



Viva Tysons!

M A G A Z I N E

JANUARY-FEBRUARY 2009

Lookin' Good... Feeling GREAT!

In this issue...

- **Feature section:**
Health & Fitness
(PAGE 6)
- **Meet the Merchants**
(PAGE 8)
- **Dining Out**
(PAGE 10)
- **Around Town**
(PAGE 5)
- **Money**
(PAGE 16)
- **Real Estate**
(PAGE 14)



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Happy New Year....

...and good bye 2008! With so much bad economic news, a tough real estate market, and a difficult and challenging business environment, I want to imagine it's a bad dream. But who has time to dream? As kids we were taught "it's better to light a candle than to curse the darkness"...and as we start the New Year, let's remember to take care of ourselves. Lofty Salon says "heal the world—start within."

We are so lucky to have so many professionals attending to our needs- Health Care Professionals, Beauty and Wellness Consultants, and Trainers. Cindy Pavell, M.S., writes us an article about how we can start the year off right to avoid the usual traps, and many of our area's merchants are offering promotional incentives to help us "get there."

We extend our best wishes for a new year, and share our hope and request again that we will all remember the hard work and efforts of the independent businesses which are working tirelessly to bring us services despite the difficult conditions.

In this moment in history when change is the word everyone seems to mention we are also reminded of the words of Abraham Lincoln who said:

"I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crisis. The great point is to bring them the real facts."

Let's stay tuned to the needs of our community, attend our neighborhood meetings, and stay abreast of the changes in our town's growth and on top of our officials. And let's use the time we have to get stronger and feel better...about ourselves and everything else...

Best wishes for 2009

Johnny Hanna
Publisher

"We Know the Neighborhood"
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TABLE OF CONTENTS

JAN/FEB 2009

AROUND TOWN

With Our Chambers..... 5

HEALTH & FITNESS

Programs, Not Perfection.. 6

Yoga Q&A..... 7

MEET THE MERCHANTS... 8

DINING OUT

Irish..... 10

Italian..... 11

TASTE OF TYSONS..... 12

REAL ESTATE..... 14

MONEY..... 16

FEATURE ARTICLE

Great Falls Village..... 24

HOROSCOPE..... 26

KIDS' STUFF..... 28

PETS 31

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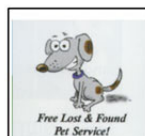
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Check ratings for business and rate those in the area. Enter contests! Community bulletin board for posting events.

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Around the Town with Our Chambers...



Thursday, February 12, 11:30am -1:00pm
VTRCC VALENTINE LUNCHEON
 Location: 2941 Restaurant (428 Maple Ave., East, Vienna 22180)
 Speaker: Vienna Choral Society

Topic: "Music from the Heart"

The fabulous 2941 Restaurant, one of the most beautiful and romantic dining locations in the DC area, has agreed to host another VTRCC luncheon. Enjoy a Valentine treat for your heart, soul and appetite! The Vienna Choral Arts Society will charm and entertain you and your guests with romantic music while you gaze out the windows at the waterfall gardens, Koi ponds and fountains as well as viewing the original paintings and sculptures of famous artists such as Pissarro, Rodin and Dali. A visual and culinary adventure! This is an event you can't miss! Make your reservations early since this event is sure to be a sell-out!

Tuesday, February 24, 5:30 -7:30pm

FAT TUESDAY MIXER. Location: TBD

Come party with VTRCC members and guests in a Carnival setting on Fat Tuesday. Find out how much fun growing your business with the Chamber can be!

For more information on becoming a member of the VTRCC, please call 703-281-1333 or e-mail info@vtrcc.org.



GREATER McLean Young Professionals Mixer at La Sandia Mexican Kitchen & Bar

MCLEAN 1/29/2009- McLean Young Professionals, presented by PNC Bank, are invited to the 2009 kick off at **CHAMBER of COMMERCE** a free networking mixer at La Sandia Mexican Kitchen and Bar in Tysons Corner from 5:30-7:30 PM. Participants may register at www.mcleanchamber.org.

The Drifters to Appear at Chamber Gala

Date: February 7, 2009 Time: 6:00 PM EST - 11:00 PM EST

Sponsor: Chairman's Gala presented by Provident Bank with Fairview Park Marriott

Location: Fairview Park Marriott, 3111 Fairview Park Drive, Falls Church, VA 22042

For information about GMCC opportunities and our popular events, please call Katharine Ryan, Membership & Events Director, at 703-356-5424 or Email: kryan@mcleanchamber.org.

Tower Talk

Santa Claus Runs Amok

On Thursday, December 18, 2008 Santa Claus arrived early at the Rotary Club of Tysons Corner Holiday Party held at the Tower Club. He arrived bearing gifts totaling \$7,000 for Tysons Corner charities. Nancy Dezan, Executive Director of the Alzheimer's Family Day Center was excited to receive a check for \$1,500 to help fund a new program to assist those with loved ones who have been recently diagnosed with this disease.

Anne Chase Slee, Director of the Lewinsville Senior Center and Stephen Campbell, Director of the Pimmit Hills Senior Center each accepted checks for \$1,500 to update equipment and to plan trips and outings for the seniors who use their facility.

Others receiving donations included Alternative House, Chesterbrook Residences, and Fairfax County Partnership for Youth. This latter organization works with students who have been suspended from school to help them keep up with their school work while they are on suspension. Linda Eatmon-Jones, the Executive Director, told the Rotarians that 99% of the students return to the classroom once their suspension is over.

After Santa Claus awarded the money, the club got down to the business of singing Christmas carols – led by Ashley Scott with Bob Rosenbaum on the piano.

Rotary is a worldwide organization of business and professional leaders that provides humanitarian service, encourages high ethical standards in all vocations, and helps build goodwill and peace in the world. Approximately 1.2 million Rotarians belong to more than 32,000 clubs in more than 200 countries and geographical areas.

Members of a Rotary club are part of a diverse group of professional leaders working to address various community and international service needs and to promote peace and understanding throughout the world..

The Rotary Club of Tysons Corner (<http://tysonsrotary.org>) is a service club of professional men and women serving the community in and around Tysons Corner, Va. The Club was chartered on April 12, 1983, and has been making an impact in the area for more than 20 years. Members are business professionals, executives, and owners who live or work in Tysons Corner and surrounding locales. The club meets every Thursday morning at 7:30 at the Tower Club.



Progress...Not Perfection

Making the decision to eat better, exercise more, and making sure sleep is a priority (not an afterthought) are behaviors we can generally control. However, most people choose not to implement these healthy habits. About 60-65% of Americans do not exercise at all. We can all make temporary changes – exercise for a few months, follow a healthy food plan – yet, about 95% revert back to old habits within 2 years or less. Even though we like ourselves more, have more energy, feel better in our clothes, and have more confidence during this surge of healthy habits, most of us eventually return to our beginning state. What is going on? What happens to us that after so doing well and feeling much better about ourselves that we slowly go backwards? Because everyone is different, there are multiple answers to these questions. There are plenty of books and seminars available to teach us how to reach our goals and to take better care of our life and our body. Therefore, the following article is not offering the “how to’s” of health and fitness. Instead, I want to challenge you to focus on appreciating progress and not falling into the trap of needing perfection.

As a health and fitness professional since 1983, I have worked with hundreds of people. Everyone begins a self-improvement program with great enthusiasm and commitment, and most everyone experiences success for a while.

Then life happens, goals are not achieved fast enough for the amount of time and effort exerted, and enthusiasm dwindles.

This is the point where people either accept their progress and keep going, or they reject their progress as “not enough” and quit.

Desperation and surrender seem to be key ingredients that have to be present before a person will truly commit to doing what it takes to promote lasting change. Real change takes energy, discipline, and commitment. Discipline tends to carry a negative connotation. One way to think of discipline is as “accepting temporary unpleasantness for the greater good.” Ponder that point for a moment. An example – you don’t want to go to the gym, but once you accept the unpleasantness of getting there and doing your workout, knowing you will feel better af-

terward - you are applying the discipline principle. In all my years of training others, I have never heard, “I regret working out today.” Another piece to this puzzle (which is too big to address here), is that new diet and exercise programs do not work because people are attempting to become happier with themselves from the “outside in”; if the inside issues are not addressed, these outside changes will be temporary...guaranteed!

For a change to become a part of your life, it has to be a habit for at least 6 months...not 30 days (which you may have heard). Lapses into old behaviors are normal. Do not use these lapses as an excuse to “bag it”. Revisit your commitment to take care of yourself and just keep going...keep going...keep going...keep showing up for yourself! If you are not ready to truly change, you are setting yourself up to fail. After several failures, you will eventually reach the point of “what’s the use?” Think progress!!

Here are some questions to consider if you are thinking about making a lifestyle change:

1. *When I think about 6 months from now, does my motivation run deep enough to sustain my present decision to change?*
2. *How uncomfortable am I in my present state?*
3. *How do my current destructive habits (not exercising, eating junk, not getting enough sleep) serve me? What do I get from them?*
4. *What are my obstacles? What life situations could possibly hinder my progress?*
5. *What are my strategies to overcome these obstacles?*
6. *How much support can I receive from others? Who can help me? (People succeed more often in groups/pairs than when they are trying to change alone. Seek support).*
7. *How do I deal with the feeling of loss from letting go of old behaviors that used to serve me but are now really hurting me?*

Lasting change is not easy, but it is possible. I have witnessed many who, even though they have experienced some lapses, get back up and keep going...keep going...keep going! Appreciate your progress and free your mind from the trap of perfection.

Cindy Pavell, M.S.
Fitness + Wellness
www.fitnesspluswellness.com
703-298-8198



YOGA Q&A

Q. What is Yoga ?

A. Yoga means "Union" it's in Sanskrit, Sanskrit is an ancient Indian language where yoga was originated. When you practice yoga you bring together the mind, body and spirit.



Q. Do you need to be flexible to do Yoga?

A. No, you don't have to be flexible to do yoga. By being committed to a yoga practice you will increase your flexibility and strength. You will see growth as you come to classes.

Q. What benefit do you get from Yoga?

A. There are so many benefits from Yoga. It will increase your flexibility and strength, which will make you feel better, look better, live happier. It will also decrease your stress level. It has also been known to help with weight loss and muscle toning. It cleans the body of toxins and wastes. The benefits from a yoga practice are unique to each individual. You will get what you need from your personal practice.

Q. What do I bring to my first Yoga class?

A. Loose fitting clothes, a bottle of water, small towel and most important come with an open mind and try not to have any expectations.

Q. I have not done Yoga in a long time or never done yoga, what class should I take at Lofty?

A. Whether you have not done yoga in a long time or you're brand new to Yoga, I always tell my students to come to one of our Hatha I classes, to familiarize yourself with Asanas (poses) alignments, and Prana (breath teaching). After the first class we can discuss what classes will benefit you.

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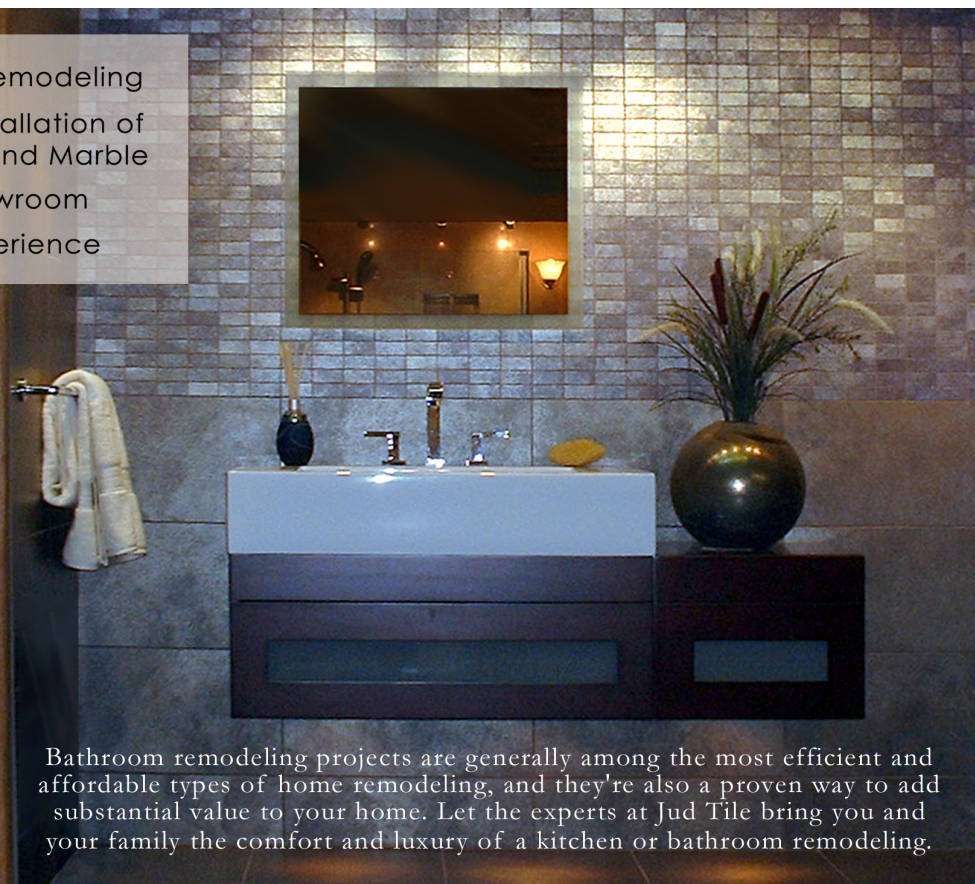


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And from the kitchen, Chef John Conway prepares fresh made-to-order specialties as well as traditional Irish fare. And the Sunday Brunch offers us a chance to experience a traditional Irish Breakfast, complete with "Irish Bangers", Eggs Benedict and "Maryland Eggs" (Two poached eggs over mini-crab cakes).

And remember the live music...check the web site for your favorite performer! As we write this we are reminded that there are only 68 days, 18 hours, 13 minutes, and 26 seconds until St. Patrick's Day 2009! Say hi to Michael....



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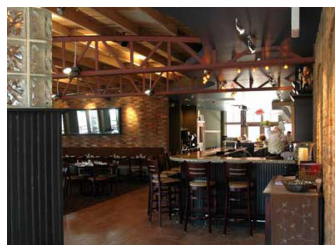
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Q: If banks are tightening guidelines what can I do as a borrower to make my application more appealing?

A: The most important thing you can do as a consumer is to keep your credit score high and your overall debt low. When you are looking to buy a home in today's mortgage environment the banks are still lending to credit worthy borrowers who can verify income and who do not have excessive debt obligation. If you are looking to purchase a new home you may want to consider holding off on purchasing a new car or making other large purchases on credit until after you settle on your new home.

Q: I heard that the feds cut rates. Why did this not automatically lower mortgage rate?

A: When the Feds cut rates they are not cutting mortgage rates. There is NO relationship between rates controlled by the Federal Reserve and mortgage rates. When the Federal Reserve cuts rates they are lowering the rates that they charge to banks to borrow money and that banks charge each other when loaning money for short term. The lowering of the rates will result in lower credit card rates for you as a consumer, and lower Home Equity lines of credit as those are directly tied to Prime.

Q: My husband and I are looking to buy a new home in the low 700k sales price range. We have saved up for the 3% down payment. I just heard that mortgage loan amounts are going down December 31, 2008 is this true?

A: Yes. Current legislation allows for Jumbo conforming loan amounts up to \$729,750 for high cost area's as Northern Virginia. Effective January, 1, 2009 that loan limit will go down to \$625,500. Of course with all of the changes in the current market that legislation may be extended. If you are considering buying or refinancing a home in the 625-730k range now is the time to consult your mortgage lender to know all of your options.

Want to have your questions answered? Send your questions to info@4cheryl.com or call us at 703-217-7500 to discuss your loan options.

VIENNA, OAKTON, MCLEAN, GREAT FALLS REAL ESTATE UPDATE

As you have probably surmised, this is a challenging real estate market. It seems that we cannot open a newspaper or turn on the TV without someone talking about the doom and gloom of the housing industry. Unfortunately, the message the media is missing, and the opportunity any astute real estate follower should recognize, is that real estate markets are local and in the communities of Vienna, Oakton, McLean, and Great Falls now is an excellent time for buyers looking to purchase a home. There are great housing opportunities for today's educated, informed buyers.

When Jim Cramer (Mad Money, CNBC) went on the news last year and told the nation "Do not buy a house", he was right. If you plan on playing the housing market like Jim Cramer plays the stock market, then don't buy a house. However, for buyers looking to purchase a home—a home where they will live, raise a family, and make an investment in themselves & their quality of life, this is an excellent time to buy. Buying a house should be a long term investment and when viewed over time, the market perspective and performance looks much better. If you purchased a home in the city of Washington in 1997 for the average selling price of \$202,000, that home would have an average selling price of \$537,000 in today's market. That is an increase of 166%. another example is a Vienna home that sold in 1997 for \$410,000 and just recently for \$1,099,000. The point is, even though the market has slowed, the average buyer who purchased a home 10 years ago has seen their home more than double in value. Not bad! How many other assets does one get with the enjoyment of a home that doubles as a solid, understandable investment? Real estate has always been a cyclical market. The Belt Team & the real estate industry have been through this before. During the past 40 years, we have been through four market contractions which were followed by up cycles that typically last three to six years. The last increasing cycle lasted 10 years. The average annual rate of return for real estate over the last 25 years in Northern VA is 7.25% annually before factoring in the tax benefits and leveraged return of a mortgage. With real estate, it is always important to keep the market conditions in perspective. Market correction provides a

stabilizing, sustainable platform which provides many excellent opportunities for both buyers and sellers. Mortgage rates are near 50 year lows and credit is still available in our area.

Our local economy is healthy, the population is still growing, and our area enjoys an unemployment rate well below the national average. Buyers who are waiting to time the market based on media messages may very well miss the opportunity to own the home of their dreams in a community that continues to grow in popularity. Those that plan on living here for 7- 10 years or more may look back at this time period and realize what a fantastic, historical opportunity 2009 was to move up in a down market.

It's unusual to find local Realtors who have been through all the ups & downs of our local market over the past 40 years and we would like to put our specialized knowledge to use for your benefit. Is there anyone you know that needs the dedicated help & professional service of The Belt Team?

Please call or email us with anyone you think may benefit from a consultation.

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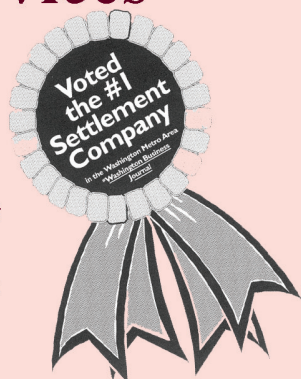
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The Credit Management Minute...

It Could Be Time For a Checkup!

If it's been a while since you have seen a copy of your credit report, now might be a good time to take a look.

Financial experts advise that you should review the information on your credit report for accuracy at least annually. Since each credit bureau creates its own credit report, to be effective you need to obtain a copy from each of the major credit bureaus. There are three major reporting agencies: Equifax, Experian and Trans Union.

The information is gathered using massive computer databases, the submitted information is sorted and appended to millions of different credit reports. Receipt and organization of credit information occurs every single day. Much of the work is computerized the updated information appears on a credit report almost in real time; that being said it also means mistakes can show up instantly too!

Some inaccuracies will hurt your credit score more than others. It's important to be proactive rather than waiting until its time to apply for credit to find that errors on your report are hurting your credit score.

Unfortunately, mistakes are not as quickly removed as they are reported. Plan to give yourself some time to work through these items so that the information on your credit report is as accurate as possible.

I have worked with many clients who are surprised to find that their credit reports and credit scores are not at all what they were expecting.



Lisa Trigiano

Credit Management Advisor

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Money troubles? Deal with creditors yourself

It sounds easy. Debt resolution companies offer to get creditors to settle for far less than you owe. All you have to do is give them a couple of thousand dollars up front and make a reasonable monthly payment after that.

But this is what could happen:

- * They make no payments on credit cards and other loans for several months, if ever. Your credit card and loan balances explode with late-payment and interest charges.
- * You could be plagued with calls from creditors and collection agencies. You could be sued and your wages could be garnished.
- * Your credit score plunges. Even if they manage to make a settlement for less money than you owe on an account, the arrangement makes your credit score fall even more.
- * By the time you realize they have not kept their promises, you could owe thousands of dollars more than when you signed on to the plan, and they still have your up-front money.
- * If you take them to court, you discover that the debt resolution company has no assets. There is no way to recover any of the money you have paid them.

Some non-profit companies do help, but a recent IRS investigation shows that many are not non-profit at all. They send their profits to an associated for-profit debt resolution company. When circumstances have put you into a difficult financial situation, you are far better off to contact creditors personally and try to make a payment schedule you can afford.

On 2008 tax returns, Carried Interest still qualifies as capital gain

Real estate investors dodged a major tax bullet last year as 'carried interest' remained taxed as capital gains (15 percent) rather than as income, which could be 35 percent. But don't hold your breath. The Obama administration has vowed to make the change to the higher rate.

Carried Interest is the percentage of a fund, joint venture or limited partnership's profits that a general partner takes as compensation.

Congress tried to change the tax treatment last year but the bills introduced in the matter failed.

The issue came to the attention of Congress in 2008 when Stephen A. Schwarzman received \$600 million in Carried Interest when the firm went public. Bills were introduced



into Congress that would treat income received by partners for performing investment management service as ordinary income. If they had passed, income such as Schwarzman's would be taxed at 35 percent. (See 'Real Estate partnerships,' page 3)

Some say the Carried Interest change will have a big negative impact on real estate development, but it will be unlikely to escape change again. Government soon will be looking for ways to raise funds quickly.

Bankruptcy filers should check their credit reports

Until recently, credit bureaus often continued to make credit reports that showed debts forgiven in Chapter 7 bankruptcy as open accounts. Some should have been removed years ago.

The District Court of California ordered the bureaus to revamp their systems by Oct. 1. Experian and TransUnion say they have done so. Equifax has declined to comment.

Forgiven debts should be erased from credit reports, but sometimes the bureaus were not notified that the debt had been discharged. If the debt still shows up, borrowers would have a lower credit score, be declined for a loan or have to pay higher interest rates.

Anyone who has taken Chapter 7 should get a free credit report at www.annualCreditReport.com to check for any errors.

Credit bureaus have 30 to 45 days to correct information. With problems in subprime mortgages, more people could file bankruptcy this year.

Auto repair prices on the Web

While prices of new cars are widely published on the Web, the cost of auto repairs is determined by a mechanic.

When you have a problem with your car that will have to be fixed, it would be nice if you could go to several shops in the area to determine who would charge the least but do a good job.

That takes time, so you could check it out on the Web. Business Week's Stephen Wildstrom has two recommendations. RepairPal.com is the site he likes best. It focuses on maintenance and service and has a simple design.

DriverSide.com is more complicated and also offers prices on new and used cars, as do many other sites. Both of these sites are comparatively new, however, and could add information over time. They give user ratings and reviews.

At www.carpros.com/topics/prices, site operators say a mechanic will answer your questions.

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Larry Murphy



What is Petite Sirah?

Petite - like a 350 pound ballerina. Ever heard “bull in a china shop”. (I get called that by my wife all the time). Perhaps this was a French attempt at Euphemism?

So, why “petite?” Petite Sirah (no, the “i” isn’t a typo) is one of those stealth grapes, like Carmènere in Chile, or Zinfandel in California, mistaken for something they were not until exposed by DNA tests. When DNA isn’t busy solving murders and tracing family trees, it’s hard at work sorting out wine grape confusion.

Petite Sirah turns out to be the offspring of Syrah and a very old variety from France’s Rhone valley called Pelousin. It’s also known as Durif, after the French nurseryman who bred it. So it’s petite only the sense of being Syrah’s love-child.

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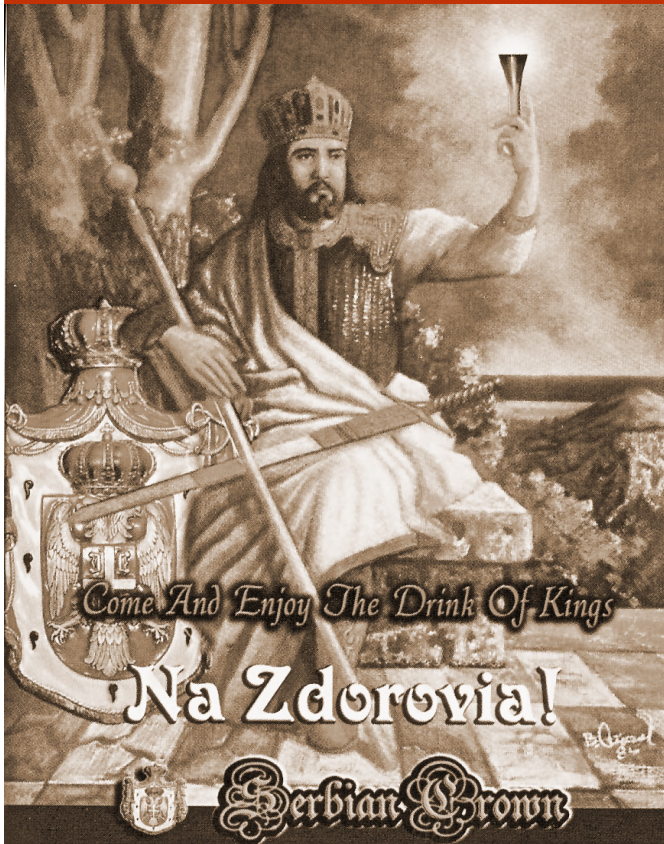
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The proof is not only in the steak but in the sauce that enhances it. Once a lowly left-over of the butchering shop, today the flat iron not only commands a gourmet following but a price to match.

Sliced from the peaked mound of the chuck blade, this cut drew its name from its shape ... that of the old flat clothes iron.

Like its peasant relatives, the skirt steak and the flank steak (all of which can be substituted in this recipe), this cut previously sold for a pittance. (Chuck roast and Swiss steak can also be used but are more expensive.)

Many recipes call for first marinating a flat iron steak but when just seared on the outside and brought to a warm medium rare on the inside, it can attain the tenderness of a petite filet.

FLAT IRON STEAK IN SAUCE EXCELENTE

The steak

2 pounds of skirt, flank, flat iron, chuck or Swiss steak
2 tablespoons butter
1 teaspoon salt
1 teaspoon pepper

The sauce

1/2 teaspoon ginger
1/2 teaspoon freshly cut rosemary
1 teaspoon fresh chives
1/2 teaspoon fringed leaves of fennel
4 tablespoons Italian dressing
4 tablespoons malt vinegar
2 tablespoons sesame oil
1 tablespoon Worcestershire sauce
6 dashes Louisiana hot sauce
1 tablespoon meat tenderizer
1 small shallot, finely chopped
1/2 teaspoon fresh or minced garlic
1/3 cup grenadine syrup

Mix the sauce ingredients in a small bowl and set aside. Coat the meat on both sides with butter, salt and pepper. Sear it in a skillet until charred on both sides but leaving the inside medium rare. Make a cut in the meat to check rareness. Reduce the heat to medium and ladle the sauce onto it, alternating from side to side. Let simmer for 10 to 12 minutes and serve. Serves four.

The meat is well accompanied by a baked potato and salad.

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The Village of *Great Falls* Attracts Neighbors

By Mike Salmon

When it comes to finding the perfect gift for a spouse in Great Falls, Cathy Moran, owner of **Cathy's Corner** in the Village of Great Falls, has a file box full of ideas she calls the "Wish List." When a customer comes in that she knows, and she knows most of the faces around perfect



Cathy's wish list: Cathy Moran with her wish list file.



Old Brogue: Mike Kearney sits in front of the fireplace in Katie's Coffee, which is named after his daughter.



Wine: Tom and Gary Smallwood hammer out popular songs for the wine crowd at Maison Du Vin.

Great Falls, Moran takes note of their interests so when their spouse comes in to find the gift, she has just the thing. "Most of the wives are smart enough to say 'go see Cathy' when their husbands ask," she said.

It's that sense of community around the Village that makes this distinct shopping center the impromptu town center of Great Falls. Located just off Georgetown Pike, it's a combination of retail, restaurants and offices circling a grassy area with a gazebo that seems to be the perfect fit. The combination of mom and pop shops, restaurants and offices that serve local clientele caters to the community, but isn't inundated by the dreaded chain stores.

The federal-styled stores are made of wood and brick, with rocking chairs on front porches and old-style, wooden signs dangling above the doorways. Throughout the year, community events are held at the Village including a spring festival, Easter egg roll, summer concerts, Halloween Spooktacular and Christmas Tree Lighting event in December. According to Christine Dziak, the property manager with the Village Centre Condominium Association that manages the center, it is considered the "heart of Great Falls," she said. It was modeled after the Old Sturbridge Village in Massachusetts.

The Old Brogue Irish Pub has been the cornerstone of the centre for the past 27 years and was rated by America Online as the best Irish pub in D.C. one year.

This past year, they have redesigned a portion of the restaurant that doubles as "**Katie's Coffee**," until the early evening when it becomes the non-smoking section of the Pub again. Katie's has a fireplace, local art on the wall and a patio area that is popular in the warmer months. At the coffee counter, there is no such thing as a "grande" or "venti" sized drink like a well-known corporate competitor, and the brogue does not serve green beer on St. Patrick's Day. What they do have is tea time in the afternoon, and a signature dish of fresh hand-cut cod. "We've always created an old world feeling," said Mike Kearney, owner of the pub who named Katie's after his three-year-old daughter. "We feel it has character and authenticity," he added.

The Village is also home to **Deli Italiano**, **Peking Delight**, **Grandmother's Backroom children's clothing**, **Falls Hardware**, **Adeler's Jewelers**, **Cannon Seafood**, and **Falls Salon**. There are also real estate offices, financial, software and construction service businesses in the center, with a spare office that can be rented by a local business looking for office space. Included with this office space is full use of the fax, boardroom, receptionist, and internet connection. Dziak called these amenities "all the benefits of working for one company."

At **Cathy's Corner**, members of the community are part of her business as well. Several locals with specialty products they make in their homes are sold at the shop on consignment. This includes "**Wendy Hunter Embroidery**," "**Be Tops**" clothing by Jackqi Roueche,

"**Village Soap Works**" by Carolyn Saba, "**Silverwater Panache**" jewelry by Twee Ramos and "**Blanky Slang**" by local freelance writer Colleen Orme. Moran previously ran a home-based stationary business and has a stationary section in the store as well. A newcomer to the scene is **Maison Du Vin**, a house of wine that features a wine tasting machine called the Enomatic, and live entertainment on occasions. The winery opened in August and features 800 different kinds of wine ranging from \$6 a bottle to \$900 a bottle. One of the co-owners, Vital Hiek, thinks they found their niche. "People in this area have a strong demand for French wines," he said.

Falls Hardware flourishes on the small town feelings, and looks like an old fashioned hardware store on the streets of the fictional small town Mecca Mayberry RFD. The surrounding community dominated by big yards and big Harry Homeowner landscaping projects keeps the store busy in the spring. Location is a big draw. "This store is closer and not as big as Home Depot," said Langley High School senior Patrick Hershman, who ran the cash register while keeping one eye on the television tuned to the college football game one Saturday afternoon. "Spring is big here, people are buying 20 bags of mulch at one time," he said.

Progress and prosperity don't add up to good business for everyone though. In the coming months, **Tricks of the Trade** leatherworks is moving their business from the Village to a home-based business at owners Wayne and Barbara Groves' house

Oakton. The Groves repair leather goods at the shop, which includes not only shoes and boots but equestrian equipment as well. The horse saddles and bridle's are becoming less a part of their business as Great Falls gets more residential, and they are finding that people are throwing out shoes and boots rather than getting them fixed. The horse country in Great Falls "is not what it used to be," said Barbara Groves. "There's only two or three big barns left," she added. Although the leather business was not something that would get them rich, they liked working with their hands. "Now nobody wants to work with their hands, it's a dying thing," Barbara Groves said.

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JANUARY

ARIES: You're busy, but not too busy to socialize. It can bring relief from the stress of the day and make you sharper tomorrow. Many opportunities will come your way before the tulips bloom.

TAURUS: You might enjoy keeping the status quo in your life, but it could be time for something different. Talk to your boss about those improvements in the operation you have been thinking about.

GEMINI: You have it in your power to make this month a very special one. Lead up to it with a loving attitude toward your partner or your intended. Then have a gift and a special plan for the big day.

CANCER: When your days are exciting, remember that they are also exhausting. Extra efforts and contributions at work can be rewarding, but keep your health in mind. Getting enough rest will keep you sharp.

LEO: Be ready for it. The full moon on January 10 could make you feel a little crazy, so don't make any hasty moves. That evening will be a good time to relax at home and stay out of trouble.

VIRGO: Focus on what you have to get done and do that first. Fight your tendency to be disorganized. Tackle one disorganized area at a time and be determined to keep it organized after that.

LIBRA: The stars indicate that you are entering a period of heightened creativity and vitality. It's the right time to tackle a project or task you were hesitating to begin. The ideas and strength will flow.

SCORPIO: Just because you are lucky in love, doesn't mean you are lucky with money. Your luck comes from planning and sticking to your financial goals. Don't gamble this month, even on the slots.

SAGITTARIUS: Transformation starts with using time differently. Put some effort into planning. Don't just sit in one place and wait for life to happen. Turn off the television and do something.

CAPRICORN: Surprising twists are in store for you. Your crowd will fill with interesting characters. Friends will make weird requests and if they don't take too much time, they could make funny stories to tell later.

AQUARIUS: Major problems in your life will be cleared up shortly. It's the minor ones that need a delicate hand and more time. If you have great faith, you can move mountains.

PISCES: The drive to be noticed moves you forward more than higher-minded motivations. But the result is the same. You do excellent work and the time will soon come when you will be noticed by everyone.



FEBRUARY

ARIES: The mundane details of life must be handled, and no one can do it for you. Tending to tedious tasks will clear the way for progress in other areas and your daily life will become more effective.

TAURUS: History could repeat itself, but it doesn't have to. Recognize the pattern of events and just walk away if you have to. You have great potential in all areas of your life, so move on to something else.

GEMINI: When you wake up feeling tense, do something about it, even if it's just to gaze out the window, take deep breaths, and be glad you're alive for another day. A relaxed, clear mind will move you forward.

CANCER: You are poised for success now, though you may not realize it. Focus on an immediate goal or one for the future. This can be an exciting time, but it's also exhausting. Be sure to get enough rest.

LEO: Go slow with that romance so you don't overpower your prospective love. Don't tell all in the beginning. Make your interest clear but take one step at a time. Your prospects at work are increasingly good.

VIRGO: Watch out for Valentine's Day. Know that it could be exciting or disappointing. Either way, you can handle it because your world does not revolve around just one person.

LIBRA: Your health should be an area of prime concern now. It's not yet too late to turn around conditions that could take hold. Busy, busy is no excuse for jeopardizing your future health. You know what to do.

SCORPIO: Your talent for expressing yourself with confidence and conviction will take you far. Just make sure you have your ducks in a row and know which facts are important to the topic at hand.

SAGITTARIUS: Take a closer look at your financial situation. Just as with other areas of your life, you must take control instead of just letting it happen. A plan doesn't mean depriving yourself of things you like.

CAPRICORN: The Presidents Day break comes at the perfect time for you. Working too hard for too long can wear down your creativity. It's time to get away from it all at least for a couple of days.

AQUARIUS: Keep in touch. Neglected friends will soon fall out of your circle. If they are too far away to visit, send a postcard or an email to make contact. A far-away friend could turn out to be important in the future.

PISCES: Whether it's a job, a house or a big bank account you want, don't be jealous of someone who has it. Your time will come if you keep your goal in mind and work toward it. Visualize but be patient.



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Single Sudoku

To solve a sudoku puzzle, you only need logic and patience. No math is required.

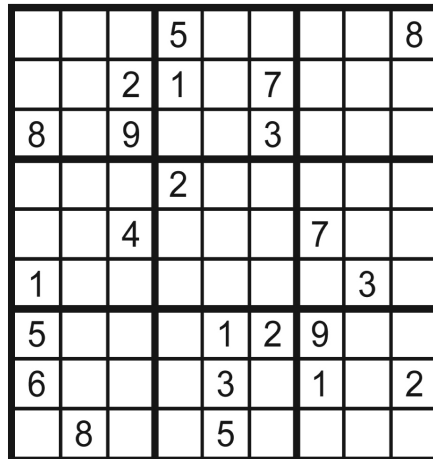
Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9.

Here's a tip for playing. We call the 3x3 squares "regions." With a highlighter, color in all the rows and columns in the large grid that have a 1 in them.

We chose 1 because there are several of them in the puzzle.

Now observe. In the bottom left region, what is the only possible location for the 1?

This technique is called



scanning, and you usually do it with your eyes. The difficulty rating on this puzzle is easy.

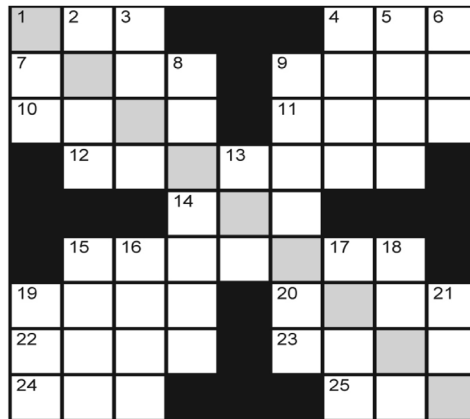
Aussie Country

Across

1. Dadaism founder
4. Amaze
7. Felt bad about
9. Arch type
10. ___-en-scene
11. Partner of void
12. Wrote down
14. Be mistaken
15. Mythical creature
19. Emcee
20. Applaud
22. Pickable
23. Make a sweater
24. ___ and the Family Stone
25. Santa ___

Down

1. Escort's offering
2. Archaeological site
3. Cancun coin
4. Chills and fever
5. Fuse
6. Moray, e.g.
8. Easing of tensions between nations
9. Proceeding as planned



13. Gallery display
15. Spring
16. Catch sight of
17. Arm bone
18. Parade spoiler
19. "48___"
21. "Harper Valley ___"

The headline is a clue to the answer in the diagonal.



Texting Help

!! have a comment ?! have a question @TEOTDAt The End Of The Day \M/Heavy Metal Music ^5High Five ^RUP^ Read Up Please ^URS Up Yours <3Heart 02Your (or my) two cents worth 121One to one 1337Elite 143I love you 14AA41One for All and All for One 182I hate you 190 hand 20Location 2B or not 2B To Be Or Not To Be 2BZ4UQT Too Busy For You Cutey 2G2B4G Too Good To Be Forgotten 2G2BT Too Good To Be True 2moro Tomorrow 2nite Tonight 2U2 To You Too 404 I haven't a clue 411 Information 459 I love you 4COL For Crying Out Loud 4EAE ForEver And Ever 4ever Forever 4NR Foreigner 831 I Love You 86 Out of, over, to get rid of, or kicked out 9 Parent is watching 99 Parent is no longer watching A/S/L/P Age/ Sex/Location/Picture A3 Anyplace, Anywhere, Anytime

Answers to
'American
history'

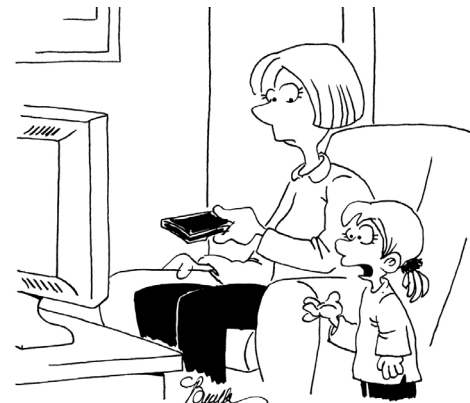
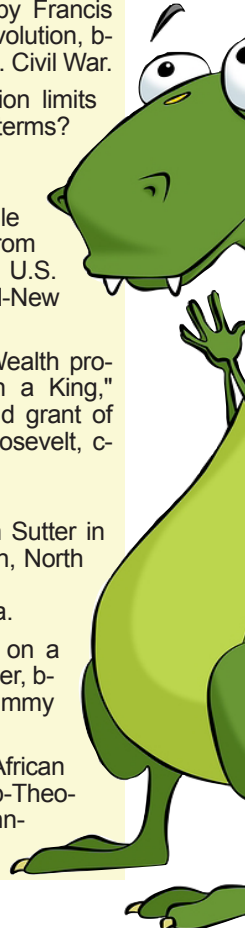
10-d, Lyndon Johnson
9-a, Dwight Eisenhower
8-d, Sacramento, California
7-d, Huey Long
6-a, Massachusetts

1-c, Thomas Jefferson
2-b, Russia
3-c, Philadelphia
4-b, The War of 1812
5-d, 22nd

TRIVIA TEASER

AMERICAN HISTORY

1. Which U.S. President arranged the Louisiana Purchase from France in 1803? a-John Quincy Adams, b-James Monroe, c-Thomas Jefferson, d-James Madison.
2. From what country did the United States purchase Alaska in 1867? a-Spain, b-Russia, c-Japan, d-Canada.
3. Which city served as the capital of the United States for ten years prior to the capital's move to Washington, D.C.? a-New York City, b-Nashville, c-Philadelphia, d-Boston.
4. The Star-Spangled Banner was written by Francis Scott Key during which war? a-American Revolution, b-The War of 1812, c-French-Indian War, d-U.S. Civil War.
5. Which amendment to the U.S. Constitution limits the President to serving no more than two terms? a-18th, b-19th, c-20th, d-22nd.
6. The word "gerrymander," meaning to fiddle with electoral boundaries, takes its name from Elbridge Gerry, a former governor of which U.S. state? a-Massachusetts, b-Maine, c-Illinois, d-New Hampshire.
7. Which politician created the Share Our Wealth program in 1934, with the motto "Every Man a King," guaranteeing every family a basic household grant of \$5,000? a-Herbert Hoover, b-Franklin D. Roosevelt, c-Andrew Mellon, d-Huey Long.
8. Which state capital was founded by John Sutter in 1840? a-Providence, Rhode Island, b-Raleigh, North Carolina, c-Des Moines, Iowa, d-Sacramento, California.
9. Which U.S. President's image appeared on a dollar coin from 1971-78? a-Dwight Eisenhower, b-John F. Kennedy, c-George Washington, d-Jimmy Carter.
10. Who was the first president to appoint an African American to his Cabinet? a-Jimmy Carter, b-Theodore Roosevelt, c-Bill Clinton, d-Lyndon Johnson.



"Mom, what comes first for celebrities?
Botox or detox?"

Were dinosaurs dumb or unlucky?

There are 40 million species give or take a few thousand on the earth today but one of them is not tyrannosaurus.

And why not? The answer to that long-debated question may be simpler than we think. University of Chicago Professor David M. Raup writes in his book *Bad Genes or Bad Luck?* (WW Norton & Co., 1991) that bad luck and natural events probably have the most to do with the extinction of the dinosaur and billions of other species of animals that once lived on the earth.

Bad luck can mean that some natural, catastrophic event caused the dinosaur's extinction, such as the a big meteor or comet hitting the earth and causing atmospheric changes. Or bad luck could also mean just coming in contact with human beings with a need to hunt or a bomb to drop.

Take for example the case of the poor heath hen. In colonial America, the heath hen was plentiful and easily hunted.

Over-hunting brought the hen to the brink of extinction when in 1908 a sanctuary was created on Martha's Vineyard. In its protected environment the hen flourished, but bad luck intervened. In 1916, a natural fire destroyed breeding areas and a hard winter followed. The reduced population then began in-breeding and, weakened genetically, fell victim to a poultry disease. The last heath hen was seen in 1932.

Raup points out the heath hen (and possibly the dinosaur) didn't necessarily have bad genes that made them unfit and not resilient. His computer analysis shows that devastating meteor impacts occur frequently enough over the span of billions of years to cause extinctions.



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The blue whale is the largest animal on earth. The heart of a blue whale is as big as a car, and it's tongue is as long as an elephant.

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

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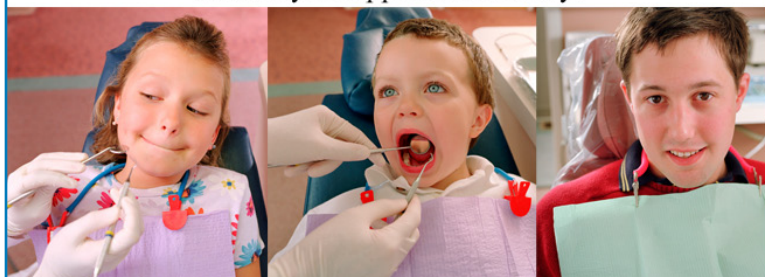
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Blake Lane

10033 Blake Lane, Oakton

Capacity: 25 dogs

Directions: I-66 to Exit 60 (123 north). Right onto Jermantown Rd., which turns into Blake Ln. at the Trevor House traffic light. Proceed straight through the traffic light and take the 2nd right onto Bushman Dr. The Recycling Center Parking Area is just past Bushman Dr. on the right. From Tysons/Vienna, Take 123 south to left on Jermantown Rd. Follow the remaining directions above.

Chandon

900 Palmer Drive, Herndon

Capacity: 42 dogs

Directions: I-66 West to Rt. 7100 (Fairfax County Parkway) North. Follow approx. 6 miles to a Left onto Fox Mill Rd., follow approx. .7 miles to a Right on Monroe St. then turn Left at Herndon Parkway to Left at Palmer Drive.



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