



Viva Tysons!

Spring 2009

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Spring

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CHANGE?

Let's talk about changes...and we mean changes! We love springtime in the Tysons area...the blooming trees, the outdoor cafes, and bikers on the trail... we love it. And we are experiencing other changes as well...

Erin Fuller, Executive Director of Tyson Tomorrow gives us some thoughts on our changing landscape and Mike Salmon previews the new and exciting Park Crest Community and the new options for residential car-free living.

And we have some new dining choices as well. Le Canard has become The Maplewood Grill, offering classic American Cuisine and the great sing along piano we love, Inox has opened it's doors in the "chic" section of Tysons Corner offering "creative and approachable American Cuisine" and we are back at JR's Steakhouse for the steaks with the taste of Kansas City-how lucky are we?

Cindy Pavell, M.S., our favorite Fitness and Wellness consultant writes of vitamins and sunshine and we continue to feature many of the area's small and medium businesses we hope you will support in these challenging economic times.

We are pleased to announce that Dennis Alloy is our new Vice-President and CFO and pleased to present our Gracious Merchant Screens at some of our area's restaurants which add to the exposure we hope to give our area's deserving small businesses. You can find a merchant screen at Chutzpah Deli in Tysons, Maggio's in Vienna, and The Old Brogue in Great Falls.

Enjoy the Sunshine...

Johnny Hanna
Publisher



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News From The Rotary Club

Meriwether Lewis Clark Tyler Transforms Tysons

On Thursday, January 15, 2008, M. L. Clark Tyler, Chair of the Tysons Land Use Task Force, spoke to the Rotary Club of Tysons Corner about the vision for Tysons. It was his belief that within the next 40 years, Tysons would be "a true 21st century urban center that addresses the challenges of sustainable growth, energy conservation, environmental protection, affordable housing and safe communities." He also believes that he is the only person to walk from one side of Tysons to the other with his black dog. Anyone who has tried to walk anywhere in Tysons knows how difficult it can be.

He believes that we must stop thinking of Tysons as a suburban development, which involves plots of land being developed independently of the surrounding neighborhood. Tysons needs to be developed under urban guidelines with a focus on transportation, park areas, and complete streets that will accommodate pedestrians, cars, buses, and bicyclists. Mr. Tyler indicated that the Tysons Land Use Task Force recommended new methods for managing stormwater runoff to meet environmental goals.

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.

*Remember Mom! ~
May 10*



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AT THE BARNES OF WOLFTRAP...

Hit the dance floor with the “Godfather of Go-Go,” notorious for winding up concert goers for over 30 years with his unique mix of ‘70s old-school funk and R&B beats.

APRIL 11
THE FOUR SEASONS WITH VIOLINIST NICOLAS KENDALL

Celebrate the arrival of spring with two takes on nature’s meteorological cycles. The ever popular Vivaldi’s Four Seasons is paired with Argentinean Piazzolla’s Four Seasons of Buenos Aires. What a contrast! And who better to bring them to life than the “vigorous, versatile and imaginative” (The Washington Post) Nicolas Kendall. 8 pm : The Music Center at Strathmore. Tickets \$29; children 7-17 free. 301-581-5100 or www.nationalphilharmonic.org

APRIL 11
DAN HICKS AND THE HOT LICKS

Dan Hicks’ serves up his unique fashion, attitude and swagger that are embodied in his eccentricity and discontent with mainstream rock. His counter-culture appeal, which has twice landed him on the cover of Rolling Stone, has always been rooted in his songwriting. 18 and up to enter. VALID ID required. Genre: Southern Rock. Doors: 5:30 pm Showtime: 6:30 pm Tickets: \$22 www.thestatetheatre.com

APRIL 19
ANOTHER NIGHT ON

Concert featuring the amazing Bernadette Peters where members and supporters of the Parkinson Foundation of the National Capital Area will gather for the concert and following cocktail reception in the Music Center. She is the voice of Sondheim, the face of Broadway, an actress as beloved for her concerts and recordings as she is for her iconic stage roles. “As an actress, singer, comedienne, and all-around warming presence, Bernadette Peters has no peer in the musical theatre right now,” wrote Frank Rich in The New York Times. Sponsors are invited to a dinner in the Strathmore Mansion immediately following the reception. Event Chairs are Dan and Vicki Lewis and John and Sarah Boyer. 4:00pm Strathmore Music Center \$150 for single tickets - Sponsorships available for \$1000, \$2500, \$5000, \$ 10000 and up 5301 Tuckerman Lane North Bethesda, MD 20852-3385 www.parkinsonfoundation.org 703-287-8729

MAY 2
AT 7 AND 9:30 AT THE BARNES OF WOLFTRAP

Back by popular demand, An Evening of Comedy Featuring: Joe Vega, Mike Larsen and Roger Mursick...Hilarious stand up comics provides an evening of laughter...you won’t want to miss this...Tickets \$24.00

APRIL 23
RELAY FOR LIFE @ CHURCH STREET CELLARS

6:00 pm Come run for good cause, Church Street donates a portion of the funds to Cancer Research. Also, don’t forget the ½ price Eno-matic wine specials on Tuesday’s. 111 Church Street, Vienna, Virginia. 703.255.0550

MAY 24, 25, 26TH
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MAY 29TH AND 30TH
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Pirates, romance, and trickery abound in Gilbert and Sullivan’s most popular operetta, including the tongue-twisting “I Am the Very Model of a Modern Major-General” and classic “Poor Wand’ring One.” Tickets \$8-\$48.

PALM PRE MAKES ITS DEBUT

If you haven’t seen it yet, this iPhone competitor will be available to you shortly. It was shown in the 2009 Consumer Electronics show and is slated to be out by the middle of this year.

Palm says its advantages over the iPhone include faster Web browsing, a better camera and the ability to run many applications at the same time. It’s powered by the new Palm Web OS operating system.



From the outside, the Pre looks a lot like other phones on the market. It’s sleek, has rounded edges, a 3.1-inch diagonal screen and eight gigabytes of storage. But, surprise! It has a QWERTY keyboard that slides out from underneath.

It’s small, pocket size, and weighs just five ounces.

Palm says the Pre links your contacts from different sources, giving you one place to find what you need. It delivers incoming messages in a subtle way, letting you react or respond however you want.

UPDATED VIDEOGAMES HAVE PEOPLE STAYING HOME TO PLAY....

This is an exciting year for gamers, with new, updated versions of the most popular games coming to the market. Videogame publishers are hoping their fans, and their new fans, will decide to stay home and play rather than going to the movies or out to dinner.

Sequels to popular game series are expected to drive the industry in 2009. Blizzard’s “Star Craft II” is one that centers on the galactic struggle for dominance by three species. The real-time strategy game can be played in single-player or multiplayer mode. This year’s version supplies additional content and broadens the storyline.



“Diablo III” is the latest installment of the action role-playing game about a conflict between angels in “High Heavens” and demons in the “Burning Hells.”

For Xbox 360, Microsoft is expected to launch “Halo 3:ODST,” the update to its first-person shooter game “Halo 3,” which sold more than eight million copies since its September 2007 launch.


One of the biggest releases is likely to be a supplement called “The Lost and Damned” for “Grand Theft Auto IV” by Take-Two Interactive software’s Rockstar Games unit.

Acuvision will launch the follow up to “Call of Duty 4: Modern Warfare,” a 2007 best seller.

Nintendo’s Wii console is on its way to selling 50 million units since November 2006. This year, it will add “Wii Sports Resort” to “Wii Sports.” The new game introduces activities like water skiing and sword fighting, using Wii’s intuitive controllers.

For fans of “The Sims” real-life simulation PC game, Electronic Arts, Inc., has launched the sequel “The Sims 3.”

MTV has licensed rights to music by the Beatles this year for its “Rock Band” music game series. Players can play with the same guitar, drums and controllers used in the previous version.



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Sunshine, Vitamin D, and Bone Health

Vitamin D is unique among vitamins in that our body can make all it needs with help from the sun. When the ultraviolet rays hit our skin, our bodies can make vitamin D. We can produce more vitamin D during the summer months due to more sunlight. When we do not get enough sun, we need to get vitamin D from the food we eat. Because it is a fat-soluble vitamin, vitamin D is stored in the liver and adipose (fat) tissue and can become toxic. Recently, vitamin D has received a decent amount of press because many Americans do not get enough; by one estimate, more than a third of young adults may take in too little. Why is this vitamin so important to our bone health and how can we be sure we are getting enough of this vital nutrient?

One of the major roles of vitamin D, which is also a hormone, is to regulate our blood calcium levels. Calcium is indispensable to the proper functioning of all our body tissues – including muscles, nerves, and glands. These tissues draw calcium from the blood as needed. Hence, there must be a constant supply of calcium. Our skeleton acts as a calcium reserve. When calcium intake is low, our blood calcium level is maintained at the expense of our bones. Inadequate vitamin D sets the stage for loss of calcium from the bones which can result in fractures from osteoporosis.

To replenish blood calcium, vitamin D acts at three body locations to raise blood calcium levels:

- 1) skeleton,
- 2) digestive tract - where food brings in calcium, and
- 3) kidneys – which can recycle calcium that would otherwise be lost in urine.

Calcium is the most abundant mineral in the body and is a major component of our bones – 99% of our calcium stores are in the bones and teeth. Therefore, without enough Vitamin D, our bone health is compromised. Rickets, a vitamin D deficiency disease, is characterized by abnormal bone growth in children. Deficiency for adults results in a painful bone disease known as osteomalacia; the bones become increasingly soft, brittle, and deformed.

Once vitamin D is produced in skin or consumed in our

food, it requires chemical conversion in the liver and kidney. Calcitriol is the primary form of vitamin D in the body; it is converted from calcidiol in the kidneys. Calcitriol then travels to various parts of the body to do its work.

Vitamin D stimulates maturation of cells, including immune cells that defend against disease. Vitamin D also acts on genes, affecting how cells grow, multiply, and specialize. Because this vitamin is stored in the body, it is possible to have too much. Vitamin D is the most potentially

Vitamin D is the most potentially toxic of all vitamins – generally due to taking supplements.

toxic of all vitamins – generally due to taking supplements. Intakes of 5x recommendations have been associated with signs of vitamin D toxicity.

The DRI (Dietary Reference Intakes) for vitamin D are:
 5 micrograms (µg)/day = ages 19-50
 10 micrograms = ages 51-70
 15 micrograms = 71+

The UL (upper intake level) is 50 micrograms per day (2,000 IU on supplement labels). Toxicity from too much vitamin D includes calcification of blood vessels, kidneys, heart, lungs, and tissues of joints. Please beware of supplementation!!

To receive vitamin D from the sun, the pigment of your skin is a factor. The darker the skin, the longer exposure to direct sunlight is needed – even as much as three hours – depending on the climate. Light-skinned people need much less – 10 to 15 minutes. Sunscreen inhibits vitamin D absorption, but you cannot get too much vitamin D from the sun; the sun itself begins to break down excess vitamin D in the skin. Besides the sun, rich sources for vitamin D include fortified milk, salmon (3 oz. = 4.3 µg) shrimp (3 oz. = 3.0 µg), liver, and sardines.

Remember to get a little sun, and/or eat foods rich in vitamin D so your bones and tissues will stay healthy and function properly!!

Cindy Pavell, M.S.
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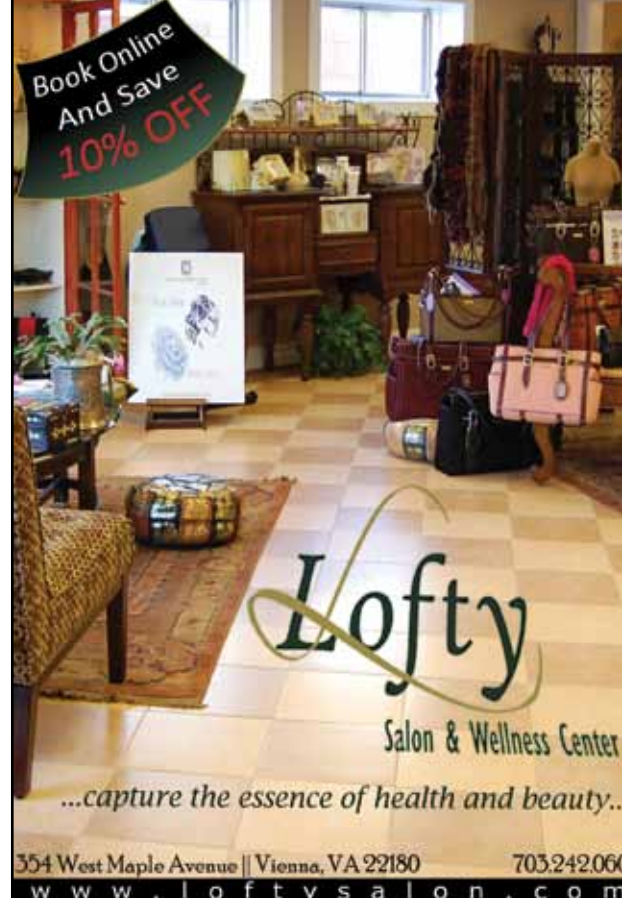
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CARS OPTIONAL AT PARK CREST

By Mike Salmon

Right in the middle of all the high-rise office buildings and traffic lights of Tysons Corner, a new neighborhood is taking shape, focusing on the luxury of being a one-stop place, minimizing the need for a car. The neighborhood, known as Park Crest, is spearheaded by a Harris Teeter grocery store that opened in January. Daniela Resh works nearby and on her first visit to Harris Teeter, she reluctantly admitted she drove around the corner for lunch at the new grocery store that has a fully-outfitted food bar and dining area. "There's no quick place right in Tysons, it's definitely needed in this area," she said, realizing that the Harris Teeter is on the ground floor of a loft apartment building and right next to high rise condominiums. "I would consider living here," she admitted. Martin Jones is a personal trainer right around the corner at One To One fitness, and likes the quality of the food along with the fit in this area. "You don't have to go to Route 7 or 123," he said, "this is the first thing that you could walk to." Harris Teeter has a Starbucks in the café part of the store that draws in the young professionals from the surrounding offices. The Loft apartments and the Tower condominium building at Park Crest are the first two buildings in the complex that will one day have seven buildings filled with 1300 apartments and condos. They are part of a plan known as "transit oriented development" in the urban chic world. In a few years, there will be metro rail stops surrounding Park Center, so residents will be able to commute by rail. Presently, many of the condo owners and renters at the Loft building work right up in the offices on International Drive, so this



concept is already off to a good start. "I see a few residents walk to and from work," said Tower office manager Jennifer Brown. She hears their concerns about traffic when they come in for a tour. "A lot are wanting to cut down on their commute," she said. It's all part of the plan, said Christine Malloy, the executive vice president of Fraser Wallace Advertising that markets the property. There is nearby shopping, restaurants and night life. "The idea is when you come home, you don't need your car anymore," she said. The Park Center Tower building is 19 floors of luxury condos. There are one bedroom with dens or sunrooms, two bedroom with a library or sunrooms and five penthouses, plus a party room on the 18th floor. It is available for residents to hang out, or rent for events. So far, residents have rented it for a wedding reception and birthday party. Other features include a fitness room with massage table, tranquility garden, rooftop swimming pool, and a spare apartment so visitors will not need to go to a hotel. Even with the real estate market in flux, "they have not pulled back on the finishes at all," said Malloy. These finishes include granite countertops, stainless steel appliances and marble bathrooms. Prices are ranged from \$385,000 for the smallest one-bedroom to \$1,524,000 for a two-bedroom, two and a half bath plus den penthouse. Malloy said buyers



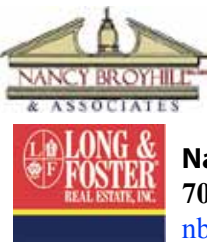
are "fairly affluent people, younger but pretty successful professionals, they want to be in Tysons," she said. Over in the Lofts, cosmopolitan living spaces described as "sophisticated with an industrial flair," features include high ceilings with exposed duct work, oversized windows, stainless steel appliances, granite counters and private terraces in most apartments. There are seven different floor plans which have open kitchens and lounges with a European flair. Originally, the lofts may have been planned for condominiums too, but, according to Malloy, the market was better suited for rentals. According to the Park Center plan, several more buildings are planned but much depends on the economy. This isn't the first time Fraser Wallace marketed a property that featured transit oriented development as a selling point. In Atlanta, the company marketed the Buckshead Grand and Paramount condo buildings, which were on the "perimeter,"



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Ask the Experts

Q. What is the State of Commercial Financing today?

A. You may be surprised to read that lending is still taking place in the commercial market. That's right. You will also be surprised to know that much of the current commercial financing is provided NOT by traditional commercial banks but by private commercial lending funds, hedge funds and private equity groups. These "alternative" sources of commercial financing are far more flexible in their underwriting guidelines than those traditional federally chartered commercial banks. Therefore, more borrowers can be financed today, including those who may have less than perfect credit. Today's not-so-traditional lenders have a variety of lending programs to fit the needs of almost every borrower, including, but not limited to, those with perfect credit, less than perfect credit, short-term and long term needs.

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Alex Matini is Director of Wincreek Financial in McLean, VA
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The Credit Management Minute...

All Maxed Out and No Place to Go!

These days more and more people are seeing a drop in their credit score not because of untimely payment history or delinquent credit obligations, but because the balance carried on revolving accounts is too close to the limit! The scoring system sees this as a "red flag" indicating poor cash flow equating to a higher credit risk.

Declines of 50 or 60 FICO score points is not uncommon for consumers with just one or two revolving accounts carrying a balance of more than 50% of their reported limits. Losing 50-60 points can have a substantial impact on most borrowers pushing up borrowing costs by the thousands.

Tips for Managing Revolving Debt:

DON'T CLOSE ACCOUNTS:

I know it's tempting especially if you haven't used the account in a long time. Closing accounts causes the overall debt to limit to increase, thus creating a substantial drop in your credit score. Sometimes a creditor will close an account as a result of inactivity; you can prevent that by using the account on occasion.

My recommendation; use the account for small purchases and pay it off. Too many open accounts can be difficult to manage. You don't want to miss a payment because you "forgot" to pay an account that you don't use regularly.

DON'T CLOSE ACCOUNTS CARRYING A BALANCE:

Some clients complain they are frustrated with the creditor and are anxious to cancel the credit card; this is big mistake. Closing a credit card with an outstanding balance will drop your score even more. You don't have to use the card but you don't want to close it until it's paid off and even then you need to consider the overall debt to limit on the rest of your accounts. "Don't cut off your nose to spite your face" closing the card might make you feel better but it won't be good for your wallet!

KEEP YOUR BALANCES BELOW 50% OF THE REPORTED LIMIT:

The closer you get to the limit the more your score will plummet.

If the damage is already done, remember, it's only a temporary set back. Make a list of all your credit cards with current balances and limits. Calculate 40% of the limit and set your goals to that number. Don't continue to use the accounts until you are sure you will not be carrying more than 40% of your limit from month to month. This will help you keep your scores up and the price of borrowing down.



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Taking your Past out of your Future

Saving is in Vogue again

Baby boomers and subsequent generations of Americans have sometimes looked with bemusement at their parents and grandparents who lived through the Great Depression of the 1930s and the wartime rationing of the 1940s. Many of us can name people we know that, even though they may now be financially comfortable, are still reluctant to spend money even on small extravagances. They seldom throw out leftovers and are content to buy a used car rather than treat themselves to a new vehicle. They seem cautious about what financial disaster may be looming just around the corner and keep their money tucked away.

Fast forward to the era of Baby Boomers and more recent generations and the attitude shifts dramatically. Many who grew up in the second half of the 20th century were bombarded with a consumer-driven culture that started with advertisements during Saturday morning cartoons, continuing with a MTV-obsession and incessant product placements in television and sports broadcasts. Today their consumer desires can easily be satisfied through an endless array of shopping outlets, from huge malls to miniscule cellular phones. No wonder the financial values of the "depression era" seem out of place to them. Attitudes and behaviors may be shifting in the wake of the financial crisis that has turned into a serious economic downturn. Many are wondering if one result might be the creation of a new generation of pennywise Americans who are more diligent about saving money. It's too early to answer that question. America has faced significant economic challenges since the Great Depression that did not do much to change consumers' financial habits. However, is it possible that the current economy will leave a different mark?

More severe consequences

What could be different today is that the consequences of the current downturn are being felt in a more significant and lasting way for many. Much of this has to do with the growth in household debt. Our addiction to debt reached its peak as some homeowners took on huge mortgages and others who probably did not truly qualify to purchase a home were given loans anyway, often with terms they could not meet. Household debt was also expanded in other ways – using home equity loans, for example, to make large purchases. Debt reached students as well who borrowed significant sums for their education. And countless Americans ran up their credit cards, incurring huge interest charges while maintaining high balances. When the economy weakens, consumers generally take

a more cautious approach to spending. But carrying a significant debt burden can make managing living expenses more challenging.

Sticking with cash

In this kind of environment, there is little desire to take on more debt in order to finance purchases. That car you planned on trading in suddenly doesn't look so bad when you realize you don't have to make payments on it. Other big ticket items, like a high-definition T.V. or a new refrigerator seem like luxury items. It might become more common for people to pay cash for a big purchase rather than take out a loan or rely on credit cards. This is a far different mentality from what has existed in recent decades as consumerism reached new heights.

As recently as 1985, the personal savings rate for Americans was more than 11 percent of disposable income. As of September 2008, it was 1.3 percent, which is actually a slight improvement from the 2007 low point of barely above zero. A lack of savings makes it difficult to reach financial goals. Now there are signs that attitudes may be changing, and many who were once aggressive consumers with little concern about saving for the future are having a change of heart. There seems to be a growing inclination to defer purchases, get along with what they have, and instead sock their money away for a rainy day. No doubt the dampening business environment, limited or no raises at work, smaller or missing bonus checks and potential unemployment have affected consumers' attitudes.

Living through a recession

It is entirely possible that Americans today face one of those challenging periods that future generations will read about. Times like these can leave the same indelible impression on those who experience it as the Great Depression had on our parents and grandparents. With that may come a whole new respect for saving and a much more restrained attitude toward spending. Economic consequences aside, this may prove to be a welcome development if it helps you reach your financial goals.

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File # 80709

12/08

The Big Fat Skinny on Sulfites!



Church Street Cellars

111 Church Street Suite 103 Vienna, Virginia 22180
703-255-0550 wine@churchstreetcellars.com

If I've heard it once, I've heard it a hundred times, "Make sure you drink organic wines since they don't have any sulfites." As often as not, that well-intended advisory is supplemented with "...and especially if you drink red wine, so you won't get a headache." Worse, I don't just hear this pseudo-wisdom coming from other aficionados and devotees, but I also hear it from wine shop owners and their sales staff – the supposed cognoscenti! To be right up front about it... IT JUST AIN'T SO! Virtually all wines have sulfites – and if they didn't, they'd only last in unrefrigerated environments for about a month – maybe less. For someone to tell you differently, they are either lying -- or fertilizing! And oh by the way, there's nothing different between the sulfites in red wines and white wines...so despite the fact that "red wine headaches" are certainly for real (or so I've heard), the medical and scientific evidence disputes they are caused by sulfites. The likely culprits are tannins and/or histamines – but the personal experience of "others" suggests that volume might be the real guilty party! In any case, for those who need a bit more convincing, would it surprise you to know that white wines typically contain more sulfites than do red wines? And when's the last time you heard someone complaining about a "white wine headache!?"

For what it's worth, the term "sulfite" is actually referring to the chemical compound "sulfur dioxide." Due to sulfites' antioxidant and antibiotic properties, they

are used by winemakers to both prevent a wine's spoilage and oxidation and to preserve a wine's color, clarity, purity, flavor, and freshness. Also, because bleach is never used in a winery, it's quite common for a blend of sulfur dioxide, citric acid and water to be used in cleaning hoses, tanks and other winemaking equipment to help sanitize wineries and keep them free of bacteria, etc.. These very same sulfites are used worldwide in the food industry to preserve dried fruits and fresh vegetables. Interestingly, sulfites are not only byproducts of fermentation, they also are produced naturally by our own bodies to the tune of about 1000 mg per day! By way of comparison, a bottle of wine (from anywhere in the world) will commonly contain 70 to 80 mg of sulfites per liter while a 2 oz. bag of dried apricots will have between 100-110 mg of sulfites.

For the record, all wines sold in the US with sulfite levels above 10 mg/liter must have the declaration: Contains Sulfites...even if it is a so-called Organic wine. And if ever you were to stumble upon a wine label that stated No Sulfites, that would be the rarest of exceptions...and you better drink it quickly since it's not long for this earth! Less rare than a No Sulfites wine, but still exceptionally uncommon, is a wine with no mention of sulfites on its label at all – which oddly enough, the law permits, but only if the level of sulfites is 10 mg/liter or less. And just so you know, for all wines sold in the US, there is a legal limit of 350 mg/liter sulfites.

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Ingredients:

1 lb Blue fin Tuna(best quality)
 ½ European Cucumber (peeled, seeded and diced)
 1 T Chives, chopped
 1 T Wasabi Tubiko Caviar
 Wasabi Vinaigrette:
 2 oz Wasabi Powder
 1 T Garlic Powder
 3 oz Sugar
 2 oz Soy Sauce
 3 oz Rice Wine Vinegar
 1 T Salt
 1 C Grape seed Oil
 Salt and Pepper to taste

Ingredients for Herb Salad:

Mache Lettuce
 Micro Radish
 Snow Pea Sprouts

Method:

Mix the first six vinaigrette ingredients together and slowly add oil.
 In a large mixing bowl, mix together tuna, cucumbers, chives, tobiku, salt and pepper and 1 tablespoon of Wasabi Vinaigrette.
 Set Aside.
 Toss herb salad in remaining vinaigrette and distribute equally onto four salad plates.
 Using a ring mold, shape 4 ounces of tuna mixture and place on top of each salad.
 Drizzle vinaigrette around each plate and garnish with crackers.

Enjoy.

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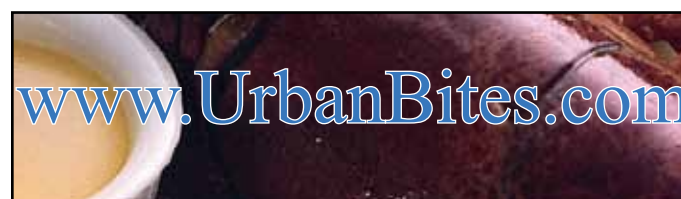
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make TYSONS.....

.....make SENSE

By Erin M. Fuller, Executive Director, Tysons Tomorrow

During challenging economic times, it is important to look ahead and create the infrastructure that will help fuel economic recovery. Putting major decisions off because we aren't sure what is ahead may cause us to permanently miss this window of opportunity, where great planning can meet great transit to create an exceptional community.

Tysons Corner has seen tremendous growth in both jobs and residents over the past five years – trends that, with no change, will continue its exponential increase. With projections showing that population of the region increasing by nearly 140% and jobs increasing by 60% within the next 20 years, the area must aggressively introduce a combination of residential and transit options to avoid economic and human gridlock.

Tysons Tomorrow has a compelling vision for Tysons Corner, for a future that creates community where there is currently none; a place to live, work and play where there is currently a workday-only reality; a place connected to the Washington D.C. metropolitan area via the newest link in the nation's best public transit system.

We believe that urban sprawl, a troubling and growing challenge in our region, is neither economically nor environ-



mentally sustainable. In an area where traffic congestion clogs major arteries well into the evenings, we are committed to mixed-use development that allows access to intelligent transit options at all times of day, facilitates innovative pedestrian facilities, and tapers building heights as they become more distant from our public transportation hub. By creating neighborhoods based on this model, we can become a more efficient, eco-friendly community.

Earlier this fall, the Tysons Land Use Task Force presented a broad series of recommendations to the Fairfax County



Board of Supervisors. The Task Force, composed of representatives from across the county and representing constituent groups from bikers to business owners, did a superb job of balancing everyone's needs in order to create a place where people and businesses will grow and thrive. Six months later, Fairfax County Staff has come out with draft planning text that undermine a lot of what the task force has put forth, and we haven't moved forward in Tysons at all.

Imagine this: a public ceremony with elected officials, enthusiastic commuters and press, as a representative group takes the inaugural ride on Metro's new Silver Line. With a grand flourish, the train pulls into the Tysons East Metro stop... and the doors open... to a giant, paved parking lot in a car dealership.

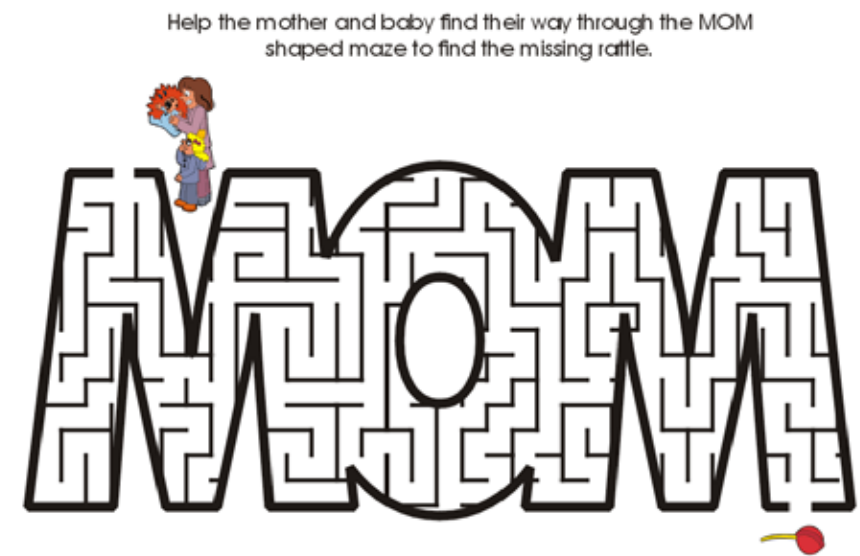
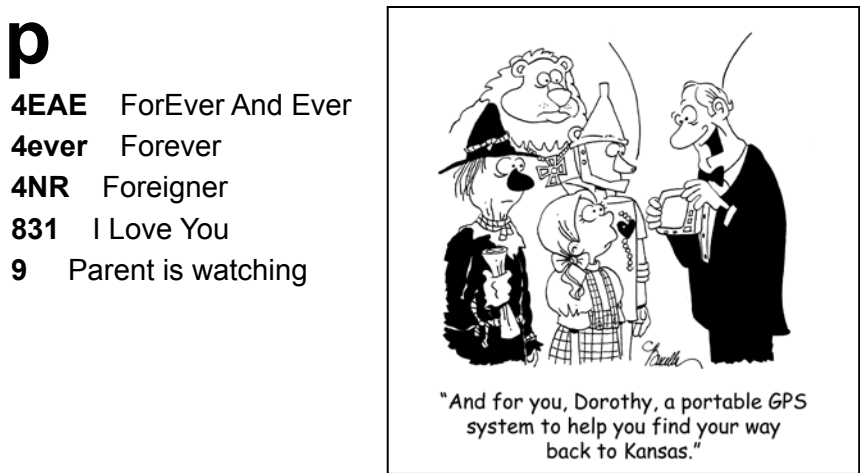
If planning guidelines aren't in place, developers cannot begin work on creating the buildings that will house the services that will create the unique experience of a new Tysons. These things take time, especially if they are going to do them right. Without movement around the Task Force recommendations, we will miss the opportunity to launch a new Tysons that is ready to become a new hub for our mass transit system.

Do you want to walk to lunch in Tysons Corner? Take Metro to Tysons? Get out of your car and onto sidewalks? Visit www.tysonstomorrow.org today, to take action, learn more or see the vision for a future Tysons.



Texting Help

- ! I have a comment
- ? I have a question
- @TEOTD At The End Of The Day
- \M/ Heavy Metal Music
- ^5 High Five
- ^RUP^ Read Up Please
- ^URS Up Yours
- <3 Heart
- 02 Your (or my) two cents worth
- 121 One to one
- 1337 Elite
- 143 I love you
- 14AA41 One for All and All for One
- 182 I hate you
- 190 hand
- 20 Location
- 2B or not 2B 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



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Answers to 'American history'

1-c. Thomas Jefferson
2-b. Russia
3-c. Philadelphia
4-b. The War of 1812
5-d. 22nd
6-a. Massachusetts
7-d. Huey Long
8-d. Sacramento, California
9-a. Dwight Eisenhower
10-d. Lyndon Johnson

CAN YOU READ THESE RIGHT THE FIRST TIME?

- 1) The bandage was **wound** around the **wound**.
- 2) The farm was used to **produce produce**.
- 3) The dump was so full that it had to **refuse** more **refuse**.
- 4) We must **polish** the **Polish** furniture.
- 5) He could **lead** if he would get the **lead** out.
- 6) The soldier decided to **desert** his **dessert** in the **desert**.
- 7) Since there is no time like the **present**, he thought it was time to **present** the **present**.
- 8) A **bass** was painted on the head of the **bass** drum.
- 9) When shot at, the **dove dove** into the bushes.
- 10) I did not **object** to the **object**.
- 11) The insurance was **invalid** for the **invalid**.
- 12) There was a **row** among the oarsmen about how to **row**.
- 13) They were too **close** to the door to **close** it.
- 14) The buck **does** funny things when the **does** are present.
- 15) A seamstress and a **sewer** fell down into a **sewer** line.
- 16) To help with planting, the farmer taught his **sow** to **sow**.
- 17) The **wind** was too strong to **wind** the sail.
- 18) Upon seeing the **tear** in the painting I shed a **tear**.
- 19) I had to **subject** the **subject** to a series of tests.
- 20) How can I **intimate** this to my most **intimate** friend?

Let's face it - English is a crazy language There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France .

Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted.

But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

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 1through 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.

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

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.

Ship by truck and send cargo by ship? Have noses that run and feet that smell?

How can a slim chance and a fat chance be the same, while a wise man and a wise guy are opposites? You have to marvel at the unique lunacy of a language in which your house can burn up as it burns down, in which you fill in a form by filling it out and in which an alarm goes off by going on.

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.



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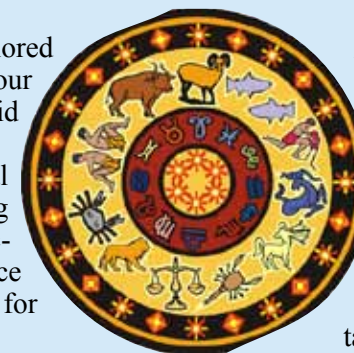
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2009 HOROSCOPE

APRIL

MAY



ARIES: Easter brings more than colored eggs; it can bring joy as well. Forget your serious nature for a day and act like a kid again. It's a day for friends and family.

TAURUS: There's more to personal finance than paying bills and creating a budget. It's time to take a more active role in investments and insurance arrangements. Decide which are best for this time in your life.

GEMINI: The stars predict that a friend or relative will be paying back borrowed money. Don't blow it on an unnecessary luxury. At work, position yourself to take advantage of an opportunity.

CANCER: A solution to that long-standing problem will come to you soon. Wait for it to become apparent. Don't make a decision just to be making one.

LEO: A lucky break will soon come your way. Dark clouds in one area of your life will part at last if you have laid the groundwork. More good luck comes to those who have worked to achieve it.

VIRGO: An opportunity to improve your health is on the horizon. Take advantage of it now because you could keep a serious condition from developing. Take responsibility for your future.

LIBRA: You can maintain your well-balanced stance in life. Don't be thrown off course by a surprising circumstance, but continue to give each area of your life what it needs.

SCORPIO: Keep your possessive nature under control. Give your partner the freedom to be an individual rather than just your person. In the long run, it will be to your advantage.

SAGITTARIUS: An optimistic view is more important now than ever before. You have the capability of seeing a good outcome in the future of any situation. Keep on keeping on.

CAPRICORN: Your contributions at meetings and seminars can increase your prestige. Arrive early so you can visit and make connections. You could meet someone who will be important to you in the future.

AQUARIUS: Stamina and creativity are running high for you now. It's time to tackle a home-improvement project or to jump into a special situation at work where you can show your stuff.

PISCES: April can be an exciting month with holidays and good weather offering opportunities for great outdoor activities. Get into the mood. Plan an adventure with your friends or family.

ARIES: Use your ability to generate new ideas when you are working on a project or being confronted with a problem. If you are momentarily stymied, stop. Let your idea develop.

TAURUS: More and more, it seems that others look to you for information and help in making decisions. Don't just blow them off. Though it can be an interruption, take their requests seriously.

GEMINI: A situation at home dominates your off-duty hours. But come on, it's not that serious. Go ahead and paint it that color. And yes, you can afford that new chair. Stimulate the economy. The stars approve.

CANCER: You may not be a verbally talented person, but make conversation. Keep it going. It's not that difficult if you take an interest in who you are talking to and what the two of you are talking about.

LEO: You'll get the lion's share of attention if you can come up with new and pertinent information. At this point, somebody has to do it, and you know that it should be you.

VIRGO: If you forgot about Mothers Day, do something about it. Pick up your phone and call. If you did do something for your mom on her day, call anyway. You'll never know how important that call will be.

LIBRA: Your sign indicates that you should be having a balanced life with time for work and home. If either of these areas is being neglected, do something before problems develop.

SCORPIO: Use the clarity of the early morning as a time to determine what's important and what could be put on the back burner. Determine what your main goal will be and work toward that.

SAGITTARIUS: No one is skillful in every area of work or life. Accept that you might have limitations in one situation or another and let someone else carry it forward. There's no harm in that.

CAPRICORN: It's a beautiful thing when your creativity and energy come together at the same time. You'll know when it's happening. But even then, the key to progress is to focus on one thing, then another.

AQUARIUS: It's time to put yourself first. It has to happen now so don't put it off. Mainly, it's a matter of health. Take yourself in hand, get checked out by a doctor, schedule exercise, and try to eat healthier stuff.

PISCES: Nice weather and the call of the road are making you think about taking a trip. It's not spring fever but something more basic, the need to take time off. Rest your mind and body.

PAWS TO HEAL



As with any cherished pet, ensuring your companion bird is eating the best and most balanced diet is imperative to its overall health and quality of life. Some may be surprised that an all seed diet is not a balanced and beneficial diet for companion birds.

An all seed diet is very high in fat and can lead to obesity and atherosclerosis (clogged arteries); is low in calcium which is needed to maintain bone strength. Feeding an all seed diet can result in overall poor health and ultimately a shortened lifespan.

You may be wondering what is the other option to getting your birds a well balanced and nutrient rich diet. The answer to that is combining an organic pelleted food, based on fresh grains and legumes, with a variety fresh fruit and vegetables. Birds should be fed a balanced pelleted diet to ensure they receive the proper nutrition needed to achieve optimal health. Because birds are sensitive to harsh artificial colors, pesticides, and preservatives, an organic diet is ideal. Many commercial pelleted diets contain artificial colors and preservatives that are carcinogenic (cause cancer). Feeding an organic pelleted diet, your bird will have better feather quality, more vibrant coloring, and will be healthier, and will typically require less medical care in the long run. Also, your birds will require less volume as the pelleted foods are more densely nutritious and there is much less mess and waste from seed hulls. Supplementing the pellet diet with small amounts of fruits and veggies is a great way to add variety to your bird's diet.

If considering switching your bird's diet, it should only be done under the guidance or supervision of a veterinarian with experience in avian medicine and nutrition, as it can sometimes be a challenging process. Your veterinarian can work with you to ensure your bird does not lose weight or starve during the process and is weaned onto the new food in a way that will prevent unnecessary stress on you and your bird. It is difficult to assess weight visually, so it's important that your bird is weighed almost daily through the process. Don't be surprised if your veterinarian suggests enjoying the new foods, fruits, and vegetables with your bird, as birds often mimic what their companions eat.

Luckily, there have been great advances in bird diets in recent years and there are several companies that make organic pelleted bird food. Some recommended by Paws to Heal Veterinary Clinic include Harrison's Bird Diets, Totally Organics, and Golden Feast Gold Nobles, and Avian Organics (for treats) to name a few. A great way to begin to introduce your bird to these foods is by introducing their treats and birdie breads. Both Avian Organics and Harrison's make tasty and nutritious treats for birds. Also, Harrison's Bird Diets offers an extremely popular Birdie Bread Mix. It comes in a variety of flavors, and is easily mixed, baked, and enjoyed by your birds. By introducing the pelleted diets, along with these treats and bread mixes, you and your birds will enjoy the benefits of improved health and appearance, increased playfulness, reduced problem behaviors and illness, and enhanced companionship!

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