



Viva Tysons!

NOVEMBER-DECEMBER 2009



Check Out the Local Arts Scene

Our area has become a haven for talented local artists, studios, & galleries.

Precious Finds

A guide to unique gifts available down the street or around the corner.

Holiday Eating

Balancing overindulgence, enjoyment, and the scale.

Green Choices

Consider green alternatives in your home's interior design.

Plus!

Neighborhood Dining

Latest Tech Gift Ideas

Your Money

Local Authors' Debut

Health & Fitness

Real Estate

Newest Find in Vienna

and more . . .

Holiday CELEBRATION

Silva and son Harry show off holiday creations from Silva's Patisserie of Vienna (see page 49)



Windows • Doors • Siding • Roofs Decks • Kitchens & Baths Design / Build • Handyman Services

Your Partner in Home Remodeling

*A Local Remodeling Company
Since 1995*

204 F Mill Street
Vienna, Virginia 22180
(703) 322-1500

MEMBER OF
BBB, NARI, and VIENNA
CHAMBER OF COMMERCE

TREX PRO
GOLD CONTRACTOR

CERTIFIED BY:
HOMEGUARD, GAF & PROVIA

...

*A Full Service
Home Improvement
Company*

...

VA LICENSE A # 2705046542
MHIC LICENSE # 120182
DC LICENSE # 6962

OVER 7,000 JOBS
INSTALLED

NOVAEXTERIORS@AOL.COM
WWW.NOVAEXTERIORS.COM

(703) 322-1500



**Visit our
Showroom in
Downtown Vienna
204 F Mill Street
Vienna, VA**

- Years of Experience
- Licensed, Bonded & Insured
- NO MONEY DOWN
- Financing Available
- Professional Installers
- Factory Direct
- Best Warranties Out There
- Ranked #242 among the Top 500 Remodelers in the Nation!
- Super Service Award 2007 and 2008 from *Angie's List* (among top 5%)

References Furnished Upon Request.

Call Us Today for a Free Estimate! Ask for Justin Gonzalez.

www.novaexteriors.com

(703) 322-1500



Seasons Greetings!

Last November, we set out to develop a magazine which celebrates The "Tysons Experience" and the creative energy of the independent merchants and service providers which make this a special place to work . . . *and live*.

Our mission is now a year old and we are in awe of the determination and resilience of our friends. Despite the enormously difficult economic climate and challenges, the traffic nightmares along Route 7, and low consumer confidence, our heroes are continuing to grow and prosper while many of the largest, well funded operators are gone.

It doesn't surprise us. We have been privileged over the year to work with many of these determined and hard working operators and assisting them in getting their message across has been a labor of love. And need we say how important their success is to our residents who appreciate, enjoy and continue to support those merchants, sometimes going out to their way to buy a cake or a bottle of wine.

Our publication, dedicated to their success has gone from 32 to 60 pages . . . pages highlighting their values, our artists and services providers, local events and stories of interest for those of us lucky enough to call this metropolis home. In the years ahead, we hope to continue to bring you news and stories of interest and importance, exciting dining choices and values from our hometown merchants and service providers, and articles fun, interesting and local.

Please remember to include these merchants and services when you're looking for gifts and holiday needs this season and please accept our thanks for including us when you have time for an enjoyable read.

Best Wishes for a safe and enjoyable holiday season....

A handwritten signature in black ink, appearing to read "Johnny Hanna".

A handwritten signature in black ink, appearing to read "Dennis Alloy".

Johnny Hanna and Dennis Alloy



To receive our value-packed e-mails sign up at www.viennavirginia.com

For Advertising information, including our interactive web merchant and services listing directory, please call 703-585-3354 or e-mail us at calamitymedia@aol.com.

Viva Tysons! Is published bi-monthly by Calamity Media, PO Box 506, Dunn Loring, VA 22027. All rights reserved. Calamity Media makes every effort to ensure the accuracy of the information we publish but we cannot be held responsible for any consequences or claims due to errors or omissions. Retailers wishing to carry Viva Tysons! at their locations and readers wishing to correspond with us are asked to write us at comments@VivaTysons.com

www.ViennaVirginia.com is not affiliated with any governmental entity..

Publisher: Johnny Hanna
Associate Publisher & Editor: Dennis Alloy
Additional Design: Kathryn Rebeiz
Additional Graphics By Kafroun Designs
Sales: Debbie Fox, Rick Mundy, Michelle Hanna

Subscriptions for Viva Tysons! are available for \$12/year. Please address request to Calamity Media, PO Box 506 Dunn Loring, VA 22027.

THREE DELICIOUS
COURSES,
ONE INCREDIBLE
EVENING.



EXPERIENCE

Ruth's Classics

~ FALL/WINTER ~

\$39.95

ENJOY A FULL

3-COURSE MEAL

Featuring exciting
new menu items.

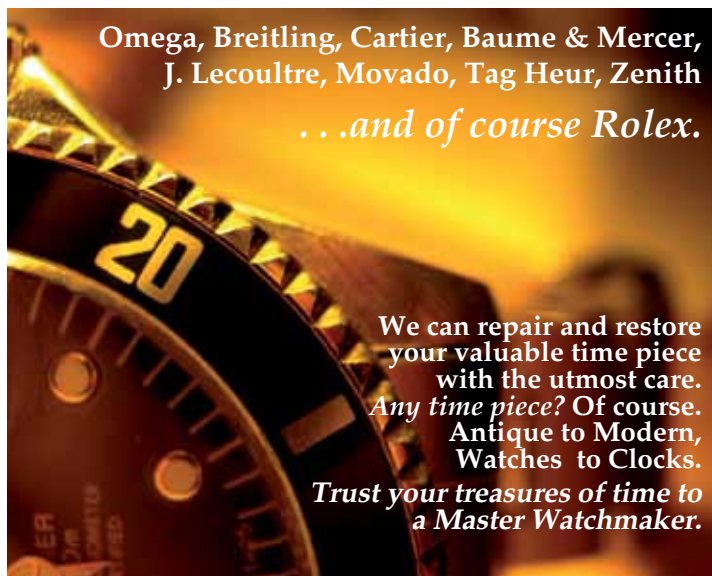


TYSONS CORNER | 703.848.4290

NOW SERVING LUNCH DAILY

11:30-2:00PM

Omega, Breitling, Cartier, Baume & Mercier,
J. Lecoulre, Movado, Tag Heur, Zenith
...and of course Rolex.



We can repair and restore
your valuable time piece
with the utmost care.
Any time piece? Of course.
Antique to Modern,
Watches to Clocks.
*Trust your treasures of time to
a Master Watchmaker.*

GCA LA PRECISION Horologist Master Watchmaker

- Certified Rolex Technician (#0168)
- State of the Art Equipment
- Authentication and Evaluation
- Modernization
- Timely and Guaranteed Repairs

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

320 Maple Avenue Vienna 703-255-0055

www.watch-watches-repairs.com

Elandre Spa

Less Stress and More Success

*Elandre Spa has been promoting
restorative therapies for five years in your
neighborhood. Visit our web site for more
information on our services and give us a
call to book your sessions.*

Massage • Skin Care • Nails



*You are Invited
to a
facial treatment or a
massage session with*

15% off

GIFT CERTIFICATES and
PRIVATE SPA PARTIES available.

Elandre Spa

www.elandrespa.com

703-255-5003

352 Maple Avenue West, Lower Level • Vienna, Virginia

2009 HOLIDAY EDITION

NOVEMBER - DECEMBER

TABLE OF CONTENTS

- 6 **SELECTED LOCAL EVENTS**
Browse through these local happenings to get some ideas on some interesting things to do this holiday season.

- 8 **AROUND TOWN**
News and announcements from our local Chambers and chairtable organizations

- 9 **TECHNOLOGY & YOU**
Hot Tech Gifts this Season and the latest news and tips about current technology.

- 12 **THINK YOU CAN MULTI-TASK?**
Not when it comes to driving!

- 14 **HEALTH & FITNESS**
- Enjoy the Holiday Season?
- Balancing Merriment and the Scale
- Watch your "Holiday Heart"

- 18 **MEET THE MERCHANTS**
The Merchants along Historic Church Street and around town

- 22 **DINING OUT AND THE TASTE OF TYSONS**
Consider these fine local dining choices

- 28 **REAL ESTATE**

- 30 **READY TO RENOVATE?**
Consider green options for interior design



A HAVEN FOR LOCAL ARTISTS, GALLERIES AND STUDIOS

- 42 We highlight five brave women who have made an Arts Alliance in Downtown Vienna, and we also spotlight some local non-profit organizations that are supporting local artists and their art in our community.



LOCAL GIFT IDEAS

- 34 We're trying to help you support our local independent merchants by spotlighting some unique and special gift ideas we found around the corner or just down the street.

- 32 **METRO'S SILVER LINE**
The latest construction and traffic updates

- 36 **MONEY AND YOU**

- 39 **FABULOUS FIND**
Check out this new local market . . . and we mean local!

- 40 **GIFT GIVING TIPS**
Think you're the perfect gift giver? Think again.

- 50 **LOCAL AUTHORS' PUBLISHING DEBUT**
Richard Gazala and Lisa Lipkind Leibow

- 52 **HEARD AROUND TYSONS**
Who's opening, closing, expanding, moving and more. Tid-bits of info you need to know about what is happening among our local area merchants.

- 54 **FUN & GAMES**

- 57 **HOROSCOPES**

- 58 **PETS**
Holiday pet safety and homemade treat recipes

Thanks for mentioning Viva Tysons! Magazine when patronizing our advertisers.

NOVEMBER 14

Caboose Open House

1-5 pm Church Street at WD&O Trail, Vienna

NOVEMBER 14

Vienna Pottery Show and Sale

10:30-3:30 Bowman House Arts and Crafts Center
211 Center St. Vienna

NOVEMBER 14

48th Annual Harvest Bazaar

Vienna Women's Club Fall Festival and Craft Show
Over 75 Crafters and Vendors
9:30-4 Vienna Community Center

NOVEMBER 14-15

33rd Annual Mclean Antique Show & Sale

McLean Community Center
Sat 10-7, Sun 11-5 \$7 for both days
Benefit for James C. Macdonald Arts Scholarship Fund

NOVEMBER 20

Roger Doyle: "Roger & The Red Caboose."

7-9:00 pm Red Caboose Gallery
Reception for the Roger Doyle exhibit (runs 11/13-12/10)
Contact Joan 703-349-7178. In conjunction with The Soundry's open mic Verbal Assault at 8pm.

NOVEMBER 20

Dancing Under the Stars

McLean Community Center
7-11 pm Live music, light snacks, cash bar
\$25/Couple residents \$25/person non-res

NOVEMBER 20

1st Annual Great Falls School of Art Benefit

Great Falls Foundation for the Arts
www.greatfallsfoundationforarts.org
Wine Tasting, Silent Auction, Chocolatier

NOVEMBER 20-22

40th Treasury of Art Show

Vienna Arts Society's
Annual Juried Art Show and Sale
Vienna Community Center, 120 Center St, Vienna

NOVEMBER 21 & DECEMBER 19

Open Mic Night

7-9:30 pm Vienna Community Center
Do you sing? Play an Instrument? Recite Poetry? If so please join us for a night of entertainment. Open to all ages and all levels of talent. No cover charge, light refreshments will be served. Pre-registration for performers. Call Jim Dowell at 703-286-3427

NOVEMBER 27

Church Street Merchants: "Black Friday"

Kick off the holiday season on historic Church Street in Vienna the day after Thanksgiving with special discounts, giveaways, events, and refreshments at participating merchants. Think outside the big box!!

NOVEMBER 28 (UNTIL CHRISTMAS)

Vienna Optomists Club Christmas Tree Sale

Maple Avenue Shopping Center (Giant/CVS)
2-9 Weekdays, 9-9 Weekends

NOVEMBER 30

Church Street Stroll

6-9pm Church Street, Mill to Lawyers Rd, Vienna

Stroll historic Church Street decorated for the holidays with love, music, and more. Browse the merchants staying open late. Think outside the Big Box!

DECEMBER 2

Winter Traditions

6 pm Claude Moore Colonial Farm at Turkey Run
Learn the songs, dances, stories and games that 18th century folk used to celebrate holidays and enliven the winter evenings.

DECEMBER 3 - JANUARY 9

As Likely As Not:

Unusual Objects for Another Perspective

10-4 Tue-Fri, 1-5 Sat, FREE, Works of 4 Sculptors
McLean Project for the Arts
1234 Ingleside Drive, McLean 703-790-1953

DECEMBER 4, 5 & 6

McLean Holiday Crafts Show

McLean Community Center \$2 Fee

DECEMBER 19

Breakfast with Santa

McLean Community Center
9:30-11 am Meet Santa, enjoy breakfast with live entertainment, crafts, and more. \$15/\$10 Residents

DECEMBER 19

Rockin' Hanukkah Concert

McLean Community Center
2pm \$14/\$10 Residents
An interactive and humorous family concert 3+

DECEMBER 19

McLean Symphony

Alden Theatre, McLean
3 pm & 7:30 pm

JANUARY 15-16

Capitol Steps

Alden Theatre, McLean
8 pm \$20 non-residents \$16 residents

FEBRUARY 12

Philadanco

Alden Theate, 1234 Ingleside Dr, McLean
Philadelphia Dance Company shows off their mix of contemporary and traditional dance. \$40 301-277-1710

RECURRING EVENTS

Mondays

De-Stress Drawing Class

7 – 8:30 pm. The Soundry, 316 Dominion Road, Vienna
Ever think-"I wish I could draw...then this is the class for you! Beginning drawing techniques combined with activities to take away all that stress. \$20 703-698-0088

Wednesdays

Vienna Oakton Farmers Market - thru November 18

8 am – noon. Oak Marr RECenter, Oakton

Thursdays

Vinyl Vibrations!

7-10pm, The Soundry, 316 Dominion Rd Vienna
"Take Your Old Records off the Shelf" and bring them to The Soundry where they play them for an old school listening party. 703-698-0088

McLean Farmers Market
- through November 20
1659 Chain Bridge Road

Fridays

Friday Night Teen Activities - 7th & 8th Graders

The Old Firehouse Teen Center McLean
7-10 pm \$5 members/\$10 nonmembers
Disc Jockey, games, etc 703-448-8336

Family Skate Nights

Fridays 6:30-8 pm January 15 - March 26

Vienna Community Center Gymnasium. \$1.00/person.
Participants are required to bring their own skates and
safety equipment. Roller skaters and in-line skaters only.

Saturdays & Sundays

Falls Walk - Great Falls National Park

Sat & Sun 12:30 & 3:00 Join a Park Ranger for a forty
five minute walk along the Falls overlooks. Explore the
natural and cultural history of the park.

Late Night Street Hockey

Sundays 10 pm - 12 am The Soundry, 316 Dominion Rd
Bring your stick and join a team or be a "jeer-leader"
from the sidelines for these intense, smack-talking
weekly matches.

**Post your event free at ViennaVirginia.com or send
it to us at comments@vivatyson.com. Thanks!!**

Find links to all these selected events and many more
by visiting the events link on your local web portal:



Post your local community event for free!

**"I KNOW THAT HALF OF MY ADVERTISING
DOESN'T WORK. THE PROBLEM IS . . .
I DON'T KNOW WHICH HALF." - John Wanamaker**



Some say advertising is fun and easy to do, like playing the piano . . . until you try it.

Let **Viva Tysons!** and **Calamity Media** help you with your advertising strategy. We'll put your message in front of the audience that lives and works in your community. Micro-targeted to maximize ROI.

And we don't stop there. We bring your message to our local web portal for even more exposure, allowing you more room for more details...and pictures.

Just a call to our advertising department brings us to your door step to answer any questions and explore the opportunity.

Call us at 703.442.9410- Ask for the "other half"

What a time the Vienna Oktoberfest was:

the music, the food, the beer, and all people form the community coming together for a good time. Viva Tysons! Magazine sponsored K9 Rockstar, a unique dog (*looking pretty svelt in his lederhosen!*) who calmly poses for pictures with kids. K9 and Viva Tysons! Magazine raised \$200 that was donated to Alternative House, a shelter for troubled teens in the Tysons area.



Gina Cocomello, Development Director for Alternative House accepts contribution from John Hanna for The Viva Tysons! Magazine and K-9 Rockstar Oktoberfest Promotion.



Every Rock Star has a fan club . . . so does Scooby. Debbie Vaughn, Deborah Brehony, and Katie DeJongh share a moment with the their hero at the Oktoberfest Celebration in Vienna.

TYSONS CORNER ROTARY CLUB SPONSORS GENDER EQUITY IN OLYMPIC CANOEING

*Local organization provided with seed money to help
"Realize the Dream – 2016" for Women in Canoes.*

The effort to promote Gender Equity in the Olympics just got a boost from the Tysons Corner Rotary Club (TCRC). In this the 20th anniversary of Rotary Clubs around the world allowing women to become members, the TCRC made a public statement of its shared vision of and support for gender equity by sponsoring USA WomenCAN in its global campaign for gender equity in Olympic Canoeing. Canoeing is the only sport left in the Summer Olympics that has not met the gender equity mandate.

Pam Boteler, President of USA WomenCAN and local champion athlete, had this to say about their sponsorship: "This very generous donation comes at a time when all service organizations are struggling. I had the privilege to speak at their club in July, telling a story about an Olympic dream of gender equity held by women around the world. It was immediately clear that Rotary and WomenCAN shared a similar mission and core value: To make the world a better place; and, Equality."

Brian E. Mansir, President of the TCRC Foundation stated: "The Tysons Corner Rotary Club is pleased to support USA WomenCAN. We applaud the enthusiasm and dedication of Pam and her efforts to promote gender equality in making Women's Canoe an Olympic event. We are proud to be part of this worthy international project which supports women athletes in financial need. We wish USA WomenCAN great success in this important mission."

Since 2002, USA WomenCAN has assisted U.S. and international athletes – financially and with equipment. Boteler has had a long-standing relationship with athletes in Ubaitaba and Itacare, Brazil (in the state of Bahia) - cities where high caliber canoeists train with inferior equipment and have few resources to compete internationally. With the 2016 Olympics being hosted in Rio de Janeiro, this relationship will only continue to grow, as will their podium finishes.



Examples of national and local projects supported by USA WomenCAN include: providing sponsorship for a recreational canoe race in Orange, MA, which allowed race organizers to add trophies specifically for young girls so they could compete in "a league of their own". This sponsorship attracted major womens' organizations in the Boston area, further expanding the support network and opportunities in canoeing. Additionally, funds have supported inner-city (Washington D.C.) youth (girls and boys) participation in canoe events at the Washington Canoe Club in Washington, DC.

Boteler stated: "Realize the Dream – 2016" begins at the local level. I am incredibly appreciative of Tysons Corner Rotary's sponsorship and will ensure that young girls and women here

and around the world get the opportunity to experience the great sport of canoeing. As the Olympic Charter states: "The practice of sport is a human right. Every individual must have the possibility of practicing sport, without discrimination of any kind and in the Olympic spirit."

The mission WomenCAN is to inspire and enable women to achieve equality and excellence in Olympic and

Non-Olympic canoe racing by developing a complete range of development and racing opportunities locally, nationally and internationally. It also serves to promote and support canoeing for recreation and as a way of life. To learn more, visit www.justcanoeit.com.

The Tysons Corner Rotary Club is a service club of professional men and women, serving the community in and around Tysons Corner, VA for more than 25 years, with a special emphasis on groups helping youth and the elderly. Visit www.tysonslotary.org to learn more.

If you would like additional information about this topic, please contact Pam Boteler at (703) 731-9558 or pamcanoe@hotmail.com.

**Clear your busy schedules from December 3rd – December 6th!
The Greater McLean Chamber of Commerce has a fun filled
weekend planned for you and your families!**



GMCC launches Shop McLean First Holiday Shopping Days! Don't miss this opportunity to find unique gifts for all! Participating retailers will have special offers! However, they are a surprise! You must visit them to find out their featured special!

Wrap up a weekend of shopping with the 13th Annual Reindog Pageant-that's right, even your dogs are included in this weekend! Donate a can of dog food to enter your furry pal in the pageant. The dogs will be judged on best costume in a variety of categories but don't worry, every dog is a winner! This event is occurring on December 6 from 1-3 PM.

The 2nd Annual Winterfest Parade will follow the Reindog Pageant. Come out to support your community and stay warm with some hot refreshments courtesy Paul Mitchell the School Virginia. All proceeds will benefit SHARE, Inc. The evening is wrapped up with the lighting of the McLean Community Holiday Tree! This will be a weekend you won't want to miss!

Cool Tech Gift Ideas this Holiday Season:

The Blue Lounge Sanctuary (\$130)

A neat way to charge over 1500 electronic devices. This tech valet has 12 built in adaptors allowing you to charge your cell phone, portable game console, iPod, Bluetooth headset and more simultaneously for about \$129. It does all of this while looking very good. www.bluelounge.com



Sony's newly designed PSP Go (\$250)

The Play Station Portable just got portable. Sony's new design hides the controls in a slide out panel, the screen is slightly smaller but still beautiful, the propriety UMD hard drive is gone and it can now fit in your pocket. Games, music and movies can all be downloaded wirelessly onto a 16 GB internal drive or a removeable memory stick. This will be a hot item. Only downside: your collection of games on disks for your existing PSP cannot be transferred. www.playstation.com



The Dyson Air Multiplier(\$300)

Dyson got rid of the traditional fan blades and applies new technology to provide some "cool" ventilation to any room. It is all powered by a large plastic ring attached to a motorized base. A bit expensive, but that is what you get for paying for cutting edge technology and something you don't see everyday for your home needs. www.dyson.com



The Nook (\$259)

Barnes and Noble has introduced their Kindle killer, the Nook. Two screens, a 6 inch to read and a smaller color LCD to navigate. Wifi and 3G through At&T. 2GB of memory plus an SD card slot. Newest feature: lend a book to a friend for two weeks for no charge! Planned to be available by November 30th, but who knows. www.bn.com



Vuzix AV310 (\$250)

The world's first wide screen video eye wear providing a 52 inch screen viewing experience. Eleven hours of use on a AA battery. Viewer has twin high resolution LCD screens, Integrated removeable earphones and adjustable nosebridge and it all weighs about four ounces. www.vuzix.com



Logitech Squeezebox Radio (\$199)

There's a world of music waiting. The Logitech Squeezebox Radio works with your Wi-Fi network to stream a world of crystal-clear music to any room in your house. It is as big as and has the functions of a typical clock radio, but designed with big technology. You can play songs from your personal digital music collection, tune in to thousands of Internet radio stations from around the globe, and connect to online services like Pandora®, Slacker® or Rhapsody®. You can even plug your iPod or other MP3 player and listen through its rich sounding speaker. Even access your Facebook. www.logitechsqueezebox.com

Microsoft Zune HD (\$220-\$290)

From its multitouch OLED screen with the great feel, to its slick social media tools, the Zune HD is as cool as anything that doesn't have an Apple logo. The HD stands for both high-definition radio (get all those extra channels offered in HD) - and high-def video. Using an external dock, you can connect the Zune HD to your HDTV and watch movies at 720p. How cool is that? Log on to the Zune Marketplace via Wi-Fi and you can buy music, shows and listen to streaming audio. Yes, Virginia, there is a Santa Claus -- and he lives in Redmond, Wash. www.Zune.net/ZuneHD



The Droid (\$199)

Verizon's new version of the iPhone killer by Motorola. It's a pint sized power plant using the Android OS. Google GPS enabled, speech recognition, multitasking, app ready. High speed broadband network. Flash 10 ready. 5MP camera, 3.7" hi res lcd touch screen with a thin slide out keyboard. Sync with exchange and google contacts/mail and Facebook. 16 GB expandable to 32 with microSD slot. If you don't get all this lingo, you just may not appreciate this soon to be hot phone. www.VerizonWireless.com/Droid



Kodak Zi8 pocket video camera (\$180)

Forget the Flip: Kodak brings easy portable video to the next level. The Zi8 captures full 1080p video at 30 frames per second, as well as 5-megapixel stills. Built-in image stabilization helps you avoid the shaky-cam effect, while an external microphone jack lets you capture more of the sound you want and less of your own heavy breathing. If you're going to bore your friends with home movies, then at least make them look good. www.kodak.com



Be Who You Are on Facebook and Twitter

The Internet gave us a way to find old classmates and renew cross-country friendships.

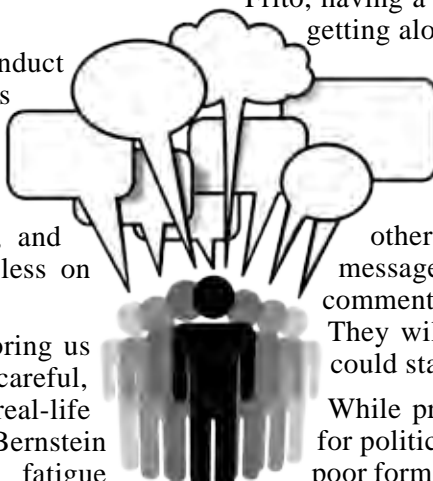
Email gave us a way to quickly conduct business or send silly stuff to co-workers and friends. Some say it is mostly silly stuff.

Now we have instant messaging, text messaging, friends on Facebook, and communication by 140 characters or less on Twitter.

All of this messaging is supposed to bring us closer to our friends, but if we aren't careful, all the interactions can harm our real-life relationships. Columnist Elizabeth Bernstein says she is experiencing Facebook fatigue because loved ones are sending so many photos

of their children or enviabe parties, forwarding inane quizzes, and posting nonsensical jokes. And they are tweeting about their whereabouts and what they are doing at the present moment.

Who cares if they are sitting on the porch, just ate a Frito, having a busy day, or the dog and the cat are getting along now?



To improve our daily interactions, Bernstein says: Before posting an item, ask yourself if it's something you would want one of your contacts to send to you. Reward others by responding to interesting messages. Ignore all the others. Don't comment negatively about what they write. They will respond negatively to you, and it could start a public war.

While private blogs are notorious platforms for political ranting, it is generally considered poor form on Facebook to constantly post your political opinions.

Centralizes ALL Your Calls, and Transcribes Messages



The new Google Voice product gathers all your calls from your various phones, which can then be accessed from your home, office or cell phone.

If you ignore a voice mail, it is transcribed and sent to you as an e-mail. And Voice lets you make free conference calls and cheap international calls.

To get started with the service, you set up a personal Voice Web page, where you link your home, work and cell numbers with a new number given to you by Voice.

The new number link is used because Voice is still somewhat under development. Before long, they will have number portability so you won't have to use the number link they give you to start.

When one of the designated phones rings, you can pick up whichever phone is most convenient. You can press * to make all the phones ring again.

Voice does a pretty good job of recognizing words in a voice mail and transcribing them. Depending on the clarity of the speaker's diction, it could get a word or two wrong, but generally the meaning of the message is not changed.

TEXTERS
ANONYMOUS



"My name is Roy and it's been six months since I've communicated with my friends by using my thumbs."

You can sign up for the free service at google.com/voice. Response has been huge. Right now, there is a waiting list.

As this service has been extremely well received, it has drawn attention to some flaws and gripes from competitors in the local phone business. There is a fine line between this internet "app" and true phone service. The line is getting thinner and more blurred as AT&T has lodged complaints with the FCC about Google Voice. Their claim is that Google gets all the benefits of offering services like a phone company can, but doesn't have to abide by universal service rules, ie you must connect all calls to all on the system.

As part of a broader quarrel with Google, AT&T has complained that Google Voice blocks calls to phone numbers to some rural communities to reduce the access charges it must pay. So-called "common carrier" regulations prevent AT&T and other big phone companies from blocking those same calls.

This issue may not seem like a big deal to most users, but as phone service and the internet become less and less distinct, the decisions made about these type of issues will have an impact on the communications we take for granted in regards to price, access, and provider source. Stay tuned.

Skip the screen saver; Let Your PC *Sleep*

Because electricity is relatively cheap, junking an older PC because it uses more juice doesn't make economic sense. You could save up to \$100 a year by letting it sleep when it's not in use, according to SmallBiz.

Screen savers not only don't save energy, they waste it. Those pretty designs and animations take quite a bit of processing power, and that requires electricity.

When a PC is asleep, your work is in its memory, but the hard drive has stopped spinning. The display is dark, and the microprocessor is idle. Power use drops sharply.

A desktop system uses about 60 watts of power fully awake, but consumes just three watts when it's asleep, according to the Lawrence Berkeley National Laboratory.

Holiday Spammers, Scammers

Spam peaks during the holidays. To protect yourself, don't click on links within emails, open unexpected attachments, or call phone numbers included in emails from financial institutions.

If you think you have received a message by email from your bank or financial institution, go to your telephone and call the bank by the number listed in the yellow pages.

Microsoft's High-Def Zune Phone Teams with the Xbox

Microsoft's Zune has been chasing the Apple iPod for three years without much success.

Microsoft hopes to change that with its new connection to its Xbox. The new Zune HD (\$220 for 16 gigabytes) lets users download movies and TV shows through Netflix from the Xbox Live Video Marketplace, which Microsoft has renamed The Zune Marketplace. It also provides access to Facebook, Twitter, and YouTube.

More importantly, according to Business Week's Stephen Wildstrom, the new Zune HD could become a great game machine when games are developed for it.

The unit is a bit smaller and thinner than an iPod Touch. It has a 3.2-inch touchscreen display based on organic light-emitting diodes. The Touch is a Wi-Fi only iPhone without the phone. It's a handheld computer with thousands of apps and an excellent game platform.

Only time will tell whether the Zune HD will be able to compete with the Touch. According to Wildstrom, if Microsoft can move fast enough, the Zune HD could become the best hand-held game platform out there.



Are Hybrid Digital Cameras in *YOUR* Future?

So you've had your point-and-shoot digital camera for a year or two but want to do things it was not designed to do. You might covet a professional single lens reflex (SLR) but can't afford a price tag upwards of at least \$500.

In that case, the "hybrid" may be just the thing. Hybrids fall into an area between small point and shoot digitals and professional SLRs. They have higher sensitivities (ISO ratings), longer zoom lenses and are able to shoot at higher speeds to capture action, whether it be an auto race or the antics of a toddler.



Manufacturers include Nikon, Canon, FujiFilm, Sony, Pentax, Samsung and Kodak. Depending on stores, weekly pricing, they may range from \$200 to \$500. They are distinguished by features like large-

diameter zoom lenses ranging from 10X to 24X and larger LCD screens, some of which swivel for easy viewing of

tough camera angles.

Nearly all have some form of face detection to set the camera for the best possible focal length and exposure.

While all are equipped with flash units, some have hot shoes for external flash, enabling bounce lighting. Burst modes, which allow for rapid sequences of single frames, are at higher rates in hybrids than in point-and-shoot digitals.

All have video recording capabilities. Some are able to record high definition at a true 1080p. Some are powered by alkaline or nickel metal hydride AA batteries and others with lithium ion power cells.

Those equipped with Super CCD cells (the camera's light sensors) are more costly to manufacture but offer a greater surface area to absorb more light.

Hybrids are much larger than point-and-shoot cameras and will not slip easily into the pocket or purse. However, if you have a need for speed or more professional-looking photos, you might want to weigh in on their many more advanced features and benefits.

Comparisons can be made online by going to manufacturers' web sites or tech review sites like cnet.com or pcmag.com.

Seriously - not lol . . .

Only 2 Percent of People can Multi-task While Driving

Texting and dialing create more danger on the road than any cellphone-related activity. The National Highway Traffic Safety Administration, however, says using the cellphone at all is a serious safety hazard on the road.

The Senate is considering a bill that would require all states to ban texting while driving; 17 states and the District of Columbia have already passed a ban. Seven states have outlawed driver use of hand-held communication devices altogether. (A 2008 nationwide survey showed that only 63 percent of phone users say they would obey such laws.)

There is no way to know exactly how many accidents are cellphone-related but David Strayer, a professor at the University of Utah, estimates that only 2 percent of drivers can safely multitask while driving. They are the same people who would make good fighter pilots. A 1997 study of hospital records by the *New England Journal of Medicine* showed that the likelihood of having an accident is four times greater while using a cell phone than when not.

Also in the University of Utah studies, people who were legally drunk (a blood alcohol level of .08) had fewer crashes than when they were sober and talking on a

phone.

Some authorities believe that hands-free technology makes mobile phones safer. But talking to someone on the phone is different from talking to a passenger. The passenger helps the driver

observe dangers on the road. Often in Strayer's studies, the passenger stopped or started talking according to roadway conditions.

At Johns Hopkins University, scientists have discovered that when people direct their attention to sound, the visual capacity of their brain significantly decreases.

How many times have you found yourself in an inattentive trance while on the phone and driving down the highway? According to a Virginia Tech study for the NHTSA, 80 percent of auto crashes are related to driver inattention. There are certain activities that may be more dangerous than talking on a cell phone, however, cell phone use occurs more frequently and for longer durations than other, riskier behaviors. Thus, the number one source of driver inattention is cell phones.



One study showed those with a blood alcohol content of .08 had fewer accidents than a sober driver talking on a cell phone.

Virginia State Laws Relating to Cell Phone Use and Driving:

As of July 1, 2009 House Bill 1876 prohibits operation of a motor vehicle, bicycle, electric personal assistive mobility device, electric power-assisted bicycle, or moped on the highways in the Commonwealth while using any wireless telecommunications device for the purpose of composing or sending any text message or email. Violations of the new law will result in a \$20 fine for the first offense and a \$50 fine for a second or subsequent offense. Like cell phone laws there are exceptions for emergency and law enforcement agencies.

Another bill that was enacted in 2008 was Senate Bill 136. This law prohibits the use of wireless telecommunications devices by persons driving school buses.

The State of Virginia does have a cell-phone law. The law, based on legislation from Senate Bill 1039 was signed by the Governor in 2007. The new law prohibits holders of a learners permit and drivers under the age of 18 from using a mobile cell phone while operating a motor vehicle. This cell phone law is a secondary offense, meaning the driver must be pulled over for a primary offense such as speeding or running a red light before being ticketed for the cell-phone violation. This law does not provide exceptions for hands-free devices.

Dr. Isabel Kelly, DDS

"Are you happy with your smile?"

Practicing state of the art cosmetic, aesthetic, and preventive dentistry for the entire family!

Welcome to Kelly Dentistry, where our top priority and mission is your family's dental health and your smile.

Certified in cosmetic procedures including but not limited to in-office Zoom! bleaching and the Invisalign® invisible braces, Dr. Kelly and the professionals at Kelly Dentistry have won the hearts and trust of Washingtonians over the years...

Trust your dental health and smile to Dr. Kelly...
You'll leave smiling!
Call for your appointment today!



1449-D Dolley Madison Blvd
McLean, VA 22101

703.748.3384

www.mcleanteeth.com



"Is that shopping days left until Christmas or how long before we're out of a job?"



"And I can do the procedure right here in my office."

NIGHTLY ENTERTAINMENT & UNIQUE TABLESIDE MENU

AREA'S BEST SELECTION OF FRESH FISH
42 FLAVORS OF VODKA



VISIT OUR NEW BAR-CAFE

Bar Menu: \$4.95 • Lunch Specials: \$8.95

happy hour

with FREE Appetizers, 5-7 p.m.

SUNDAY 1/2 PRICE WINE

on selected bottles

FRENCH & RUSSIAN CUISINE

Open for Lunch & Dinner

VISIT SERBIANCROWN.COM

for Sunday Special Events, Guest Artists & Discounts

39TH ANNIVERSARY SPECIAL

4-Course Dinner Sunday-Friday ~ **\$39**



Serbian Crown

1141 Walker Road at Colvin Run Road, Great Falls, Virginia 22066

703-759-4150

Enjoy the Holiday Season!

... SERIOUSLY?

How exactly does one “enjoy the holiday season”? You might be thinking, “time with family, good food, friends, presents, snow, and a Christmas tree.” All these things are present during my holiday season - and yet - through it all, I struggle to really enjoy myself. I am aware that many people are alone, struggling to survive, and cold - that I should thank my lucky stars. That being said, most of the time I feel anxious, out of sorts, and am waiting for January 2nd. My routine is busted and “family time” is a plethora of unspoken weird vibes!! In spite of the shaky beginning, this article is not going to be about the holiday blues. I am guessing there are many of you who have had similar feelings during this time of year, so I want to explore and suggest new avenues for “enjoying the holiday season”!

First and foremost, I need to remember the precious word “no” and use it. During this season, I tend to agree to way too many social gatherings. Why do I do that? The truth - I am afraid of not being included in...whatever. Somehow I think that if I don't come to your party, you will no longer like me and you won't invite me again. I am also afraid to miss out on anything that might be fun. Intellectually I know this is an immature belief....but at an emotional level that is truly what I am feeling. Solution: I have to risk and trust that my friends and family will love me even if I do not do what they would like me to do. By being more attentive to allowing space in my schedule, I feel less anxious (because I will have more energy) and more free time to enjoy the things I do decide to do.

Next is the money issue. I realize no one likes talking about personal finances. However, does it really make sense to go into debt (or more debt in my case) to buy presents? Again...why do I usually make that obvious negative choice? Because I am afraid of what people will think of me. Or - I am worried they will think that I don't care about them if I don't get them something nice. Here again is the fact that I don't trust that people truly like me for me, and that our relationship (whether personal or professional) is not based on how much I spend on them. By choosing to only buy what I can truly afford, I have the opportunity to lessen my anxiety even more (I have yet to do this...this is just my plan).

Finally, there is “self-care”. What does it take for you to truly take care of yourself? What does it mean to you “to be true to yourself”? Here is my answer in a nutshell - trust my gut!! The part of me “that knows”. You know what I mean. I need to check in with myself regularly every day. I ask myself questions like: Are you really hungry or are you just wanting to escape with food? If I plan on exercising (something I have done to such an extreme, I have multiple joint issues) and my body is tired, I pay attention and choose to rest (sometimes). When something or someone upsets me, I ask myself “what do you need”? I know this may sound corny to some of you, but trust me on this - if you use food, drugs, alcohol, spending, busyness, exercise, sex, or gambling as a means of coping with your feelings, stress, boredom - or whatever you want to name it - you are out of touch with you!! Hence, the need that needed to be met never happens because you are using something “outside” to fix a problem on the “inside”. They (food, drugs, etc..) may seem to work in the short term - but the unmet needs are still unmet, and you are left with the consequences of your choices.

Well, you just read my three-fold plan to help me to enjoy the holidays. You may be one of those people who just love the holidays from beginning to end...good for you!! Really!! If not, hopefully some of these suggestions speak to you and/or make you think about what you can do differently to be good to yourself and “Enjoy the Holidays”! Good luck!! (Please feel free to email me, I would love to know how you are doing: cpavell@fitnesspluswellness.com)

Cindy Pavell, M.S. Fitness + Wellness
www.FitnessPlusWellness.com 703.298.8198



**NOW OPEN
AT
TYSONS STATION**

Tyson's Pharmacy

Premium Service at a Lower Cost

YOUR LOCAL INDEPENDENT NEIGHBORHOOD PHARMACY



- ◇ **FREE Home/Work Delivery, 7 days a week**
- ◇ We Accept All Insurance
- ◇ Fast Service to fill your order
- ◇ Guaranteed Lower Out of Pocket Cost
- ◇ Compounding easy and difficult prescriptions
- ◇ Vitamins, herbs, and supplements
- ◇ Wheel chair and crutch rental
- ◇ Medical supplies
- ◇ Flexible payment plans
- ◇ Free monthly medication screening & management

7508 Leesburg Pike

Falls Church, Virginia 22043
(in the Trader Joe's shopping center)

703-992-7083

Fax: 703-992-7253

The Choice is Clear:
(In fact, it's 20/20)

Opening Special

\$20 CREDIT

**When You Transfer
Your Prescription to
Tysons Pharmacy**

WITH THIS AD

Cannot be combined with any
other discount. Expires 12/31/09

Opening Special

20% OFF

**YOUR ENTIRE
ORDER**

WITH THIS AD

Cannot be combined with any
other discount. Expires 12/31/09



Impressions MediSpa

Where Ever Lasting Impressions are Made!

Impressions MediSpa offers, quite simply, the highest level of quality you can find in aesthetic enhancements all under the direction of our center's Medical Director, Dr. Lee.

**anti-aging services - laser hair removal
cellulite reduction - relaxation treatments
laser vein removal - scar repair**

Impressions MediSpa represents the perfect synergy by combining the latest technology in non-surgical aesthetic enhancements with complete spa services.

We help people look and feel their best.

8230 Boone Blvd, Suite 208, Vienna, VA 22182

703.918.0022 | Fax 703.918.0044

info@impressionsmedispa.com

www.impressionsmedispa.com



HOLIDAY SPECIALS

\$10/unit Botox Treatments

FREE Chemical Peel
*with the Purchase of
Any Laser Package*

Not valid with any other offer



Balancing the YIN AND YANG of



Holiday Eating

The holidays are a time of joy. We look forward to wonderful times gathered around the hearth with family and friends, sipping our favorite beverage. These memories warm our heart. Holidays are also a time of sorrow. Flash forward to January 2nd when you get out of the shower and finally have the courage to step on the scale. These memories put regret in our hearts! So how can we balance our holiday yin and yang?

To avoid having weight loss be “*resolution one*” this year, start by putting a plan into action now. Here are six tips that will help you balance both your life and the scales during the holiday season:

Tip One: Make awareness part of the holiday spirit. Ask yourself, “Where do I want my weight to be to on January 2nd?” Jot the answer down on a piece of paper and post it where you can see it every day. For example: “I want to weigh 135 on January 2nd.” Now don’t lose sight of that goal.

Tip Two: Set into motion actions that will lead to achieving your goal. For instance, continue your exercise program. If you don’t have one, now is the time to start. Don’t wait until the first of the year to begin. Exercise is a great calorie burner and will help you get a jump on the inevitable holiday indulgences. Exercise also increases endorphins which promote a sense of well being, something you will need lots of at this stressful time of year.

Tip Three: Set a carbohydrate limit for the day. Allow yourself a daily total of four to six carbohydrate servings. Since there will be sweets and alcohol everywhere, each time you eat a cookie or have a drink over the holidays, you have to subtract some other carbohydrate from your diet that day, so plan ahead. Here are some other examples of one carbohydrate serving:

One slice of whole wheat bread OR ½ of a hamburger bun OR 8 stick pretzels

OR 3 Hershey kisses OR ½ cup of ice cream OR ¼ of a medium order of French fries

Any starchy or sweet food that contains 15 grams of carbohydrate is considered one serving. Read labels and do a quick calculation before you eat. Keep a food log. This helps you know how many carbs you have eaten and how many you have left. It’s not as cumbersome as you think, it will soon be second nature.



The holidays are a time of joy . . . and over-indulgence. Don’t deny yourself. A little planning can keep it all in balance: enjoying the pleasures, while lessening the consequences.

Tip Four: Have a plan before you attend a party. Alcohol adds calories and diminishes your ability to stay focused on your goals. One drink equals one carb. If you know you are going to a party in the evening, save up your carbs for the party. Set a number of drinks for the night and stick to it.

On the day of a party, a good low carb plan might be to:

- Eat an egg white and spinach omelet for breakfast
- Have a decaf skinny latte and a small handful of raw nuts for a snack
- Order a large salad with some grilled chicken or fish for lunch
- Eat a piece of fruit mid-afternoon

You never want to go to a party hungry. Telling yourself you won't eat all day so it is okay to indulge at the party is a formula for disaster. At the party, avoid fried food, any appetizer that sits on bread, and creamy dips. That leaves veggies and protein. Save the carbs for alcohol or a bite of something yummy.

Tip Five: Order lighter calorie meals during the holidays: appetizers, entree salads, and soups are good options (avoid cream soups). At home, pair a soup with a chicken Caesar salad for a quick dinner. Keep roast chicken, cooked whole grain pasta, and washed salad greens on hand.

If you hunt and gather your meals, pick up a salad from the salad bar, a rotisserie chicken, and microwave some fresh veggies. Order sushi and edamame then grill fresh salmon. Stop by your favorite Mexican restaurant and pick up an order of whole beans, guacamole and salsa. At home make quesadillas using whole grain tortillas, grated Cabot 75% reduced fat cheddar cheese and top with the fixings from the restaurant. A little planning can help you avoid the pizza, Chinese, and fast food traps.

Tip Six: Enjoy the holidays. Strike the right balance between exercise, carbohydrate intake (sweets and alcohol), healthy eating and merriment. Make your New Year's resolutions now and you might find the season and the scale better balanced at year's end.



*Judy Caplan is a registered dietitian with a private practice in preventive health in Vienna, VA. Her children's book, **Gobey Gets Full – Good Nutrition in a Nutshell**, is now available. Visit www.GoBeFull.com for more information about Judy and her company, Nutrition Ammunition.*



'Tis the Season for 'Holiday Heart'

Whether you're strong or weak, young or not-so-young, your heart will get a workout over the holidays.

The double-whammy of overeating and overdrinking can have serious consequences for anyone, whether it's just one overindulgence or a combination of the two. Doctors and emergency rooms all over the country expect to be treating cases of "holiday heart."

In its mild form, it's an abnormal heart rhythm that can be caused by even moderate amounts of alcohol. Fortunately, the symptoms are harmless and subside as the alcohol leaves the body.

The second type of arrhythmia is serious atrial fibrillation. It can be caused by having four or more drinks for several days in a row. During AF, the two upper chambers of the heart quiver instead of beating in rhythm. It's especially dangerous if other heart disease is involved. A clot could form, which could migrate to the brain and cause a stroke.

Overeating can lead to serious heart problems, but during the holidays, overeating is common. One Mayo Clinic study found that within two hours of eating a huge meal, the risk of a heart attack increases fourfold.

It pays to plan your eating and drinking over the holidays. Decide, for example, that you will only have a before-dinner drink and an after-dinner drink. If someone is pouring drinks, be sure they use one shot of alcohol, not two or more in every drink. At a big dinner, eat more vegetables than meat, avoid fatty foods, and just eat part of the dessert.

During the holidays, it pays to eat, drink and be wary.



Workout wear that is not just for working out!
 We specialize in unique and functional fitness wear for all body types and types of activities to include yoga, Pilates, running, cycling, triathalons, swimming, tennis, and even shopping!

www.DressToSweat.com

Contact Lynn for a personal appointment today. Located in the heart of Tysons Corner.

703-749-5304 lynn@dresstosweat.com

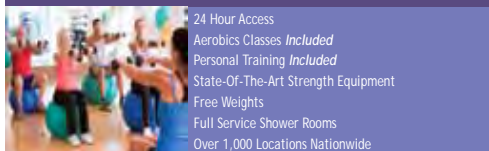
Anytime Fitness of Vienna is GROWING!

Come see our beautifully renovated, state-of-the-art facility.
More equipment, larger group exercise and free weight rooms
and 24 hour secure access

make it the perfect time to get started on a new you!

DON'T WAIT! Call or Stop By TODAY!

(703) 255-5035



24 Hour Access
Aerobics Classes Included
Personal Training Included
State-Of-The-Art Strength Equipment
Free Weights
Full Service Shower Rooms
Over 1,000 Locations Nationwide



www.viennafitness24.com

viennava@anytimefitness.com

111 Church Street Suite 204A Vienna, VA 22180



Church Street Merchants

Remember November 27:

Church Street Merchants: "Black Friday"

Kick off the holiday season on historic Church Street in Vienna the day after Thanksgiving with special discounts, giveaways, events, and refreshments at participating merchants.

Think outside the big box!!



128A Church St, NW Vienna

703-938-8900

www.BikesAtVienna.com

Sales - Service - Repairs - Rentals

Recumbents - Trikes - Tandems - Adaptive - Folding Bikes

BLACK
EYED
SUSAN



Distinctive
Garden & Home
Accessories

132 Church Street
Vienna, Virginia 22180

703-937-0026

- Custom silk and dried floral arrangements
- Landscape design
- Plants and Flowers

Church Street Pizza

New York Style
Pizza by the Slice

Salads & Desserts.
Eat In or Carry Out.



703-938-1155

115 Church Street, Vienna

Behind the
World Famous
Vienna Inn



BAZIN'S CHURCH



Bazin's On Church
111 Church Street, NW
Vienna, VA 22180
703.255.7212

www.bazinsonchurch.com



At The Plaka Grill, just like in Greece, it's all about the food. Trust Peter Drosos to bring you the Genuine Taste and Flavors of the Mediterranean right here in Vienna. From Gyro's to Loukaniko, your dining adventure awaits you. Open 7 days a week for lunch and diner, and of course, catering.

Windover Square Centre
110 Lawyers Road, NW
Vienna, VA 22180
Phone: 703-319-3131

Open Daily
Monday-Saturday 11:00am - 9:00pm
Sunday 12:00pm - 8:00pm

Oh, the Holidays! Good Company, Good Food and most importantly . . . *Good Wine!*

By Mark Heider, Owner, Church Street Cellars



meet the merchants



I've never understood a person who goes out of their way to prepare an exceptional meal only to diminish their effort with a mediocre wine.

Certainly tracking down those elusive ingredients for "the meal they'll never forget" can be exhausting. But, truthfully, you could expend less effort and reap just as much praise with the correct wine choice.

Wine is all about taste, in every sense of the word, and taste is by definition a highly personal and totally subjective experience. So, the first rule of thumb is – serve and drink a wine that YOU like.

No reasons to experiment on new fancy varietals you've never heard of simply because I or another purveyor says "it's great".

If you like Chardonnay – buy it. Ditto for Pinot Noir or Zinfandel. There are thousands of labels and tastes out there. So, how can you narrow down the selection and make just the right choice?

Try the wine! Take the time in these weeks before the Holidays to try different wines. Try them at wine store tastings, restaurants, or your local Wine Bar/ Wine Store (Church Street Cellars covers all those options!). Once you've tasted a few new wines you can make a more educated decision. You wouldn't buy a car without a test drive or a new outfit without trying it on, so why buy your important Holiday wines without tasting them!

From Church Street Cellars - We wish you the best of this coming Holiday Season!

Sausage and Sage Stuffing by Patrick Bazin, Owner, Bazins on Church

1 ½ Loaves of Farmhouse Bread (crusts removed, cut in 1/2 in cubes)	4 Cups Chopped Onions	1 T Fresh Sage
1 ½ lbs Bulk Italian Sausage	1 ½ Cups Chopped Celery	1 T Rosemary
	2 Cups Sliced Mushrooms	3 cups Chicken Stock
	1 ½ Sticks of Butter	4 Eggs

1. Baked cubed bread for 15 minutes until golden brown.
2. Sauté sausage breaking up into small pieces for 8-10 minutes.
3. Pour sausage over bread cubes.
4. Melt butter in pan. Add onion, celery, mushroom & herbs and cook for ten minutes without burning. Pour over sausage/bread.
5. Heat chicken broth and pour over above mixture.
6. Add salt and pepper to taste.
7. Beat eggs and mix in.
8. Butter 15x10 baking dish and add stuffing mixture.
9. Bake at 350 degrees for 45-60 minutes until golden brown.

- ▶ Bathroom/Kitchen Remodeling
- ▶ Sale, Design and Installation of Ceramic Tile, Glass and Marble
- ▶ Over 3000 SQ FT Showroom
- ▶ Over forty years experience



JUD TILE, LTD

204-G Mill Street, NE
Vienna, VA 22180
(703) 255-5571
(703) 255-0615 FAX

or visit us online at:

www.judtile.net

Bathroom remodeling projects are generally among the most efficient and affordable types of home remodeling, and they're also a proven way to add substantial value to your home. Let the experts at Jud Tile bring you and your family the comfort and luxury of a kitchen or bathroom remodeling.

Local Merchant Spotlight



Local owners Rachelle
and John Fletcher

Anytime Fitness of Vienna, located on 111 Church Street NW, has some very exciting news to share: they are **EXPANDING!** In addition to it's 24



hour secure access, state of the art strength equipment, LCD TV cardio section, free weights, personal training, Yoga and Group Exercise classes they will be adding an additional 1200 square feet of space. Anytime Fitness of Vienna is owned by Rachelle and John Fletcher, local Vienna residents. John has been a long time health club member and athlete and has lived in Vienna nearly his entire life. Rachelle started her fitness career at a young age by participating in multiple sports, including gymnastics and college lacrosse. In later years, she ran both a marathon in Maui, and the Baltimore relay marathon to benefit the Leukemia and Lymphoma Society.

Her love for fitness later inspired her to open her first health club, Anytime Fitness of Vienna in 2006. Over the past 3 years, Anytime Fitness of Vienna has blossomed into a well established local business. The club's philosophy is to encourage and educate every member on how to achieve and maintain a healthy lifestyle. With the additional 1200 square feet, they will be expanding their cardio section, almost doubling the useable space for the group exercise classes, adding a stretching area and more! During this expansion they are still open and operating; call or stop by today. You can also visit them online at www.viennafitness24.com. 703-255-5035

Do you patronize a local merchant that deserves a spotlight? Tell us! comments@vivatyson.com

PRIMA

HAIR & DAY SPA



Spa Certificates make the perfect gift.

703.848.2640
1420 Beverly Rd, Suite 100, McLean, VA 22101

Experience Prima. Our highly skilled and professionally trained stylists can create the look you desire. Pamper yourself with the esthetic spa and clinical treatments you deserve.

20% Off Professional Salon Services
with Selected Stylists with mention of this ad.
Not available with any other offer or special. Expires 12/31/09.

CREATIVE FRAMING

Skilled Artisans Preserving Heirlooms for Generations



- Custom Archival Frames
- Shadowboxes
- Finishes
- Mats

Located in the Jades Shopping Center
332 West Maple Avenue, Vienna, Virginia 22180
703.938.1281 • www.CreativeFramingVA.com

Receive a courtesy discount with a copy of this advertisement.

The Jewelry Doctor

Platinum & Diamond Boutique
Custom Designers



Unique Handmade
Platinum & 18k
Collection With
A Lifetime Warranty

Gift Certificates
Make the
Perfect Gift

703-255-1330
www.thejewelrydoctorva.com
440 Maple Ave. East
Vienna, VA 22180
FREE Watch Battery
on Wednesdays

Holiday Special
Present this
ad for
25% OFF
all purchases!



Tony Morrell
Certified Master Platinumsmith and Designer since 1976
Mr. Morrell has been working and training in the jewelry and precious metal industry for over 30 years and has created hundreds of original pieces of custom jewelry over that span.

TYSONS AUTO SPECIALTIES

Full service maintenance & repair automotive shop.
We service all **FOREIGN** vehicles as well as
DOMESTIC and LIGHT TRUCKS.



"All our relationships start with a handshake..."
Tom Ivey, Owner

SERVICE SPECIAL

- Oil and Filter Change
- Rotate Tires
- Lubricate Steering & Suspension
- Check all under hood fluid levels
- Air Conditioning performance test
- Visual Inspection of belts & hoses

www.tysonsauto.com

Conveniently located in Tysons Corner just off the Dulles Toll Road, at:
8455-U Tyco Road Vienna, VA 22182
Transportation provided to your work location in the Tysons Area.

703-893-1860
Hours: Mon-Fri 8 am - 5pm
After hours key drop box & forms

OUR CLIENTS SAY IT BEST

"Tom Ivey is my personal mechanic..."
"Outstanding Service and a Pleasant experience..."
Mina F. Reston

"Reliable & honest...I'm glad I found a good mechanic..."
Gary G. Reston

"Great Service, reasonable prices..."
Harry F. McLean

"Tom and his staff are the most trustworthy and competitive mechanics..."
Kevin H. Oakton

"Honest and objective..."
Alan S. Vienna

CAFÉ RENAISSANCE



"The Most Romantic Dinner in Fairfax County"

This intimate setting is perfect for lunch or dinner and for any celebratory occasion. Perfect for that special evening, with that someone special, on that special day. Cafe Renaissance offers an exemplary fine dining experience for you and your guests in a warm and welcoming, yet elegant and sensual ambiance. Serving exquisite continental cuisine with a French and Italian flair with impeccable personal service. Reservations recommended.

163 Glyndon Street SE, Vienna, Virginia 22180
www.CafeRenaissance.com 703-938-3311



DA'S INTRODUCES . . .

- NEW!** **Da's BAR MENU**
3 - 7 pm: Small Plates at Da's Bar -Only \$2.50!
- NEW!** **Da's NEW LUNCH MENU**
Choices From \$6: Pasta, Pizza, Panini, and More!
- NEW!** **Da's EARLY BIRD SPECIAL**
From 4:30 to 6:30 . . . only \$19.95!

Re-Discover Da Domenico.

Elegantly Serving the Finest
 Tuscan Style Italian Cuisine
 For Over Three Decades



1992 Chain Bridge Road
 Tysons Corner
 703.790.9000
www.da-domenico.com



"...just the kind of place every neighborhood should be fortunate enough to have."

Idylwood Grill and Wine Bar

The secret is out!

A variety of traditional American selections with a Mediterranean flair. Seafood, salads, pasta, steak, veal . . . paired with a wine from our diverse, notable, and affordable wine list.

Lunch Monday thru Friday. Dinner Monday thru Saturday.

I guarantee you'll enjoy our wide selection of fine wine and superb cuisine.

Hedi Ben-Abdallah



2190-B Pimmit Drive, Falls Church

(behind Whole Foods on Route 7)

703.992.0915

www.idylwoodgrill.com

Come see what everyone is raving about.

Whether for a romantic dinner, business lunch, or happy hour gathering with friends, Inox Restaurant delivers an energetic and vibrant dining experience.

Enjoy These New Offerings at Inox:

\$28 Prix Fixe Lunch

Pioneering culinary experiences do not have to drain the wallet. At Inox, Chef Jon Mathieson offers a \$28 Prix-Fixe lunch which provides three courses of memorable Modern American cuisine in a quicker lunch timeframe.

5.7.9 & Bar Bites at the Bar

There is no time like Happy Hour to get to know a new restaurant. Inox offers two indulging Happy Hour options. On Monday-Friday from 4:30-7:30pm Inox hosts 5.7.9: \$5 beers, \$7 glasses of wine and a selection of specialty cocktails for \$9. Inox also offers an innovative Bar Bites menu which features small bites of Chef Jon Mathieson's menus. Dishes such as Handcut Frites, Duo of Duck: Samosa and Rillettes and Chicken Drumettes with Bleu Cheese Mousse offer tons of flavor in bite-size portions.

Thanksgiving with Inox

Inox invites you to celebrate the day of thanks with great taste. For the Thanksgiving traditionalists, Chef Jon Mathieson's Roasted Organic Virginia Turkey with Sausage Cornbread Stuffing and Cranberries will set the new standard in Thanksgiving fare. For the adventurous, Seared Venison Loin with Sweet Potato Puree or Maine Diver Scallops with Spaghetti Squash provide exciting options. Inox will also offer a Children's menu full of delicious fare which will keep the kids smiling. Please call for reservations.



INOX
Restaurant

1800 Tysons Boulevard, McLean
703.790.INOX

www.inoxrestaurant.com



PEKING EXPRESS OF VIENNA

Love, Love, Love! Peking Express of Vienna... outstanding selections for lunch and dinner. A neighborhood Chinese restaurant, just down



the street ready to satisfy your craving. Combination platters include Egg Roll and choice of Soups.... Health Food selections with no salt or oil added... authentic appetizers, chicken, shrimp, beef and pork selections. And the Fried Rice or Lo Mein is to die for... Don't miss the Express Specialties... and remember they cater! Office Party Trays are always a hit!

CARRYOUT & FREE DELIVERY
TYSONS, VIENNA, & OAKTON FOR LUNCH & DINNER

PEKING EXPRESS
OF VIENNA

103 Center Street North, Vienna, VA 22180

703-281-2445

www.peking-express.com

BOULEVARD CAFÉ & CATERING

Boulevard Café & Catering is your complete corporate catering service in the Tysons



Corner Area. Think of Boulevard when planning office celebrations, sales and breakfast meetings, office holiday parties, home celebrations, and last minute occasions. So next time you need to plan an event, think Boulevard! They can help you plan your menu with delicious and healthy options. Breakfast, cold luncheon buffets, entrée salads, hot entrees to hors d'oeuvres and desserts, Boulevard is there for you. Complete beverage service available as well. Say hi to Samar.

Boulevard Café & Catering

8180 Greensboro Drive, McLean

703.883.0557

www.BoulevardCafeCatering.com

IRELAND'S FOUR PROVINCES

“Failte”

Ireland's Four Provinces is our area's best venue for everything Irish. Offering traditional Irish fare, Real Black and Tan's and



spirits and an award winning Sunday Brunch, it's the finest Irish hospitality. Live Gaelic Entertainment Friday and Saturday nights. Open daily for lunch and dinner.



105 W. Broad Street. Falls Church, VA 22046

703.534.8999

www.irishusa.com/4ps

CHEF GEOFF'S

Award winning restaurateur and celebrated chef Geoff Tracy has opened his newest venue right here in Tysons



Corner. Patrons are enjoying an exciting selection of contemporary American dishes including fresh salads and seafood, steaks and burgers, pizza and sandwiches all carefully prepared and served in an attentive, but fun and relaxed atmosphere. Famous for their late night specials, Chef Geoff's restaurants are also famous for their sinfully rich desserts, delectable libations (Fabulous wine selection and 30 beers on tap!) and strong community involvement. Visit them in Fairfax Square for lunch, dinner, and life's "special celebrations."

571-282-6003

www.ChefGeoff.com

8045 Leesburg Pike Vienna VA

EVO BISTRO

A wonderful tapas and wine bar in McLean, where friends meet for tapas, laughter, and of course wine. Everyone seems to know one another . . . you feel like you're at a friend's house for a "get-together".



Wine selections are available by the taste with their "enomatic" wine system so you can choose that perfect bottle from their notable, varied and affordable wine list. The Mediterranean influenced tapas are fabulous! Salads, seafood, grilled meats, and don't forget those lamb chops! Driss, Sydney, Jacques, Michael and the gang are ready to welcome you!

EVO BISTRO

1313 Old Chain Bridge Road, Mclean
703-288-4422
www.evobistro.com

RISTORANTE BONAROTI

SINCE 1982....

Affectionately nicknamed "Bonaroti's", Serigo Domestici's classic Italian cuisine has received acclaim from all major magazines and critics in the Washington Metro Area.



Warm and romantic, Bonaroti's is a favorite of Italian and fine dining patrons and enjoys the praise of visiting dignitaries and the stars...you won't be disappointed, we promise...say hi to Sergio...

Ristorante Bonaroti

428 East Maple Avenue. Vienna, Virginia 22180
703.281.7550 || www.BonarotiRestaurant.com

CHUTZPAH DELI



Now in the Tyson's Corner and Fairfax area, Real NY Style Deli is available, and we mean Real! Corned Beef Brisket sliced thin and piled high on Rye.. Spicy Pastrami and Rare Roasted Beef, NY full and half sour pickles, Smoked Fish selection, Fresh Homemade salads, Boar's head brand meat sliced "Your way" to go, and Dr. Brown's Cream Soda. Start out with the real Chicken Noodle Soup with a Matzo Ball and go from there.. Save room for NY desserts to die for. (Real NY Cheesecake, Egg Cream, and Hamantaschen) and real NY Style catering platters for your affairs... I'm getting hungry, and I'm in a New York state of Mind... Open seven days a week... Say hi to Eric and Todd.



CHUTZPAH DELI

8100 Boone Blvd, Vienna Virginia 22182
703.556.3354
www.chutzpahdeli.com

BAZIN'S ON CHURCH

Set on historic Church Street in the heart of Vienna, Bazin's on Church continues to exceed the expectations of our town's most discriminating diners... Patrick's "modern



American Cuisine" is simply "Extraordinary". Appetizers you can make a meal of, Super Entrees and Desserts to die for...and Wines...by the glass or by the bottle...our area's best selection...very reasonable...the most "cork savvy happy hour" in town. Reservations strongly recommended. It's Vienna's New "Hot Spot." Say hi to Julie...



111 Church Street, Northwest. Vienna, VA 22180
703.255.7212
www.BazinsOnChurch.com

Everyone needs a good local mechanic . . .

Hassle Free Service for Your Car All Repairs - Large and Small

Purchasing a used vehicle? Let us check it out for you!

- Experienced ASE Certified Technicians
- Independently owned and operated local business with 40 years of experience.
- State and Emmission Inspections
-average wait time only 15-20 minutes
- Large, clean, kid friendly waiting area.
- No worries about your maintaining your vehicle warranty
- We keep your complete auto repair history.
- 12 month/12,000 mile warranty on all repairs.

PT Auto Experts

Foreign and Domestic Auto/Truck Repair

340 Mill Street NE, Suite A
Vienna, VA 22180

703-281-7506

www.ptautoexpert.com

Make your appointment online!

Monday-Friday
7:00 am to 6:00 pm

Saturdays
8:00 am to 1:00 pm

Free Estimates



Why not the best, for less?

Unisex Haircuts
Styling and Perms
Color
Manicures
Pedicures
Massages
and More . . .

Grand Opening!

Get pampered at our full service spa.
Our color products are the finest in the world,
and never damage your hair.

Jung's Hair Design

8415 Old Courthouse Road, Vienna, Virginia 22182
703.827.7317

English

Happy Holidays!

Arabic

إجازة سعيدة!

Hebrew

חג שמח!

Polish

Wesołych świąt!

Swedish

God Helg!

Russian

С праздником!

French

Joyeuses fêtes !

Spanish

¡Felices Fiestas!

Italian

Auguri!

Portuguese

Festas Felizes!

German

Frohe Feiertage!

Japanese

時候の挨拶を申し上げます。

Chinese (simplified)

节日快乐!

Chinese (traditional)

節日快樂!

Greek

Kalés naptés!

Danish

God ferie!

Stollens Make Christmas Special

Commonly known throughout the world as a Christmas Stollen, this tasty dessert bread is laced with candied fruits and nuts.

It was first baked in Germany and Austria in the 1400s, but at the time people used up their meat and meat by-products, such as butter and milk, before the fasting period of Advent. Because of this, the Stollens of the era were fairly tasteless.

In 1650, bakers in Dresden appealed to Prince Ernst von Sachsen, who successfully petitioned Pope Urban VIII to allow the use of butter before Christmas, creating a rich taste and a lasting baking tradition in seasonal Stollens.

1 1/2 cups milk	1 ounce active dry yeast
1/2 cup granulated sugar	1/2 teaspoon cinnamon
3/4 cup butter	1/2 teaspoon allspice
1/2 teaspoon salt	1/2 cup raisins
2 eggs	1/2 cup candied citrus peel
2 egg yolks	1/2 cup almond slivers
5 2/3 cups all-purpose flour	1/2 cup confectioner's sugar.

Scald milk. Add granulated sugar, butter and salt. Cool to lukewarm. Add 2 whole eggs, and 2 yolks. Mix.

Add to 3 cups flour and yeast in food processor. Process and let rise until double.

Add spices, raisins, citron, almonds, and rest of flour. Process and put on floured board and knead. Let the dough rise in greased bowl.

When risen, cut into 3-4 pieces. Roll each into an oval, butter, and fold in half lengthwise. Put on greased baking sheet, cover, and let rise until double.

Bake at 375 degrees for 25 minutes. Remove to rack. When cool, dust with confectioner's (powdered) sugar.

As an option, the dough may be cut in half and a mixture of marzipan or other filling inserted before baking.



LIKE A GOOD NEIGHBOR,
STATE FARM IS THERE.®
WE LIVE WHERE YOU LIVE.™



For your insurance and financial needs, see State Farm Agent:



Jonna S Wooten
8148 Electric Avenue
Vienna, VA
703-560-7804

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.™

P026038

statefarm.com®
State Farm® • Home Offices: Bloomington, Illinois

04/02

CURRENT CRUISE SPECIALS STARTING AT

Cruise Bahamas!
8 days, 9 nights,
Celebrity Cruises **\$811**

Cruise Mediterranean!
6 days, 7 nights,
Royal Caribbean **\$499**

Cruise Eastern Caribbean!
7 days, 8 nights,
Royal Caribbean **\$699**

Cruise Southern Caribbean!
6 days, 7 nights,
Royal Caribbean **\$899**

Cruise Mediterranean!
6 days, 7 nights,
Royal Caribbean **\$599**



**YOU NAME IT!
WE CAN BOOK IT!**

It's
ALL about
YOU

WE WILL PLAN YOUR
LARGE GROUPS
FAMILY REUNIONS
WEDDINGS &
HONEYMOONS
COMPANY ANNUAL
MEETINGS AT SEA
AND MORE!
Call us Today!

CRUISE PLANNERS

Direct: 703-812-0911

Toll -Free: 1-877-812-0911

www.thecruisenet.com

Ask the Experts



Q. How do I know whether I could qualify for an FHA loan?

A. There are many factors you will need to consider before you pre-qualify for an FHA loan.

You should be able to demonstrate employability, job stability and reliability. This includes holding a steady job for at least two years with the same company or employer and increasing or at least consistent income. You have to verify your income.

Any foreclosures on your record should be at least three years old. The same applies for bankruptcy. Their bottom line is to make sure you have been a good risk for two years or more.

FHA's credit score requirement is somewhat lower than that of other mortgage providers. They would like a credit score of 620 or more, but will consider the cause and your present circumstances if your score is lower. You must have a valid Social Security number. You need to be a legal resident of the United States to qualify. You don't have to be a citizen, but you will have to be in this country legally in order to get the loan.

The home you want to finance should be for your personal residence. A loan for a property you would rent to others will not be considered.

Sometimes first-time buyers have little or no credit history, but FHA will still work with them if they are employed and don't have a huge debt load.

The good news is that you will need less money for a down payment when you finance through FHA than through a traditional mortgage company. They will accept a down payment equal to 3.5 percent of the home's selling price. The interest rates could also be lower than at banks and mortgage companies, resulting in a lower monthly mortgage payment.

The New Normal: Home Buyers Have the Power

The American dream of home ownership is still attainable. In fact, it could be more attainable now than in many years in the past. According to the National Association of Realtors' housing affordability index, homes are more affordable now than at any time since the group started the index in 1970. The affordability index is a measure of the relationship between home prices, mortgage interest rates and family income.

There is a large inventory to choose from, including beautiful homes for sale at bargain prices, foreclosed homes that could be purchased for a fraction of their value, and new homes that are competitively priced. With more choices, buyers could get what they want at a price they can afford. New home builders are even getting into the act with more aggressive pricing. Some advisors recommend looking at completed new homes first. Builders want to clear their inventory of newly built homes.

Mortgage rates are historically low. It's not just the price of a home that reflects affordability, mortgage terms also affect the monthly payment. If you act in November, you can still get an income tax credit of up to \$8,000 if you haven't owned a home within the last three years. The offer may be extended by Congress.

Though many local banks and mortgage companies are asking a down payment of 10 percent and a high credit score, mortgage loans from FHA, the Veterans Administration and Fannie Mae require less. FHA loans are available for a 3.5 percent down payment. They ask a credit score of only 620. Fannie Mae will accept a 3 percent down payment, and the VA may require no down payment on loans up to \$729,000.

All debt is not created equal, say authorities at bankrate.com. While consumers are urged to not to carry large credit card balances, a home mortgage is one of the best uses of credit.

Home buyers have negotiating power and the ability to get loans that will fill their needs and make their wishes of home ownership come true.

Evans Farm

\$1,949,000



This 5 bedroom/5.5 bath home is nestled in the exquisite gated community of EVANS FARM. Gourmet kitchen is appointed with granite counters, a 6-burner Viking stove and Sub-Zero refrigerator. Home is wired with surround sound. A fabulous bar area, rec room and home theater room make the lower level the place for fun & relaxation! Lawn maintenance and snow removal are included.



Susan O'Connor

703-356-3507 Home

703-606-9756 Cell

susanoconnor@mrisc.com



Oakton

\$220,000

Metro Close in the Heart of Vienna/Oakton

- Fabulous
- 1 Bedroom 1 Bath
- New Appliances
- New Washer/Dryer in unit
- New HVAC
- Sunroom
- Laminate Flooring
- Wood Burning Fireplace
- Close to Metro
- Balcony
- Outdoor Pool
- Extra Attic Storage



9977 Oakton Terrace

Oakton, VA 22124

~~The Oakton~~

\$220,000

Contact:

Barbara Hendrickson, ABR, CSP, GRI
Broker

Cell 703-901-9200 or

Office 703-564-4088

www.TeamCRA.com

KELLER WILLIAMS

8521 Leesburg Pike Vienna, VA 22182



A view from the top...

It was only yesterday...(actually fall of 1993), with friends over lunch, that my favorite realtor friend declared the market dead and gone. "Under no circumstances can we recover...what could possibly make this mess turn around?" "It's over!" That was the prevailing sentiment among the group. Visibility nil. Hopelessness abound...some left town...went to Carolina...some to Florida....

It was in the spring of 1994 that my wife and I began looking for the house of our dreams. Our criteria was modest...5 bedrooms, 4.5 baths on a cul de sac, near Tysons Corner, with a yard, high ceilings and skylights, wood floors, large kitchen...you get the picture. And while we had our fears, we also had faith and went ahead and purchased.

I need not tell you how well that purchase worked for us...doubling in value, even in today's market.

Apparently, no one rings a bell at the top of a market and no bell chimes at the bottom either. I never seem to know I'm going through a storm until I look back...usually with regrets that I didn't seize the opportunity to jump on more values. And I say time and time again-believe, believe, believe-you cannot grow a tree without planting a seed.

Our TV and Mass Media may have an investment in our ignorance and fears. "Keep them worried and they'll keep us tuned in." When they report on the markets they always remind us that we need to "Stay tuned." Just think about it...if everything is ok...you're going to play tennis or golf....not sit in front of a TV waiting for the next shoe to fall. And how will they sell diapers or soap without eyeballs?

This is a magnificent time to purchase a home. Selection, price, financing...it's all there. And when we consider the future of our landscape, we get "buy" signal-and it's "flashing."

Consult a seasoned realtor today and explore the opportunities. This window won't stay open very long.

Buy and Sell with Confidence!

25 Years of Experience . . .
in good and tough markets.

Let Us Help YOU with Today's Issues...

Call Us Today . . . We'll buy the coffee!



The Tysons Group

Johnny Hanna

703-585-3354

calamitymedia@aol.com

www.ViennaVirginia.com



Everywhere you turn these days you hear something about eco-friendly living. Green interior design is definitely gaining momentum! Many homeowners are aware of the conservation benefits of energy efficient appliances, dual flush toilets and double paned windows. However, there are many more layers involved when creating a green ecosystem inside your home. To aid homeowners in this quest, I review the latest trends in green interior design materials.

Because we hermetically seal ourselves inside our homes, indoor air quality can be up to ten times worse than the exterior air we breathe. To improve this situation we reduce the amount of toxic emissions inside our homes or Volatile Organic Compounds (VOCs). Many products in our homes release VOCs—carpets, adhesives, composite wood products, paints, caulks, solvents, upholstery fabrics, varnishes and vinyl floors. In addition to reducing VOCs, “going green” means selecting products that are made from sustainable, reusable and/or recyclable materials.

Low Budget Green Options. One of the least expensive ways to go eco-friendly is to use low or no VOC paints like Benjamin Moore’s Natura. In addition, it is important to select eco-healthy mattresses made from natural latex, organic cotton, and organic wool with no off-gassing chemicals, no pesticide residues, and no flame retardants like those sold by Savvy Rest. Bamboo and organic cotton bedding and towels, along with sheets made of seaweed-based fibers, also significantly reduce toxins in your home. Private Quarters carries a great line of these non-toxic products. A final way to “go green” on a budget is to use eco-friendly upholstery and drapery fabrics like those sold by Knoll Textiles, as well as using

eco-conscious wallpapers and wall coverings.

Medium to High Budget Green Options. Some of the more expensive green interior design options include eliminating formaldehyde based adhesives and replacing cabinets, flooring, insulation, counter tops and furniture with reclaimed, sustainable or recyclable sources. For kitchen cabinets there are several eco-friendly lines available—Green Quest by Crystal and Robin Wilson Home by Holiday Kitchens are just a few.

Bamboo, cork, reclaimed wood and natural rubber offer green alternatives to traditional carpet flooring. If you prefer carpet, you can reduce toxins by selecting carpets made out of sustainable or recycled materials with a natural-fiber backing and less-toxic adhesives. Contempo Floor Coverings sells a variety of these healthier options. If you do purchase a traditional wood floor, be sure to select one that has been certified by the Forest Stewardship Council (FCS). Another higher-priced construction option is to replace traditional fiberglass insulation with recycled blue jeans and soy insulation—thereby reducing your home’s internal toxicity.

Finally, for counter tops, the best eco-conscious options include reclaimed wood, Ice Stone (recycled glass/concrete), Paper Stone (recycled paper), Suberra Cork (compressed/recycled cork), Rich Lite (paper-based composite), slate and Eco by Constantino (recycled glass/metals/ mirror/porcelain/corn).

These are just some of the options available to homeowner’s as they look to make their homes more environmentally sound in 2010 and beyond. To examine all your options, an experienced interior designer can help sort through the numerous options available. Finding someone local that is familiar with available materials and how they fare in our region, along with a LEED green certification is a good start to making the right green choices in your home.

The Latest Buzz in Green Interiors

by Denise Willard



Decor by Denise is a full service interior design firm located in Vienna, VA. With over a decade of experience in the DC metro area, Decor by Denise has been showcased in Home & Design Magazine, Washington Home & Garden, The Washingtonian, Elan and The Washington Post.
www.DecorbyDenise.com • 703-714-7343 • info@decorbydenise.com



MHBR#3588

CAT SMELL. AVOCADO APPLIANCES. BATHROOMS THE SIZE OF CLOSETS.
JUST A FEW OF THE AMENITIES WE DON'T OFFER.



What's the most exciting part of buying a new home? The new part. Because unlike an older home, a new home is a blank canvas. A clean slate. No outdated design decisions to reverse. No renovations required to make it work for your lifestyle.

At Stanley Martin Homes, we take the best of traditional home design—the great structure and attention to detail—and update it for today. Our floor plans are open and flowing to make the most of every square foot. We use high quality materials throughout. And we offer all kinds of upgraded fixtures and finishes standard, many of which you can choose yourself so your home fits your style from the moment you move in.

Because everyone deserves to find their own dream home. Not the previous owner's cat's.



STANLEY MARTIN HOMES

stanleymartinhomes.com 1-800-446-4807 Realtors warmly welcomed.

YOU CAN AFFORD TO BUY NEW CLOSE TO DC. REALLY.

Visit us today to learn more about our move-in ready homes.



Townhomes in Alexandria
From the Upper \$500s
N. Beauregard St. & Armistead St.
703.333.2052

BEAUREGARD STATION

2-Car Garage • 3 Bedrooms
2 Full and 2 1/2 Baths to 3 Full and 1 1/2 Baths
Final Opportunity-Limited Homes Available



Townhomes in Fairfax
From the Mid \$500s
Blake Ln. & Kingsbridge Dr.
703.591.1180

KENDALL SQUARE

2-Car Garage • 2-3 Bedrooms
2 1/2 to 3 1/2 Baths • Rooftop Terrace



Townhomes in Arlington
From the Low \$500s
Four Mile Run Dr. & Shirlington Rd.
703.920.1203

SHIRLINGTON CREST

2-Car Garage • 2-3 Bedrooms
2 Full and 2 1/2 Baths to 3 Full and 1 1/2 Baths

Prices, availability and features subject to change.

There is a lot of work visible around Tysons. Anyone who drives along the 11.5 mile alignment of Phase 1 of the Dulles Corridor Metrorail Project will now see construction work all along the entire rail route – from the I-66/Dulles Connector Road interchange westward to Route 123, then along Route 7, and finally the median of the Dulles International Airport Access Road to Wiehle Avenue. Here is the latest on the rail construction and how it will affect our traffic in the foreseeable future.



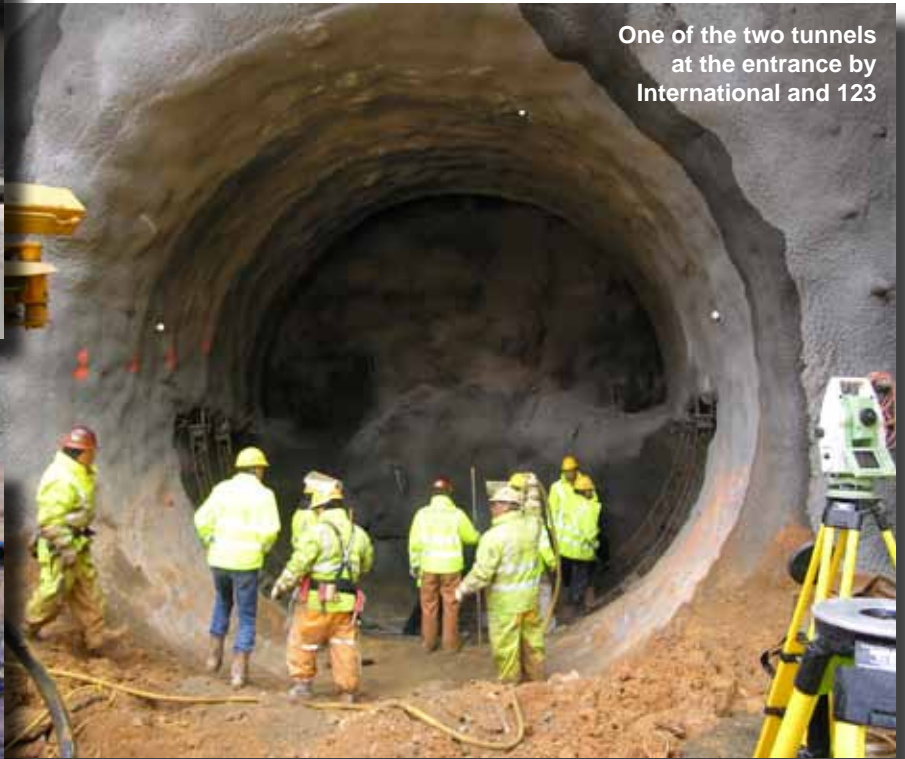
On Oct. 26, the rail project team hosted representatives of area businesses to a meeting to discuss the upcoming road shifts and schedule information for work along Routes 7 and 123. The most significant road shifts will begin along the medians of Route 7 where service roads will disappear so crews can widen the lanes of Route 7 to make room for Metro station construction in the median. This work is underway near the Koons GM dealership and Wendy's at Route 7 and 123. In fact, access to the GM dealership is now available only via Route 123. Other businesses will be affected, but access to them will always remain available. There will be some getting used to the new traffic patterns during the next year.

Construction Traffic Update

- When the service roads soon disappear, most of the existing entrances to properties along Route 7 will remain, but there will be right turns only onto Route 7.
- All crossings of Route 7 from the Toll Road to 123 will be closed permanently except for those crossing at a traffic lights: Gosnell/Westpark, Spring Hill Road and Tyco Road. This means that left turns and U-turns will only be allowed at these intersections. Additional left turn/U-turn lanes are to be provided at those lights.
- Between now and March, 2010, Route 7 will be expanded and rerouted in front of Marshall's to allow for station construction in the median of Route 7.
- There will be retaining walls built to allow this expansion since the elevation of Route 7 is much higher than the parking areas in front of the properties that front Route 7.
- Constant adjustments are being made and will continue to be made to allow for better lines of site, turning radius' and other safety concerns as traffic patterns change.
- "What's the big secret? All the fences are screened so we can't see the progress!" There is a reason for the screening. This project entails some visually striking and interesting sights. The last thing needed in our area is rubber-necking trying to get a glimpse of the tunnel, the heavy equipment, or other sights that may distract from the normal movement of traffic.

Some additional traffic relief:

During the holiday mall traffic rush from November 20 until January, expect the two now closed left lanes at 123 and the Beltway to be reopened. Don't get too excited, they will close again as work continues on Hot Lanes and Metro. Free Connector Bus service is being planned starting November 23 through 2013 to help keep some of the "within" Tysons traffic under control. It should allow for service in ten minute intervals. Details will be announced soon.



One of the two tunnels
at the entrance by
International and 123

Metro Construction Update

The project has a hotline to report any construction-related emergencies or concerns: 877-858-6789.

Businesses, civic organizations, churches or schools interested in learning more about the rail project and the changes coming to this area or in scheduling a presentation, should call 703-572-0506 or e-mail Jessica.Labukas@DullesMetro.com

On Oct. 12, excavation of the tunnel portion of the rail line beneath the Route 7 and 123 interchange began. The tunnel will include two 2,400 foot long tubes (for future inbound and outbound trains) from Route 123 and International Drive, near the Courtyard Marriott Hotel, to the median of Route 7 near the Marshall's Shopping Center. It is being built using a complex tunneling method that excavates in small, sequential portions while using re-enforced concrete to stabilize the openings.

In the median of the Dulles Connector Road, near the I-66 interchange, caissons and piles that support the foundations for at-grade and aerial track work are also beginning to sprout out of the ground. The work along the connector is from the existing rail connection just west of the East Falls Church Station to Route 123.

Just west of Wiehle Avenue in the median of the Dulles Airport Access Highway, work is beginning on tracks and the future Wiehle Avenue Station site. Rail work can obviously be seen all along the Dulles Access Road Median from Route 7 to Wiehle Avenue.

Work on the foundations of all five new Metro stations (Wiehle Avenue and four in Tysons) is also beginning over the next three to six months. In Tysons Corner, preparation for foundation work is already underway at the Tysons East Station at Route 123 and Scott's Crossing, near the Capital One complex and the Gates of McLean residential area.

Next year you will see the additional foundations and caissons that will raise the train over the Beltway along Route 123. This will be a coordinated effort as the Hot Lane construction continues.

Utility relocation work along Route 7, ongoing for the past year and a half, will continue through Spring 2010. Crews are rerouting 21 different utilities, installing underground duct banks and manholes to provide the infrastructure for utility companies to run their lines. Once the infrastructure is completed, the utility work will mostly be contained within these manholes as lines are pulled through the underground conduits.

Keep your chin up. Phase 1 through our area will be complete in 2013. We'll keep you updated until then.

UNIQUE LOCAL GIFT IDEAS

No one can write the all encompassing gift guide, but we found a few unique items to consider for those on your list that can be found around the corner or just down the street. Something different, something special, something that may just be the right fit. We hope this helps get the creative juices flowing so that the next gift you give will be a memorable one.

Saraye Purses from Cambodia



Made from the tallest grasses of the Mekong River Delta, Hand dyed and woven into unique color texture combinations. The signature curve gently fits the body creating a purse that is light, comfortable and exotic. By the way, "Saraye" is a beautiful sounding word that translates as "woman" in Khmer, the Cambodian language and rhymes closely with "today". It is our desire that our purses help to create an equally beautiful experience for you - our distinguished, tasteful, and discerning customers! From \$28. Available at Black Eyed Susan at 132 Church Street in Vienna 703-937-0026

A store of local uniqueness . . .

The display of local artists' crafts is diverse and exceptional. Jewelry, pottery, clothing, accessories even this exquisite locally made chess set designed by Carolyn Cavanaugh. Take a stroll and explore the many works of talented craftsmen. Chess set as shown, \$250 The Artisans, 1368 Chain Bridge Road, Mclean 703-506-0158



Cycling enthusiast on your list?

Can't shell out for a new bike right now for that special someone? Purchase a stylish Bikes@Vienna sweatshirt and receive a 20% "Employee Discount" on parts and accessories whenever the purchaser wears it and shops there from Christmas through April 1, 2010, just \$35. bikes@vienna 128 A Church Street, Vienna 703-938-8900 www.bikesatvienna.com



For the fitness fanatic . . .

'Tis the season for coughs, cold, flu, viruses, so protect yourself and your friends from those germs that grow at the gym with a new Groovy Collection SKIDLESS by Yogitoes! It's not a mat . . . It's not a towel . . . It's a SKIDLESS! The ORIGINAL tool that provides a slip-free, hygienic layer between you and your mat, SKIDLESS® PREMIUM is made with mother-earth friendly eco-nubs that grip any surface, enabling a steadier practice. Super absorbent and quick-drying . . . Easy to care - machine wash/dry . . . Lightweight & travel-friendly - so you can leave your mat and pack your SKIDLESS® instead. \$60 Available at Dress To Sweat. They carry full lines of functional and fashionable fitness wear and accessories. Call Lynn at 703-587-5953 www.DressToSweat.com



For the man on your list:

Get real! Your husband, dad, brother, boss or best friend doesn't want another crappy tie. Instead get them something truly original, something that will relax them and even make them feel like a "big shot". Gift Cards come packaged in a handsome box with a note detailing the exact services being gifted from thier signature shave and haircuts to the "Supreme Court" package of pampering. From \$58. Cards can be used at their downtown D.C or Virginia locations. Tysons Galleria upper level 703.288.0355 www.groominglounge.com





The Perfect Gift Arrangement . . .

Assorted unique gift arrangements personalized by Denise. Belgian gourmet chocolates, roasted nuts, assorted sweets and savory. Beautiful as well as delicious. Perfect for holiday giving. Choices starting at \$20. Star Nut Gourmet 1445 Laughlin Avenue, McLean 703-749-9090 www.starnutgourmet.com

A one of a kind piece around your neck.

A custom made necklace created by Vivian Abell. A Vienna native since 1972, this local craftsman is associated with the Red Caboose Gallery and Vienna Studio School. Vivian chose this special vintage inspired piece to show in the magazine from her collection of custom beaded jewelry. This necklace priced at \$50. Vivian Abell (703) 343-0271 vivianabell@yahoo.com



Matin Toile Bucket Bag

The best of French Country in our fresh fabrics, with the easy style to take you wherever you're going all season long. Canvas handles. Magnetic closure. From \$80. At Pierre Deux, 8065 Leesburg Pike in Fairfax Square 703.442.9111 www.pierredeux.com



Create, then enjoy, the perfect gourmet meal . . .

Here is a place for those who love to eat, cook, and entertain. Be a guest, a student, a client, or all of the above at this commercial kitchen available for your next meal or cooking adventure. Get a certificate for a 3 hour participatory cooking class with a professional chef where you eat what you create! A great gift for those who wish to experience a joyous culinary journey. \$75 Open Kitchen, 7115 Leesburg Pike, Falls Church 703-942-8148 www.openkitchen-dcmetro.com



Give the Gift of Good Health . . .

Know someone whose been procrastinating about getting into shape? Entice them off the couch and into the gym. Certificates to this unique always open health club can be for a monetary amount or for a specific number of months. No more excuses. Anytime Fitness, 111 Church Street, Vienna 703-255-5035 www.anytimefitness24.com



For the little princess:

Designed by a princess for a princess. The Priti organic & non-toxic nail care lines are turning heads these days. The Priti Princess Kits are perfect gift for those concerned with the toxicity found in many beauty products. Each kit includes a set of 3 polishes and one soy based remover in each box. They even glow in the dark. \$30 Available at Studio Organics, a pure and chic beauty boutique, 123 Church Street, Vienna 571-214-8689 www.StudioOrganics.com



And for that special pet: Days of Whine and Noses . . .

From Bark Vineyards in Scottsdale Az...a gourmet treat experience for the canine or feline who receives a bottle of White Sniff-N-Tail, Barkundy, Pinot-Leasheo, Sauvignon-Bark, Johnny Barker Black or Meowlot...pour evenly over a meal and watch as your furry friend savors the delicious bouquet and unique flavors...Whine not? Starting at \$10.99 From Vienna Pet Spaw, 101 Church Street, Vienna 703-319-7729 www.viennapetspaw.com

The Credit Management Minute...

Tips on Choosing a Financial Advisor

With knowledge and a commitment to create and execute a financial plan, most people can adequately manage their own personal finances. Even so, there are often circumstances where individuals don't have the time and passion or recognize that they have a complicated situation that may need the guidance of a financial advisor. For those people, it is extremely important to choose someone that truly will be an excellent resource for their needs.

Determine Your Needs

When searching for a financial advisor, there are two steps to take in finding an advisor who will most benefit your specific situation. First, sit back and take stock of exactly what the purpose of your money is. What time period are you looking at? What needs to happen with this money? What am I not willing to see happen? Second, ask yourself this question, "if I could wave a magic wand and create the ideal advisor, what would he or she do for me and what qualifications would they have?"

Different planners have different areas of expertise, so it is important that you work with a person who can add value to your situation. More specifically, ask about their professional investment and financial planning experience (not less than ten years of industry experience and has attained the CFP™ designation which is most widely recognized), compensation structure (try to avoid a commission based environment which can lack objectivity), communication (hopefully proactive and systematic with performance reporting standard), and that the advisor takes a comprehensive approach to personal financial planning and can review the four necessarily interrelated areas of personal finance (investment, tax,

estate planning and insurance).

Ask for referrals and references

It is not always easy to talk with friends, family or colleagues about finances. However, one of the best ways to find a potential planner is by bringing up the subject in conversation. If they have found value in their relationship with their financial advisor, typically they will want for you to share in that value as well and will feel comfortable referring you to the person they are working with. Furthermore, even

if you don't have the chance to talk to friends about it, if you have an accountant or attorney you trust, you may find it easier to reach out to them. They typically tend to work with a couple financial advisors in their area which they trust to have as financial advisors for their clients. Lastly, a good resource on the

web for finding an advisor in your area is www.cfp.net.

References are tricky in that they tend to be all rosy and you don't get to hear from Mrs. Jones who had all her money invested in ways that lost her a lot of money or felt unimportant and ignored. I suggest that you ask the advisor you are interviewing how many client relationships they have. Then ask to see a complete list of them. If they will allow you to choose references randomly from this list, it would indicate two important things: The advisor is confident about their client relationships and they have not "cherry picked" their references.



Christopher Krell, CFP®, RFC, CFS- Senior Vice President

Investment Advisory Services Offered Through

Cassaday & Company, Inc.

8180 Greensboro Drive, Suite 1180, McLean VA 22102

(703) 506-8200 www.cassaday.com

Securities Offered Through
Royal Alliance Assoc. Member FINRA SIPC, An Unaffiliated Third Party

Save with 21st Century Christmas Lights

LEDs on an outdoor tree can save money for years. They cost more, but last years longer and save big bucks on your electric bill. For an outdoor Christmas tree, light emitting diodes (LEDs) are a good choice. They use up to 90 percent less energy than traditional lights and have lifespans of up to 50,000 hours outside and double that inside. They are cool to the touch so it's easy to rearrange them on any tree. Some homeowners leave LEDs on a yard or patio tree that can be lit for special occasions throughout the year. They are available in all the traditional Christmas colors and in multicolor strings.

Dicker online for a GM car

General Motors and eBay have a pilot program that lets customers negotiate online with dealers. For now, the program only works in California. GM would like to roll it out nationwide. Stay tuned, as the automaker will soon make it available in other states. Take a look at gm.ebay.com. Customers can scroll through thousands of vehicles (except Cadillacs) on 225 of GM's dealer lots. The listings include a "buy now" price but the customer has the option of entering into an online negotiation with the dealer.

Other Money Savers:

* Reduce your property taxes for years to come. Get an accurate appraisal on your home. Many homes have decreased significantly in value but are still assessed at higher values. Take a look around the neighborhood and see what other houses have sold for. If you think your home is overassessed, it may be worth a few hundred dollars for a certified appraisal based on closeby home sales to take to the Assessor's Office at Fairfax County for a tax assessment appeal. See all the details about assessment reductions at www.fairfaxcounty.gov.

* Increase your income tax exemptions. It's nice to get \$2,000 or \$3,000 back in a tax refund, but it means you are giving Uncle Sam an interest-free loan. Reduce your exemptions to the proper number, and you can use the extra money in your paycheck to reduce credit card debt. At high credit card interest rates, you will end up saving a lot.

Help for Grads with Student Loans

Unemployed or underemployed college graduates can now get help that will keep them from defaulting on their student loans.

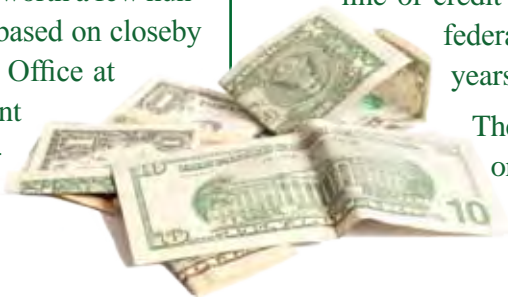
* A new government program allows borrowers with federal student loans to sign up for a repayment plan that caps payments based on income. Thousands who have loans through the federal Direct Loan Program have applied for the repayment plan.

* Borrowers with federal student loans can postpone payments for a specific period of time by applying for deferment or forbearance. But, depending on the type of loan, interest may accrue during that period.

Those who qualify won't have to spend more than 10 percent of their income on loan payments. Those below 150 percent of the poverty level won't have to make any payment, according to the Project on Student Debt.

*BridgeSpan Financial of Washington, D.C., offers the SafeStart program. For a payment of \$40 to \$60 per \$1,000 of student debt, it provides an interest-free line of credit that borrowers can use to repay federal student loans for up to five years after graduation.

The graduate must be unemployed or have loan payments that exceed 10 percent of income.



"Good manners will often take people where neither money nor education will take them." -Fanny Jackson Coppin



Quality Hardwoods
Oak - Cherry - Maple
Walnut & Exotics

VIENNA HARDWOODS

QUALITY HARDWOOD LUMBER SINCE 1982

Specializing in genuine exotic hardwood lumber from all over the world. We supply and install a large variety of quality finished and pre-finished hardwood flooring.

Come see the wide selection of products in our showroom and warehouse.

241 MILL STREET NE, VIENNA
MON-FRI 9-5, SAT 9-4

WWW.VIENNAHARDWOOD.COM

ESTIMATES ARE ALWAYS FREE.

(703) 255-9663

It happened last Labor Day weekend. Chris Guerre and his wife Sara opened Maple Avenue Market at 128 Maple Avenue East in Vienna. Formerly occupied by Vienna Bargains, this space has been transformed into a true local market. Fruit, vegetables, herbs, beef, bison, poultry, unique charcuterie, salsas and spices, along with a great selection of local cheeses and other dairy products make this a one of a kind find in the area. The simple layout, salvaged and repainted barn doors used as wall coverings, apples displayed in picking crates, the unassuming deli case filled with delectables, and the handwritten chalkboard signs truly give you the feel of a country market.

Chris has partnered with friends who are local farmers, producers, and manufacturers of fresh, organic, and most of all, local products. Most of what you find in the store comes from farms within about an hours drive from here. These small purveyors don't have the clout to sell to the large mega-marts, and Maple Avenue Market provides them the venue to get the fresh results of their passion to your kitchen. And quite an offering it is. Deliveries of products are truly scheduled as things are produced. The bison choices were limited the day this article was written, Chris mentioned he might need to go out to Buffalo Ridge Farm to help get the bison in the truck for the slaughter house. You can't get much fresher than that. You would be hard pressed to find a larger selection of apple varieties, and the unique charcuterie from Stachowski including pâtés, sausages, brat wursts, and the variety of products from Bigg Riggs like organic bloody Mary mix, peach-berry preserves, apple butter and sweet onion wing sauce will delight the foodie in you.

The business started out as a mobile gourmet market (it is still operating and based at the market). Literally a truck travelling to farmer's markets offering fresh, gourmet and when possible, organic products. Opening a store doesn't limit you just to when farmer's markets are open. Currently open Wednesday through Sunday, but as the farmer's markets start closing for the winter, the store hours will expand. You will usually see Chris, his wife, mother, or cousin working the store themselves.

Where does your food come from? Asking this question is now becoming more of a trend. People are better aware of what they are eating. We are all learning more about what we should expect from our food. Why is grass fed beef better? Why are hormones in dairy products? Supporting the local economy and farmers, keeping the carbon cost of transporting food low, eating more healthy and using more flavorful food products are just a few reasons behind opening this store. As Chris points out, "we are in an age of wellness, family and community". Observations like these keeps his passion for his business going. He doesn't see a store like this as a risk, but more of an opportunity to bring to the community what he honestly believes in. His mission is clearly written on the chalkboard at the front of the store: "Maple Avenue Market is for foodies, families and locavores who care about where our food comes from."

Stop in soon and see what it is all about. Browse the selections and ask some questions. Have a chat with the proprietor. You'll probably learn something, or at least have a better understanding of why buying local helps us all in many ways.

128 Maple avenue East, Vienna. Parking in the rear. Fall hours are now M-F 10 to 7; Sat 9 to 8; sun 9 to 6. Hours may vary by season so call (703)957-9348



GIFT GIVING TIPS



Need a last minute gift for a host/hostess?

You can't go wrong with sweets. A fabulous dessert at a local bakery or a dozen truffles at a confectionery make a perfectly appropriate gift . . . *even if bought at the last minute.*



Reciprocity is not quid quo pro!

Don't feel guilty because you unexpectedly received a gift from someone and for whom you have none (and didn't plan on one) in return. Be gracious, thank them and then write a thank you note for the gift. (please note, this tip is obviously not intended for the spouse or significant other . . .)

AVOID:

Don't give one that says the recipient needs to be improved, such as a treadmill, or a book on time management.

Avoid giving a gift that needs to be assembled, like a bicycle that's in parts (put it together first!) or anything that comes in many pieces (unless it's a puzzle!).

Never give a living creature to children without first discussing it with their parents, or to an adult that you are not certain will appreciate it. The person might not want to take care of it and will just give it away.

Don't disguise an item that will be used by the whole family as an individual gift. Give a gift that is for that person only. A new flat screen TV that all will enjoy is not a gift for your wife.



When receiving gifts, no matter how horrendous, thank the person for his/her generosity and don't let on that you don't like the gift.

Follow-up with a thank you note, and then do what you must with the awful gift. Throw it out, return it to the store, or put it in the pile of future garage sale fodder. Remember to always practice your poker face for when you open gifts. Remember: this person took the time to buy you something nice (or at least what he/she thinks is something nice). You owe him or her the courtesy of at least acting pleased upon the gift's receipt.



Don't shop for yourself when buying for someone else! While this may be fun for you, keep in mind that not everyone shares your favorite color, taste in decor, fashion sense, choice of literature or sports preferences.

Don't be guided by stereotypes. Not every girl loves pink, frilly clothing. Not every boy wants a football. There are women who would choose an electronic gadget over a necklace any day of the week, and men who would much rather receive a good book than a ticket to a boxing match.

Don't assume pet owners like pet-themed knick-knacks. They might not have much use for that dachshund poster or those cat napkin rings.

Don't buy generic! If you're attending a gift exchange, there's nothing wrong with this but if you're buying for a specific individual, avoid coffee mugs, baseball caps, mouse pads and so on... unless you KNOW it's on their wish list.

**Your wedding . . .
Your son's wedding . . .
Your daughter's wedding . . .
That special evening . . .
A night on the town . . .**

Feel confident and comfortable on the dance floor. Have a good time!

A dance lesson is great for your health, self confidence, your social life, but most of all . . . *it is just plain fun.*

No excuses. We accommodate. *Don't sit this one out!*

Give us a call today.

**Holiday Gift Certificates
Now Available.**



Arthur Murray makes learning to dance easier than anyone. Our trained professionals can make you feel at home in the friendly atmosphere of an Arthur Murray Dance studio . . . *leading you to feel comfortable on any dance floor with any dance partner.*

"HOLIDAY SPECIAL"

Only \$49.00

**Includes:
2 Private Lessons
1 Group Lesson
and
1 Practice Lesson**

Offer good for 1st time students only at the Tysons location.



703.556.0088

**Conveniently located in Tysons Corner
8603 Westwood Center Drive, Suite 205, Vienna VA 22182**

**My trainer knew I
could lose 10 pounds
before I did....**



1 Client 1 Trainer 1 Goal™



**FORGET THE FAD DIETS.
FORGET THE GIMMICKS.**

Get results with a Fitness Together personal trainer.

I was hoping a personal trainer could help me lose a few pounds, Maybe tighten up my midsection a bit. I had no idea that, at 47, I could get into the best shape of my life. It didn't happen overnight — and I've tried enough diets and gimmicks to know that it can't. But it can happen. Because you're stronger than you know. And the right trainer can prove it to you. I found that trainer at Fitness Together.

**Get on track! Start today! Don't gain the
same holiday weight again this year!
Qualifies for most FSA spending plans!**

Get a
FREE
personal
training session
(a \$65 Value)

**Fitness Together Tysons
Rob Graveline, M.Ed.**

2235 Cedar Lane Suite 102
Vienna, VA 22182
(Conveniently located just off Gallows Road)

www.FTtysons.com

Call **703.289.9909** today to get started

**PRIVATE TRAINING
GETS RESULTS**





Sante Fe, Sarasota, SohoVienna?

Our area has become a local haven for talented local artists, studios, and galleries. Supporting the arts locally helps make communities vibrant, interesting, and enlightened. We take a look at a passionate group of gallery/studio owners in historic Vienna and spotlight the non-profit organizations supporting and promoting art around Tysons.

Five Brave Women Form New Arts Alliance in Historic Downtown Vienna

Recession blues are not stopping these five brave women from pursuing their dreams of operating an art business in the heart of historic downtown Vienna, Virginia. In the past year and a half, five businesses: Ayrhill Gallery, Maverick Mosaics, The Soundry, Applegate Gallery and Red Caboose Gallery & the Vienna Studio School have opened their doors to the Vienna community. Each business has a unique vision and mission. Collectively they have formed an alliance, the Arts Alliance of Vienna, which they call "the AAV" to invigorate an awareness and growth of a township style community arts scene. AAV's mission is to develop a creative culture of art businesses and artists and give back to their community by hosting charitable events. Operation Pine Cone is one of those community outreach programs that the five are involved with this fall. OPC Supports Our Service Members and Their Families and AAV will be collecting holiday cards and notes to be forwarded by OPC in December. For more information on OPC www.operationpinecone.org, for details and to be added to AAV's mailing list please go to www.joanmariegiampa.com/Arts-alliance-Vienna/index.



**We spotlight
these five
galleries on the
next two pages.**

"Art washes away from the soul the dust of everyday life." Pablo Picasso.

Ayr Hill Gallery is a fine arts gallery that features painting and sculpture, and glass of nationally known and contemporary and emerging local American artists. In addition, the gallery is pleased to offer a small collection of exclusive wearable art and estate jewelry. We are located



in the heart of the town of Vienna, Virginia, at 141 Historic Church Street. The name of the gallery reflects the town's heritage—the area which is now Vienna was known as Ayr Hill for about 90 years, until the late 1850s. Vienna resident Gail Roberts is the owner and director of Ayr Hill Gallery. She received her Bachelors degree in Art History and Masters of Public Administration from George Mason University. Ms. Roberts worked previously at the National Gallery of Art, Smithsonian Archives of American Art, and National Museum of American Art, and also as an art consultant in Great Falls, Virginia. Ayr Hill Gallery is proud to have provided work in various local and Vienna homes and public domains from California to Delaware. Additionally, Ayr Hill Gallery will be partnering with the nonprofit organization, Eagles Watch Foundation, to provide Art Therapy Classes to Military children and families as well as the general public in the rear of the gallery. Gallery hours are 11-5 Tuesday-Saturday, and by appointment or by chance, Sundays. For more information, please contact, Gail Roberts at 703-938-3880 www.ayrhillgallery.com

Maverick Mosaics is an educational art studio, dedicated to nurturing and expanding creative expression through the art of mosaics. Maverick Mosaics creates public and private commissions in its ongoing mission to further expand the awareness and appreciation of mosaics as an art form. Voted "Best Arts & Crafts Studio" Northern Virginia Magazine, June 2009.

Owned and operated by Bonnie Fitzgerald, Maverick Mosaics offers classes for all ages and skill levels. They also host regular "open studio" times, a unique opportunity for anyone to take part in a community of like-minded people who are passionate to learn and to create mosaic art. Open Studio is an on-going opportunity where multi-level students work on projects in various stages of completion.

After 10 years working from a small home studio Maverick Mosaics moved their studio to historic Church Street, a search that went on for several years for just the right location. Creating a sense of community is the foundation of Maverick's business.

In addition to on-going classes and open studio times Maverick Mosaics brings visiting artists from around the world to teach specialized workshops. Visiting artists include faculty from the Chicago Mosaic School, the Institute of Mosaic Art (Oakland, California) and Liana Shafer, a cultural treasure living in Israel. Ms. Fitzgerald is a graduate of New College in Sarasota, Florida with a B.A. in Humanities, her focus in college was monumental sculpture. In 2006 she earned Master in Mosaico certification at Orsoni Smalti Veneziani in Venice, Italy and has taken numerous other continuing education courses and workshops including programs at UCLA, USC, The Corcoran School of Art, Smithsonian Institution and has studied extensively with world-renowned mosaic artists. www.maverickmosaics.com



MAVERICK MOSAICS



Applegate Gallery (formerly Oakton Art & Framing) has been open for 5.5 years, 1 year in its current location. We moved from our old location to Church street specifically because of the preponderance of art in the area. Our gallery carries all local artists and all original artwork by those artists. We carry a wide range of media including oil and acrylic paintings, photography, lithographs, etchings, woodblock prints, mixed media works and pen & ink. The Owner's own background is in the arts. Besides framing for the past 10 years, Sara Applegate has a bachelors of Fine Arts in printmaking from the Maryland Institute College of Art. Her own work shows in the gallery as well.

She loves framing, came into it on a whim, and originally opened her shop to be able to see artwork every day and support the huge artist's community that we have locally. www.applegateframing.com



The Soundry, not even a year old, was a dream of Jennifer Crawford and her husband, Thor Berglie. After 2 years of looking for a space to house an artist community and coffee house, they were getting increasingly discouraged. "Most of the industrial areas were either being bought up by developers or were in areas we just didn't feel were safe. We eventually stumbled on our current location while walking on the bike trail. I liked that we would be on the bike trail and that we could attract bikers and walkers into the coffee shop and gallery," says Crawford.

Although Crawford had been an entrepreneur since the age of nineteen, she had never owned a brick and mortar business, much less converted a garage. "There wasn't a book to tell us how to do it and no one could tell us how much the build out would cost. In the meantime, the economy collapsed and the banks that admired our business plan, ultimately wouldn't give us a loan. There were a never ending list of obstacles—eventually, pure stubbornness prevailed and we cut our budget, depleted our savings and went for it. It took us a year and 13 days to open the doors.

A former auto body shop, The Soundry is now home to a coffee house, working studio space, rehearsal space, classroom, industrial art gallery and even a stage. Described as a "gym" for creative people, The Soundry is both a private club for its member artists and musicians as well as an intriguing space for the public. The Soundry is proud of its "underground" reputation and was even featured in the Washington Post for its underground nightlife which includes weekly open mics, record listening parties, affordable workshops, bluegrass jams and a poetry night.

Simply put, the mission of The Soundry is to get artists, indie crafters and musicians out of their basements and into the community by providing affordable space and support. It helps the artists and it benefits the community at large. We're for people who want to start taking their art more seriously, and for people who want to support that expression in our community. www.thesoundry.net



The Soundry

And finally, the baby on the block,

Red Caboose Gallery & Vienna Studio School Artist, owner and teacher, Joan Marie Giampa, opened her gallery this past August with a sixteen year retrospective. Giampa, a veteran of the DC arts scene, is known for her exhibitions such as "The Smell of Colors" and "13 Fish" at the Foundry Gallery in DuPont circle. Giampa has been exhibiting her work professionally since 1993. Her work is in private collections throughout the United States and Europe. Last year she was selected to be in Mary Washington University's annual Mid-Atlantic Painting Exhibition. The exhibition was curated by John Ravenal, curator for the Virginia Museum of Fine Arts. Another exhibition I was invited to display my work in last year was "Virginia Painters Process Unveiled", Rawls Museum, Courtland Virginia. Over the past several years, Joan has been working on a series of images called "Earth Objects". The objects, usually pods, are collected during my walks through the woods in the early morning. Recently the work has evolved into a process I call "Image Archaeology". My new work is more focused on the origins of the found object in its native environment and the organic patterns

found within the object. I am passionate about the structure of design in nature and the underlying structure of painting. The Red Caboose Gallery will feature emerging regional and national artists. Giampa is especially interested in showing recent MFA, graduates from area schools.

Giampa call hers Studio School "a fine arts school for the new millennium." She opened her studio alongside of her classroom to foster an environment of open dialogue between herself and her students. It gives students a rare glimpse of their teacher working and teaching. Giampa sees her school as an incubator for the creative spirit. She combine's artistic production with a gallery venue to complete the cycle of production and exhibition viewing. Her mission is to provide an artistic environment that fosters the growth of the individual in pursuit of their creative process. www.joanmariegiampa.com



Vienna
Studio
School

red
caboose
Gallery

In the heart of McLean is a critically acclaimed contemporary art gallery: McLean Project for the Arts (MPA), a non-profit visual arts space in Northern Virginia founded 1962. MPA offers museum-quality exhibitions, education outreach (ArtReach), art classes and camps, family art workshops, artist talks, benefit events, museum tours and art-based social events. A highly respected exhibition venue in the Washington art community, MPA presents 12 to 20 curated or juried exhibitions of contemporary visual art annually in its three galleries located in the McLean Community Center.

Nancy Perry, Executive Director, says, "MPA offers a wide variety of fun cultural events. All of our exhibition openings are free and open to the public and many of our events cost very little to attend. For example our Family Art Workshops cost only ten dollars per family

MPA

McLEAN PROJECT FOR THE ARTS

and Art Appetizers, which is an adult evening in the gallery is only twenty dollars per person and that includes delicious food, refreshments and a short art talk. And all of this is right in the heart of McLean."

McLean Project for the Arts is a non-profit organization, however, and donations are gratefully accepted. They conduct two major fundraising events each year: Spring Benefit in May is an eagerly anticipated spring evening at an historically significant or art-filled home in McLean and MPAartfest, a free outdoor arts festival which is presented by MPA as a way to connect art and community.

MPA partners with the Corcoran College of Art + Design to present art classes for children and adults, offering more than 130 classes in a wide variety of media. Class

listings and registration can be found on the MPA website at www.mpaart.org/learning.php.

ArtReach is MPA's educational outreach program for students of all ages and senior citizens. These programs are conducted by an artist/educator in the gallery, in area schools, and senior centers. Students, including special education and those at Fairfax County Public Schools-designated at-risk schools, are bused to MPA for docent-led tours of the exhibitions and hands-on art activities. These tours are designed to reinforce the curriculum and state Standards of Learning (SOLs). Sponsors underwrite ArtReach expenses including bus transportation, supplies and artists/educators' expenses.

MPA Board Chair, Kitty Gonzalez explains, "McLean Project for the Arts is a 501(3)(c) organization and relies primarily on donations from individuals, local corporations and foundations to support our vibrant visual arts programs. These donations have kept us going strong for almost 50 years."

MPA is in residence in the McLean Community Center in a public/private partnership with Fairfax County and the MCC. They are located at 1234 Ingleside Avenue. For more information on McLean Project for the Arts, visit www.mpaart.org or call 703-790-1953.



ValeArts began in 1996 as a group of ten artists and friends who found the 1888 one-room Vale Schoolhouse the perfect venue for showing and selling their paintings and works of fine art. Originally, the artists met through common classes and acquaintances. Each artist, having previously exhibited work through various other shows, wanted an opportunity to bring local fine art to local people in a community setting.

The Vale Schoolhouse, site for the ValeArts Art Show for more than ten years, has been used by the Oakton community's Vale Club since the 1930's. Expanding to two shows a year, spring and fall, ValeArts members exhibit more than 100 original works of art in a three day weekend. Always remaining fresh and new with a changing variety of guest artists and assorted media, ValeArts welcomes each visitor to the colorful world of local art. www.valearts.com

VALE ARTS
Art for Everyone



Enriching the Community Through the Arts

The Vienna Arts Society was established in 1969 by nine lady painters, with the purpose to bring together area artists to share interests, to enrich their own experience in art and to make contributions to the community. And now in 2009, they celebrate their 40th Anniversary with a membership averaging 200 members.

As a volunteer organization, the Vienna Arts Society is highly regarded as a well run organization, and respected for always striving to create high standards in the art field. They encourage individual artists, from novices to the professionals, to broaden their interests in all areas of art, through workshops, art excursions, demonstrations, lectures and critiques. VAS has noted artists, Judy Betts, Mel Stabin, Skip Lawrence, Tom Lynch and Eric Weingardt for teaching workshops of various media, to continue the art education of its members and the community.

The Vienna Arts Society hosts monthly meetings to handle pertinent information within the group as well as offering free demonstrations for the membership and public. These demonstrations are given by locally, regionally and sometimes

nationally known artists. Recently, known artist Armand Cabrera demonstrated some of his fabulous oil paintings, and they are proud to announce nationally regarded, Robert

Liberace, is demonstrating his techniques in January 2010.

Along with the continued education for adults, VAS supports the education of children. Through the Summer Arts Program, VAS and its members teach art camps of different mediums and techniques to children as early

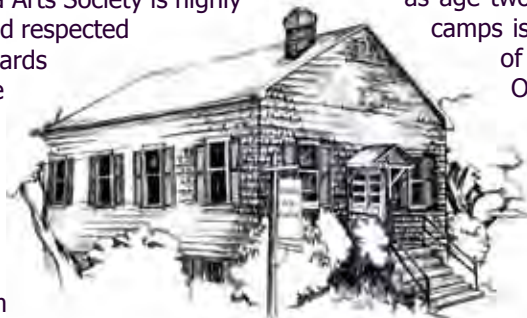
as age two. The means for these summer art camps is to enrich the skills and imagination of the child and offer them an outlet.

Often times, some of these art camps provide the tools for the child to take home and continue their inspiration.

VAS continues to support the arts in the community by partnering with other art groups and non-profits. From assisting the Boy Scouts with receiving their Eagle

Scout Award, landscaping the Vienna

Art Center, to assisting the Washington Calligraphy Guild with a space for their workshops, to collaborating with the National Museum of the American Indian providing Indian artists an opportunity to educate our community with the cultural backgrounds and techniques they



www.viennaartssociety.org



Great Falls Foundation for the Arts, inc.

CREATE! EDUCATE! COLLABORATE! CELEBRATE! These goals are providing the energy and vision for an emerging arts organization in Northern Virginia. Great Falls Foundation for the Arts (GFFFTA) was established in 2007 to help promote art as a dynamic, accessible and integral part of the Great Falls community. In less than two years it has established a foundation to promote the arts; created and subsequently

expanded an art school; secured and subsequently enlarged collaborative studio space for fifteen area artists; and established a gallery to showcase local and regional art. All three programs are operated at a convenient Walker Road location in the heart of Great Falls. Board members and patrons attribute the organization's success to the talent and vibrancy of the Great Falls arts community, the support of individuals and organizations that share its goals, and the generosity of the volunteers who sustain its programs.

CREATE! GFFFTA's presence in the community first took shape in the form of the Artists' Atelier, a central location where artists could create, collaborate and display their work. From its first modest loft location the Atelier has expanded to two floors, with rental studio space for fifteen artists. With open hours from 12-4 on Saturdays, the Atelier is a great place to witness art in action!



EDUCATE! GFFFTA created the Great Falls School of Art to provide established and aspiring artists greater access to art instruction. With day and evening classes and weekend workshops for children, teens and adults, the curriculum is designed to fit busy schedules and fuel a variety of interests. In the school's first year alone, more than 170 students participated in more than 30 courses. And this past January, internationally acclaimed artist Robert Liberace's three-day oil painting workshop was an immediate sell-out, attracting students from across the country.

COLLABORATE! GFFFTA views collaboration as an important catalyst to growing its programs and becoming part of the fabric of the community. It therefore welcomes opportunities to network with individuals and organizations that share its goals. When the foundation held its first fundraiser this past November, the community responded enthusiastically with the additional resources needed to relocate and expand the Great

use. The Vienna Arts Society has created partnerships to display art works in other venues, supporting their membership and promoting their cause. Some of these locations include; Whole Foods Cafe, L'Image Salon & Spa, Meadowlark Gardens, and the Patrick Henry Library, along with the VAS Gallery in the Vienna Tysons Regional Chamber of Commerce building and the Vienna Art Center on Pleasant St NW.

To mark their 40th, they are hosting their 40th Annual Juried "Treasury of Art" Show at the Vienna Community Center, Nov. 20th-22nd. On Friday, Nov. 20th 7pm-9pm there will be an Awards Reception featuring a string quartet and Saturday during "cocktail hour" a local jazz band. Artists will be present to meet & greet all patrons. Throughout the weekend VAS would like to celebrate the arts and their ongoing efforts to "enrich the community through the arts." www.viennaartsociety.org



"Freedom" by Teresa Ahmad, Vienna Arts Society

Falls School of Art. And earlier this month, GFFFTA was a proud sponsor of Great Falls Studios' 6th annual studios tour to help promote and celebrate the rich talent in the Great Falls community.

CELEBRATE! GFFFTA believes celebrating art provides opportunities to appreciate art. The GFFFTA Gallery hosts opening receptions and special events to showcase works by local and regional artists, art students and teachers. Monthly First Friday events provide an ongoing opportunity for the community to explore the Artists' Atelier and Gallery, meet artists, and network with other art enthusiasts. And Art Night Out!, GFFFTA's fall fundraiser and silent art auction, provides an opportunity to celebrate art by supporting the foundation. We hope you'll join us November 20th!

www.greatfallsfoundationforarts.org



Where can you find the

Smoothest

and most

SATISFYING

cup of coffee?



**Go to where they
roast their own.**

A taste of Europe's quaint ambience in downtown McLean. Relax and enjoy a freshly roasted cup of coffee with a delicious homemade pastry, fruit tart, or our famous almond, pecan, chocolate or raspberry croissant. We also feature a great menu of sandwiches made on baguettes baked on the premises as well as salads and soups. Bon Appetite!

IL FORNO

(formerly known as Le Grand Café)

1327 Chain Bridge Road
McLean, Virginia 22101

703.760.9440

703.734.9082

SALON
TURQUOISE

A Full Service Beauty Salon



For an appointment, please call

Phone: 703-752-4077

Cell: 703-989-1677

Naci Eren, Owner

MON-FRI 9am-7pm SAT 8am-5pm SUN 11am-3pm

**6262 OLD DOMINION DRIVE
MCLEAN, VIRGINIA 22101**

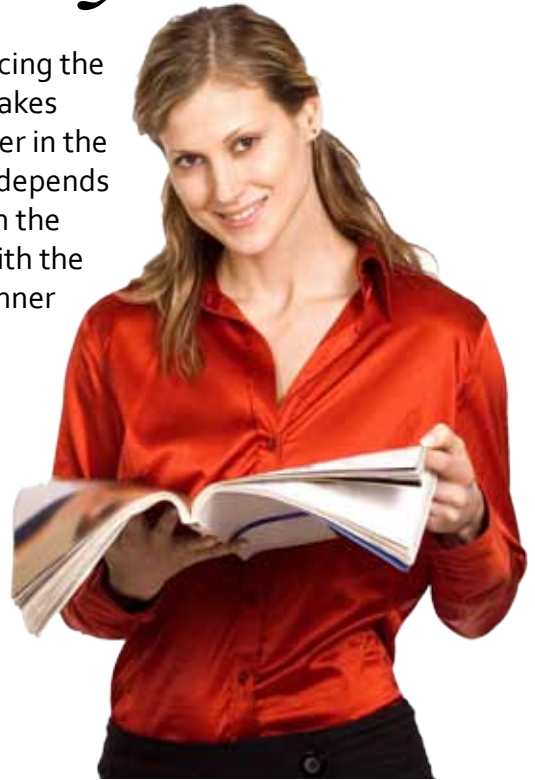
Who Reads Viva Tysons?

She's a Mom. She Works. And she works hard at balancing the needs of her family and office. She exercises, shops, makes selections for the family, home, and kids. She's a partner in the family's finances and wants the best for everyone who depends on her. She wants to stay on top of what's happening in the neighborhood. What services are close by and ready with the goods and services she needs. Lunch with the girls. Dinner with the family. At home *or out*.

When she can manage a break, she wants an enjoyable read. On topics like staying fit, nutrition, money, decorating and style.

She looks to Viva Tysons! for those tidbits of information- recipes, changes in traffic patterns- what's opening and what's to do with the kids this week-end. And she looks for values she can trust.

After all...she's the "Super-Glue".



BLUE ARMY HANDYMAN

"DOING IT RIGHT, GETTING IT DONE."

Whether you are looking to fix a small leak or customize a finished basement, we do it all...big or small! We are licensed, insured, and bonded, going the distance to provide quality workmanship you can count on. We offer computerized estimates, and exceed industry standards with our limited warranty on every project.

100% Satisfaction Guaranteed!

Drywall ■ Painting ■ Electrical ■ Carpentry ■ Doors ■ Tile ■ Flooring ■ Shelving ■ Cabinets ■ And More

Call Today For Your FREE In-Home Estimate!
703-536-0200
www.BlueArmyHandyman.com

SAVE \$50
On Any Job Over \$500
Not valid with any other offers.
Expires 12/15/09

Silva's Patisserie

Backed by 4 generations of experience



Birthday
Wedding
All Occasion
Cakes, Breads
and Miniature Pastries.

 **Holiday Orders Now Being Accepted**

Come to us for all your bakery needs!

703•255•6880

www.SilvasPatisserie.com

167 Glyndon Street, SE Vienna



Holiday Specials

from

Salon O' Tony

La-Brasiliana Keratin Treatment

\$199.00 (Reg \$400.00)

All other services including:

Highlights

Color Services

Haircuts

25% OFF

703-281-3191 • www.salonotony.com • 130 Maple Ave. West, Vienna, VA

LOCAL AUTHORS MAKE PUBLISHING DEBUT

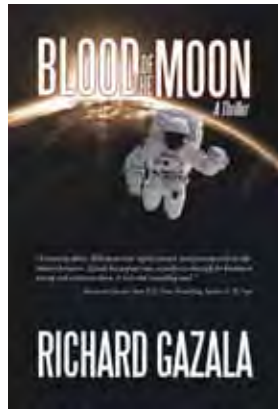
Know of a new local published author we should spotlight? Let us know!
Email us at comments@vivatyson.com



Vienna resident Richard Gazala's debut novel, a thriller titled *Blood of the Moon*, recently won the "Rising Star" award from his publisher, iUniverse. Gazala has lived and worked in this area for 15 years, and large parts of his novel take place in Washington and the northern Virginia suburbs.

Blood of the Moon is set during the 2016 U.S. presidential election. The world is engulfed

in wars over ever-dwindling oil reserves. Gas riots rip the streets of American cities from Washington D.C., to Portland, Oregon. Tanks rumble on Pennsylvania and Constitution Avenues to protect the White House. But Michael Rivers, the last Apollo astronaut to walk on the moon, brought something back to earth in 1972 that proves conventional wisdom about oil is a deliberate lie. Now



Michael is confined to an assisted living facility, his mind slowly succumbing to the ravages of Alzheimer's disease, as his son David is pulled into a deadly race to uncover Michael's long-hidden secret. An ancient shadowy society of ruthless men does everything in its monstrous power to stop them, while a corrupted presidential election teeters in the balance.

Over the next several months, Gazala will be making local and regional appearances across the country in person and on the Internet to promote his novel. *Blood of the Moon* is available for purchase online and at select retailers. In between promotional events, Gazala is researching and writing his next novel, *Triad*, a thriller set in New Orleans in the grim aftermath of Hurricane Katrina. More information about *Blood of the Moon*, including a calendar of Gazala's promotional events and appearances, is available at www.richardgazala.com.



After longtime Tyson's Corner resident Lisa Lipkind Leibow was stuck at her D.C. office on 9/11, lived through a monthlong siege by a sniper, and discovered the other parents at her twins' school thought the au pair was her sons' mom, she traded the billable-hour lifestyle for fiction writing. Readers should be thrilled she made this decision. Critics are calling her debut novel *Double Out and Back*,

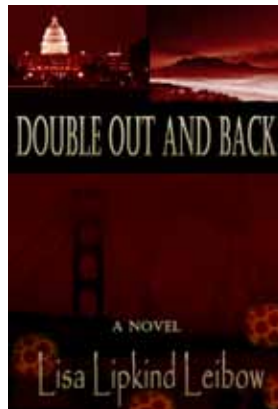
... "highly addictive and engrossing. ... not only captivated my heart, but also tugged at my heartstrings." *Café of Dreams*

... "a fantastic story that I would recommend to any mother, any mother to be, or really anyone out looking for an entertaining read." *A Journey of Books*

Not every woman who rides the fertility treatment roller coaster winds up like Octomom.

Who will find friends, family, and fertility?

Three women's lives are intricately intertwined,



as Amelia Schwartz and Summer Curtis struggle with the complex dynamics of intrafamily embryo adoption, and Chandy Markum strives to make her patients' dreams a reality.

After more than a decade of mourning her parents' deaths, anal-retentive Amelia Schwartz takes control of her life, pursuing single motherhood via embryo adoption. While her fertility doctor, Chandy, is preoccupied with the destruction of the cosmopolitan Cape Town of her youth and her first love in apartheid-torn South Africa, believing

all is lost, her niece, a young, married, overachieving attorney, Summer, juggles zealous career ambitions, demanding bosses, and friction with her husband over family and fertility issues. They must confront the painful reality that, no matter what technology humans devise to manipulate reproduction, prolong life, and construct family units, they have not yet mastered control over their beginnings and endings.

Double Out and Back is available NOW from www.RedRosePublishing.com. Learn more about Lisa or request her for your next book club at www.LLLeibow.com.

"A person who won't read, has no advantage over one who can't read"-- Mark Twain

Tyson's Hair Design

Holiday Specials!

20% Off All Services

Including:

**Haircuts • Highlights
Color Services
Waxing Services
Pedicures • Manicures
Threading**



703-893-4334

www.tysonshairdesigns.com

8379 Leesburg Pike Tysons Corner, VA 22182

Please mention this ad for Specials. Cannot be used with any other offers or discounts.
Offer expires 1-31-2010

Are you ready for your new look?

Meet your new best friend!

Trust the talented and award-winning stylists at Tyson's Hair Design to give you that new look you're looking for. A full line up of services including color, haircuts and styling, highlights, nails, waxing and threading (at very reasonable prices) assures your complete satisfaction and transformation.

You'll look Marvelous!



"They didn't fit when you got them home?
Maybe your contents settled during shipping."

Expert Auto Repair Since 1952

Guaranteed!

Foreign and Domestic Auto and Light Truck Repairs

Trust your car to our local mechanics for all of your service needs, scheduled maintenance, and inspections
without any risk to your vehicle's warranty!



McLean Automotive Service Center

1387 Chain Bridge Road, McLean

703.356.7730 703.356.3730

www.mcleanautoservice.com



Vienna, Virginia was ranked #19 in Money Magazine's "Best Places for a Healthy Retirement" list . . . It's nice to see the arts blossom locally. "Three Days of Rain" is showing at the intimate 100-seat **1st Stage** professional theatre (with classrooms, art gallery, and more. 1524 Spring Hill Road) it's the first professional theatre in Tysons Corner. Please support the

arts . . . After ten years on Church Street, **Healthy Investment**, a local private personal training company, recently moved to new digs around the corner to 340 Mill Street Suite E . . . **Il Forno** in Mclean (formally know as **Le Grand Cafe**, 1327 Chain Bridge Road) is roasting their own premium gourmet coffee for retail and wholesale. A true taste of Europe, delicious fresh roasted coffee, pastries, sandwiches, soups and soon brick oven pizza . . . **REFind** just opened at 101 Church street above **Sushi Yoshi**. This is Vienna's newest furniture and home accessory consignment. See what exquisite treasures Carey has found and the community has offered. Renew, Refresh, Recycle! . . . Forget your GPS! **Silver Line** construction will be changing all the turns along Route 7 as the Tysons West and Central 7 stations get built. See this issue's article . . . **Maple Avenue Restaurant** (147 Maple avenue West) has a new late night special, Monday-Thursday 9 - 10 pm enjoy half price burgers and \$5 small plates . . . Vienna has a new business! **Curtsies & Petals** (527 Maple Ave West) recently opened at the shopping center at Nutley and Maple Avenue. A quaint boutique offering unique personal accessories, gifts, and jewelry . . . **L.A. Boxing** is coming to Tysons Corner! Plans are for an opening at the beginning of 2010. Current local locations in Herndon and Arlington. Stay tuned for more details . . . **Narita** Japanese Restaurant on Old Courthouse near 123 has closed. No plans unveiled yet for their space . . . just two doors down, the rent just got

too high. The popular **Paya Thai** restaurant has closed. The space is the new home for the new **China Castle** restaurant . . . **Inox** (1800 Tysons Boulevard) is excited to announce the opening of the private Chef's Wine Cellar, one of the most intriguing and exclusive dining spots in the Metro area, Thanksgiving menu available . . . learn to cook a gourmet meal from a professional chef, then enjoy it! Experience the new **Open Kitchen** (7115 Leesburg Pike, Falls Church) a place to learn, to eat, to celebrate. Take a class, book a dinner party, or just be a guest. What a cool concept!. . . the number of video stores continues to dwindle, the new **McLean Tavern** is under construction in the previous video store space next to **Three Pigs Barbeque** in Mclean. More

as we hear . . . **Moorenko's Ice Cream Cafe** closed their Mclean location earlier this year and is strictly focusing on wholesaling their premium and customized ice cream from their new facility in Silver Spring, Maryland . . . in their place, a new cafe called **SweetLeaf** has opened offering fresh sandwiches, salads, coffee, ice cream and desserts . . . You'd have to be blind not to notice the new **Wasabi** Japanese restaurant being built in Tysons Corner Center. Grilled meats,

What We Hear Around Tysons

fresh salads and of course the sushi and sashimi. Their schtick is great food on a "kaiten-zushi" style conveyor belt running through the restaurant, pay by the plate . . . **Maple Avenue Market** (128 Maple Avenue East, across from Whole Foods) opened their doors Labor Day Weekend. The organic focused market carries very local produce, meats, poultry, dairy products and more. Everything comes from within about an hour's drive away. Look for a CSA to distribute from there soon . . . **Da Domenico** at 1992 Chain Bridge Road (next to the radio tower in Tysons) now has a new lunch menu. Pizza, pasta, paninis starting at \$6, Abbondanza! . . . **Slade's** is out, **Norton's** is in. This local fledgling offers burgers, salads, steaks, and more. In the mall above **California Pizza Kitchen** . . . This Fall, after 30 years in business, "Miss Nell" closed her doors at **Yvonne de Vilar Scientific Skin Care** on Maple Avenue. in Vienna.

1900 students were trained at the center as estheticians while offering to their loyal customers discounted salon services by supervised students. . . **EVO Bistro's** (1313 Old Chain Bridge Road, Mclean) expansion into their adjacent space is happening. We hope the construction moves along a little faster, as it will be easier to get a seat at this popular tapas and wine bar . . . Another expansion is at **Anytime Fitness** (111 Church Street, Vienna). The new space will better accommodate group exercise classes and more cardio equipment . . . Not too often you'll see a new independent pharmacy open, let alone one with free delivery seven days a week, but **Tyson's Pharmacy** (7510 Leesburg Pike) opened next to **Ledo Pizza** . . . Sip a cappuccino while taking in fine art. **Habitat Coffee Company** (8020 Towers Crescent Drive) has opened next to **Habitat Gallery** . . .

***DID WE MISS SOMETHING?** We know there is a lot going on out there, so please give us a heads up about the latest happenings among the local merchants. Anything is fair game, we just prefer the businesses to be local. By the way, no one pays us to be mentioned. It is all decided by the staff. Email us at comments@vivatyson.com. Thanks!*

Exceptional Dental Care . . .
... A Gentle Caring Staff



Tooth Town of Vienna

PEDIATRIC DENTISTRY

Emmanuel G. Skordalakis, DDS

Andrew Jason Shannon, DMD

703.319.8370

301 Maple Ave West, Suite 200, Vienna, VA 22180

www.toothtownofvienna.com

Providing the highest quality pediatric dental care to infants, children, teenagers and those with special needs . . .

That's our Mission!

Our doctors and staff take care in providing a nurturing, fun, and child friendly environment while promoting good oral health through genuine compassion, clear communication and clinical excellence.

Call us Today!



Vitalia Med Spa

Take time off.

Synergy For Your Skin

Rediscover beautiful, youthful-looking skin

Anti-Aging Treatments	Permanent Make-Up
IPL Foto-Facial	Latisse®
ReFirme Skin Tightening	NeoCutis
Cellulite Reduction	PCA Skin®
Laser Hair Removal	Vivant™
Facials	...and more.
Medical-Grade Peels	



Vitalia Med Spa
Tyson's Station
7506 Leesburg Pike
Falls Church, VA
703-356-SKIN (7546)
www.VitaliaMedSpaVa.com



A Vitalia Gift Certificate

Take time off.

Makes the perfect gift. Treat a friend or treat yourself.

Turn the next page for all the answers.

Read each line aloud without making any mistakes. If you make a mistake you **MUST** start again without going any further.

This is this puzzle
This is is puzzle
This is how puzzle
This is to puzzle
This is keep puzzle
This is a puzzle
This is fool puzzle
This is busy puzzle
This is for puzzle
This is forty puzzle
This is seconds! puzzle

So . . . what's the point?

Real Estate Word Search

C H A R G E T A O E N D P
B A N K S L S B T E X W R
R F H A U J M A I E I N O
T E S A Q U T L D E B T P
K A F Y J S F E V R Z O E
F E X I E L Q G Y A O V R
D C R V N E Z A L C L Q T
O H O M E A D L R O I U Y
P O I N T S N E Y E A L E
B R O H D E K C E Y E N B
B E Y K V O C R E D I T O
T A P P R E C I A T I O N
I L F B M A R G I N H F D
T T S R D R O P G J D F B
L O A H I I A S U R V E Y
E R B E S C R O W P N R P

APPRECIATION
ARM
BANK
BOND
BROKER
CAP
CHARGE
CONDO
COOP
CREDIT
CRV
DEBT

DEED
DEFAULT
DROP
ESCROW
ESTATE
FHA
HOME
JUMBO
LEASE
LEGAL
LIEN
LOAN

MARGIN
OFFER
POINTS
PROPERTY
REALTOR
REFINANCE
SURVEY
TAX
TITLE
VALUE

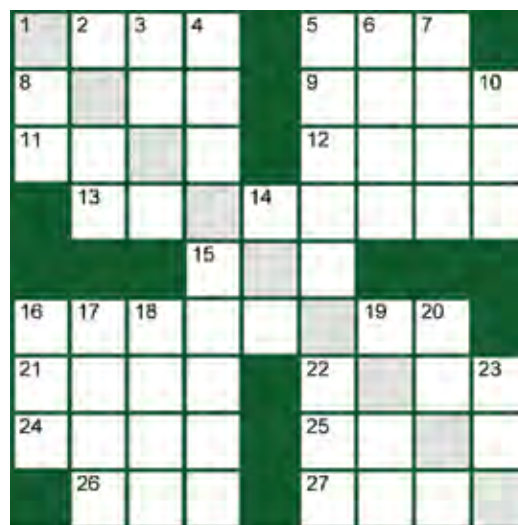
To solve a sudoku, you only need logic; no math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9. The difficulty rating on this puzzle is easy.

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

I am the owner of a pet store. If I put in one canary per cage, I have one bird too many. If I put in two canaries per cage, I have one cage too many.

How many cages and canaries do I have?

Evaluation Crossword



27. Countess's husband

Down

- Summer mo.
- Brightly colored fish
- Yep's opposite
- Full of vim
- Close
- Accomplishment
- Pseudonym of H. Munro
- Elmer, to Bugs
- Deface
- ___ and outs
- Breakfast, lunch or dinner
- Legal prefix
- In a muddle
- Pinocchio, at times
- Everything

Across

- Bang-up
- California's ___ Valley
- Conditions
- "Once ___ a time..."
- "Beowulf" beverage
- Be slack-jawed
- Shark
- Completely sealed
- Roam (about)
- Minor
- "Cool!"
- Delhi wrap
- Blue hue
- Fond du ___, Wis.

The puzzle name is a clue to the word in the diagonal.

Just a little humor for your children . . .

Things Mom Would Never Say

How on earth can you see the TV sitting so far back?

Yeah, I used to skip school a lot, too

Just leave all the lights on . . .

it makes the house look more cheery

Let me smell that shirt -

- Yeah, it's good for another week.

Go ahead and keep that stray dog, honey. I'll be glad to feed and walk him every day

*Well, if Timmy's mom says it's OK,
that's good enough for me.*

The curfew is just a general time to shoot for. It's not like I'm running a prison around here.

I don't have a tissue with me . . . just use your sleeve.

Don't bother wearing a jacket

- the wind-chill is bound to improve.

Things Dad Would Never Say

Well, how 'bout that?...I'm lost. Looks like we'll have to stop and ask for directions.

You know Pumpkin, now that you're thirteen, you'll be ready for unchaperoned car dates. Won't that be fun?

I noticed that all your friends have a certain "up yours" attitude ... I like that.

*Here's a credit card and the keys to my new car -
- GO CRAZY.*

What do you mean you wanna play football? Figure skating not good enough for you, son?

*Your Mother and I are going away for the weekend ...
you might want to consider throwing a party.*

Well, I don't know what's wrong with your car. Probably one of those doo-hickey thingies -- you know -- that makes it run or something. Just have it towed to a mechanic and pay whatever he asks.

No son of mine is going to live under this roof without an earring -- now quit your belly-aching, and let's go to the mall.

Whaddya wanna go and get a job for? I make plenty of money for you to spend.

Father's Day? aahh -- don't worry about that -- it's no big deal.

Bear Bus®

703-277-7033

The Party
that Comes
to you!



Invite the
Bear Bus to
your next:
Birthday Party
Day Care Event
Girl Scout Event
Fund Raising



www.bearbus.com/nova

Make a Bear



Make a Wish

**Mention Viva Tysons! Magazine and take
10% off your next Bear Bus Party!**

WHAT?!

1. Who is your father's only son's brother's uncle's wife's daughter's brother's father's son?
2. Name an ancient invention, which is still used in some parts of the world today, that allows people to see through walls.
3. If you are in a dark room with a candle, a wood stove and a gas lamp. You only have one match, so what do you light first?
4. My neighbour recently moved in down the road and has five children. Unusually, half of the children are girls. How can this be?
5. What is it that when you need it, you can't buy it and when you can buy it, you don't need it?
6. What is it that you throw away the outside and then cook the inside. Then you eat the outside and throw away the inside? The item is naturally occurring.
7. The more it dries, the wetter it gets. What is it?
8. Kevin's mother has three children. The first was called Penny as in a penny, the second was called Nick as in a nickle. What was the name of the third child?
9. What is being described here:
*The beginning of eternity. The end of time and space.
The beginning of every end. The end of every place.*
10. Forward I am heavy, but backwards I am not. What am I?

Maggio's

FAMILY RESTAURANT

"The Taste of Elegance"

We Cater For You!

TRY OUR AWARD WINNING
ROTISSERIE CHICKEN !!!



Open 7 Days A Week
421 Maple Ave. E.
Vienna, VA 22180

703.938.7777

www.maggiosonline.com

Cuisine type? Directions? Metro stop?
Credit Cards? Soup du jour? Catering?
Kid-friendly? Hours? Value?
Menu selections?





www.beltwaybargains.com

Beltwaybargains.com is a new community site for posting classified ads, jobs, resumes, cars, and community events... and it's easy as 1,2,3.

1. Register @ www.beltwaybargains.com and create your account.
2. Post your items for sale, advertise your business, post resumes, jobs, lost or found items or pets and events. Sell your car or boat! (You can post coupons too!) Upload your pictures...and...
3. That's it! You're done!

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

It's free!












Vienna Virginia. Com

Just a few clicks away is THE local source for what you're looking for . . .

. . . merchants, services, professionals, restaurants, local events, maps, classifieds, community links.

A	O	N	E	G	A	P	E	R	I	A	L
U	P	O	N	E	M	E	A	D	I	A	L
G	A	P	O	N	E	M	E	A	D	I	A
H	E	R	M	E	T	I	C				
I	M	P	E	R	I	A	L				
N	E	A	T	A	S	I	A				
S	A	R	I	T	E	A	L				
L	A	C	E	A	R	L					

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

What's the point? Read the 3rd word in each line.

The pet store owner has 4 birds and 3 cages.

WHAT?!

1. No one. An only son can't have a brother.
2. A window
3. The match!
4. They are all girls
5. A Coffin
6. An ear of corn
7. A towel
8. Kevin
9. The letter E
10. TON

2009 HOROSCOPE

NOVEMBER

ARIES: When you are intensely involved with work, it's easy to let your relationships slip when it comes to family members. You can't turn back time on Thanksgiving Day, but you can enjoy aunts, uncles and cousins.

TAURUS: Just when you decided to pay more attention to your health, here come the holiday feasts. But you can still put your health goals first. You can still eat wisely and make time for exercise.

GEMINI: People at work could be surprised this month when you ruffle some feathers. You're usually easy going, but you do insist on good work from those around you, holidays or not.

CANCER: The stars predict Thanksgiving time will be special for you this year. "Special" comes in many forms. You have to recognize "special" and be thankful for it when it comes.

LEO: Here comes Black Friday, the day you love to hate. Though the sales will be great this year, don't get caught up in irritating crowds. Make your list, check it twice, and shop early in the mornings.

VIRGO: Who said work usually winds down toward the holidays? Not for you. Not this year. Time to make a plan that includes only the must-dos and have someone else do the rest.

LIBRA: It's cookie time! Whether you make them, shop for them, or wait for one of the many opportunities just to eat them, take care. To avoid the holiday-butt syndrome, take one instead of three or four.

SCORPIO: Money's on your mind as you picture a wallet decimated by holiday shopping. Before it happens, have a talk about what you can and will do this year. Tell the kids, the spouse, the pals and the neighbors.

SAGITTARIUS: Wait. Though you have a strong desire to change something in your life, make no significant changes now. The situation is not right. When the right time comes, it will be obvious to you.

CAPRICORN: If you're looking for love, you could hit the jackpot in November. Accept an invitation. Say "yes" to a blind date, or take a second look at that someone. You know who it is.

AQUARIUS: The stars predict that a person from your past will make a surprise appearance before very long. Could be a friend, a lover or an estranged relative. Just visit and enjoy the reunion.

PISCES: While others plan to go home for the holidays, you are thinking of a cruise or a trip to a far-away place. Sometimes it's better to give the heart what it longs for than to opt for the traditional. Go for it.



DECEMBER

ARIES: You may need the advice of a trusted friend to help you discover how to fill the gap between wishes and responsibilities. Try to have a live-and-let-live attitude toward others, especially during the holidays.

TAURUS: You dislike having to change your ways and customs, but when it comes to how much you will eat and drink in December, you should probably do it. Your health should come first.

GEMINI: Christmas time will prove to be an ideal opportunity to mend fences between you and a friend or relative. Sometimes a smile and a "Merry Christmas" or "Happy Holidays" provides the perfect opening.

CANCER: This is a time for both fun and restraint. The fun comes at gatherings with people you love. The restraint comes when you consider your gift list in the light of what you can actually afford to give.

LEO: You may be a homebody at heart, but the holidays will help you out of your shell if you let them do it. Accept any invitation that comes your way. You could make an important social or work connection.

VIRGO: The joy and activities of the season could make you less dedicated to what still has to be done at work. Balance is still the key. Enjoy the holidays but don't put December work off until January.

LIBRA: Lucky Libra! The stars predict a great month for you. Some unexpectedly wonderful experiences are coming your way. How you view each event is one way to recognize something great when it happens.

SCORPIO: If you are considering a holiday trip, don't put it off. Visiting family is the traditional excursion, but if you feel the need to "get away from it all," a holiday cruise or a distant sports event will please you.

SAGITTARIUS: Is it late in the month, but you still have done nothing for that relative or friend who counts on you during the holidays? You can still order from a catalog with overnight delivery or send a check!

CAPRICORN: As the year draws to a close, stop to consider the good things that have happened to you in 2009, be they large or small. You might have a problem or two, but you have many blessings too.

AQUARIUS: Your partner is having a very busy time and may not be paying much attention to you now. It pays to just go with the flow, and it pays even more to give a little extra love.

PISCES: Kids, kids, kids, no matter what their ages, they are the ones who make the holidays worth while. Besides a material gift, give them something they will remember. Say you are proud of each one.

Holiday Pet Safety

By Dr. Kim Danoff

Paws to Heal Veterinary Clinic
www.vetrehab.org



As we prepare to celebrate the holiday season, it is important to remember your pets' safety and health amidst the hustle and bustle. There are a few simple steps to help you keep your furry, feathery, and scaly friends safe.

First, ensure the flowers and plants used in your home are safe for pets or are kept out of reach. Toxic plants to avoid include:

Holly - Lilies - Mistletoe - Poinsettia - Christmas Rose - Christmas Cactus

Second, ensure that lighting, decorations, ornaments and hooks, are all out of reach and secure to prevent your pets from mistaking them for toys and accidentally ingesting and possibly choking on the objects. Styrofoam, tinsel, and wrapping ribbons are all potential hazards for your pets. Tinsel and thin ribbon is especially dangerous as it can get intertwined in the intestines and can result in serious damage to the bowel that may require surgery.

Finally, all the activity of traveling, house guests, and large parties are all potential causes of stress for your pets. There are many holistic and homeopathic remedies that you can use to help your pets stay calm and relaxed and prevent possible behavior problems from developing. At *Paws to Heal Veterinary Clinic*, we carry a variety of options that can help calm both your canine and feline companions during the holiday season. These include: Rescue Remedy, Valerian (the natural form of valium), Tranquility Blend (a combination of valerian, scullcap, & passion flower), ValerianHeel (homeopathic containing valerian), and Composure Liquid. If you are traveling with your pet, ensure they're acclimated to their carriers or crates to help them feel more secure during the trip. Remember that pets can often become easily dehydrated when they're traveling, so ensure they have plenty of fresh water accessible during your trip.

To make your pets' holiday even sweeter, take a look at the tasty pet treat recipes on the next page. As you're preparing your table, they can enjoy the tastes of home cooked treats.

Remember to avoid these toxic foods:

Chocolate - Raisins - Onions - Grapes - Alcohol - Avocados

If your pet should consume a toxic plant or food, contact the Animal Poison Control Center (they are open 24/7, 365 days/year) at 888-426-4435. There may be a \$60 charge to your credit card. Or feel free to call **Paws to Heal Veterinary Clinic** in Vienna @ 703-938-2563.



Got a "Super Pet" picture?

Send it to us... we want to share it with the town... email picture to pets@calamitymedia.com ...please include pet's name, age and your name...

Thanks!

Forget those table scraps! It's not good for your pet and promotes poor pet habits.
Try out these recipes for a homemade healthy treat for your pet.

Pumpkin is Great for Dogs & Humans!

These pumpkin treats are loaded with Beta carotene and anti-oxidants especially vitamins C and E. These vitamins help to lower cancer risk, cataracts and heart disease.

Purr Snackers

1 14oz can Organic Pumpkin
1 egg
¼ cup unsalted butter (softened) or for the vegans, you can use Earth Balance Buttery Spread
2 Tbs Organic Molasses
1 ½ to 2 cups flour
(can use spelt flour for dogs with allergies)
1 tsp ground ginger
2 tsp ground cinnamon
½ tsp baking soda
One cooked sweet potato (if needed)
Cream butter, add egg, pumpkin, and molasses, mix until well blended. Sift flour, soda, and remaining spices and slowly combine with pumpkin mixture. If dough is too sticky, add a bit of sweet potato out of skin and discard skin. Mix with other ingredients. Form into small balls, and they are now ready to serve to your special feline friends. Refrigerate unused portions.

Pumpkin Wafer Dog Treats

One 15 oz. can mashed pure pumpkin
¾ cup cream of wheat (or rice cereal if wheat-sensitive) You can mix this dry--no need to cook it first
½ cup dry powdered milk

Directions: Preheat oven to 300 F.

Mix all ingredients together. Drop small spoonfuls (I use about half of a tablespoon) onto a lightly greased cookie sheet and bake at 300 degrees for 15-20 minutes.

If you'd like to make bite sized cookies for small dogs, training rewards or just small treats, you can use a pastry bag and squeeze out rosettes about the size of a dime for tasty bite sized cookies!

Vienna Virginia. Com

Sponsored by: The **HOPE** Center for Advanced Veterinary Medicine

Free Lost & Found Pet Service

Every Occasion is Special at JR's

Book a holiday party that will be talked about for all the right reasons. JR's can handle your banquet and catering needs in all the style and elegance you desire. Enjoy your celebration in one of our private rooms at our fine dining restaurant in Tysons, or let us plan a productive corporate event among the peaceful landmark rustic charm of The Fairfax Hunt Club. The Wordsworth family is celebrating 35 years of dining excellence.

8130 Watson Street, Tysons Corner

703-893-3390 www.JRsBeef.com

JR's Stockyards Inn
*A Fine Dining American
Steakhouse Experience.*

