- Christmas tree display of fresh fruit kebabs with raspberry yogurt dipping sauce



New Year's Eve

There's nothing more exciting and hopeful than celebrating the New Year with family and friends, especially following the tragic and unprecedented year we've all endured. Champagne (or sparkling cider), great food and great company make the perfect combination to ring in the much anticipated new year!

Helga's Millennial Holiday Celebration

Appetizers:

- Crisp phyllo money bags filled with wild mushrooms, served with Hollandaise sauce
- Grilled beef hibachi skewers
- Grilled swordfish on ginger-jalapeno rice cakes

Entree:

- Porkloin stuffed with plums and served with ginger plum and mustard caper sauce
- Grilled chicken satay with spicy Thai peanut dipping sauce
- Roasted leg of lamb served in a rich brown gravy
- Assorted sushi, cucumber and California rolls served with pickled ginger, soy sauce and wasabi
- Orzo and peas tossed with feta cheese
- Curried lentil salad with shrimp and chiffonated spinach
- Winter fruit salad tossed with dried apricots, cherries, nuts and fresh mint

Dessert:

- Pumpkin Roll - pumpkin sponge cake rolled with cream cheese filling and nuts
- Cranberry Apple Strudel sprinkled with powdered sugar
- Strawberries dipped in dark and white chocolate



Top 10 Most Expensive Homes Sold in Northern VA

Sold in September 2020



576 INNSBRUCK AVE

Great Falls, VA

Architecture: **Colonial**

List Price: **\$7,999,000**

Close price: **\$7,000,000**

Inspired by the finest traditions of English architecture & design welcome to Alderley a magnificent, gated Cotswold Stone Manor in the heart of Great Falls on 5 private acres that are meticulously landscaped! This stunning residence captures the finest elements & amenities ideally suited for today's modern lifestyle w/ unparalleled finishes throughout the over 20,000 square feet of living space, perfect for grand entertaining or family living.



20854 TRAPPE ROAD

Upperville, VA

Architecture: **Federal**

List Price: **\$13,000,000**

Close price: **\$15,595,000**

Magnificent 1511 Acre Estate - This Perfect Balance Of Well Maintained Farmland And Forests Creates A Sense Of Privacy Making It Feel As Though It's A County Within A County. Award Winning Cattle Farm Nationally Known For It's Pristine Water Quality And Sustainable Grazing.



733 SPRINGVALE RD

Great Falls, VA

Architecture: **Traditional**

List Price: **\$6,149,000**

Close price: **\$5,600,000**

This one-of-a-kind offering custom built by award-winning BOWA is perfectly sited on 5 gorgeous acres and is located within the rolling hills of close-in Great Falls. -Design meets extraordinary comfort in this expansive turn-key custom home spanning over 14,000 square feet--with 7 bedrooms, affording the ultimate private resort-like living.



820 HERBERT SPRINGS RD

Alexandria, VA

Architecture: **Colonial**

List Price: **\$4,200,000**

Close price: **\$3,880,000**

One of the trophy homes along the river. Perfect for a forever family home. A country estate of nearly 2 private acres of mature plantings and handsome landscaping. Plus approximately 100 feet of water frontage.



428 N WASHINGTON ST

Alexandria, VA

Architecture: **Georgian**

List Price: **\$3,895,000**

Close price: **\$3,750,000**

428 N. Washington Street is a grand residence that has been thoughtfully reimagined and renovated for modern living while retaining its historic integrity. The Edmund Jennings Lee house was completed in 1801 and today offers over 7,000 square feet of living space.



33024 SUNKEN LN

Upperville, VA

Architecture: **Colonial**

List Price: **\$4,495,000**

Close price: **\$3,750,000**

Set on 86.81 gorgeous acres, the panoramic mountain views enjoyed from Oakfield's grounds are extraordinary (and secure thanks to the neighbor's land being in conservation easement). This exceptional property features a fully appointed 5 bedroom, 5 bath, 3 half bath, 3 fireplace manor house with a grand foyer, gourmet kitchen.



10469 SPRINGVALE MEADOW LN

Great Falls, VA

Architecture: **Traditional**

List Price: **\$3,985,000**

Close price: **\$3,375,000**

Extraordinary custom-built estate with immense privacy and resort inspired grounds. Beautifully landscaped, the circular driveway brings you to the welcoming entrance that leads you to the Foyer. The library features built-in shelves, fireplace and a cozy reading nook.



8105 SPRING HILL FARM DR

Mclean, VA

Architecture: **Transitional**

List Price: **\$3,675,000**

Close price: **\$3,500,000**

Located in sought after Spring Hill Farm, this custom-built, French Country estate by Artisan Builders, is a one-of-a-kind offering. Featuring beautiful fixtures and finishes throughout its three sumptuously finished levels, including exquisite millwork, salvaged beams and random-width hardwood oak floors, this home is ideal for both grand entertaining and day-to-day family living.



4601 NEPTUNE DR

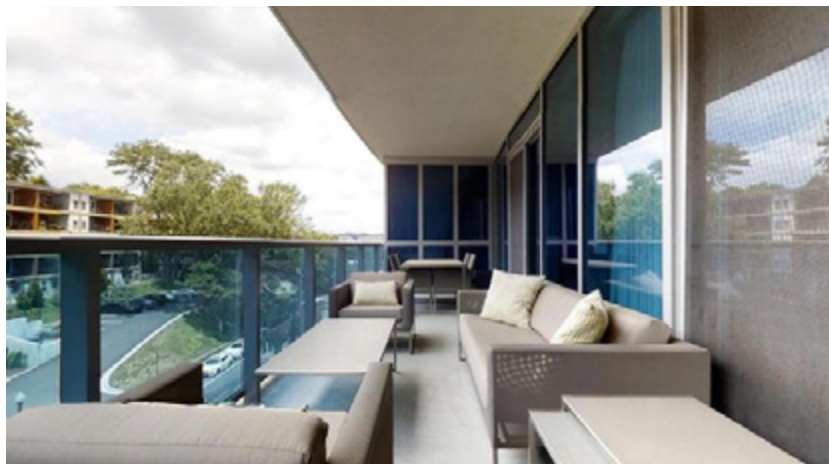
Alexandria, VA

Architecture: **Colonial, Other**

List Price: **\$3,999,000**

Close price: **\$3,345,000**

This luxury 2+ acre waterfront estate offers privacy and captivating Potomac river views. Elegant elements include 2-story foyer & great room, walls of windows for max light and views, open country kitchen/family room combo, and expansive master suite with enviable closet/dressing room. 4BRs, 5.5BAs, LL rec, wet bar, billiards. Dive pool, patios, pier with boat lift for ultimate entertaining.



1881 N NASH ST No 2301

Arlington, VA

Architecture: **Contemporary**

List Price: **\$3,375,000**

Close price: **\$3,200,000**

A Fantastic price for this immaculate well maintained condo at The Turnberry Towers, The Gold Standard of luxury living in the DC Capitol area. Chic & modern, 1 bed + den with Pocket doors (turned into 2nd bedroom), 2 Full Bath, Condo is generously sized 1404 sq/ft, plus a 254 sq/ft outdoor terrace with city view.



L to R. Standing: Stephen G. Yeonas, Paul G. Yeonas. Seated Front Row - Gus C. Yeonas, George C. Yeonas (known as "The Chief"), Jimmie G. Yeonas.

Centennial Series: The Yeonas Family

Four Generations of Real Estate Personal Success Icon

By Kate O'Toole

The story began in the early 1950s.

NVAR had existed for three decades, and homes were selling for under \$15,000. The American Dream was alive and well in an optimistic post-World War II era. Times were simpler, as evidenced by the length of real estate contracts: one page.

Stephen Yeonas Sr., one of four brothers, had just returned from war and established the Yeonas Company in Arlington, Virginia. His brothers joined the family business shortly thereafter.

Today, the Yeonas real estate tradition stretches four generations long—marked most recently with Dimitri and Paul Yeonas joining their father, Dean Yeonas, at

his brokerage in 2019.

Stephen Yeonas Sr. is Dean's uncle.

"As a kid, high school and college, I would literally dig ditches outside and then graduated to develop entire communities..." Dean said. "Our family has been doing it for 70 years, and now my two sons work with us!"

Stephen Yeonas Sr. became president of NVAR in 1957 and sold his company in the early 1970s, although he and his brother,

Gus, continued to build homes as separate businesses. Dean worked at the Yeonas Company for years, even after the family sold it. In 2002, he created his own boutique brokerage with his business partner, Jack Shafran.

The Yeonas Company built between 13,000 to 14,000 homes in Northern Virginia. With roots that run deep throughout the community, the family still gets calls today from clients who bought their homes in the 50s and 60s from the original Yeonas Company.

"I have hanging on my wall an advertising piece of 1955 when my dad was building homes in Vienna Woods," Dean said. "Houses started at \$12,990, and we are reselling those same houses at \$600,000 to \$700,000 today. ... I'm actually tearing down houses that my dad built in the 50s, building new homes on them and reselling those homes. So that's quite a perspective to have!"

According to Dean, past clients often remark on the care and level of service his father and uncles provided, and professionalism was a top priority to each of them.

"They went out of their way to treat people properly—the way they wanted to be treated. I think it was to do with their heritage, their background and where they grew up," Dean said. "And it was being part of the association: to raise the bar and have ethical and educational standards."



Yeonas-advertisement-a star is born

Dean met his business partner, Jack Shafran, in high school. Coincidentally, Jack's father was also a past president of NVAR. Today, their business—Yeonas and Shafran—comprises 10 agents, and the newest agents are Dean's sons, Dimitri and Paul Yeonas, and Jack's son, Jonathan Shafran. The company also works closely with Dean's cousin, Stephen Yeonas Jr., who owns a homebuilding company, Artisan Builders,

in McLean, Virginia.

"When someone says, 'thank you for what you've provided for our family,' that's what makes it worthwhile," Dean said. "I teach my

continued on page 74



**ENCOURAGING
BRIGHT
SMILES**

Specialists in
Laser Dentistry for
removing **Lip-tie,**
Tongue-tie and
Dental decay!



11790 Sunrise Valley Drive
Suite 105, Reston, VA 20191
(571) 350-3663

www.SmileWonders.com

GCA- LA PRECISION
ANTIQUE HOROLOGY | Since 1972
VIENNA'S ANTIQUE WATCH & CLOCK MAKER



GUIDO CALVETTY ALAVE
Master Watchmaker | Antique horologist

ROLEX TRAINED & CERTIFIED #168
STATE OF THE ART EQUIPMENT
TIMELY & GUARANTEED REPAIRS

Antique · Vintage · Modern

Mention this Ad for **ONE** of the Following:
Free Battery with Any Repair
\$10 Off Any Basic Repair
\$50 of any Advanced Repair

703.255.0055
WWW.GCALAPRECISION.COM
320 Maple Ave. East, Building E, Vienna



VLP
FINANCIAL ADVISORS
Customized Strategies and Solutions



Bruce Vaughn, CFP®, AIF® • Rose Price, CFP®, AIF® • Daniel Lash, CFP®, AIF®



Planning is a Process - Not a Product

We believe in a holistic approach to financial management, aligning your investment and financial decisions with your values.

Our financial advisors give objective advice, putting your best interests first. As a client, you put us in a position of trust, and we take that responsibility seriously. You can rely on us to provide:

- honest advice
- transparent cost information
- proactive investment management

8391 Old Courthouse Road • Suite 203 • Vienna, VA 22182
(703)356-4360 • VLPFA.com

Investment advisor representatives offering securities & advisory services through Cetera Advisor Networks LLC, member FINRA/SPIC, a Broker/Dealer Registered Investment Advisor. Cetera is under separate ownership from any other named entity.



THE ABRAHAM BEYDLER HOUSE MAURERTOWN, VA \$775,000

The Abraham Beydler House, built circa 1790 and on the National Register of Historic Places, is of the Federal architectural style, constructed of stone and brick which was made on the property, incorporating foundations made from stacked fieldstones of limestone and slate. The interior of the main house has horsehair plaster walls while the floors are heart-of-pine planks with sawdust caulking between the planks. All of the doors are of six-panel design, consisting of two-inch thick planks, with many of the doors retaining their original hardware. A boxed staircase connects the first-floor dining room with the upstairs. There is an 'ell' addition dating to the mid nineteenth century which now houses the main kitchen with cooking fireplace and original swing-pole pot holder. (see documents for a fuller description). The parlor includes a number of important ornamental features including cupboards with carvings purportedly made by Hessian soldiers who had remained in Virginia following the Revolutionary War. Further rooms include three bedrooms, three basement rooms including an original egg room which retains wall markings depicting egg count. The property lies on 9.3 acres with open fields stretching south from the house to the banks of the North Fork of the Shenandoah River. There is an in ground pool with fencing.



PETER LEONARD-MORGAN

Global Real Estate Advisor,
Hunt Country Sotheby's International Realty
Direct: 443.254.5530
peter@hcsir.com

PETERLEONARDMORGAN.COM



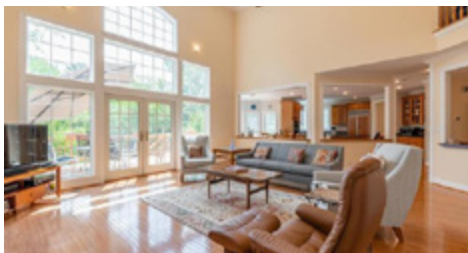


FABULOUS AND GRAND

VIENNA, VA

\$1,348,000

Walk to everything in Vienna from this custom home with over 7,000 sq.ft. of luxury on quiet tree-lined street. Terrific moldings, two-story foyer and family room, palladium windows and three fireplaces, including one in the terrific walk-out recreation room. Open kitchen with large island overlooking awesome window-filled family room. Delightful master suite with luxury bath, dual closets and fireplace. Large deck overlooking private nearly-one-third-acre Downtown Vienna lot. All the quality you would expect!



STUNNING AND ELEGANT

OAKTON, VA

\$1,498,500

This custom, all-brick, wonderful home is sited on over an acre of gorgeous rolling Oakton countryside...on a cul-de-sac backing to County parkland. It has a dream kitchen opening to both the fabulous family room and one of the two sunrooms. It has a large extended master suite with sumptuous bath, large closets and dressing area. The walk-out lower level has great game room and media areas, the fourth full bath and fifth bedroom. What a great entertainer's delight with the rear flagstone patio with built-in grill...all overlooking trees in the County park.



"Making It Happen"

WWW.MARKGOEDDE.COM

MARK GOEDDE
LONG AND FOSTER REAL ESTATE

c: 703-850-8129

w: 703-790-1990

markgoedde@LNF.com



Casey Margenau

Fine Homes & Estates



1005 EATON DR

MCLEAN, VA

\$3,590,000

Brand new from the ground up in 2018 Impeccably built with the most exquisite finishes. This stunning architectural masterpiece sits proudly on a hill in The Great Hamptons of McLean. The estate home boasts four bedrooms and four full baths and two half baths. As you enter the home you are greeted by a gorgeous foyer with marble with marble inlay and a gorgeous hoisted chandelier. Excellent space and perfect sized rooms, all were built with a lot of thought on how to utilize every inch of the home. The design layout and all the upgrades are exactly what you would expect to see in an estate home of this caliber. The kitchen is one that would make a professional chef drool, filled with high end appliances from Wolf and Subzero. A joining family room with a coffered ceiling and a lime stone fireplace a Study Strategically placed near the rear of the home. The upper level of the home you have four en-suite bedrooms. The owners suite has a fireplace and a balcony. The owners bathroom itself is a work of art, complete with a chromotherapy air jet tub that even has a heated backrest and dries itself. His and her closets are equally lavish and well designed, complete with and electric dumbwaiter to move your luggage from the Closet to directly near the garage. The lower level offers impeccable entertaining spaces as well as a fitness center thats has a beautiful glass wall entryway as well as a massage area in the rear. You have a perfectly equipped bar area exquisite Countertops and pendant lights it is fully equipped and perfect for keeping your guests happy. There is a gaming area with a pool table but the highlight of the lower level Has to be the wine cellar that immediately transports you to Spain! The space is elegant and sophisticated with dry stack stone beamed ceiling gorgeous arches and the perfect accommodations for all your best bottles of wine! The rear of the house is the perfect outdoor space for entertaining complete with an oversized Flagstone patio complete with a built-in Viking grill and a fire pit thats perfect for those cool autumn nights. This home is perfection in every way and One you will surely not want to miss.



CASEY MARGENAU

Office: 703.827.5777
Direct: 703.851.2600

WWW.MARGENAU.COM



CaseyMargenau

Fine Homes & Estates



310 RUNNER RD

GREAT FALLS, VA

\$2,198,550

Situated at the top of 3 gently-sloping acres in the heart of Great Falls, this one-of-a-kind, modern, vacation style home enjoys all the exciting amenities in the surrounding area as well as close proximity to Washington D.C. Builders have carefully incorporated the contours of the site into the modern home design to afford both privacy and natural views. The home has three levels and contains five bedrooms, five full bathrooms, two half-baths, a two-car garage and measures just over 6,500 square feet. The open floor plan of the main level is ideal for entertaining family and friends. The entrance flows elegantly into the kitchen, and then into the double-height great room, which opens to an impressive outdoor area. The left wing of the home is dedicated to a private owners suite with a custom his/her walk-in closet, an owners bath with a rain head shower and a free-standing soaking tub with his/her vanities. Beautiful views abound from three generously sized en-suite bedrooms on the upper level of this modern home design. The lower level offers an en-suite guest bedroom with a full bath, an expansive recreation room and an impressive wine cellar. The lower level of this modern home design also features a full exercise room and powder room. The builders hand-selected the highest quality materials and industry leading brands throughout this modern home design. AV Architects chose materials that would last for years to come, require little to no maintenance, and compliment the modern aesthetic of the home. The home features aluminum-clad oversized windows, modern panel siding, brick with a smooth contemporary finish, and elegant stone patios and walkways. Moreover, the builder wanted to create a modern home design that feels like a retreat but still offers the required amenities a family needs to keep up with the fast pace of Northern Virginia.



CASEY MARGENAU

Office: 703.827.5777
Direct: 703.851.2600

WWW.MARGENAU.COM





WALKER BEND ESTATES

GREAT FALLS, VA

\$2,790,000

- Located in the heart of Great Falls near the Village Center
- Three new luxury properties sited on 1 acre to 5+ acre lots
- Accessed by a private, paved road. No HOA.
- Located in the “Langley Pyramid”
- Builly by GE Custom Homes, LLC
- Model home delivery – Mid Fall 2020. Listed at \$2,790,000



*Over 100 Years of
Real Estate Tradition*

WWW.LORISHAFRAN.COM

LORI SHAFRAN

Yeonas And Shafran Real Estate LLC
1309 Vincent Place, McLean, Virginia 22101
Agent: 703.967.0909
Office: 703.790.3330
lorishafran@gmail.com



Tyson'sToday

Tyson'sToday is the the
Premium Provider of Online
Community News sponsored by
VivaTysons Magazine.

Tyson'sToday offers area
businesses new options for
reaching the audience of
online subscribers looking for
community news via email.

Tyson'sToday.com



Subscribe to Win!
Restaurant and Beauty
Gift Certificates



Watch
Video's from
local merchats



Keep Current
on Home Town Affairs



Find
Great Deals from area
Service Providers



Café Renaissance



Open Table's Best 100 romantic restaurants in the USA for many years.



COME TO US FOR YOUR EVENT

Private Dinners
Group Dining

Weddings
Engagement Dinners

Rehearsal Dinners
Bridal Showers

BRUNCH

NOW OPEN
INDOOR OR PATIO
DINING

163 Glyndon Street SE, Vienna, VA 22180

T: 703.938.3311 | www.caferennaissance.com

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

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



Laurie Mensing

CHRISTIE'S INTERNATIONAL REAL ESTATE

Ranked in the top 1% of agents nationwide, Laurie Mensing eclipsed the \$800 million mark in real estate sales by the end of 2018. Her strategy, treating every transaction as if it's her own, has proved to be the key to her overwhelming success. In 2018 Laurie was ranked the #1 Agent Long & Foster McLean, #1 for the entire NOVA region for Long and Foster and #3 in the state of VA. Laurie's success is the result of the extraordinary service she's provided to her clients in Virginia, Maryland, DC. Her local knowledge and ambition to provide impeccable service to a wide range of clients with different price points, truly separates her from her counterparts. Consider Laurie YOUR trusted real estate advisor.

Specialties:

New Construction, Works With First Time Home Buyers, Specializes in Relocations, Resale Residential, Historic Homes, Downsizing



c: (703) 965-8133
w: (703) 873-5193
1355 Beverly Rd, Suite 109
McLean, VA 22101
www.lauriemensing.com



Casey Margenau

FINE HOMES & ESTATES

With exceptional credentials, Casey uses his 30 years of experience to help his clients maximize the value of their real estate transactions. His experience, extensive knowledge and understanding of Northern Virginia's Real Estate market have helped him to sell over \$3 Billion of homes. For 5 years straight, Casey had been the #1 agent worldwide because of the fact that he enjoys helping families as well as individuals find the best homes, or the land to build their forever homes. The homes that Casey specializes in are some of the finest homes Northern Virginia has to offer. He has always been an innovator in marketing the properties he sells; from digital, print, and social media marketing. His reach is global, national, regional, and local to make sure that people, no matter where they are, see the homes that he has to offer so they can find the perfect home that meets their unique needs.

Specialties:

Area's Premier Luxury Home Builder and Realtor

CaseyMargenau
Fine Homes & Estates

703-827-5777
8478 Tyco Rd, Vienna, VA 22182
www.margenau.com



Mark Goedde

QUALITY REAL ESTATE SERVICE

Mark Goedde has been exceeding his clients expectations in quality real estate service throughout Northern Virginia. Mark has the financial and investment experience to help you make smart decisions concerning your home and/or your real estate portfolio, representing YOU when you're ready to either buy or sell a home. He can assist you with multi-million dollar homes and mid-level properties and has been serving residential real estate needs for over 30 years in Fairfax, Loudoun and Arlington Counties and the Cities of Alexandria, Fairfax and Falls Church. Mark is a full-service Realtor with mortgage, insurance, property management and title partners to serve your every need.

Specialties:

Investment Property, New Construction, Works With First Time Home Buyers, Specializes in Relocations, Resale Residential, Single Family Homes and Townhomes, Associate Broker, Luxury



c: 703-850-8129
w: 703-790-1990
markgoedde@LNF.com
www.markgoedde.com



Sari Dajani

THE WEICHERT/ TEAM DAJANI DIFFERENCE

Sari Dajani and Team's over 50 years of experience with residential and commercial real estate in northern Virginia and the Washington DC metro area have proven beneficial to their clients. Team Dajani's diverse background (speaking several languages) help them to understand the needs of both buyers and sellers in this cosmopolitan region and offer them negotiation edge. Together Team Dajani provide seamless service, creative marketing and support 7 days a week. Team Dajani's commitment to help coupled with Weichert's many resources can save you valuable time and effort in securing home financing, insurance, and home connections.

Buy. Sell. Relax.
Acheter Vendre Relax

إشتري • بيع • إرتاح
Compra Vende Relájate

With Weichert unlimited support Team Dajani ensures maximum online presence through SEO marketing and online campaigns.



Weichert
REALTOR

156 Maple Ave, Vienna, VA 22180

c: 571-239-9997

w: 703-938-6070

sari.dajani@outlook.com

www.dajanirei.com

MyFlorist

Your expression. Our passion. MyFlorist.

Blooming in Tysons Since 1989
National Top 50 Florist Since 2005



Parties | Lobby Arrangements | Romance | Sympathy
FLOWERS FOR ALL OCCASIONS

Call Us. We Love to Help. 703.442.8203
www.myflorist.com | 1984 Chain Bridge Road | Tysons Corner

NEED A PRINTER?

WE'VE GOT YOU™

Sir Speedy
VIENNA®
PRINT | SIGNS | MARKETING

www.sirspeedyvienna.com
703-847-8880



Signage & Banners

Direct Mail

Digital Production

**All Your Business
and Marketing Needs**

**RIGHT HERE.
RIGHT NOW.**



Cathy Pongmalai

LISTING SPECIALIST & BUYER'S AGENT

A prime example of the American Dream. As a child of military parents, Cathy Pongmalai has traveled the world and met career professionals of all variety. With a heart for design and a background in the service industry, Cathy could have chosen any career. Instead, on October, 2001, Cathy Pongmalai became a real estate agent. With drive and tenacity, Cathy quickly rose to the top 1% of Realtors, by building a great team and implementing a strategy that helps 70% of her clients net above list price on the sale of their homes. When asked what other career she would choose today, Cathy said, "A Real Estate Agent". Which is why her company tag tagline is, "Love Your Home. Love Your Neighborhood".

Specialties:

Upsizing, Downsizing,
Investing Or Relocating,
Negotiation Expert,
Accredited Staging Professional (ASP),
Senior Real Estate Specialist (SRES)

CALLCATHY.COM
♥ YOUR HOME ♥ YOUR NEIGHBORHOOD™
703.786.5776

c: 703-786-5776
cathy@callcathy.com
www.cathyrealtor.com



Gloria Adams

TRUSTWORTHY, NEIGHBORLY, TENACIOUS!

Top Producer Gloria Adams has been listing and selling homes in the upscale markets of Fairfax for over 20 years building a reputation for service that exceeds one's expectations. Gloria received the NVAR Diamond Top Producer Award in 2018 from the NVAR Top Producers Club and is a Life Member of the NVAR Million Dollar Club. In 2017, Gloria also received a TTR Sotheby's Special Achievement Award for Sales Accomplished. Gloria moved to McLean, Virginia 25 years ago from the Texas/Oklahoma area. Prior to starting her career in real estate, she worked for the Congressional Budget Office on Capitol Hill, the Brookings Institution, and two Presidential Commissions, solidifying her grasp for the markets she serves so well. She developed a love for the real estate business and her reputation among her peers and customers alike is a testament to her desire to go that "extra step" to ensure a satisfied client.

Specialties:

Negotiation Expert,
Resale Residential, Rentals

Sotheby's
INTERNATIONAL REALTY

703-319-3344
6723 Whittier Ave #101,
McLean, VA 22101
www.sothebysrealty.com



Ginger P. King

BEST REAL ESTATE AGENT AND TOP PRODUCER

Designated Best Real Estate Agent by Washingtonian Magazine 2015 and #4 in the Company Top Ten in 2014, Ginger is a Life Member Northern Virginia Association Top Producer. She is a native and resident of Vienna, VA, and as the daughter of a builder, she loves residential real estate marketing and sales. Ginger is a licensed realtor in Virginia and Florida and specializes in residential real estate sales in Northern Virginia—especially, Vienna, Fairfax, Oakton and nearby. She has a number of real estate designations and enjoys tennis and golf.

Specialties:

Accredited Buyer Representative (ABR),
Accredited Staging Professional (ASP),
Graduate Realtor Institute (GRI),
Senior Real Estate Specialist (SRES)

COLDWELL BANKER
RESIDENTIAL BROKERAGE

ginger.king@cbmove.com
703-477-8793
465 Maple Ave West
Vienna, VA 22180



Richie Hanna

REAL ESTATE CUSTOMER SERVICE EXPERT

Richie is an award winning sales professional that has worked in the sales/customer service industry his entire adult career. Over 20 years of sales experience perfected his skills needed to not only achieve his client's expectations but exceed them! Acquiring knowledge of schools, commute, surrounding amenities, and indispensable business relationships supplies him with the ability to help you buy or sell with the utmost confidence. If you are looking for a Real Estate Customer Service Expert that sets their expectations high, is totally up front with you, thrives on customer satisfaction, and is a fearless yet effective negotiator then "Real Estate Richie" is the right agent for you. Richie takes great pride in the relationships he builds and always works relentlessly to ensure his clients best interest!

Specialties:

Over 70+ Five Star Reviews
on Zillow and Google
99.8% Sale Price to List Price Ratio
12 Days on Market Average
30+ Homes Sold Per Year
Integrity - Service - Results



703-655-9585
Keller Williams Realty
www.richiehanna.com



Lori Shafran

OVER 100 YEARS OF REAL ESTATE TRADITION

With over 35 years of career experience in residential real estate sales, luxury home sales and marketing, office leasing and real estate settlement services, Lori has in-depth knowledge and experience in the Northern Virginia housing market and provides her clients with a comprehensive level of support in buying or selling their home.

In every real estate transaction, her focus is to meet and exceed the needs of her clients. She is committed to providing personalized sales support with attention to detail and responsive service—working closely with each buyer or seller to carefully understand their specific goals and needs of home ownership.

Whether the purchase or sale is a single-family home, townhouse or condominium, she provides clients with the information they need to make wise investment decisions in buying or selling a home.

Her background in real estate settlements is a powerful asset to both her selling clients as well as purchasers. With an in-depth understanding of the settlement process as a former settlement agent, she is able to share this knowledge and successfully guide her clients through all phases of selling or buying a home— from contract to closing.



agent: 703-967-0909
office: 703-790-3330
1309 Vincent Place
McLean, Virginia 221010
www.lorishafran.com



SORGIUS
INSURANCE AGENCY INC



HOME INSURANCE

- Homeowners Policy Coverage
- Renter's Policy Coverage



AUTO INSURANCE

- Collision Coverage
- Comprehensive Coverage
- Liability Coverage
- Medical Payments



COMMERCIAL INSURANCE

- Commercial Auto Insurance
- Commercial General Liability Insurance
- Commercial Property Insurance
- Workers Compensation
- Business Owner Package (BOP)

Brad Sorgius

CALL: 571-510-3132

EMAIL: brad@leesburgagent.com

18213 Presidio Place

Round Hill, VA 20141

www.LeesburgAgent.com



Kevin Kleifges

**SOMEONE WHO KNOWS
THIS AREA INSIDE AND
OUT!**

As an agent who's an expert in this local area, Kevin brings a wealth of knowledge and expertise about buying and selling real estate. Kevin is someone you can trust for up-to-date information who is eager to serve you. If you need to find your next home, Kevin will find you the ideal property at the right price for you, including all the neighborhood amenities that matter.

When it's time to move, Kevin will handle advertising your home, showing it prospective buyers, negotiating the purchase contract, arranging financing, overseeing the inspections, handling all necessary paperwork and supervising the closing. He can take care of everything you need, from start to close. Consult with Kevin on Home Selling Tactics. His experience in home staging can be the difference between a home resting on the market and one that's sold fast.

Specialties:

Find a Home, Sell a Home
Consult on Home Selling Tactics



c: 703-346-3783

w: 703-471-7220

11911 Freedom Dr Ste 520

Reston, VA 20190-5646

www.coldwellbankerhomes.com



Poppy Cole

**EXCEPTIONAL RESULTS
...ONE CLIENT AT A TIME**

Poppy completely understands that no two transactions are the same. Each transaction involves different people with different driving forces, different seasonal markets, locations, and property features. Poppy's background in nursing with its lessons in assessment, analysis, listening and team management are vital tools in a Real Estate transaction. The ability to bring these tools together and use modern technology in marketing and targeting specific audiences are a winning combination for clients. Having grown up in the Northern Virginia area, Poppy is familiar with the different neighborhoods and what they have to offer. A full-time Realtor since 2002, consistently a top 100 Mid Atlantic Coldwell Banker Realtor, and a Certified Negotiation Expert, Poppy has the experience to deliver successful results for her clients.

Specialties:

Certified Negotiation Expert



c: 703-304-1420

w: 703-938-5600

2070 Chain Bridge Rd Ste #103

Vienna, VA 22182

www.poppycole.com



Dave and Joanne Adams

**CERTIFIED LUXURY HOME
MARKETING SPECIALIST**

After 19 years as a retail business executive with extensive marketing and negotiation skills, JoAnne transitioned into Real Estate. Dave served 21 years with the United States Secret Service before transitioning into Real Estate. His unique knowledge of Northern Virginia and the Washington D.C. area has proven beneficial to their clients. Dave and JoAnne have been Northern Virginia residents since 1991 and work together as a team. They understand the stresses of relocating, having moved several times when Dave worked for the Federal government. Dave's relationships here and abroad, their knowledge of sophisticated database technology, analytical approach to tasks and commitment to service, honesty and integrity are the cornerstones of the Dave and JoAnne Adams Group.

Specialties:

Military Relocation Professional (MRP®)
Seller Representative Specialist (SRS)
Certified Luxury Home Marketing
Specialist (CLHMS®)



dave@joanneadams.com

m: 703-963-4491

o: 703-471-7220

Still selling homes in under 14 days.

And for more money.♥

Established in 2001

Ready to sell your home?

CALLCATHY.COM

♥ YOUR HOME ♥ YOUR NEIGHBORHOOD™

703.786.5776

Serving the VA, DC & MD areas



Ask about **FREE**
home staging by



FRANCLY.
REAL ESTATE
FALLS CHURCH, VA



The Tents of Tysons' Cool New Culinary Scene

by Allison Chase Sutherland



Long-loved local restauranteurs are doing everything conceivable to respect social distancing guidelines and safety protocols so that they can continue to welcome guests and allow them to feel confident about dining – especially outdoors. Their creativity has been unleashed. Their imaginations are on fire.

Peggy James, Executive Director of the Vienna Business Association (and the Greater Merrifield Business Association) expresses the sincere thanks we all feel. “The VBA is so grateful to the Vienna restaurants who have worked so tirelessly to bring us amazing and safe outside dining areas in addition to the wonderful curbside and food delivery options. The extra effort and investment it takes to create these outside dining experiences is staggering, but is such a lovely retreat (and treat!) from an otherwise COVID isolation lockdown at home.”

It is touching to behold to this mutual respect, but also the unwavering support of the community. Tireless advocate Lydia Russo and her Vienna VA Foodies Facebook group have also been such a

tremendous help in keeping the Greater Vienna eateries afloat during these challenging times. The community has really rallied around the restaurants. With over 7,500 members, the Foodies have “created a huge buzz around all of the restaurants and have helped keep many of them in business with their reviews, pictures, and calls to action to support!”

The restaurants have been here for us the whole time. It is our turn to return the favor. It is time to support our favorite neighborhood venues now more than ever. They appreciate it more than you will ever know. We will get through this—together.

L'Auberge Chez François & Jacques' Brasserie— Keeper of Memories

Set on six acres of the bucolic Great Falls countryside, L'Auberge Chez François and Jacques' Brasserie offer room to roam—and plenty of space for social distancing. Chef Jacques Haeringer's *raison d'être* is to share his love of good food and wine. This is still the place to celebrate the moments of your life.



Service de Serre— Greenhouse Dining

Innovation abounds. Opt to dine in a serre—one of the new individual or group greenhouses. Comfortably shielded from the elements, it was nice and cozy to dine in style with my Wolf Trap blanket on my lap.

“Jacques’ is hands-down my favorite place in Great Falls, and they have done an amazing job pivoting during these challenging times without sacrificing their incredible food and top-notch service. It was quite an experience dining *al fresco* in the ‘serre’ right next to the lovely garden where they source many of their ingredients. If anything, their new set-up makes you feel even more like you’ve been transported to the Alsatian countryside,” notes longtime res-



ident, local Bic de Caro & Associates realtor, and active member of the Great Falls community Kristin Leinberger Dailey.

“I send half our clients here. Having this in our own backyard is one of the reasons that makes people want to call Great Falls home. Jacques has hosted many a Great Falls Friends & Neighbors event here.”

Right out of the gate, start with a skillfully crafted cocktail. Dans L'Avenue (On the Avenue) presents Catocin Creek Rye

Whiskey, cherry liqueur, and Avera. La Feuille d'Érable (Maple Leaf) features Maker's Mark Bourbon, thyme, maple syrup, and lemon.

The house apéritif, L'Apéritif du Patron, combines Crémant d'Alsace, Framboise, and Chambord punctuated by a raspberry in that authentic green-stemmed Alsatian glass, and pairs nicely with their exquisite raspberry soufflé, providing an excellent reminder to order this hot-from-the-oven work of art in advance. The Grand Marnier version is also impressive. And with chocolate and hazelnut also on the agenda, it makes for a sumptuous finale any way you go.

Stand-out starters include chilled coquille of seafood (shrimp, crabmeat, lobster, scallops, and salmon with a garden herb remoulade sauce,) escargots de Bourgogne, and a crêpe stuffed with a duxelle of wild mushrooms with a tomato concassé in Madeira sauce.

A house delicacy is braised wagyu beef cheeks with wild mushrooms, sherry wine sauce served in a darling little stoneware cocotte. Specials include veal Cordon Bleu with Gruyère cheese and garden spinach with a mushroom sauce—a fall take on their usual veal scallopini with Virginia ham, crabmeat, mushrooms, and cream sauce. And the rainbow trout filets are a perennial favorite—the perfect light and delicious go-to year-round.

In addition to Chef Jacques, this polished team includes Director of Wine Operations, brother Paul Haeringer, Brasserie Manager Danny Guevara with his dignified yet warm bearing, and the effervescent and welcoming Director of Marketing Carol Huebner.

This country inn is as garden-to-table as it gets, as greens are picked for the evening meal. During my stroll around the gardens, I had a chance to chat with gardener Edwin, who tipped me off that you can use green tomatoes or tomatillos for green salsa as he was harvesting the last of the season in the setting autumn sun.

L'Auberge Chez François Wine Fest Chez Vous (Wine Fest To Go)

The L'Auberge Chez François Wine Fest

Chez Vous for two or four include sommelier-selected red and white wines from their award-winning cellar, house-made pâté and famous Alsatian Bibelskais, artisanal cheeses, and multi-grain rolls.

Now also available is Jacques' Brasserie Chez Vous with same zero-contact pickup, so that you may enjoy all your favorites at home. Call in orders by phone or order online. Then just pick up curbside in the parking lot. Coming up, look for Thanksgiving Chez Vous in addition to the gracious dining room service inside, recently returning at 45% capacity. Bon appétit!

Alsatian Oktoberfest Experience

On Sunday, October 4, 2020, L'Auberge Chez François celebrated their very first Alsatian Oktoberfest on the charming garden terrace under the covered Grande Tente with its café bistro lighting. Chef Jacques' traditional six-course menu featured classics from their French-Alsatian heritage, Papa's homeland, bordering Germany.

The festivities included Oktoberfest accordion music and awards for those dressed in their finest Lederhosen and dirndls. Libations included Alsatian white wine, and their own Papa's Pilsner Beer and Rhin-O'fest Märzen-style Oktoberfest Lager, crafted by Lost Rhino Brewery. Appetizers included Papa's Soupe à l'Oignon Gratinée and Chef Jacques' savory Alsatian Tarte Flambée with caramelized onions and applewood-smoked bacon.

Entrée choices presented two versions of Choucroute—traditional Alsatian Sauerkraut, one with bratwurst and duck confit; the other with halibut, salmon and trout - or Beef Bourguignon in a Cabernet wine sauce. And top it off with a honey-glazed apple tarte with Tahitian vanilla ice cream.

Whatever the occasion, this treasured establishment, marking milestones for the last 44 years, is the keeper of memories for many. Maybe it's time to make your own. ♦

L'Auberge Chez François & Jacques' Brasserie

332 Springvale Road
Great Falls, Virginia 22066
www.laubergechezfrancois.com



Ristorante Bonaroti

by Allison Chase Sutherland

Ristorante Bonaroti has held a place in the culinary landscape of Vienna since 1982, providing classic Italian cuisine in a romantic atmosphere for the last 38 years. Recently they added a tented area adjacent to their outdoor patio, where one can enjoy a sunny al fresco lunch or candlelit dinner.

“I want to thank the town of Vienna for supporting us during this time. We’re just trying our best, like everybody else,” says owner Sergio Domestici, who hails from the region of Liguria in Italy.

To start, the crispy bread, including delectable rosemary-spiked focaccia, is always a welcome sight, accompanied by flavorful sundried-tomato spread and tapenade. The wine list offers varied selections from Italy and beyond, including many by the glass.

Antipasti, or appetizers, abound. Vongole Cinque Terre, fresh clams in a lemon, white wine and spicy garlic sauce, is named after the area that Sergio comes from originally. One you don’t come across every day is the Carpaccio di Filetto, thin slices of filet mignon marinated with lemon, and extra virgin Italian

olive oil, served with shaved parmesan cheese. Similarly, they serve a Carpaccio of tuna or salmon, served with red onions and capers. Bresaola Contadina, thin slices of cured beef rolled up with buffalo mozzarella and a touch of olive oil and lemon, is something I have enjoyed since I first tried it on the shores of Lago Maggiore in northern Italy long ago.

Pastas are all made in-house every day at Bonaroti, including Tortellini Casalinghi alla Panna, stuffed with ground veal in a cream sauce, and Cannelloni Gratinati, crepes filled with veal and topped with meat sauce and a touch of béchamel. The spinach and cheese ravioli with a cream sauce—or better yet, gorgonzola sauce—takes me back to my favorite trattoria in Rome, just steps from the Fontana di Trevi.

Other dishes are named after spectacular towns in Liguria. Pesce Spada Portovenere is swordfish served with Italian olive oil with white wine and fresh herbs, served with fettuccine with pesto sauce. I can recall strolling through the colorful harbor in Portovenere up to the cliff overlooking the Bay of Poets so beloved by Byron and

Shelley. Of course seafood features prominently on the menu.

Yet scaloppine dishes are always a favorite at Bonaroti as well. Saltimbocca means it “jumps in your mouth,” and rightly so, with that savory balance of sage and prosciutto. Scaloppine Triestina blends the intriguing flavors of cognac, mushrooms, and cream, accompanied by sun-dried tomato polenta for a wonderful fall treat.

Restaurants can represent many things to many people—an escape to unknown lands with exotic dishes, or a place to reminisce and revisit places and flavors one has enjoyed in the past, as in my case with Italy. Especially these days, with travel so limited, it is more important than ever to nurture our spirit of exploration in creative ways. So although you may not be taking that tour of Italy any time soon, in the meantime, you can embark on an excursion of Italian gastronomy—without even leaving your zip code. ♦

Ristorante Bonaroti

428 E. Maple Avenue, Vienna, VA 22180
www.bonaroti.com

Est. 1982

Ristorante Bonaroti



“Felice Anno Nuovo” (Happy New Year!)

Sergio Domestici and the Bonaroti family extends its warmest wishes for a safe, healthy and prosperous New Year.



Since 1982, Sergio Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro area.

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



428 East Maple Ave, Vienna
703.281.7550 | BonarotiRestaurant.com



PaSa-Thai

Restaurant & Bar

Authentic Thai Cuisine

**“Love the Pad-Thai!
This place is great
for a good value
and yummy meal.
My family loves
the pad Thai and
chicken panang curry.”**

Neighborhood favorite PaSa-Thai is a McLean landmark for classic noodles, rice dishes, and veggie choices in a warm, modern setup with a bar and outdoor patio seating.



**ORDER
ONLINE!**

Online ordering
NOW available
for pick-up &
delivery



**703-442-0090
703-442-0093**

www.pasathaimclean.com

1315 Old Chain Bridge Rd
McLean, VA 22101

Nostos

An Epicurean Experience

by Allison Chase Sutherland



Just outside the entrance to Nostos, you will encounter a spacious and elegant tent with faux Palladian windows punctuated with strands of white lights, a continuation of the sleek and stylish interior. White tablecloths and black napkins adorn comfortably distanced tables illuminated by dimmable, rechargeable lamps—the latest find from Greece by charming owner Peter Pagonis. Scan the QR Code on the welcoming little card before you to access the menu and it will direct you straight to the website. So slick.

The décor inside brings you back to an era of class and refinement – black and white photos of Elizabeth Taylor and Jackie Kennedy Onassis walking in the Akropolis while visiting Greece in their heyday artfully grace the walls. In essence, reminiscing about times past and treasured memories is a recurring theme throughout.

The very word ‘nostos’ morphologically shares the same Greek root as nostalgia, and signifies a return to one’s origins—that wistful longing for long ago. Peter experienced this as well for his Greek homeland, just as Odysseus did on his epic voyage so long ago.

Simultaneously respecting the classics and redefining the cuisine, “At Nostos, we wish



to share this past with you and stimulate your senses with a variety of traditional and new Greek dishes. Nostos presents a fresh, modern take on Greek culinary culture.”

Nostos also boasts an extensive wine list—many by the glass – of over fifty distinct wines from several different regions of Greece, “a country where Dionysus, the mythical god of wine, has been worshipped for thousands of years.”

Tease your palate with a dip combo, select-

ing from tzatziki, Greek yogurt with cucumber, garlic, and herbs, melitzanosalata, roast eggplant whipped with olive oil, garlic, parsley, and lemon; tyrokafteri, feta cheese and hot pepper; taramosalata, lemony mousse of fish roe; or fava santorinis, fava beans puréed and topped with olive oil and onions. A Greek salad is always a fresh start to a meal. And traditional avgolemono is a comforting yet savory chicken soup with an egg-lemon finish.

“Small plates, or mezedes, are an integral



part of Greek dining and reflect the idea that eating is about sharing and socializing.”

Melitzana Fournou consists of layers of eggplant cooked with onions, tomatoes and feta cheese. Perennial favorite spanakopita is crisp layers of phyllo filled with spinach, feta cheese and scallions. Garides Saganaki presents a well-orchestrated combination of sautéed shrimp with feta cheese, tomatoes, onions, pine nuts, and raisins. This dish shares a name with the cheese dish Saganaki—which is a real show-stopper. Flavorful kefalograviera cheese is set aflame before you and then spritzed with lemon. The theatrical aspect is a riveting escape from the everyday.

Don't forget to consult the map before you read the menu. Greece is an island archipelago. Translation? Order fish. “In Greece we say when fish is fresh, all you need is a little olive oil and lemon.”

The succulent Chilean sea bass served over spanakorizo. Seasonally, Nostos offers a halibut fillet served over sautéed spinach and topped with grape tomatoes, capers, olives, and spring onions. Lavraki, also known as

branzino, is served whole and deboned tableside, which you don't see every day. This Mediterranean bass has a delicate, mild flavor and is undeniably, delectably tender.

Authentic moussaka to-order consists of layers of thinly sliced baby eggplant, zucchini, potatoes, and seasoned ground beef topped with a rich béchamel. Several succulent lamb dishes round out the menu of essential Greek fare.

On to dessert. Save a little space. Galaktoboureko makes a memorable appearance. This irresistible creation, a heavenly, crispy semolina custard wrapped in phyllo, sprinkled with honey and cinnamon, pairs beautifully with the dessert wine Vradiano, punctuated by hints of roses, honey, orange blossom, and herbs with a nuance of butter candy.

Conveniently, Nostos also offers curbside pick-up or delivery within five miles. Currently, when you order to-go online, you can enjoy a Greek wine for 50% off. Also, use promo code 1234 for a 10% to-go discount. For a delightful and unexpected

treat, they always include one of their signature desserts – portokalopita, or orange cake to enjoy.

With responsible safety measures in place, Nostos can be enjoyed al fresco or at distanced tables inside through the autumn and winter.

Allow yourself to be transported if only for the evening to the legendary Greek Islands. Let the wind fill your sails, as did Odysseus so long ago. Indulge in the epicurean desires of fine food and drink, following the wisdom of ancient Greek philosopher Epicurus, from whence that word springs forth.

And after an enchanting experience at nearby Nostosso much closer to home you will certainly set your compass in this direction to return yet again and again. ♦

Nostos

nostosrestaurant.com

8100 Boone Blvd.

Vienna, VA 22182

(Direction Tip: Aline Avenue & Leesburg Pike behind the Shell)



Now Open

ONLINE STORE

sleep better | stress less | live a healthier life

www.abaca.vip

ABACA sells only the highest quality Hemp CBD products!

- Whole-Plant Benefits
- 3rd Party Lab Testing
- Responsibly Grown CBD



15% OFF

first order
(code: open15)

 [Abaca.vip](https://www.facebook.com/abaca.vip)
 [abaca.vip](https://www.instagram.com/abaca.vip)
 www.abaca.vip | info@abaca.vip
 703.596.3710



Clarity Spirited Inspiration

by Allison Chase Sutherland

Star restaurateurs in our local culinary constellations have emerged with innovative approaches to make dining enjoyable and accessible to us all. Delicious, engaging, and safe. Chef-owner Jon Krinn of Clarity, Vienna's own upscale American dining spot, turned on the proverbial dime and proved he was up to the task, first by converting the outdoor parking lot into drive-up tailgate tented dining in alternate parking spaces. And when tenants in the building vacated the private offices upstairs, he cleverly converted them into intimate and secure dining pods.

In fact, others in the community look to his expertise for solutions. A recent round-table discussion, *Restaurants: Winterizing your Outside Business Area*, featured Jon as moderator. His outlook is that challenges are opportunities. He applied his inspiration toward



diversification. For one, Clarity now features comfort food in addition to its more typically discerning fare. And his foodie fans followed. Lydia Russo of the Vienna VA Foodies reveals, "I used to have to go to Texas for good brisket. Now I just go down the street."

"I'm extremely grateful that I have a clientele that is up for trying all my ideas, whether it be tasting menus, barbeque, oysters, or cigars. This year I feel like I have opened at least 10 new restaurants—all under the same roof. I'm always hoping my hunches align with what people are looking for at a particular time or mood," shares Jon in all sincerity.

And follow him they do. Clarity aficionado and frequent return visitor Shellie Kurek Peters of Oakton is always game for an adventure. She enthusiastically attests, "Without fail, every time I have eaten at Clarity I have had a wonderful experience. The food is always creative, the wine and bourbon (oh my!) are exquisite and Jon makes sure to make everyone feel like they are an old friend who has come to visit."

Takeout is available as well. Jon posts each night's menu at 5:15 pm on www.clarityvienna.com (click food and drink tab). Text your order to 703-539-8400, allow 45 minutes for preparation, and pay when you arrive.

Jon Krinn has always been passionate about his craft. Indeed, recently he has further expanded his realm to explore the world of spirits—and introduce it to us in an exquisitely synthesized tasting menu.

On September 23, he presented *Let Me Proof it to You* An Exploration of Whiskeys of varying proofs, 90-125, featuring bourbon picks you can't buy at stores—including some of his own barrel picks—paired neat with light and flavor-intense umami-rich grill and barbeque plates. These bourbon, scotch, and whiskey selections—including Jon's Wilderness Trail Clarity Barrel Pick

Rye, Rabbit Hole Derringer in Px Casks, his Drifless Glen Clarity Barrel Pick Rye, and Glenlivet Nadurra Scotch—represent spirits made extremely well at their respective proof. “In a cocktail, the base spirit makes a huge difference.”

While exploring the multifaceted nature of wine may have appeared on our radar for some time now, we may not have been aware of all the elements to consider when selecting a whiskey—color, char, flavor—and the nuances they reveal. Certainly eye-opening for me. And it’s always fun to discover something new with friends.

Courses of seared Carolina wild albacore tuna topped with a savory brisket jerky, and the decadently flavorful Brazilian prawn Rockefeller reflected the nuances of the spirits. An inventive final touch was the Make Your Own S’mores over the wood fire, paired with Rua Single Malt Whiskey from the Great Wagon Road Distilling Company.

The center of gravity is the open kitchen—so they relocated it outdoors beside the covered patio, complete with a smok-

er and Argentine-style grill, where diners can see their dinner being prepared before their very eyes. The result is a really cool vibe. Vienna Foodie Lydia Russo, herself a star supporter of all things culinary in Vienna, describes the blissful dining experience at Clarity. “An escape—a time of happiness, calm, and delight.”

“You only live once. You might as well do it right,” Jon reminds us. And part of doing it right is giving back to this tight-knit community, taking care of our hometown heroes by making and delivering his father’s famous focaccia pizza to medical workers and firefighters at the Vienna Volunteer Fire Department.

As we head into fall, envision being bundled up under a blanket around a fire pit to partake and imbibe. Jon expresses it most succinctly. “Dress appropriately and keep supporting everybody.”

We’ll all get through this—together. Thanks, Jon Krinn of Clarity, for making it a little easier—and much more delicious—for everyone. ♦

Host a Party Without The Stress



Unique Party Concepts

Exciting Menu Choices

Affordable Prices

Our creative ideas and proven experience make all the difference!



Read our Reviews!



5-Stars



5-Stars



4.8-Stars

703.556.0780
8466-E Tyco Road
Vienna, VA 22182

Explore our Menus at:
www.helgascatering.com

EXCELLENCE IN *Dental Care* AT TYSONS CORNER

COMPREHENSIVE DENTISTRY | COSMETIC DENTISTRY | DENTAL ANESTHESIOLOGY



- One of the Only Anesthesia-Trained Dentists in Northern Virginia
- 28 Years Experience
- Relaxed, Anxiety-Free Environment
- Meeting All ASA Standards of Care
- We Treat All Ages

Services Include:

- General Anesthesia IV Sedation/Nitrous
- Full Mouth Reconstruction • Implants
- Root Canals • Cleanings • Fillings
- Bridges & Crowns • Veneers
- Snore Appliances • Sleep Apnea
- Smile Makeovers • Extractions & More

MOST INSURANCE ACCEPTED
FREE PARKING



Five Star Google Rating

©2019 Google LLC All rights reserved. Google and Google logo are registered trademarks of Google LLC.



Dr. Anil Dwivedi

University of Pennsylvania School of Dental Medicine Graduate
Anesthesia Residency from the Medical School of Pennsylvania

ANIL DWIVEDI, DMD, PC | www.drddwivedi.com
2071 Chain Bridge Rd, Ste 410 | Vienna, VA 22182 | **703-734-1080**



Wine Mixology

Making Cocktails with Virginia Wines

By Linda Barrett

Although Virginia wines are fabulous on their own, we're enjoying them in new and creative ways, with wine slushies, Frozès, and wine cocktails making their way onto the scene.

Wine-based cocktails have been gaining in popularity—especially among the millennial crowd. They can act as an introduction to wine in younger (but of legal drinking age) consumers and because of their often fruity base, they are instantly familiar. Two of the most popular and recognizable wine cocktails are the Sangria and Mimosa.

A Demand for Something New

The traditional definition of a cocktail is the combination of a distilled spirit, sugar and a bitter. Substitution can be made by using an aged or fortified wine as the distilled spirit, sparkling wine as the sweetener and vermouth as the bitter. The addition of fruits, infusions, and flavorings leads to any number of combinations.

Bartenders and mixologists who seek to create new experiences for their patrons can create a new experience for their cus-

tomers by using unexpected ingredients in their craft cocktail. Or consumers looking for a change from their usual favorites can turn to wine as a lower-alcohol alternative to higher-alcohol-content spirits. What's interesting is that the creativity in mixology has actually created a demand for something better and new. Enhanced flavor profiles and higher-quality cocktails are the result.

The Variety is Wide

Wine mixology can range from the simple, like a light wine spritzer, to the complex, incorporating spirits, botanicals, aromatics and syrups. Using a sparkling wine like a Champagne, Prosecco or Cava can result in a lovely wine spritzer-type cocktail that tickles the nose with its tiny bubbles, while whiskeys and bitters add sophistication. Even Port-style wines and Sherries can help concoct a delightful wine cocktail.

The next time you visit one of our beautiful Virginia wineries, see if they have a wine cocktail on the menu. In the meanwhile, try some of these wine mixology recipes at home.

Wine Mixology Recipes



Sun Kissed

Ingredients:

- 4 Ice cubes
- 1 ¼ cups orange mango frozen concentrate
- ¾ cup Gewürztraminer
- ¼ cup Sprite
- Orange peel

Place ice in glass. Add orange mango frozen concentrate. Pour in Gewürztraminer, then add Sprite. Stir and garnish with orange peel. Makes 1 drink.



Red Raspberry

Ingredients:

- 4 ice cubes
- 1 cup Pinot Grigio
- 1 cup Berry LaCroix
- 1 small scoop low-sugar raspberry sorbet
- Raspberries for garnish

Place ice in glass. Pour in Pinot Grigio, then Berry LaCroix. Add sorbet and stir. Garnish with raspberries. Makes 1 drink.



Vino Francesca

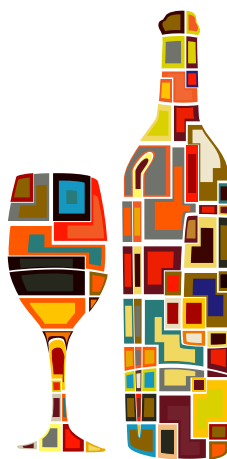
A food-friendly sangria created by Gary Sullivan of Boston's Rocca Kitchen & Bar.

Ingredients:

- 1/3 cup honey
- 1/3 cup boiling water
- 15 sage leaves (plus extra for garnish)
- 750 milliliter bottle of Rosé
- Ice
- Lemon twists for garnish

In a small, heatproof bowl, stir honey into the boiling water until dissolved. Add sage leaves and muddle them with a wooden spoon. Let syrup cool slightly, then strain into a pitcher, pressing on the sage leaves.

Pour in rosé and stir. Serve in a wineglass over ice, with a lemon twist and sage leaf garnish. Makes 6 drinks.



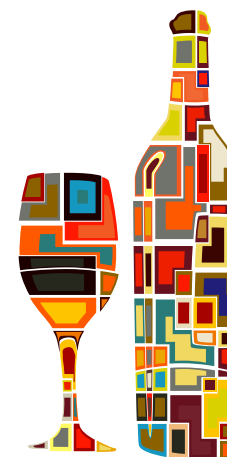
The Paysan

This is one of the favorites from Washington DC's Poste restaurant in Penn Quarter.

Ingredients:

- 1 pint Pinot Noir
- 1 cup cranberry juice
- 4 oz. orange juice
- 4 oz. raspberry liqueur
- Ice cubes
- 3 oz. Sprite, chilled
- 6 twists each lemon, lime and orange peel for garnish

In a pitcher, combine the wine, juices and raspberry liqueur. Chill in refrigerator about 2 hours. Stir well and pour into ice-filled glasses. Top each drink with 1/2 oz. Sprite and garnishes. Makes 6 drinks.



Fall & Winter Sangria

Ingredients:

- 1 apple, thinly sliced

- 1 pear, thinly sliced
- 1/2 orange, thinly sliced
- 2 TBSP sugar
- 1/2 tsp cinnamon
- 1 750 ml bottle dry red wine like Rioja
- 1 750 ml bottle Sparkling Cider
- Cinnamon stick, rosemary sprig, orange slices for garnish (optional)

Place apple, pear and orange slices into a medium bowl. Stir in sugar and cinnamon. Transfer this mixture to a large pitcher and allow to stand for 1 hour. Then pour in red wine. Use immediately or chill for up to 3 hours.

To serve, fill glasses with ice, fill halfway with sparkling cider, then fill to top with red wine mixture. Garnish as desired. Makes 10 drinks.



Red Wine Hot Chocolate

Ingredients:

- 1 cup milk
- 1/2 cup chocolate chunks
- 3/4 cup Red Wine
- 1/2 tsp vanilla extract
- Homemade marshmallows
- Cocoa powder for garnish

Heat milk in saucepan on medium until simmering, but not boiling. Add chocolate chunks and stir until melted and mixture is smooth. Turn off heat and stir in the red wine and vanilla extract. Pour into individual mugs and top with marshmallows and a dusting of cocoa powder. Makes 2 drinks. ♦

Sign up for the Wine Mixology Classes at Little Washington Winery and learn how to concoct cocktails like Persimmon Cardamom Spritz and the Bees Knees Wine Cocktail.



Holiday Happenings

By Keith Loria

The COVID-19 pandemic has created a lot of challenges and misery in 2020, and questions still linger about when it will be safe to return to normal activities and start seeing friends and family regularly again.

With the holiday season upon us, the impact of the pandemic is being felt a little bit stronger, and people are trying to find ways to celebrate and take part in some of their favorite holiday traditions.

The problem is, many have already been cancelled due to safety concerns. That means, no Scottish Christmas Walk Weekend in Alexandria this year, no Christmas in Middleburg celebration and even the Jingle on Lake Anne in Reston is taking the year off.

But don't despair. We've found plenty of fun things that people can do during the holidays to keep traditions alive and keep

people from having a Blue Christmas.

Meadowlark Gardens Winter Walk of Lights at the Meadowlark Botanical Gardens in Vienna will once again be presenting a spectacular holiday light display, and is not letting COVID ruin the festive favorite. Enjoy a half-mile walk through a dazzling garden trail adorned with thousands of sparkling lights featuring outdoor themes and animated displays spread along a paved, wheelchair and stroller-accessible trail.

Even when the weather is chilly, the Winter Walk is a fun way to bundle up and celebrate the holidays with family and friends. To protect the health and safety of employees and guests, the Meadowlark Botanical Gardens is following social distancing standards recommended by the Center for Disease Control. Meadowlark's Winter Walk of Lights is open nightly Nov. 11 through Jan. 3, 2021.

Fairfax will be holding its annual **Festival of Lights and Carols** with socially-distant caroling and a Christmas tree lighting at Old Town Square, 10415 North St., beginning at 5:30 p.m. S'mores and hot cider will be available. A holiday market will accompany the festival during the weekend.

While the City of Fairfax's 34th Annual Holiday Craft Show has been canceled, those behind the show are planning a virtual craft show so people can still talk with artisans and get some great gifts for the holidays. As of press time, details were still being worked out, but it was believed it would be held sometime in late November. For information, visit www.fairfaxva.gov.

The 30th Annual Reston Holiday Parade is currently scheduled to take place at the Reston Town Center from 11 a.m. to noon on Nov. 27. The day will include plenty of "community, charity and cheer" and will include a visit from Santa Claus himself.



As always, the day will include a sing-along, a horse drawn carriage and a tree lighting to end the event.

Reston Town Center will also be home to the numerous holiday performances by local performers and groups at the Promenade Saturdays and Sundays, Dec. 5-20, from noon to 4 p.m.

The performance schedule will be released in late November and available at www.restoncommunitycenter.com.

The Bull Run Festival of Lights has been a Northern Virginia tradition for many during the holidays, and since participants stay in their own cars while viewing the lights, COVID will not make much of an impact.

The Festival of Lights boasts 2.5 miles illuminated by holiday light displays and is the season's best, brightest and socially distant activity to enjoy with your family and friends. This year, Bull Run has added three extra weeks to the showings, and it will be open from Nov. 6 through Jan. 10.

Due to the pandemic, fire pits, merchandise sales, photos with Santa, the craft area and indoor food and drink sales will not take place this year, but in its place, guests are invited to enjoy a walk through an area full of lights and take photos and even ride camels. The 2020 Snowflake Stampede will also not take place this year, and the decision on the winter carnival will be made at a later date.



The Gaylord Resort's Christmas on the Potomac is always a fun family gathering, as there are acres of decorations and holiday activities and attractions designed for making lasting holiday memories. As of press time, no decision had been made on whether the annual ICE at National Harbor attraction, which takes place in a chilly 9°F, will take place. Past ICE shows have featured holiday scenes from *The Grinch* and *Rudolph the Red Nosed Reindeer*, made from 2 million pounds of ice, and there's also ICE slides to enjoy. Everyone is hopeful that it can still take place with socially-distance practices in place.

For those wanting to venture to D.C., the **US Botanic Garden** always has an amazing holiday display, which begins on Thanksgiving Day, and features unique décor and the largest living decorated indoor tree in the D.C. region. There's also an elaborate model train display featuring iconic train stations from around the United States.

Outdoor enthusiasts, or those who just want to start 2021 on a healthier path, can



take part in **First Day Hikes** at all 38 Virginia State parks on Jan. 1. An initiative of America's State Parks, First Day Hikes offers everything from short strolls to vigorous hikes, and encourages everyone to start the New Year off in the great outdoors.

There will also be plenty of houses and neighborhoods decking out their homes for the holidays, so jump in the car with family and take a ride at night and view some of the great Christmas light displays in our neighborhoods. We at *VivaTysons* would love to see your displays, so visit our Facebook page and post photos, and let others know of where they can see fun and festive displays.

Please keep in mind that the world is ever-changing and COVID may impact some of the events mentioned above, so please check before making plans. Happy holidays to all! ♦



Pandemic Puppy Pandemonium—

An insider's look at what's happening in veterinary hospitals throughout NOVA and the whole country.

By Paula Clark Fischinger

You may or may not have noticed, but there has been a huge growth in the population - of puppies!

Congratulations if you are one of the many, whom, over the course of the past several months of social isolation, have realized that pets may make better, safer companions than people do, and have adopted that puppy you or your family have always wanted.

You have a new friend, family member, walking partner, hobby and responsibility all rolled into one adorable, loving, living, breathing unpredictable baby who is and will forever be completely dependent upon you for the rest of their lives. Sorry to make is sound a bunch more serious and less fun than you thought it would be, but let's face it, unless you are a seasoned dog whisperer, the "puppy moon" is over and you've probably realized that puppies are a lot of work and you may need help.

Veterinarians have definitely noticed. New puppies are arguably the most fun part of our jobs. Veterinary Hospitals and clinics all over the country have been inundated, however, with new puppy visits, in addition to usual well visits and more frequent sick and injured visits that usually happen when people are around their pets more and notice minor problems that may have gone unnoticed. People have found that it has been difficult to even get an appointment within a few weeks- almost as long as a wait for human doctor appointments. Please be patient with us! There is a shortage of veterinarians. We are working around COVID 19 restrictions with shortened hours and we are missing our high-risk staff members who have been furloughed or are working from home until it is safer for them to be at work.

Many "puppy parents" are not happy with curbside service but if ANYONE in a clinic

gets sick the whole place would need to close for a while until

the whole staff gets tested and quarantined and during that time no pets could be seen or cared for. It has happened to more than a few local clinics. If you are worried about how your new pet is being treated while you are out in your car then, please, have no fear. They are being played with and adored by the veterinarians and staff. Most pets (and vets) are more relaxed than usual without all of the noises and commotion there can sometimes be with a full waiting room. Most of us slightly introverted veterinarians are able to let down the professional image and be a little silly with our patients. We LOVE it. Playing with puppies can offset the more difficult, serious cases and help us focus on some positives when we go home at night.

Veterinarians are also having some difficulties by not having parents in the with

them too. We are wearing masks all day for 12-14-hour days because we can't socially distance from each other, and we are having to explain some difficult things over the phone instead of in person. Most of us are only making exceptions to allow parents to spend last moments with pets that are passing. Puppy visits are also tough because we usually like to show people how to trim nails, brush teeth and give ear cleaning and training demonstrations. Hopefully you've had at least one or two conversations and have been well informed about necessary vaccinations and schedules, testing for parasites, and administration of preventative medications. It's also important to learn about wellness plans and pet insurance, animal poisons and spaying or neutering pets for their health and prevention of unwanted litters. This is in addition to learning about crate training, leash walking, feeding, potty training, and prevention of illnesses and accidents, aggression and bad behaviors.

There is so much to learn and we expect there to be a lot of questions, but a lot of times vets will have to stay several hours past appointment times to call and answer these questions, so again, please be patient with us. If you are having a difficult time getting answers to your puppy care questions or need some puppy care techniques demonstrated, feel free

to visit my Instagram page and ask away. I cannot give specific medical advice but if you have basic care questions or would like to clarify directions that your veterinarian has given then please ask away. I am still working full time and still learning how to post videos so, again, don't ask about anything urgent, please go to your veterinarian or local Veterinary Emergency Clinic for immediate care.

We hope that your new pandemic puppy is well on their way to being a well-adjusted well-behaved, happy family member and a wonderful companion for socially distanced activities for you and your whole family to enjoy while staying home until it is safer to go back to work and school and out in groups.

Also, feel free to send me photos of your pet Halloween costumes to post on my page! Instagram: pauladvn.pet.life.coach ❖

WE NOW DELIVER WITH DOORDASH!





Customers rave
"The best gyro you'll find!"

TASTE THE AUTHENTIC FLAVORS OF GREECE

from Chef/Owner, Peter Drosos who traveled there —
learning the art of hand made gyro and souvlaki.

OPEN

Seven days
a week
11am - 9pm



ONLINE
ORDERING
FOR TAKEOUT
AVAILABLE

TRY OUR CATERING SERVICES

TAILORED TO YOUR SPECIAL EVENTS!

Email us at catering@plakagrill.com or visit

www.plakagrill.com

VIENNA

110 Lawyers Road NW
Vienna, VA
703-319-3131

FALLS CHURCH

1216 W Broad Street
Falls Church, VA
703-639-0161



Ask An Advisor

Year-End Financial Planning Checklist



by Daniel P. Lash, CFP®, AIF®

The end of the year can be busy, but there are a few things you should review every year to make sure you are making the most of your money. Below is a list of items I review with my clients that you may find helpful as this year draws to a close.

Investments

Review Tax Losses—If you have investment positions that have suffered losses, consider selling them to offset gains and reduce taxable income. Remember the IRS only allows \$3,000 of losses per year, anymore will carryforward to next year and beyond until used up.

Rebalance Accounts—If you haven't been regularly reviewing your investment accounts the end of the year is a great time to review your overall investment allocation and make sure it aligns with your goals.

Consider a Roth Conversion—If you're unable to contribute to a Roth IRA directly because you don't qualify, you may benefit from contributing to a Traditional IRA, then converting the funds to a Roth IRA.*

Put Your Investments on Autopilot—If you're not investing automatically for your goals, year-end is a great time to start. Automatic investing is a simple and powerful tool to build wealth. It saves you time, sets aside money before you can spend it, and reduces the temptation of trying to time the market.

Health & Benefits

Review Your Employee Benefits—Open enrollment is typically in December if you're employed. Consider taking advantage of all available options, including a flexible spending account, health savings account, life insurance and more.

Check Your FSA—If your employer's Flexible Savings Account (FSA) plan does not allow rolling money over into the next year, make sure you spend the balance on qualified expenses so you don't lose out.

Review Your HSA Contributions—If you are eligible to contribute to an HSA, maximize your tax deduction but putting in the maximum amount. The 2020 HSA contribution limit is \$3,600 for an individual or \$7,200 for a family.

Income Tax Planning

Adjust Your Withholdings—Adjust income tax withholdings and/or estimated payments to avoid a big refund or tax owed.

Reduce Your Income—Reducing your taxable income can save you quite a bit. If you are eligible, consider contributing more to your retirement plan and HSA.

Prepay Charitable Gifts—Thinking ahead about next year's charitable gifts may allow for a larger tax deduction this year, if you pay out the money this year of course.

Retirement Planning

Review 401(k) and IRA Contributions—Maximizing the amount you contribute takes advantage of available tax deductions and employer matching contributions. 2020 Contribution limits:

- **401(k):** \$19,500 (additional \$6,500 catch up for 50+ years old)
- **SIMPLE:** \$13,500

■ **IRA:** \$6,000 (\$1,000 catch up for 50+ years old)

■ **SEP IRA:** 25% of income up to \$56,000

Increase Your Savings—If you are not already maximizing your 401(k) contributions, consider increasing the amount you are contributing by 1% a year until you do. 1% won't make a big difference in your paycheck but can boost your retirement savings in the long run.

Estate Planning

Review Beneficiaries—Double-check that changes or updates are not needed on your accounts. It's all too common to leave an ex-spouse, for example, assigned accidentally.

Review Estate Plan—Ensure your overall estate plan, including your will, trust and health care power of attorney, are current.

Review Insurance Policies—Review your home, auto and life insurance policies to determine if you have enough coverage or if deductibles need to be adjusted.

Give Gifts—You can give someone up to \$15,000 per year and it won't impact your lifetime estate tax exemption amount. Couples can double this amount to \$30,000 if they file for joint gifting.

College Planning

Medical—Have your adult child sign a Medical Directive in the event a major health issue happens at college.

College Funding—Open and fund a 529 account or make contributions if you have a 529 currently.

Track Expenses—Keep record of all college expenses and reimburse from 529.

Plan strategically—Consider contributing money to 529 plan before paying college directly for state tax deduction.

Other

Review Your Spending—Time flies and so does money. That's why regularly reviewing your spending is a great habit to develop. The end of a year is a great time to reflect on your spending and create a plan for next year.

Plan for Life Events—A job change, home or car purchase, surgery or other life event requires financial planning ahead, if possible.

Establish a Financial Plan—It is tough to know if you are making smart financial choices if you are not making them with respect to achieving your specific financial goals. If you don't have a financial plan to serve as the basis of your financial decision-making, it is a good idea to get one.

The most important decision you can make as the year comes to a close is to speak with a financial professional to ensure everything is in order with your overall financial situation. There is still time left in the year to take action if needed, but time is running out. ♦



DANIEL P. LASH, CFP®, AIF® is a partner at VLP Financial Advisors and the former President of the National Capital Area Chapter of the Financial Planning Association (FPA). He believes that strategic planning is the key to creating, protecting, and growing wealth. Visit VLP Financial Advisors online at: www.vlpfa.com.

Have a question for an Advisor?

Email info@vlpfa.com

Dan Lash is a Registered Representative of and offers securities and Advisory Services through Cetera Advisor Networks LLC, member FINRA/SIPC a Broker/Dealer and Registered Investment Advisor. Cetera is under separate ownership from any other named entity.

*Converting from a traditional IRA to a Roth IRA is a taxable event. A Roth IRA offers tax free withdrawals on taxable contributions. To qualify for the tax-free and penalty-free withdrawal of earnings, a Roth IRA must be in place for at least five tax years, and the distribution must take place after age 59 ½ or due to death, disability, or a first time home purchase (up to a \$10,000 lifetime maximum). Depending on state law, Roth IRA distributions may be subject to state taxes.



VLP Financial Advisors

8391 Old Courthouse Road, Suite 203, Vienna, VA 22182
tel: 703-356-4360

VivaTysons.com

Our Recent Analytics:

74

Views Per Day
Super Affordable Banner Ads



Remarkable Exposure

Call 703-585-3354



On Phase 2 of the Silver Line, Mercedes Kamencik is tasked with representing the project owner's in the field and is focused on completing the Dulles Airport Station.

Meet the Staff: Mercedes Kamencik By Amanda Scarangella

Communication. Teamwork. Positive feedback. Those words describe Mercedes Kamencik. Between her work ethic and these guiding principles, Mercedes has achieved success working first on Phase 1 and now on Phase 2 of the Dulles Corridor Metrorail Project, best known as the Silver Line Metrorail extension being built by the Metropolitan Washington Airports Authority.

Officially, her role is Construction Specialist working for Jacobs Engineering and contracted to the Silver Line project. Kamencik certainly has her hands full as the project owner's representative in the field, focusing on the Spring Hill Station during Phase 1 and now completing the Dulles Airport Station on Phase 2. The responsibility of communicating and coordinating with the multiple contractors, sub-contractors, government agencies and jurisdictions onsite falls to her.

"While working with multiple teams on-site presents potential challenges, I've found that by establishing open lines of communication early in the process, it creates a smooth workflow and avoids any disturbances to the construction being performed," said Kamencik, who heads construction oversight on the Silver Line.

She keeps the different teams working together at a steady pace, resolving problems as a united front, and building strong internal communications. She emphasizes the owner-contractor common goal of delivering a safe, dependable and durable rail extension to be turned over to the Washington Metropolitan Area Transit Authority.

"The previous work experience Mercedes brought with her to the project team has been a great benefit for all of us," said John Kearney, Construction Manager on the Dulles Corridor Metrorail Project. "Due to her vast experience on Phase 1, Mercedes was chosen to oversee the most unique station on Phase Two, Dulles Airport Station, which required a constant, high level of oversight to help all involved to maintain the appearance of the Airport and access for the patrons during rail construction"

Starting her educational journey at Milwaukee School of Engineering, Mercedes soon realized her heart was still set on home in Maryland. Returning to finish her associates' degree at Montgomery College, she went on to the University of Maryland Eastern Shore where she earned a bachelor's degree in construction management.

Kamencik has been employed full time since she was 20 and worked her way through college, managing to balance career and educational goals with success.

No stranger to hard work, she dedicates herself to achieving her professional goals with incredible passion and efficacy. Now after 17 years in the industry, it is no surprise to learn that Mercedes is currently one of the youngest people on the Silver Line job.

She brings with her a variety of knowledge and experience from her previous role as an assistant project manager overseeing commercial real estate sites such as office buildings.

She's definitely won the respect of those with whom she interacts including John Kearney who has served as her supervisor on Phase 1 and now on Phase 2 of the Silver Line.

She's also a walking expert on the Dulles Airport Station, which sits on top of an aerial guideway across the parking bowl from the Airport terminal. She readily provides answers to complex questions not only for construction crews but also visitors on the project.

Her many experiences not only have benefited her professional growth, but have helped her team's interns along the way. As a mentor, she approaches her role with a balance of gravity and amicability, imparting important lessons on and building positive experiences for her young teammates.

"When we have interns here in the field, I always stress that while everyone may be working on different teams – owner, contractor or whoever—for the project, we still have a common goal to get the project done safely, efficiently and on time," she said.

Her associates refer to her as an exemplary role model, especially for young women in the construction and engineering industry, and they praise her teamwork and open communication strategies as the keys to her success.

By far, Kamencik says the multi-billion-dollar Silver Line is her favorite construction project. She enjoys the challenges and rewards of working on one of the largest transportation projects in the country. She says she's been awed by how many agencies, jurisdictions and stakeholders work with and support each other to achieve a common goal: connecting Dulles Airport and Loudoun County to the region via the Silver Line. ♦

Newly Installed Glass Panels at Dulles Airport Station



Ongoing glass installation work on Phase 2 of the Silver Line extension at the Dulles Airport Station.

The main terminal at Dulles International Airport is reflected in these newly installed glass panels at Dulles Airport Station, one of six Silver Line Phase 2 stations expected to open next summer. The glass panels will create a windscreen for riders on the Metrorail platform and mimics the Eero Saarinen-designed main terminal. About 25 percent of the 162 panels that will comprise the windscreen have been installed by crews working 10-hours shifts, four days a week. The installation should be complete by the end of October, weather permitting. ❖



Photo courtesy of the Dulles Corridor Metrorail Project



Mediterranean Flavors

and family hospitality under the stars.



Award-winning Nostos has private dining rooms designed to accommodate anything from small business meetings to Corporate Christmas receptions and family celebrations. Contact our catering specialists to help you craft the ideal event.

Voted 100
Very Best
Restaurants
2012-2018
-Washingtonian

Make Your Reservation Today! **703.760.0690**

OFFERING
Curbside or
delivery
within 5 miles

8100 boone blvd. vienna, VA 22182 | www.nostosrestaurant.com

Dental Airway and Sleep Medicine in Orthodontics

What's one of the best things you can do for your growing child?

An evaluation of the quality of their breathing can improve their school performance, behavior, reduce or eliminate snoring, better sleep and support general growth and development. Dr. Calkins can assist your child with early facial growth evaluation.



Patient's Choice Winner



AREAS OF EXPERTISE

Pediatric & Adult Orthodontics
Craniofacial Orthopedics
TMJ Diagnosis and Treatment
Orofacial Myofunctional Therapy (OMT)
Cleft Lip & Palate Orthodontic Management
Pediatric & Adult Airway Management



Dr. Liliana Calkins

Specialist in Interceptive Orthodontics and Craniofacial Orthopedics

American Association of Orthodontists
American Academy of Dental Sleep Medicine
American Cleft Palate Association
American Dental Association
International Association of Orofacial Myology



**AIRWAY &
SLEEP GROUP**

Dental Airway and Sleep Medicine in Orthodontics

11800 Sunrise Valley Dr., Suite 200, Reston, VA, 20191

Call: 571-244-7329

Text message: 571.244.7329

For appointment request email: infosunriseortho@gmail.com

www.AirwayandSleepGroup.com

www.Sunrise-Orthodontics.com

continued from page 42

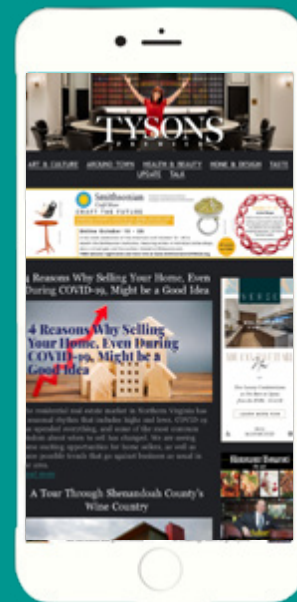
sons to not necessarily focus on the revenue but focus on learning the business, doing a good job, treating people fairly—and the returns will come from the passion,” Dean said.

Real estate isn't the only passion the family shares; Dean and his sons also play music together. Submitting as the Yeonas Brothers, their band recently won NVAR's Centennial Battle of the Bands in July, which commemorated the kickoff to NVAR's 100th year anniversary in 2021. The event represented bringing together past, present and future—so it was fitting that the Yeonas band would win the competition and NVAR would learn of their story.

Throughout the years, changes in leaders, laws, contracts and technologies have come along as quickly as paint-color trends, but Realtors® like the Yeonas family continue to help people find the American Dream—an invaluable service that will never go out of style. ♦

Kate O'Toole is the NVAR digital content manager & senior editor.

SIGN UP for our newsletter



Go to:
VivaTysons.com
/signup



Your New Office



No Long Term Commitment
Set Up/Infrastructure Cost

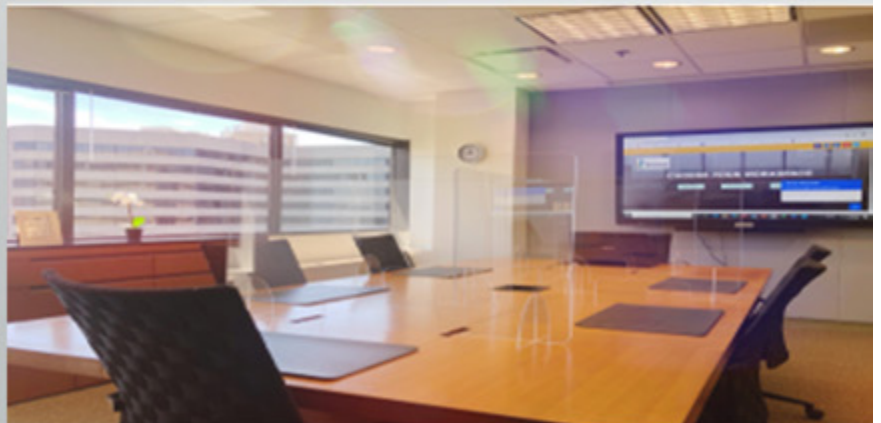
Great Location
Ready To Use

In The Heart Of Tyson's

Also Offering Virtual Packages

Prestigious business address
Business phone line, live answering
Business services

Conference rooms
Day office



703-288-4001



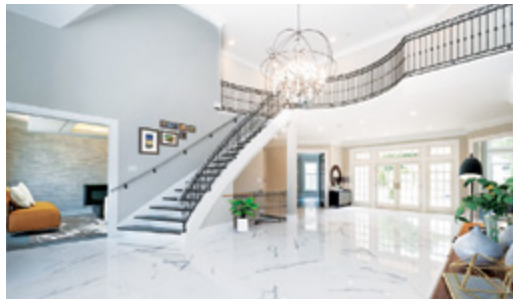
info@tysonsofficesuites.com



**8200 Greensboro Dr, Suite 900
McLean, VA 22102**

www.tysonsofficesuites.com

BUILDING A TRULY CUSTOM HOME IS MORE AFFORDABLE THAN YOU THINK



For over 25 years, Monarch Construction has been making its mark on neighborhoods throughout Northern Virginia area. As the area's premier luxury, custom home builder, we pride ourselves on our modern design and top quality craftsmanship. Our process serves client from beginning to end with preliminary budgeting, resource planning, scope management, and the always scrupulous eye for ongoing quality control. Guided by your vision, we aim to materialize your dream home and exceed expectations every step of the way.

Build Your Dream Home Today.



390-A Maple Ave East | Vienna, VA 22180
703.731.6975 | www.monarch.us